

# EVMS

## MAGAZINE



**EVMS**  
Eastern Virginia Medical School

*Celebrating*  
**40** YEARS  
*1973-2013*

# DiABEtES

Dot your *i*'s & cross your *t*'s. Know your diabetes risk.



**8.7%**  
of Virginians have diabetes.



**7.0 million**  
people in America have diabetes  
but are undiagnosed.



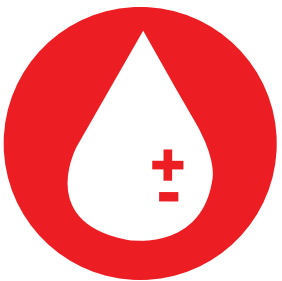
**175,000**  
people in Hampton Roads  
are estimated to be living  
with diabetes.



**5 billion**  
dollars goes to pay for  
diabetes-related hospital  
care in Virginia annually.



**200,000**  
hospital admissions attributed to  
diabetes in Virginia annually.  
Our region has the highest mortality  
rate for diabetes in Virginia.



**67%**  
of Americans 20 or older with  
self-reported diabetes had  
blood pressure greater than  
or equal to 140/90.



**68%**  
of diabetes-related  
death certificates among  
Americans aged 65 years or  
older noted heart disease.



**4.2 million**  
people with diabetes 40 years  
or older had diabetic retinopathy  
in 2005-2008.



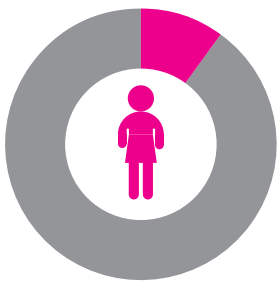
**65,700**  
nontraumatic lower-limb  
amputations were performed in  
the U.S. in 2006 due to diabetes.



**202,290**  
cases of end-stage kidney  
disease were due to diabetes in  
the U.S. in 2008.



**11.8%**  
of all American men 20 years  
or older have diabetes.



**10.8%**  
of all American women 20  
or older have diabetes.

## Don't be a statistic. Get checked for diabetes.

Statistics show that diabetes is at epidemic levels nationwide. Hampton Roads, in particular, is a hotbed for the disease. That's why it's important to get checked by a health-care professional. The EVMS Strelitz Diabetes Center is working to halt the disease and ease suffering by transforming research discoveries into novel treatments. Learn more about local research and find out why people from across the country trust their care to EVMS.

To receive an information packet or to make an appointment,  
call 757.446.5908. Learn more at [evms.edu/diabetes](http://evms.edu/diabetes).

**EVMS**  
MEDICAL GROUP

The knowledge  
to treat you better.

## upcoming events

**January 10**

### PA White Coat Ceremony

New students matriculate into the Physician Assistant program with a special ceremony and reception at Harrison Opera House. Visit [evms.edu/pa](http://evms.edu/pa).

**January 20**

### Martin Luther King, Jr. Community Leaders' Breakfast

EVMS co-hosts the 30th anniversary event with the Urban League of Hampton Roads. The keynote speaker is Marc Nivet, EdD, Chief Diversity Officer for the Association of American Medical Colleges.



EVMS is celebrating 40 years of helping to heal Hampton Roads.



EVMS ushers in another 40 years with a new President and his vision for the future.



Brock Institute tackles second leading cause of infant death in Virginia.

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How the community's dream grew from a handful of students to the cornerstone of the region's health. *Look for the commemorative anniversary section.*

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



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It was 40 years ago this fall that EVMS opened its doors. That day — in late September 1973 — was the culmination of more than a decade of work by community leaders and supporters throughout the region who saw great promise in a new school.

EVMS fulfilled its initial goal to bolster the ranks of local physicians and bring new medical capabilities to the region. Today, EVMS is indispensable to the Hampton Roads health-care community.

Along the way, EVMS has built a rich and memorable history. You will find a recap of those milestones in a commemorative anniversary section that starts on page 18.

While we relish our accomplishments, we continue honing our education, research and patient-care programs to prepare for an increasingly competitive landscape. For instance, refinements in our curriculum will not only help us continue attracting top students, they also will aid our medical students as they vie for residency training slots amid an ever-growing field of medical school graduates. You can learn more about my strategic priorities on page 20.

As we look toward the future, I assure you that our commitment to the people of Hampton Roads is as resolute as ever. Our consistent focus on community health issues — such as the tragic death of infants from unsafe sleep practices (*see page 26*) — enables EVMS to marshal the resources necessary to make a positive difference.

We are fortunate to have loyal friends like you throughout the region. Your investment in EVMS has helped us grow and evolve. With your continued support, we will strive to improve the health of our community for the next 40 years.

Sincerely,

Richard V. Homan, MD

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EVMS helped pioneer the use of standardized patients — highly specialized actors trained to mimic conditions or react to examinations in particular ways to provide learning opportunities — more than 20 years ago. In fact, EVMS has one of the largest standardized patient programs, utilizing the full range of simulations for both medical and non-medical training. Today, this valuable experience is replicated around the world.



**115** active standardized patients (SPs).



**300** medical students trained per year for the past 20 years. SPs also work with health professions students.



**14** Age of youngest patient.



**84** Age of oldest patient.



What does it take to become a SP?

- Basic communication training: **21** hours (All SPs begin their SP experience with a three-day “communication boot camp.” Once certified, they can begin case training.)
- **2-4** hours to learn simple cases
- **4-6** hours to learn complex cases
- **~ 8** hours to train for high-stakes assessments



**15** similar programs started abroad with the guidance of EVMS. Countries include China, Puerto Rico, Moldova, Singapore, Canada, Netherlands, the West Indies and more.



EVMS SPs don't just work with EVMS students. The program also has **65** external clients in medical and non-medical settings such as Duke, Georgetown and Howard University.

## EVMS will co-host annual breakfast to celebrate Martin Luther King, Jr.

On Monday, Jan. 20, 2014, more than 650 community leaders will rise and shine earlier than usual on a national holiday. The holiday is Martin Luther King, Jr. Day. The reason for the early rising? The 30th annual Dr. Martin Luther King, Jr. Community Leaders' Breakfast.

"We are delighted that this celebratory year is EVMS' first as co-host with the Urban League of Hampton Roads of its signature event," says Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine. "Our goal is to make it memorable and meaningful."

Because health equity was an issue of great importance to Dr. King, this



Marc Nivet, EdD

Association of American Medical Colleges, will address new opportunities to achieve the dream of healing communities. Dr. Nivet is a national leader in advancing community healing through collaborations of medical schools and universities, K through 12 schools, local governments, corporations, and community-based and nonprofit organizations.

year's theme is "Healing Our Communities." Keynote speaker Marc Nivet, EdD, Chief Diversity Officer for the



The 7:30 a.m. breakfast will take place at the Renaissance Portsmouth Hotel and Waterfront Conference Center and is co-sponsored by Norfolk State University, Old Dominion University, Regent University and Tidewater Community College. □

For details on tickets and sponsorships for the 30th annual Dr. Martin Luther King, Jr. Community Leaders' Breakfast, visit [www.evms.edu/mlk](http://www.evms.edu/mlk).

## Dr. Richard Conran joins EVMS as Chair of Pathology and Anatomy

Richard Conran Jr., MD, PhD, JD, joined EVMS Aug. 19 as Chair of Pathology and Anatomy.

"Dr. Conran is an outstanding pathologist and nationally renowned medical educator who will contribute to our efforts to continue to enhance the educational programs for our students in the School of Medicine and School of Health Professions," says Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine. "I am excited that he has joined our faculty and leadership team at EVMS."

Outgoing Chair Nancy Fishback, MD, a Professor of Pathology and Anatomy, is continuing her teaching and clinical responsibilities as she transitions into



Richard Conran Jr., MD

he worked at the Uniformed Services University of the Health Sciences (USUHS) in Bethesda, Md., where he was Professor of Pathology and Emerging Infectious Diseases and Acting Chair of the Department of Pathology.

Dr. Conran also served as a Professional Lecturer at Georgetown University and an Affiliate Staff Pathologist at Walter Reed National

retirement.

Dr. Conran retired from the U.S. Army this summer, ending 30 years of active-duty service. Before coming to EVMS,

Military Medical Center. Previously, he was affiliated with the Armed Forces Institute of Pathology. Dr. Conran has received many awards in recognition of his teaching prowess. In 2011, he was the first recipient of the USUHS Annual Faculty Teaching Award.

A native of Connecticut, Dr. Conran earned his PhD in Pathology at SUNY at Buffalo and his law degree at Washington College of Law. He completed his medical degree at Albany Medical College and his residency in pathology at Fitzsimons Army Medical Center. He is board-certified in anatomic and clinical pathology and in pediatric pathology. □



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*New EVMS students show off one of the posters they created for students at P.B. Young Sr. Elementary School.*



*EVMS students decorate bulletin boards at P.B. Young to welcome and inspire the elementary school students.*

### *Living the vision*

## Brock Institute brings new EVMS students into the community

On only their second day at EVMS, 330 students boarded a line of yellow school buses. Their destination was a Norfolk elementary school, and this was their first lesson.

Equipped with shovels, mops and school supplies, these future doctors, scientists and health professionals worked alongside P.B. Young Sr. Elementary School staff to prepare for the first day of classes.

Known as Community Impact Day, the event was the first activity of the M. Foscue Brock Institute for Community and Global Health at EVMS. Macon and Joan Brock established the institute to support EVMS' community-oriented vision by aligning clinical, educational and research programs with the community's needs.





*P.B. Young Principal Alana Balthazar, EdD, (in yellow) energizes the EVMS students before they begin their work.*

The event signaled EVMS' transition from an emphasis on community-service projects to a model of service-learning integrated into the curriculum. A key objective is to nurture a lifelong commitment to service.

Karen Remley, MD, MBA, Founding Director of the Brock Institute, prepared the students for their experience. She spoke about health disparities and the importance of neighbors helping each other.

"Today, you're going to have an opportunity to become part of a neighborhood," Dr. Remley said. "You've learned about the community, and this will be an excellent opportunity to springboard into thinking not just about [patient care] but also about the community."

For this inaugural event, EVMS teamed with Norfolk Public Schools and the United Way to focus on an elementary school with a great culture — but also a great need.

"When we talk about the socioeconomic status of our children, we know that the mean income for our students and their families is about \$12,000 for a family of four," said P.B. Young Principal Alana Balthazar, EdD. "That's why outside support and resources are really needed to come in and educate our children to defeat the cycle of poverty."

Pierce Welch, a member of the MD Class of 2017, took a break from picking up shards of glass on the school's front lawn to reflect on lessons of the day.



*EVMS students, staff and faculty — including President and Provost Richard Homan, MD — poured into Norfolk's P.B. Young Sr. Elementary School for the first Community Impact Day.*

"As physicians, our job is to take care of patients," he said. "But how do you take care of a patient if you can't understand the patient? I feel that coming into the community and getting a firsthand look at the environment that our patients live in will allow us to develop empathy and do a better job in taking care of our patients." □



See video from Community Impact Day at [evms.edu/magazine](http://evms.edu/magazine).

## Eastern Shore coalition helps residents get healthy

In 2009, Patti Kiger, an instructor of pediatrics in the Community Health and Research Division, learned that the overweight/obesity rate on Virginia's Eastern Shore was 70 percent, the highest in Virginia.

Concerned, Ms. Kiger worked with other Eastern Shore leaders to establish the coalition Eastern Shore Healthy Communities. After learning that more than half of local schoolchildren were overweight or obese, coalition members knew they had to get moving.

So they recruited more community leaders to the coalition's executive committee: among

them, managers for Accomack and Northampton counties, Eastern Shore Health District executives, Riverside Shore Memorial Hospital leadership, both county school superintendents, and Eastern Shore Community College president, Linda Thomas-Glover, PhD.

"Regardless of what sector you're in," Dr. Thomas-Glover says, "if you contribute to health, health contributes to your success. It is fundamentally interrelated."

Then the coalition partnered with 38 Eastern Shore organizations. And three other academicians from EVMS Pediatrics became involved: John Harrington, MD; Kaethe Ferguson, EdD; and Frances Butterfoss, PhD.



Members of the Eastern Shore coalition walk through a Cape Charles neighborhood during a recent workshop.



Here's what the coalition has already accomplished:

- Both Eastern Shore counties have committed to developing communities designed for active living;
- The Institute of Medicine invited the coalition to be one of three in the nation to take part in Smart Bites, a pilot program that teaches teens to

eat healthy;

- Fifteen Eastern Shore restaurants now have healthy options on their menus;
- More than 1,700 residents have taken part in an annual fitness challenge;
- Five Eastern Shore towns are creating walking trails;
- Ten major employers have adopted some form of a wellness policy;
- The coalition is one of 21 accepted into the National Public Health Leadership Academy, which includes a year of mentoring by a top public-health official.

"The heart of this work is EVMS' commitment to community," Ms. Kiger says, "addressing health at the population level to create vigorous, flourishing communities." □



To learn more about the coalition's work, visit [www.eshealthycommunities.org](http://www.eshealthycommunities.org).



## Brock Institute sets goals, identifies critical health issues

In March, Karen Remley, MD, MBA, joined EVMS as Founding Director of the M. Foscue Brock Institute for Community and Global Health. Since then, the Brock Institute has adopted the following goals:

- To train the next generation of community-minded physicians and health-care professionals;
- To build a robust training program that will offer students meaningful service-learning, research and scholarship experiences;
- To become a model for other medical schools throughout the country;
- To perform collaborative research with community partners in order to identify health priorities and

disparities in the local and global community.

After conferring with key health-care leaders in the region, Dr. Remley, a former Virginia health commissioner, has identified several local health issues to be the first areas of focus for the Brock Institute: maternal and infant mortality; diabetes and cardiac disease; elderly falls and diabetes; adult immunizations; childhood hearing loss; regional telehealth consortium; and safe sleep for infants (*see feature on page 26*).

“Through use of public health data and reports,” Dr. Remley says, “the Brock Institute is convening all involved partners in each of these areas to focus on implementation of already established best practices, inspire



Karen Remley, MD

new research and ultimately improve the health outcomes for the region.”

A \$3 million gift from philanthropists Macon and Joan Brock established the Brock Institute in November 2012. It is named for Macon

Brock’s father, M. Foscue Brock, MD, a beloved physician who led Norfolk’s Grandy Sanatorium for 29 years and volunteered at the public-health center in Norfolk during his career. □

### Robert Manning, MD (1927-2013)

## Founding dean helped establish culture of caring at EVMS

Robert T. Manning, MD, the founding dean of EVMS and architect of the school’s humanistic culture, died Sept. 10.

A native of Texas, Dr. Manning earned his medical degree from Kansas University Medical School. He remained there for his residency training in internal medicine and joined the school’s faculty, eventually becoming a professor and Associate Dean for Student Affairs.

In 1971, he was drawn to Virginia to help establish the new medical school that would become EVMS.

Pat Williams, PhD, was Dr. Manning’s first faculty hire. Dr. Williams recalls that she was enticed by his unusual approach that emphasized respect and compassion — whether in the classroom or the clinic.

“His enormous influence on the ambience at EVMS is still very much in evidence today,” Dr. Williams says. “Even

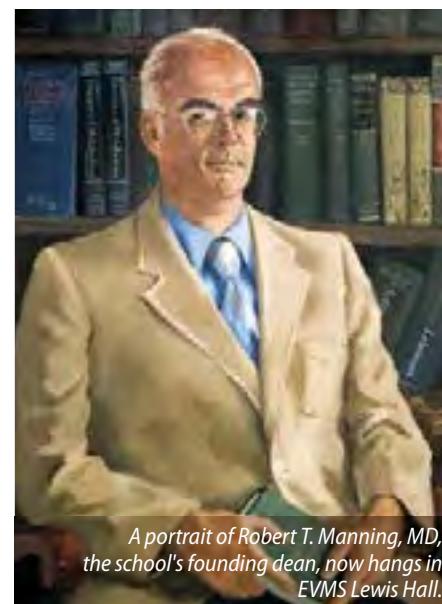
the proposed revisions to the curriculum incorporate much of the educational philosophy he brought to EVMS.”

Robert McCombs, PhD, joined the EVMS faculty just before the school opened in 1973. He credits Dr. Manning with fostering a “fantastic, friendly learning environment.” This welcoming atmosphere has attracted generations of students.

After stepping down as EVMS Dean in 1974, he remained at the school three more years as Chair of Internal Medicine. EVMS presented him an honorary degree in 1991.

Dr. Manning rejoined the University of Kansas as Chairman of Resident Education at Wesley Hospital. He remained there until his retirement in 1992.

A celebration of his life took place in Georgetown, Texas, Saturday, Nov. 9.



A portrait of Robert T. Manning, MD, the school’s founding dean, now hangs in EVMS Lewis Hall.

Contributions can be made in his memory at Wichita State University, Kansas University Medical Center, EVMS and The Worship Place or The Caring Place, both in Georgetown, Texas. □

# New students share a passion to help others

## A healer of hurt women

*Carly Dean, Art Therapy and Counseling Class of 2015*

*Hometown: Powder Springs, Ga.*

*Graduate of the University of Georgia*



Carly Dean

How are art and the sex-trafficking trade related? Well, if you are Carly Dean, one can be a healer for the other.

“The rehabilitation process for victims of sex trafficking is very complex and challenging,” Ms. Dean says. “But it also offers a great need for skilled professionals who desire to bring hope to these girls and young ladies who have been presented a fresh new start in life — away from the nightmare that many of them have known for years.”

For as far back as she can remember, Ms. Dean was making art. What started out as drawing,

painting and stapling clothes out of paper, eventually turned into studying costume design and art history. A desire to work with people and help them with their life challenges led her to pursue a master’s degree in art therapy and counseling at EVMS. The fact that EVMS is focused on helping the community — both near and far — was a factor in her decision.

“The importance of outreach and aid within our own community and the world is the main focus behind my desire to go into this field,” Ms. Dean says. “Every person within the medical and health-professions degree fields has been gifted with such amazing talents to serve others. It only makes sense to actually take these gifts to the local and global community to help those in need to the best of our ability.”

## A medical legacy

*Lauren Waldholtz, MD Class of 2017*

*Hometown: Virginia Beach, Va.*

*Graduate of Washington University in St. Louis*

When your father, grandfather, great-grandfather and great-uncle are all physicians, it’s only natural to want to follow in their footsteps for your chosen career. And Lauren Waldholtz is excited to carry on the family tradition.

“Ever since high school, I was very interested in science and started volunteering in a hospital and shadowing doctors,” Ms. Waldholtz says. “I went away to college in a different part of the country, but I knew eventually I’d want to come back to Hampton Roads to practice medicine.”

EVMS offers Ms. Waldholtz an opportunity to learn medicine while helping those in her community — a value that runs deeply in her family, she says.

“My great-grandfather was a pediatrician in Kansas City,” she says. “He would see patients no one else would see. There were huge racial issues back then, and he would treat all patients of all ages when other doctors wouldn’t do that.

“He was a very community-oriented physician, and EVMS is a very community-oriented school. I felt that by coming here, I could give back to the community the same way that he gave back to his,” she says.

Ms. Waldholtz and her peers already had the chance to make a difference in the lives of others when they helped get a local elementary school ready for the new year during Community Impact Day on the second day of orientation.

“It was a great experience and just so moving because we sit in these nice classrooms, yet there are others less fortunate than us,” she says. “It makes me happy that I could give back to that school.”

Orientation week culminated with the White Coat Ceremony. For Ms. Waldholtz, the day was especially poignant. Instead of receiving the traditional short coat from one of the department chairs, her father, Bruce Waldholtz, MD, an EVMS faculty member and preceptor, gave her a long coat originally donned by her great-grandfather, Sidney Pakula, MD.

“That was very special to me and my family,” Ms. Waldholtz says.



Lauren Waldholtz  
with her father

## A family affair

*Dawn Whiting, Public Health Class of 2015*

*Hometown: Albany, N.Y.*

*Graduate of Binghamton University*



Tim and Dawn Whiting

Dawn Whiting was already working as a public-health educator when she decided to follow husband Tim's lead and earn her Master's of Public Health degree from EVMS.

"Not only did he enjoy his classes, his professors and the school itself, but I personally enjoyed

our conversations when he would tell me about his courses," she says. "To hear him discuss 'big picture' concepts that I could see directly relating to the work I was doing spurred my interest in learning more."

It doesn't hurt that her husband can offer her advice as she navigates the health policy and management track of the MPH program, she says.

"I think the best tip Tim has given me as I begin the program is to be patient and focus on the key concepts in each class, because eventually the big picture of public health, including its implications and way forward, will become clearer," she says. "In addition to the respect I have for Tim as a person, I also have a great deal of respect for him as a professional, so any advice he gives me means a great deal."

Mrs. Whiting has a strong interest in health disparities and underserved populations, both domestically and globally, she says, which grew after working as a nurse at a community hospital in Illinois and then deploying to Afghanistan while serving in the Navy.

Her interest in health professions didn't fade. After serving four years active duty and then another four in the Navy Reserves, Mrs. Whiting earned a master's in exercise science and health promotion, working as both a nurse and a personal trainer.

"Nursing and personal training caused me to view health in a different manner than many people," she says. "I see health as a very individualized, personal thing that means something different for everyone."

One way she views health is through community involvement and improvement, she says — a vision she shares with EVMS.

"I share the traditional public health view of a greater good, and believe if everyone does a small part it can make a big difference," says Mrs. Whiting. "EVMS appears to do its part and then some."

## An empathizer

*Pierce Welch, MD Class of 2017*

*Hometown: Elk Grove, Ca.*

*Graduate of University of California Davis*

All it took was one meaningful event to set Pierce Welch's life on a new trajectory. For this first-year medical student, that event was his mother's brain aneurysm, which shaped his attitude and sent him on a course toward medicine.

"The event significantly influenced my outlook toward medicine, he says. "I feel I'm better able to relate to patients who are experiencing similar circumstances."

Mr. Welch believes empathy is the most crucial ingredient in a strong and prosperous patient-physician relationship. He points out that during the recent Community Impact Day, the most valuable part of that experience was gaining a new perspective on what others are going through and, in doing so, becoming better able to meet their specific needs.

"I chose EVMS because of its commitment to the community. I interviewed at a variety of schools that preached community excellence, but did little to physically manifest those ideas," Mr. Welch says. "EVMS is different. EVMS cares about making a lasting change in the community that it effects."

Mr. Welch is looking forward to more community-based events.

"EVMS is such a good fit for me. The community outreach programs provide students with ample opportunities to acquire a wide range of experiences that deviate from the norm," he says. "I can't imagine anything better than taking the skills I've learned in the classroom and using them to better the surrounding community." □



Pierce Welch



## Research demonstrates reliability of ultrasound to spot fetal heart disease

Researchers from EVMS and Children's Hospital of The King's Daughters recently demonstrated the reliability of fetal ultrasound in detecting major congenital heart disease early in pregnancy.

The team examined 245 high-risk pregnant patients with prenatal and postnatal ultrasounds. The image quality was sufficient to allow for a detailed evaluation of the fetal heart in most of the fetuses scanned.

"We were excited to find that the accuracy of prenatal cardiac screening was over 95.5 percent in our study," says Primary Investigator Elena Sinkovskaya, MD, PhD, an Assistant Professor of Obstetrics and Gynecology at EVMS. She presented results of the five-year study this summer at a meeting of the American Society of Echocardiography.

The study results reinforce the need to schedule early and detailed cardiac evaluations. According to the March of Dimes, about 120,000 babies born each year have a birth defect. Early diagnosis can lead to corrective surgery, which can be lifesaving or prevent the development of additional complications. □



*Ultrasound scan shows profile of a fetus.*

## With new hire, EVMS strengthens focus on head and neck cancer

EVMS has bolstered both its cancer treatment and research efforts with the addition of a new physician-scientist.

Vivian Wu, MD, MPH, joined EVMS in August as an Assistant Professor of Otolaryngology-Head and Neck Surgery. She specializes in treating tumors of the head and neck, including salivary gland, oral cavity, neck and sinus regions. She also treats certain types of skin cancers.

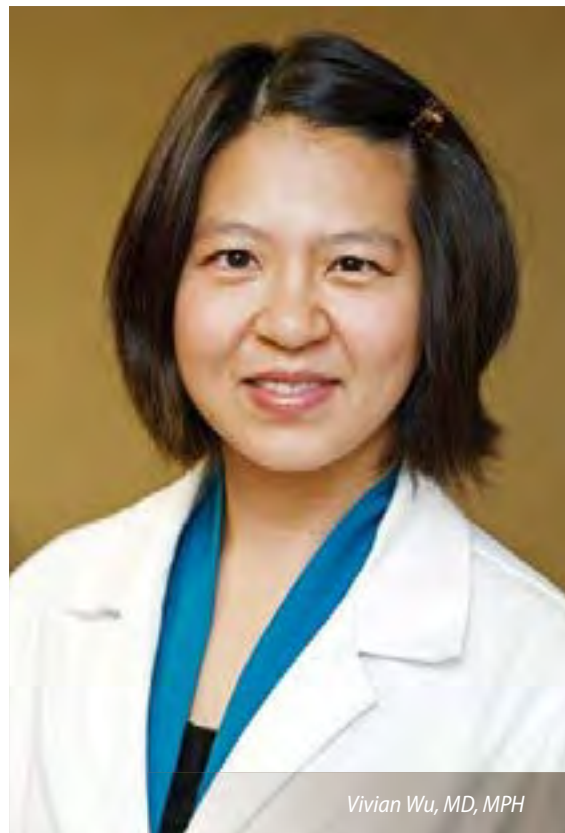
In addition to providing clinical care, Dr. Wu is a member of the EVMS Leroy T. Canoles Jr. Cancer Research Center. A portion of her time is dedicated to studying head and neck cancer.

"Dr. Wu is a direct link between our clinical and research programs in the field of head and neck cancer," says Barry Strasnick, MD, Professor and Chair of Otolaryngology-Head and Neck Surgery. "Her insight and skill, as both a surgeon and a scientist, will be a tremendous benefit to patients in Hampton Roads."

Dr. Wu received her medical degree from Howard University College of Medicine and completed residencies in general surgery and otolaryngology at Oregon Health and Science University, followed by fellowship training at the University of Michigan Medical Center.

Cancers of the head and neck are the sixth most common form of the disease, and localities in eastern Virginia report some of the state's highest rates of oral cancer and head and neck melanoma. Dr. Wu will be part of a multidisciplinary translational research team that seeks to speed the flow of information from patients to researchers, and vice versa.

"These types of cancer can affect communication, taste, smell, swallowing and appearance — areas that significantly impact overall quality of life," Dr. Wu says. "We hope to rapidly develop new and effective diagnostic, prognostic and therapeutic strategies to ultimately benefit our patients." □



*Vivian Wu, MD, MPH*

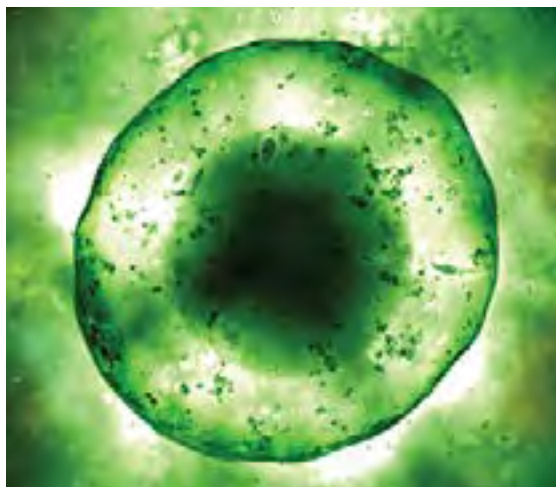
## Process suspected to spur cancer may also have a role in autism

A cell-signaling pathway being studied for its role in cancer may also be involved in certain kinds of autism, according to EVMS scientists.

In a bit of scientific serendipity, autism researchers in EVMS Psychiatry and Behavioral Sciences tapped into the expertise of Amy Tang, PhD, an Associate Professor of Microbiology and Molecular Cell Biology and a member of the Leroy T. Canoles Jr. Cancer Research Center. Dr. Tang has been studying a specific pathway called Ras that, when malfunctioning, appears to be involved in causing cancer to develop and spread.

“They’re the same pathways in all cells of the body,” says Stephen Deutsch, MD, PhD, Professor and Ann Armistead Robinson Chair of Psychiatry and Behavioral Sciences. “These pathways exist in the brain.”

Ras is part of a constellation of interconnected signaling pathways that includes another, known as mTOR, that is



known to be more active than normal in people with syndromic autism — forms of the disorder with a defined cause, usually a genetic abnormality such as fragile X syndrome. Studies of a specific mouse strain have shown that using medication to control mTOR signaling can improve sociability in mice that behave similarly to people with autism.

The researchers wondered whether abnormal activation of the Ras pathway might also be implicated in some forms of autism. The team — which included Jessica Burket, MS, and research assistant

Andrew Benson, as well as Drs. Deutsch and Tang — studied a different breed of mouse, one that has significantly higher than normal rates of Ras activity and also display social behaviors similar to autism.

The result: Small doses of the same



Amy Tang, PhD



Stephen Deutsch, MD

medication led to normal interaction among the mice. That means some drugs intended to treat cancerous tumors could be studied as possible treatments for syndromic autism, and vice versa.

Beyond opening new avenues of treatment for both cancer and autism, Dr. Tang says this demonstrates the collaboration inherent to an academic-medical campus like EVMS.

“This is a fantastic partnership,” she says. “This is an example of the benefit of thinking out of the box.” □

## EVMS co-hosts professional symposium that addresses disparities in skin disorders

The Skin of Color Symposium 2013: From Bench to Bedside, held Oct. 25-27 in Baltimore, Md., was designed to disseminate and communicate the latest research in skin diseases affecting minority populations. The symposium was co-hosted by the Hampton University Skin of Color Research Institute and EVMS and held in cooperation with University of Maryland School of Medicine.

“The symposium creates an opportunity and forum to discuss the most critical issues in the field and to develop novel paradigms and

approaches to address diseases that disproportionately impact minorities,” says Valerie Harvey, MD, MPH, Assistant Professor of Dermatology, Co-director of the Hampton University Skin of Color Research Institute and Co-chair of the symposium.

Some topics of interest addressed at the symposium were keloids and pigmentary disorders — both of which are challenging to treat, she says. Attendees also had the opportunity to participate in live patient viewings of rare and challenging cases representing selected disease processes addressed

during the scientific sessions.

“I hope that this conference will facilitate the cross-fertilization of ideas by scientists and clinicians across disciplines such as public health, dermatology, molecular biology and cell biology,” Dr. Harvey said prior to the event. “I hope this will spark the creation of numerous sustainable collaborations, increase provider knowledge and improve clinical practice.” □



For more information on the Skin of Color Symposium, visit [www.evms.edu/magazine](http://www.evms.edu/magazine)

## Alumni Volunteer Profile

### '88 MD grad trains the next generation

Someone told Julius Miller, MD (MD '88), during his time as a medical student at EVMS that the word doctor stems from the Latin verb for "to teach."

"It's the responsibility of a physician to be a teacher," he says, "I've always thought it was important."

He's held onto that belief since entering practice. An internist in Chesapeake since 1991, Dr. Miller has been a member of EVMS' volunteer faculty for more than 15 years and has served as a preceptor to more than 20 medical and physician assistant students.

Preceptors bring students into their practice, allowing them to observe and participate in patient encounters. It's a valuable service that helps students learn the interpersonal and clinical skills they will need after graduation. And, Dr. Miller says, it helps their supervising physician remain sharp and keep up with new medical knowledge.

"It keeps you on your toes. There's always something they ask that I say, 'Hmm, I don't remember that,'" he says. "It helps you keep tabs on what they're learning. This is as close I can get to being in medical school again."

Among the lessons he imparts to his students is the importance of interpersonal communication, taking the time to speak with colleagues and patients rather than relying on electronics.



Julius Miller, MD

Dr. Miller says that the atmosphere at EVMS today is quite different from his time on campus. It was still a young school then, still finding its footing. Today, he says, it's on the map, and he wants to help it keep growing.

"The better the school does, the better students do, the better you feel about it," he says. "It's a pride thing." □



To learn more about alumni volunteer opportunities and becoming a member of EVMS' volunteer faculty, contact EVMS Alumni Relations at 757.446.6054 or [alumni@evms.edu](mailto:alumni@evms.edu).





## Bridge program offers path to master's for SA alumni

Alumni of EVMS' Surgical Assisting Program now have a way to upgrade their degree.

Last spring, EVMS became the first school in the country to offer a Master in Surgical Assisting (MSA) degree. The move was in recognition of the growing need for skilled surgical assistants (SAs) in the health-care system, and it helps EVMS alumni prepare for career advancement.

A newly established "bridge" program allows previous graduates, who received a graduate certificate, to complete the additional classwork needed for a MSA.

"Our alumni put the EVMS SA program on the map," says Program Director Clinton Crews, MPH. "This 'bridge' is a convenient way for them to take the final steps toward a graduate degree. It gives

them a leg up in the workplace and signifies the important role SAs play in delivering high-quality care."

The 12-month, distance-learning curriculum consists of eight credit hours and is open to alumni who:

- Have completed the EVMS Surgical Assisting Program;
- Hold a bachelor's degree;
- Hold a current surgical-assisting certification, CSA preferred; and
- Have 72 hours of documented laparoscopic case experience.

The program began accepting applications in September, and classes start in January 2014. □



Learn more at [evms.edu/magazine](http://evms.edu/magazine).

## Alumni Notes

Several medical school and residency alumni have joined the Internal Medicine faculty:

- Jennifer Knips, MD (Internal Medicine Residency '12), Assistant Professor
- Christopher Mulla, MD (MD '10, Internal Medicine Residency '13), Associate Instructor
- Steven Greer, MD (MD '01, Internal Medicine Residency '05), Assistant Professor
- Kenneth Surkin, MD (MD '10, Internal Medicine Residency '13), Assistant Professor
- Dan Vinh "DV" Nguyen, MD (MD '10), Assistant Professor

Sharmini Santher, MD, and Jessica Mees-Campbell, MD — both 2012 graduates of the EVMS Psychiatry Residency Program — recently joined the department's faculty as Assistant Professors.

John Caruso, MD (MD '90), was named a recipient of the Becker's Spine Review Annual Spine Leadership Award for 2013.

A total of 89 EVMS medical school and residency alumni were ranked among the physicians honored on *Inside Business'* annual "Top Docs" listing.

Cynthia Romero, MD (MD '93), will serve as the honorary chair of the annual Martin Luther King, Jr. Community Leader's Breakfast in January.

*Stay in touch! Share your news and professional accomplishments on this page by emailing [alumni@evms.edu](mailto:alumni@evms.edu).*

# Celebrating 40 Years



## How the community's vision grew from a handful of students to the cornerstone of the region's health

Tom Hubbard, MD, JD, (MD '76) remembers his interview to become a member of EVMS' inaugural class.

"I was extremely impressed with the people I met," he says. "The degree of enthusiasm was totally infectious. It was apparent that the entire community was behind the school and rooting for it to succeed."

Today, Dr. Hubbard directs the Sentara Center for Simulation and Immersive Learning at EVMS. Forty years ago, he and 23 classmates walked into a converted nurses' dormitory to begin their medical

studies. Three art-therapy students also started at that time and were the first EVMS graduates.

But in the years leading up to the long-awaited opening day, at times it seemed this homegrown medical school might never materialize.

### Making it happen

Forward-thinking community leaders concluded that the solution to the region's shortage of doctors was a medical school, so they approached the legislature for permission to build one. The Norfolk





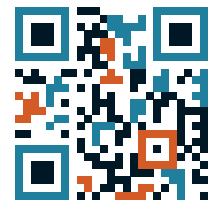
Area Medical Center Authority was born, attracting top-flight physician-educators and making possible a physical and occupational therapy institute, a research institute and a cardiac center, where the region's first open-heart surgery was performed.

In 1969, 35 public-service-minded citizens were named co-chairs of a capital campaign and charged with raising the \$15 million needed to open the school. The campaign began in January 1970 with an estimated completion timeframe of six months. It took three years.

Organizations big and small supported the school. But the campaign ultimately succeeded because people from all across the community pitched in. A child even donated his piggybank to the cause. Today, Clinton Crews, MPH, works for the school he helped establish as Director of the Master of Surgical Assisting Program.

### **A dream realized**

Forty years after EVMS opened, the region is reaping the benefits. Four times as many doctors per capita practice locally as compared to the 1960s, and the school has become a vital economic engine in the region.



*Find out more about the first 40 years of EVMS as well as the community effort that brought the school to life at*  
[www.evms.edu/magazine](http://www.evms.edu/magazine)



**March 1964:**  
The Virginia legislature creates the Norfolk Area Medical Center Authority and empowers the authority to establish a medical school.

**January 1970:**  
The initial fundraising campaign begins. Hampton Roads is the largest metropolitan area in the nation without a medical school.

**September 1973:**  
The inaugural classes of MD and art therapy students matriculate.

**January 1974:**  
The school opens a family practice residency-training program to help alleviate a local physician shortage.



**December 1969:**  
After opening a series of health-care facilities, supporters establish the EVMS Foundation.

**January 1972:**  
The medical school receives provisional accreditation.

**January 1973:**  
Campaign concludes with \$17.6 million raised, \$2.6 million over goal.

**May 1974:**  
The medical school's first graduates complete training in what is now known as the Graduate Art Therapy and Counseling Program.

**EVMS**  
Eastern Virginia Medical School

*Celebrating*  
**40 YEARS**  
1973-2013

□ **February 1978:**

EVMS celebrates the completion of its first building and names it Lewis Hall in honor of philanthropists Sydney and Frances Lewis.



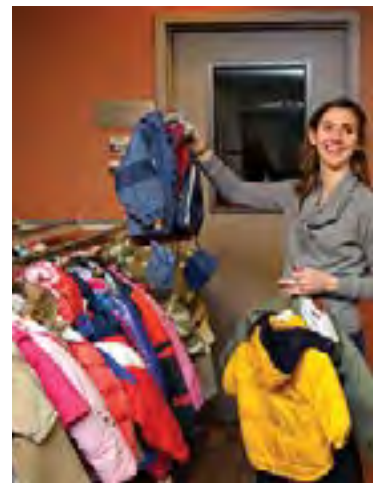
□ **September 1985:**

The Elise and Henry Clay Hofheimer II Hall of the Clinical Sciences (informally referred to as Hofheimer Hall) is dedicated.



□ **October 1987:**

What is now known as the EVMS Strelitz Diabetes Center opens.



□ **September 1976:**

EVMS graduates 23 physicians in its charter MD class.

□ **December 1981:**

Elizabeth Carr, the nation's first child conceived through in vitro fertilization, is born at Norfolk General Hospital under the watchful gaze of IVF pioneers Drs. Howard and Georgeanna Jones.

□ **September 1986:**

The United States Agency for International Development awards a \$28 million grant to establish CONRAD, a program of EVMS Obstetrics and Gynecology.

□ **Fall 1987:**

EVMS students launch Operation Overcoat, later renamed Coats for Kids, to pass along donated coats to needy children and families. It's one of dozens of outreach efforts conceived and led by students that provide assistance to others.



**November 1990:**

EVMS otolaryngologists perform the region's first pediatric cochlear implant, allowing a 5-year-old Virginia Beach boy to hear for the first time.



**January 1994**

EVMS is one of the first schools to begin using simulated patients. Today, EVMS is a leader in modeling and simulation through the Sentara Center for Simulation and Immersive Learning at EVMS.

**December 1995:**

A gift from Virginia Beach resident Virginia Glennan Ferguson leads to the establishment of the Glennan Center for Geriatrics and Gerontology.



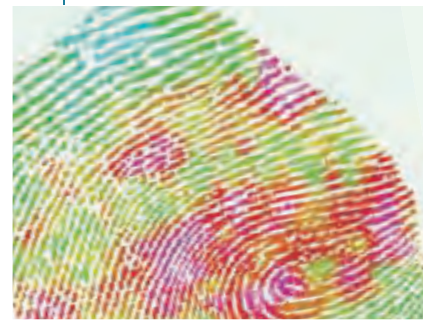
**January 1999:**

EVMS welcomes the inaugural class of Master of Physician Assistant students.



**April 1999**

As pioneers in the new science of proteomics, EVMS scientists seek the "fingerprint of cancer" to improve diagnosis.



**March 2000:**

The Edward E. Brickell Medical Science Library opens as a state-of-the-art facility serving EVMS and the region. Today, it is the medical library of record for the Virginia General Assembly.



### September 2008:

CONRAD receives a \$100 million grant, the largest in the school's history, from the U.S. Agency for International Development, to develop contraceptives and products to fight AIDS.



### September 2009:

EVMS breaks ground on a new research and education building after the state, in a historic agreement, provides \$59 million in support. The building opens in 2011 and is later named in honor of then-President Harry T. Lester.



### May 2011:

EVMS celebrates its 5,000th graduate.



### November 2012:

A gift from Macon and Joan Brock establishes the M. Foscue Brock Institute for Community and Global Health at EVMS.



### August 2008:

EVMS establishes the School of Health Professions as a measure of the importance of the school's diverse range of academic programs.



### July 2009:

EVMS dedicates Andrews Hall, formerly known as Fairfax Hall, in memory of EVMS founders and key faculty members Mason C. Andrews, MD, and his brother, William C. Andrews, MD.



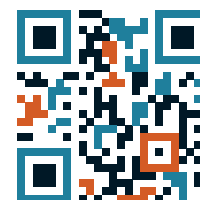
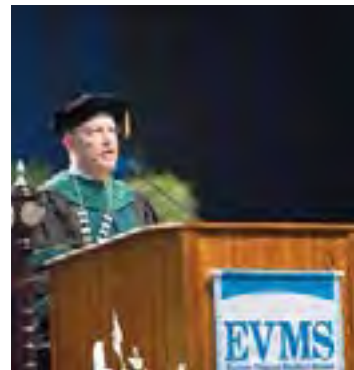
### January 2011:

HOPES Clinic opens as the first student-run free clinic in Virginia.

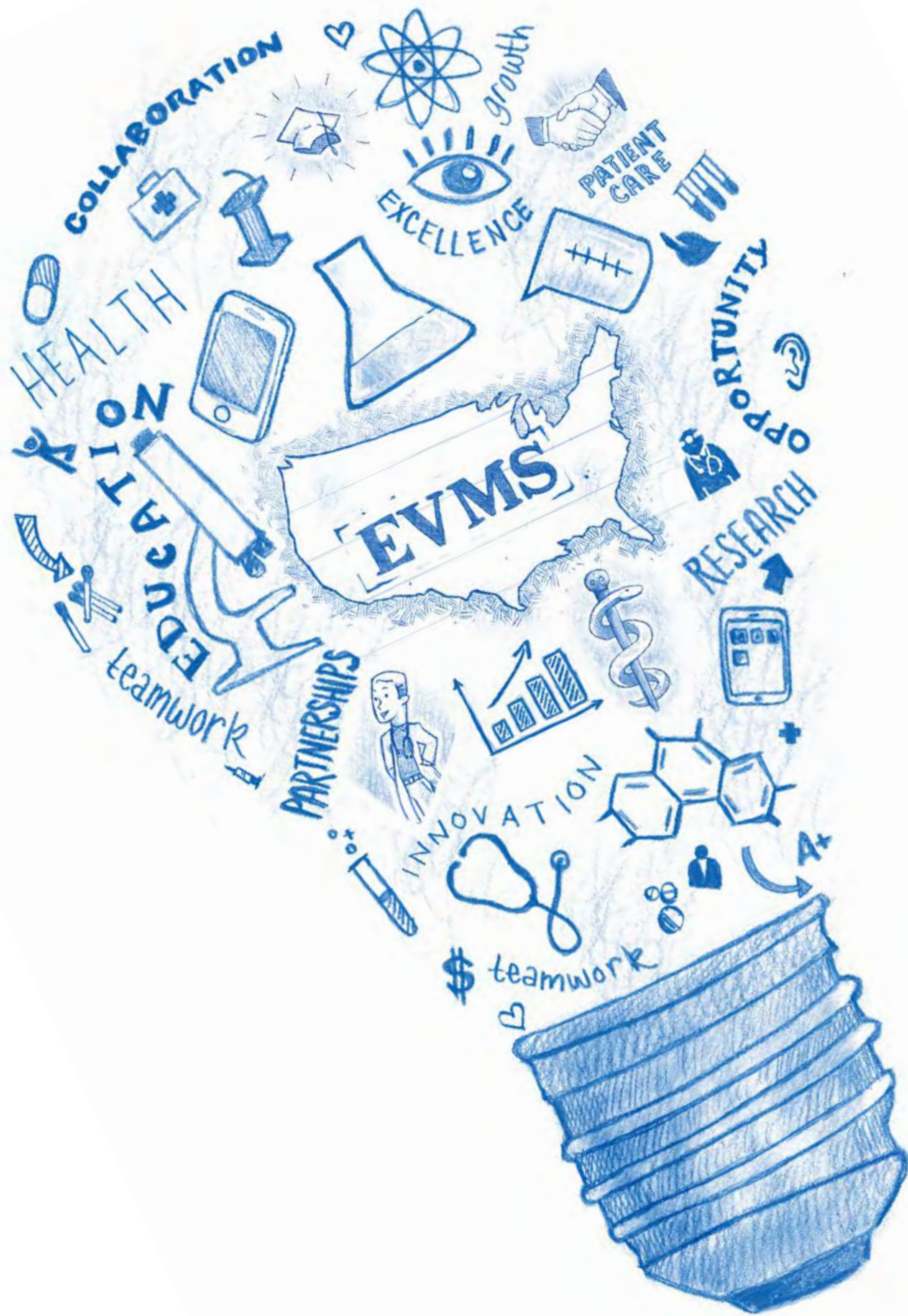


### April 2013:

Richard V. Homan, MD, Dean of the School of Medicine, becomes the first EVMS leader to serve as President and Dean after the roles are combined.



Find out more about the first 40 years at  
[www.evms.edu/magazine](http://www.evms.edu/magazine)





# New ideas FOR THE FUTURE

*President's vision seeks to build on EVMS' strong foundation.*

**S**ix months into his tenure as President and Provost of EVMS, Richard Homan, MD, is charting a course for EVMS' future — one that capitalizes on the school's strengths and builds on its unique history.

There are opportunities, he says, for the school to carve a niche in the landscape of U.S. academic medicine and to create a progressive, innovative educational environment. The timing couldn't be better.

Shifts in the fundamental underpinnings of our health-care system and top-to-bottom revisions to education make this an ideal moment to calibrate EVMS' priorities. Out of this opportunity, several key areas have emerged as central components of EVMS' growth.

## Continue to improve the quality of EVMS' core missions

Much has changed since EVMS opened its doors 40 years ago, but its primary focus areas have remained constant: excellent education, innovative research and outstanding patient care. Strengthening each of these interconnected missions will be key to attracting the best students and faculty and delivering the best return on the community's investment in EVMS.

Medical education is evolving to a degree not seen since the 1910 "Flexner Report" established the apprenticeship model for training aspiring physicians. Emerging technologies and teaching methods are driving a complete



rethinking of how schools teach students across the health-care disciplines. EVMS is seizing that opportunity to update its medical curriculum, with an eye toward better incorporating team-based education, skills-based assessments and simulation training — concepts that cater to new generations of learners.

Curriculum reform is made even more vital by the realities of the world after graduation from medical school. The number of available positions in residency programs — specialty training all physicians must complete in order to gain licensure — has been mostly steady for years. That means medical schools must focus on preparing students to enter a competitive residency environment.

The School of Health Professions, too, is undergoing changes. It has grown by more than 40 percent over the past three years, and it will continue to be the primary source of growth in EVMS' student body. The Biomedical Sciences Master's Program, for instance, is expected to soon enroll 100 students per year, compared to 23 as recently as 2010. The school recently approved master's programs in laboratory animal science and in medical and health professions education and is considering the addition of a graduate degree in health-care compliance and a combined MD/MBA.

Interdisciplinary collaboration will be a key element of both the medical and health professions schools — as will community service. Spurred by the creation last year of the M. Foscue Brock Institute for Community and Global health, student service-learning opportunities will be incorporated into the curriculum to shape students' development as compassionate, community-minded professionals — a priority that fits within the larger context of improving health in Hampton Roads and beyond.

And as the educational programs evolve, EVMS' research endeavor will progress along with it. Dr. Homan describes research as the return on EVMS' academic investment, and identifying the ideal areas of emphasis will maximize that return. The strong research programs in diabetes, reproductive health and cancer will continue, and additional emphasis will be placed on avenues of research that emanate from EVMS' innate strengths —

studies that explore fields such as public and community health and health-services delivery.

Likewise, EVMS Medical Group — the school's patient care enterprise — will evolve in tandem with the other two primary missions. EVMS providers will continue to form the nucleus of the medical education component of the school, and they will contribute to the development of additional clinical trials that track outcomes data to determine the most effective means of care. This research will focus on quality of care, cost effectiveness, technology and other facets that will drive care delivery in the future.

Strengthening these core functions will position EVMS to attract high quality students and to focus on research and clinical care that directly address local needs.



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merging technologies and teaching methods are driving a ground-up rethinking of how schools teach students across the health-care disciplines.



## Elevate EVMS' academic reputation nationally

Ten years ago, many in Hampton Roads were unaware of EVMS' missions and its contributions to the region. Today, thanks to a concerted effort during the tenure of President Emeritus Harry Lester, local citizens have significantly greater understanding of the school's role in supporting the community's health and economic vitality. That same energy will be put toward earning greater national recognition for our faculty, many of whom are leaders in their field.

One of Dr. Homan's goals is to emphasize areas where EVMS can be truly extraordinary — such as community and population health, health services-delivery research and curriculum design. Establishing that “academic niche,” as Dr. Homan describes it, creates a platform from which EVMS can contribute to national conversations and showcase excellent faculty doing high-quality work across all three core-mission areas.

The effort to build wider recognition also includes measures to facilitate faculty presentations at national meetings, which will help demonstrate EVMS' academic and research expertise to colleagues at other schools and academic-health centers. To move toward that goal, funding has been set aside to help faculty who are preparing presentations for major conferences.

Gaining national prominence will help EVMS graduates as they head into residency or the workforce, where name recognition can help open doors. And it will support the critical goals of luring top-flight faculty and forging new partnerships.



## Develop and support faculty and staff

As EVMS redoubles its efforts in its three core functions, the need to retain outstanding faculty and staff becomes ever more critical. Resources are being channeled to help them continue developing the skills needed in a progressive medical campus. It is an investment in the school's human capital, Dr. Homan says, because the faculty and staff are the school's greatest assets.

Early signs of this initiative include the creation of two new leadership positions.

Elza Mylona, PhD, is EVMS' first Vice Dean for Faculty Affairs and Professional Development. She is developing a support infrastructure designed to balance faculty members' efforts across EVMS' missions and to acknowledge them for their contributions to the school, whether that is primarily through research activities, clinical practice or education. Additionally, she will be ensuring that faculty have access to professional development opportunities.





Dr. Homan also recruited Mekbib Gameda to serve as the Vice President of Diversity and Inclusion. Mr. Gameda is working to increase diversity among EVMS faculty, students and staff as we seek to mirror the community we serve.

Luring talented new faculty will be crucial as the school grows. To that end, EVMS is requesting an additional \$3.2 million in annual operating support from the General Assembly, as recommended by the State Council of Higher Education in Virginia. Part of that funding would help EVMS recruit additional faculty members needed to keep pace with increased enrollment.

Providing a strong platform of ongoing faculty support and training ensures that, as a whole, the institution is prepared to succeed in the ever-changing higher-education landscape and can respond to opportunities and challenges that emerge in the classroom, in the lab or in the clinic.

## Fund operations and capital plan

It's been just over two years since Lester Hall opened, bringing with it the physical capacity for increased student enrollment, enhanced cancer research and expanded simulation programs.

Today, it's full, and the school is taking the initial steps toward completing the campus master plan — a new building behind Andrews Hall. EVMS is asking the General Assembly for \$1.1 million in planning money for the structure, which would provide additional room for growth in the health professions programs and bring academic and administration functions on the main campus from satellite buildings.

The school's digital infrastructure also is getting a much-needed overhaul. A five-year, \$5 million initiative will bring disparate information systems onto a single platform that will help the institution function more efficiently and work better across departments.

## Cultivate robust partnerships

Much like its collaborations with other healthcare providers, academic and industry partnerships will play a pivotal role in the school's future.

Discussions with the College of William & Mary have led to a series of research collaborations between faculty members at the two institutions, and they are exploring educational programs that would bring together the discrete strengths of each school. Possibilities include working with William & Mary's Mason School of Business to offer a dual MD/MBA program and an advanced healthcare-delivery certificate program — the latter of which would benefit from significant input from Sentara Healthcare to help shape the program's content. These programs would help meet the demand for the physicians and health professionals who not only have



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uch like the collaborations with other health-care providers, EVMS' academic and industry partnerships will play a pivotal role in the school's future.



excellent clinical skills, but also are fluent in the health-policy and financial aspects of care delivery in the context of changing payment systems and the realities of the Affordable Care Act.

Similarly, EVMS continues to build on the long-standing, beneficial academic relationship with Old Dominion University, particularly in the area of public health. The General Assembly has provided funding to study the resources need to establish a school of public health jointly run by EVMS and ODU. The school would be the first of its kind in the commonwealth.

Beyond the academic realm, EVMS' clinical and scientific expertise makes it an ideal partner for industry. For instance, basic scientists are working with Virginia Beach-based LifeNet Health to develop better ways to preserve tissue samples for detailed analysis,

and Canon Inc.'s facility in Newport News may host EVMS biotechnology graduate students.

Nurturing these symbiotic relationships is part of being responsible stewards of increased resources provided by the state and donors, Dr. Homan says. Strong partnerships also expand opportunities for students and residents to gain real-world experience and, critically, for EVMS to broaden its economic contributions to the region.

Outstanding, forward-thinking education. Focused research that capitalizes on the faculty's distinct expertise. Strong, symbiotic collaborations with academic and industry partners. These themes drive Dr. Homan's vision for EVMS' evolution — one that builds on the school's distinct, 40-year legacy and strives to meet the needs of a growing community and a shifting health-care landscape. □





# Safe to Sleep

A preventable cause of infant death is a priority for EVMS' Brock Institute

**WARNING!**  
**FOR SAFE SLEEP: PLACE BABY ON BACK ON FIRM MATTRESS.**  
**Keep all soft objects, toys and loose bedding out of baby's sleep area.**

"They don't cry; they just die."

It's a harsh statement that Wendy Gunther, MD, Assistant Chief Medical Examiner for the Virginia Department of Health, repeats whenever she has an ear to listen.

According to data collected by Virginia's Child Fatality Review Team, sleep-related death is the second leading cause of infant mortality in Virginia. And nearly all of those deaths are preventable.

In Hampton Roads, the local Child Fatality Team reports that 25 infants suffocated in their sleep in 2012, up from 14 suffocation deaths in 2011. Among the causes are bedding that's too soft and

cushions or bumpers that babies get wedged in, along with co-sleeping with parents, falling asleep while holding a baby and putting infants to bed on their stomachs.

This jump is disturbing in the wake of the national "Back to Sleep" campaign that taught parents to put babies to sleep on their backs. As a result of this education, deaths from Sudden Infant Death Syndrome (SIDS) dropped by more than 50 percent nationwide over 10 years. Experts now attribute the rise in SIDS deaths in Virginia and several other states to the unsafe-sleep practices that can cause suffocation.

## Numbers show why they die

The Virginia State Child Fatality Review Team examined the deaths of all 119 infants who died in a sleep environment in 2009. The team determined that 95 percent were definitely or probably preventable, and 90 percent were related to an unsafe sleeping environment.

**60 percent** were found on their stomachs

**57 percent** were bed-sharing with an adult

**36 percent** were found partially obstructed by soft bedding, objects or other people

**71 percent** were exposed to second-hand smoke

**28 percent** were born prematurely

**50 percent** of the mothers smoked while pregnant

**One in five** mothers used/abused substances while pregnant

**Black infants died at a rate twice that of white infants**

To combat the problem, a new national campaign called “Safe to Sleep” has expanded on the American Academy of Pediatrics’ original guidance of putting babies to sleep on their backs on a firm mattress. Now parents and caregivers are advised to keep pillows, blankets, crib bumpers, soft objects and toys out of the crib, as well as not to co-sleep with infants.

No one is more concerned about the upswing in preventable infant deaths than pediatrician Karen Remley, MD, MBA, Founding Director of the EVMS M. Foscue Brock Institute for Community and Global Health. In fact, she has made it one of the Brock Institute’s first priorities.

EVMS is taking a lead role in the region’s Safe Sleep Education Collaborative. The collaborative also includes Sentara Healthcare, Children’s Hospital of The King’s Daughters, Eastern Virginia Regional Fetal and Infant Mortality Review, Hampton Roads Regional Child Fatality Review Team and Tidewater Perinatal Council.

Working closely with Dr. Remley to promote “Safe to Sleep” are EVMS Assistant Professor of Pediatrics Michael Strunc, MD, who is also Director of the

Center for Pediatric Sleep Medicine at Children’s Hospital of The King’s Daughters; and Dr. Gunther, who says she has performed too many autopsies on babies whose deaths could have been prevented.

“Many people think that SIDS has been beaten, that the Back to Sleep campaign has taken care of it,” Dr. Gunther says. “As a medical examiner, I can say that they couldn’t be more wrong. Sudden, unexpected death in infancy is ever present. And in many cases, it’s completely and totally preventable.” In the past 10 years, she says, evidence has revealed that most deaths labeled SIDS were, in fact, accidental suffocations.

“I hear the same stories over and over again,” Dr. Gunther says. “Infants die much too easily from suffocation on unsafe sleep surfaces. It’s due to a combination of anatomical factors and environmental problems. Before they’re old enough to eat cereal, babies are designed by nature

to breathe only through their noses while they’re asleep.”

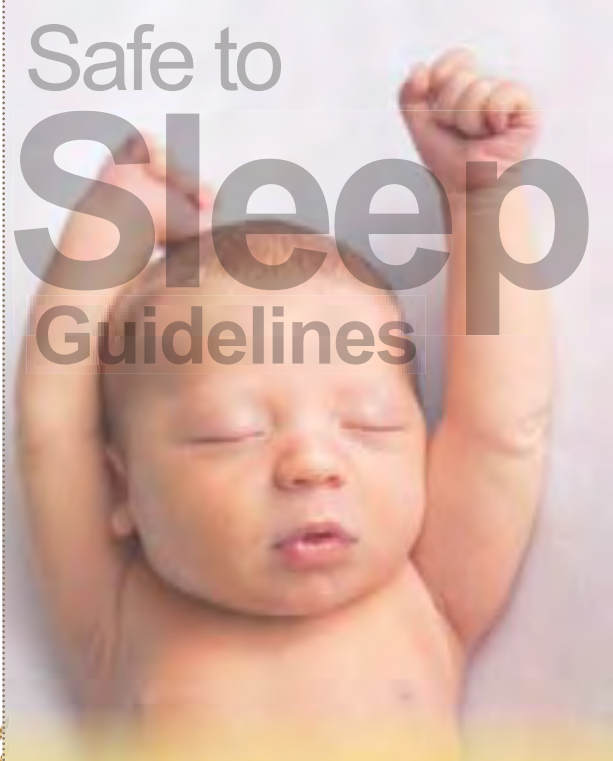
Infants don’t cry to alert their parents they’re in

trouble, she explains. If a soft pillow or an adult mattress blocks the baby’s nose, death comes swiftly — often in a matter of minutes. An infant under six weeks old can’t raise her head out of a suffocating surface. A swaddled infant asleep on his side can’t save himself if a soft mattress gradually causes him to fall





# Safe to Sleep Guidelines



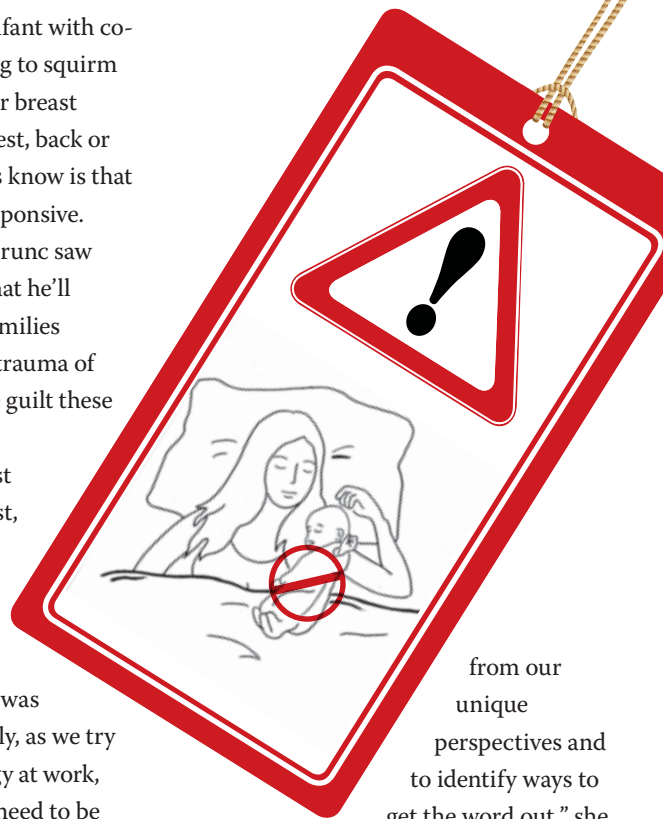
forward onto his face. An infant with co-sleeping parents is too young to squirm when a parent's arm, knee or breast overlies the infant's face, chest, back or belly. The first thing parents know is that their child is blue and unresponsive.

Early in his career, Dr. Strunc saw preventable infant deaths that he'll never forget. "I witnessed families disintegrate because of the trauma of losing a child," he says. "The guilt these parents feel is devastating."

As a pediatric neurologist and sleep medicine specialist, Dr. Strunc works with his colleagues in pediatrics to decrease the rate of these devastating deaths. "We thought that 'Back to Sleep' was the main message, but clearly, as we try to understand the physiology at work, there are other factors that need to be addressed."

Because there is no one clear reason for the rise in preventable infant deaths, Dr. Remley encourages every physician or health professional to promote safe sleep practices.

"We all need to look at the problem



from our unique perspectives and to identify ways to get the word out," she

says. "For instance, my husband is a cardiologist who treats many proud grandfathers who show him pictures of their grandchildren. That provides the perfect opportunity for him to say, 'Did you know that babies need to sleep in a crib and on their backs?'" □

- 1** Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- 2** Do not use pillows, blankets or crib bumpers anywhere in your baby's sleep area.
- 3** Make sure nothing covers the baby's head.
- 4** Keep soft objects, toys and loose bedding out of your baby's sleep area.
- 5** Always place your baby on his or her back to sleep for naps and at night.
- 6** Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.
- 7** Do not let your baby sleep in an adult bed, on a couch or on a chair — alone or otherwise.
- 8** Keep your baby close to you, such as in a bedside bassinet; babies who sleep in the same room with a parent or caregiver have a lower risk of death.
- 9** Make sure that everyone who cares for your baby — including grandparents and babysitters — follows these rules.

## Middleton scholar is committed to community service



Ever since she can remember, Amy Rogers has dreamed of being a doctor. Today, thanks to a four-year scholarship, she's on track to achieve her childhood dream.



*EVMS Middleton scholar Amy Rogers spent two years in Honduras where she experienced the culture while performing community service.*

"EVMS was always my first choice," says Ms. Rogers, MD Class of 2017, who grew up in Williamsburg and earned her undergraduate degree from the University of Virginia.

Between UVa and EVMS, the aspiring physician took a brief detour to Honduras. Having made several trips to Latin America during college to help in medical clinics, Ms. Rogers returned to Honduras for a year to organize clinics run by a health-care nonprofit. One year became two when she stayed on to teach high school. Then just before starting at EVMS this year, she returned to the high school briefly to write its physics curriculum.

Drawn to community-based medicine, Ms. Rogers is considering primary care as her specialty. "I'm extremely grateful for this opportunity," she says.

"It's been my dream to attend this school, and receiving this scholarship is beyond anything I could have ever hoped for."

Ms. Rogers is the third recipient of the Dorothy Middleton Memorial Scholarship. Mrs. Middleton bequeathed an endowment to EVMS to fund a four-year scholarship every year to an entering MD student from Virginia. "I want to honor Mrs. Middleton's memory," Ms. Rogers adds, "by becoming a compassionate physician and paying it forward." □



## EVMS, Brocks honored at National Philanthropy Day

At its 12th annual National Philanthropy Day Luncheon in November, the Association of Fundraising Professionals, Hampton Roads Chapter recognized EVMS as the area's Outstanding Nonprofit in Fundraising.

The award honors a nonprofit that has developed creative, resourceful and inspired campaigns, initiatives, projects or techniques that have grown and increased their fundraising infrastructure, program and results. EVMS' most recent capital campaign, which ended last December, surpassed its goal and raised more than \$32 million.

Also honored were Macon and Joan Brock, who received the award for Outstanding Philanthropists. In recent years, the Brocks have been philanthropic leaders in the region and beyond. Their generous gifts included \$3 million to establish the M. Foscue Brock Institute for Community and Global Health at EVMS last year.

"EVMS was one of several nonprofits that nominated the Brocks this year," says Connie McKenzie, Director of Development, "so we are delighted that they were recognized for their philanthropic leadership." □



*Joan and Macon Brock have been named Outstanding Philanthropists by the Hampton Roads chapter of the Association of Fundraising Professionals.*



*Skies were cloudy but spirits were sunny during the 2013 Wine, Women and Fishing event at Virginia Beach's Southside Marina. This was the 11th annual fundraiser for the Chesapeake Bay Wine Classic Foundation, which donates profits to support breast cancer research at EVMS.*

## Support for EVMS Fund sets a record in FY '13

Thanks to growing community support, gifts to the EVMS Fund reached nearly \$1.4 million in fiscal year 2012-13. This exceeded the previous year's total by 21 percent.

"It was a remarkable team effort," says Connie McKenzie, EVMS Director of Development.

Proceeds from two fundraising firsts for EVMS — the Homearama Healthy House and February's month-long Cox Business Challenge — contributed to the fund's record-setting year.

Adding to the total amount raised were the EVMS Golf Classic and Mike Cavish Golf Tournament, as well as gifts made by EVMS faculty and staff members through the annual Employee Giving Campaign.

"We are tremendously grateful to all of our donors," Ms. McKenzie says. "Their generosity enables EVMS to remain a vital resource for the people of Hampton Roads and beyond." □

## Family's endowment will focus on preventing substance abuse

By the time he graduated high school, Henry Watkins was an honor student, star athlete and Eagle Scout. The grandson of Lewis and Martha Goode and son of Ann Goode Hess, Henry seemed destined for something special when he entered James Madison University in 2007.

"He was an outstanding young man who fell into a trap," Lewis Goode says. The trap was drug addiction, and in 2010, after several attempts at rehab, Henry lost his life to the disease at only 21.

"No one ever thinks it will happen to them," Martha Goode says. "Now we want to help other families in similar situations."

To that end, the family has created the Goode Endowed Fund for Substance Abuse Awareness and Prevention at EVMS. The fund will support the research of Martha Early, PhD, a Certified Addictions Counselor with EVMS Family Medicine who specializes in substance abuse assessments and treatment.



*Ann Goode Hess and her parents, Lewis and Martha Goode.*

Also contributing to the endowment is Darin Ely, a friend of the Goode family and President of Virginia Asset Group, where the family is a client. "Addiction is one of those quiet diseases," says Mr. Ely, who worked as a certified substance-abuse counselor for two years after college. "If you have cancer, everyone wants to help you. But if you're drug-addicted, no one wants to talk about it. We need to remove the stigma."

A former president of Central Fidelity Bank, Inc., Mr. Goode says he hopes the family's friends and neighbors will consider making a gift to the new endowment. "This is just the beginning of something that I hope will help a lot of people." □



To make a gift or learn more about this endowment, call 446.6070 or visit [www.evms.edu/giving](http://www.evms.edu/giving)



# Home-based test is the latest option for diagnosing common sleep disorder

If you feel tired during the day for no apparent reason, you may have a sleep disorder — a condition that prevents you from getting an adequate amount or quality of rest.

One of the most common sleep disorders is obstructive sleep apnea (OSA), which occurs when the soft tissue in your airway repeatedly collapses, interrupting your breathing and fragmenting your sleep. There are a variety of effective treatments for OSA once the condition is diagnosed.

Until recently, a diagnosis required you spend the night in a sleep disorders center. Now, there's another option: a test you can complete in your own home.

Rooms in the EVMS Sleep Medicine Center resemble those found in a nice hotel, but some people still prefer their own bed and bedroom, says Robert Vorona, MD, Medical Director of the center, located at Fort Norfolk Plaza.

"Patients sometimes have trepidation about sleeping in the center," Dr. Vorona says. "We now have this option for people who prefer the comfort of their own home."

If your primary-care doctor suspects sleep apnea, he or she will refer you to a clinician trained in sleep medicine. The physician or nurse practitioner will complete a thorough medical history and physical exam before suggesting how to proceed. The home-based sleep study is recommended when the doctor suspects moderate to severe OSA and you don't have any other significant health-related problems, such as certain heart or lung diseases.

The home-based study is simple. One of the EVMS registered sleep technologists will explain how the home test works. Then the sleep center will lend you a small device about the size of a phone that straps around your abdomen. Two devices plug into the unit: a slender hose that hooks beneath your nose and monitors breathing, and a unit that clips onto a finger to measure blood oxygen levels. You wear the unit while sleeping overnight at home and then return it to the center where a physician evaluates your data to establish a diagnosis. If the study shows you have OSA, the doctor will discuss treatment options.

If the study is negative or unclear, your sleep doctor will recommend a full study in the sleep medicine center. That's because a home-based study is not as accurate as a full study, which gathers significantly more physiological evidence to help the physician make a diagnosis. Insurance typically pays for both studies. □

To learn more about the home-based study for OSA offered at the EVMS Sleep Medicine Center at Fort Norfolk Plaza, call 757.625.0172.

"Patients sometimes have trepidation about sleeping in the center. We now have this option for people who prefer the comfort of their own home."

Photos from a diabetes screening, Employee Giving Campaign event, memorial gathering on the anniversary of 9/11, State of the School Address, orientation for new students, orientation for new faculty, networking event for minority students and a fundraising golf tournament.



VISIT [www.flickr.com/evms](http://www.flickr.com/evms) to view more photos from these and other EVMS events.





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1. Staff from the EVMS Strelitz Diabetes Center conduct a diabetes screening at the Suffolk Police Department. The screening was one of a series conducted thanks to a grant from the Obici Healthcare Foundation.

2. Faculty and staff volunteers greet visitors at the launch of the EVMS Employee Giving Campaign.

3. In honor of September 11, EVMS students, faculty and staff wore their military uniforms or red clothing as a sign of remembrance on the 12th anniversary of the attacks.

4. Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine, discusses his vision at the annual State of the School address. (For more details, see the feature story beginning on page 20.)

5. Several local business members of the Ghent Business Association put out balloons, posters and banners to welcome EVMS students during orientation week.

6. Faculty members take part in a panel discussion as part of the school's inaugural orientation for new faculty. The orientation is one initiative of Elza Mylona, PhD, Vice Dean for Faculty Affairs and Professional Development and a newcomer to the school herself.

7. EVMS joined forces with the Greater Norfolk Medical Society and Old Dominion Medical Society to host a dinner and speed-networking event. Designed to help minority medical students find medical mentors, the event enabled 31 physicians to meet for two minutes apiece with the 28 students who attended. Among the participants was Derwin Gray, MD, pictured here, who is also a member of the EVMS Board of Visitors.

8. A large group turned out for this year's Coach Ray Barlow Memorial Golf Tournament, which benefits prostate cancer research at EVMS. Tiny Barlow, wife of the late coach, and John Semmes, PhD, Director of the EVMS Leroy T. Canoles Jr. Cancer Research Center and the Anthem Distinguished Professor of Cancer Research, enjoy a break in the action.

**OUR MISSION:** Eastern Virginia Medical School is an academic health center dedicated to achieving excellence in medical and health professions education, research and patient care. We value creating and fostering a diverse and cohesive faculty, professional staff and student body as the surest way to achieve our mission. Adhering to the highest ethical standards, we will strive to improve the health of our community and to be recognized as a national center of intellectual and clinical strength in medicine.

# SAVE THE DATE

## Healing Our Communities

30th Annual Dr. Martin Luther King, Jr.  
Community Leaders' Breakfast

Monday, January 20, 2014

Renaissance Portsmouth Hotel &  
Waterfront Conference Center

**Presented by**

