

# NEWSPAGER

June/July 2009

Newsletter Volume 10, No. 4

## Human Cognition Enhancement Prime Area for Collaboration

*Advancing research in neuroscience, pharmacology and motor control systems has raised new interest in the potential for affecting mechanisms of higher cognition involved in attention, sensory perception, problem solving, and creativity.*

In a kind of speed dating for researchers recently, 15 faculty members who study diverse areas of brain function gave capsule presentations on their work and ideas for collaboration. Seventy people packed the room for the workshop, which was sponsored by the University's Human Cognition Enhancement Program (HCEP). Under that broad umbrella, the topics ranged across attention deficit hyperactivity disorder, mild and traumatic brain injury, HIV-AIDS, robotics, strategic thinking, and several aspects of autism, as well as the optimization of normal function.

**Focus.** The HCEP will focus on research into brain and behavior relationships, brain dysfunction and impaired cognition, and the development of methodologies to enhance cognition and skilled motor performance in both ordinary individuals and those with disabilities. A special area of interest is cognitive performance under high-stress, high-fatigue conditions, with application to aviation and aerospace, as well as more mundane work environments.

Led by Sreekant Murthy, Ph.D., Barry Waterhouse, Ph.D., and Maria Schultheis, Ph.D., the program includes faculty and laboratories in nearly all of Drexel University's schools and colleges. The

spring workshop highlighted research activities in the Departments of Neurobiology & Anatomy, Emergency Medicine, Family Medicine, Microbiology & Immunology, Pediatrics, and Psychiatry, and in the Colleges of Arts & Sciences, Engineering, and Nursing & Health Professions. Also attending were collaborating non-University partners such as NASTAR, in the person of CEO William Mitchell, Drexel Engineering '66, and Good Shepherd Rehabilitation Hospital.

Here is a presentation sampler:

**Psychostimulant drugs.** Barry Waterhouse, Ph.D., Department of Neurobiology & Anatomy, is studying the impact of methylphenidate, or Ritalin, and other psychostimulant drugs on the processing of sensory signals. Stimulants are used very effectively to treat the symptoms of attention deficit hyperactivity disorder and are also increasingly popular for their ability to promote wakefulness and enhance cognition in healthy individuals. However, little is known about the neurophysiological basis for these actions. He envisions collaborations to develop novel approaches for the treatment of ADHD, TBI/concussion, and age-related cognitive decline.

**Cognition and strategy.** V. K. Narayanan, Ph.D., LeBow College of Business, studies cognition, strategic decisions and performance. The use of brain imaging to



understand the process of decision making in the case of "wicked problems" (problems that are very complex, often with changing requirements, and no clear path to solution) is a potential area for collaboration.

■ *continued on page 5*

### INSIDE

Publications	4
Alumnae/i	6
Feature: Physician Burnout	9
News & Events	10
Compliance	11



**Richard V. Homan, M.D.**  
Senior Vice President for Health Affairs  
Annenberg Dean

With the end of the academic year, we welcomed back our wonderful alumni at Alumni Weekend and the 50-Year Reunion. We said goodbye to the accomplished Class of 2009 and wished them well on the next stage of their professional journeys. A special issue of the *NewsPager* will commemorate the alumni reunions and Commencement, including awards and honors presented to the students and their teachers on Commencement day.

An annual series of faculty awards was presented June 5 at Faculty Day. Established over time in honor of revered members of the faculty and the qualities exemplified in their work, the awards carry descriptions of specific attributes. As current faculty members nominate their colleagues for these named awards, each year adds another "generation" of links in our tradition of excellence.

Here are the Faculty Day Award recipients. Congratulations to all!

**Julian Marsh Faculty Scholar Award** presented to a faculty member who has demonstrated excellence in scientific research, has achieved national/international recognition, demonstrated outstanding teaching skills, mentored students as well as peers, and provided consistent, high quality leadership to the medical school, thereby creating a better environment for all faculty and students: **Brian Wigdahl, Ph.D.**

**June Klinghoffer Clinical Educator Award** presented to a faculty member who has devoted his/her career to promoting excellence in the learning of clinical skills and clinical knowledge, serving as a teacher, an innovative educator, a leader, role model and mentor for students, residents and faculty colleagues alike: **Michael Bohrn, M.D., York Hospital**

**Oksana Korzeniowski Patient Care Award** presented to a faculty member who has demonstrated outstanding skills and commitment in the clinical care of patients and through his/her teaching has substantially improved the skills and knowledge of residents, students and medical colleagues: **Daniel Benckart, M.D., Allegheny General Hospital**



Beginning second from left: Drs. Francis Sessler, Haviva Goldman, Dennis DePace, Bruce Hirsch, Anne Barnes, Janet Smith. Far left and right are Barnes family members.

**William Likoff Clinical Excellence Award** presented to a clinician whose professionalism, humanity, ethical standards, diagnostic acumen and ability to develop outstanding clinical programs serves as a role model for those striving for excellence in the practice of medicine: **Owen Montgomery, M.D.**

**Angelo Pinto Basic Science Educator Award** presented to a faculty member who has demonstrated commitment and excellence to the education of medical students through innovative educational programs, serving as a teacher, a leader, mentor and role model to students and colleagues alike: **Francis Sessler, Ph.D.**

**Vincent Zarro Community Outreach Award** presented to a faculty member whose exemplary and selfless commitment to the care of members of medically underserved communities serves as the standard for medical students seeking to attain the medical school's exit objective requiring them to provide high quality care to all regardless of age, race, socioeconomic class, gender, sexual orientation, ethnicity or religion and to be an advocate for uniform access to healthcare: **Daniel Taylor, D.O., St. Christopher's Hospital for Children**



**Dr. Daniel Taylor**

**Elias Abrutyn Mentoring Award** presented to a faculty member who has demonstrated excellence in mentoring colleagues, residents, and/or students; by creating a supportive, effective environment in one or more of the following areas: research, clinical care, education and scholarship, while advocating for the advancement of their mentees in their chosen discipline, and serving as a trusted advisor and role model: **Jane Clifford, Ph.D.**

**Phyllis Marciano, M.D., WMC '60 Woman in Medicine Award** presented by the Trust Fund of the Alumnae/i Association of WMC/MCP to a woman in medicine as recognition for her outstanding contributions to teaching, mentoring, and patient care and for her leadership as a role model for women in medicine: **Anne Barnes, M.D.**

**Mary DeWitt Pettit Fellowship** awarded by the Trust Fund of the Alumnae/i Association of WMC/MCP to a young female faculty member to aid in advancing her career: **Laura Bamford, M.D.**



Dean Homan, Jane Azizkhan-Clifford, Ph.D., Barbara Schindler, M.D., vice dean

# Golden Apples

Each year, the medical students bestow Golden Apple and Golden Stethoscope Awards upon faculty and residents, respectively, for excellence in teaching. This year's winners are:

**Dr. Denise Ferrier**  
**Biochemistry & Molecular Biology**  
 Queen Lane Campus

**Dr. Stephen Dahlem**  
**Program for Integrated Learning**  
 Queen Lane Campus

**Dr. Cheryl Hanau**  
**Pathology & Laboratory Medicine**  
 Hahnemann University Hospital

**Dr. Joseph Boselli**  
**Medicine**  
 Hahnemann University Hospital

**Dr. Joseph Jenci**  
**Obstetrics & Gynecology**  
 Saint Peter's University Hospital

**Dr. Gwendolyn Poles**  
**Medicine**  
 PinnacleHealth Polyclinic

**Dr. Laura Smals**  
**Pediatrics**  
 St. Christopher's Hospital for Children

**Dr. Renu Culas**  
**Psychiatry**  
 Friends Hospital

**Dr. Sheldon Gomes**  
**Surgery**  
 Hahnemann University Hospital

**Dr. Harish Manyam**  
**Medicine**  
 Allegheny General Hospital

**Dr. Gulden Menderes**  
**Obstetrics & Gynecology**  
 Saint Peter's University Hospital



Michelle Kosovec, 2011 class president, presents an honorary Golden Apple Award in memory of Dr. Constantine Papadakis, our late president, to Dean Homan.



Lauren Wiesner, Drs. Poor and Mary Moran

**Dr. Christopher Bonnet**  
**Cardiology**  
 Allegheny General Hospital

**Dr. Amy Fuchs**  
**Infectious Diseases**  
 Hahnemann University Hospital

**Dr. Rosemary Harris**  
**Family Medicine**  
 Drexel Family Medicine Associates  
 Warminster

**Dr. David Dupree**  
**Surgery**  
 Monmouth Medical Center

**Dr. Anuj Khandhar**  
**Emergency Medicine**  
 Allegheny General Hospital

**Dr. Leejoe Pallickal**  
**Medicine**  
 Hahnemann University Hospital

**Dr. Alexander Poor**  
**Surgery**  
 Hahnemann University Hospital



Agnes Chiang, Dr. Menderes



Kim Tustison, Shay Myers

## GOLDEN APPLE FOR NON-FACULTY

**Shay Myers**  
**Office of Student Affairs**  
 Queen Lane Campus  
*Selected by the student body*

## SPECIAL RECOGNITION AWARD

**Maxine Thomas**  
**Facilities**  
 Queen Lane Campus  
*Selected by the Student Government Association*



Maxine Thomas (with rose) and (l-r) Nikhil Jain, Shin-Bey Chang, Golnaz Alemi, Konrad Sarosiek, Neeta Shah



Mica Guzman, Dr. Ferrier



Sarah Villegas, Drs. Dahlem and Moran

## Presentations & Publications



**Dr. Alemo**

**Saeid Alemo, M.D.**, clinical assistant professor, Department of Surgery, presented “Complications of Anterior Cervical Discectomy” at the Joint Annual Meeting of the European Association of Neurological Societies and the Société Française de Neurochirurgie in Marseilles, France, on March 31. In addition, he

presented two digital abstracts, “Role of Intraoperative Neurophysiologic Monitoring in Complex Spine Surgery” and “Sources and Patterns of Pain in Lumbar Disc Disease – Revisiting of Francis Murphy’s Theory.”



**Dr. Aloyo**



**Dr. Harvey**

**Vincent J. Aloyo, Ph.D.**, research professor, and **John A. Harvey, Ph.D.**, professor, Department of Pharmacology & Physiology, and colleagues, published the study “Current

Status of Inverse Agonism at Serotonin<sub>2A</sub> (5-HT<sub>2A</sub>) and 5-HT<sub>2C</sub> Receptors” in the February 2009 edition of *Pharmacology & Therapeutics*.



**Dr. Gelo**

**Florence Gelo, D.Min, NCPsyA**, associate professor, Department of Family, Community & Preventive Medicine, presented “Incorporating the Visual Arts into Medical Education: A Teaching Model Using Representational Paintings to Teach Empathy” at the annual Pennsylvania Medical Humanities Consortium meeting,

Whole-Person Medicine: The Art and Science of Health, May 20-21, Hershey, Pa.



**Dr. Taylor**

**Mario Cruz, M.D.**, and **Daniel Taylor, D.O.**, both assistant professors in the Department of Pediatrics, published “Inner-City Violence in the United States: What Pediatricians Can Do to Make a Difference” in Volume 2, Issue 1 of the *International Journal of Child and Adolescent Health*.

**Taylor** and a colleague also published “A Toddler Whose ‘Stock of Spirits Are Being Spent’” in the March edition of *Contemporary Pediatrics*.



**Dr. Legido**

**Ignacio Valencia, M.D.**, assistant professor; **Divya Khurana, M.D.**, associate professor; **H. Huntley Hardison, M.D.**, assistant professor; **Harold Marks, M.D.**, clinical professor; **Agustin Legido, M.D.**, professor, all in the Department of Pediatrics, Section of Neurology, and colleagues published “Sleep Study Abnormalities in Children with

Attention Deficit Hyperactivity Disorder” in *Pediatric Neurology*, January 2009.

**Valencia, Khurana, Hardison, Marks, Legido, and Joseph J. Melvin, M.D.**, assistant professor, Department of Pediatrics; and colleagues also published “Efficacy and Safety of Lamotrigine Monotherapy in Children and Adolescents with Epilepsy” in *European Journal of Paediatric Neurology*, March 2009.



**Dr. Varjavad**



**Dr. Schindler**

**Nielufar Varjavad, M.D.**, assistant professor of medicine; **Cynthia Johnson**, assistant dean for continuing medical education; and **Barbara Schindler, M.D.**, vice dean for educational and

academic affairs, were co-authors of a poster abstract, “Reentry to Clinical Medicine, Drexel Medicine Physician Refresher/Reentry Course: Reflecting on the First Two Years,” accepted for display at the Federation of State Medical Boards annual meeting in Arlington, Va., April 30 – May 2.

On May 3, **Varjavad** presented “Reentry and Women” to the Women in Medicine Special Interest Group at the Pediatrics Academic Societies annual meeting in Baltimore.



**Dr. Vogel**



**Dr. Maulitz**



**Dr. Gracely**

**Eric W. Vogel, M.D.**, associate professor and assistant vice chairman, Department of Medicine; **Russell Maulitz, M.D., Ph.D.**, associate professor, and **Ed Gracely, Ph.D.**, associate professor, both Department of Family, Community & Preventive Medicine; and **Young Kwon, M.D.**, former resident, Department of Medicine, authored “Factors Determining the Use of Personal Digital Assistants Among Physicians” in the April edition of *Telemedicine and e-Health*.

Submissions for Presentations & Publications and Grants & Kudos may now be emailed directly to [NewsPager@drexelmed.edu](mailto:NewsPager@drexelmed.edu). Please be sure to include all the relevant information, including full name, title, and department for any College of Medicine or University colleagues involved. For Grants & Kudos, please use the entries on page 11 of this issue as a model. Thank you.

## 13 American Academy of Neurology Presentations: Students Join Faculty and Residents at Annual Meeting

College of Medicine students, residents and faculty members shared the honors as co-authors and presenters at the American Academy of Neurology's 61st annual meeting, April 25 to May 2, in Seattle. ALS, dementia, epilepsy, migraine, and chronic pain were among the topics of their 13 presentations, suggesting the range and depth of Drexel Neurology's practice and research.

**Drs. Pue Farooque**, resident, and **Jyoti A. Pillai**, assistant professor: *Radiographic Findings in Convulsive and Non-Convulsive Partial Status Epilepticus.*

**Drs. Khatuna Gurgenshvili**, resident, and **Hardik Amin**, then a medical student, class of 2009; **Andrea L. Rosso, MPH**, research instructor; and **Pillai**: *Ethnicity Is a Possible Risk Factor in the Development of Anti-Epileptic Drug Induced Cutaneous Reactions.*

**Dr. Terry Heiman-Patterson**, professor; **Steven Ryder**, medical student; **Drs. Preetha Muthasamy**, resident; **Luisa Rojas**, assistant professor; and **Christos Katsetos**, research professor: *Histopathologic Changes of the Enteric Nervous System in ALS.*

**Heiman-Patterson**; **Dr. Michael Sherman**, associate professor of medicine; **Sara Feldman**, physical therapist; and colleagues: *Results of the Non-Invasive Ventilatory (NIPPV) Arm of the PEG-NIV Pilot Study.*

**Dr. Michael Katsnelson**, resident; **Rosso**; and **Dr. Dan Gzesh**, assistant professor: *Prior Endarterectomy Is a Predictor of the Absence of Carotid Stent Restenosis.*

**Drs. David J. Libon**, associate professor; **Eric J. Brahin** and **Atul Kalanuria**, residents; **B. Lee Peterlin**, research assistant professor; and **Robert J. Schwartzman**, professor and chair: *Complex Regional Pain Syndrome – A Cluster Analysis of Neuropsychological Deficits.*

**Dr. Carol F. Lippa**, professor, and colleagues: *Lewy Body Dementia: The Caregiver Experience of Clinical Care.*

**Peterlin, Rosso**, and colleagues: *Prevalence of Migraine in Abdominal Obesity Throughout the Adult Life-Cycle: NHANES 1999-2004 (Platform).*

**Pillai**; **Drs. Shruti Badhwar**, resident, and **Lindsay Pharmer**, then a medical student, class of 2009; and **Rosso**: *Post Traumatic Epilepsy and Anti-Epileptic Drug Therapy.*

**Rosso** and **Peterlin**: *Abdominal Obesity, Smoking, and Migraine in Women 20-39: NHANES 1999-2004.*

**Dr. David S. Tabby**, associate professor, and **Rosso**: *Neurological Grand Rounds: Current State of Affairs.*

**Dr. Richard M. Tsai**, then a medical student, class of 2009; **Lippa**; **Rosso**; and **Dr. Yue-Song Gong**, assistant professor: *PIN1 as New Target to Protect Synaptic Function in Alzheimer's Disease.*

**Drs. Marie W. Wolanin**, resident; **Schwartzman**; **Guillermo Alexander**, professor; and **John Grothusen**, research assistant professor: *Differences in Pain Parameters Among Patients with Complex Regional Pain Syndrome, Lumbar or Cervical Radiculopathy and Healthy Controls.*

## Human Cognition Enhancement...continued

### Concussions: Sport-Related Mild

**Traumatic Brain Injury.** Eugene Hong, M.D., Family Medicine, delivered dramatic statistics and challenging questions. About 300,000 sport-related concussions are reported each year in the United States, but the actual number sustained may be as high as 2 million. More than 20 grading scales have been used to assess concussion, but pathophysiology is not part of them and none are correlated with outcomes. Neuropsychological testing is being used in some professional sports and some college teams and may be part of the clinical puzzle. Imaging is not generally used to confirm a concussion. There is some research into serum markers. The treatment is rest, time off from play, avoiding further injury. The two questions that could launch a thousand studies: What is it exactly that we are trying to treat? And what is the best management of concussions?

### Exploring brain function in autism:

Richard Malone, M.D., Psychiatry, described an associative learning task, eyeblink conditioning, in which a tone is paired with a puff of air to the eye that results in reflexive blinking. With "learning," the tone alone elicits blinking. Basic research shows that the inferior olive, a relay system that sets the pace for information going in and out of the cerebellum, is needed for learning this task. Citing the work of Drexel colleagues in Pharmacology, John Harvey and John Welsh, Malone said that a problem with inferior olive pacing could interfere with the development of normal language skills, as well as other skills that are impaired in autism. He will compare children with autism to typical children using eyeblink conditioning to study the olivocerebellar in autism. Malone is looking for other basic scientists who study a task or blood measure that involves an area implicated in autism.

As well, Malone conducts treatment studies and would welcome new patients.

### Sensing and control in medical robotics.

Bor-Chin Chang, Ph.D., College of Engineering, talked about haptics – the science of applying tactile sensation to human interaction with computers. In performing robotic surgery, the surgeon can see an image of a hand doing the work, but cannot feel what the hand would feel – if, for example, the robot hit an object. Chang is interested in implementing some kind of force feedback so that the surgeon would feel pressure, but not too much pressure, like a sense of touch.

For a list of all the projects presented at the workshop, see Web Extras at [www.drexelmed.edu/newspager](http://www.drexelmed.edu/newspager). For further information on the Human Cognition Enhancement Program, contact the program manager, Kathy Waterhouse, at 215-255-7749 or [kdw32@drexel.edu](mailto:kdw32@drexel.edu).



# ALUMNI ASSOCIATION

In the tradition of Woman's Medical College of Pennsylvania and Hahnemann Medical College

## '50s

**Doris G. Bartuska, M.D., WMC '54**, see Grants & Kudos, page 11.

## '60s

**Joe Diaco, M.D., HU '64**, the chief team physician for the Tampa Bay Buccaneers, has retired from that post after 33 years with the team. He began with Tampa Bay in 1976, its inaugural season. He is also an associate clinical professor at the University of South Florida and at one time served as the president of the Tampa Surgical Society.

**Janet Phillips Kramer, M.D., WMC '68**, was presented with the annual Carrie Chapman Catt Award by the League of Women Voters of New Castle County, Del., for her service to the state of Delaware. Kramer established the First State School, a program that allows children and adolescents with chronic illness to receive a competitive education while having their health care needs met. She retired from Christiana Care in 2000.

## '70s

**Michael Rudnick, M.D., HU '72**, a nephrologist at Presbyterian Medical Center in Philadelphia, was listed as one of the 2009 "Top Doctors" in *Philadelphia* magazine. Dr. Rudnick is also an associate professor of medicine and the chief of the Renal Electrolyte and Hypertension Division at Presbyterian.

**Steven Barrer, M.D., HU '76**, chief of the Neurosurgery Division at Abington Hospital, was listed as a 2009 "Top Doctor" in *Philadelphia* magazine. Dr. Barrer is also in private practice at Neurosurgical Associates in Willow Grove, Pa.

**Dena E. Harris, M.D., HU '76**, an obstetrician/gynecologist with SoHo Ob/Gyn in New York City, was selected as a 2009 "New York Super Doctor." She focuses her general gynecology practice on menopause, bioidentical hormone replacement therapy, uterine fibroids, minimally invasive surgery, and adolescent gynecology.

**Mary Ann Keenan, M.D., MCP '76**, an orthopedic surgeon, was listed in the 2009 "Top Doctors" in the April *Philadelphia* magazine. She is the chief of the Neuro-Orthopaedic Service and vice chair for graduate medical education at the Hospital of the University of Pennsylvania.

**Michael Levine, M.D., HU '76**, a pediatric endocrinologist, was listed as a 2009 "Top Doctor" in the April *Philadelphia* magazine. He is the medical director of the Center for Bone Health and chief of the Division of Endocrinology/Diabetes at Children's Hospital of Philadelphia.

**Raymond J. Fabius, M.D., HU '77**, has been appointed to the board of directors of iMedica Corporation. He is currently the strategic adviser to the president of Walgreens Health & Wellness Division. Previously he served as president and chief medical officer of I-trax/CHD Meridian.

**Harry E. Dilcher, Jr., M.D., HU '78**, an internist, joined the medical staff at Evangelical Community Hospital in Lewisburg, Pa. He will be practicing with Evangelical's hospitalist group.

**Raymond Townsend, M.D., HU '79**, a nephrologist at the Hospital of the University of Pennsylvania, was listed as one of the 2009 "Top Doctors" in *Philadelphia* magazine. Dr. Townsend is a professor of medicine at the University of Pennsylvania School of Medicine.

## '80s

**Mitchell Cohen, M.D., MCP '84**, a psychiatrist who specializes in pain management, was listed as a 2009 "Top Doctor" in *Philadelphia* magazine. He practices at Thomas Jefferson University Hospital.

**Rohinton Morris, M.D., HU '84**, a cardiothoracic surgeon, was listed as a 2009 "Top Doctor" in *Philadelphia* magazine. Dr. Morris is the surgical director, Heart Transplantation and Mechanical Assist Programs, at the University of Pennsylvania Health

System and clinical associate professor of surgery at the University of Pennsylvania School of Medicine.

**Daniel Rader, M.D., MCP '84**, a physician who specializes in cardiovascular medicine at the Hospital of the University of Pennsylvania, was listed as one of the 2009 "Top Doctors" in *Philadelphia* magazine. Rader is professor of medicine; pharmacology; and pathology and laboratory medicine; the Edward S. Cooper, M.D./Norman Roosevelt and Elizabeth Meriwether McLure Professor; director, Preventive Cardiovascular Medicine and Lipid Clinic; director, General Clinical Research Center; associate director, Institute for Translational Medicine and Therapeutics; director, Cardiovascular Metabolism Unit, Institute for Diabetes, Obesity, and Metabolism at the University of Pennsylvania School of Medicine.

**Karen Prestwood, M.D., HU '85**, a geriatrician and specialist in adult healthcare issues, has joined the medical staff of Masonicare Primary Care Physicians in Wallingford, Conn. Her primary role with the practice is to conduct comprehensive evaluations of the cognitive, emotional and physical functions of older adults through Masonicare's outpatient Geriatric Assessment Program.

**Michael Stefan, M.D., MCP '85**, a physician who specializes in plastic and reconstructive surgery, has joined the medical staff of Southern Ohio Medical Center in Portsmouth, Ohio.

**Scott Kozin, M.D., HU '86**, a hand surgeon at Shriners Hospital for Children in Philadelphia, was listed as a 2009 "Top Doctor" in the April *Philadelphia* magazine.

**Barbara Oak, M.D., MCP '86**, medical director of the Stroke and Geriatrics Program at Magee Rehabilitation Hospital in Philadelphia, was listed as a 2009 "Top Doctor" in the April *Philadelphia* magazine.

**Roseleen Parsons, M.D., MCP '86**, chair of diagnostic imaging at Fox Chase Cancer Center, was listed as one of the 2009 "Top Doctors" in *Philadelphia* magazine.

# ALUMNI ASSOCIATION

In the tradition of Woman's Medical College of Pennsylvania and Hahnemann Medical College



**Alan R. Turtz, M.D., MCP '86**, a neurological surgeon and oncologist, was listed in the 2009 "Top Doctors" in *Philadelphia* magazine.

**Beth DuPree, M.D., FACS, HU '87**, a surgeon and lecturer, was highlighted in an article, "The Good Doctor," in the April edition of *More* magazine. DuPree was the founder of the country's first standalone breast care hospital, the Comprehensive Breast Care Institute.

**Donald Liss, M.D., FACP, MCP '87**, the regional medical director for the mid-Atlantic region of Aetna, was one of two experts who shared his viewpoint on a 90-minute webinar, "Medical Home Metrics and Measurements for Achieving ROI."

**Louis Samuels, M.D., HU '87**, a cardiothoracic surgeon, was listed as a 2009 "Top Doctor" in *Philadelphia* magazine. He is a clinical associate professor of cardiothoracic surgery and surgical director of heart failure at Lankenau Hospital, and chief of cardiothoracic surgery at Paoli Hospital.



**Dr. DuBois**

**Jon DuBois, M.D., MCP '89**, of Needham, Mass., a hematologist-oncologist and chair of the cancer committee at Emerson Hospital's Bethke Cancer Center, was honored by the

Virginia Thurston Healing Garden for his work in advancing the role of integrative therapies and compassionately caring for breast cancer patients. The Healing Garden offers programs for women who are experiencing breast cancer, regardless of their financial situation.

**Raymond A. Durkin, M.D., FACC, HU '89**, of Coopersburg, Pa., has been appointed chief of cardiology for St. Luke's Hospital & Health Network, where he has been a member of the medical staff since 1995. He is with Progressive Physicians Associates, and is a clinical assistant professor of medicine in the College of Medicine at Penn State and a clinical professor/preceptor in the physician assistant program at DeSales University.

## '90s



**Dr. Valicenti**

**Richard K. Valicenti, M.D., HU '90**, has joined the UC Davis Health System as professor and chair of the Department of Radiation Oncology. He was previously at

Thomas Jefferson University Hospital, where he was associate professor and clinical chief of radiation oncology, Jefferson Medical College, and co-director of the Genitourinary Oncology Center.

**Daniel Brown, M.D., HU '93**, a radiologist, was listed as a 2009 "Top Doctor" in *Philadelphia* magazine. Dr. Brown specializes in cardiovascular and interventional radiology at Thomas Jefferson University Hospital and is the director of the Interventional Radiation Division at Jefferson Medical College in Philadelphia.

**Alan S. Waitze, M.D., HU '93**, a neurosurgeon, was listed as a 2009 "Top Doctor" in *Connecticut Magazine*. He is in practice at Neurosurgery, Orthopaedics & Spine Specialists, a comprehensive spine center with offices in Waterbury and Southbury, Conn. He is qualified to perform XLIF, a minimally invasive form of spinal fusion that is done from the side instead of the front or the back.

**David Sorrentino, M.D., MCP '97**, a neonatologist, who is an assistant professor at Drexel University College of Medicine, was listed in *Philadelphia* magazine's list of top physicians age 40 and under. He is affiliated with Hahnemann University Hospital and St. Christopher's Hospital for Children.

**Christopher Olivia, M.D., HU '98**, was the subject of an article, "Doctor's Orders," in the May issue of *Pittsburgh Magazine*. The feature discussed Olivia's accomplishments during his first year as president and CEO of the West Penn Allegheny Health System.

## '00s

**Richard Neff, M.D., MCPHU '00**, has been named Flagstaff Medical Center's (FMC)

2009 Physician of the Year. He has worked as a hospitalist at FMC since August 2006. He will also receive FMC's annual Healing Excellence and Leadership Award.

**Lt. Lance Henninger, M.D., '05**, a 2008 Navy Flight Surgeon of the Year, also won the 2009 Richard E. Luehrs Memorial Award, given to a flight surgeon for outstanding performance in operational aviation medicine. He was recognized for his work with humanitarian support efforts.

## Former Residents and Fellows

**Mauricio Arrien, M.D., Resident, Internal Medicine '08**, has joined the Danville Regional Medical Center, Danville, Va., as a hospitalist. He has worked as a visiting physician in Bolivia, accompanied by a clinical oncology specialist and serving as part of a pediatric oncology service.

**Peter Favini, M.D., Resident, Emergency Medicine, MCP '86**, was highlighted in an article in the *Pocono Record*. He is the medical director of the Pocono Medical Center Emergency Department. He has also served on the board of directors of the Emergency Medical System for 18 years.

**Christopher S. Jordan, M.D., Fellow, Ophthalmology, '06**, completed the first laser-assisted corneal transplant in the northeastern United States at Northeastern Eye Institute. Jordan is a third-generation ophthalmologist who is a cornea, refractive and cataract surgeon.

**Raul Ponte, M.D., Resident, Pediatrics, HU '88**, was highlighted in an article, "Plantation Pediatrician Gives Back to the Poor," in the Ft. Lauderdale *Sun-Sentinel*. Ponte is a pediatrician at Plantation General Hospital, Plantation, Fla. He and Sister Ordina Cortes, a Claretian missionary, established a weeklong mission where they visit a poor community in the outskirts of Santo Domingo, Dominican Republic, and care for the sick.

■ continued on page 8



# ALUMNI ASSOCIATION

In the tradition of Woman's Medical College of Pennsylvania and Hahnemann Medical College

## Online Networking Resources

Take advantage of online resources such as the Alumni Directory, inCircle and Facebook to connect and reconnect with classmates and friends. Staying in touch has never been so easy!

**Online Alumni Directory:** Search the Alumni Directory for friends, post and view class notes, and register for permanent email forwarding. Be sure to visit the directory often and keep your information up to date.

**inCircle:** Build your own alumni network on inCircle, our online networking tool. Connect with friends and classmates, network with alumni around the world, even post blogs.

Find all this and more at [www.drexelmed.edu/alumni/networking](http://www.drexelmed.edu/alumni/networking).

**Facebook Fan Page:** Drexel University College of Medicine Alumni Association

**For more information:** Call the Office of Alumni Relations at **1-866-373-9633**.



It's not too early to begin to plan for your class reunion! If your year of graduation ends in 0 or 5, come back and celebrate with your classmates on **Alumni Weekend, April 30–May 1, 2010**. We are looking for **Class Representatives** to help contact classmates and have a great turnout for your reunion. It's an easy job! If you are interested, please contact the Alumni Office toll-free at **866-373-9633**.

## In Memoriam

**Charles Bailey Alpert, M.D. MCP '84** December 12, 2008

**Patricia Borns, M.D. WMC '48** April 15

**Mitchell David, M.D. HU '54** April 18

**Robert B. Dorsen, M.D. HU '45** April 9

**James S. Furnary, M.D. HU '57** March 29

**Dorothy R. Granoff, M.D. WMC '41** April 21

**Mary Ellen Kennedy, M.D. HU '53** April 7

**David G. Kogut, M.D. HU '75** April 30

**Stephen R. Pruzinsky, M.D. HU '55** April 18

**Millard S. L. Seto, M.D. HU '57** April 12

**Edward J. Ward, M.D. HU '45** April 25

**Joseph Weightman, M.D. HU '41** May 1

**Joseph S. Whaley, M.D. HU '58** October 12, 2008

*The NewsPaper publishes brief obituaries, space permitting, when information is made available by the family or a media service.*

## Biography of FMC Corporator



One of the early corporators of our predecessor school Female Medical College (FMC) of Pennsylvania, Thomas L. Kane (1822-1883) is the subject of a new book, *"Liberty to the Downtrodden": Thomas L. Kane, Romantic Reformer* (Yale University Press, 2009).

The author, Matthew J. Grow, has donated a copy of the book to the College of Medicine's Archives.

The first medical college in the world for women, FMC was established in 1850 and became Woman's Medical College of Pennsylvania in 1867. Kane, a crusader against slavery and for women's rights and religious liberty, became a member of the corporation of FMC in 1855. Elizabeth Kane, Thomas's wife, was a student at FMC in the early 1850s, eventually graduating from Woman's Medical College in the early 1880s.

Patty Comey, Director, Alumni Relations  
Drexel University College of Medicine  
Suite 11489, 1601 Cherry Street, Philadelphia, PA 19102

Toll-Free at: **1-866-DREX MED (1-866-373-9633)**  
Fax: **215-255-7302**  
E-Mail: [medical.alumni@drexel.edu](mailto:medical.alumni@drexel.edu)

# Physician Burnout and Suicide: Acknowledging the Problem, Finding Solutions

Each year, between 300 and 400 physicians in the United States kill themselves, according to the American Foundation for Suicide Prevention. The suicide rate for physicians is significantly higher than for people in other professions, especially among women. One reason is that suicide attempts by physicians have a higher completion rate, possibly due to their access to potentially lethal medications, but of primary concern is the difficulty physicians have in recognizing depression in themselves or their colleagues and in seeking professional help.

Physicians are also more prone to burnout, characterized by frustration, a sense of failure, and physical and emotional exhaustion. Physicians with burnout are more likely to make errors, become less productive, and have a higher rate of marital difficulties, poor health, and depression.

“Physician Burnout and Suicide: Acknowledging the Problem, Finding Solutions” was the subject of a panel discussion presented May 6 under the auspices of the Arnold P. Gold Lectureship on Humanism in Medicine. It was a shift in focus for the annual program, “from recognizing physicians who give to the world at large [to] talking about those physicians who are always giving and what they need to be given back,” said senior associate dean Gerald Soslau, Ph.D., in opening remarks.

**Physician depression** and burnout were recognized as early as the 12th century, said psychiatrist Barbara A. Schindler, M.D., vice dean for educational and academic affairs, in an overview in which she quoted Maimonides (1138-1204) and Osler (1849-1919) on the topic.

Personality traits common among doctors, such as perfectionism, may contribute to

the toll. Also physicians are accustomed to deferring their own needs to meet the needs of others. “We as caregivers rarely do the kinds of things that are important in taking care of ourselves,” Schindler said, citing a project in which she and panelist Dennis Novak, M.D., associate dean of medical education, looked at physician burnout. As an example, only 35 percent of physicians have their own personal physician.

Why do physicians have trouble recognizing burnout and depression in themselves? “If you’re busy living in the present, taking care of other people, it can be very difficult to slow down and think about your responses to what’s happening around you,” said Diane Gottlieb, M.D., director of Student Mental Health. “We don’t give a lot of time to talking about how we feel about difficult things we see every day.”

**People who are feeling** burned out or depressed may tend to blame the environment. Schindler suggested turning to peers and colleagues for verification. “Are things just bad right now? Reach out to others – then you can know whether it really is external.”

Students and physicians can develop their resilience, said Steven Rosenzweig, M.D., clinical associate professor and academic director for the Office of Community Experience. “As we move into our careers and have to be with the suffering of other people, it is necessary to develop our ability to regulate our inner environment, to develop our capacity for life and for the practice of medicine,” he said. Mindfulness training [see below] is a way to do this.

A student suggested that people may expect medicine to be “filling all the holes” they’ve left in their lives. “Everything I did was leading toward medicine. Then you

## Taking Care of Ourselves

- Find what you are passionate about in your work and personal life.
- Allow yourself to question, to re-evaluate your path.
- Realize a responsibility to be in good physical and mental health.
- Develop professional and personal support networks.
- Pursue self-development practices, such as mindfulness training.
- Learn to say no.
- Take periodic timeouts.
- Monitor yourself: Are you anxious? Are you sad? Are you eating well, sleeping well?
- Everyone has brief periods of stress or burnout. If the feeling persists for two or three weeks, pay attention.
- Be willing to recognize mental health problems in yourself or colleagues, and seek/offer help.

get your first acceptance to medical school and maybe there’s a post-partum feeling,” he said.

“**Sometimes the reason** people choose to go into medicine gets lost in the competitive nature of getting into med school,” responded Janet Moore, Psy.D., director of Student Assessment and Enrichment Programs. “After a long and sometimes painful labor, you find yourself looking at four more years of intense work. The ‘post-partum’ feeling can also result from idealizing what it means to achieve a goal you set for yourself. This is a good time to reflect. Ask yourself again why you want to be a physician, and hopefully you can refocus on your original desire to do something meaningful.”

The panelists agreed that there is still a certain stigma associated with depression. Physicians may be reluctant to admit they are depressed, although they, of all people, know that depression is an illness with psychophysiological characteristics. “I personally have seen a significant decrease in the stigma,” Schindler said, however, “and the more people who reveal their stories, the better it will be.”

## Mindfulness-Based Stress Reduction

“There are specific and very effective interventions that actually build stress resilience,” said Steven Rosenzweig, M.D., who teaches mindfulness meditation to Drexel medical students. The elective, “Mindfulness for Personal and Professional Wellbeing,” is offered to second-year medical students. It is a shorter version of mindfulness-based stress reduction (MBSR), an educational intervention created by Jon Kabat-Zinn, Ph.D., founder of the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical Center. The cultivation of stress resilience can prevent burnout and rescue people from burnout, Rosenzweig said, noting that numerous papers have been published on the benefits of MBSR training in healthcare providers and patients.

## Alpha Omega Alpha: 48 Inducted into Medical Honor Society

New inductees into Alpha Omega Alpha were honored at a banquet March 26 at the Hilton Philadelphia City Avenue. Two alumni, two faculty members, and three residents and fellows were elected to membership in the Delta Zeta Chapter this year, along with 41 members of the class of 2009 [*NewsPager*, December 2008, page 2]. David Wagner, M.D., professor and former chair, Department of Emergency Medicine, gave this year's June F. Klinghoffer, M.D. AOA Lecture.



**Standing (l-r):** Alumni inductees Karen L. Roos, M.D., HU '81, the John and Nancy Nelson Professor of Neurology, Indiana University School of Medicine, and Dorothy I. Bulas, M.D., MCP '81, professor of pediatrics and radiology, George Washington University School of Medicine; faculty inductee Itzhak Fischer, Ph.D., the William P. Snyder Professor and Chair of Neurobiology & Anatomy; Dean Richard Homan, M.D.; and Alan Tunkel, M.D., Ph.D., AOA Delta Zeta Chapter Councilor.

**Seated (l-r):** Faculty inductee Robert McGregor, M.D., associate professor and associate chair for clinical affairs, Department of Pediatrics, and director of the Pediatric Residency Program at St. Christopher's Hospital for Children; resident-fellow inductees Drs. Raj Munshi, chief resident in pediatrics, St. Christopher's Hospital for Children, and Dong Lee, infectious diseases fellow, Department of Medicine. Not pictured: Dr. Lina Mackelaite, nephrology fellow.

## Woman One 2009 Salutes Jane Pepper, Scholars

In honor of her extraordinary community leadership, the Institute for Women's Health and Leadership presented its annual Woman One award to Jane Pepper, president of the Pennsylvania Horticultural Society since 1985. The Woman One program raises money to provide scholarship support to female medical students, and the seventh annual awards ceremony, held April 27 at Philadelphia's Rittenhouse Hotel, celebrated both Pepper and the College of Medicine's Woman One Scholars.

Funds raised since the program was created by institute director Lynn Yeakel have now passed the \$1.5 million mark. The scholarship recipients are talented minority women who plan to become physicians in medically underserved communities. During the past school year, 11 Woman One scholars participated; three of them graduated in May.

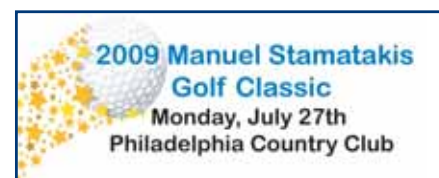
Woman One has previously honored Estelle Richman, Leslie Miller, Dawn Staley, Suzanne Roberts, Risa Lavizzo-Mourey, M.D., and Stephanie Naidoff.



## Animal Science Grads Headed to Vet School



Once again, several graduates of the Animal Science Programs in the College of Medicine are headed to veterinary school, competition for which continues to be keen. Flanked by Drs. Julian Mesina and Rick Huneke are (l-r): Lea Salese, University of London; Sandra Bostic, University of Pennsylvania; Amanda Ackermann, Auburn; Ashley Thurm, University of Edinburgh; and Ami Mehta, University of London. Not pictured are Ashley Van Kurin, Western University; and Eric Deeble and Travis Seymour, both University of Pennsylvania.



[www.drexelmed.edu/golf](http://www.drexelmed.edu/golf)

## Cycling for World Health

Diana Ortiz, M.D., who just graduated from the College of Medicine, was one of 25 medical and nursing students to participate in the 2009 Ride for World Health (R4WH), to raise awareness of global health problems. Students give lectures about global health at stops along the 3,700-mile route from San Diego to Washington, D.C. The ride raises funds through sponsorships and donations. Founded by a small group of medical students in 2004, the R4WH is a national, nonprofit organization that advocates for improvements in the quality and accessibility of global healthcare. The first ride took place in 2006.



**Dr. Bartuska**

**Doris G. Bartuska, M.D., WMC '54**, emeritus professor of medicine, was presented the Master of the American College of Endocrinology during the American Association of Clinical Endocrinologists' annual meeting and clinical congress in Houston on May 16.

The MACE is awarded annually to a member of the American Association of Clinical Endocrinologists who is a fellow of the American College of Endocrinology and has been recognized by his/her peers as a distinguished practicing endocrinologist; a role model for developing endocrinologists; and a contributor to the art and science of endocrinology.

**Tricia Gearhart**, a doctoral student in Biomedical Graduate Studies, won an NIH award entitled "Hepatitis B Virus X Protein and Alcohol Regulation of Cell Cycle Progression." This was a Ruth L. Kirschstein National Research Service Award (F31) from the National Institute on Alcohol Abuse and Alcoholism. Gearhart has been working with Michael Bouchard, Ph.D., assistant professor and director of the Molecular Cell Biology and Genetics Program, Department of Biochemistry & Molecular Biology.

**Manely Ghaffari, M.D.**, assistant professor, Department of Psychiatry, was selected for a 2009 NCDEU New Investigator Award and to present a poster abstract at the 49th annual NCDEU meeting, June 29-July 2 in Hollywood, Fla. Awardees receive a travel stipend, are honored at a private reception and attend a closed all-day workshop prior to the meeting.



**Dr. Wechsler**

**Andrew S. Wechsler, M.D.**, professor and chair, Department of Cardiovascular Surgery, has been appointed to serve on the New York State Cardiac Advisory Committee, which advises the New York State Department of Health on topics relevant to the prevention and treatment of cardiovascular disease.



**Ms. Yeakel**

**Lynn H. Yeakel, MSM**, director of the Institute for Women's Health and Leadership, received the Susan Myers Leadership & Community Activism Award from the Junior League of Philadelphia on May 14 in recognition of her accomplishments as director of the institute, and as founder and former CEO of Women's Way.

## Compliance Corner: Medical Records and Research



**Edward G. Longazel**  
Chief Compliance  
& Privacy Officer

The use of medical records or protected health information requires Institutional Review Board (IRB) review. The HIPAA Privacy Rule also requires covered entities to obtain each subject's authorization, or an IRB waiver of such authorization, before a researcher (including the subject's treating physician) may access the subject's records or other protected health information for research purposes.

Studies that involve only chart or medical record review (whether in the hospital or the clinical department) may pose significant risk to the subject's privacy. The most common risk is a breach of confidentiality with the exposure of potentially embarrassing information without the knowledge or consent of the subject. Such studies may also lead to recruitment of the subject into subsequent non-therapeutic studies in a manner that may provoke the subject to ask how his/her record was revealed to someone not part of his/her therapeutic team.

To access charts or medical records for research purposes, including epidemiologic studies, the researcher must submit an expedited review application to the IRB for approval prior to reviewing medical records and collecting data. If information collected contains subject identifiers, a consent and HIPAA authorization are required. If information collected does not include subject identifiers, a waiver of authorization must be requested from the IRB.

If the researcher wishes to review charts or records to design a research study or to assess the feasibility of conducting a study,

authorization or waiver is not required, but the researcher must first complete a "Preparatory to Research Form" (go to [www.research.drexel.edu/compliance/IRB/HIPAA.aspx](http://www.research.drexel.edu/compliance/IRB/HIPAA.aspx) and click on *Preparing for Research*) and submit it to the Office of Research Compliance. In this form the researcher will represent that

- The use or disclosure of the protected health information is solely to prepare a research protocol or for similar purposes preparatory to research.
- The researcher will not remove any protected health information from the covered entity.
- The protected health information for which access is sought is necessary for the research purpose.

Once feasibility has been determined through the preparatory-to-research review, the researcher must obtain IRB approval to review medical records before proceeding with actual research and publication. The College of Medicine IRBs review research proposals for the use of Drexel University College of Medicine and Tenet medical records. (Go to [www.research.drexel.edu/compliance/IRB/medical\\_irb.aspx](http://www.research.drexel.edu/compliance/IRB/medical_irb.aspx) and proceed with a new application.)

This approval is required regardless of where these medical records are located (e.g., hospital medical records, paper practice medical records, Allscripts, shadow records in the department, departmental databases).

Please contact the Office of Research Compliance (**215-255-7857**) for research process questions or the Chief Privacy Officer (**215-255-7819**) for privacy-related questions or training.

**Confidential compliance hotlines: Call toll-free 866-936-1010; or visit [www.drexelmed.edu/ComplianceHotline](http://www.drexelmed.edu/ComplianceHotline)**

Suite 11484, 1601 Cherry Street  
Philadelphia, PA 19102

## Bulletins:

### Online Health Encyclopedia on Drexelmed.edu



The College of Medicine website has added one of the largest consumer health reference libraries to its web pages. The A.D.A.M. health encyclopedia comprises more than 3,900 articles and 3,000 images to engage and educate the user. It is searchable by keyword or an alphabetical list of topics. Go to [www.drexelmed.edu](http://www.drexelmed.edu) and click on the Health Encyclopedia icon.

### New Programs in Histotechnology, Criminalistics

Drexel University College of Medicine has become the first school in the nation to offer a master's degree in histotechnology. Histotechnologists are allied health professionals with advanced training in tissue and glass slide preparation. The program is a one-year, full-time course of study comprising classroom and laboratory training, with a three-month practicum. The Master of Science in Histotechnology is offered within the College of Medicine's Office of Professional Studies in the Health Sciences, which also has a new master's program in criminalistic science.



### Medical Students Volunteer in Africa



This summer, five second-year medical students are traveling to Cameroon, Africa, to help a local surgeon deliver medical supplies and services to remote villagers in the surrounding area. This is the first year Drexel students will be providing this kind of aid to the

country's most medically underserved population. Visit <http://ducomdoesafrica.weebly.com/postings.html>.

## Calendar:

- |                  |  |
|------------------|--|
| <b>July</b>      | <i>UV Safety Month</i>   |
| Jul 1            | <b>Student Clinician Ceremony</b><br>Queen Lane Campus, 11:30 a.m. – 1 p.m.<br>Contact: Robin.Wellner@drexelmed.edu  |
| Jul 27           | <b>Manuel Stamatakis Golf Classic</b><br>Benefiting medical student scholarships.<br>Information: 215-255-7330 or <a href="http://www.drexelmed.edu/golf">www.drexelmed.edu/golf</a>   |
| <b>August</b>    | <i>Spinal Muscular Atrophy Awareness Month</i>   |
| Aug 7            | <b>White Coat Ceremony</b><br>Hilton Philadelphia City Avenue, 3 p.m.<br>Contact: Shay.Myers@drexelmed.edu   |
| <b>September</b> | <i>National Alcohol and Drug Addiction Recovery Month</i>  |
| Sep 27-30        | <b>Translational Medicine 2009 Symposium</b><br>Cosponsored by Drexel Medicine and Elsevier<br><a href="http://www.translationalmedicine2009.com">www.translationalmedicine2009.com</a>  |
| <b>October</b>   | <i>National Celiac Disease Awareness Month</i>   |
| Oct 7            | <b>Discovery 2009</b><br>Annual Research Day at the College of Medicine, devoted to research by students, technicians, postdoctoral fellows, residents. Poster presentations, keynote speaker<br>Queen Lane Campus<br>Contact: Angelo.Milone@drexelmed.edu |
| Oct 29           | <b>New Faculty Reception</b>   |
| <b>2010</b>      |  |
| Apr 30-May 1     | <b>Alumni Weekend</b>  |
| May 19-21        | <b>50-Year Reunion</b>   |
| May 21           | <b>Commencement</b>  |