Dear Friends:

The osteopathic tradition has always been rooted in the “connectedness” of mind, body and spirit. This issue of Digest confirms that all three thrive at the Philadelphia College of Osteopathic Medicine.

I know that you will share the pride in PCOM that I experience when you read about our state-of-the-art technology linking students at remote locations to campus learning resources; cutting-edge, student-generated pain reduction research; renovations to our Lancaster Avenue Healthcare Center, which will serve even more patients; and a center right here on campus that provides high-quality, low-cost psychological services.

And I’m sure you will be touched when you read about the Olympic aspirations and personal development of one very determined osteopathic medical student, and about a major gift from an alumnus who found caring and community at PCOM, and who has responded with generosity and gratitude.

As PCOM continues to embark on its strategic planning effort and to explore new opportunities, one thing is clear: the ingredients for PCOM’s greatness already reside here. Our mind, body and spirit foundation provides strong support for everything we build upon it, making Philadelphia College of Osteopathic Medicine an outstanding institution of higher learning.

Enjoy this issue of Digest!

With warmest regards,

Matthew Schure, PhD
President and Chief Executive Officer
SIGN OF HOPE
The renovation of PCOM’s Lancaster Avenue Healthcare Center has a West Philadelphia community sitting up and taking notice.

TECHNOLOGY AS A TOOL
PCOM has embraced technology – the Internet, digital library, Blackboard.com and more – so students, interns and residents have the tools to become the best doctors possible.

DONOR PROFILE: MURRAY ZEDECK, DO ’62
Dr. Zedeck talks about his PCOM days, the osteopathic profession and the most important thing for students to learn.

CLINICAL RESEARCH 101
Four graduate students in biomedical sciences get a crash course in clinical research – working on pain studies with a PCOM professor at Albert Einstein Medical Center.

CARING FOR THE WHOLE PERSON
Offering cognitive-behavioral therapy and psychological assessment, the Center for Brief Therapy reflects the College’s mission to treat the whole person – mind, body and spirit.

OLYMPIC DREAMS
Andrew McMarlin (DO ’03) qualified for the 1996 U.S. Olympic Rowing Team Trials. Now, he’s using that same drive and determination to realize another dream: to become a doctor.

PCOM UPDATES
PCOM’s Student National Medical Association hosts regional conference; College receives $2.3 million federal grant; OMM fellow is cheerleader for manipulative medicine.

PROFILE
Medicine is an adventure for Robert Collins Greer IV, DO ’77, president-elect of PCOM’s alumni association board.

CLASS NOTES
Todd Bezilla, DO ’97, writes more prescriptions for exercise than anything else.

MY TURN
Raquel Maria Szlanic (DO ’01) and other students remember “a wonderful young man,” classmate John Donald (J.D.) Kearney.
STUDENT GROUP HOSTS SUCCESSFUL REGIONAL CONFERENCE

A great turnout and informative workshops made the Student National Medical Association (SNMA) regional conference at the College a huge success. The conference, held February 3, is hosted at a different college every year. This year’s theme was “Decreasing the disparities in health care.”

PCOM SNMA members, led by conference chairman Michael Kelly (DO ’01), worked tirelessly for months to plan the event, which included numerous educational workshops, a keynote address and the SNMA regional meeting. SNMA members from other medical colleges participated, including students from Temple University, Jefferson Medical College, Penn State and University of Pittsburgh. Undergraduate pre-med students from most of those colleges as well as Lincoln and Cheyney Universities participated in their own “pre-med” conference.

The evening before the conference, attendees performed community service by volunteering at three church-based homeless shelters in Philadelphia. According to Kelly, who also serves as SNMA’s associate regional director, the evening before the conference is typically a social event, but this year they wanted to “give something back.” Perla Del Pino-White (DO ’03), co-president of PCOM’s SNMA chapter, organized the volunteer effort.

“Hosting this conference was a great opportunity for us to showcase our College and highlight osteopathic medicine,” says Kelly. “Many attendees told me how impressed they were with PCOM – the buildings, technology and our capabilities with computers.”

He adds, “Our administration was phenomenal with its support of this event.”

Workshops covered a range of topics, including “The physician’s responsibility in HIV/AIDS awareness,” “The law of medicine,” “Cultural competence in health care,” “Herbal medicine” and “Osteopathic manipulative therapy.” A highlight was the keynote address by J. Steven Blake, DO ’89, a gastroenterologist in private practice in Philadelphia, who shared his personal experiences and thoughts regarding disparities in health care.

“This was one of the best SNMA conferences I’ve been to,” says Rashad Wilkerson (DO ’03), co-president of PCOM’s SNMA chapter. “The workshops were excellent – the presentations were well put together and the information offered was very helpful.”

The students also made an impression at the homeless shelters. “They want us to come back and do health fairs there,” notes Wilkerson.
SEN. SANTORUM ANNOUNCES FEDERAL GRANT FOR PCOM

U.S. Sen. Rick Santorum received a warm welcome from the PCOM community when he paid a visit to the College on February 22. He announced good news: PCOM has been awarded a federal grant of $2.3 million from the Health Resources and Services Administration, a division of the U.S. Department of Health and Human Services. Sen. Santorum was instrumental in PCOM’s receiving the grant, which will provide funding in two separate areas: $1.5 million to set up a Center for Medical Informatics, Education and Outreach and $836,000 to go toward renovations at PCOM’s Lancaster Avenue Healthcare Center.

The Center for Medical Informatics, Education and Outreach is an electronic network that will connect faculty, students, interns and residents in classrooms, remote health care centers and affiliated teaching hospitals. The grant will enable the College to upgrade its technology so academic content such as lectures and images can be shared electronically between facilities. Classrooms will be wired, permitting access to Internet medical resources, and course materials will be placed on the Web for use by students, interns and residents in any location.

“This program will vastly improve PCOM’s computing infrastructure,” says Robert Cuzzolino, EdD, associate dean for academic administration. “Not only will it provide better on-campus facilities for presentation of electronic media and Internet-based academic content, but it will also allow us to share a wide range of resources, from library resources to live digital video, with our students, interns, residents and faculty at off-campus training sites and affiliated institutions.”

The grant funds for Lancaster Avenue Healthcare Center, in West Philadelphia, will be put toward a $3 million renovation and expansion project. The Center, the third PCOM healthcare center to be renovated, will be made three times larger and able to accommodate many more patients. For more information on the renovations, see story on page 8.

New OMM fellows announced

This year’s fellows in the C. Paul Snyder, DO Osteopathic Manipulative Medicine (OMM) Fellowship Program are third-year students Ellen Hauck, Phillip Troy Henning, David Lancaster and Jeremy Teppig. The students will attend PCOM for an additional 12 months over a three-year period, serving in the College’s OMM department. They will see patients, help teach students and participate in research. The fellowship’s purpose is to reinforce and develop students’ skills in OMM, and to have the students serve as role models for their peers.

PA Program awarded accreditation

PCOM’s physician assistant program has been awarded accreditation by the Accreditation Review Commission on Education for the Physician Assistant.
When Tara Heintz Lawlor (DO ’02) had back problems upon entering PCOM, she went to the osteopathic manipulative medicine (OMM) student fellows for treatments. She received much more than pain relief. On that OMM table, she saw her future.

After experiencing firsthand the powers of this effective, hands-on technique, Lawlor wanted to become a doctor so well versed in OMM she could use it to help all her patients. She started shadowing the OMM fellows in her first and second years, then became a fellow herself.

OMM fellows are a select group of students who believe so strongly in the benefits of manipulative treatment, they attend PCOM for five years to get an extra year of intensive study and practice in the techniques. There are currently 14 fellows.

“I see the application of OMM in everything: pediatrics, post-op, sinus infections, headaches, pneumonia, OB/GYN, ear infections . . . the list goes on,” says Lawlor. Her passion comes from seeing over and over the benefits for patients. She treated a fourth-year student for shoulder pain, once – because that’s all it took. She treated another person for reflux, and he didn’t need his reflux medicine anymore. “There’s nothing like having a patient say ‘I feel better,’ ” notes Lawlor.

The fellowship program, funded by the family of Paul Snyder, DO ’10, and the Oxford Foundation, started in 1994 with two fellows. The fellows help teach OMM to first- and second-year students and help the third-year students with their OMM review. In addition, the fellows treat patients at PCOM’s healthcare centers and participants in the headache study being conducted by Patrick Coughlin, PhD, professor, anatomy. Fellows also have office hours for students who need treatments.

Like the other fellows, Lawlor encourages students to use OMM and hopes she will have some lasting influence on them. Her beef? When students say they don’t plan to use OMM on their patients. “I ask them: ‘If you go to the doctor, don’t you want the doctor to do OMM?’ ” she says. “When they answer ‘Yes’ I tell them, ‘Of course – you want the best! So why wouldn’t you give the best?’ ”

She’s quick to add that student enthusiasm for OMM is growing, and she credits the OMM faculty. “The OMM physicians here are great – they do evening sessions and even teach during lunch.”

To help students use OMM more, she and another fellow, Sandy Ranieri (DO ’02), are developing a handbook on how to treat a variety of presentations using manipulative treatments. Categories will include surgery and gastroenterology, with illustrations showing the techniques. “We hope to have it finished by our graduation,” adds Lawlor.

Last year, she received the Sara and Benjamin Lincow Pain Management Foundation Scholarship for an essay she wrote on using OMM for pain management. The essay, “Individualizing treatment plan and combining approaches key to pain management and holistic care: a student’s perspective,” was published last October in the Journal of the American Osteopathic Association.

But these efforts and accolades all boil down to one thing for Lawlor. “When I leave here,” she says emphatically, “I want to know that the commitment to OMM will get stronger, and the school and the administration will continue to reinforce it.”
NIH grants received

Mindy George-Weinstein, PhD, professor, anatomy, will receive a three-year National Institutes of Health (NIH) grant to continue her research on stem cells. Dr. George-Weinstein and her research team are studying how and when these stem cells originate in the chick embryo and where they are located in mature tissues throughout the body. This is Dr. George-Weinstein’s fourth NIH grant. Beginning in July, PCOM will receive $127,450 in support of her research.

Kerin Fresa, PhD, professor, pathology and microbiology/immunology, was recently notified by the National Institutes of Health that her grant “Immunosenescence and Chlamydia pneumoniae” will be funded. Dr. Fresa’s grant, her first at PCOM, will be used to study the effects of aging on immunity at the cellular level. A decline in the immune response to Chlamydia pneumoniae may play a role in the development of atherosclerosis or Alzheimer’s disease.

Brian Balin, PhD, professor, pathology and microbiology/immunology, and Denah Appelt, PhD, assistant professor, biomedical sciences, are co-investigators. PCOM will receive $130,500 over a two-year period, beginning July 1, 2001.

Grant received for OMM distance learning

The College has received a $24,500 grant from Community of Agile Partners in Education (CAPE), a consortium of 60 Pennsylvania colleges that work together to develop technology in education and foster distance education partnerships between institutions. PCOM, the only medical school in the consortium, received the grant for a project titled “Osteopathic manipulative medicine review via distance technologies: an inter-institutional CAPE partnership.”

According to Robert Cuzzolino, EdD, associate dean for academic administration, who wrote the grant proposal, the project is a partnership with the New England College of Osteopathic Medicine (NECOM) and its Northeast Osteopathic Medical Education Consortium. In fall 2001, PCOM and NECOM will create an osteopathic teaching team from their osteopathic manipulative medicine (OMM) faculties to develop OMM instruction for interns and residents. The OMM labs will originate from both campuses and will be carried live via two-way video to numerous clinical training sites. The training sessions will also be archived in digital video for on-demand webcasts.

In addition to providing an innovative new teaching program, the project will explore the feasibility of using distance learning technologies to teach manipulative techniques.

Experimental Cardiovascular Surgery Team presents research

PCOM’s Experimental Cardiovascular Surgery Team, directed by Charlotte Greene, PhD, professor, biomedical sciences, and Arthur DeMarsico, DO ’95, recently represented PCOM in several venues. This student team has been developing an alternative type of graft material for arterial repair using swine intestinal submucosa. Full-circumference grafts have been placed in the swine infra-renal aorta and evaluated for a period of 28 days during the first phase of the research. Preliminary results were presented at both the Annual Clinical Assembly of the American College of Osteopathic Specialists (ACOS) and the American Osteopathic Association Research Convention.

While presenting at the ACOS in Boston, the PCOM team was approached by Matthew Schwartz, MD, director of surgery at St. Barnabas Hospital in the Bronx, NY. Dr. Schwartz invited the students to present their research to the students, residents and staff at St. Barnabas.

On November 7, Bret Smith (DO ’02), Jon Taveau (DO ’02), Josh Baron (DO ’03), Dana Buchanan (DO ’03), Donald Campbell (DO ’03), George Koenig (DO ’03), Greg Valania (DO ’03) and Mike White (DO ’04) traveled to St. Barnabas to represent the PCOM Experimental Cardiovascular Surgery Team. Over 60 students, residents and staff physicians from St. Barnabas attended the presentation, which focused on the process of enabling students to carry out research protocols while still in medical school and on the preliminary outcomes of the current protocol. The presentation was well received and the team was invited to return in the spring with an update.

This isn’t the first time the group has received attention. A previous Experimental Cardiovascular Surgery Team had its research published in the November–December 2000 issue of the Journal of Investigative Surgery. The article, titled “An alternative to synthetic aortic grafts using jejunum,” included 25 student and faculty co-authors. (See next Digest for in-depth article on the team.)
PCOM ACHIEVEMENTS

The College is proud to report that all members of the Class of 2000, physician assistant studies, passed their boards in October 2000.

Samuel H. Steinberg, PhD, executive vice president, wrote a two-part article titled “A comparison of the regulatory and accreditation mechanisms of osteopathic and allopathic medicine,” which was published in the Journal of the Pennsylvania Osteopathic Medical Association.

PHYSICIANS ENJOY ARIZONA CME

The educational program at this year’s Winter CME in Scottsdale, Ariz. was top-notch, according to many participants. Seminars included “Your patient with Alzheimer’s” by Katherine Galluzzi, DO, chairman, geriatrics, and “The pathological perspective in women’s health” by Robert Fogel, DO ’58, chairman, pathology and microbiology.

Waiting room “e.Stations” provide patient education at touch of a button

A new addition to PCOM’s waiting rooms will help patients become more informed on health issues with a click of a mouse. An “e.Station,” an interactive, Web-based patient education system from Helios Health, has been installed in each of PCOM’s healthcare centers, including the on-campus Comprehensive Care Center.

While patients are waiting to see the doctor, they can log on and get information on more than 80 health topics, including allergy, diabetes, heart health, mental health and pregnancy. Patients sit at the station, put on headphones and tap into a wealth of information that includes hundreds of animations and videos.

Content is overseen by members of a medical advisory board, one of whom is a PCOM alumnus: Christopher Still, DO ’91, director, high risk obesity clinic and section head of nutrition, and department of gastroenterology at Penn State Geisinger Health Care System.

The system is customized for each practice with a “Meet our office” section that features practice staff and other pertinent information. Practices receive the Helios e.Station at no cost. Corporate sponsors include Target Stores, Barnes and Noble, Johnson & Johnson and several pharmaceutical companies.

Saul Jec, DO, left, chairman, obstetrics and gynecology, and Ronald Servi, DO ’80, take a break during the Winter CME in Arizona.

immunology. Ronald Servi, DO ’80, of Scottsdale, presented several topics, including “The latest in asthma” and “Respiratory manifestations of HIV.”

The Winter CME, held January 27–February 3, also included a President’s Reception where participants met PCOM’s new president and CEO, Matthew Schure, PhD.
Robert Collins Greer IV, DO '77

Adventures in Medicine

He has provided health care on Native American reservations and on the medically underserved island of Haiti. He helped residents of South Florida recover from the ravages of Hurricane Andrew. He has become an expert in diagnosing tropical illnesses. You could call him the Indiana Jones of medicine. Adventure has always been part of his medical mission.

Robert Collins Greer IV, DO '77, FACOFP, began his medical adventures during his days as a PCOM student when he joined DOCARE, a volunteer organization that brings health care to medically underserved areas of the world. A licensed pilot since 1969, Dr. Greer flew his own plane, loaded with medical supplies, on missions to Haiti and Mexico. They operated on problems such as cleft palate, hernias and cataracts.

After graduation from PCOM, his adventures continued when he volunteered for Project USA, a health care outreach program sponsored by the Indian Health Service Corporation. “I did two-week stints at the Navajo Nation and the Blackfoot and Sioux Reservations,” he explains.

During this same period, Dr. Greer joined his father, Robert Collins Greer III, DO ’57, in his family practice in Florida. “My dad and I practiced together for 10 years before he passed away, and my brother, Jordan [Greer, DO ’82], also practiced with us for awhile before moving to Alaska.”

Always in search of new adventure, Dr. Greer joined the U.S. Navy Reserve in 1985, rising to the rank of Captain, Medical Corps. In addition to his monthly weekend tours, he is also ready to serve at a moment’s notice when his unit is mobilized. After Hurricane Andrew struck South Florida in 1990, he participated in recovery efforts, earning a Navy Achievement Medal and a Humanitarian Service Medal.

Now chairman of the department of family practice and an executive committee member at Columbia Hospital in West Palm Beach, Fla., Dr. Greer continues the family practice started by his father. In his practice, he welcomes the challenge and adventure of diagnosing and treating elusive problems.

“Frequently, patients come to me with back pain after seeing multiple health care professionals,” he relates. “The most rewarding part of medicine for me is when a patient comes into my office barely able to stand, then walks out pain-free after an osteopathic manipulative medicine (OMM) treatment. To have the OMM modality in our armamentarium is a distinct advantage unique to osteopathic physicians.”

Dr. Greer credits his mentors, Nick Nicholas, Sr., DO and David Heilig, DO ’44, with his OMM skills.

Dr. Greer passes along these osteopathic lessons by bringing medical students, interns and residents into his practice for training. “If there’s a single area where we can have an impact on the future of our profession, it’s by teaching,” he says. “In fact, I consider it an obligation.”

He takes great pride in his designation as a fellow of the American College of Osteopathic Family Practitioners, which he received for his service to the profession as president of the Florida Society of General Practitioners and the Florida Osteopathic Medical Association and as one of the first clinical professors in the department of family practice at Southeastern College of Osteopathic Medicine.

As president-elect of PCOM’s alumni association board, Dr. Greer will strive to increase alumni donations to the College as well as participation in the association. “I want to develop a long-range vision for ways that the alumni association can help PCOM fulfill its mission,” he states. “We can help, not only with donations, but by providing feedback about our own experiences with newly minted medical students and the areas where they need more training.”

Dr. Greer and his wife of 20 years, Kelli, have two sons, Robert C. Greer V, 18, and J. Christian, 17. Dr. Greer hopes that his family’s legacy in osteopathic medicine may continue well into the future as his oldest son, Rob, begins pre-med studies next fall. Kelli, a registered nurse, works by Dr. Greer’s side as office manager and previously as an operating room nurse.

For relaxation, Dr. Greer enjoys flying, gliding, sailing and being a team physician for various high school sports.
Samuel H. Steinberg, PhD, executive vice president, noticed something during recent rounds to chart the progress of major renovations to PCOM's Lancaster Avenue Healthcare Center.

It had nothing to do with the blueprints or the construction engineers. This was something far simpler, but quite important.

"People from the community were watching the construction; there was a lot of interest, and that was good to see," says Dr. Steinberg. "In that community, it's far more common to see buildings torn down than to watch buildings going up. There hasn't been anything there in a long, long time."

By December 2001, those neighbors watching closely will see a community healthcare center that is three times larger, newer and far brighter in every way than the storefront clinic they knew. "It will help anchor the community," says Dr. Steinberg.

Lancaster Avenue Healthcare Center, at 41st Street and Lancaster Avenue in West Philadelphia, is the third PCOM healthcare center to be renovated, following extensive work at Cambria and Roxborough health care centers. PCOM also operates a healthcare center in LaPorte, Sullivan County, Pennsylvania. All of these centers are in medically underserved areas. "Our mission always has been to serve those in need," notes Dr. Steinberg.

The Lancaster project includes the demolition of more than 21 buildings at and near the site, improving the community by removing vacant and blighted structures. Throughout the demolition and construction, Lancaster will remain open and available to the community.

PCOM bought some of the properties at the site and was given other properties by the city under the abandoned property reclamation program. The College received significant help from local and federal government officials.

"City Councilwoman Jannie Blackwell helped us in the neighborhood a lot," says Dr. Steinberg.

U.S. Sen. Rick Santorum was instrumental in PCOM's receiving an $836,000 federal grant to be put toward the $3 million renovation and expansion at Lancaster. Santorum spoke about the grant and the importance of working in medically underserved areas during a recent visit to PCOM. (See story on page 3.)

"It is incredibly impressive that you draw your students from Pennsylvania and that you go out and serve many of these areas that are tremendously underserved," said Sen. Santorum.

Lancaster will be renovated in two phases. About two-thirds of the new building is scheduled to be completed in September. At that time, the healthcare center will move into the new section, enabling the older section to be demolished and rebuilt.

The completed healthcare center will be about three times the size of the old center, with many more exam rooms, two minor procedures rooms, more attending physicians, more students and the ability to handle more patients.

"As word spreads in the community, hopefully, the healthcare center will treat many new patients, including some who previously may not have sought health care services," explains Dr. Steinberg.
Here’s a rundown of the most significant improvements to the Lancaster Avenue Healthcare Center:

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 10,000 patient visits annually</td>
<td>• 12,500 patient visits anticipated annually</td>
</tr>
<tr>
<td>• Limited specialties offered</td>
<td>• Expanded services, including minor procedures</td>
</tr>
<tr>
<td>• 4,500-square-foot center</td>
<td>• 13,000-square-foot center</td>
</tr>
<tr>
<td>• Crowded “storefront” clinic</td>
<td>• Expanded, state-of-the-art facility with pharmacy and space for specialists</td>
</tr>
<tr>
<td>• 8 exam rooms</td>
<td>• 13 exam rooms, plus 2 minor procedure rooms</td>
</tr>
<tr>
<td>• 3 attending physicians</td>
<td>• 4.5 attending physicians</td>
</tr>
<tr>
<td>• 8 students on rotation</td>
<td>• 14–15 students on rotation</td>
</tr>
<tr>
<td>• 6 total personnel</td>
<td>• 11 total personnel</td>
</tr>
<tr>
<td>• Distressed surrounding area</td>
<td>• Revitalized area with more than 21 blighted buildings removed</td>
</tr>
</tbody>
</table>
PCOM embarks on a technological revolution in osteopathic medical education
he instructor is holding a night class for 15 or so students who’d like to learn more about the world of Web-based learning tools.

Sounds high-tech, huh? It is, really.

This is not your average group of students. This group consists of more than a smattering of osteopathic physicians and PhD scientists, many with 20 or more years of professional experience.

But here they are on campus, in the Rosner classroom, on a winter’s evening, osteopathic medical educators committed to lifelong learning, becoming acquainted with an evolving technology that already is beginning to supplant some printed material.

There are questions for the professor and even some good old-fashioned trepidation about this Web-based learning tool stuff.

But the instructor on this particular evening, Patrick M. Coughlin, PhD, professor, anatomy, is a pretty fair hand with computers, and he handles the group with considerable aplomb.

“There’s a ton of medical information out there and this allows you to use the Internet to get students to the most appropriate information for your courses and to communicate with them even when they’re not on campus,” explains Dr. Coughlin.

“This is Blackboard.com™, the Web-based learning tool PCOM instructors have been using to post course material, give students assignments, track their progress, link students to specific information on the Internet and more. “As course director, you design your own page,” Dr. Coughlin explains, pointing to a sample page that is projected from a computer screen onto a larger screen at the head of the auditorium. “You make the decisions.

“There are 60 courses up there now,” Dr. Coughlin informs the group. “People need to know it exists, that it’s there.”
Closing the distance in distance learning

Back in the ’60s, young Arthur Freeman probably didn’t know he was looking into his future when he took a sociology course in a packed lecture hall via television monitor at New York University.

In those days, students watched and listened as the professor, prerecorded or live, lectured at them. There was no exchange, no way to ask a question. The broadcast went one way.

My, how things have changed.

These days, a more seasoned Arthur Freeman, EdD, chairman and professor, psychology, frequently can be found teaching a class of doctoral students – some of them on PCOM’s campus, some at Dixon University Center in Harrisburg and some at East Stroudsburg University – all of them right there in front of him.

For the past several years, Dr. Freeman and his faculty have been teaching doctoral students in three locations, using synchronous videoconferencing technology to span the miles.

This isn't the one-way broadcast of Dr. Freeman's days as an undergrad. “What we saw back then was a talking head,” he recalls with a slight laugh. This is a live classroom experience, with the students at the remote sites fully able to ask questions and gain live answers, the same as students in the classroom on campus with Dr. Freeman.

There are 120 students in the program on campus, and another 80 students split between the Harrisburg and East Stroudsburg sites. Students have access to PCOM’s digital library to help them with assignments.

“We do it because we’re able to provide our highly qualified faculty to these areas,” says Dr. Freeman. “In fact, the dean has set up a committee to study the feasibility of providing real-time videoconferencing courses to international locations.”

The faculty schedules in-person visits to the remote classes and conducts “Camp PCOM” for a week every summer, so students from the two distant learning sites can travel to the campus and see “we’re real flesh and blood, not just a video presence,” he explains.

The tentacles of technology

In the last year or more, Web-based learning tools such as Blackboard.com have joined the seeming plethora of technology that is changing the face of medical education at PCOM. The new technology joins with presentation software such as Microsoft PowerPoint, the Internet, e-mail, prepackaged CD-ROM course material, the school’s digital library, videoconferencing and more, to form a set of new, powerful teaching tools.

Helping PCOM along this path is a $1.5 million grant from the U.S. Department of Health and Human Services - Health Resources and Services Administration to establish the Center for Medical Informatics, Education and Outreach. The Center is an electronic network linking PCOM’s faculty, students, interns and residents in classrooms, remote health care centers and affiliated teaching hospitals. The program affects more than 1,000 students, 200 postgraduate interns and about 500 campus-based affiliated faculty.

To some, it might seem as if technology has taken over. In reality, it’s merely a sophisticated tool. “Technology is not just about the transmission of information, it’s about knowledge creation. The diagnostic tools used today, for instance, are not those of 20 years ago,” notes Matthew Schure, PhD, president and chief executive officer.

“Fifty years hence, only three percent of knowledge will be what we know today, in 2001,” says Dr. Schure. “The rate of change is phenomenal and we have no choice but to find the best ways possible to access knowledge.

“New diagnostic tools, telemedicine, journals that appear on the Internet much faster than they appear in print – the sense of reinforcement is great. It’s important to develop a strategic plan, to ask ourselves the question, ‘What is it we want to do, to accomplish?’ Then, we find the best methods of taking us to where we want to be.”

Still, Dr. Schure and others at PCOM recognize the importance of human interaction in osteopathic medical education, setting the tone for students who will learn to interact well with patients and their families.
It’s a tool

“The technology is not the end in itself. We’re using technology to deliver content,” emphasizes Richard M. Kriebel, PhD, associate dean, curriculum and research. “It’s not about the tool, it’s about the content.”

Harry Morris, DO ’78, MPH, chairman and professor, family medicine, explains it this way: “It doesn’t replace excellent judgment, it helps us find solutions…. The student, intern, resident of the future will have tools that we did not have. It’s the future. Don’t ignore it; learn what it can do for you,” he advises.

Dr. Morris and members of his department are still learning about new, better ways to take advantage of the technology even though his department has been utilizing it for awhile.

Linda Monger, administrative assistant in family medicine and one who helped introduce technology to the department, says that getting started can be as simple as not being afraid to make a mistake. “If someone is interested in just starting out with a program, do the tutorial that usually accompanies it,” she suggests. “It seems like a simple thing, but a lot of people skip that and then have trouble right away,” says Monger.

“A lot of physicians have a high patient load, but don’t see the value in putting in a little time now, to get started, and how that will help them a lot down the road,” notes Monger.

For some, getting started is a pressing issue.

“All seven core clerkships have to be up on Blackboard.com® by June 2001,” says Allan McLeod, DO ’88, MBA, director of undergraduate clinical education, flatly. “Goals and objectives for the clerkships and lecture material must be included on Web sites established for each clerkship. It’s up to the course directors to get this done,” says Dr. McLeod, adding that family medicine, internal medicine and general surgery are among the first to have their sites up and running.

“The sites allow students to link to a number of places to find information on numerous topics,” explains Dr. McLeod. “The course directors can put assignments up there and the technology allows a student at St. Francis Medical Center in Pittsburgh to work on a project with a student at the opposite end of the state,” he adds.

“Students can even hear sounds they need to learn to identify, such as mitral valve stenosis, for example,” he says.

“A lot of physicians have a high patient load, but don’t see the value in putting in a little time now, to get started, and how that will help them a lot down the road,” notes Monger.

For some, getting started is a pressing issue.

“All seven core clerkships have to be up on Blackboard.com® by June 2001,” says Allan McLeod, DO ’88, MBA, director of undergraduate clinical education, flatly. “Goals and objectives for the clerkships and lecture material must be included on Web sites established for each clerkship. It’s up to the course directors to get this done,” says Dr. McLeod, adding that family medicine, internal medicine and general surgery are among the first to have their sites up and running.

“The sites allow students to link to a number of places to find information on numerous topics,” explains Dr. McLeod. “The course directors can put assignments up there and the technology allows a student at St. Francis Medical Center in Pittsburgh to work on a project with a student at the opposite end of the state,” he adds.

“Students can even hear sounds they need to learn to identify, such as mitral valve stenosis, for example,” he says.

A pioneer

David A. Bevan, DO ’69, chairman, division of rheumatology and professor of internal medicine, has continued looking for new and better ways to present information to his PCOM students since he began teaching at the school in 1980.

So, for Dr. Bevan, gravitating toward using technology as a tool in the classroom was as natural as, say, taking a history and physical.

“Dr. Bevan truly is one of the pioneers in using technology to present information to our students,” says Richard M. Kriebel, PhD, associate dean, curriculum and research and a member of PCOM’s committee that studies new technology.

And though Dr. Bevan knows the ins and outs of Web-based learning tools and regularly posts cases, including digital slides, for student review on the Web site for his course on rheumatic diseases, there’s something he’d like to tell his colleagues who’ve been around awhile:

“Computer technology is just a tool; the basis of everything we do is still learned at the bedside,” emphasizes Dr. Bevan.

This is particularly important because some seasoned physicians sense that technology is, in some way, replacing them and their knowledge.

“Dr. Bevan truly is one of the pioneers in using technology to present information to our students,” says Richard M. Kriebel, PhD, associate dean, curriculum and research and a member of PCOM’s committee that studies new technology.

And though Dr. Bevan knows the ins and outs of Web-based learning tools and regularly posts cases, including digital slides, for student review on the Web site for his course on rheumatic diseases, there’s something he’d like to tell his colleagues who’ve been around awhile:

“Computer technology is just a tool; the basis of everything we do is still learned at the bedside,” emphasizes Dr. Bevan.

This is particularly important because some seasoned physicians sense that technology is, in some way, replacing them and their knowledge.
The digital library

Perhaps nowhere are the changes more evident than in PCOM’s library. The library is no longer simply a building that houses books, journals and other printed material. It now is a vast hub, including those things but also much more.

Etheldra Templeton, executive director and chair, library and educational information systems, has introduced the digital library to PCOM, changing the approach students and some faculty use in searching for information. “A few years ago we had 650 print journals in the library,” says Templeton. “Now, through the electronic library we offer 4,000 journals.”

More information increases the importance of selecting the right material for students to read. “We’re at information overload; there’s simply so much to know that it’s more important than ever to do critical literature reviews,” offers Kenneth J. Veit, DO ’76, dean. “We have to make smart choices,” he adds.

“For students, the laptop is now as important as a backpack,” notes Dr. Kriebel. In fact, a survey conducted by Dr. Kriebel over a 10-year period indicates that the number of PCOM entering students who had access to a computer where they lived increased from 25 percent in the class of 1994 to more than 80 percent in the class of 2004. (See chart.)

“Students are ahead of the curve, now. Just two years ago students were intimidated by the technology,” says Dr. Morris. “Now, we can take four students who are nowhere near each other geographically, and they can communicate about a joint project, divide up the work, return to campus, finish putting the project together and present it using PowerPoint.”

These days, you’re likely to find a student connecting his or her laptop to the Internet at special kiosks arranged for that purpose on campus.

“I have found the Internet to be a fabulous source for finding quick, reliable answers to complex questions,” says Jill McNeely Bruno (DO ’03). “One of the keys to learning is finding out the answer in the moment when the curiosity hits you – it allows better understanding and retention in the

Do you have access to a personal computer, IBM/compatible or Macintosh, under the roof where you live?

[Graph showing data]
Imagine a day when osteopathic medical students in their third and fourth years at PCOM will be able to fill out their evaluations of specific clerkships on a simple, one-page form right on their computers.

Now, imagine that day is today. “We’re doing it now,” says Allan McLeod, DO ’88, MBA, director of undergraduate clinical education.

The confidential computer-form for students to use in evaluating clerkships is due to be joined next year by a computer-form that physician-preceptors will use to evaluate the students’ progress in particular clerkships. “Protecting confidentiality was the big key,” notes Dr. McLeod.

The new evaluation forms are part of a plan to upgrade how the school uses technology to keep pace with the changing environment and to improve contact with students who are on clerkships far away from campus.

“When we first introduced to students that they’d be responsible for maintaining contact with the school via a computer, there was a lot of squawking,” recalls Dr. McLeod. “It’s like anything else that’s new; people get used to change and they deal with it.

“Now, I get a lot of e-mails from students on rotation,” he says, adding that PCOM continues to work on improving access.

long run.” (This instant access to information is referred to by e-learning professionals as the “just in time” principle.)

“The Internet provides a way to do this instantaneously,” continues McNeely Bruno. “If technology should occasionally break down via computer freezes or glitches, the old-fashioned way is still there.”

“Up until four or five years ago, you almost had to be a hacker to make use of a lot of material on the Web,” says Dr. Coughlin. “But all that has changed. The access to information is clearly there for you now and you don’t have to be a programmer, just a user,” he says.

Power users such as Dr. Kriebel and Dr. Coughlin have come a long way since former PCOM Dean Daniel Wisely, DO, allowed them to discover and explore how new technology could enhance learning. “He allowed us to pursue ideas,” recalls Dr. Kriebel.

“I remember driving in ’89 or ’90 about 80 miles for my first copy of Windows,” he recalls. “I can remember holding the box of Windows in my hand and I can remember installing it on a 286 computer. The graphics showing blood supplies to the brain were terrible, but I was excited that I was able to see the possibilities of the technology.”

The thing about utilizing evolving technology in osteopathic medical education and in the practice of medicine is that the great majority of what you need to know is accessible.

“It’s not rocket science,” says Dr. Kriebel with a slight smile, “it’s the 2001 way of doing things.”

Confessions of a computer geek

Patrick J. McHugh (DO ’02) readily admits to being a computer geek. He was working on his first home computer, an Atari, while in the sixth grade. McHugh, who recently finished his term as student government president, says, “I was in contact, by e-mail, with every other student government president of all the other osteopathic schools, almost on a daily basis.”

McHugh, the son of James McHugh, DO ’68, director of osteopathic medical education at Delaware County Memorial Hospital, is primarily bullish on the use of technology in osteopathic medical education and in medical practice. Still, he’s cautious about not distancing himself from in-person contact and he has concerns about privacy issues, now and down the road. “There’s potential for abuse,” he warns.

While on clerkships, McHugh maintains e-mail contact with on-campus faculty. “I love knowing what’s going on at the school,” he says.

He’s also a major fan of PCOM’s digital library. “The library has nice links; the setup for the students is pretty seamless,” he says.

And though he sees his colleagues’ use of technology growing, McHugh says the digital library is still under-utilized.

“There’s a lot of progress and PCOM has...
As a young medical student at PCOM, Murray Zedeck, DO ’62, expected stiff competition from his fellow students and little help from professors in his quest to become a doctor. What he got was quite the opposite. “We were comrades in study,” Dr. Zedeck recalls. “You could tell that the teachers cared about the students and the students cared about each other. Even the toughest professors addressed us with respect as individuals and potential doctors. They had one common goal – to make doctors out of us by getting us through medical school successfully.

“We had great faith in our teachers,” he continues. “They had a great spirit of helping and giving – and they weren’t afraid to get involved in our lives. Tom Rowland, who was registrar at the time, used to play basketball with us. Dr. Cathie, our anatomy professor, once carried his own manipulation table to my house and treated my wife, who was suffering from such severe back pain that she couldn’t get out of bed. The next day, she was able to return to work. This spirit of caring spilled over to the students.”

Dr. Zedeck recalls no rivalry or antagonism among his classmates. “We worked together to get each other through medical school,” he says. “If a student was having trouble with a subject, we helped him or her. We even had designated note-takers. If someone was good at a particular subject, like dermatology or rheumatology, that person took notes for that class and shared them with the others. If someone was sick, we handed him the notes for that day when he came back. That was the spirit of camaraderie we had – and it is rare at medical schools.”

As a result of that spirit, Dr. Zedeck always wanted to give back to the school that made his highly successful career possible. This year, Dr. Zedeck and his wife, Lila Kessler Zedeck, contributed $500,000 to PCOM through their Zedeck Family Foundation.

“I am thrilled to participate in the continued growth of the osteopathic profession,” he says. “DOs take care of so much of the population now and our profession has grown to such stature. My PCOM training gave me great opportunities in life and I want others to enjoy the same wonderful experience I had.”

PAYING TRIBUTE

With this generous donation to be used at the discretion of the College, Dr. Zedeck also pays tribute to his parents, Benjamin and Sarah Zedeck, who came to the United States as immigrant teenagers. “My parents placed a very high value on education, and they directed my brother and me toward higher education at great sacrifice to their own lives,” he relates. “My brother has both accounting and law degrees and I have pharmacy and medical degrees. My mom wasn’t satisfied with only one degree each.”

In honor of his parents’ values and sacrifice as well as the Zedeks’ contribution to the College, an amphitheater in Evans Hall has been named the Zedeck Family Amphitheater.

“I hope this gift represents the beginning of major growth for the PCOM Foundation by stimulating others to contribute,” says Dr. Zedeck. “I would like the College to have so much money in the Foundation that the interest income alone will provide substantial benefits to the College on an ongoing basis.

“As alumni, we should feel good about contributing to a school like PCOM. If we all give what we can – in any amount we can afford – we can continue to benefit our alma mater and the students as well as the osteopathic profession.”

FINDING MEANING IN MEDICINE

Dr. Zedeck’s interest in medicine actually began with pharmacology, but he
found that he didn’t like being a pharmacist. “We were too focused on the retail side of the pharmacy business and not on the science,” he recalls.

Around that time, he visited his cousin, PCOM alumnus Morton Terry, DO ’45, who had a very successful practice in Florida. “I had great respect for the work he was doing,” Dr. Zedeck remembers. “In addition, I always had a fascination with learning how the body works. My cousin encouraged me to pursue a medical career and apply to PCOM.”

That was the beginning of a career in family medicine that spanned four decades. Dr. and Mrs. Zedeck moved from their native New York to Florida where he and a partner founded the Norwood Medical Clinic in Miami.

“In those days, family practice physicians did everything,” he recalls. “I delivered babies and performed minor surgery in addition to handling routine office visits. I had great satisfaction from running a very large practice where I was able to get involved in the lives of my patients. I took care of whole families, from infants to grandparents.”

Dr. Zedeck found the osteopathic philosophy to be a great practice builder. “Your patients really get a sense that you care about them as people – not diseases,” he says. “And with the holistic osteopathic approach, you can provide them with the most comprehensive care possible.”

Dr. Zedeck has served the osteopathic profession in many capacities – as president of the Dade County Osteopathic Medical Association, as chief of staff of Southeastern Medical Center and the former Osteopathic General Hospital in North Miami Beach, and as founder, chairman and professor of the Department of Community Medicine at Nova Southeastern University’s College of Osteopathic Medicine.

DOING WHAT HE LOVES

Alongside his robust career in medicine, Dr. Zedeck has actively invested in South Florida real estate for many years. “I’ve had an interest in land and architecture since my high school days,” he relates. “I enjoy real estate investing and my success has enabled me to give back to the community and other organizations I care about – like PCOM.”

Dr. Zedeck and Lila, a former medical assistant and his wife of 41 years, have also enjoyed raising their three children: Karen Lynn, who has a master’s degree in urban planning; Sheryl Ann, a corporate attorney; and David, also an attorney, who specializes in real estate. Now they delight in their four grandchildren. “I love looking at life through their eyes,” says Dr. Zedeck.

Retired but still active, Dr. Zedeck likes the luxury of “doing what I love to do.” That includes collecting and repairing antiques, including cars, pinball machines, an old fire engine and a Coca-Cola machine. “My garage is full of stuff. I live in clutter and I like it!” he exclaims.

GIVING BACK

Among his many lifetime achievements, Dr. Zedeck is most proud of his family and their life in the community. “I’ve always taught them not to be insulated from what goes on in the community and to give their time and money,” he says.

Dr. Zedeck serves on the board of Goodwill Industries of Broward and is vice president of allocations for the Jewish Federation of Broward County, a philanthropic organization. A former chairman of the Housing Finance Authority of Broward County, he serves numerous other community and charitable organizations in South Florida.

“I come from a family of humble beginnings and I’ve never forgotten it,” he says. “I like to do all I can to make life better for others.”

The Zedeck Family Foundation’s gift to the College will make life better for many. PCOM students will benefit while on campus, then pass on those benefits exponentially to the communities they serve in the future.

“It’s important for us to stay focused on family medicine,” says Dr. Zedeck, who serves on the board of directors of PCOM’s alumni association. “That’s what put the osteopathic profession on the map and pushed us ahead as medical professionals. And family medicine is what helps us make a difference in the community. As DOs, we have a closer relationship with our patients because we treat the whole person. That’s especially important in an age when both doctors and patients have less control over care. As the premier osteopathic medical college in the country, PCOM can and should be a powerful political force in swinging the health care pendulum back to putting patient care first before financial concerns.”

In addition to putting patients first, Dr. Zedeck says the most important lesson PCOM students can learn is humility. “The medical profession has a great deal of arrogance. Arrogance is a mistake,” he emphasizes. “You must always remember where you came from. When you see patients, you are dealing with people. Treat them according to the Golden Rule. Everything else is secondary. Apply the Golden Rule to your patients, to your college, to your community and to your business endeavors – and you will be rewarded with success!”

Dr. Zedeck has lived that philosophy. Despite his generous donation to PCOM, he believes other contributions are more important. “I hope my contributions to health care in terms of the personal care I gave my patients and the ideas I contributed to PCOM will have an influence on our profession that will endure as long as, if not longer than, the financial support I gave.”
Frederick J. Goldstein, PhD, director, clinical master of science program and professor of clinical pharmacology, had just come from a meeting on campus about his favorite topic: research. He moved quickly, decisively. There was enthusiasm in his voice, purpose in his lengthy stride.

Engage Dr. Goldstein, a pro basketball player-sized pharmacologist and noted pain researcher, in a conversation about almost any topic and it can easily lead back to research. It's not that he's uneasy with topics outside his professional realm; he's actually quite interested and comfortable with myriad matters. Clinical research, however, is his passion. And research into the mechanisms of and treatments for chronic and acute pain is what Dr. Goldstein is most passionate about.

“There are parallels between what physicians do and what PhD researchers do,” he says. “We solve problems the same way: Physicians use a history and physical the way a researcher uses previously published material. The physician develops a treatment plan. We develop a research plan. We don’t do the same thing, but it’s the thought process that’s the same,” explains Dr. Goldstein.

At PCOM, he wears many hats: director of the clinical master of science program, professor of clinical pharmacology, vice chair of the Institutional Review Board, researcher, mentor. All of these
McMahon, were accepted to an osteopathic medical school. students get involved

Four students worked alongside Dr. Goldstein and among Einstein’s staff, collecting data, explaining the project to physicians and nurses, ensuring patient consent forms were completed and more. Along the way, they learned about the basics of conducting clinical research, how to communicate with patients and hospital staff, how to collect and prepare clinical research data, how to format and write a clinical research paper and how to deal with the inevitable roadblocks and red tape in the world of hospital-based clinical research.

“This was a great opportunity to do something clinical and learn about clinical research from someone who would demand the best from me,” says John McMahon (MS/Biomed ’01). “It was just what I needed.”

McMahon joined student Tom Pirosko (MS/Biomed ’01) in a clinical research project that is looking into whether administering morphine just prior to incision can preempt some post-surgical pain.

“Although research does not appeal to everyone, it is an integral component for the advancement of medicine. Research gives us a clearer understanding of diseases and how to best treat them. It shows us how to do things more efficiently so that everyone saves time and money.”

“Being involved in research could benefit any student. Medical students don’t have a lot of time to do things outside of studying. But they need to keep in mind the sole purpose of their education and that, I think, is the healing and amelioration of human suffering.”

- Truong Nguyen (Do ’03), who was among a group of second-year medical students who worked on research projects with Dr. Goldstein. The others were Katherine Heizer, David Mayne and Hiren Patel (all Do ’03).

RESEARCH PROJECT:

Effect of pre-emptive morphine on post-surgical pain following total knee arthroplasty

They came to PCOM from the Pittsburgh area. John McMahon and Tom Pirosko (both MS/Biomed ’01) were good students and football players.

They didn’t know each other before their days at PCOM, but they knew how to become members of a team and they knew they wanted to become involved in clinical medicine on whatever level was available to them.

Dr. Goldstein was exactly who they needed.

McMahon and Pirosko helped to collect and compile research data and worked to obtain patient consent for participating in the study, which looked at the effects of administering morphine prior to incision in total knee replacement surgery.

“Dr. Goldstein is a lot like a good football coach: He’s clear and very detail-oriented,” says McMahon.

While studying for his master of science in biomedical sciences at PCOM, McMahon works between 20 and 40 hours a week as an emergency medical technician. “I’ve dealt with a lot of people with pain issues and I know how positively you can impact on people’s lives if you can relieve their pain, so Dr. Goldstein’s pain research in knee replacement surgery was a great fit for me,” notes McMahon. “I’ve learned so much.”

His partner on the project also had a good reason to become involved. “I’m very interested in a career in orthopedic surgery, so this particular research project was perfect for me,” emphasizes Pirosko.

“A real benefit is in seeing how things are done, learning how to communicate with various members of the staff and in seeing patients in pain and learning how their pain can be diminished,” says Pirosko.

“There’s no substitute for seeing it for yourself. The experience was invaluable.”

Research team also includes the following people at Einstein Medical Center: Richard Fine, MD, chairman, anesthesiology; Michael Mabin, MD, anesthesiologist; Anthony Puglisi, MD, and John Williams, Jr., MD, orthopedic surgeons; and Dawn Blackwell, RN, MS, manager, orthopedic surgery floor.
pain following total knee replacement.

This clinical study followed another of Dr. Goldstein’s clinical studies in which he measured the effects of pre-emptive morphine and post-surgical osteopathic manipulative treatment on pain after total abdominal hysterectomy. Co-investigators were Saul Jeck, DO; Marvin Berman, DO; Alexander Nicholas, DO ’75, and Marilyn Lerario, BS, Pharmacy. “To my knowledge, this was the first time this type of study was done,” adds Dr. Goldstein.

“There’s information that memory for pain is stored in the brain, such as in phantom pain for people who have undergone amputations. We’re seeing if we can prevent these types of pain signals from being stored.”

Stacey Parker (MS/Biomed ’01) worked on a pilot study to determine whether infusion of a local anesthetic would provide some pain relief following surgery to correct foot deformity. Donna Winter (MS/Biomed ’01) worked on a clinical research project to learn whether a drug would safely and effectively work as an adjunct to morphine in easing cancer pain. (See sidebars for more on the student research projects.)

“There’s information that memory for pain is stored in the brain, such as in phantom pain for people who have undergone amputations. We’re seeing if we can prevent these types of pain signals from being stored.”

“The research project gave me some insight into how much is involved in clinical research and insight into the ‘red tape’ that has to be dealt with,” notes Winter.

The most important lesson Winter learned: “that clinical research has a lot of value because it furthers the ability to treat patients better.”

Research team also includes the following people at Einstein Medical Center: William Tester, MD, director, cancer center, and Jennifer John, MD, resident.

Left to right are Einstein physicians Michael Misbin, MD and Richard Fine, MD; PCOM professor Frederick J. Goldstein, PhD; and students Thomas Pirosko and John McMahon (both MS/Biomed ’01).

“Once the students heard I was going to Einstein, they came to me. They became basically, my research associates.”

Frederick J. Goldstein, PhD, director, clinical master of science program and professor of clinical pharmacology

Win/win for everyone

“Having Dr. Goldstein and his students here at Einstein has been mutually beneficial, and it looks like he has more research projects coming,” says Michael Misbin, MD, attending staff anesthesiologist, Einstein Medical Center, and a major collaborator in Dr. Goldstein’s research there. Dr. Misbin has been especially involved in the clinical research involving pain after total knee replacement.

“I’ve worked with the students, collecting data and troubleshooting the process of the study,” explains Dr. Misbin.

“Doing this kind of work is very time-consuming and would be almost impossible without the team effort and support of the students and everyone involved.”
Dr. Misbin says the research projects seemed to benefit the students in ways they hadn't anticipated. “Students go through this to make themselves more attractive to medical schools, but they also now have a better sense of what's involved in patient care and just how challenging it can be.

“I took pleasure out of seeing them gain confidence in dealing with the professional staff and watching them gain a better feel for how to present themselves,” says Dr. Misbin, adding that he looks forward to working with a new group of Dr. Goldstein's students soon.

“His association here is off to a good start,” notes Dr. Misbin, who works under Rick Fine, MD, chairman of anesthesiology at Einstein, the physician whom Dr. Goldstein first approached about collaborating on clinical research projects.

“Dr. Fine and Dr. Misbin, along with everyone at Einstein, have made these research projects possible,” says Dr. Goldstein. “I deeply appreciate the way they've all worked with me and my students.”

“Having Dr. Goldstein and his students here at Einstein has been mutually beneficial, and it looks like he has more research projects coming.”

Michael Misbin, MD, attending staff anesthesiologist, Albert Einstein Medical Center

Effect of local bupivacaine infusion on post-surgical pain following correction of equinovarus foot deformity using the split anterior tibialis tendon transfer (SPLATT) procedure: a pilot study

Stacey Parker (MS/Biomed '01) has been interested in working with people in pain as long as she's been interested in a career in medicine. “The project with Dr. Goldstein enhanced my interest,” she says.

The project involves use of an infused local anesthetic to treat pain following surgery to correct clubfoot. The research involves bathing nerves in the surgical area with local anesthetic and measuring the amounts of narcotic analgesics needed to manage patients' pain.

“I worked to make sure consent forms were taken care of, spoke with nursing staff about the research project and made sure patients filled out their pain scores at 2, 6, 12 and 24 hours,” explains Parker, who is from Philadelphia.

“I'd like to go to medical school, but I'd also like to continue working in clinical research,” she says. “My interest in clinical research is continuing to grow.”

Parker describes her experience working with Dr. Goldstein as among the most important she's had at PCOM. “When you get to watch the medical staff and deal with the patient yourself, you really get to see medicine in practice.”

Physicians, researchers and others who would like to contact Dr. Goldstein about his work can do so at:

PCOM
4170 City Avenue
Philadelphia, PA 19131-1694

Phone: (215) 871-6859
Fax: (215) 871-6889
E-mail: fredg@pcom.edu

Research team also includes the following people at Einstein Medical Center: Mary Ann Keenan, MD, orthopedic surgeon, David Fuller, MD, orthopedic surgeon, and Michael Misbin, MD, anesthesiologist.
Depression. Anxiety. Substance abuse. Job stress. These are just a few of the problems treated at PCOM’s Center for Brief Therapy (CBT), right on campus.

“Many people don’t know there are quality mental health services right here,” notes Bruce S. Zahn, EdD, ABClinP, assistant professor of psychology and the CBT’s director of clinical services. “We’re one of PCOM’s best-kept secrets.

“We’re equipped to help with a broad range of psychological problems,” continues Dr. Zahn. “And our therapists are able to work with individuals for as long as it takes, without the session limits often imposed by insurance companies.”

The Center also offers psychological assessment services for children, adolescents and adults. According to Dr. Zahn, the assessment services are not just for diagnosis, but also for problem clarification and for treatment planning.

He views the comprehensive psychological services as part of the osteopathic biopsychosocial emphasis on the whole person. “We look at the person’s life, their health, their environment, their work, and their relationships and families,” explains Dr. Zahn. “We work closely with physicians and keep in contact with referring physicians. With the patient’s permission, we send regular treatment reports to the physician. We see therapy as a collaborative effort.”

Psychotherapy at the CBT is provided by advanced doctoral students at PCOM. They are closely supervised by Dr. Zahn and other psychology faculty preceptors who meet regularly with the students to review their cases. All the therapists have a number of years of experience in clinical psychology and have extensive experience in mental health services delivery. “Each week, I review cases with my supervisor for two hours,” says Donna A. Best-Kept Secret

The Center for Brief Therapy offers cognitive-behavioral therapy and psychological assessment at a fraction of the expected costs – and with no limit on the number of sessions.

Professional psychological services offered at PCOM

The Center for Brief Therapy’s clinical services include individual psychotherapy, marital and relationship therapy, family therapy, group therapy and active parenting training (in both English and Spanish). Clinical issues treated include:

- Depression
- Anxiety disorders
- Attention-deficit hyperactivity disorder
- Learning difficulties
- Psychological complications of cardiac problems
- Occupational stress
- Coping with medical problems such as chronic pain, gastrointestinal disorders, diabetes, cancer, asthma and infertility
- Cancer-related coping for caregivers as well as patients
- Smoking cessation
- Eating disorders
- Child-family conflicts
- Behavioral-conduct problems
- Marital/relationship difficulties
- Substance abuse
Martin, a doctoral student with six years of professional experience as a therapist.

The CBT operates on a fee-for-service basis set on a sliding scale, based on the individual’s ability to pay. This gives the Center a distinct advantage over many psychology clinics and centers. “The cost of psychotherapy here is not more than an average health insurance co-pay,” notes Dr. Zahn. “And since you’re not using your insurance benefit, you come to a managed care–free practice where no organization is looking over your shoulder to limit access to treatment or limit the number of sessions.”

The Center employs a cognitive-behavioral therapy treatment model, which is supported by numerous published clinical studies. Dr. Zahn emphasizes that patients aren’t just sitting and talking to a therapist, but given the tools to identify the problem, taught to recognize target cues and taught coping strategies to remediate the problem. “We help the patient gain control and mastery over the problem,” he notes.

Roya McCloskey, a doctoral student with 11 years of clinical experience, has been impressed by the program’s method. “We don’t just fly by the seat of our pants here; everything we do is very scientifically based and supported,” she says proudly. “Vague assessment leads to vague goals and treatment. Specific assessment leads to better results.”

Martin adds, “I’ve worked with people who are coping with a physical illness such as diabetes, and therapy really is an important part of their overall treatment….I often think about what a good match we are for PCOM; the idea of mind and body, thinking about and treating the whole patient – clinical psychology and osteopathic medicine, a perfect match.”

The Center for Brief Therapy also offers these comprehensive psychological assessment services:

- Intelligence and educational testing
- Evaluations of gifted children
- Testing for attention-deficit hyperactivity disorder
- Learning disabilities assessment
- Evaluation for the psychological effects of medical disorders
- Behavioral and personality assessment

**Hours**

Monday - Friday: 9am to 9pm
Saturday: 10am to 4pm

**For more information**
or to schedule an appointment, call (215) 871-6487.
For Andrew McMarlin (DO ’03) there are few joys in life greater than slicing through a river’s glassy surface in a scull. Rowing is his passion – matched only by his enthusiasm for medicine. For nearly 10 years, he has been racing toward the twin goals of becoming an Olympic rowing medalist and a physician. The race has taken him cross country – from southern California to Pennsylvania to Virginia to Georgia and back again. Before entering PCOM in 1999, he funded his twofold ambitions by working in medical research and other science-related positions by day. At night, he took pre-med courses. And in the early morning and early evening hours, he participated in grueling, five-to-seven-hour daily workouts in preparation for the U.S. Olympic Rowing Team Trials.
“I always wanted to be the best possible rower – now I want to be the best possible doctor,” says McMarlin. “And I’ve always had the discipline and the desire to attain both goals.”

McMarlin successfully raced his way to win the U.S. Olympic Rowing Team Trials in 1996, but qualifying for the medal round in Atlanta proved elusive. He and his partner lost the qualifying regatta for the Open Men’s Double Sculls by the slimmest of margins – just one second!

To appreciate the magnitude of his achievement – and the disappointment of his one-second loss – you must go back 14 years to his first summer at the U.S. Naval Academy in Annapolis, Md.

**Falling in Love with Rowing**

McMarlin entered the Academy in 1987, following in the footsteps of his grandfather, a Navy admiral and World War II war hero known for his dive bombing missions. During plebe summer at the Academy, McMarlin was introduced to rowing via a videotape of the 1984 Olympics. “I was captivated,” he recalls. “I decided to see how far I could go with this sport even before I got on a barge for the first time.”

McMarlin confesses that his personal drive for an Olympic medal may be in his genes. His great-grandfather won two Olympic gold medals in swimming during the 1904 Olympics. His great-uncle also was an Olympic swimmer who won silver medals in 1924 and 1928. Both are in the U.S. Olympic Swimming and Water Polo Hall of Fame.

McMarlin’s three-hour daily training sessions in rowing soon became the focus of his days at the Academy. After graduation, he went to Surface Warfare Officers School in southern California, the first step to becoming a battleship captain. But rowing fascinated McMarlin more than battleships, so he applied for a program designed for people in training for the Olympics. This enabled him to work for the Navy and practice rowing at the same time. He was reassigned to Philadelphia, “the rowing capital of the U.S.,” according to McMarlin.

**Saved for a Purpose**

During his cross-country drive from southern California to Philadelphia, he had a life-changing experience on a remote stretch of road in the mountains of New Mexico. Alone in the middle of the night, he fell asleep at the wheel of his car. Even though the car was completely destroyed, miraculously, he was uninjured.

“The police told me that people die every night on that stretch of road,” McMarlin remembers. “In fact, later that same night, a truck driver crashed and died in practically the same spot. I really felt that I was saved to do something with my life. I spent the next several months thinking about what I was supposed to do.”

McMarlin finally realized that he wanted to be a doctor, following in the footsteps of his father, who was an Army physician.

“I also really wanted to make the Olympic rowing team,” he says. “From that point on, I did everything I could to fulfill both goals. I started by using the insurance money from the car crash to buy a racing boat instead of another car.”

As a result, he biked or walked everywhere in Philadelphia for the next two years, averaging 15 miles daily between Boathouse Row, his pre-med classes at Temple University and his jobs, first with the Navy and then, after his honorable discharge, in medical research at the University of Pennsylvania’s Thoracic Surgery lab.

**Olympic Quest**

Continuing his drive toward the Olympics, McMarlin followed the U.S. Olympic Sculling Center, relocating first to Virginia, then to Georgia, all the while rowing five to seven hours a day while working in medical research and other jobs.

“The U.S. Olympic coach had previously coached the Soviet rowing team and he was very tough,” McMarlin relates. “He told me I’d never make it in heavyweight rowing because I was too small. That just drove me to prove him wrong! I was obsessed with training. I knew if I didn’t train hard enough, someone else would beat me.”

His determination paid off. McMarlin became a varsity rower, winning two national collegiate championships.

“Crazy things would happen all the time when I was rowing,” he relates. “The happiest moment of my life was when I won the 1996 Olympic trials and my dad was there to see it,” says McMarlin. “He was a strong presence in my life, even when I wasn’t with him. A lot of what I did was to make him proud of me – and he was.”

Even though McMarlin lost the 1996 Olympic qualifying regatta for the medal rounds in Atlanta, he is a five-time U.S. National Sculling Champion and a two-time U.S. National Rowing team member who raced at the World Championships in France. He also won international regattas in South America and Canada.

**Medicine Beckons**

Amid these rowing triumphs, McMarlin kept getting not-so-subtle messages about his medical career. “Crazy things would happen all the time when I was rowing,” he relates.
“People kept having heart attacks or having car wrecks right in front of me! In some cases, I was able to save them. These experiences galvanized my ambition to become a doctor.”

In 1997, his father died of pancreatic cancer. During his dad’s last few months, McMarlin moved to Washington, DC to be closer to him, working in medical research at the National Cancer Institute and coaching the U.S. Naval Academy’s freshman rowing team in nearby Annapolis.

“The following year, I finally decided to put medical school first and began my studies at PCOM instead of preparing to compete in the 2000 Olympics,” he says.

McMarlin first learned of PCOM while stationed at the Naval Recruiting District in Philadelphia. “I gave a presentation at PCOM about Navy scholarships,” he recalls. “I didn’t know anything about osteopathic medicine at the time, but the more I heard, the more it seemed to fit my athletic background.”

McMarlin’s stepmother, who was an Army nurse, suggested that he contact a former colleague of hers who is also a famous PCOM alumnus, Ronald R. Blanck, DO ’67, former Army Surgeon General and Commander of the U.S. Army Medical Command.

“Gen. Blanck was fantastic,” says McMarlin. “Here was a three-star general who took an hour and a half out of his day to talk to me about PCOM. I could see how much he loved the College, and my conversation with him really inspired me to go to PCOM. I didn’t even apply anywhere else.”

Now a second-year medical student, McMarlin is pursuing family medicine. “I want a broad-based practice in a small rural town where I can see a whole spectrum of patients – from pediatrics to geriatrics,” he says. “I’d like to do a fellowship in sports medicine so I can incorporate that into my practice as well. I have the advantage of understanding how athletes think.”

Osteopathic manipulative medicine (OMM) will also be an important part of McMarlin’s practice. “Dr. [William Thomas] Crow has treated me for a few problems and I’ve been amazed at what he is able to do. It really inspires me to know that, if I work hard, I might be able to do that, too.”

“Hands-on osteopathic training is especially important for a family practice in a small rural town,” reflects McMarlin. “You have to be able to diagnose a wide range of illnesses without relying on expensive high-tech equipment which probably won’t be available. My OMM labs have made me comfortable with both touching and talking to people while attempting to make a diagnosis.”

**New Rowing Club for PCOM**

Even though he’s spending more time on medicine than on the water these days, rowing will always be a part of McMarlin’s lifestyle. In fact, he is founder and coach of PCOM’s newest sports club, the PCOM Rowing Team. The team’s faculty advisor, Susan Hingley, PhD, associate professor, pathology and microbiology/immunology, was a member of the 1980 U.S. Olympic Women’s Rowing Team.

“It takes tremendous determination and focus to compete at the Olympic level,” says Dr. Hingley. “Andrew’s achievements are especially impressive when you consider that he was pursuing medical studies at the same time. He has drive, ambition and confidence and he expects the best of himself all the time – all traits of a successful competitor. His experiences will serve him well as a physician.”

Right now, McMarlin isn’t pushing competition with the rowing club. “We have 18 active members who have never rowed before but love being on the water,” he explains. “We may compete against some other medical schools but, mainly, I just want people to enjoy being out on the river and possibly discover rowing as a lifetime activity, just as I have.”

As a medical student, McMarlin no longer has time for five-hour daily workouts on the river. To keep in shape, he joined PCOM’s Running Club. Always the athletic competitor, he recently ran in the Philadelphia Marathon with “Team PCOM.” Then, with just one month of training under his belt, he qualified to run in the revered Boston Marathon this past April.

“I just love to be outside with people who are competing,” he says. “The sense of camaraderie mingled with a competitive spirit is great.”

**Lessons from the Water**

Rowing has taught McMarlin many lessons about being a good physician. “You constantly have to work to be the best you can be. You must be incredibly disciplined and put in the time to get a little better every day.

“There is no immediate gratification in rowing or medicine,” emphasizes McMarlin. “If you want to excel, it takes years of training and hard work. And you are never finished learning. I know I’ll be learning for the rest of my life, but I’m confident that I’ll be well-prepared to be a family doctor, thanks to my training at PCOM and the discipline I’ve learned on the water.”
Ruth Purdy, DO ’50, Columbus, Ohio, was featured in an article in the Columbia Dispatch titled “Doctor turned her patients into friends during 50-year career.”

Edward E. James, DO ’58, Coraopolis, Pa., received the “Oswald J. Nickens Award” from the Gateway Medical Society.

Leonard H. Finkelstein, DO ’59, Penn Valley, Pa., had an article published in the 5-Minute Urology Consult titled “Urethritis–gonococcal and nongonococcal.”

Jon H. Sally, DO ’61, Kent, Ohio, was featured in an article titled “Dr. Sally: industrious retiree – pursues travel, hobbies, volunteer service and family.”

Francis M. Felice, DO ’62, Huntingdon Valley, Pa., had an article published in the Journal of the Pennsylvania Osteopathic Medical Association titled “Pertussis (whooping cough) in the adult.”


Bernard F. Master, DO ’66, Worthington, Ohio, received the “Oak Leaf Award” presented by The Nature Conservancy, Ohio Chapter.

H. Michael Zal, DO ’66, Narberth, Pa., wrote an article that was published in Drug Benefit Trends titled “Treatment update – social anxiety disorder: how to help.”

Alan L. Menkes, DO ’67, FACOI, Covington, La., was appointed health care manager and chief medical officer, California Department of Corrections at R.J. Donovan Correctional Facility. He oversees a $25 million annual budget and a staff of 162, consisting of physicians, surgeons, psychiatrists, social workers, psychologists, nurses, lab and x-ray technicians, and support personnel.

Marshall H. Sager, DO ’67, Bryn Mawr, Pa., was named president-elect of the American Academy of Medical Acupuncture and chairman of the American Board of Medical Acupuncture.

Paul E. Wallner, DO ’68, Philadelphia, Pa., was elected chairman of the New Jersey Commission on Cancer Research.

David H. Blom, DO ’70, Vineland, NJ, was named “Physician of the Year” by South Jersey Health System, Newcomb Division. He also was board certified in hospice and palliative medicine.

Joan M. Watkins, DO ’72, MPH, Tampa, Fla., who is board certified in preventive medicine with a specialty in occupational medicine, serves as corporate medical director of the Occupational Health Service of University Community Hospital. She is a clinical professor of occupational and environmental medicine at the College of Public Health of the University of South Florida. Dr. Watkins also serves as president of the Florida Association of Occupational and Environmental Medicine, a component of the American College of Occupational and Environmental Medicine.

David H. Clymer, DO ’74, Shirleysburg, Pa., participated in a medical assistance project to Uzbekistan in Central Asia.

Richard G. Tucker, DO ’74, Mt. Laurel, NJ, was named founding chairman of the Medical Education Foundation for the American College of Osteopathic Obstetricians and Gynecologists.

Jeffry A. Lindenbaum, DO ’75, Ivyland, Pa., was elected vice president of the Grand Chapter of Sigma Sigma Phi.

Murray Klein, DO ’77, Oaklyn, NJ, received the “Thomas D. Webber Memorial Lecture Award” presented by the American Osteopathic College of Rehabilitation Medicine.

David A. Baron, DO ’78, Lower Gywnedd, Pa., was appointed to the executive committee on education and pharmacopsychiatry of the World Psychiatric Association. Also, he was invited by the Minister of Health to give the keynote presentation at World Heart Day in Singapore.

Oliver C. Bullock, DO ’78, Philadelphia, Pa., received the “Carl Mansfield MD Award” from the American Cancer Society in appreciation for his time and commitment to the “Man to Man Prostate Screening Program.”

Robert M. Paschall, DO ’79, Exmore, Va., was featured in an article in the Eastern Shore News titled “We’re proud these doctors are part of the healthcare team.”

Marc A. Freed, DO ’80, Clarendon Hills, Ill., was recognized as one of “Chicago’s Best Doctors” in Chicago Magazine.

Les Folio, DO ’87, San Antonio, Texas, was featured in an article in the San Antonio Business Journal titled “Air Force officer is closing major gaps in medical care.”

Jeffrey H. Neuhauser, DO ’87, Clarks Summit, Pa., joined Arkansas Cardiology.

John F. Perri, DO ’87, Chesapeake, Va., was elected a fellow of the American College of Chest Physicians and was named “ICU Teacher of the Year” by the transitional class of the Naval Medical Center in Portsmouth, Va.

Stanley J. Savinese, Jr., DO ’87, Ridley Park, Pa., was certified by the American Board of Hospice and Palliative Medicine.

Fred G. Wenger, Jr., DO ’87, DuBois, Pa., received DuBois Regional Medical Center’s “Outstanding Preceptor Award.”

Marylou J. Rainone, DO ’89, Pottsville, Pa., opened a new medical practice, Rainone General Surgery, P.C.

Phillip Scaglione, DO ’89, Everett, Pa., joined Bradford Orthopaedic Group.

TODD BEZILLA, DO ’97
Brings a wealth of options to the exam room

Botanical medicine, homeopathy, nutrition counseling, exercise advice: these are just a few of the treatment modalities offered by PCOM’s only full-time faculty member who is board certified by the American Board of Holistic Medicine.

Todd A. Bezilla, DO ’97, MEd, clinical instructor, osteopathic manipulative medicine (OMM), was recently admitted to the board and is one of its founding diplomates.

“I don’t like to limit my options when treating a patient,” explains Dr. Bezilla. “I like to look at the entire patient and everything surrounding the patient and then take a look at which treatments might be most effective in the individual case.”

Most of the patients Dr. Bezilla treats know about his abilities with OMM and his knowledge of so-called alternative forms of medicine. “The most common prescriptions I write are exercise prescriptions,” says Dr. Bezilla, who also is a certified strength and conditioning specialist. “I prescribe exercise programs for muscular imbalances, stress reduction, weight loss or other problems. “I use a lot of manipulative therapy and I spend a lot of time going over with patients what they can do for themselves.”

For more information, contact Dr. Bezilla at PCOM at (215) 871-6425 or try this Web site: www.holisticmedicine.org.

Emil Lesho, DO ’91, was inducted a fellow of the American College of Physicians – American Society of Internal Medicine. Dr. Lesho is chief of the internal medicine service at the U.S. Army Medical Hospital in Heidelberg, Germany. He was recently selected for promotion to the rank of lieutenant colonel in the Army Medical Corps.

Emily J. Williams, DO ’91, Norristown, Pa., was a recipient of the “Montgomery County Women of Achievement Award” presented by the March of Dimes.
Stacy M. Kaplan, DO ’92, Toledo, Ohio, joined the medical staff at St. Mary’s Medical Center.

Clara M. Higgins, DO ’93, Philadelphia, Pa., was re-elected chairperson for the Young Physicians’ Committee of the American Osteopathic Association.

David T. Williams, DO ’93, Hopkinsville, Ky., was featured in an article in the Tribune Democrat titled “Goal-oriented Johnstown native has several ‘firsts’ to his name.”

Peter Zajac, DO ’93, Philadelphia, Pa., was appointed director of Clarion Hospital’s family practice residency program at Huston Family Health Center.

Helise Bichefsky, DO ’94, Malvern, Pa., opened a new internal medicine practice in Exton, Pa.

Ava Marie Salerno Conlin, DO ’94, San Diego, Calif., was promoted to Lieutenant Commander in the U.S. Navy Medical Corps.

Bill Galli, DO ’94, writes: “I have finished a pulmonary fellowship at Graduate Hospital in Philadelphia and now am the only pulmonary doctor in Mountain Home, Arkansas. I am chief of pulmonary medicine at Baxter Regional Medical Center and the second osteopathic physician on staff at Baxter. My new address is 628 Hospital Drive, Ground Floor Suite B, Mountain Home, Arkansas, 72653.”

Vincent Jarrett, DO ’94, Deptford, NJ, joined the medical staff at Shore Memorial Hospital.


Gregory J. McGinley, DO ’94, Nazareth, Pa., was named director of occupational medicine at Germantown Hospital.

Gina Micchia, DO ’94, Sharon, Pa., was named medical director of Womancare Center at UPMC Horizon.

James J. Wiggins, DO ’94, Grover Beach, Calif., was appointed chairman, department of family practice at Marian Medical Center/Catholic Health West in Santa Maria, Calif.

Stephanie B. Bennett, DO ’95, Malvern, Pa., opened a new family practice, Rocker Fox Medical in Malvern.

Joanne Calabrese, DO ’95, Blue Bell, Pa., joined Dr. Irving Huber in his internal medicine practice.

Robert S. Dolansky, Jr., DO ’95, Allentown, Pa., was named director of medical education at St. Luke’s Hospital – Allentown campus.

Christopher J. Evans, DO ’95, York, Pa., joined Central Pennsylvania Surgical Associates, Ltd. in Harrisburg.

Michelle L. Iacaruso, DO ’95, Drexel Hill, Pa., joined the staff at Geisinger Medical Group – Tri Valley and Frackville Family Practice.

Lorlyne Lange, DO ’95, Cornwall, Pa., was included in the 2001–2002 edition of the National Register’s Who’s Who in Executives and Professionals.

Jill T. Snyder, DO ’95, Allentown, Pa., joined the practice of Dr. Ki B. Lee in Hazleton, Pa.


Anthony P. Chiccarine, DO ’96, Havertown, Pa., joined the medical staff at Shore Memorial Hospital.

Maureen B. Conroy, DO ’96, Lavale, Md., opened a medical practice with Dr. Tom A. Hartsuch in Cumberland, Pa.

Richard R. Cunningham, DO ’96, Vero Beach, Fla., was named medical director of VNA Hospice of Indian River County.

Tracie L. Dubovich, DO ’97, Chambersburg, Pa., joined the staff at Keystone Health Center.

Elizabeth A. Gernhardt, DO ’97, Mountain Top, Pa., joined Dr. Glenn Panzer in his family medicine practice.

John D. Ginder, DO ’97, Mount Joy, Pa., opened a new medical practice, Kissel Hill Family Care.

Gretta A. Gross, DO ’97, Easton, Pa., joined Tamaqua Family Practice with Craig J. Krause, DO ’79.

Perry Kubek, DO ’97, Chambersburg, Pa., joined the staff at Keystone Health Center.

Anne M. Priest, DO ’97, Auburn, Maine, joined St. Mary’s Family Health Center.

Kary J. Schroyer, DO ’97, Hermitage, Pa., wrote an editorial titled “Should We...,” which appeared in the Journal of the Pennsylvania Osteopathic Medical Association.

Todd E. Stapley, DO ’97, Belfast, Maine, joined the staff at Waldo County General Hospital.

Joseph J. McComb, III, DO ’00, Philadelphia, Pa., co-authored an article in Academic Emergency Medicine titled “Follow-up program for emergency department patients with gonorrhea or chlamydia.”
Certificates of Merit awarded

PCOM’s Alumni Association board of directors awarded the following alumni certificates of merit for outstanding achievement in osteopathic medicine:

Sidney Malet, DO ’52, Stockton, Calif., who was elected president of the American Osteopathic College of Rheumatology, Inc.

Richard A. Renza, DO ’71, Cape May Court House, NJ, who was elected vice president of the American Osteopathic College of Rheumatology, Inc.

David A. Bitonte, DO ’80, Paris, Ohio, who was inducted as president of the American Osteopathic College of Anesthesiology.

Paul D. Seltzer, DO ’80, Palm Beach Gardens, Fla., who was elected president of the Florida Osteopathic Medical Association.

Fellows inducted

The following alumni became fellows in their specialty:

American College of Osteopathic Emergency Physicians
Michael J. Hoh, DO ’92, Johnsonburg, Pa.
Christopher W. Martella, DO ’92, Somers Point, NJ
Jennifer A. York, DO ’93, Columbia, Md.

American Osteopathic College of Dermatology
Edward Yob, DO ’75, Tulsa, Okla.

American College of Osteopathic Family Physicians
Carol L. Henwood, DO ’83, Pottstown, Pa.
Myron Howell, DO ’63, Pembroke Pines, Fla.
Daniel J. Raub, DO ’73, Aurora, Ohio
Michael J. Zawisza, DO ’86, Orwigsburg, Pa.
George J. Borgman, DO ’49, Allentown, Pa., November 2.
Kenneth W. Ewing, DO ’45, Ocean City, NJ, November 30.
Daniel I. Ford, DO ’43, West Chester, Pa., December 20.
Maurice Goldstein, DO ’40, Wynnewood, Pa., December 30.
Frederick W. Harter, DO ’28, Hoosick Falls, NY, November 21.
Frank Herzlin, DO ’43, Boca Raton, Fla., November 19.
Samuel B. Jones, DO ’36, Fitzwilliam, NH, July 10.
Ariel G. Loewy, PhD, adjunct professor, pathology and microbiology/immunology, Haverford, Pa., February 13. Dr. Loewy was a renowned cell biologist who identified Factor XIII, an enzyme key to the blood clotting process.
Muriel E. Rusch-Mason, DO ’46, Cleveland, Ohio, November 13.
Paul Scherba, DO ’44, North Miami, Fla.
Olga M. Shlanta, DO ’37, San Antonio, Texas.
Sidney Snyder, DO ’52, Havertown, Pa., February 20.
S. Samuel Tropea, DO ’42, Ft. Lauderdale, Fla., November 2.
Donald J. Ulrich, DO ’39, Cuyahoga Falls, Ohio, November 25.

In Memoriam

July 19–22
“Family Weekend” CME Seminar
Hershey Lodge & Convention Center,
Hershey, Pa.

August 8
PCOM Foundation Meeting
Board of Trustees Meeting

August 19
Graduate Programs’ Commencement

August 20
Opening Convocation

September 24

November 14
Annual Corporation Meeting
Board of Trustees Meeting

PCOMEVENTS
John Donald Kearney, or “J.D.” to his family and friends, shared his life with us until a tragic accident in January 1999. Although he is physically no longer with us, all who knew him would agree that his magical presence will forever live within and around us.

J.D. was just 23 when his life ended, but the gifts he gave family and friends were not limited by this short time span. He lived every day, every moment, as a time to be treasured and shared.

He loved many things: family and friends, music, having fun, being outdoors and “adventuring.” He grew up near Scranton, Pa. in Lake Ariel and graduated from Wilkes University with a bachelor’s in biology. J.D. graduated summa cum laude and received an unsolicited scholarship for excellence in biology. When he helped design a tee-shirt for the college graduation of his close friend, Pierre Palandjian, DO ’00, he chose his favorite passage for the shirt. See left.

J.D. certainly did live deeply, and this encouraged all who surrounded him to do the same. For this we are forever grateful.

J.D. spoke frequently about his family and shared many stories about their closeness. John and Lois Kearney, J.D.’s parents, and Elizabeth, Drew and Adam, J.D.’s siblings, are all wonderful, warm individuals – it’s easy to see the qualities that he emulated in them. The Kearneys are a unique family that has always valued all of the beauty that life has to offer. They took many special trips together, including a recent one to Ireland and Scotland. J.D. was especially close with his siblings, and when he would return to

---

**My Turn**

*By Raquel Maria Szlanic (DO ’01)*

I went to the woods because I wanted to live deliberately…
I wanted to live deep and suck out all the marrow of life!
To put to rest all that was not life
And not, when I came to die, discover that I had not lived.

—Henry David Thoreau, excerpted from “Walden”

John’s college graduation portrait, 1997
school, it was not uncommon for J.D.’s brothers to cry as they all hugged good-bye.

Anyone who saw J.D.’s smile, even if only once, would understand why it was so hard to say good-bye.

At home and at PCOM, J.D. had many great friends, and he made each one happy in such unique ways. He had a true talent in being able to share a different part of his soul with each and every one.

During the incomprehensible time after J.D.’s death, classmates found comfort in writing down and talking about their feelings. One of J.D.’s close friends, Kevin O’Donnell (DO ’01), said:

“John was a human embodiment of a touchstone, which was used so jewelers could tell a fake gem from a genuine one – the ‘real thing.’ When confronted with a moral dilemma or a situation where I had to use my best judgment, I would ask myself, ‘What would John do?’ In every instance I would feel satisfied because I knew that my actions would reflect the nature of the most decent and genuine guy I knew – John Kearney.”

Although we will never know why J.D.’s time with us was so brief, there is one thing for certain. We are all blessed and fortunate to have known John Donald Kearney. Each of us can carry with us in our hearts our own very special memories of this wonderful young man.

Editor’s Note:
A scholarship was recently established by John’s parents at PCOM. Titled the “John D. Kearney Scholarship,” it will be awarded annually to a second, third or fourth year student who has shown exceptional merit in his or her studies. To make a contribution to the scholarship fund, contact PCOM’s Office of Alumni Relations and Development at (215) 871-6120 or (800) 739-3939.
Philadelphia College of Osteopathic Medicine offers a wealth of advanced degree programs to give students an array of health care career options.

Psychology

PCOM’s psychology department, led by internationally renowned expert Arthur Freeman, EdD, ABPP, emphasizes a cognitive-behavioral approach based on empirically validated treatment.

Doctor of Psychology

This 5- to 7-year program trains psychologists to work in primary care settings, collaborating with the primary care physician to treat the whole person. The program is also offered at two distance-learning sites: Harrisburg, Pa. and East Stroudsburg, Pa.

Master of Science in Clinical Health Psychology

This 48-credit program provides generalist training in clinical psychology with an emphasis on using psychological interventions in treating medical problems.

Master of Science in Organizational Development and Leadership

This new 36-credit program prepares human resource and other professionals to use the theories and techniques of organization building and leadership to become leaders in their field.

Master of Science in Physician Assistant Studies

Students in PCOM’s physician assistant program receive a thorough foundation in primary health care to prepare them for clinical practice in medically underserved areas.

Master of Science in Biomedical Sciences

The graduate program in biomedical sciences provides students with a broad content base in the basic biomedical sciences, with a strong emphasis on human medicine.

For more information about these programs, call PCOM’s Office of Admissions at (800)999-6998 or e-mail admissions@pcom.edu. Visit our Web site at www.pcom.edu.