Digest of the Philadelphia College of Osteopathic Medicine (Winter 2002)

Philadelphia College of Osteopathic Medicine

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PCOM celebrates the investiture of the seventh president on Founders’ Day.
Dear Friends,

The events of September 11, 2001 have caused us all to reassess our priorities, making sure we devote ourselves primarily to activities that make our lives meaningful. In this context, it is heartwarming to review the contents of this issue of Digest and to witness the implementation of instructional, research and service activities that promote wellness and enhance the quality of life for humankind. Because the members of the Philadelphia College of Osteopathic Medicine community have adhered to the core values held by PCOM’s founders over a century ago, the College is doing exactly what it should be doing in these turbulent times.

As you peruse this issue of Digest, I know that you will share my great pride in this remarkable institution, and understand why I am so honored to have become its seventh president.

Enjoy!

With warmest regards,

Matthew Schure, PhD
President and Chief Executive Officer
FOUNDERS’ DAY 2002
President inaugurated in festive ceremony
The PCOM family gathers on campus for the inauguration of Matthew Schure, PhD, as the College’s seventh president.

COLLEGE BESTOWS HIGHEST AWARD ON JOSEPH M. PELLETTIERE, JR., DO ’48
For his contributions to PCOM as an alumni association board member, Joseph M. Pellettiere, Jr., DO ’48, receives the prestigious O.J. Snyder Memorial Medal at Founders’ Day.

MASON W. PRESSLY MEMORIAL MEDAL AWARDED
Edward J. Armbruster (DO ’02) is honored with the top student award for his leadership and service to the College community.

THE INFLAMMATION PUZZLE
Researchers in PCOM’s biochemistry/molecular biology department explore the process of inflammation, each tackling a small piece of the puzzle.

KENYA TRIP OPENS STUDENT’S EYES
Millicent King, DO ’01, came back a different person after spending two months on a community medicine clerkship in Kikuyu, Kenya.

PCOM UPDATES
New directors named at healthcare centers; PCOM community supports September 11 relief efforts; students study medical Spanish; DO/MBA student appears on TV’s “Weakest Link.”

CLASS NOTES
Ida C. Schmidt, DO ’35, has never been the retiring type;
Connie Gasda, DO ’01, practices her French.

ESSAY
T.J. Gray, DO ’01, gets a reality check as he transitions from student to intern.
PCOM RESPONDS TO TRAGEDY

When tragedy struck the nation on September 11, PCOM came together in a show of solidarity and support. At noon that same day, the community gathered in front of Evans Hall for prayers and words of support. That Friday, faculty, staff and students met for a multi-faith prayer service. During the weeks that followed, PCOM’s generosity was expressed through a blood drive, a two-week campaign that raised $4,685 for the Red Cross and a “boot fund” that raised $2,300.

The boot fund was created by the Class of 2005. Mark Miller, PhD, associate professor, anatomy, placed a firefighter’s boot in the gross anatomy lab. Students and faculty put their spare change and donations in the boot during lab periods.

Thaddeus Mamienski (DO ’05), class treasurer, explains why the boot fund was so appropriate. “First, it offered a way to remind us everyday that there are many fine men and women in our communities who put themselves in harm’s way to protect their fellow man. I know we all look forward to completing our training in order to begin offering our services.

“Secondly, it turned out that when the World Trade Center collapsed, one of our classmates lost her uncle. He was a New York City firefighter. The class overwhelmingly voted to donate the money to a scholarship fund started in his name – the Rosenblum Memorial Trust. A scholarship will be awarded to a financially needy high school student.”

PCOM ALUMNUS RUSHES TO AID VICTIMS IN NEW YORK

On the front lines of the disaster was John Chovanes, DO ’00, a surgical resident at the University of Medicine and Dentistry of New Jersey in Stratford, N.J. Dr. Chovanes was at home Tuesday, September 11, when he witnessed the disaster on television. Knowing he had to help, Dr. Chovanes headed north. “I thought it was something I had to do. Something I was meant to do,” he recalls.

Although New York’s tunnels and bridges were closed to traffic, his medical ID cards gave him passage, with a police escort, to lower Manhattan, two blocks from the disaster site.

Once at the site, he waited anxiously to help. At 7:30 p.m., the opportunity came. A police chief escorted him to Ground Zero – mounds of putrid rubble Dr. Chovanes later described as “the dunes of hell.” He was there to help a Port Authority policeman, Jon McLoughlin, who had been buried up to his neck in broken concrete for nearly 10 hours. Dr. Chovanes crawled through the debris on his belly to reach McLoughlin and administer intravenous fluids, oxygen, morphine and antinausea medicine. At 7:30 the next morning, rescue workers were finally able to slowly pull McLoughlin from the rubble. He whispered “thank you” over and over.

An article detailing Dr. Chovanes’ story, as well as the experience of another Philadelphia physician at the site, appeared in the Philadelphia Inquirer on September 17. The article was titled “Miracle at Ground Zero.”
HEALTHCARE CENTERS UPDATE

Achieving unity

Over the past year, a concerted effort has been under way to create a uniform image for PCOM’s Philadelphia-based healthcare centers. As a first step, the names of the centers have been changed to indicate that each is a division of PCOM Healthcare Centers. In another endeavor to create unity, one brochure has been created to serve all four centers. The brochure, printed in both English and Spanish, clearly describes the services and hours offered at each center and is helpful not only to healthcare center clients, but for community outreach as well.

Lancaster Avenue Division

Izola David, DO ’85, is the new medical director of the completely renovated PCOM Healthcare Center – Lancaster Avenue Division. Overseeing the new facility, which includes 13 exam rooms, two minor procedure rooms, a pharmacy and space for specialists, Dr. David stresses a commitment to the West Philadelphia community. “At the center, we welcome community involvement and participation. A hand of genuine friendship will be extended to all members of our community: children, adults and seniors. With their input, we will build a strong community link that will improve health care delivery in West Philadelphia and the surrounding areas.”

Board certified in pediatrics, Dr. David serves as an assistant professor in PCOM’s department of pediatrics. She was previously director of pediatrics for PCOM’s healthcare centers as well as a general pediatrician for the City of Philadelphia.

Sullivan County

William B. Swallow, DO ’79, is the new medical director of the Sullivan County Medical Center in Laporte, Pa. A Fellow of the American College of Osteopathic Medicine, Dr. Swallow is board certified by the American Osteopathic Board of Family Physicians. Before joining the medical center, Dr. Swallow served as director, Williamsport Community Based Out-Patient Clinic, Veterans Administration. He is also captain, Medical Corps, United States Naval Reserve, and he served in Saudi Arabia during Operations Desert Shield and Desert Storm.

“I’m very excited by this appointment,” says Dr. Swallow. “I’m looking forward to building a team to move this center forward. My hope is that the health care center in Laporte will be known as the center for health care in the community.”

Noting that the health care center will be a training site for PCOM medical students, Dr. Swallow points out that, “in addition to making a significant commitment to the community to provide the best health care possible, we are dedicated to providing quality training to our students.”

U.S. Senator Rick Santorum also indicated his support of the Sullivan County Medical Center during a recent town meeting at the Sullivan County Courthouse. At the Senator’s request, PCOM received $150,000 in funding from the National Health Service/Labor/Education funding bill for capital improvements. He is also exploring other sources for operational funding.

RURAL SANTORUM

NEW NAMES FOR HEALTHCARE CENTERS

Urban
PCOM Healthcare Center – Cambria Division
PCOM Healthcare Center – City Avenue Division
PCOM Healthcare Center – Lancaster Avenue Division
PCOM Healthcare Center – Roxborough Division

Rural
Sullivan County Medical Center

RUNNING IN FIRST PLACE

Wearing PCOM maroon and white uniforms, one of PCOM’s newest sports teams, the PCOM Runners’ Club, has been adding a significant number of medals and trophies to the Evans Hall trophy case. The team represents the College at city and state races across the country and has garnered three consecutive first place wins in the 1999, 2000 and 2001 Schuylkill River Loop. Club co-founder Steve Blasi (DO ’02) and Mark Diehl (DO ’02) recently brought home awards from the Inaugural Virginia Beach Rock ‘N Roll Half Marathon, while the entire team took first place in the mixed team division of the Clean Air Council 5K Run for Clean Air.

Blasi tells of the great response the runners get when people see their PCOM uniforms. “We had a PCOM alumnus who was working at a marathon as an emergency physician come up to us to reminisce about his days at PCOM. One time a woman whose husband is a PCOM grad came up to us and asked if she could buy five running shirts, one for every member of her family, for Christmas. We made sure she got them.”
HOW TO KNOW WHAT TO BE WHEN YOU GROW UP

Do you remember as a kid being asked, “What do you want to be when you grow up?” How many of us knew in high school or even college what our career goals would be? Maybe it would have been easier if we’d had a chance to visit potential employers and talk with the people who do the jobs we imagined ourselves doing one day. PCOM has helped young people do just that. The College sponsored or participated in a handful of programs recently to help high school and college students get an up-close and personal look at careers in health care.

National Youth Leadership Forum

For the fourth year, PCOM hosted students from the National Youth Leadership Forum, a nonprofit organization that conducts career-oriented, experiential programs for high-achieving high school students from diverse backgrounds. Three groups of students spent a day on campus this past summer meeting with PCOM medical students, faculty and staff. Their day included, in part, a tour of the campus and labs, a presentation about osteopathic philosophy and manipulation and a discussion of the admissions process. The day was coordinated by Jennifer Patterson (DO ’04).

Delaware Day

College students from Delaware spent half a day on campus last fall during Delaware Day at PCOM. Guest speakers Delaware Governor Ruth Ann Minner and Sherman L. Townsend, chairman, Delaware Institute of Medical Education and Research, were joined by PCOM President Matthew Schure, PhD, student government president Scott Harrington (DO ’03), faculty and staff to give prospective students an overview and tour of the College. A physician panel of PCOM alumni who practice in Delaware was led by Alumni Association President Vincent Lobo, DO ’65.

Dr. Lobo was instrumental in getting a resolution passed in the Delaware Legislature that recognizes PCOM as the official osteopathic college for the state. As a result, the state funds a PCOM medical education for five students from Delaware each year.

Health Career Fair

PCOM faculty, staff and even a second-year medical student were on hand at Health Career Fair 2001 held at Temple University in October. This annual event, co-sponsored by the Healthcare Stakeholders Partnership, the Philadelphia School District and Philadelphia Youth Network, allows students to explore health career options through workshops and exhibits. Carol Hargy, SPHR, director, Human Resources, chairs the Healthcare Stakeholders Partnership. “This year’s fair was a real success,” she notes. “There were about 200 students at the event, and they were really interested in what the professionals had to say about careers in health care. One student even called Dr. Harbert, [Kenneth Harbert PhD, CHES, PA-C, chair, physician assistant studies] after the event to follow up on something they had discussed. It was an excellent community outreach.”

PCOM HELPS SPONSOR RONALD MCDONALD CARE MOBILE

PCOM is one of several sponsors of a recently launched Ronald McDonald Care Mobile. As part of the Ronald McDonald House Charities, the Care Mobile provides medical and dental preventive care in local underserved neighborhoods. As a speaker at the kick-off event, Matthew Schure, PhD, president, stated, “As we enter the new millennium, it seems quite fitting that the Care Mobile will be making house calls throughout the neighborhoods of the Delaware Valley. We at PCOM have had that tradition with clinics in North Philadelphia, West Philadelphia and Roxborough. So, with the minds of this terrific partnership acting as one, the body of this vehicle is much more than a van. It is a hope and lifeline for the children and families it will serve.”

The Care Mobile is a state-of-the-art pediatric health center that houses two patient examination rooms, a laboratory, a reception area and a medical records area.

Celebrating the launch of the new Ronald McDonald Care Mobile are (from left), Keith Leaphart (DO ’03); Florence D. Zeller, vice president for alumni relations and development; Herb Lotman, chairman of the board; television newscaster Ukee Washington; Ronald McDonald, Matthew Schure, PhD, president; Kenneth J. Veit, DO ’76, dean; Samuel H. Steinberg, PhD, executive vice president; and Peter Doulis, vice president for finance.
**KUDOS**

Peter Adler-Michaelson, DO ’81, assistant professor, osteopathic manipulative medicine, has been appointed a member of the American Association of Osteopaths–International Affairs Committee.

Tony Errichetti, PhD, professor, clinical learning and assessment center, is serving as a consultant to the National Board of Osteopathic Medical Examiners. His work involves researching and developing a standardized patient exam component of the boards.

Robert Fogel, DO ’58, professor and chair, pathology, microbiology and immunology, was named “Teacher of the Year” by the class of 2004.

Arthur Freeman, EdD, professor and chair, psychology, serves on the international advisory board of the newly founded Romanian Association of Hypnosis and Cognitive-Behavior Psychotherapy.

Frederick J. Goldstein, PhD, professor, clinical pharmacology and director, cancer pain research center, attended the American Osteopathic Association (AOA) Leadership Summit in November. He was a member of the panel titled “An ethical debate: drawing the line between pain management and physician-assisted suicide.” His topic was “Options in clinical pharmacology.” Dr. Goldstein was also a co-author of four posters presented at the AOA conference in October.

Andrew Miller (DO ’02) received honorable mention in the 2001 Pennsylvania Osteopathic Medical Association (POMA) Clinical Essay Contest for his medical update “Osteopathic management of patients with ankle sprains.” His essay was published in the September 2001 issue of Journal of the POMA.

Etheldra Templeton, chair and executive director, library and educational information systems, was appointed to a three-year term on the Web Editorial Board for the Association of Academic Health Sciences Libraries (AAHSL).

Three PCOM faculty were quoted in the August issue of The D.O. Katherine Galluzzi, DO, professor and chair, geriatric medicine, was quoted in the article “Learning to ease the dying;” Alexander Nicholas, DO ’75, professor and chair, Osteopathic Manipulative Medicine, was quoted in the article “Rx for pain control: OMT;” and Frederick J. Goldstein, PhD, professor, clinical pharmacology and director, cancer pain research, was quoted, in the article “Pain medication raises difficult questions.”

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**SPEAKING THE SAME LANGUAGE**

Communication is an essential component of the art of medicine. Being able to speak the same language as a patient is an obvious necessity, but just as important is understanding cultural differences. Fortunately, PCOM students, faculty and staff have a chapter of the National Boricua Latino Health Organization (NBLHO) on campus. NBLHO conducts medical Spanish classes on campus at least twice a month.

“We started this class due to the language barrier encountered by students and health professionals when dealing with Hispanic patients,” explains Perla del Pino-White (DO ’03), former president of PCOM’s NBLHO chapter. Taught by Spanish-speaking second-year medical students, the free classes are designed to help health professionals communicate better while taking a history and physical. The classes also deal with issues of cultural sensitivity.

NBLHO is a Latino student group representing students in the health professions from the northeast region of the United States.

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**THE PCOM LINK**

Ameet Parikh (DO/MBA ’02) withstood the slings and arrows of host Anne Robinson last summer as a contestant on the national TV show, “The Weakest Link.” While not the ultimate winner, Parikh was the second-to-last contestant standing on the July 23 episode. A brief piece about him, accompanied by his photo, appeared in the July 23 issue of the *The Philadelphia Inquirer.* “I had a lot of fun,” he says about his experience. “I was just trying to get on TV.” And as for host Robinson, “She’s actually nice. The first thing she does is come up and say, ‘This is the last time you’re going to see me smile.’” Goodbye.
In a colorful display of pomp and circumstance, Matthew Schure, PhD, was installed on January 25, 2002, as the seventh president of Philadelphia College of Osteopathic Medicine. An awe-inspiring academic processional was led by the Task Force Dragon Color Guard, the Army ROTC organization hosted and coordinated by Drexel University. Banner bearers from the College’s degree programs filed into PCOM’s transformed gymnasium followed by approximately 100 dignitaries, including faculty and administration from PCOM, delegates from colleges and universities and representatives from learned societies and professional organizations, all dressed in full academic regalia.
The audience, filling the gymnasium to capacity, joined with the PCOM Student A Capella Group in singing the national anthem. Rabbi Hillel Wiener (DO '05) presented the invocation and Paul W. McGloin, presiding member, boards of trustees; chair, presidential search committee, welcomed the audience.

Thoughts for the president were shared by Scott M. Harrington (DO ’03), president, student government association; Mark Miller, PhD, president, faculty senate; Vincent Lobo, DO ’65, president, alumni association; and Herbert Lotman, LLD (hon.), chairman, boards of trustees. The investiture and presentation of the presidential medallion were made by Mr. Lotman. Following Dr. Shure’s inaugural address, Mr. McGloin presented congratulatory citations, including one from President George W. Bush. The audience and honorees joined together to sing “America the Beautiful,” and the Reverend William Librizzi, MA (PsyD), presented the benediction.
Sometimes it takes a new set of eyes to see the obvious. Dr. Schure’s inaugural address gave those listening the opportunity to see anew the strength and magnificence of PCOM. Following are excerpts from his inaugural address. To view the entire text, visit PCOM’s Web site at www.pcom.edu and follow the inauguration links. If you don’t have access to the Internet, call Lavinia Lafferty, executive secretary, at 215-871-6800 for a copy of the text.

Dr. Schure began his address with a passage from Gates of Prayer:

“DAYS PASS AND THE YEARS VANISH,
AND WE WALK SIGHTLESS AMONG MIRACLES…
HELP US TO SEE, WHEREVER WE GAZE,
THAT THE BUSH BURNS UNCONSUMED.
AND WE, CLAY TOUCHED BY GOD,
WILL REACH OUT AND EXCLAIM IN WONDER:
HOW FILLED WITH AWE IS THIS PLACE, AND WE DID NOT KNOW IT.”
“I knew before I first set foot on campus,” Dr. Schure said, “that this was a college with passion for academic quality. And that perception was validated by laudatory feedback from two accreditation teams during my very first week. But what I could not know until I got here is that the people who have comprised this over century-old institution have given PCOM a soul. The sense of community is incomparable, the product of a multitude of caring acts….PCOM people are special. Thank you for being who you are, and for asking me to join you….how filled with awe is this place.”

After touching on what has made PCOM great, Dr. Schure continued his address by discussing the strategies that will drive PCOM’s excellence in the years to come. “During the last year, the PCOM community has come together to create the strategic plan for its future. Our community has articulated the following goals:

• ENHANCE PCOM’S IMAGE, MARKETING AND RECRUITMENT.
• ENHANCE ACADEMIC QUALITY, FACULTY DEVELOPMENT AND SCHOLARLY ACTIVITY.
• EXPAND THE DEPTH OF CLINICAL AND BASIC SCIENCE FACULTY.
• CREATE MULTIPLE NEW REVENUE STREAMS.
• CHANGE THE ORGANIZATIONAL STRUCTURE TO MAXIMIZE EFFECTIVENESS.
• EXPAND FACILITIES AND ENHANCE INFRASTRUCTURE.
• ENHANCE STUDENT SERVICES.
• INCREASE COMMUNITY SERVICE AND OUTREACH.

“Strategies have been defined to achieve each of these goals and, where needed, dollars, personnel, technology and space are being assigned to assure their implementation. PCOM now has the foundation of a process to catalyze continuous planning and improvement, and there is no limit to what we can achieve for ourselves and for those we serve. It is, therefore, fitting that I share with you some of my visions for new undertakings in fulfillment of our teaching, research and service missions:

“PCOM WILL MAKE A TRANSITION TO COMPETENCY-BASED OUTCOME ASSESSMENT AND INSURE THAT EVERY GRADUATE POSSESSES 100 PERCENT OF THE COMPETENCIES NECESSARY FOR CAREER SUCCESS….At the beginning of each curricular module, students will come to the clinical assessment lab for formative evaluation, receiving feedback on the clinical and interpersonal competencies that they already possess….Following appropriate instruction, students will return to the assessment lab for summative evaluation. Only when all of the competencies stipulated by faculty are mastered will students be certified in that module.…

“PCOM WILL ACCESS COGNITIVE SCIENCE…IN THE PROCESS OF ITS CURRICULAR CHANGE….cognitive science dictates that clinical curriculum be comprised of a carefully selected set of problem-based cases chosen by faculty to give our students all of the prerequisite knowledge and competence they require in their respective health professions….The key to this teaching is the encouragement of higher order thinking skills….Using cognitive science, PCOM will seize vast new opportunities for curricular enhancement and student achievement.…
“IN A MANNER RESPECTFUL OF ITS FOUNDING HERITAGE, PCOM WILL EXPAND THE BREADTH OF ITS ACADEMIC OFFERINGS ON CAMPUS AND AT REMOTE SITES. … The interdisciplinary nature of PCOM’s faculty affords significant opportunities to respond to evolving academic needs related to its core disciplines. … It is my vision that PCOM take its place among our nation’s finest comprehensive health care universities. …

“PCOM WILL CONTINUE TO BUILD STRATEGIC PARTNERSHIPS WITH SISTER INSTITUTIONS TO COMBINE PROGRAMMATIC STRENGTHS. … Strategic partnerships with sister institutions broaden opportunities for students while avoiding redundant investments for educational delivery. … With knowledge exploding, no single academic institution can lay claim to expertise. Partnerships and alliances with other universities will become a PCOM norm. …

“PCOM WILL GREATLY EXPAND ITS CONTRIBUTION TO THE FUND OF KNOWLEDGE, AUGMENTING BOTH ITS BASIC SCIENCE AND CLINICAL RESEARCH EFFORTS. … PCOM has a proud history of research, and some of its current explorations, including the possibility of infectious underpinnings to diseases like Alzheimer’s, could have profound implications. PCOM hopes to establish a Center for Excellence for Research on Diseases of the Aging and may partner with such entities as the FRIDA Foundation in the Center’s establishment. Concurrently, PCOM will expand its own interdisciplinary research efforts.

“PCOM WILL BE A STAUNCH ADVOCATE FOR NATIONAL AND LOCAL POLICIES ASSURING WELLNESS FOR ALL PEOPLE. … PCOM cannot stand outside the policy debates about initiatives to provide access to quality health care. … We must work through appropriate advocacy channels on the state and national levels to assure some form of universal care. … Through our advocacy organizations, we must work diligently for tort reform.

“PCOM WILL GREATLY BROADEN ITS COMMUNITY SERVICE THROUGH SYSTEMATIZED RELATIONSHIPS WITH VITAL COMMUNITY GROUPS. … 57 percent of Philadelphia’s school children fail standardized proficiency assessments in reading and math; 80 percent score less than proficient. … Philadelphia cannot be left without the highly educated individuals who must compete globally for economic growth and prosperity. …

Students from each of the four degree programs carried banners in the inaugural processional.

Faculty marshals Ruth D. Thornton, PhD, and Pat Anthony Lannutti, DO ’71, led the inaugural processional.

Vincent Lobo, DO ’65, president, alumni association, shares his thoughts on the presidential inauguration.

Dr. Schure leads the recessional after his investiture.

Herbert Lotman, chairman, boards of trustees, presents Dr. Schure with the presidential medallion.

“PCOM can offer psychological services, science curriculum and health care support along with contributions from its sister Philadelphia universities. We can make a difference, and in the process, develop bonds that will make students think about PCOM when they think about graduate education in the health sciences….The College is also meeting with local organizations, agencies and institutions to create a purpose for the former City Avenue Hospital Building.

“With the strong foundation forged by our history, and an unlimited future fueled by our energy and resolve, this institution will make an ever greater difference in the lives of those it touches. May we continue to experience great joy as we do our work, and may we gather on many Philadelphia College of Osteopathic Medicine Founders’ Days to reflect upon the outcomes of our efforts and collectively exclaim: ‘How filled with awe is this place.’ ”

“There is no limit to what we can achieve...”
Money was scarce for Joseph M. Pellettiere, Jr., DO ’48, when he was a freshman at PCOM. With barely enough to pay for his books, he did without many things that would have made life a bit easier for this young medical student—simple things like a decent meal instead of vending machine food at the old Horn & Hardart's automat or a trip home once in a while to visit his family in Brooklyn.

Years later, as a successful family physician with a thriving practice in Brooklyn and Queens, the 2002 “O.J. Snyder Memorial Medal” recipient remembered those lean years and vowed to make things better for PCOM medical students. Working with the PCOM Alumni Board, Dr. Pellettiere played a key role in creating the Alumni Association’s DO Student Loan Fund.

“When I was elected to the Alumni Board, I was asked to find a way to increase the College’s life memberships,” says Dr. Pellettiere. “My idea was to contact alumni on a one-to-one basis and offer them a life membership. When they joined, their money would go into a fund that would create money to be loaned to needy students at a low interest rate.

“After receiving approval from the Alumni Board and PCOM president Tom Rowland, we launched the drive for life memberships during Founders’ Day weekend 1986,” recalls Dr. Pellettiere. “That weekend alone, I raised $5,000 for the fund. I also asked each Alumni Board member to bring in two life members who qualify, and they succeeded in doing that.” Dr. Pellettiere explains that the money from the life memberships went into an account that was never touched. The interest earned was put into another account,
thus creating the student loan fund.

“The Alumni DO Student Loan Fund championed by Dr. Pellettiere has been a critical source of support to over 1,100 students since its inception,” says Florence D. Zeller, vice president for alumni relations and development. “A revolving loan fund with a low interest rate is a wonderful way to help our students complete their education without adding the heavy repayment burden of private or federal loans.

“As students repay their loans, the money goes back into the loan fund, which then becomes available to the next generation of PCOM students,” she explains. “This year the fund loaned $120,000 to 60 students. PCOM and its alumni owe Dr. Pellettiere a great debt for his leadership in creating this fund.”

Dr. Pellettiere considers the creation of the student loan fund the highlight of his lifelong efforts to support and advance the osteopathic profession. “I have always done all I can to encourage medical students and young osteopathic physicians to stick with it, even when the going gets rough,” he says.

ENCOURAGING YOUNG PHYSICIANS

Sometimes the rough going has less to do with money and more to do with standing by osteopathic principles. As an active member of the certifying board for the American Osteopathic Board of Family Physicians, Dr. Pellettiere has seen his share of fledgling doctors struggling to incorporate osteopathic manipulative medicine (OMM) into their practices.

“I remember asking one young physician who worked in a clinic in the Midwest how much he used OMM in his practice,” he recalls. “His answer was two percent. I asked why so little. He told me that the clinic manager wouldn’t allow him to use OMM out of fear that the clinic might be sued. I helped that young man to assert himself with the clinic manager, to stand up for his belief in osteopathic medicine.

“Our profession has come a long way,” continues Dr. Pellettiere. “We have earned respect as osteopathic physicians, not just osteopaths. We have gained wide acceptance in our military forces and we are recognized by both state and federal governments as family physicians and specialists. We must keep the momentum going. The current tide is in our favor. People are rushing to alternative hands-on medicine such as acupuncture and massage. This gives us an opportunity to tout our expertise. We have offered this for years . . . we are the experts!”

EARNING RESPECT

Dr. Pellettiere believes the most effective way to spread the good word about the osteopathic profession is the most overlooked. “We must do a better job of educating our own patients one-on-one,” he emphasizes. “Osteopathic physicians should take every opportunity to use OMM with their patients. Explain what you are doing as you go along. When your patients see that they are responding well to your treatments, you will have the perfect opportunity to explain the basic principles of osteopathic medicine and reinforce its value to them. They, in turn, will tell others about it, which increases respect and demand for our services.”

Dr. Pellettiere himself has earned a great deal of respect during his many years of practice. In 2001, he was named “Physician of the Year” by the New York State Osteopathic Medical Society for the second time. The organization also has honored him for 25 years of distinguished service. He has been the organization’s delegate to the American Osteopathic Association (AOA) house of delegates since 1975.

He has enjoyed the positions of director, vice chairman and chairman of the certifying board for the American Osteopathic Board of Family Physicians, and now serves as secretary. A former clinical assistant professor of family practice at the New York College of Osteopathic Medicine, he holds life memberships in the AOA, American College of Osteopathic Family Physicians, New York City Osteopathic Society of Physicians and Surgeons, and American College of Family Practice.

In 2001, PCOM’s Alumni Association awarded Dr. Pellettiere a “Certificate of Merit” for his accomplishments in osteopathic medicine.

REWARDS OF FAMILY PRACTICE

More important to him than the professional recognition he has received are the relationships of respect and trust he's built with his patients. “I always wanted to be a family physician,” he recalls. “I felt close to my patients. In fact, we were on a first-name basis. I especially enjoyed obstetrics. It was a beautiful experience to share the birth of a baby. Often the parents wanted to name their babies after me!”

“It was always rewarding to feel I was making a difference in my patients’ lives,” he adds. “I tried to understand what they were going through in their lives and how it was affecting their health.” Always an advocate of holistic medicine, he emphasizes the importance of treating people, not just symptoms.

PCOM IN THE FOREFRONT

Dr. Pellettiere credits PCOM with building and maintaining the high standards of the osteopathic profession.

“PCOM is the top osteopathic medical college in existence – always in the forefront,” he states. “The College goes all out to teach OMM and encourage medical students to adhere to the osteopathic principles. I consider it an honor and a privilege to have helped PCOM and its students.”

During his many years in the osteopathic profession, his wife of 56 years, Florence, has supported all his efforts. She is past president of the auxiliary of the American College of Osteopathic Family Physicians and past president of the Retarded Children’s Association of Nassau County, N.Y.

A long-time resident of Atlantic Beach, N.Y., Dr. Pellettiere enjoys being near the ocean as well as hiking, skeet shooting and trap shooting. But his first love remains advocating for osteopathic medicine and encouraging young physicians to carry on the tradition. “Don’t lose sight of who you are as osteopathic physicians,” he urges. “In today’s health care environment, our commitment to holistic medicine is our greatest advantage.”

“I have always done all I can to encourage medical students and young osteopathic physicians to stick with it . . .”
People find it easy to talk to Ed Armbruster. The amiable recipient of the “Mason W. Pressly Memorial Medal” says, “I’m just a regular guy. I like people and I always try to make them feel comfortable. At the same time, I’m not afraid to speak my mind to bring about positive change.”

Keeping those qualities in mind, it’s not too surprising that Armbruster’s PCOM classmates elected him president of the Class of 2002 and representative to the College’s student government. In addition, his clerkship group chose him as their leader. And he was elected to serve on the National Board of the Student Osteopathic Medical Association as well as its PCOM chapter.

“I’m happy that I’ve been given these opportunities to serve my peers as well as the College,” says Armbruster. “I’m proud that students, faculty members and administration feel comfortable about sharing their concerns with me and confident about involving me in important decisions that affect the future of PCOM.”

With graduation just months away, Armbruster looks forward to a career in orthopedic surgery, incorporating osteopathic manipulative medicine (OMM) as a routine part of his practice.

Armbruster first decided that he wanted to be a doctor during treatment for asthma and orthopedic problems as a young boy. Later, he decided to be an osteopathic physician while volunteering at two New Jersey hospitals during summer vacations. “I made my first contact with DOs at Atlantic City Medical Center and Shore Memorial Hospital in Somers Point,” he explains. “I was so impressed because they were very knowledgeable and proud of their work, yet very humble and friendly. They interacted with their patients just like regular people. That appealed to me.

“PCOM has supported the person I am and the kind of doctor I want to be,” he continues. “Everyone here emphasizes the importance of building good relationships with your patients. The way you relate to them can have a big impact on outcomes.”

Armbruster says building good relationships began the day he set foot on campus. After graduating with a B.S. from the University of Michigan at Ann Arbor and an M.A. in Medical Science from Boston University, it was “a breath of fresh air to be treated as an individual rather than a number,” he notes. “PCOM is like family. You instantly feel welcome and comfortable here.”

During his four years at PCOM, Armbruster has worked to improve life for his fellow students while pursuing his own medical education. As class president, he has enjoyed the challenge of acting as liaison between his peers and the College’s administration and faculty. “It’s very rewarding to make sure all viewpoints are heard,” he says.

As a PCOM student government representative, he has served as a member of the Curriculum Committee, helping to enhance first- and second-year curriculum for DO students. This year, as a clerkship group leader, he has the daunting task of arranging proper placement in hospitals for the 25 students in his group – while keeping all of them happy!

Armbruster’s efforts to advance PCOM and the osteopathic profession have extended beyond the college campus. In 2000, he successfully negotiated the production of a half-hour television segment on osteopathic medicine featuring PCOM that aired on “Health Week,” a PBS syndicated show. “It still airs from time to time,” he notes. “I’m so proud of PCOM. Any opportunity I have to talk about the school lights me up!”

A native of Linwood, N.J., Armbruster was the winner of the “Jerome B. Cohen Scholarship Fund” awarded by the New Jersey Association of Osteopathic Physicians and Surgeons to a DO student from New Jersey. He also is an “Alumni DO Student Scholarship Fund” recipient.

Armbruster and his wife, Abigayl, find themselves busy these days as the proud parents of an eight-month-old son, Edward Jacob. “No matter how hectic my schedule, I’ll always be an ambassador for PCOM,” says Armbruster. “This is a tremendous school and I want the whole world to know it!”
Celsius detailed the four cardinal signs of inflammation: rubor (redness), tumor (swelling), calor (heat) and dolor (pain). Inflammation is the body’s way of fighting back. Celsius was right on target. Since then, we’ve learned that inflammation involves many tissues and myriad chemical mediators. Ruth D. Thornton, PhD, interim chair, professor, biochemistry/molecular biology and others in the department are each studying a small piece of the very large puzzle that is inflammation.

“Of the major mediators, the proinflammatory cytokines, interleukin-1 (IL-1) and tumor necrosis factor (TNF), are among the first on the scene,” explains Dr. Thornton. These cytokines act on many different cells close to an injury site, but they also can travel through the bloodstream to distant tissues. Cytokines activate many other defensive reactions, including the production of nitric oxide and matrix metalloproteinases.

Usually, inflammation is acute and healing follows. Inflammation becomes chronic when IL-1 and TNF remain even after the initiator of inflammation has disappeared. These mediators help to establish chronic inflammation, such as that seen in rheumatoid arthritis (RA).

The researchers in the biochemistry/molecular biology department are studying what occurs just before, after and while inflammation takes hold in RA, using periodontitis as a model in some instances because it’s easier to study. “Even though we can identify microbes as the cause of periodontitis, while the cause of RA is unknown, there are similarities; the inflammatory cytokines are systemic in both,” notes Dr. Thornton. “What we learn from one should apply to the other, and hopefully to many other inflammatory diseases as well.”

Dr. Thornton is interested in learning what IL-1 does to activate synovial cells that line the joints of people with RA. Farzaneh Daghigh, PhD, assistant professor, is studying the effects of nitric oxide, a soluble gas, on inflammatory disease. Grzegorz Gorski, MD, PhD, instructor, is interested in which genes are slightly different (have polymorphisms) in RA patients from the genes of others without RA. Ruth Carter Borghaei, PhD, associate professor, is studying the effects of inflammation on gene expression.
Dr. Borghaei’s work has been continually funded by the National Institutes of Health for the past seven years. She’s been taking a detailed look at the genes called matrix metalloproteinases collagenase-1 (MMP-1) and stromelysin (MMP-3). Both are significant because they are involved in normal physiological tissue remodeling as well as in a number of pathological processes, including periodontitis, RA, cancer, angiogenesis, atherosclerosis, emphysema and osteoporosis. Dr. Borghaei’s research focuses on identifying and studying mechanisms involved in transcriptional regulation of these genes in response to cytokines.

“The goal of my research is to identify transcription factors involved in regulating expression of MMP-1 and MMP-3 during inflammation,” notes Dr. Borghaei. “We’ve found that a particular transcription factor, NF_B, which usually increases gene expression in response to inflammation, actually works as a repressor for MMP-3. So IL-1 increases MMP-3, but it also increases a factor that limits the increase in MMP-3. That sounds complicated, but it’s kind of like having an accelerator and a brake on at the same time,” she explains. “This finding is important, not only for our understanding of how the MMP-3 gene is regulated during inflammation, but it may also increase our understanding of gene regulatory mechanisms in general,” adds Dr. Borghaei.

Dr. Gorski is interested in locating genetic differences between patients who have RA or other inflammatory diseases such as lupus (SLE – systemic lupus erythematosus) and those who do not have the disease. “These differences might, at least partially, explain an RA patient’s inability to ‘turn off’ the cascading inflammatory process,” notes Dr. Gorski. “It could also explain why some people have the disease while others don’t.” Another project of Dr. Borghaei’s also examines a polymorphism in the MMP-3 gene that affects the ability of NF_B to repress MMP-3 production.

Dr. Daghgh is studying the effects of nitric oxide (NO), a free radical generated in biological systems. “NO functions at low levels as a signal in diverse physiological processes, such as blood pressure control, neurotransmission, learning, memory and many others,” Dr. Daghgh explains. “Excessive NO generated from the enzyme inducible nitric oxide synthase (iNOS) has been implicated in the pathogenesis of inflammatory diseases.” Dr. Daghgh has been able to show that human gingival fibroblasts (from patients with periodontitis) are a source of NO. Recent results from her research indicate that cytokines stimulate iNOS to produce large amounts of NO. This work has been accepted for publication in the Journal of Periodontology.

Dr. Thornton has taken a wider view of inflammation by searching for genes that are stimulated by the proinflammatory cytokine IL-1. Among the many genes she found to be upregulated by IL-1, most, as expected, participated in destructive functions. However, several also had constructive functions, such as bone morphogenetic protein (BMP-2), which helps to build bone, the opposite of MMP action. This work was done with Martin J. Fowler, DO ’00, when he was a graduate student in the department. “My work is focused right now on hypoxia inducible factor-1 (HIF-1), a transcription factor which ‘turns on’ other genes potentially important in the inflammatory process,” notes Dr. Thornton. “HIF-1, as its name suggests, is known to be controlled by hypoxia [when cells don’t have enough oxygen], but this form of regulation by cytokines is new.”

Are Dr. Thornton and other researchers in biochemistry/molecular biology looking for a cure for RA and periodontitis? Yes, with an eye toward the basic cause, and an understanding that broadening their knowledge of the process leads to finding ways to stop the effects of disease or to eliminate it altogether. “Scientists learned about HIV in this manner,” points out Dr. Borghaei. “Some people were studying retroviruses for a time, then HIV happened and some of the pieces of the puzzle were already in place. Everyone wants to do research with the goal of a cure, but how things work has value in and of itself. It’s about the process,” she emphasizes, echoing a familiar theme in the department of biochemistry/molecular biology. “How do you hope to eventually arrive at a cure if you don’t understand the process?”

Ruth D. Thornton, PhD, interim chair, professor, biochemistry/molecular biology, left, shows a sequencing gel of a DNA sample to Melissa Platz and Joseph Bee (both DO ’05), who have been involved with research in the department.

“How do you hope to eventually arrive at a cure if you don’t understand the process?”

— Ruth Carter Borghaei, PhD
Dr. King received funding for the trip from the Student National Medical Association and the Alumni Association’s Student Activities and Stipend Fund.

Dr. King worked in a private hospital 45 minutes from Nairobi, shadowing the physicians, observing surgeries and performing exams in its well-known ophthalmology center. She was impressed with what the physicians could do with so few resources. “I saw a medical officer in his third year out of medical school do an amputation, C-section and a colon resection – they can do everything,” she says.

In her spare time, Dr. King went on a safari, took the crowded, bumpy vans called “matatus” that the locals use and hiked to the top of Mount Kenya. But the real high point for her was helping to organize HIV/AIDS conferences for women and youth through the Presbyterian Church of East Africa. She also taught at the conferences, lecturing on anatomy and physiology and facilitating group discussions to help participants address the problems of HIV/AIDS and sexually transmitted diseases (STDs) in their own communities. HIV/AIDS has devastated Kenya, with 20 to 25 percent of the population HIV-positive.

It was the women – strong and determined to make a difference in a country where the odds are against them – who especially affected Dr. King. They epitomized to her Kenya’s struggle between, on the one hand, Christian values where sex is a taboo subject and, on the other, dealing with modern problems such as HIV/AIDS and STDs.

“These women were dealing with issues that were completely foreign to me as a woman coming of age in America in the ‘80s and ‘90s,” notes Dr. King. She learned that the women, raised in a male-dominated society, were taught not to discuss sex. They were expected to be totally submissive to their husbands, and there was no such concept as date rape. She learned that the women have little to no financial independence.

“The women were in the precarious position of choosing between being a ‘good Christian wife’ and being able to address the very issues that are killing them,” says Dr. King.

Months after her trip, Dr. King is still in “culture shock.” “Medicine is medicine wherever you go,” she notes. “Seeing how differently they live was the real experience for me. It made me appreciate the opportunities we have in America. In Kenya, if you speak up, you’re punished.
Dr. King’s time in Kenya wasn’t her first experience with community service. At PCOM, she participated in the city-wide “Bridging the Gaps” summer internship program, where her project focused on women’s health. She helped organize two domestic violence conferences on campus through the group Physicians for Social Responsibility. Dr. King also served on the admissions committee and was a member of the Student National Medical Association.

Dr. King also served on the admissions committee and was a member of the Student National Medical Association.

It’s no wonder she was chosen as the 2001 recipient of the “Leonard H. Finkelstein, DO Award.” The award, given to the graduate who best exhibited excellence in compassionate concern for patients, was created by Bobbie and Gene Shaid in memory of Bobbie, a supporter and former employee of PCOM.

Now, Dr. King is serving an internship at the University of Medicine and Dentistry of New Jersey, where she works in four hospitals. As a self-described hands-on person, she finds that osteopathic medicine is the perfect fit for her. “We DOs have an extra tool at our disposal – if you don’t do OMT you might as well be an MD,” she says. Dr. King adds that PCOM has improved its osteopathic manipulative medicine component recently, having seen a noticeable difference in her four years as a student.

So, what does the future hold for Dr. King? She’s interested in practicing family medicine in an underserved area, but she’s not sure whether she’ll go overseas or stay closer to home. Like the expanse of Kenya’s landscape, her future is wide open.

“Medicine is medicine wherever you go. Seeing how differently they live was the real experience for me.”

Students who speak out are expelled for 10- or 20-year intervals.” The trip also changed her career outlook, giving her a strong interest in rural and world medicine.

Millicent King, DO ’01, back left, in white coat, is joined by two other U.S. medical students, right, and some of the participants of the youth HIV conference the medical students helped organize in Kenya.
Practicing what she preaches

With a penchant for lace blouses and hard work, Dr. Ida C. Schmidt, DO ’35, FACGP, FAAO, is doing what she does best — teaching and practicing osteopathic medicine as she has for the past 66 years. Today, at 90, Dr. Schmidt makes few concessions to age. She still runs her practice four days a week, but she has pared down her work days from 12 hours to seven, and she still teaches osteopathic principles and practice at PCOM on her “day off.” Her refusal to slow down almost cost her the title of professor emeritus. “Dr. Alexander Nicholas told me they voted me professor emeritus, but they couldn’t give me the title because I was still working. They held on to it for seven years until they finally bent the rules. I agreed to work part-time, and they agreed to grant me the title.”

It doesn’t seem as if anything can slow Dr. Schmidt down – not an honorary title held in abeyance, nor a bout with cancer in 1995. Returning to work after six weeks of chemotherapy and radiation treatments, her main concern was whether she would be strong enough to give treatments. “I asked the first patient when I got back to work, ‘have I lost any strength?’ She assured me that I had not,” Dr. Schmidt says with a smile.

“I have had eight preceptees training with me in the past and none of them could keep up,” Dr. Schmidt relates. “Students today say they don’t do OMT [osteopathic manipulative treatment] because they can’t stay on their feet that long or they don’t have the strength. I tell them, ‘Don’t get down on the kitchen floor to clean it, you need your strength for treatments. Hire someone. You can’t be all things to all people.’ Treating patients with OMT is good for the patient and good for the doctor.”

Dr. Schmidt has been treating patients in her Glenside, Pa. office for the past 40 years; before that, she had an office on Ogontz Avenue where she met her husband, David Williams. “This man came in with a rib lesion, and I treated it. He continued to come in for treatments, and eventually he was coming in for treatments that he didn’t need. I said, ‘Mr. Williams, you don’t need to come here anymore,’ and he said, ‘Would it be too far forward of me if I asked you to lunch?’ I was wearing high heels and a lace blouse,” she confides. “We went to lunch, and a year later we were married.”

Looking back on the past 66 years, Dr. Schmidt claims she “never had a second thought, I’ve never wanted to do anything else.” The die was cast when, as a young girl, she suffered three fractured vertebrae in a car accident. Her back mended, but she continued to suffer from sciatica. She was referred to PCO (as PCOM was then known) professor William Nichols, DO, a protégé of Dr. Andrew Taylor Still, as her family physician. Under his care for several years, her condition was corrected and her career path was set. She put aside her thoughts of being a journalist, changed her coursework to Latin, chemistry, biology and physics and graduated first in her class from Cheltenham High School. Dr. Schmidt’s passion for excellence continued throughout her medical training, and she won first senior honors when she graduated from PCOM. And, as of 10 years ago, records showed she had the highest GPA on record at the College.

Her determination remained strong throughout her career as a PCOM student. She tells of the time when the other students had left for the holiday break, and she headed for the anatomy lab in the old PCO building at 48th and Spruce Streets. “It was dark outside, snow was falling, and I was thrilled to have the place to myself. I spent four hours dissecting the foot. It wasn’t until I turned out the lights and started down the stairs that it hit me I had just been alone in a room with 50 cadavers, and I ran down the stairs three at a time even though I knew they couldn’t harm me.” Those four hours paid off. She now trains students to adjust every bone in the foot with just six corrections.

When Dr. Schmidt trains students, she encourages them to be strong and assured when treating patients. “Your sensitive fingers will find the abnormalities, even in the black velvet of night.”

30s

William D. Hilton, DO ’34, Bound Brook, Texas, was featured in an article published in the Somerset Messenger titled “At the age of 89, Dr. Hilton is still practicing medicine.”

40s

Martin J. Bell, DO ’46, Naples, Fla., has retired and now volunteers at Naples Community Hospital monitoring charts for the pharmacy department. He also volunteers at the Naples Museum of Art and plays men’s basketball twice a week. He claims he may be the oldest basketball player in Florida.

50s

Sidney Simon, DO ’50, Bronx, N.Y., received an award and recognition for “excellence in teaching clinical sciences” from the 2001 graduating class of New York College of Osteopathic Medicine of New York Institute of Technology. He also received a citation from the Honorable Thomas S. Gulotta, Nassau County executive, for “excellence in teaching at New York College of Osteopathic Medicine, and contributions for the enhancement of the region and the betterment of the residents.”
Arthur L. Feldman, DO ’51, Coconut Creek, Fla., retired from active practice in 1986. He has joined Nova-Southeastern University in Ft. Lauderdale, Fla., as a clinical associate professor in the family medicine department.

Lloyd E. Eslinger, DO ’52, Cresco, Pa., now retired, writes that he had a family practice for 37 years, was a school physician for 30 years, a medical director of the Northampton Annex of Allentown Osteopathic Medical Center and chairman of the Northampton, Pennsylvania Board of Health.

Philip E. Greenman, DO ’52, Okemos, Mich., co-authored an article that was published in the Journal of the American Osteopathic Association titled “Manual medicine diversity: research pitfalls and the emerging medical paradigm.”

Thomas W. Pierce, DO ’55, Pittsfield, Maine, will be staffing a free clinic at the Scott Webb Medical Center. Dr. Pierce is retired.

Robert Ravetz, DO ’57, Philadelphia, Pa., former chairman of PCOM’s Psychiatry Department, sends word that his health is improving rapidly, and that he appreciates all the care and concern his PCOM friends have expressed.

Wayne R. English, Jr., DO ’58, Burleson, Texas, received life membership in the Texas Osteopathic Medical Association.

Lenwood B. Wert, DO ’59, Lansdowne, Pa., was elected to a fifth term as vice speaker of the House of Delegates of the Pennsylvania Osteopathic Medical Association.

Anthony A. Minissale, DO ’61, Gladwyne, Pa., was chosen president-elect by the American Osteopathic Association’s House of Delegates.

Merritt G. Davis, Jr., DO ’62, San Antonio, Texas, received a certificate for his many years of service in the Texas Osteopathic Medical Association House of Delegates.


Kevin F. Rodowicz, DO ’66, writes a monthly column, “Ask the Doctor,” which appears in the Northwestern Press.

Gary Zisk, DO ’67, Roslyn, N.Y., was elected to serve on the board of trustees of the American Society of Bariatric Physicians.

Joseph K. Eshleman, DO ’68, Glenshaw, Pa., suffered a stroke on November 25, 2001. His recovery is expected to last at least six months. Any classmates or colleagues who would like to wish him well may send a note or card to the following address: 2131 Middle Road, Glenshaw, Pa. 15116-3017.

Paul E. Wallner, DO ’68, Moorestown, NJ, was appointed by the Secretary of Health and Human Services and the Administrator of Healthcare Financing Administration to a two-year term on the Ambulatory Payment Classification Advisory Panel.

Anthony Mela, Sr., DO ’71, has accepted a position at the Albert Einstein Health Care Center.

Josh Schwartzberg, DO ’71, Lake Placid, N.Y., was appointed medical director of the Smith House, a medical practice that combines traditional, alternative and complementary medicine in Willsboro, N.Y.

Samuel Strauss, DO ’71, Friendswood, Texas, will work for Kelsey-Seybold Clinic in support of NASA astronaut training at the Johnson Space Center. He is assigned to the Neutral Buoyancy Laboratory as an aerospace medicine physician for support of extravehicular activity training scheduled on orbit from the Space Shuttle and International Space Station.

James E. Eshleman, DO ’72, Norway, Maine, received the “2001 Distinguished Service” Award from the Maine Osteopathic Association.

William J. Fenerty, DO ’73, Huntington Beach, Calif., has been board certified in family practice.

Steven Galler, DO ’73, Dix Hills, N.Y., is co-chairman of the Department of Medicine at New Island Hospital in Bethpage, N.Y.

William P. Brown, DO ’74, Harrisburg, Pa., was re-elected to serve on the board of trustees of the Pennsylvania Osteopathic Medical Association.

Aaron J. Listopad, DO ’74, Sharon, Pa., has been appointed director, family practice residency, at the University of Pittsburgh Medical Center-Horizon, Shenango Campus.

James Dwyer, DO ’75, Medford, N.J., has been appointed vice president and chief operating officer at Virtua Memorial Hospital.

Jeffrey A. Lindenbaum, DO ’75, Ivyland, Pa., was re-elected to serve on the board of trustees of the Pennsylvania Osteopathic Medical Association.

Edwin L. Merow, DO ’60, Philadelphia, Pa., has joined Einstein Neighborhood Healthcare.

Ferdinand L. Manlio, DO ’61, New Port Richey, Fla., became a life member of the American College of Radiology.

John W. Becher, DO ’70, Newtown Square, Pa., was named chairman of emergency services at Atlantic City Medical Center.

Pat A. Lannutti, DO ’71, Drexel Hill, Pa., was quoted in an article titled “Living with Diabetes,” which appeared in the City Line News.

Anthony Mela, Sr., DO ’71, has accepted a position at the Albert Einstein Health Care Center.
Richard M. Mauriello, DO ’75, Berlin, N.J., has been board certified in family medicine.

Alexander S. Nicholas, DO ’75, West Chester, Pa., was featured in an article published in The D.O. titled “Rx for pain control: OMT.”

John M. Parschauer, DO ’75, Huron, Ohio, was elected to the board of trustees of Firelands Community Hospital.

Richard Pascucci, DO ’75, Malvern, Pa., was quoted in an article titled “Juvenile arthritis: a closer look at JRA,” which appeared in the City Line News.

Allen J. Zagoren, DO ’75, Clive, Iowa, was named “Physician of the Year” by the Iowa Osteopathic Medical Association.

William R. Henwood, DO ’76, Sharon, Pa., was re-elected to serve on the board of trustees of the Pennsylvania Osteopathic Medical Association.

Sue Bailey, DO ’77, Bethesda, Md., appeared on ABC Nightline News’ “Clear and Present Danger.” She was a member of an expert panel that discussed the United States’ preparedness for a chemical or biological attack. Dr. Bailey was in charge of the Pentagon’s $17 billion medical system during the Clinton administration. It was her responsibility to protect U.S. troops from biochemical warfare.

Gilbert E. D’Alonzo, Jr., DO ’77, Villanova, Pa., co-authored an article titled “Weaning from mechanical ventilation: an update,” which was published in the Journal of the American Osteopathic Association. He also wrote an editorial for the same publication titled “Needed! Knowledge and skills to care for survivors of terrorist attacks and dying patients.”

Eli Jacobs, DO ’77, Huntingdon Valley, Pa., joined the radiology department at St. Luke’s Hospital.

Jeffrey J. Jaindl, DO ’77, Pacolet, S.C., joined the Mary Black Physician Group.

Eugene Mochan, DO ’77, Ph.D., Media, Pa., wrote an article titled “Healthy lifestyles initiative: 10+6 weight management program,” which appeared in the Juniata News.

Carlo J. DiMarco, DO ’78, Media, Pa., was re-elected to serve on the board of trustees of the American Osteopathic Association.

Ernest R. Gelb, DO ’78, Wyoming, Pa., was named president-elect of the Pennsylvania Osteopathic Medical Association.

Harry J. Morris, DO ’78, West Chester, Pa., was quoted in an article that was published in City Line News titled “Managing stress: a family effort.”

Domenick N. Ronco, DO ’78, Mifflinburg, Pa., was elected vice president of the Pennsylvania Osteopathic Medical Association.

James A.M. Smith, DO ’78, College Park, Md., was appointed director of vascular medicine and endovascular intervention at Washington Adventist Hospital. He also was named clinical professor of medicine at Uniformed Services University of the Health Sciences.

Robert L. Stull, DO ’78, Bethlehem, Pa., was board certified in family practice and geriatrics by the American Medical Directors Association.

William B. Swallow, DO ’79, Milton, Pa., was appointed assistant professor of family medicine and medical director at PCOM’s Sullivan County Medical Center in Laporte, Pa. (See p. 3 of this issue.)

William A. Wewer, DO ’79, Harrisburg, Pa., was installed as secretary/treasurer of the Pennsylvania Osteopathic Medical Association.


Joseph L. Herson, III, DO ’81, Columbus, Ohio, received the “2001 Distinguished Educator’s Award” from Ohio State University’s School of Medicine & Public Health.

Julia M. Pillsbury, DO ’81, Dover, Del., is president of the Delaware Chapter, American Academy of Pediatrics and chairwoman of the department of pediatrics at Kent General Hospital, Bayhealth Medical Center. She is Delaware State’s current procedural terminology coding trainer and also serves on the national American Academy of Pediatrics and on the American Medical Association’s Practice Expense Advisory Committee.

Paul F. Dende, DO ’82, Clarks Summit, Pa., was appointed to the board of trustees of the Pennsylvania Medical Society representing Lackawanna, Carbon, Monroe, Northampton, Pike and Wayne counties. He also was named physician-member of the Lackawanna County Drug Court team.

Mark T. DiMarcangelo, DO ’82, Cherry Hill, N.J., was elected president of the Radiological Society of New Jersey.

Alfred M. Sassler, DO ’83, Maysville, Ky., opened a private practice, Buffalo Trace ENT Center, in Maysville, Ky. He is a clinical associate professor at the University of Cincinnati and is president-elect of the Kentucky Society of Otolaryngology.

Rosemary Vickers, DO ’83, Norristown, Pa., was quoted in an article titled “Screening your newborn’s hearing – advice worth listening to,” which was published in the City Line News.
Vincent J. Bobby, DO ’84, Drums, Pa., was appointed medical director of the Kidney Center of Greater Hazleton.

Robert L. Fiorelli, DO ’84, Shavertown, Pa., was elected vice chief of staff of the Geisinger Wyoming Valley Medical Center.

Brian B. Kimmel, DO ’84, Ivyland, Pa., was granted the title of certified medical director in long term care by the board of directors of the American Medical Directors Certification Program.

Izola David, DO ’85, Ivyland, Pa., was named director at PCOM Healthcare Center – Lancaster Avenue Division. (See p. 3 of this issue.)

Mark Jacobson, DO ’85, Hummelstown, Pa., was appointed vice president of medical affairs at Good Samaritan Hospital.

Garrett M. Kelly, DO ’85, Virginia Beach, Va., was appointed medical director of Comfort Care Center of Chesapeake General Hospital in Virginia.

John J. Kelly, DO ’85, Philadelphia, Pa., became a fellow of the College of Physicians of Philadelphia.

Paul DeJoseph, DO ’86, Palmyra, N.J., was appointed director of osteopathic medical education at Medical College of Pennsylvania.

Jerome Guanciale, DO ’86, Hamer, S.C., joined the medical staff at Strand Medical Center.

Suzanne Picinich, DO ’86, Williamsville, N.Y., was certified as a medical review officer by the American Association of Medical Review Officers.

Anthony E. DiMarco, DO ’87, Kennett Square, Pa., was elected to serve on the board of trustees of the Pennsylvania Osteopathic Medical Association.

Larry N. Finkelstein, DO ’87, Lafayette Hill, Pa., was quoted in an article that was published in City Line News titled “The diet dilemma: anorexia and bulimia.”

Richard Gaibler, DO ’87, Lansdale, Pa., opened a new family practice in Chalfont, Pa.

Peter A. Silkowski, DO ’87, Clarksville, Tenn., retired from the U.S. Army Medical Corps. after 20 years of active duty.

Gregory G. Papadeas, DO ’88, Englewood, Colo., was selected by colleague physicians as Denver’s “Top Dermatologist” as reported by 5280 Magazine.

Joshua A. Rabinowitz, DO ’88, Philadelphia, Pa., has joined the staff of Pediatrics Associates of the Main Line.

Robert W. Wilkeson, DO ’88, Columbus, Ga., is a fellow of the American Osteopathic Board of Pathology. He served as chief of the department of pathology at Martin Army Community Hospital, Ft. Benning, Ga., until he retired in January 2002 after more than 20 years of service.

Mark A. Monaco, DO ’89, Bryn Mawr, Pa., was elected to serve on the board of trustees of the Pennsylvania Osteopathic Medical Association.

Alice J. Zal, DO ’89, Narberth, Pa., received the “March of Dimes’ Award for Health” presented at the Seventh Annual Salute to Montgomery County Women of Achievement.

Richard T. O’Leary, Jr., DO ’90, and wife Tonia, Waverly, Pa., are the proud parents of identical twins, Robert and Thomas, born January 21, 2001.

Andrea D. Pedano, DO ’90, West Conshohocken, Pa., received the “Spirit of Hope” award from the organization Living Beyond Breast Cancer. The award was in recognition of her founding Young Survivors, the first breast cancer support group for women under 40.

James D. Bove, III, DO ’91, Athens, Ohio, presented the citywide integrated surgical grand rounds at Wright State University in Dayton, Ohio.

John J. Costello, Jr., DO ’91, Oneida, N.Y., was featured in an article published in the Maccellus Observer titled “Local woman praises lasik corrective surgery.”

Luke G. Nelligan, DO ’91, Zionsville, Ind., received the “Kinsinger Award” from the Indiana Osteopathic Association. He also was appointed trustee of the Indiana Osteopathic Association.

Gary M. Pryblick, DO ’91, Allentown, Pa., has been elected to serve on the board of trustees of the Pennsylvania Osteopathic Medical Association.

Coyle S. Connolly, DO ’92, Avalon, N.J., co-authored two articles: “Don’t ignore the pain that rosacea inflicts on your patients” and “As summer continues remember the role of heat and friction in acne.” Both were published in Skin & Aging.

Michael J. Duzy, DO ’92, West Chester, Pa., became a fellow of the American Osteopathic College of Cardiology.

Jane Forester, DO ’92, Glencoe, Ill., authored two articles: “When trying to get pregnant, how long is the window of opportunity each month?” and “How likely is it for someone to get pregnant while on the pill?” Both were published on-line at E-Pregnancy.
J. Kimberly Huggins, DO ’92, Williamstown, N.J., opened a new obstetrics and gynecology practice in Williamstown, N.J. She is on the medical staff of Kennedy Memorial Hospital.

Richard T. Jermyn, DO ’92, Drexel Hill, Pa., has an article published in the Journal of the New Jersey Association of Osteopathic Physicians and Surgeons titled “Pain programs: a unique approach to chronic pain management.”

Valeri Burkhauser Roth, DO ’92, Ocean View, N.J., has joined the practice of Drs. Lonny Matlick and Nicola DeLorio with offices in Cape May Courthouse, Linwood, Ocean City and Marmora, N.J. She also has joined the staff at Shore Memorial Hospital.

Deborah Sundlof, DO ’92, Bethlehem, Pa., was featured in an article published in the Express titled “Doctor mends broken hearts.”

David A. Wald, DO ’92, Wynnewood, Pa., competed in the World Dragon Boat Championships held on the Schuylkill River in Philadelphia. His U.S.A. dragon boat won several medals, including silver in the 250-meter race.

William H. Jones, DO ’93, Plano, Texas, was appointed chief of aerospace medicine, Carswell ARS. He also was promoted to Major in the United States Air Force Reserves.

Clifford F. Weller, DO ’93, Wellboro, Pa., joined Laurel Behavioral Health at Soldiers & Sailors Memorial Hospital and at Mansfield Laurel Health Center.

Ava Conlin, DO ’94, San Diego, Calif., received the “CAPT Gray Award for Operational Research” from the Naval Health Research Center. Her study looked at the use of ultraviolet air cleaning units to reduce respiratory illness in recruit training barracks.

Barbara Fardo, DO ’94, Pittsburgh, Pa., opened a new family practice, Schagel and Fardo Family Medicine, a division of Genesis Medical Associates Inc. in Cranberry, Pa.

Jonathan D. Cowen, DO ’95, North Wales, Pa., was named medical director of the Hospice of the North Penn Visiting Nurse Association.

James P. Dwyer, DO ’95, Medford, N.J., was appointed vice president and chief operating officer at Virtua Memorial Hospital in Burlington County, N.J.


Susan E. Whelen, DO ’95, Laurinburg, N.C., joined the Scotland Cancer Treatment Center in Laurinburg, N.C.

James M. Kreshon, DO ’96, Fox Chapel, Pa., was appointed medical director of the orthopedic unit of Health South, Harmarville Rehabilitation Hospital, Choice Care Physician Group.

David Kuo, DO ’96, Blue Bell, Pa., has been appointed director of PCOM Healthcare Center – Roxborough Division.

Brian K. Lang, DO ’96, Erie, Pa., was named medical director of Select Specialty Hospital.

Richard C. Lorenzo, Jr., DO ’96, Beaver, Pa., has joined Tri-State Obstetrics & Gynecology.

Kevin F. Rodowicz, DO ’96, Allentown, Pa., has a monthly column titled “Ask the doctor,” which appears in the Northwestern Press.

Mark P. Speicher, DO ’96, Painted Post, N.Y., has joined the internal medicine department at Guthrie Medical Group’s Corning Centerway office.

Paul Zakrzewski, DO ’96, Warrington, Pa., has joined the department of medicine/intermediate medicine at Doylestown Hospital.

A. Jody Ackerman, DO ’97, Stroudsburg, Pa., has joined the medical staff at St. Luke’s Hospital, Fountain Hill.

Daniel C. Cochran, DO ’97, Doylestown, Pa., has joined the Indian Valley Office of Tri Valley Primary Care.

Matthew R. Cole, DO ’97, Greensburg, Pa., has joined the primary care physicians at Norvelt Family Health.

Sean D. Dakshaw, DO ’97, Wyndmoor, Pa., has joined the medical staff at Chestnut Hill Hospital.

Laurie A. Gallagher, DO ’97, Exton, Pa., has joined the medical staff at Chestnut Hill Hospital.

Gretta A. Gross, DO ’97, New Ringgold, Pa., was named a diplomate of the American Board of Family Practice. She also became board certified in family practice.

Eric P. Haus, DO ’97, Mansfield, Ohio, was quoted in an article published in the News Journal titled “Study: doctors don’t know it all.”

Stephen Lewis, DO ’97, Bloomsburg, Pa., has joined the staff at Geisinger Medical Group Berwick as a physician in pediatrics and internal medicine.

Jeffery T. Lumley, DO ’97, and wife Kimberly, Douglassville, Pa., are the proud parents of a son, Jonathan Thomas, born October 28, 2000.

Sean P. McCall, DO ’97, Clarks Summit, Pa., joined the Geisinger Medical Group, Tunkhannock.

What’s your line?
Go online and tell us!
Visit the alumni and friends Web page at www.pcom.edu to see the latest news and to tell us yours.
Jeffrey A. Stevens, DO ’97, King of Prussia, Pa., began a hematology/oncology fellowship at Hahnemann Hospital.


Melissa M. Thimons, DO ’97, Baden, Pa., began a hematology/oncology fellowship at West Penn Hospital.

Roy E. Tuller, DO ’97, Narberth, Pa., began a vitreo-retinal surgery fellowship in Baltimore, Md.

Kenneth R. Wloczewski, DO ’97, and his wife Roxanne, Whitehall, Pa., have three children, Jonathan Leo, 13, Jacob Nicholas, 7, and McKenzie Roxanne, 3. Dr. Wloczewski is an emergency medicine physician at Miners Memorial Hospital in Coaldale, Pa.

William M. Bellas, DO ’98, Ann Arbor, Mich., began a neonatology fellowship at the University of Michigan.

Kenneth L. Erdman, DO ’98, and wife Angela, Mifflintown, Pa., are the proud parents of Hannah Rose, born March 31, 2001.

Stephen Evans, DO ’98, Fords, N.J., graduated from Somerset Medical Center’s Family Practice Residency Program.

Michael Lee, DO ’98, and his wife Rachel, Philadelphia, Pa., are the proud parents of Kyra, born June 18, 2001.

Jeffrey A. Levy, DO ’98, Fort Belvoir, Va., attended flight surgeon school and was assigned Commander at Health Clinic in Friedburg, Germany.

James V. Lieb, DO ’98, Cheswick, Pa., began a hematology/oncology fellowship at West Penn Hospital. He and his wife, Wendy, have three children.

Robert Matsko, Jr., DO ’98, Marysville, Pa., joined the Broad Street Family Health Center with his father, Robert P. Matsko, DO ’71.

Anthony Mela, Sr., DO ’98, Sellersville, Pa., has joined the medical staff at Albert Einstein Health Care Center.

Adam M. Mikulski, DO ’98, Rockledge, Pa., has opened a private practice in Trevose, Pa.

Brian P. Mudry, DO ’98, Jefferson Hills, Pa., began a sports medicine fellowship at Allegheny General Hospital.


Lynn A. Norris, DO ’98, Eagleville, Pa., has joined the medical staff at Punxsutawney Area Hospital.

Lisa Tricarico, DO ’98, and James Tricarico, DO ’98, Old Forge, Pa., have joined Dr. Guy Fasciana in a private practice.

Jessica Wasserman, DO ’98, Fairless Hills, Pa., joined the medical staff at Einstein Neighborhood Healthcare.

Jill Nye, DO ’99 and husband Todd, Shamokin, Pa., are the proud parents of Abigail Paige Nye, born May 22, 2001. Dr. Nye has accepted a position with the Geisinger Health System at its Mount Carmel satellite clinic beginning August 2002.

Robin L. Plank, DO ’99, Pittsburgh, Pa., was elected chief resident of the family practice residency program at Western Pennsylvania Hospital.

Jason Tronetti, DO ’99, Port Allegeny, Pa., was appointed chief resident of the department of family medicine at Geisinger Health Center of Danville.

Paul D. Allegretti, DO ’00, Wynnewood, Pa., was the “Golden Quill Award” winner of the 2001 Pennsylvania Osteopathic Medical Association Clinical Essay Contest for his medical update titled “Crohn’s disease case report and review of current therapeutics.”


Kathryn D. Gaines, DO ’00, Portales, N.M., was appointed flight surgeon of the 523rd fighter squadron at Cannon Air Force Base.

Sodi Goldstein, DO ’00, Cherry Hill, N.J., and wife Rena are the proud parents of Joshua Goldstein, born July 22, 2000.


John Conza, PA ’01, Philadelphia, Pa., was commissioned into the United States Navy.

Constance E. Gasda, DO ’01 and Kenneth M. Andrejko, DO ’01, New Columbia, Pa., were married on September 29, 2001.

Brian R. Irwin, DO ’01, Gaithersburg, Md., has joined the Maine Dartmouth Family Practice Residency Program at Maine – General Medical Center.

Jeffrey A. Reyer, DO ’01, Apollo, Pa., was featured in an article published in the Beaver County Times titled “Doctor on call.”
Getting off the plane in Paris, France - the city of lights - Constance Gasda’s first thought was not of romance or fine French cuisine or even the osteopathic manipulation she was there to study; it was of fear. “I was scared to death,” she admits. Recalling her high school Spanish and college German classes would not help her converse with the French. So, knowing little, if any French, it would take Dr. Gasda, DO ’01, an hour to locate her official greeter at the airport. Relieved, excitement began to build as she boarded the train for southern France. Her adventure was underway!

As the winner of the A. Hollis Wolf Case Presentation Competition sponsored by the American Academy of Osteopathy in 2000, Dr. Gasda was in France for a week to observe osteopathic manipulative medicine…with a French flair.

Her first stop was a two-night stay with Sabine Prunier, DO, and her husband Florent Boley, DO. She observed their techniques that, she says, are quite similar to those of American DOs. Then she stayed with Pierre Girard, DO, and his wife and six children. “His wife,” Dr. Gasda recalls with obvious pleasure, “is very interested in nutrition. She cooked wonderful, nutritious meals. And, in an effort to enhance my knowledge of French wines, they introduced me to different wines with both lunch and dinner.”

Drs. Prunier, Boley and Girard practice together in Crest, France. They only perform OMT and cannot write prescriptions. When Dr. Gasda returned to Paris for three days, she spent a full day at College Osteopathique Sutherland. Director Patrick Bassett, DO, introduced Gasda to the French medical education curriculum - a six-year program with the first four years of classroom and lab work. The last two years are spent in rotation and writing a thesis.

Dr. Gasda observed the school’s standardized patient program, which, unlike PCOM’s program, uses real patients instead of trained individuals who portray patients with medical or mental health conditions. “Two or three students assess and work on the patient while students and professors watch the session live on video monitors in another room,” explains Dr. Gasda. “They can stop the session and get feedback from the professor as they treat the patient.”

As she talked to the students about the differences between French and American osteopathic training, their main question was why so many American osteopathic physicians don’t practice osteopathic manipulation. “They knew all the writings of A.T. Still. They could quote him. They were very focused on osteopathic manipulation,” says Dr. Gasda. While at the College, Dr. Gasda met Marco Gabutti, the student who worked with PCOM’s Professor of Clinical Pharmacology Frederick J. Goldstein, PhD. Gabutti translated Dr. Goldstein’s OMM research for publication in a French osteopathic journal. Dr. Bassett also discussed with Dr. Gasda his interest in setting up an exchange program with PCOM students.

But it was not all work while in Paris. Dr. Prunier’s parents showed Gasda around Paris during her final two days. “We toured everything from Notre Dame to the Eiffel Tower to Versailles to the Louvre.” Dr. Gasda says her French experience was “really great.” Beaming, she says, “Everyone was very helpful and courteous. As an example, two French women helped me contact my hosts when I missed the train stop. From the train, they used their cell phone to call Dr. Boley, who was to meet me. They explained what happened and told him to drive to the next stop to meet me. They really went out of their way for me.”

Dr. Gasda says that she wants to help maintain good relations between PCOM and the French osteopathic association and College Osteopathique Sutherland, so that PCOM students have an opportunity to go to Paris to study manipulation.
In Memoriam

(Past president of the American Academy of Osteopathy, 1974–1975)
Calvin M. Dubrow, DO ’69, Blue Bell, Pa., October 3, 2001.
Albert Fornace, DO ’44, Sanford, Fla., June 1, 2001.
Robert M. Rittenour, DO ’73, Amherst, Ohio, August 17, 2001.

College mourns student’s death

PCOM is deeply saddened by the sudden death of Behrang Emami

(DO/MBA ’04), who died in a car accident on November 3. A bright, engaging young man, Emami left behind wonderful memories. Many stories were shared by family and friends at a memorial service that was attended by close to 300 mourners in the Zedeck Amphitheater at PCOM on November 9.

Emami’s smile is what people remember most—he had an infectious smile he shared with anyone who passed by. It was a smile that lit up not only his own face, but an entire room. Even as a baby, his uncle recalled, he smiled almost all the time. And beneath that smile was a warm heart and a caring soul that was always available to listen with compassion and ease another’s pain. “He was the most selfless person,” one student said; “he knew what life was all about—other people.” “He would suck all the pain away and turn it into something he could bear. He knew how to make others laugh, even during the boards, recalled his roommate. He had a true love for his family, his friends and his culture. Farzaneh Daghili, PhD, assistant professor, biochemistry/molecular biology, recalls, “As I started my career as an assistant professor at PCOM, I got helpful advice from my colleagues: ‘When teaching 250 students, pick a couple of friendly and smiling faces, and focus on them.’ Behrang was my friendly and smiling student. He was among the first group of students that I taught, and the comfort that I felt when focusing on his smiling face will be always with me in the PCOM’s lecture rooms.”

Emami was born in Philadelphia in 1976 and moved to his family’s native Iran to go to primary school. He returned to the States in 1989 and attended Abington High School, where he graduated in 1995. He attended Villanova University to study chemistry, earning a bachelor of science degree. He entered PCOM in 1999. He is survived by his father, Kayous Emami, MD, his mother Simin, brothers Behrad and Kaveh, and a close and loving extended family of aunts, uncles and cousins.

Dr. Emami instructs PCOM students on rotation at Frankford Hospital in OB/GYN. “From now on, the rotation will be known as Behrang’s rotation,” he says. “I will teach you OB/GYN, but in memory of Behrang, I will give you direction in life as Behrang would have given.”
My Turn
By T.J. Gray, DO ’01

Tests as Tools

It took about three hours to get accustomed to the long white coat. Even then, I was looking over my shoulder for the first few days when someone addressed me as “doctor.” It is a strange transition. That initial excitement is inextricably linked to rather intense feelings of anxiety. These are seldom separated throughout the day, or night.

It’s easy to watch the interns and residents as a medical student and try to imagine how your life will be. I did it many times. However, I worried more about how my life would be outside the hospital rather than inside it. Such concerns are not unfounded. Your outside life will change. You will have significantly less time. Most internship months will be as long as your longest rotations in medical school.

With that said, I think the single most interesting change has been in my thinking inside the hospital. Before, as a medical student, I thought of the physical exam as a task. I looked at labs as interesting numbers. They were something I was supposed to write in my daily notes, something I should follow daily. My thinking was similar about diagnostic tests. I wrote about them after they were finished and included them in the chart. Please don’t get me wrong: I have always strived for good patient care, but a deep sense of responsibility was rarely there.

And why should it have been? I didn’t usually have to stay until eight or nine at night to make sure all the loose ends were tied up. I couldn’t write orders anyway. I was paying them to teach me to be a doctor. It was my job to absorb as much as I could every day, to learn the theoretical and practical approaches to disease and to take my place on the team.

They sent me home to read when the floor work was done. I seldom wondered what they did after I left. I don’t have time to wonder these days; I know.

My thinking has flipped upside-down. I use tests as tools now. Every heartbeat, bowel sounds, a fever, the differential on a blood count, an EKG and the CXR all have new meaning. It is more than just a new sensitivity; it is a change in thinking. Tasks have turned into tools. I find myself anticipating studies. I can’t wait to get the labs back. Oh, what a month of writing orders and living on the front lines of patient care will do for your thought process. Many late-night admissions and long days make for true continuity of care.

One of my fellow interns remarked one morning that he didn’t feel like he had ever left the hospital. Maybe some good has come out of those long hours. He probably didn’t miss much and will be that much more informed about his patients that day.

The reality is that we aren’t allowed to miss much. Still, plenty of solace can be taken in the fact that those residents ahead of us in our programs aren’t struggling the same way. They are able to focus more easily on the important aspects of the care of our patients.

I am accustomed to the long white coat now, but I think that it will take a while longer to get comfortable on the front lines.

T.J. Gray, DO ’01, is an intern in the Eastmoreland Hospital Family Medicine Residency Program in Portland, Ore.

Readers: We welcome your ideas for essays that would be of interest to the PCOM community. Please submit ideas in writing to Chris Dorian, Digest Editor, fax: (215) 871-6307; e-mail: chrisdo@pcom.edu; PCOM Marketing & Communications, 4180 City Ave., Phila., PA 19131.
Friday, May 31, 2002
Continuing Medical Education Seminars: 9am – 3pm
PCOM Campus

Alumni Reception: 7 – 9pm
Omni Hotel at Independence Park
401 Chestnut Street
Philadelphia, PA 19106
215-925-0000
The Omni Hotel at Independence Park is nestled in the heart of Philadelphia’s historic district. Come and enjoy the hospitality of days gone by with fellow alumni before exploring the Lights of Liberty Special Event Tour.

Lights of Liberty Special Event Tour: 9pm and 9:10pm
6th and Chestnut Streets
Philadelphia
(215)-LIBERTY
For a dynamic display of sight and sound, the Lights of Liberty Show brings the entire American Revolution to life in a dazzling interactive show and walking tour through Independence National Historical Park. You will encounter amazing five-story projections, surround-sound audio and incredible special effects. (Walking required.)

Saturday, June 1, 2002
Continuing Medical Education Seminars: 9am – noon
PCOM Campus

Family Fun Barbecue and Campus Open House:
Noon – 2pm
PCOM Campus
Bring the whole family to an old-time American tradition of family fun entertainment. Enjoy good food, music and activities for the kids as you relax with classmates. Tours of the renovated facilities will be available with your favorite PCOM faculty in attendance. Take advantage of the new Activities Center with its basketball and racquetball courts and state-of-the-art exercise equipment.

Alumni Weekend Reception and Dinner-Dance:
6:30 – 11pm
The Ritz-Carlton, Philadelphia
10 Avenue of the Arts (South Broad Street)
Philadelphia
(215) 735-7700

Sunday, June 2, 2002
The Union League of Philadelphia
Champagne Sunday Brunch: 10am – noon
140 South Broad Street
Philadelphia
(215) 563-6500
Thriving under a founding motto of “Love of Country Leads” since 1865, the Union League of Philadelphia is famous for its elegant Sunday brunches. Boasting a classic French Renaissance interior accented by a distinguished art collection, the Union League is a perfect place to dine before embarking on a trolley tour of Philadelphia.

Trolley Tour of Historical Philadelphia: 11am – 2pm
The Union League of Philadelphia – pick-up and drop-off
Enjoy a narrated three-hour tour of Philadelphia with a tour guide from the Philadelphia Visitors’ Center. You’ll enjoy on-and-off privileges at some of the city’s most spectacular historic landmarks: the Liberty Bell, Independence Park, Elfreth’s Alley, the Philadelphia Museum of Art and the Reading Terminal.
Ground Zero

John Chovanes, DO ’00, rushed to Ground Zero on September 11. See story on page 2.

PCOM EVENTS

May 1–4
Pennsylvania Osteopathic Medical Association Annual Clinical Assembly
Adams Mark Hotel, Philadelphia

May 31–June 2
Alumni Reunion Weekend

June 27
PCOM “Family Weekend”
CME Seminar
Hershey Lodge & Convention Center,
Hershey, Pa.

PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE
4180 City Avenue, Philadelphia, Pennsylvania 19131

Address service requested