Digest

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Philadelphia College of Osteopathic Medicine

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Osteopathic physicians have always emphasized the critical importance of treating the whole person and understanding the mind-body connection. PCOM has taken this philosophy to a new level by offering psychological services in primary care settings. Since 2002, PCOM clinical psychology students have provided consultation at the College’s four Philadelphia Healthcare Centers and at our on-campus Center for Brief Therapy. This cutting-edge approach is practiced by only two percent of psychology internship programs nationwide, and it is showing clear benefits for patients and practitioners as well as students.

A six-week multidisciplinary study that paired PCOM psychology and medical students in treating chronically ill patients showed decreases in scores for depression and anxiety as well as improved quality of life. This is one of many collaborations between the College’s departments of psychology and family medicine that are enhancing the educational experience of students in both disciplines. Our cover story will give you more details about this unique approach and its many benefits.

PCOM researcher Lindon H. Young, PhD, is also operating on the cutting edge with studies that could have significant impact in preventing or limiting damage to the heart during transplant surgery and even during a heart attack. Concurrently, our alumni continue to amaze us with their community outreach efforts on a global basis. Gregory P. Samano, DO ’72, has traveled, quite literally, around the world to help medically underserved populations in Russia, Nicaragua, Guatemala and Peru. We know you’ll enjoy reading more about his efforts.

In this issue, we also welcome Paul McGloin as PCOM’s new chairman of the board. A board member since 1991 and a banker for 27 years, Paul has contributed immeasurably to PCOM’s fiscal strength, and his talents will help to ensure the College’s continued success in the future. You can read more about Paul and PCOM’s outstanding outgoing chairman, Herb Lotman, LLD, on pages 10 and 11.

Strengthening connections between alumni and supporting our students continue to be primary goals of the Alumni Association of PCOM. Our Physician Assistant Program Alumni Committee has enjoyed great success in building a mentoring network between PA students and alumni. Currently, our Psychology alumni are establishing their own association. Find out how you can benefit from your alumni association by reading the story on page 12.

I hope this issue of Digest adds to your summer reading pleasure as you learn about PCOM students, faculty and alumni who are involved in exciting and meaningful endeavors.

With warmest regards,

Matthew Schure, PhD
President and Chief Executive Officer
LEAVING A LEGACY OF STRENGTH
Herbert Lotman passes the PCOM torch to new chairman of the board Paul McGloin. Lotman, who will remain a board member, is credited with leading the College to fiscal strength during a particularly difficult time in the early '90s. McGloin, a board member for 13 years, will continue to bring to PCOM his vast financial knowledge and experience.

ALUMNI ASSOCIATION NEWS
A revamped DO Alumni Association strives to provide service to members, while PCOM forms alumni associations for all the College's programs.

PHYSICIAN HELPS THE NEEDY – WHEREVER THEY ARE
After completing a medical mission to the former Soviet Union in 1991, Gregory P. Samano, DO ’72, was hooked. Since then, he’s led medical teams to Guatemala, Nicaragua and Peru.

COVER STORY
PRIMARY CARE AND PSYCHOLOGY: PERFECT TOGETHER
There’s a new member of the health care team at PCOM’s Healthcare Centers: psychology students. Reflecting the College’s approach to treating the whole person, this collaboration between medicine and psychology is changing the dynamics of primary health care.

HE’S GOT HEART
Armed with an NIH grant, PCOM researcher Lindon H. Young, PhD, is intent on finding out how to prevent or limit heart damage during transplant surgery and heart attack.

ON THE COVER
Jeffrey McCleary (PsyD), sitting left, meets with a patient at PCOM Healthcare Center – Lancaster Avenue Division while Barbara Golden (PsyD) and Harry Morris, DO ’78, review his chart.

PCOM UPDATES
Nicholas Bower (DO ’05) has big dreams for Ecuador; PCOM announces leaders of proposed Georgia branch campus; new psychology department chair named; College implements School as Lender Program; new OMM fellows announced.

CLASS NOTES
Heidi Caruso Commins, DO ’00, was well prepared to treat the gamut of medical problems as an Air Force physician in Southwest Asia; Ellen Peterman, MS/Biomed ’03, can’t wait to practice medicine in Russia and return the generosity of the people there.

Essay
Emergency physician Douglas L. McGee, DO ’87, has a simple message: motorcycle helmet laws save lives. He’s not happy that the Pennsylvania helmet law was repealed last fall.
NICHOLAS BOWER (DO ’05): A student with a mission

Nicholas Bower has had a keen interest in international medical work from the time he was a high school student and visited Ecuador on a medical mission. In the summer of 2002, with a year of medical school under his belt, he returned to Ecuador to help provide medical care with those he had met on his first visit. He found the experience so important that, with the help of contacts he made in Ecuador and fellow interested students, Bower has established an interest group to help PCOM students make medical service trips and complete clerkships in Ecuador.

“Our intention in sharing these experiences,” explains Bower, “is to help other medical students sample the culture and medical systems of the developing world, specifically in Ecuador, while bringing medical supplies and assistance to those in need. Over the past two years, several of us have completed these experiences and the impact on us has been profound. Our trips to Ecuador have been an inspiration to us in the way we approach and plan to practice medicine.”

Students live with Ecuadorian families and work with physicians in clinics and hospitals. The trips are diverse and flexible depending on the students’ interests. Opportunities range from work in a leprosy hospital to rural ophthalmology to infectious disease. The first group of four students spent June 2003 in Ecuador between their first and second year of medical school. Third-year medical student Denise Gilman completed a two-month elective in pediatric infectious disease, and eight first-year students left for Ecuador in June.

Through donations from pharmaceutical representatives, the students have been able to provide medical supplies to the severely under-equipped clinics. Through personal contacts Bower has arranged for students to get discounted airline tickets to Ecuador.

As if this wasn’t enough of a challenge for a full-time medical student, Bower is working to fulfill his vision to create a community health center within the sprawling slums surrounding Guayaquil, the largest city in Ecuador, which would provide inpatient and outpatient care. Judging from his track record, Bower’s dream will indeed become a reality.
Art Freeman, EdD, is a force of nature. To look at his office, you might think that force is a cyclone. To see his list of published works, you might think that force is a raging river. To experience the department he created, you realize that force is gravity – pulling together the best and brightest scholars the field has to offer.

Dr. Freeman first came to PCOM by chance after bumping into Eugene Mochan, PhD, DO ’77, professor and associate dean, primary care, at the airport in 1993. They had met at UMDNJ, and Dr. Mochan was looking for someone to work on a grant for PCOM. Dr. Freeman agreed to a part-time assignment. Never one to waste a resource, Dr. Freeman couldn’t help but notice the empty classrooms after four o’clock. “We had the classrooms, we had the facilities, so I proposed we start a doctoral program in clinical psychology,” he recalls. “I wrote a proposal, Drs. Finkelstein and Veit approved it, we put a sign up on City Avenue, hired a full-time faculty member and some adjuncts, recruited students, and we had a program.”

That was less than 10 years ago. Today, the psychology department boasts two doctoral programs, three master’s programs and two certificate programs. “Creating this department,” he says, “has been the high point of my career.” That’s saying a lot, coming from a man who has authored over 40 books and 50 journal articles, reviews and chapters, taught and lectured all over the world and mentored hundreds. “I’m most proud of our faculty,” he continues. “As objective as one can be, I would match our faculty against any faculty at any other school in the country. They’re bright, hard-working and student-oriented. Similarly, I would match our student body against any other; they’ve published more than most staffs, they’re professionals in the field and many of our graduates now teach for us.”

Although he will remain involved with PCOM, Dr. Freeman states, “I will absolutely miss PCOM. This was the best job I ever had at the best place I’ve ever worked.” So why is he retiring from the “best job ever”? The answer is family. He and his wife, Sharon, will move to Fort Wayne, Indiana, where his two grown children and four grandchildren live.

“I want to play with my grandchildren,” Dr. Freeman explains. “I want to pick them up after school, take them to Grandma and Grandpa’s house and teach them bad habits. I want to teach them how to make an egg cream. I want to help them grow up. I’ve done what I wanted to do here. Could I do more? Sure. But we’ve earned our APA accreditation, the school psychology programs are going well, and it’s time to step aside and let other faculty members have their turn. I have absolute confidence that the department is in good hands.”

Dr. Freeman’s version of “retirement” includes teaching one undergraduate class a semester at Indiana University – Purdue University Fort Wayne, teaching a graduate course at the Adler School of Professional Psychology, seeing patients, writing books, lecturing around the world, attending national and international conferences, mentoring students, running the Cognitive Behavior Therapy continuing education program at PCOM, teaching classes at the College via video conferencing and teaching weekend classes on campus once a month. Slow down? Well, that wouldn’t be in his nature.
LEADERS OF GEORGIA CAMPUS ANNOUNCED

Paul Evans, DO ’79, and John Fleischmann, EdD, have been chosen to head the proposed PCOM branch campus in Georgia.

Dr. Evans has come on board as vice dean for academic affairs, serving as the academic leader of the campus in charge of all programming for medical students. Board certified by the ABFP and ACOFP, Dr. Evans comes to PCOM with a wealth of clinical and academic expertise. Most recently, he served as professor of family medicine and associate dean for curricular affairs at Oklahoma State University College of Osteopathic Medicine. He also served in the US Army Medical Corps for 26 years.

John Fleischmann, EdD, has been named campus executive officer. He will be responsible for all administrative affairs including facilities, enrollment management, communications, human resources, management information systems and risk management. Dr. Fleischmann joins PCOM from Georgia State University, where he served as college administrative officer directing the business activities of the College. Dr. Fleischmann earned his EdD in higher education administration from the University of Georgia. He earned his MBA, MPA and BBA from Georgia State University and holds three diplomas from the US Army.

Drs. Evans and Fleischmann will join PCOM full time when the Bureau of Professional Education certifies that the College’s application as a branch campus is accepted. That decision is expected shortly.

ZEDECK AMPHITHEATER DEDICATED

In 2001, Murray Zedeck, DO ’62, made an unrestricted gift of $500,000, the largest outright gift to the College to date, through the Zedeck Family Foundation. In honor of Dr. Zedeck, PCOM named an Evans Hall amphitheater for the Zedeck family. On May 3, the amphitheater was officially dedicated with a portrait of Dr. Zedeck and his wife, Lila, which was hung outside the Zedeck Family Amphitheater. Dr. Zedeck is committed to making life better for others, and he has done so through his work in his community, his profession and his alma mater. When he made his gift three years ago, Dr. Zedeck’s hope was that it would stimulate others to give. “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.”

The portrait of Dr. Zedeck and his wife, Lila, hangs outside the Zedeck Amphitheater.
STUDENT LOAN PROGRAM A WIN-WIN PROPOSITION

As part of PCOM’s five-point plan, the College has implemented the School as Lender Program. The program allows PCOM students to borrow their Stafford Loans directly from PCOM. The loan program will provide substantial scholarship funds and operating income for the College while presenting a variety of benefits to the students.

PCOM’s agreement with Wachovia bank and PHEAA allows the College to offer students their most affordable Stafford Loan available in the Commonwealth of Pennsylvania. In addition, students pay no origination fee, which otherwise can be up to three percent of the loan. Additional benefits include a one-quarter percent interest rate reduction for borrowers who make monthly payments via automatic debit, as well as a two percent interest rate reduction after 48 consecutive on-time payments.

PCOM is pleased to be able to help students graduate with a lighter debt burden than might otherwise be the case.

LEGISLATORS CONVENE AT PCOM

On January 16, state and city legislators joined PCOM administration for the second year in a row for a legislative meeting to share ideas. The legislators heard about PCOM’s vision for the future, and PCOM administration learned from the legislators how the College can better serve the city and the state.

Shankerlal (Shanker) Vyas, PhD, former library director, dies

Shanker Vyas, PhD, of Harleysville, Pa., died on April 2. Dr. Vyas was a dedicated member of the PCOM community for 27 years, where he served as professor and director of library information and sciences.

Dr. Vyas had a varied and distinguished career. Born in Mesan, Gujarat, India, he was a professor of languages in his home country. In addition to his work at PCOM, he was a student and teacher of philosophy, a devoted yoga instructor and an Indian priest. Dr. Vyas started a high school in his native village, Mesan, and was a prolific writer. He wrote poetry and short stories and published several books of literary criticism and a book on bioethics titled Prolonging Life, Not Can We But Should We.

He is survived by his wife, Hansa Shah Vyas, also a former PCOM employee, a son, Sanjay Vyas, DO ’97, daughter-in-law and two granddaughters.
The following are grants that have been awarded since July 1, 2003.

Robert Cuzzolino, EdD, vice dean of graduate programs and academic planning, received a $196,712 grant from the Health Resources and Services Administration for improvements to the Clinical Learning and Assessment Center.

Marina D’Angelo, PhD, assistant professor, anatomy, is serving as a consultant on a $30,000 grant received from the National MPS Society.

Michael Kuchera, DO, professor, OMM, received a $100,000 grant from the Philadelphia Health Care Trust and a $25,000 grant from the Herbert and Karen Lotman Foundation for a pilot study to establish a protocol to determine change in nitric oxide concentrations after treatment with the AT101 table in healthy subjects and patients.

Eugene Mochan, PhD, DO ’77, professor and associate dean, primary care, received an additional $25,000 from the Kynett Foundation for “Heart healthy community project and the lay health advisor: underserved African-American population.”

ROBERT A. DITOMASSO, PHD, ABPP, NAMED PSYCHOLOGY DEPARTMENT CHAIR

The fact that Robert A. DiTomasso, PhD, is assuming the role of chairman of the psychology department following Arthur Freeman’s retirement seems especially appropriate. In the late ’80s, as Dr. DiTomasso continued his studies in cognitive-behavior psychology, he received post-doctoral training and supervision from Dr. Freeman.

Drs. DiTomasso and Freeman went on to write together, serve on dissertation committees together at Penn and teach together. “Art called me in 1994 and invited me to PCOM to train clinical psychologists in the cognitive-behavioral model with a focus on primary care. It was a perfect fit for me,” explains Dr. DiTomasso. “I had been working for 20 years in a family medicine setting and knew the value of psychologists and physicians working together.” He began as an adjunct professor and joined the department full time three years later.

“This has been a marvelous experience,” proclaims Dr. DiTomasso. “Art has brought together outstanding clinicians and scholars. The department has a true family atmosphere; everyone cares about one another and is dedicated to excellence and mentoring students. Art is the most creative and the brightest person you’ll ever meet. He thrives on helping people and that shows in the department he created. He’s promoted professional growth in his faculty, students and staff.”

Dr. DiTomasso’s early training in psychology was in behavior therapy. He earned his bachelor’s degree in psychology from LaSalle University, his master’s in general, experimental psychology from Villanova University and his PhD in professional-scientific psychology from the University of Pennsylvania. He continued his training at the June Institute in Behavior Therapy and completed an internship at the Behavior Therapy Unit, Eastern Pennsylvania Psychiatric Institute.

As Dr. DiTomasso takes over leadership of the department, he says he will “take the tradition of excellence Art has created and continue to build upon it. We will maintain our excellence and look for ways to improve using outcome-based assessments. We’re very proud of our master’s, doctoral and certification programs. And we’re especially proud of receiving APA accreditation for our doctoral program in clinical psychology. Our newest programs are in school psychology. The doctoral school psychology program will continue to increase its involvement with the School District of Philadelphia and move toward national accreditation.

“We will also continue to give back to the community as much as possible. We encourage our students’ dissertations to be clinically relevant to, and have a positive impact on, the services provided in the community. In addition, we will continue to collaborate with our colleagues in primary care to provide high-quality, evidenced-based clinical services at PCOM’s Healthcare Centers.

“The strength of our department lies in our extraordinarily dedicated, hard-working and superb faculty and staff, our outstanding students and our supportive administration. I fully expect to continue to build our programs on all we’ve accomplished thus far.”
STUDENTS REACH OUT IN PHONATHON

The annual spring phonathon was another huge success. For five nights in March, 50 PCOM students connected with more than 1,900 DO alumni all across the country seeking their support of the DO Student Scholarship Fund and the College’s Unrestricted Annual Fund. As friendships were made, $185,468 was raised in gifts and pledges from the College’s most loyal alumni, translating to an average gift of $209. If you missed your call, it’s not too late to make a difference. Your gift, combined with those already made from the phonathon, will help the College reach its goal of $200,000. Visit www.pcom.edu today and make your gift online.

As in years past, Follies ’04 poked good-hearted fun at PCOM instructors, students and the profession. But on a serious note, Follies raised over $1,200 for the National Multiple Sclerosis Society. Also, Follies producer Meredith Perry (DO ’06) was presented with the Class of ’03 Memorial Award, created in memory of Matt Antrobus and Behrang Emami, both members of the Class of ’03 who died before graduating. The award is earmarked for a second-year DO student who demonstrates a strong interest in pursuing a career in dermatology or internal medicine. Preference is given to students involved in the Christian Medical and Dental Society and/or Follies.

Saul Jeck, DO, chairman, department of obstetrics and gynecology, was honored by the Physician Assistant Class of 2003, which presented him with the 2002–2003 Outstanding Clinical Preceptor Award.

Katherine Galluzzi, DO, professor and chair, geriatrics, presented “Primary care and pain at the end of life” at West Virginia School of Osteopathic Medicine’s Mid-Winter Osteopathic Seminar. Through a grant from the Pew Charitable Trusts, Community Connections, Dr. Galluzzi and the department of geriatrics will be working with Intercommunity Action Aging Services to integrate mental health care with other medical and social agencies.

Valerie Lemon (PsyD) and Sherri Edelman (PsyD) were finalists in the Pennsylvania Psychological Foundation 2003 Education Award. Edelman has also been invited to act as an executive committee member and representative of the National Call to Action: A Movement to End Child Abuse and Neglect, and Authentic Voices. Additionally, she was invited to present a workshop at the New Jersey Cares About Bullying conference. Her topic was “The hidden world of female bullying.”

Sean McMillian (DO ’05) and Anne Marie Chicorelli (DO ’05) had their paper, “Carbon dioxide laser tissue welding on small intestine submucosa,” published in the Journal of the American Osteopathic Association. They also presented their research at the AOA convention last fall.

Rosemary Mennuti, EdD, EdD, director, school psychology programs and coordinator, psychoeducational program, was interviewed by Dr. Dan Gottlieb on the WHYY radio show “Voices in the Family.” She discussed the group therapy work she does with large women.

Chavone Momon-Nelson (DO/MBA ’05) was recognized as an outstanding third-year medical student by the Medical Society of Eastern Pennsylvania.
AMA EXPLORES OSTEOPATHIC MEDICINE

PCOM hosted medical students from Maryland, Virginia, New Jersey and Pennsylvania at the Spring AMA Medical Student Section Region VI Meeting titled “Exploring Osteopathic Medicine: The DO Difference.” In addition to attending to AMA business and reviewing research posters, participants learned about osteopathic medicine from Laurie Spraga, DO ‘97, physician, PCOM Healthcare Center – Roxborough Division, and attended an OMM workshop led by Matt Dubrow, DO ‘98, instructor, OMM. Keynote speaker James Tayoun, DO ‘90, presented “Preserving physician autonomy: How you can be actively involved in protecting the future of healthcare.” “It was a wonderful way to introduce medical students from other schools to osteopathic medicine,” explains Leanne Labriola (DO ‘06).

PCOM AMA president Megan Merrill (DO ’06), left, and Student Government first vice president Leanne Labriola (DO ’06) coordinated the AMA conference.

DOs TAKE THE HILL BY STORM

Over 100 PCOM medical students were among the more than 1,200 DOs and DO students in Washington, D.C. on April 15 for DO Day on the Hill. Participants met with their state representatives and senators to discuss two major issues — the reauthorization of the Higher Education Act and professional liability insurance. The students’ trip was made possible through funding from the Student Government Association and a grant from the Student Activities and Stipend Fund sponsored by the PCOM Alumni Association.

Dave Kasper, left, and Phil DeMola, both first-year medical students, took their concerns to Capitol Hill.

OPEN MIC NIGHT ROCKS SCHOLARSHIP FUND

Students, staff and faculty took to the stage during the fifth annual Open Mic Night in May. The event raised approximately $900 for the John D. Kearney Scholarship Fund, created in memory of Kearney, who died during his second year as a PCOM medical student. The scholarship is awarded to a second-, third- or fourth-year student who has shown exceptional merit in his or her studies. Special preference is given to students from Wilkes University.

John Kearney’s sister, Elizabeth, raises her glass in a toast to her brother during Open Mic Night.

SAVE THE DATE

The 12th Annual PCOM Golf Classic to benefit the PCOM Healthcare Centers will be held on Monday, October 4, 2004 at the Waynesborough Country Club in Paoli, Pa. To learn about sponsorship opportunities or to register a foursome, contact Alumni Relations and Development at 800-739-3939 or 215-871-6120.
Jahmez Reid (DO ’06) and Maiyen Tran (DO ’07), co-presidents of SNMA, look on as Dr. Bradford admires his award.

SNMA PRESENTS AWARDS

The Student National Medical Association (SNMA) held its 16th annual recognition reception celebrating the minority DO and presented its highest honor, the “Meta Christy Award,” to A. Jay Bradford, DO ’01. This award, given in recognition of exemplary practice of osteopathic medicine, service to the community and inspiration to future DOs, is named in honor of PCOM’s first minority graduate in 1921.

OMM FELLOWS ANNOUNCED

This year’s fellows in the Osteopathic Manipulative Medicine (OMM) Fellowship Program are third-year students Jessica Yahnert, Scott Peerenboom, Francisco Laboy and Joshua Hazleton. These 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 purpose of the fellowship is to reinforce and develop students’ skills in OMM and allow the students to serve as role models for their peers.

An annual College provision sustains the fellowship program with assistance from the C. Paul Snyder, DO and Vickers endowment funds. Additional support comes from special gifts earmarked for OMM.

Kudos

Marilyn Mussomeli (PsyD) had her poster, “Mindfulness-based healing: enhancing wellness for persons with MS,” accepted as a work in progress for the Consortium of Multiple Sclerosis Centers conference. The abstract will be published in the International Journal of MS Care.

Patrick O’Donnell (DO ’05) had his paper, “Peptidylglycine-a-amidating monooxygenase and pro-atrial natriuretic peptide constitute the major membrane-associated proteins of rat atrial secretory granules,” published in the Journal of Molecular and Cellular Cardiology.

George Villarose (PsyD) coauthored the article “Gender-sensitive family therapy,” which was published in Textbook of Family and Couples Therapy: Clinical Applications.

Mindy George Weinstein, PhD, professor, anatomy, presented a lecture at the Federation of the American Society of Experimental Biologists Conference titled “Origin, distribution and development of skeletal muscle stem cells.” In addition, members of Dr. George Weinstein’s lab published a manuscript titled “Epiblast cells that express MyoD recruit pluripotent cells to the skeletal muscle lineage” in the Journal of Cell Biology. The manuscript was first authored by Jackie Gerhart, laboratory supervisor, and coauthored by Chrissy Neely, lab technician; Ben Stewart (DO ’05); Jordanna Perlman, MS ’02; David Beckman, Duke University; Karen Knudsen, Lankenau Medical Research Institute, and Margaretha Wallon, Lankenau Medical Research Institute.

Bruce Zahn, EdD, ABPP, associate professor, psychology, presented “The older adult patient in an inner city health care center: challenges and opportunities for the clinical psychologist and primary care physician” for the distinguished lecture series at the Widener University Institute for Graduate Clinical Psychology.
When Herbert Lotman, LLD (Hon.), was unanimously elected chairman of the board of Philadelphia College of Osteopathic Medicine in 1992, he had a vision for PCOM that included financial health and stability, strong communications with alumni, the best possible education for students and an enhanced reputation as one of the finest medical schools in the country. Now, 12 years later, as he turns over the gavel to newly elected PCOM Chairman of the Board Paul W. McGloin, the College clearly reflects Lotman’s vision.

“I am proud to have been able to use my corporate experience to take the College from perilous ground to financial stability.”

– Herbert Lotman, LLD (Hon.)
Although Lotman assumed leadership of the College at a very difficult period in PCOM’s history, his dedication and belief in the College combined with his remarkable business acumen not only restored PCOM’s health, but laid an enduring foundation of strength for the future.

Reflecting on his tenure, Lotman says, “I am proud to have been able to use my corporate experience to take the College from perilous ground to financial stability, building an outstanding campus that houses one of the largest medical schools in the country. We had to make some difficult decisions. Selling the hospital was one of the toughest. But since that time, the fate of many hospitals in the region has suggested that we made the right decision.”

Noting the College’s financial health, he says, “We took the PCOM Foundation from a pittance to almost $80 million. With this achievement, we established financial stability for the College for what I hope will be forever.”

According to PCOM President and CEO Matthew Schure, PhD, Lotman’s leadership has been vital to the College. “Philadelphia College of Osteopathic Medicine owes its very existence to Herbert Lotman,” he emphasizes. “At a time of institutional crisis, he stepped forward to lead a revitalization of the College. He has given his time, talent and personal resources to ensure the fulfillment and continuance of the College’s instructional, research and service missions. By putting the College back on a solid foundation, Mr. Lotman has given us the exciting future that stands before us. We are delighted that he will move into the future with us as a member of our board of directors.”

Poised to lead PCOM into that future is Paul McGloin. A member of PCOM’s board of trustees since 1991, the College’s new chairman of the board was instrumental in helping restructure PCOM to become the strong, fiscally healthy entity it is today. A banker for 27 years, McGloin will continue to use his considerable financial talents to ensure the College’s enduring economic health.

Now group executive vice president and chief lending officer for National Penn Bank, McGloin began his banking career in 1975 at American Bank and Trust Co. of Pennsylvania, a predecessor to Meridian Bank, where he last served as division president for the Philadelphia region. Upon Meridian’s merger with CoreStates, McGloin served as the chief risk policy officer. He later served as managing director of capital markets for First Union Bank, working with large corporate customers on a national basis.

A certified public accountant, McGloin graduated with an accounting degree from Drexel University. He is a member of the American Bankers Association, Pennsylvania Bankers Association and the American Institute of CPAs.

McGloin serves on the board of the Foundation for Architecture, where he has enjoyed the opportunity to become involved in important discussions regarding Philadelphia’s future. Through the years, he has also served on the boards of the Philadelphia Convention and Visitors Bureau and Leadership, Inc., a group that meets monthly to discuss regional issues such as schools, politics and architecture. He and his wife, Bev, live in Malvern, Pa., and have three adult sons, Christopher, Matthew and Sean.

McGloin looks forward to building on the legacy left by Lotman. “Herb’s leadership has left PCOM in a position of strength financially and academically,” he says. “Our excellent reputation enables us to compete with all medical schools across the United States. It has been a privilege to work with Herb throughout his tenure, and I am excited to have the opportunity to build on our strength and help shape the future of this important Philadelphia institution.”
Alumni Chapters

Building a network of Service & Support
In the world of information technology, Metcalfe’s Law is a basic operating principle which states that the power and value of a computer network is based upon the number of connections — the greater the number, the better the network. This could apply to our network of PCOM alumni as well!

During the past few years, the Alumni Association of PCOM has been working with renewed vitality to build and strengthen connections among its 8,800 DO members, current PCOM medical students and the College.

“We are a service organization first and foremost,” says John Costino, DO ’71, president of the association. “One of our primary goals is to help our alumni meet the challenges they face in today’s health care environment, and we can do that most successfully by increasing the number of alumni who actively participate in our association, joining forces and making our voices heard.”

Dr. Costino emphasizes the value of attending alumni events and professional meetings, and urged alumni to contact association board members about the kinds of support they would like to receive from the association.

**Student Outreach**

The Alumni Association has been reaching out to PCOM students, interns and residents in new ways. For the first time last year, the association included a representative from each of these groups at its meetings.

“It’s wonderful to have their participation and suggestions,” says Dr. Costino. “They come from a completely different vantage point, which enables us to plan in a way that will benefit future alumni and encourage their participation.”

Maureen Sestito, DO ’02, the resident representative, also served as the association’s first intern representative last year. “It’s very exciting to learn firsthand from our alumni about their successes and challenges,” she says. “The information shared at these meetings is very valuable, and I’m glad for the opportunity to share it with other residents.”

Dr. Sestito also notes that this interaction gives students and post-graduates an important avenue for reaching out to alumni for support. “It’s crucial to have students, interns and residents involved with the association,” she emphasizes. “We are the future basis of financial support for the College and it’s more likely that we will contribute if we’ve been involved with the association and gotten to know people. By participating on the scholarship committee, I’ve gained valuable insight into that process.”

**Financial Support**

The Alumni Association provides direct financial support to students through the Alumni Association Scholarship, awarded annually to second-year medical students who place in the top 15 percent of their class, participate in student government and/or extracurricular activities and demonstrate financial need. Since the scholarship was established in 2000, $36,500 has been distributed to 43 students.

The Student Activities and Stipend Fund, also sponsored by the Alumni Association, provides funding for a range of unique student academic activities, such as professional conventions or clinical clerkships, through individual grants ranging from $250 to $2,500. Proposals are accepted from second-, third- and fourth-year DO students. During the past three years, $25,000 has been distributed to 61 students, and the association will provide another $10,000 in funding for 2004.

“As alumni, there are so many ways we can help PCOM students and each other,” says Dr. Costino. “We must also help to ensure that the College remains the strong, dynamic institution it is today. We need the time and creativity of all our alumni to achieve our goals as we continue our efforts to broaden our network and strengthen our connections.”
Alumni Association of PCOM
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Shaila Quazi, (DO ’04)

2004 District Directors
Physician assistant program alumni committee: A vital mentoring network

When Kristen Lehmann, PA-C ’00, and Christiane Petrillo, PA-C ’00, were students, they realized how much it would help to have practicing physician assistants as mentors. That’s why they established the Physician Assistant (PA) Program Alumni Committee in 2000.

Since its first meeting four years ago, the committee has been propelled forward by the enthusiasm of PA alumni and the support of PA faculty and Alumni staff. One of their key achievements is the publication of a directory of PA alumni, distributed to students and alumni, which serves as the foundation of the committee’s mentoring network. “The directory has already proven itself invaluable,” says Lehmann. “Students use it to contact alumni for advice about preceptorships and job searches as well as tips on succeeding with specific courses. It’s been tremendously successful.”

PA alumni also stay involved with the College by helping to teach certain classes and by participating in special events such as Senior Day, which occurs every six weeks. “Senior PA students take general competency tests on this day, and PA alumni come to share ‘how to’ information about licensing, exams and accreditation,” says Lehmann. “We give them nitty-gritty details that we wish we had known ahead of time. We encourage them to use the Alumni Committee as a resource as much as possible.”

In addition to mentoring students, the committee also helps PA alumni stay connected. “We have nine class agents, two or three for every graduating class,” notes Lehmann. “We hold meetings twice each year and we invite class reps from each of the student classes to participate.”

The committee’s future plans include fundraising to support PA scholarships and programs.

Psychology alumni establishing association

Efforts are under way to establish an alumni association for the 74 alumni who have graduated from PCOM’s seven psychology degree and certificate programs.

“Our goal is to keep our alumni connected and involved at PCOM,” says Stephanie Felgoise, PhD, director, PsyD program in clinical psychology. “We plan to offer benefits to our alumni such as professional development opportunities and continuing education programs. At the same time, we would like to ask them, as colleagues, to serve on our dissertation committees and supervise our students. Our alumni association will facilitate this.”

The department of psychology recently completed a survey of its alumni to develop the alumni database. This is the foundation for a strong and growing alumni association.

PCOM also stays in touch with alumnae from the School of Nursing (last class, 1960). They receive regular publications and are invited to regional receptions.

For more information about these alumni groups, contact Pam Ruoff, director of alumni relations and development, 800-739-3939 or 215-871-6120, e-mail: pamr@pcom.edu.

The office of alumni relations and development’s goal is to ensure that all PCOM alumni are represented by an alumni association. The next need to be addressed is the graduates from the biomedical sciences program. Look for details in future issues of Digest.
Gregory P. Samano, DO '72, admits that he was an aging baby boomer wondering what to do with his life. He had a successful family practice, his youngest child had left home and he was looking for his next challenge.

Gregory P. Samano, DO '72, treating a woman at the clinic in Yurimaguas, Peru, that he helped create.

Dr. Samano treats a woman at the clinic in Yurimaguas, Peru, that he helped create.
That challenge came when he asked to lead a medical mission to the former Soviet Union in 1991. He was hooked. Over the next four years, he and his wife led four more teams to Russia with financial support from his church and medications donated from pharmaceutical companies. “The state of medical care was a good 60 years behind the times,” says Dr. Samano. “What they really needed was instruction. At one point I gave a lecture to 300 doctors and nurses.”

He and his wife then went on to lead five medical-surgical teams over a three-year period into Guatemala, where he worked in a hospital established by Missionary Ventures. “This was an area that previously had no medical resources,” explains Dr. Samano. “The Mission brought teams in three or four times a year to this little mountain town. Because we were the only medical facility in the area, people would walk for three or four days to get there. One man walked to the clinic with acute appendicitis. We treated him, and after a couple of days, he walked home.”

As fulfilling and illuminating as those experiences were, says Dr. Samano, “we were told there was a 50 percent morbidity/mortality rate among newborns and mothers who deliver in the Amazon Basin of Peru. Now an obstetrician/gynecologist visits the villages along the river and brings the pregnant women who are at high risk to the clinic.” This involves a three- to four-day trip down the Amazon. The women spend the remaining months of their pregnancy at the clinic, deliver their babies and return to their villages. “We have saved countless mothers and babies,” he says.

In addition to women and their newborns, the clinic cares for the sick and injured. “In the three-and-a-half days I was there,” recalls Dr. Samano, “we saw approximately 550 people. People start lining up at two in the morning. By the time we opened at 5:30 or 6 a.m. there was a line down the street.

“The situation is dire in this area of the world,” he remarks. “There is a tremendous amount of AIDS. There is virtually no agriculture, so the diet consists mostly of yucca. And because they’ve hunted all the animals in the area, they have no protein in their diets. The Mission has sent three cows to the...
PSYCHOLOGY AS A HEALTH PROFESSION

Though this might not happen in most primary care offices, it has been happening in PCOM Healthcare Centers for three years, and it fore- shadows a remarkable change in the way psychology is viewed by the larger medical community. “The bio-
psychosocial connection is becoming more integrated in health care,” says Barbara Golden, PsyD, assistant
professor, psychology and director, clinical services for the department of psychology. “So much of what
physicians see – somatic complaints, non-compliance with medication, chronic pain – all of these can have a psychological component, and the outcomes are better when these factors are addressed.”

Including psychological services with basic health care can reduce demands on primary care. One study
found that when behavioral interventions were offered to chronically ill patients, walk-in visits decreased 17 percent overall. Visits for asthma declined 49 percent and for arthritis 40 percent.

The statistics bear out the link between psychological and physical distress: the American Psychological Association (APA) estimates that up to 60 percent of physical complaints may have a comorbid psychological root. Conversely, chronic illnesses such as diabetes and coronary heart disease can produce depression, anxiety and other psychological disorders. The APA considers the mind-body link so critical that the organization has called for psychology to be viewed as a health profession, rather than simply a mental health profession, and for psychological evaluation to be part of primary care.

Combining care yields benefits in three ways, says Burton T. Mark, DO, chairperson, department of psychiatry. “First, in terms of access, patients in the community clinics have somebody in-house who can provide psychological care, and the medical practitioners have people who are informed about counseling and mental health issues on site. Second, patients have the benefit of continuity of care – they come to the same place for psychological and medical services. Third, psychology students are able to see that patients with psychological issues also have medical issues that impact their psychological well-being.”

PCOM clinical psychology students have provided consultation at the College’s four Philadelphia Healthcare Centers since 2002, in addition to the Center for Brief Therapy, the on-campus clinical facility of the department of psychology. “We train our students to be practitioners and scholars,” explains Dr. Golden. “Our students gain more substantive experience because we give them an opportunity to work in a medical setting as clinical health psychologists in training.”

It is a unique approach: across the United States, while 36 percent of psychology internship programs offer training in behavioral medicine, just two percent of those offer substantial exposure to patients at the primary care level.

“We have seen decreases in scores for depression and anxiety, and improved quality of life,” says Harry Morris, DO ’78, professor and chair-
man, family medicine, citing the results of a six-week multidisciplinary study that paired psychology and medical students in treating chronically ill patients. Measured with standard inventories, patients’ levels of depression and anxiety improved at one, three and six weeks into treatment, as well as one month after treatment had concluded.

“We have the unique position of being part of a medical school with a long tradition of training primary care physicians, and it is an extraordinary and wonderful opportunity to put our students side by side with primary care physicians,” says Arthur Freeman, EdD, retired chairman, department of psychology.

According to Robert DiTomasso, PhD, who became department chairman in July, the timely provision of psychological services reduces overall health care expenditures.

“For example, empirically support-
ed psychotherapeutic interventions for
depression associated with chronic illness and pre-surgical psychological counseling result in fewer complications and reduced use of medical services. For high-frequency Medicaid users, providing psychological services has been associated with nearly a 40 percent reduction in Medicaid utilization.

Consultation has increased as the physicians have become accustomed to the students’ presence. “It’s so helpful to have them in the same office and so convenient for patients to get counseling,” says Larry Finkelstein, DO ’87, associate professor, family medicine and director, PCOM Healthcare Center – City Avenue Division.

TREATING PSYCHOLOGICAL CAUSES OF PHYSICAL ILLNESS

PCOM Healthcare Centers, in or near underserved areas of Philadelphia, bring care to people who “may not otherwise have the opportunity to get good mental health treatment,” notes Stephanie Felgoise, PhD, director, PsyD program in clinical psychology. “They may have been bounced around mental health clinics. They may have experienced loss and grief from family members who have been murdered, imprisoned or died due to illness. They may need to reestablish feelings of worth. Our students feel good that they can give people relief that they might not get from medicine alone.”

According to Dr. Morris, it’s a difficult population to get into psychological services. “It's much better to have services available in the Centers than handing them an 800 number to call.”

For the sleepless Roxborough patient, a doctor of psychology (PsyD) student might evaluate his evening diet or review counterproductive activ-
ities such as watching the clock throughout the night. He might ask the patient to keep a sleep diary. He might recommend relaxation techniques and exercise, and he would probably schedule follow-up visits.

Stress is where physical and psychological complaints often intersect. “We had a student who had not done well on his medical boards and came in for stress training,” recalls Jeffery McCleary, a PsyD intern who has worked in the Cambria and Lancaster Avenue Divisions. “We used biofeedback to help the student see how cognitive responses and physical responses are linked. The next time he took the boards, he passed.”

Usually, however, patients come from the broader community. Dr. Finkelstein recently referred a 16-year-old for consultation. “At more than 350 pounds, he was morbidly obese and I thought there was also the possibility of substance abuse. I saw someone who in 20 years will have a heart attack, stroke or severe arthritis.”

CARING FOR THE WHOLE PERSON AND SOMETIMES THE WHOLE FAMILY

Since primary care is usually the first point of contact with patients and the threshold for ongoing care, it’s logical to include psychological services there.

Occasionally, care extends beyond an individual. PsyD intern Susan Hunt works in PCOM’s Geriatric Practice, whose patients traditionally do not seek psychological care. “There seems to be a bias against psychological counseling among seniors,” she explains. “Depression, for example, used to be seen as a normal part of aging.”

Recently, Hunt worked with a woman in the early stage of Alzheimer’s and her two adult children. “We worked on interventions they can do at home, such as memory aids like a checklist in the bathroom and safety controls on the stove. We also talked about caregiver stress,” she explains. “The patient has been steadily improving over the four weeks we have been meeting.”

Anna Zacharcenko (PsyD), right, along with Kim Kuczinski, DO ’04, at PCOM Healthcare Center – Roxborough Division.

MAKING PSYCHOLOGY SERVICES ACCESSIBLE AND ACCEPTABLE

Locating psychological services in the primary practice makes it more convenient for patients to keep appointments, but it also reduces the social stigma of referral. Having a trusted physician suggest psychological care and introduce the provider can make it easier for patients to accept the idea.

“It melts away a lot of barriers,” says Dr. Golden, who notes that PCOM Healthcare Centers offer a familiar, safe environment in areas that can be threatening. Never was this more obvious than last winter, when a 10-year-old boy was shot and killed on his way to school. The child was murdered in a gun battle that took place just two blocks from the Cambria Division, which was soon flooded with local residents seeking solace.

Assisting those who have experienced the violent death of a family member or friend is not new for PCOM: the Center for Brief Therapy receives referrals of victims’ family and close friends from the Philadelphia Medical Examiner’s Grief Assistance Office.

SEEING THE OTHER SIDE

Having physicians and psychologists work together facilitates an understanding in each group of what the other contributes to care. This is especially true in the care of young patients, who will have access to PsyD students in school psychology this fall. That’s when the school psychology students join their clinical psychology counterparts in the Center for Brief Therapy and the Healthcare Centers. Though the school psychology students will see patients of all ages, they are expected to provide valuable insight into the care of pediatric patients.

“The typical school psychologist is not trained in the mind-body frame of thinking. They are trained to look at the emotional component, and the physician looks at medical factors. It’s no one’s fault, it just hasn’t been part of the training,” explains Rosemary Mennuti, EdD, director, school psychology programs and coordinator, psychoeducational program. “Our students have the opportunity to consider children as whole persons, to understand the medical conditions, and to understand how frustration and stress may play into physical conditions. Without a partnership, we’re working in isolation.”

ADVANTAGES FOR PSYCHOLOGY STUDENTS

Unlike many graduate programs in psychology, PCOM’s clinical component exposes students early on to a professional practice environment and expectations. According to Dr. Felgoise, “Our program is unique in that it’s the only PsyD program in an osteopathic medical school. PCOM students receive clinical training at the doctoral level, rather than the post-doctoral level [as students in many programs do]. It is much better than being trained in one model and then expected to practice in another.”

Graduate psychology students have helped several patients in the primary care setting. A patient who had been rushed to emergency rooms several times with symptoms of a heart attack was referred to Hunt after no physical problem was found. “He was diagnosed with panic disorder,” she says, “and we’re taking him through the
steps of treatment and teaching him ways to cope with his symptoms.” As McCleary points out, “We do a lot of teaching.”

In an instance of reverse referral, a psychology student suggested that a patient complaining of depression have a medical examination. The patient was found to have an underactive thyroid that, along with emotional factors, was contributing to severe depression. With psychological consultation and medication, the patient was able to deal with the problem.

In general, psychology students find that their patients trust them, try to comply with their suggestions and often express a wish for more sessions at the end of treatment. Typically in the primary care setting, patients receive a half-hour of psychological counseling a week for six to 12 weeks. An exam room consult, where physician, psychology student and patient meet face to face, provides the optimal environment for biopsychosocial intervention.

**COLLABORATION FLOURISHES**

Though psychology students work primarily with PCOM family physicians, they collaborated with medical students in a multidisciplinary study designed by Drs. Golden and Morris. For six weeks, two-person teams of medical and psychology students treated patients who had chronic illnesses such as heart disease, diabetes and fibromyalgia comorbid with depression, anxiety or other mental health problems.

Drs. Golden and Morris continue to plan for upcoming training opportunities and research funding as a result of the first three years of clinical collaboration. Their findings have been used as the basis for a three-year grant to formalize the clinical training program in counseling and clinical health psychology, says this is cutting-edge care. “We hope our DO graduates would consider having psychological care as part of their practice. It can save time and money by getting a consult as they’re going along — a few sessions of psychotherapy for depression are much better than a hospitalization for a suicide attempt.”

Sometimes PCOM physicians even participate in psychology students’ dissertation committees — one more opportunity for colleagues with diverse backgrounds to share perspective. Dr. Mennuti recalls, “In a defense involving obesity, a physician on the committee said, ‘I never realized this and I will go back and apply it in my practice.’”

Whether collaboration takes place in discussions about patients, through in-service presentations, on research projects or in critiquing a dissertation, the tone among medical and psychological staff is one of openness. “It feels really great to be a psychologist in a medical school where there is mutual respect among colleagues, where people are open, willing and collaborative,” says Dr. Felgoise.

The usefulness of combining psychological and medical care has long been known. Dr. Golden says, recalling the words of Sir William Osler, a Canadian physician at the turn of the 20th century who combined physiological and psychological care in treating patients: “It is more important to know the man who has the disease than it is to know the disease the man has.” Dr. Golden adds confidently, “As physicians and psychologists unite to provide service for people suffering in mind and body, there is hope generated for the individual, the family and the community.”
Harry Morris, DO ’78, standing, checks on a patient referred to Jeffrey McCleary (PsyD), left, for psychological counseling. Barbara Golden, PsyD, standing, presents to PCOM Healthcare Center physicians, counterclockwise from left, Kenneth J. Veit, DO ’78, Izola David, DO ’85, Michael Venditto, DO ’77, David Kuo, DO ’96, Larry Finkelstein, DO ’87, and Harry Morris, DO ’78.

### PCOM GRADUATE PSYCHOLOGY PROGRAMS

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<tr>
<th>Degree/Program</th>
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<th>Details</th>
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<tbody>
<tr>
<td>Doctor of Psychology (PsyD)</td>
<td>professionals in mental health, senior care, criminal justice, child care who want more responsibility</td>
<td>includes coursework, practicum, internship and dissertation</td>
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<td>• Clinical Psychology</td>
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<tr>
<td>• School Psychology</td>
<td>school psychologists who want to become leaders in psychoeducational and mental health services</td>
<td>includes fieldwork, dissertation, project; specialty track in cognitive behavioral therapy</td>
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<td>Educational Specialist/</td>
<td>professionals in education, counseling, psychology with master’s who want certification</td>
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<td>provides psychological and educational understanding of school psychology</td>
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<tr>
<td>• Organizational Development and Leadership</td>
<td>human resource professionals who wish to improve workplace culture and productivity</td>
<td>teaches basic skills and techniques to manage organizational change</td>
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<td>Certificate of Advanced Graduate Study in Psychology (CAGS)</td>
<td>students with a master’s in psychology, social work, counseling, school psychology who wish to enhance skills and knowledge and/or pursue counseling</td>
<td>two tracks: cognitive behavioral therapy and professional psychology</td>
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<td>mental health professionals who wish to improve knowledge and skills</td>
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A PCOM RESEARCHER WANTS TO LIMIT HEART DAMAGE DURING TRANSPLANT AND HEART ATTACK
Some people say luck occurs when talent and opportunity meet. Such people would do well to meet Lindon H. Young, PhD, assistant professor, pathology, microbiology and immunology.

He's been on the cutting edge of studies into myocardial ischemia followed by reperfusion, studies that some day in the not too distant future could have significant impact in preventing or limiting damage to the heart during transplant surgery and even during heart attack. His work also could have similar impact in saving other organ systems that are damaged by a cascade of events during transplant, leading to inflammation and tissue death.

In 2001, Dr. Young was finishing a post-doctoral fellowship at Thomas Jefferson University. “I was looking everywhere for a job,” he recalls with a smile. “I looked into universities, pharmaceutical companies, everything I could think of. I was getting worried.”

He recalled that his former pharmacology professor at the then Philadelphia College of Pharmacy and Science, Frederick J. Goldstein, PhD, professor, clinical pharmacology, was now at PCOM. It had been years, so Dr. Young didn’t call Dr. Goldstein. “I called human resources to ask if they had anything,” he notes. “I spoke with Maxine Robinson and she wanted to know how I already knew about a position that was just posted the day of my call. I didn’t know — I was just calling then, by luck.”

Dr. Young applied for the position, and waited. Then, unexpectedly, his father died. In family tradition, Dr. Young carried his father’s ashes to the beach. My cell phone rang and it was Dr. Bromke calling. [The late Bruno Bromke, PhD, was professor of pathology, microbiology and immunology.] I looked up at the surf and said, “Thanks, Dad.”

Dr. Young presented his work to a committee at PCOM on January 13, 2002. Three weeks later, he was hired. He has a National Institutes of Health (NIH) grant to further his study. He uses a rat model in his work, which is applicable to heart transplantation. His studies are geared to inhibit the cascade of events that would lead to cardiac contractile dysfunction, set in motion by myocardial ischemia followed by reperfusion. (Myocardial ischemia is cessation of blood flow to the heart. Reperfusion is the restoration of blood flow to a previously ischemic area of the heart.)

“My NIH-funded research involves inhibiting protein kinase C (PKC) isoforms beta II and zeta in attenuating neutrophil-induced myocardial ischemia/reperfusion injury,” explains Dr. Young.

“This [cardiac contractile dysfunction] is principally mediated by neutrophils [a type of white blood cell]. Therefore, substances that inhibit neutrophil transmigration into the heart tissue after reperfusion are cardioprotective. People who need a heart transplant, coronary bypass or angioplasty would benefit from compounds that inhibit neutrophil transmigration, since these are examples of ischemia/reperfusion injury.”

“Dr. Young’s work is contemporary and will have an impact on cardiac medicine,” notes Richard M. Kriebel, PhD, associate dean, curriculum and research, and chair, biomedical sciences. “He is the ultimate research scientist who at the drop of just about any word in the English dictionary can eventually pervade the conversation with his enthusiasm for research and discovery.”

His enthusiasm is apparent to students who work in Dr. Young’s lab, including Didi Omiyi, Norrell Atkinson and Uchenna Chukwu, all MS/Biomed ’04.

In his studies, Dr. Young attempts to better understand the process leading to heart damage and to further study how to stop or limit the damage. He has been published in the American Journal of Physiology three times and is submitting a fourth article, and he has been published in the Journal of Cardiovascular Pharmacology twice.

Dr. Young also has submitted a grant application to Pfizer Pharmaceuticals to use the statin drug atorvastatin in future research designed to learn whether this drug can stave off damage to the heart during reperfusion. If successful, this research could have broader uses, since researchers recently became aware that this class of drugs has some novel anti-inflammatory effects. “I want it to work within the first five minutes of reperfusion,” says Dr. Young, his voice rising with excitement for his work. “It’s absolutely crucial to inhibit the process which leads to inflammation.”

The region’s preeminent broadcast medical correspondent, Fox 29 Television Medical Editor Brian McDonough, MD, recognizes the potential implications of Dr. Young’s work. “The earlier you can intervene and prevent damage to the heart, whether it be in transplantation or in the case of a heart attack, the better,” emphasizes Dr. McDonough. “A damaged heart doesn’t get better, so an approach such as this, that might be able to stave off damage before it occurs, is exciting.”
1944
Rodney H. Chase, DO, Largo, Fla., retired on July 1, 2003 after 59 years of practice. He practiced pediatrics and general medicine.

1956
Barry D. Walp, DO, Lancaster, Pa., retired as coroner for East Hempfield Township after 37 years of service. He also retired from his private practice after 47 years.

1958
A. Alvin Greber, DO, Aventura, Fla., co-authored an article published in the *Journal of the American Osteopathic Association* titled “Bedside cardiology skills training for the osteopathic internist using simulation technology.”

1959
Lenwood B. Wert, DO, Lansdowne, Pa., was awarded life membership in the Pennsylvania Osteopathic Medical Association. He is vice speaker of POMA’s House of Delegates.

1966
Edwin W. Abbott, DO, Springfield, Pa., was listed in *Main Line Today* as “Top Doctor in General Plastic Surgery.”

1968
Alfred J. Poggi, DO, Somerset, Pa., was elected to the State Board of Osteopathic Medicine.

1969
Robert A. Barnes, DO, Allentown, Pa., was highlighted in an article published in the *East Penn Press* titled “There have been Barnes doctors in the house in Emmaus since 1969.” Dr. Barnes shares his general practice with his son, R. Brian Barnes, DO ’00.

1971
Donald V. J. Sesso, DO, Gwynedd Valley, Pa., was elected to the Executive Committee of Mercy Suburban Hospital in Norristown, Pa.

1973
Anthony J. Ferretti, DO, Erie, Pa., co-authored a Medical Update published in the *Journal of the Pennsylvania Osteopathic Medical Association* titled “Osteoid osteomas: a common cause of back pain in children.”

1974
Joseph W. Bell, DO, Ogden, Utah, joined Roy Family Practice.

1975
Alexander S. Nicholas, DO, West Chester, Pa., co-authored an article published in the *Journal of the American Osteopathic Association* titled “Presence of Chapman reflex points in hospitalized patients with pneumonia.”

1976

1977
Conrad T. Fraider, DO, Philadelphia, Pa., co-authored a Medical Update in the *Journal of the Pennsylvania Osteopathic Medical Association* titled “Coracoid fractures: when to look?”

1982
Kenneth W. Schor, DO, Annandale, Va., is now working at The Pentagon supporting the Secretary of Defense in humanitarian assistance, disaster response and international health.

1984
Toni San Maria Casale, DO, Camp Hill, Pa., was promoted to medical director at Independence Blue Cross.
Class Agents

Would you like to serve as a class agent? Contact Pam Ruoff at 215-871-6120 or pamr@pcom.edu.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>CLASS AGENT</th>
<th>PHONE</th>
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<tbody>
<tr>
<td>1944</td>
<td>Morris J. Cherrey, DO</td>
<td>610-623-8712</td>
<td><a href="mailto:mjconcall@verizon.net">mjconcall@verizon.net</a></td>
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<tr>
<td>1952</td>
<td>Sidney Malet, DO</td>
<td>209-474-3071</td>
<td><a href="mailto:malet@attbi.com">malet@attbi.com</a></td>
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<td>1953</td>
<td>John R. Goulding, DO</td>
<td>781-324-1181</td>
<td><a href="mailto:drjigg@rcn.com">drjigg@rcn.com</a></td>
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<tr>
<td>1954</td>
<td>William G. McDowell, DO</td>
<td>724-347-4163</td>
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</tr>
<tr>
<td>1956</td>
<td>Jay H. Joseph, DO</td>
<td>610-237-5060</td>
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<td>1957</td>
<td>Marvin Rosner, DO</td>
<td>215-465-2323</td>
<td><a href="mailto:mrosner320@aol.com">mrosner320@aol.com</a></td>
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<tr>
<td>1958</td>
<td>Murray H. Cohen, DO</td>
<td>602-249-4750</td>
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<td>1959</td>
<td>Tomulys Moody, DO</td>
<td>937-298-9151</td>
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<tr>
<td>1962</td>
<td>James H. Black, DO</td>
<td>757-489-5450</td>
<td><a href="mailto:fltsurg@sprynet.com">fltsurg@sprynet.com</a></td>
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<tr>
<td>1963</td>
<td>Robert S. Maurer, DO</td>
<td>732-494-6688</td>
<td><a href="mailto:bmaurer789@aol.com">bmaurer789@aol.com</a></td>
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<td>1964</td>
<td>Harvey M. Spector, DO</td>
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<td><a href="mailto:do63@aol.com">do63@aol.com</a></td>
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<td>1967</td>
<td>Sherman Leis, DO</td>
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<td><a href="mailto:drshermanleis@aol.com">drshermanleis@aol.com</a></td>
</tr>
<tr>
<td>1968</td>
<td>Alfred J. Poggi, DO</td>
<td>814-443-3637</td>
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<tr>
<td>1969</td>
<td>David A. Bevan, DO</td>
<td>610-642-7637</td>
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<tr>
<td>1972</td>
<td>Joan M. Watkins, DO</td>
<td>813-615-7755</td>
<td><a href="mailto:jwatkins@mail.uch.org">jwatkins@mail.uch.org</a></td>
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<td>1973</td>
<td>Herbert J. Rogove, DO</td>
<td>949-574-6058</td>
<td><a href="mailto:hrogoove@hoaghospital.org">hrogoove@hoaghospital.org</a></td>
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<tr>
<td>1974</td>
<td>Dennis B. Zaslow, DO</td>
<td>215-925-0600</td>
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<td>1977</td>
<td>H. Sprague Taveau, IV, DO</td>
<td>806-212-5750</td>
<td><a href="mailto:glorysix1@cox.net">glorysix1@cox.net</a></td>
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<tr>
<td>1978</td>
<td>Lorraine M. Dispio, DO</td>
<td>610-623-7230</td>
<td><a href="mailto:drdispio@rcn.com">drdispio@rcn.com</a></td>
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<tr>
<td>1979</td>
<td>Earl H. Brinser, DO</td>
<td>717-272-7321</td>
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<td>1982</td>
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<td>1983</td>
<td>Mary Ann DiBiagio, DO</td>
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<td>2002 - PA Alumni</td>
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<td>Jacob Matthew, PA-C</td>
<td>856-389-7766</td>
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<td>2003 - PA Alumni</td>
<td>Joseph Norris, PA-C</td>
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<td>2003 - PA Alumni</td>
<td>Lisa Piliero-Drozdowski, PA-C</td>
<td>215-828-2529</td>
<td><a href="mailto:lppiliero@aol.com">lppiliero@aol.com</a></td>
</tr>
</tbody>
</table>
Thomas M. Fox, DO, Niceville, Fla., was named chief of surgery and appointed to the board of trustees of Sacred Heart Hospital.

Richard D. Kimmel, DO, Boca Raton, Fla., was appointed chairman, cardiothoracic and vascular discipline, American College of Osteopathic Surgeons.

Karen M. Sciascia, DO, Northampton, Pa., joined the department of obstetrics and gynecology, division of gynecology, at Lehigh Valley Hospital and Health Network. She practices at Bethlehem Gynecology Associates.

Timothy J. Yeager, DO, Allentown, Pa., was appointed to the department of pediatrics, division of general pediatrics at Lehigh Valley Hospital and Health Network. He practices at LVH Pediatric Inpatient Care in Allentown.

1985
Joseph P. Olekszyk, DO, Seafood, Del., was presented with a tribute from the Delaware House of Representatives for his contributions and commitment to his many patients and The Medical Society of Delaware.

Dana C. Shaffer, DO, Exira, Iowa, was appointed associate dean of clinical affairs — medical students IV at Des Moines University, College of Osteopathic Medicine and Surgery.

1986
Paul M. DeJoseph, DO, Palmyra, NJ, was named director of occupational health in employee health services at Wyeth Pharmaceuticals.

Ronald F. Sing, DO, Charlotte, NC, co-authored a case report published in Hospital Physician titled "Embolization of a chronic left ventricular thrombus following thrombolytic treatment for acute myocardial infarction."

1987
Stephen A. Pulley, DO, Trooper, Pa., was appointed vice chairman of emergency medicine at Montgomery Hospital Medical Center.

1988
Patrick L. Elliott, Jr., DO, Media, Pa., was voted "Top Doctor in Abdominal Surgery" in Main Line Today.

1989
Gary F. Kolarik, DO, Erie, Pa., joined Tri-State Rehabilitation Associates and the professional staff of Saint Vincent Health Center. He will serve as medical director for the inpatient rehabilitation program at the center.

Christopher W. Schmidt, DO, Greensburg, Ky., joined the medical staff at Southern Ohio Medical Center.

1990
Kurt G. Datz, DO, Bismarck, ND, opened a new practice, Independent Practitioners of America.

1991
Sister Eileen M. Gallagher, DO, Cullman, Ala., was highlighted in an article published in the Decatur Daily titled "Social work to med school." She practices at Eva Health Center.

Joshua S. Krassen, DO, Orefield, Pa., was appointed to the department of medicine, division of physical medicine and rehabilitation at Easton Hospital.

1992
Mary Ann Chavez, DO, Sullivan, Ind., was named "2003 Woman of the Year" by the American Biographical Institute. She is on the medical staff at Good Samaritan Hospital and practices family medicine at the Sullivan Family Medical Clinic and Sullivan Community Hospital.

Robert N. DiTrolio, DO, Glen Mills, Pa., co-authored a case report published in Hospital Physician. "Embolization of a chronic left ventricular thrombus following thrombolytic treatment for acute myocardial infarction."

Suzanne Greb, DO, Lewisburg, Pa., joined the medical staff at Meadow Green Medical Group in Mifflinburg, Pa.

Sarah P. Towne, DO, Vallejo, Calif., joined the faculty at Touro University in primary care.

Alan G. Zond, DO, Spring, Texas, was appointed medical director for the Texas Department of Criminal Justice — Eastern Cluster.

1993
Vincent D. Abbrescia, DO, Wyoming, Del., joined the medical staff at Bayhealth Medical Center.

Ellen Peterman, MS/Biomed ’03

HER PCOM MASTER’S IS HER PASSPORT

Ellen Peterman, MS/Biomed ’03, creatively called her undergraduate degree a bachelor’s in international pre-medicine. She studied German and Russian and spent a year in each country. And, while she included some science courses in her curriculum, she admits she wasn’t ready for medical school. So, to prepare for what she envisions to be a career in international medicine, she enrolled in PCOM’s master of biomedical sciences program. “It was an excellent program,” declares Peterman, “a perfect next step before medical school.”

Now enrolled at Eastern Virginia Medical School, Peterman completed her first semester with honors. “It was amazing how well prepared I was for medical school,” she announces. “The biomedical coursework was very similar to the medical program. And the research I did with Dr. Young [Lindon Young, PhD, assistant professor, pathology, microbiology and immunology] really prepared me for medical school. We were two of four authors on the paper ‘Gö 6983 exerts cardioprotective effects in myocardial ischemia/reperfusion,’ which was published in the Journal of Cardiovascular Pharmacology, and I’m hoping to do a research rotation with Dr. Young.”

This summer Peterman will volunteer with a nonprofit primary care organization in Maine that provides care to underserved rural populations. She hopes to start her international medical service work in earnest in Russia after graduation. When asked why Russia, the reply was simple: the people. “The people are uncommonly generous,” explains Peterman. “They’ll spend a month’s salary to make a nice dinner for guests. One time I was invited to a New Year’s celebration. I expected to spend the evening, and I was there for three days. I’m looking forward to being able to return their generosity.”
1994
Anita W. Eisenhart, DO, Hopewell Junction, NY, co-authored an article published in the *Journal of the American Osteopathic Association* titled “Osteopathic manipulative treatment in the emergency department for patients with acute ankle injuries.” She is the residency director in the emergency medicine department at St. Barnabas Hospital in the Bronx, NY.
Kelly Ann Geary, DO, Wayne, Pa., started her own practice, Geary Neurologic Center for Family Health.
Benjamin D. Lessig, DO, Berlin, Md., joined the medical staff at Peninsula Primary Care in Salisbury, Md.
David A. Wood, DO, Hunlock Creek, Pa., joined Geisinger Medical Group — Kingston.

1995
Richard M. Oley, DO, Dallas, Pa., became a partner in Dallas Family Practice, LLC.

1996
Colleen P. Allorto, DO, Dover, Del., joined Bayhealth-Milford Hospital.
Johnny S. Gomes, DO, Toms River, NJ, became a fellow of the American College of Emergency Physicians.
Patricio Grob, DO, East Meadow, NY, was appointed director of spinal surgery and trauma in the department of orthopaedic surgery at Nassau University Medical Center.
Jason Henninger, DO, Tyrone, Pa., opened a new practice, Clearbrook Family Medicine.
Charles J. Kovalchick, DO, Hanover, Pa., joined Dr. Grace Tang at Littlestown Center for Family Health.

1997
Colette M. Grabill, DO, Chesapeake, Va., completed her neonatology fellowship at Bethesda Naval Medical Center. She is a neonatologist at Portsmouth Naval Medical Center.
Karl A. Hebbe, DO, Union, NJ, joined the medical staff at John F. Kennedy Medical Center and Muhlenberg Regional Medical Center.
Dawn Warner Kershner, DO, Baltimore, Md., completed her cardiology fellowship at Brigham and Women's Hospital in Boston, Mass. She received her master's in public health from Harvard School of Public Health and joined MidAtlantic Cardiovascular Associates, PA.
James Mansberger, DO, Huntingdon, Pa., opened a new pediatric practice, Pediatrics and Beyond, in Huntingdon, Pa.
Jose Morales Saez, DO, Milford, Del., joined Nephrology Associates. He is a member of the Bayhealth Medical Center team of physicians.
Armando C. Sciullo, DO, Grove City, Pa., opened a new general surgery practice.
Daniel R. Taylor, DO, Philadelphia, PA, appeared on the NBC 10 show “Live at Issue” as a spokesperson for flu vaccine assistant students.

1998
Sheila M. Anderson, DO, Hermitage, Pa., joined the medical staff at Saltlick Valley Family Practice Center.
Brent E. Angott, DO, New Castle, Pa., joined the medical staff at the University of Pittsburgh Medical Center — Horizon.
Nicholas J. Caputo, DO, Chandler, Ariz., was appointed medical director of utilization management for IPC — The Hospitalist Company in Phoenix.
Michael I. Cohen, DO, Fort Bragg, NC, a member of the Army, has been deployed to Iraq. He is stationed in Mosul. If you would like to contact him, his e-mail address is michael.cohen@us.army.mil. His address is 67 CSH (forward), APO AE 09334.
Jan E. Gavis, DO, West Chester, Pa., received the “Outstanding Clinical Preceptor Award” presented by Philadelphia College of Osteopathic Medicine. This award is in recognition of her contributions to the medical education and development of PCOM physician assistant students.
Susan I. Guba Griffith, DO, Doylestown, Pa., was highlighted in an article published in the *Trend Midweek* titled “A doctor on the go.”

**On a personal note**

E. Eric Horvath, DO ’95, San Antonio, Texas, and Lynn Horvath, MD, are the proud parents of Jackson William Horvath, born September 25, 2003.
Kelly Kane, DO ’96, Bedford, Pa., married Chris Jorheim on August 15, 2003.
Theresa P. McHugh, DO ’96, and Dennis P. McHugh, DO ’96, Plymouth Meeting, Pa., are the proud parents of their third child, Olivia Grace McHugh, born July 10, 2003.
Heather Collins, DO ’98, Glenside, Pa., and husband Matthew M. Collins, DO ’00, are the proud parents of their second child, Paige Bennett Collins, born on August 27, 2003.
Amy Lynn Mitchell, DO ’99, Elizabethtown, Pa., and her husband, Steven DeLuca, DO ’02, are the proud parents of Sam Michael DeLuca, born December 3, 2003.

Nicolette Garofola Bentze, DO ’00, Harrisburg, Pa., married Michael J. Bentze, DO on May 31.
Christian M. Petriolo, PA-C ’00, Malvern, Pa., and her husband, Peter, are the proud parents of Sydney Drier Petrillo, born November 3, 2003.
Andrew J. Marcantonio, DO ’01, Haverford, Pa., married Rachael Ann Lowney, DO ’02, on June 7, 2003.
Heidi Caruso Commins, DO ’00

Ingenuity is a Doctor’s Best Friend

Dr. Commins during her deployment in Southwest Asia.

Working out of a closet-sized clinic with no running water, Air Force Captain Heidi Caruso Commins, DO ’00, used her ingenuity and PCOM training to treat sick and injured pilots, navigators and air traffic controllers in Southwest Asia as part of Operation Enduring Freedom.

“There was a small team of experts providing urgent and acute care,” explains Dr. Commins. “We saw colds, gastrointestinal disorders, broken bones, lacerations, work injuries – that sort of thing. Luckily, there was a larger Army hospital close by for things we couldn’t handle on-scene. PCOM was great preparation for this assignment. I had a well-rounded education that helped me handle the variety of cases I saw, especially the workplace injuries. I treated a lot of sore backs and muscle pain, so I had the opportunity to use my OMT training.”

Dr. Commins has concluded her service in the Air Force and is completing her residency at Penn State Hershey.
Dr. Kline and his wife, Kelly Huber Kline, DO ’01, have a daughter, Chloe, 2. Terry J. McAnallen, DO, Boone, NC, joined Nicholas Placentra, Jr., DO ’85, in his medical practice.

Christopher A. Neglia, DO, Kingsport, Tenn., joined the medical staff at Holston Medical Group.

John W. Peters, II, DO, Fogelsville, Pa., joined the department of family practice at Lehigh Valley Hospital and Health Network. He will practice at Trexlertown Medical Center.

Lisa A. Rossell-Seed, DO, Allentown, Pa., joined the department of family medicine of Lehigh Valley Hospital and Health Network.

Anita J. Sinese, DO, Bethlehem, Pa., joined the department of medicine/intern medicine at St. Luke’s Hospital — Fountain Hill.

John P. Tortu, Jr., DO, Blackwood, NJ, was awarded The Cranial Academy’s “Certification in Competency in Cranial Osteopathy.”

Kendra F. Waters, DO, Danville, Pa., is a 2003–2004 fellow in bariatric medicine at Geisinger Medical Center.

Elleda C. Ziemer, DO, Allentown, Pa., was appointed to the department of family practice at Lehigh Valley Hospital and Health Network. She will practice at Family Care Associates of Bethlehem.

2002 – DO Alumni

Esther L. Fields, DO, Coopersburg, Pa., co-authored a Medical Update in the Journal of the Pennsylvania Osteopathic Medical Association titled “Sarcoidosis and idiopathic thrombocytopenia purpura: case report and review of the literature.”

Charles E. Griffith, DO, Ellicott City, Md., was accepted to the Duke University Rheumatology Fellowship Program in Durham, NC.

Tara Heintz Lawlor, DO, Quakertown, Pa., was highlighted in an article published in the Reading Eagle titled “Despite hectic pace, she has time to give the gift of life.” Dr. Lawlor participated in a bone-marrow drive and recently donated marrow for a man whose own had been destroyed by chemotherapy.

Patrick J. McHugh, DO, San Antonio, Texas, was awarded the ‘Army Achievement Medal’ for meritorious achievement while serving as a resident in the San Antonio Uniformed Services Health Education Consortium Medicine Residency Program.

2002 – PA Alumni

Erin G. Wolf, PA-C, Yardley, Pa., is working in orthopedic surgery at Reconstruction Orthopedics.

Certificates of Merit

David J. Amalfitano, DO ’87, Marquette, Mich., was inducted as a fellow of the American College of Osteopathic Surgeons.

Tara E. Gleeson, DO ’91, Mooresstown, NJ, who was inducted as a fellow of the American College of Osteopathic Emergency Physicians.

Tamara L. Kile, DO ’93, Glenwood, Md., who was inducted as a fellow of the American College of Osteopathic Emergency Physicians.

Lucyann M. Sciandra, DO, ’93, Erie, Pa., who was inducted as a fellow of the American College of Osteopathic Internists.

In Memoriam

Philip A. Greene, DO ’37, Rexford, NY, October 22, 2003.


Morton Terry, DO ’45, of Pembroke Pines, Fla., died January 11, 2004. Dr. Terry was the first osteopathic specialist to graduate from PCOM and also the first to start an internal medicine practice in south Florida, a place he loved and transformed.

Dr. Terry was the founder and president of Southeastern College of Osteopathic Medicine, and then of Southeastern University of the Health Sciences, which merged with Nova University in 1994 to form Nova Southeastern University. At the time of his death, Dr. Terry was actively serving as chancellor of the Health Professions Division at Nova Southeastern University. “There are few people in life who have done as much for their profession and for medical education as Dr. Morton Terry,” says Nova Southeastern University president Ray Ferrero, Jr.

Dr. Terry was PCOM’s 1990 “O.J. Snyder Memorial Medal” recipient. He was a life member of the American Osteopathic Association and a past president and honorary life member of the Florida Osteopathic Medical Association.

Arnold Gerber, DO ’40, of Mountainside, NJ, died May 1. A 1991 recipient of the “O.J. Snyder Memorial Medal,” Dr. Gerber was a pioneer in orthopedic surgery, both in its clinical practice and education. Dr. Gerber was one of only two osteopathic orthopedic surgeons in the Delaware Valley when he started his practice, and he was a mentor and role model to many osteopathic orthopedic surgeons in practice today.

Dr. Gerber served his internship at PCOM and was appointed a fellow in orthopedic surgery. In 1943, Dr. Gerber became a resident in surgery at St. Francis Hospital in the Bronx. After two years, he returned to PCOM where he was appointed to the hospital staff, beginning his 30-year clinical practice and teaching career at PCOM. Dr. Gerber earned his master’s degree in orthopedic surgery from PCOM in 1955.

In addition to teaching and practicing medicine, Dr. Gerber strengthened the osteopathic profession by serving as president of the American College of Osteopathic Surgeons and the American Osteopathic Academy of Orthopedics. He was a diplomate of the American Osteopathic Board of Orthopedic Surgery and a diplomate of the National Board of Examiners for Osteopathic Physicians and Surgeons of the United States of America.
I'm an emergency physician; I care for injured patients. Severe head injuries are among the most devastating injuries we see. The brain cannot grow back, it cannot be stitched back together, and it cannot be placed in a cast. Injure your brain and you're injured forever — and your family and caregivers bear the burden of a lifelong injury. Unfortunately, death may be a better outcome than severe traumatic brain injury in certain cases.

Last fall, the Pennsylvania legislature repealed the 35-year-old state law mandating helmet use for all motorists. Gov. Rendell signed the bill on a Sunday without much fanfare. Now only those riders under age 21 will be required to wear a helmet. Although another repeal effort fell short four years ago, the legislature voted for repeal after extensive lobbying by a small but effective group. Never mind that 81 percent of Americans, as well as every major medical association, traffic safety group and insurance company, support mandatory helmet use. Studies show that motorists are 21 times more likely to die in a crash than a car passenger is.

Why are you reading this now if the law was repealed in the fall? Because it’s almost summertime and you’re about to see a marked increase in something unusual on Pennsylvania’s highways: motorists without helmets.

According to the National Highway Traffic Safety Administration, helmets reduce the risk of death by 29 percent and are 67 percent effective in preventing brain injury. Maryland repealed its helmet law in 1979; deaths and injuries climbed until the law was reinstated in 1992. The American Journal of Public Health (August 2002) reports motorcyclist death rates were cut by almost 57 percent in the 33 months after the law was reinstated. An increase in fatalities has been observed in every state that repealed its helmet law, and helmet use decreases dramatically when states repeal their helmet laws. The same will happen in Pennsylvania. According to NHTSA, motorcycles are only two percent of the registered vehicles nationally, but motorcyclist deaths are five percent of traffic fatalities annually.

Advocates of helmet repeal point to "The motorcycle lobby advocated to their legislators better than physicians did." loose science to propagate motorcycle helmet myths. They argue that peripheral vision is impaired, yet approved helmets must allow visibility that exceeds normal human peripheral vision. They argue that helmets impair hearing, yet no study has demonstrated that helmets reduce a driver’s ability to distinguish between sounds. They argue that helmets increase the risk of head and neck injuries, yet no scientifically valid study has supported this. They argue that the chinstrap may act like a hangman’s noose in certain crashes, injuring the rider even more, yet no studies prove this claim. Even if true, this would be like arguing that because a seatbelt might keep a driver from exiting a burning vehicle, a mandatory seatbelt law is bad. They dramatically smash helmets to pieces on the desks of legislators to show that helmets don’t protect the rider’s head. To me, they prove the opposite — smashed and broken helmets absorb the force they would rather have smashing their heads.

The bikers will argue, “It’s my head, I’ll take the risk and I have the right to refuse to wear a helmet.” But the state has clearly infringed on all of our “rights” by making it illegal to drive without a license, to operate a vehicle while drunk, to transport a child without a safety seat or to exceed the speed limit.

The government is obligated to provide for safe travel on the highway; this law is no different. Repeal of Pennsylvania’s helmet law will probably cost millions in medical care, long-term rehabilitation, nursing home care, lost productivity and the loss of a productive tax-paying citizen. The NHTSA estimates that mandatory helmet use saved $13.2 billion between 1984 and 1999, and an additional $11.1 billion could have been saved if all motorcyclists wore helmets. Already overburdened emergency departments, hospitals and taxpayers will absorb the cost for uninsured motorcyclists. If the cyclist has insurance, each policyholder will assume some of the cost.

While this may look like a public policy issue with clear and common sense answers, it’s actually a civics lesson in the legislative process. It’s about advocacy. Why was this law repealed? Because the motorcycle lobby advocated to their legislators better than physicians did. So get in the game. It doesn’t matter if the issue is motorcycle helmets or medical liability, your voice matters. Let it be heard.
MEMBERSHIP IN THE SOCIETY

Named in honor of “the father of osteopathic medicine,” the Andrew Taylor Still Legacy Society recognizes alumni, parents and friends who continue the tradition of support for Philadelphia College of Osteopathic Medicine through their estate plans.

Society members are those who have made provisions to benefit PCOM and have informed the College of this commitment. These provisions include wills or bequests, charitable trusts, annuities and life insurance gifts.

In recognition of their generosity, Still Legacy Society members are published in selected College publications. Members may receive periodic mailings of estate and tax planning information.

If you have already made a planned gift provision for PCOM and have not yet notified us, please consider letting us know so that we may include you as a new member of the Still Legacy Society. We would like to thank you for your thoughtful gift which will inspire, encourage and support others to make a lasting legacy at Philadelphia College of Osteopathic Medicine.

TO ALL OF OUR CHARTER MEMBERS, WE THANK YOU FOR YOUR ONGOING SUPPORT:

Anonymous (5)
J. Weston Abar, DO ’47
Joan Abar, DO ’63
Walter K. Bradley, DO ’58
Mrs. H. Trebing Burnard
Rodney H. Chase, DO ’44
Richard B. Esack, DO ’80
Roy L. Gorin, DO ’72
William M. King, DO ’62
Albert S. Kroser, DO ’58
Murry E. Levyn, DO ’46
Barbara and Arnold S. Lincow, DO ’76
Madeleine L. Long, DO ’78, MD
Harry J. Morris, III, DO ’78
William A. Rieber, DO ’41
George S. Robinson, DO ’32
Harry M. Serfer, DO ’69
David J. Shingles, DO ’75
Chester E. Smith, DO ’58
H. Sprague Taveau, IV, DO ’77
David A. Thomas, DO ’78
Maj. James G. Vickers (AUS Retired)
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Mr. David L. Williams
Galen S. Young, Sr., DO ’35

For over a century, many individuals have had the foresight and generosity to plan for the future support of Philadelphia College of Osteopathic Medicine. Their thoughtful gifts have helped to strengthen PCOM’s commitment to quality education, patient care, scientific research and community service. Each new generation is called upon to follow in the footsteps of those who have gone before by continuing the legacy of philanthropy.

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Anthony DePalma (DO '07) and Courtney Wilczynski (DO '06) show off some fancy footwork at PCOM’s Spring Formal April 3 at the Hilton Philadelphia - City Avenue.