Digest of the Philadelphia College of Osteopathic Medicine (Fall 2005)

Philadelphia College of Osteopathic Medicine

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Dear Alumni and Friends,

The contents of this issue of Digest reflect the high level of excellence at which the instructional, research and service missions of the College continue to be achieved. PCOM’s collective efforts, and those of its alumni, inspire optimism and confidence.

Our cover story traces several of our alumni who have expanded the breadth of their practices through alternative disciplines and by responding to the needs of the underserved. Their parallel pursuits promote unique views of the human condition that medicine alone cannot provide. Whatever their mix of treatment, research, and medical education, they infuse care of their patients with genuine caring for their patients. Their stories are gratifying tributes to the osteopathic tradition—a tradition that is rooted in connectedness.

Noteworthy as well are the research contributions of John P. Simelaro, DO ’71, professor and chair of internal medicine, to the ongoing clinical assessments of omalizumab, a humanized antibody recently approved by the FDA. To date, omalizumab has shown promise for patients affected by moderate to severe allergic asthma.

Finally, PCOM acknowledges with great sadness the passing on June 9, 2005, of master teacher and longtime friend Robert L. Meals, DO ’56. Dr. Meals was a beloved member of the PCOM community for over 40 years—as a student, intern, resident, clinician and fun-loving radiology professor. The impact of his life and service to the College is vast; the love Dr. Meals engendered throughout PCOM will be among his greatest legacies.

I thank you for your continued interest in and support of the College.

With warmest regards,

Matthew Schure, PhD
President and Chief Executive Officer
FEA T U R E S

8  UNCOMMON CALLINGS
In their commitment to the practice of medicine, several PCOM alumni have embraced uncommon callings. Theirs are dual passions for medicine and the fine arts, religion and nature [C. Arthur Myers, DO ’58, MPH; Donald R. Stoltz, DO ’61; Jon O’Brien, SJ, STD, DO ’75, JD; and Irwin Rothman, VMD, DO ’51]. For others, personal passions have led to the service of rare patient populations [John P. Tortu, DO ’00; Laura Robin, DO ’88, MPH; and John D. Verna, MS, PA-C ’01].

18  TAKE A DEEP BREATH
For more than a year, John P. Simelaro, DO ’71, professor and chair of internal medicine, has been involved in follow-up clinical research of omalizumab, the first IgE blocker in the United States and the first biologic therapy for the treatment of moderate to severe allergic asthma. To date, the drug is showing positive results.

20  REMEMBERING DR. MEALS
Robert L. Meals, DO ’56, professor and academic chair, radiology, was the genuine article—a one-of-a-kind teacher/physician who exuded a kind of enchantment that transformed traditional learning into something better. His soul, his life and his work will never be forgotten.

22  CLASS NOTES
Current professional endeavors and achievements of PCOM alumni; In Memoriam with a special remembrance of Michael F. Avallone, Sr., DO ’59; and profiles of Michael Dettorre, DO ’86; Juk L. Ting, DO ’95; Abby Jacobson, PA ’01; and Didi Oni, MS/Biomed ’04.

28  ESSAY
Phillip John Prest (DO ’08), ponders the humanism inherent in osteopathic medicine—and discovers an affirmation after the completion of his first-year studies at PCOM.
GEORGIA CAMPUS OPENS ITS DOORS

Not only did Georgia Campus – Philadelphia College of Osteopathic Medicine welcome its first class of osteopathic medical students on August 10, but dignitaries of all stripes have been visiting the new campus since spring. More than 85 political, educational, business and civic leaders attended a sneak preview of the campus at an open-house barbecue in May. Among those in attendance were Georgia State Representative and Speaker Emeritus of the House Terry Coleman, and Gwinnett County Commissioner Chairman Charles Bannister, both of whom have been outspoken in their support of the College. In June, executives from the AOA toured the campus.

In additional Georgia Campus news, the College is now able to offer GA-PCOM students full military scholarships.

A formal ribbon cutting and dedication ceremonies for the branch campus are planned for the fall.
DO COMMENCEMENT

PCOM graduated 242 doctors of osteopathic medicine, including five with dual DO/MBA degrees in conjunction with St. Joseph’s University; one DO/MPH in conjunction with Temple University and four Fellows of Osteopathic Manipulative Medicine, on Sunday, June 5.

Dot Richardson, MD, medical director of the National Training Center in Clermont, Florida, and an orthopedic surgeon, was the Commencement speaker. A two-time Olympic gold medalist, Dr. Richardson is the author of two books: Living the Dream and Go For It! Conversations on Being You.

Irwin Rothman, VMD, DO ’51, a veterinarian, physician and professor of neuropsychiatry, was bestowed the title of professor emeritus.

Jennifer Chang, DO ’05, a proud graduate, stands out in the crowd.

GRADUATE PROGRAMS

COMMENCEMENT

PCOM graduated 187 students from nine graduate degree programs on Friday, July 29. In an exciting first for the College, the school psychology program graduated its first class—two doctoral degree recipients and 15 master’s degree recipients.

In addition, doctor of psychology in clinical psychology, master of science in counseling and clinical health psychology, master of science in organizational development and leadership, master of science in biomedical studies, master of science in forensic medicine, master of science in health sciences—physician assistant studies, and master of science in clinical psychology degrees were awarded.

Former congressman James Greenwood delivered the Commencement address. Greenwood is currently president of the Biotechnology Industry Organization, which represents more than 1,000 biotechnology companies, academic institutions, state biotechnology centers and related organizations. As a member of the U.S. House of Representatives from 1993 through January 2005, Greenwood represented Pennsylvania’s Eighth District. As a member of the House Energy and Commerce Committee, he became a leading advocate for the reform of Medicare, Superfund and Medicaid.

Peterson hands Amy Stern, MS/Psy ’05, her master’s degree. Ms. Stern was among the first graduating class of the school psychology program.

Through the Health Subcommittee, he introduced legislation to reform medical malpractice insurance.

PA CLASS OF 2007

In a significant rite of passage, the Physician Assistant Class of 2007 began their academic year with a White Coat Ceremony. A record 54 students were cloaked on June 9. The students received their white coats courtesy of Sara Somers Rupert, RN ’33, and her daughter, M. Kimberly Rupert, PhD.

New physician assistant students mark the beginning of their studies with a White Coat Ceremony.

2005
GETTING TO THE HEART OF THE MATTER

PCOM medical students helped local doctors take sports physicals to the next level this spring. Unsatisfied with the cursory medical exams provided to high school student athletes, family physician Jerry Steingard, MD, asked John Simelaro, DO ’71, professor and chair, internal medicine, to help him provide approximately 200 high school students in one day. Sixty PCOM medical students were happy to give up a Saturday to offer exams to student athletes from across the city.

For seven hours, physicians and student doctors donated their time taking histories and performing exams. Cardiologists, surgeons, pulmonary specialists and EMTs gave exams. EKGs and echocardiograms were performed when necessary. The medical students also spoke to the high school students about hydration, steroids and drug use.

“Our students get so much out of this,” declares Dr. Simelaro. “And it’s very important for the athletes. We found five or six asthmatics. We’re going to keep doing this until we get to every student athlete in the city.”

A DIFFERENT BODY OF KNOWLEDGE

Students from the biomedical sciences program took their show on the road and demonstrated how the body’s bones fit together to make us who we are. The audience was a group of high school students at an after-school program run by the First United Methodist Church of Germantown. Joined by Ruth Thornton, PhD, director and chair, biochemistry/molecular biology; and Bernice Garrison, coordinator of student advisement and career planning, student affairs; the PCOM students brought their boxes of bones from anatomy and amazed and amused the students from Germantown and Lan kenia High Schools.

NEW BOARD MEMBER NAMED

Robert M. Schwartz, Esq., has been named Pennsylvania legislative appointee to the Board of Trustees. Mr. Schwartz was a partner in the business department of White and Williams, L.L.P, for over 30 years. He is past chairman of the business department of White and Williams, L.L.P, and former vice chairman of the firm’s executive committee. Prior to joining the law firm, Mr. Schwartz was vice president for the claims department of Commonwealth Land Title Company.
American Osteopathic Association

AOA VISIT “BEST EVER”

A visit by a team representing the Commission on Osteopathic College Accreditation of the American Osteopathic Association in April yielded outstanding results. Team members reported that PCOM has met all accreditation standards. In addition, the team issued six commendations recognizing the College's library staff and digital collection, minority recruitment efforts, office of student affairs, print materials, research agenda and outcomes-based assessment of clinical programs. The report includes recommendations to continue the integration of behavioral medicine content into the curriculum and to continue working with affiliated hospitals on the integration of osteopathic manipulative medicine into clinical clerkships. Informally, Dr. George Caleel, team chair, reported that over the many years in which he had been chairing AOA accreditation teams, this was his “best visit ever.”

CENTER NAMES TWO DIRECTORS

Brian Balin, PhD, professor, pathology, microbiology & immunology, and Michael Kuchera, DO, professor, osteopathic manipulative medicine, have been named basic science director and clinical director, respectively, of the Center for Chronic Disorders of Aging.

Both Drs. Balin and Kuchera see the center as an opportunity to bring together the basic sciences and clinical research. “We will be developing ways to use our expertise in collaborative projects,” notes Dr. Balin. “As science has prolonged life, we now need to place an emphasis on the causative issues of the diseases rather than just ameliorate the symptoms. When we speak of aging, we mean the entire spectrum of life, from cradle to grave.”

Dr. Kuchera concurs. “We’re not just looking at a geriatric population; our focus is broader than that. Working within the osteopathic paradigm, we are seeking health. Understanding the processes of diseases such as Alzheimer’s or osteoporosis can be expected to help us provide timely interventions that will enhance health and the quality of life as we age.”

The center will be an umbrella for collaborative research from all PCOM communities—from stem cell studies to inflammatory and neurodegenerative disease, issues in the health of care givers to health care center education and support. “We will build upon the findings of all this research and look for collaborative opportunities—ultimately permitting us to apply the quality research being done at the College for the betterment of our patients,” explains Dr. Kuchera.

Kudos

Marie Bensulock, MS, PA-C, assistant professor, physician assistant studies, was cited as a source throughout the article “Stretching away Stress with Yoga,” which was published in the journal Advance for Physician Assistants. In addition, she was co-author of the PowerPoint presentation, “Global applicability of physician assistants,” which was presented to the International Affairs Committee of the Association of Physician Assistant Programs in San Francisco and at the Association for Medical Education in Europe conference in the Netherlands.

Oliver Bullock, DO ’78, director, PCOM Healthcare Center – Cambria Division, was a guest on the radio show “Neighbor to Neighbor” on station WURD-AM, where he spoke about cancer.

John Cavenagh, PA-C, PhD, chair and associate professor, physician assistant studies, conducted a study to discern whether PAs are portrayed differently in different media segments, and what the overall portrayals are. His paper was published in Advance for Physician Assistants.

Ray Christner, PsyD ’04, assistant professor, psychology, recently spoke to students in the School Counselors Program at Temple University about “The interface between school psychology and school counseling.”

Larry Finkelstein, DO ’87, associate professor, family medicine, and medical director, comprehensive care, was quoted in the article, “Now, tech-savvy docs like to have a handheld,” published in The Philadelphia Inquirer.

Barbara Golden, PsyD, director of clinical services, psychology, with student interns from the Center for Brief Therapy, presented a four-week in-service at Lutheran Children and Family Service.

Scott Little, PhD, assistant professor; Robert Fogel, DO ’58, professor and chair; Brian Balin, PhD, professor; Karin Fresa-Dillon, PhD, professor, pathology, microbiology & immunology; and Andy Bowe (DO ’07), Jason Litsky, DO ’05, and Rich Lin, MS/Biomed ’04, co-authored the paper, “Age Alterations in Extent and Severity of Experimental Intranasal Infection with Chlamydia phila pneumoniae in BALB/c mice.”
**Kudos**

**Donald Masey, PsyD**, clinical assistant professor, psychology, made a presentation at the Central Pennsylvania Psychiatric Institute, Department of Psychiatry of the Penn State Hershey Medical Center, on “Cognitive behavioral interventions with anxiety disorders.”

**George McCloskey, PhD**, associate professor, school psychology, co-authored the chapter “The WISC-IV integrated,” in *WISC-IV Clinical Use and Interpretation: Scientist-Practitioner Perspectives*.

**John McPhilemy, DO ’78**, professor and chair, orthopedic surgery, received the Joseph Torg Award for Outstanding Sports Medicine. Nominated by physicians of the Philadelphia Orthopedic Society, Dr. McPhilemy accepted the award from Dr. Torg on June 3, 2005, at Pennsylvania Hospital.

**Rosemary Mennuti, EdD**, professor, psychology; Arthur Freeman, EdD, professor, psychology; and Ray Christner, PsyD ’04, assistant professor, psychology, co-edited the book *Cognitive Behavioral Interventions in Educational Settings: A Handbook for Practice*. Several chapters were authored by PCOM psychology faculty and students.

**Eugene Mochan, DO ’77, PhD**, professor, biochemistry/molecular biology, and associate dean, primary care and continuing education, had his article, “Rheumatoid Arthritis: clues to early diagnosis” published in *Consultant*.

**Diane Smallwood, PsyD**, associate professor, psychology, was interviewed for the article, “Raising an introvert in an extrovert world,” which appeared in the May issue of *Child Magazine*. In addition, Dr. Smallwood collaborated on the article, “Organizational and individual factors in bringing research to practice: What we know, where we need to go,” which was published in the journal *Psychology in the Schools*.

**Bruce Zahn, EdD**, associate professor, psychology, and **Cynthia Diefenbeck, PsyD**, associate professor, psychology, co-authored a chapter, “Working with the aging patient,” in *Cognitive Behavioral Therapy in Nursing Practice*.

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**FOLLIES FUN**

Following in tradition’s footsteps, PCOM students poked fun at themselves, the profession, the faculty and the human condition at the annual Follies. The proceeds from the event were donated to the Delaware Valley Chapter of the National Multiple Sclerosis Society.

The Follies is also the time when the Class of 2003 Memorial Award is presented. This year’s recipient was Nevin Baker (DO ’07). The award was created in memory of Matt Antrabas and Behrang Emami, both members of the Class of 2003, who passed away before graduating.

*Follies thespians sing “Toxoplasmosis I Got From Your Kitten: A Dedication to Dr. Bright” to the tune of “My Favorite Things.”*

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**SCHOOL PSYCHOLOGY PROGRAM RECEIVES FIVE-YEAR APPROVAL**

The Bureau of Teacher Certification and Preparation has granted full program approval to PCOM’s school psychology program. This approval provides all educational specialist-level graduates of the school psychology program certification as school psychologists for grades kindergarten through 12.

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**NAME CHANGE**

To more accurately reflect the functions of the department, the Department of Academic Research Development has changed its name to the Office of Research and Sponsored Programs. This is a nomenclature widely recognized by funding agencies and collaborating institutions.
DR. GINSBURG TO RECEIVE 2005 PRESIDENT’S LEADERSHIP AWARD

Harry Ginsburg, DO ’42, DPH, MD, a family practitioner (Philadelphia) and a member of the College’s Board of Trustees, will receive the President’s Leadership Award at the annual President’s Recognition Reception on September 22, 2005. The President’s Recognition Reception is held to thank donors who contribute $1,000 or more to PCOM during the year, and to recognize one of the College’s most significant contributors.

In 1992, Dr. Ginsburg made a leadership gift to the Campaign for the PCOM Mission. The College honored his generosity by naming the amphitheater in Evans Hall in honor of his mother, Rose K. Ginsburg, and by establishing a Commencement award, the Simmy Ginsburg Humanitarian Award, in memory of his wife. In addition, Dr. Ginsburg honored his alma mater by endowing the Five Brothers Scholarship (2003) in memory of his five brothers, two of whom were PCOM alumni.

UNRESTRICTED ANNUAL FUND CAMPAIGN

President and CEO Matthew Schure, PhD, kicked off the “MILLION DOLLAR CAMPAIGN – Forging New Partnerships” in September 2004, as part of the Five-Point Plan for ensuring the Financial Future of the College. The goal of the campaign is to build the Unrestricted Annual Fund to a reliable level of $1,000,000 annually. The goal in 2004, $360,000, was exceeded when a total of $600,000 was raised for the fund. The 2005 goal was $708,000; by June 30, the total cash received was $733,487. Next year’s goal is $850,000.

The campaign funds are being used to enhance the College’s clinical clerkships, to build research programs and continue to develop student services.

FIRST RECIPIENT OF THE ADELE AND HERBERT L. GORIN SCHOLARSHIP NAMED

Roy L. Gorin, DO ’72, established a scholarship in 2003 to honor his parents Adele and Herbert L. Gorin. The scholarship is awarded to a third-year medical student who demonstrates a commitment to the health care needs of the lesbian, gay, bisexual and transgender (LGBT) community.

Johnny Lops (DO ’06), the first recipient of the Gorin Scholarship, is from Brooklyn, NY. As part of his scholarship application, Lops designed a survey for first-year students to assess homophobia at PCOM.

Lops is planning a career in psychiatry. “Following my residency, I plan to further my education with fellowships in forensics and adolescent psychiatry. I hope to treat LGBT adolescents who are struggling with their sexuality and the social anxiety. Dr. Gorin is a retired orthopedic surgeon from Philadelphia. He practiced in southern New Jersey and served on the faculty of the University of Medicine and Dentistry of New Jersey. He is a member of the President’s Leadership Circle of Contributors and is a member of PCOM’s Andrew Taylor Still Legacy Society.

NEW BEQUEST

Arthur H. Witthuhn, DO ’36, died in February 2005. He was a fellow of the American College of Radiology, and a founding member of the American Osteopathic College of Radiology. His mentor was Charles Karibo, DO ’30. Dr. Witthuhn practiced in Michigan, Maine and Florida, and also taught other budding radiologists including Murry Levin, DO ’46, and Wesley Boudette, DO ’44.

His $25,000 bequest to the College is part of the Unrestricted Annual Fund Campaign and will be used to enhance academic programs of the College.
“Carmen and her Daughter, Puerto Rico. The child having just recently been told that her mom was HIV positive.”

—C. Arthur Myers, DO ’58, MPH
While dedicated to the practice of medicine, many PCOM alumni have discovered parallel pursuits that have enhanced their practices, their lives, the lives of their patients, and others touched by their work. Their uncommon callings include art and photography, the priesthood and hypnosis. Some have felt called to serve the needs of unique patient populations such as the Amish, Native Americans and those diagnosed with HIV and AIDS.

Throughout their careers, these alumni have linked their uncommon callings with their work as health care providers to achieve a greater good that has benefited many.

These are their stories . . .

"In my career as a physician, I have many times had the sobering responsibility of delivering the news of a cancer diagnosis to patients and their loved ones," Dr. Myers wrote in the book's introduction. "However, I was not prepared for the overwhelming effect that breast cancer in two close family members would have on my life. I undertook this project hoping to show that a woman's fundamental nature is not dependent on anything external, that the loss of part or all of her breast is not a threat to her essential being."

Since his book was published, Dr. Myers has received letters of acclaim from numerous breast cancer survivors and health care professionals. "It's been enormously rewarding," he says modestly. His photos have also appeared in many publications including the *Journal of the American Medical Association* as well as on television's Discovery Channel.

Once Dr. Myers recognized that he could make an impact in the sphere of socially relevant photography, he embarked on many other projects, all of which communicate a common theme: despite adversities, people continue to dream and believe in themselves.

He demonstrated this theme in a photo series of women diagnosed with HIV and AIDS that was exhibited in about 100 venues around the world including the National Institutes of Health and Harvard Medical School.

His poignant photos of children with AIDS in an African orphanage became part of a documentary film and earned him a humanitarian award in Washington, DC.

And his pictures of women supported by urban rescue missions increased awareness about the fact that tens of thousands of women in cities all over the United States live with their children and other family members in cheap motel rooms because it is all they can afford.

"This genre is a perfect fit for me," says Dr. Myers. "People with whom I've worked have told me that they felt I would have a better approach to the subjects and the subject matter because I was a physician, and moreover, the people I photographed said they felt more comfortable with me due to my background."

Now a nationally and internationally acclaimed full-time photographer (residing in San Diego, California), Dr. Myers reflects, "Knowing that your work is building awareness about vital issues, helping to raise funding where there is a critical need, and encouraging people facing adversity to feel better about themselves is tremendously satisfying."
JON O'BRIEN, SJ, STD, DO '75, JD

By the time he decided to study medicine, Jon O'Brien, SJ (Society of Jesus), STD, DO '75, JD, had already tackled a year in the Navy, graduated from Yale University Law School, entered the Jesuit order and been ordained priest, earned an advanced degree in theology and taught at St. Joseph's University.

"At the age of 44, I was the oldest medical student in my class at PCOM," says Father O'Brien. "At first, I was scared to death, but at the end of the first week, I said to myself, 'I think I can do this, and I want to do this,' so I stayed." As a result, Father O'Brien has the distinction of being one of about 25 Jesuit physicians practicing in the United States.

He says having the courage to take on such risks has been his greatest challenge in life, but it's also been one of his greatest strengths. He took his first big leap of faith when he was fresh out of the Navy and decided to study law. Although he credits law school with giving him invaluable training in problem solving, he found himself searching for something more meaningful after a few years of practicing corporate law in the aviation industry.

"I decided to pursue the Catholic priesthood, and in the Jesuit order," says Father O'Brien. "I grew up in a strong Irish Catholic family, my oldest sister was a nun and I'd been taught by the Jesuits at St. Joseph's Preparatory School, so it was like coming home."

As a Jesuit, Father O'Brien was ordained, studied theology in Rome (Gregorian University) and returned to St. Joseph's University to teach theology to undergrads. After a few years of teaching, he felt a tug to return to the other side of the desk. "I was curious about medicine, and about human beings, how we are made and how we operate when we are well and when we are sick," he says. "Blessedly, my Jesuit superiors gave me permission to study medicine."

He remembers his admissions interview at PCOM very well. "Carol Fox [presently associate vice president for enrollment management] and Tom Rowland [former PCOM president] welcomed me and assured me that I would not be the oldest student in PCOM's history. I was also warmly accepted by my fellow students and by the faculty," he says.

Though initially drawn toward general medicine, Father O'Brien found the perfect complement to his religious pursuits during his clerkship in psychiatry at Haverford State Hospital. "In psychiatry, I saw the opportunity to combine the medical skills that I was learning with my spiritual skills and values," he explains.

After completing residency and a fellowship year in consultation-liaison psychiatry (working with medically hospitalized patients), Father O'Brien practiced general adult psychiatry and also became associate dean of students at Georgetown Medical School. "For 13 years, I was riding two horses, practicing psychiatry and guiding medical students academically, professionally and emotionally," he says.

In 1994, Father O'Brien was invited to serve as staff psychiatrist at the Pontifical North American College in Rome, where he counseled young American seminarians for six years. These days, he continues to teach and work in admissions at Georgetown Medical School and has an active weekend ministry at a parish in Virginia.

"I'm enormously grateful for all of the opportunities I've had," he says. "My Catholic identity and the priesthood colors the whole of my life, but medicine has provided texture to my life. PCOM opened many doors for me, and I'm very proud of my classmates. I've been blessed to meet many wonderful people, to see the goodness of people and to help them find alternative ways of approaching their life situations."
IRWIN ROTHMAN, VMD, DO ’51

When Irwin Rothman, VMD, DO ’51, was about 10 years old, he tried hypnotizing the kids in his neighborhood while reading from a book about hypnosis borrowed from the local library. This wasn’t just boyish play. It was the beginning of an interest that led to his career as a pioneer in the field of hypnosis for more than 60 years.

Dr. Rothman first found a practical use for hypnosis when his great love of animals led him to become a veterinarian. While studying at the University of Pennsylvania School of Veterinary Medicine, he questioned the risky practice of using chemical anesthesia on animals for routine procedures such as dental prophylaxis. “I thought about how difficult it would be for a veterinarian to come out and tell the animal’s owner, ‘We cleaned the teeth successfully, but the animal died,’” he says. When the Penn faculty encouraged him to find a viable alternative, he turned to hypnosis.

Although he had some success in hypnoring small birds and other animals for minor procedures, the veterinary profession was generally un receptive to the idea of hypnosis. So, in turn, Dr. Rothman turned to human medicine and PCOM.

After earning his DO degree, he was board certified in psychiatry and incorporated hypnosis into his practice. Largely self-taught, he also studied with the Society for Clinical and Experimental Hypnosis and later taught hypnosis himself as a professor of neuropsychiatry. A fellow and past president of the American College of Neuropsychiatrists, he held faculty posts at PCOM.

A specialist in pain management, Dr. Rothman was also a leader in human acupuncture in the United States. Drawing on his veterinary background, he studied drawings of animal points of acupuncture in Chinese literature. “I was performing acupuncture effectively when very few doctors were using it at all,” he recalls.

Physicians often referred patients to Dr. Rothman for a variety of conditions. One of his most memorable cases involved a young woman whose legs were paralyzed. “The referring doctor had performed surgery for what he thought was a physical problem in her legs, yet she remained paralyzed,” Dr. Rothman explains. “Under hypnosis, we found that her inability to walk had a psychosomatic cause. Her father had sexually abused her as a child and subconsciously, she associated walking with walking to his bedroom. We helped her to work through this realization and eventually she was able to walk again.”

Dr. Rothman also took hypnosis into the realm of dentistry, lecturing to a number of dental students and societies. “Dentists often struggle with the fact that they are providing care to people who are usually afraid of them, so they were very happy to learn how to use hypnosis, particularly with children,” he says. “While under hypnosis, the child could be asked to picture a favorite movie or cartoon or watch a favorite television show. The dentists reported that the kids remained quiet and relaxed and actually seemed to enjoy the experience.”

Now retired, Dr. Rothman recalls, “It was both challenging and rewarding to produce better outcomes with hypnosis than other practitioners had been able to achieve with more conventional types of treatment.”
DONALD R. STOLTZ, DO ’61

When Donald R. Stoltz, DO ’61, was a student at PCOM, Angus Cathie, DO ’51, former chair of the anatomy department, noticed his considerable talent for drawing. Impressed with his artistic skill, Dr. Cathie asked him to draw illustrations for a book that he was writing. “I was honored to do so,” says Dr. Stoltz. “I had always wanted to be a doctor and, at the same time, I had always liked to draw. Here was a way that I could combine both interests.”

Throughout his career, Dr. Stoltz continued to intertwine his love of medicine and art. In the early days of his general family practice, Dr. Stoltz cared for a large number of children. Noting their anxiety about doctors and needles, he wrote and illustrated the first of a series of four children’s books, The Story of Nelson Needle, designed to help them overcome their fears.

The other three books, The Story of Tommy Toilet, Peter the Very Poor Eater and the bestseller of the series, How Dad and Mother Made My Brother were inspired by his own children, Brad, now an osteopathic physician; Andrea and Shari. “My wife and I needed a toilet training book and couldn’t find one, so I wrote and illustrated one,” says Dr. Stoltz, who is a self-taught artist. “My son’s many questions prompted the book about reproduction.”

“The books were very successful,” he relates. “To this day, we have people tell us that they passed the books down to their children who are now reading them to their grandchildren. In fact, I made slides from the book illustrations and I’ve visited my grandchildren’s classrooms to show the slides and tell the stories. The kids love it.”

While running a busy practice where he saw 70 to 80 people each day, Dr. Stoltz also began painting as a hobby. The result was 60 bright, colorful paintings of pleasant scenes that he hung in his office to help allay the fears of his youngest patients.

In 1972, Dr. Stoltz became interested in collecting art as well as producing it, beginning with his favorite artist, Norman Rockwell. “From the time I was a kid, we had the Saturday Evening Post delivered to our house every week. I loved Rockwell’s cover illustrations,” he reminisces. “My wife, Phyllis, bought me a book about Rockwell and I wanted to get it signed. My brother called him and he was very agreeable so we went to his home in Massachusetts.”

Thus a friendship was born with Rockwell that led Dr. Stoltz to write a highly successful three-book set about the story behind each of the 324 Saturday Evening Post covers that Rockwell had illustrated.

In addition to writing a number of other books about Rockwell and other Post illustrators, Dr. Stoltz and his brother, Marshall, collected original Rockwell cover illustrations and in 1976 opened the Norman Rockwell Museum in Philadelphia (601 Walnut Street) to share their collection with the public. “The museum was enormously popular,” says Dr. Stoltz.

In 1998, they closed the museum and donated the collection to the Awater Kent Museum (15 South 7th Street, Philadelphia). But Dr. Stoltz continues collecting, and he and his wife give frequent lectures nationally and internationally on the art of Rockwell and other Post illustrators. His prized possession is a collection of every Post cover published from 1919 through the 1960s.

“My career as a physician was very rewarding, and my involvement with art has been one adventure after another,” he says. “We’ve had the opportunity to meet a lot of fascinating and famous people. I’m grateful that I’ve had the chance to pursue the two interests that I find most rewarding in life.”
Unique Patient Populations

JOHN P. TORTU, DO '00

If it is Thursday or Friday, Amish and Mennonite families in White Horse, Pennsylvania, know the doctor must be in. Every week, they flock to the makeshift office of John P. Tortu, DO '00, located in an Amish home in this rural Lancaster County community. Many patients arrive for their appointments in horse and buggy. Others, who live more than an hour's drive away, hire a driver to bring them by car since it would take most of the day to travel by horse and buggy.

All of them come to be treated for a variety of complaints with osteopathic manipulative medicine (OMM). It is the only treatment modality offered by Dr. Tortu, and both the Amish and Mennonites have embraced it with overwhelming enthusiasm.

"OMM fits their life philosophy perfectly," says Dr. Tortu. "They gravitate to the holistic nature of healing and the idea that the body has an inherent capacity to heal itself. They see that OMM assists that process very effectively."

Dr. Tortu, who also practices in Stratford, New Jersey, three days a week, began his practice in Lancaster in April 2004, assisted by his wife and office manager, Madelynn. Since that time, the practice has grown from one Amish family to many Amish and Mennonite families, and his practice continues to grow steadily.

"The word about my practice really began spreading over the Christmas holidays when Amish families traditionally get together for enormous dinner celebrations," explains Dr. Tortu. "As a result, my practice has grown exponentially. Amish families tend to be large, with some having as many as 13 children. After being treated once, one grandmother wanted all of her 50 grandchildren to be treated."

"Evaluation and treatment of children from newborn through adulthood makes up a growing segment of the patient population," he continues. "The Amish recognize the need to treat the effects of various types of birth trauma to set their children up for a better life."

Despite the fact that their beliefs prohibit the use of equipment powered by electricity, the Amish have made it possible for Dr. Tortu to use his electric adjustable OMM table. "An Amish gentleman set up a car battery with a power inverter that makes 12 volts into 120 volts," Dr. Tortu explains. "This enables me to operate the table without using electricity from the power grid."

Dr. Tortu sees many patients with traumatic musculoskeletal injuries. "I see people suffering from concussions after being kicked in the face by farm animals. Some patients have suffered a broken back after falling from the roof of a barn," he relates. "But as a community, the Amish don't complain. If they're not broken or bleeding, they're working."

One particularly serious trauma involved an eight-year-old boy, who was struck by a car and landed headfirst in the road. "He suffered from many neuro-
logical and musculoskeletal issues and wasn’t doing well in his rehabilitation.” Dr. Tortu relates. “When I began treating him in the way I was taught at PCOM as well as various post-graduate training programs, he began to flourish. He now acts like any other eight-year old boy and his grades in school have improved.”

Dr. Tortu, who was an undergraduate OMM fellow at PCOM, loves the practice of OMM and believes it is the work he was meant to do. “I hope that more medical students use the skills learned in the OMM curriculum at PCOM and continue to expand those skills in post-graduate programs,” he emphasizes.

“With practice, these skills can be used to enhance their individual practices, whatever the specialty. This addition to their skill set is deeply rewarding, and the opportunities in communities such as this one and many others are tremendous.”
LAURA ROBIN, DO ’88, MPH

For Laura Robin, DO ’88, MPH, a six-week rotation at an outpatient clinic on a Navajo Indian reservation was a defining experience in her medical career, making her a lifelong champion of preventive medicine and public health.

Her interest in preventive medicine began to take shape as she witnessed the high incidence of alcoholism, teenage pregnancy and Western diseases like diabetes and heart disease among Native Americans on the reservation in Gallup, New Mexico. “It was difficult to watch because I knew that if they had some resources to prevent these problems, they would be able to lead very different lives,” says Dr. Robin.

Prior to this experience, Dr. Robin had assumed that she’d go into family practice like her father, Murray Robin, DO ‘51. But as she fell in love with the Native American culture, she thought she’d like to try to make a difference in the lives of the native peoples. After receiving her medical degree, she joined the federal government’s Indian Health Service (IHS) program and returned to work with the Navajos.

Laura Robin

After two years, her frustration with their plight led her to pursue a master’s degree in public health and a preventive medicine residency at Johns Hopkins School of Hygiene and Public Health. She continued to work on the reservation during her residency, conducting vaccine trials and studying the effects of wood and coal smoke on the respiratory function of young children.

In 1993, Dr. Robin joined the Centers for Disease Control and Prevention’s Epidemic Intelligence Service. Not one to shy away from adventure, she chose to serve in Alaska where her responsibilities included outbreak investigations and prevention for the state health department.

“The most common type of outbreak among the native Alaskan population was botulism due to westernized shortcutting of traditional food preparation methods,” she says. “We tried to improve the situation by educating community members, which was a challenge because of the cultural differences.”

During her service in Alaska, Dr. Robin became interested in integrative medicine, the combination of traditional Western medicine with natural methods of healing. She pursued specialized training in nutrition and additional training in osteopathic manipulative medicine. After completing her fellowship, she moved to Bend, Oregon, and joined a practice specializing in integrative medicine.

In each of the populations she has served, Dr. Robin has been surprised by how little people know about good nutrition and its role in supporting the body. “Most people don’t have any idea what they are putting into their bodies is contributing to the prevalence of high blood pressure, obesity, heart disease and diabetes,” she says.

In 2003, she and her husband, a psychologist specializing in motivation and behavior change, launched a Web-based business called Health Inspirations (healthinspirations.org) aimed primarily at helping physicians help their patients develop healthier lifestyle habits. Their services include patient workshops, nutrition counseling, health coaching and metabolic individuality typing, a science-based method of helping people determine the optimal diet for their metabolism.

“While they recognize the importance of nutrition, most physicians don’t have the time to discuss it with their patients,” says Dr. Robin. “With Health Inspirations, we offer them a reliable resource where they can refer patients for comprehensive nutrition counseling and therapy. What we are doing really relates back to the osteopathic philosophy that the body has the innate ability to heal itself if you support it properly.”
Every day patients stream into the CORE Center, an outpatient care facility in Chicago, Illinois, that provides a wide range of medical services to individuals affected by HIV, AIDS and other infectious diseases. Many of these patients also struggle with substance abuse, psychiatric disorders and a host of other issues that make it difficult for them to follow through with their treatment. Despite these obstacles, John D. Verna, MS, PA-C 01, holds out hope for each one of the 400 HIV-positive patients he sees as a primary care provider.

“I have quite a few patients who have done exceptionally well, who were at death’s door and are now functioning in society again,” he says. “It’s wonderful to witness. Daily, I have hope that I will be able to help more patients do well and that new drugs in the pipeline will make their lives even better.”

One patient who holds a special place in his heart was diagnosed with HIV in 1995. Mr. Verna has provided her care since he first came to the CORE Center in 2001.

“She has been hospitalized with every type of opportunistic infection she could possibly have and continues to beat the odds,” he says. “Even though she’s on the last line of treatment and has a T-cell count of four (below 200 is considered AIDS), she somehow manages to attend college full-time. She has never given up and I don’t think she ever will. She typifies what I would like to see happen for all my patients.”

Whenever he starts patients on a new treatment regimen, Mr. Verna sees them in the center as frequently as possible and calls in between visits to see how they’re doing. “Follow-up is especially important with this population because many of them don’t understand the importance of taking their medication every day or they may be dealing with unpleasant side effects,” he says. “I like to think that my phone calls help.”

His attentiveness to his patients may be one of the reasons that he has a higher percentage of patients with undetectable levels of HIV virus in their blood than the national average. “A low or undetectable viral load is an indication that patients are complying with their treatment and the medications are working,” he says.

In addition to caring for his patients, Mr. Verna is passionate about keeping up with advances in HIV treatment. “I was a biochemistry major in college and studied quite a bit of virology,” he says. “I love the science behind HIV treatment and how it’s constantly evolving. Every time something new comes out, I try to apply it to my practice.”
A physician and clinical researcher at PCOM can now do just that, thanks in part to his own work.

The doctor reaches into a bowl for a chunk of watermelon, cracks a wry smile and opens wide. Just before he pops the juicy fruit into his mouth he tells a visitor exactly why this piece of fruit is so sumptuous. “Watch this! I couldn’t do this a year ago; I would’ve become very sick,” explains John P. Simelaro, DO ‘71, professor and chair, internal medicine.

Dr. Simelaro is one of the more than 17 million asthmatics in America. And as is the case with so many asthmatics, Dr. Simelaro is allergic to numerous pollens, grasses, dust and mold— and watermelon. “At six years old, my asthma was severe enough, basically, to cripple me,” recalls Dr. Simelaro. “My breathing was awful. A piece of watermelon would’ve closed up my throat; in fact, that happened when I was ten.”

A pulmonologist who has asthma...the irony is not lost on Dr. Simelaro.

And though Dr. Simelaro still is an asthmatic, his symptoms are now virtually gone. No oral medications, no more metered-dose inhaler.

How does Dr. Simelaro manage to live basically free of his asthma and allergy symptoms? The credit goes to his ongoing clinical research, in addition to that of other physicians and bench scientists across the country.
For a little more than a year, Dr. Simelaro has been involved in follow-up clinical research of a medication called omalizumab. The drug is a humanized monoclonal antibody delivered via subcutaneous injection.

In June 2003, omalizumab received FDA approval for the treatment of moderate to severe persistent asthma in patients 12 years and older. And although there were about 3,000 patients enrolled in the original clinical trials, long-term study of the drug continues. “We have 100 patients participating here,” Dr. Simelaro says of his medical office in the campus’ Rowland Hall.

“The follow-up study has been very active,” says Dr. Simelaro. “We’re one of 600 centers involved in following the drug, and we’re getting new patients referred to us now on a regular basis. The word is starting to get out.”

Patients receive between one and six injections per visit in either one or two visits per month. The dose is determined by two factors: the patient’s weight and the results of a blood test. Results from the drug take a month to several months.

Patients are taught to inject themselves, but they do so at Dr. Simelaro’s office. “We test for IgE (immunoglobulin E) levels in the blood,” notes Dr. Simelaro. “If you have a high IgE, you either have asthma or you will develop it, no question. The higher your IgE, the greater your risk of developing asthma.” [See reference chart depicting IgE levels and corresponding odds of asthma.]

What the medication does is block IgE. There is an allergic inflammatory cascade in IgE mediated asthma. In response to antigen stimulation, B lymphocytes differentiate into plasma cells, which produce and release IgE antibodies into the bloodstream. Eventually, the binding of the allergen with IgE causes inflammatory mediators to be released, resulting in bronchoconstriction seen in an asthma attack.

Regular injections cause the medication to bind to free IgE, reducing cell-bound IgE, interrupting the process that leads to symptoms.

In the original pivotal phase trials as well as supportive safety and efficacy studies, 96 percent of patients on the medication had a decrease in mean serum free IgE. Treatment was generally well tolerated, and the frequency of reported adverse events was comparable between the omalizumab-treated and control groups. Serious adverse events were infrequent; however, there was a slight increase in the cancer rate — new or recurrent — for people on the medication.

“The increase from .47 percent among the general population to .5 percent among the 3,000 patients receiving the drug is not statistically significant,” notes Dr. Simelaro. Another identified concern was severe anaphylaxis (occurring in less than .1 percent of patients).

Physicians and researchers knew about IgE for years. “But until recently, we just knew about it; we couldn’t really do anything about it,” explains Dr. Simelaro.

Since IgE has been implicated in other maladies, further study is planned in those areas as well. “There’s some interest in atop dermatitis, peanut allergies and nasal allergies,” explains Dr. Simelaro.

According to the National Institute of Allergy and Infectious Disease, asthma attacks are responsible for two million emergency room visits each year and 500,000 hospitalizations. More than 5,000 people die from asthma annually.
As a radiology resident and then a member of PCOM’s Department of Radiology, I received my training under Dr. Meals. His innovative classroom techniques have had a significant impact upon my career—shaping the structure and content of the instruction I give my students and hospital staff. His devotion to education has encouraged my continued involvement in the profession. And his compassion for his radiation therapy patients and their families has also influenced me; his was a sincere concern that fostered solace and reassurance.

- Richard M. Purse, DO ’72
It has been said that “good teaching is one-fourth preparation and three-fourths theater.” For Robert L. Meals, DO ’56, his was a belief-enacted in the classroom of life for well over 40 years—that in all ways of learning, the more active the learner, the better.

His was an unconventional classroom befitting perhaps of one of the most unconventional teacher-physicians. Be it on campus or in a hospital, his classroom was a stage, grounded merely by its milieu of X-rays and enthusiastic student audience.

Donning masks, conversing with Mrs. Monkey or Kermit the Frog, Dr. Meals appeared as the show’s star. An animated puppeteer, his puppets, mere props of felt, sang and danced with all the earnestness in the world. And his students—emulating the puppets—learned to take risks, to embrace and accept each other, to laugh at themselves, to prepare for those critical moments of medical practice that would require not only technical knowledge, but also courage of character.

For three decades, Dr. Meals’ Third-Year Radiology Teaching Program was one of a few in existence in the United States. He drew medical students and residents not just from PCOM, but from other prestigious national and international medical schools. There was a waiting list for his popular yet demanding rotation.

Esteemed by his students and professional colleagues, Dr. Meals was also well-regarded by the larger medical community. In 1975, he received the Christian R. and Mary F. Lindback Foundation Award for Distinguished Teaching. In 1988, he was recognized as a Distinguished Practitioner and Member of the National Academy of Practice in Osteopathy. In 1993, he was granted life membership in the American Osteopathic College of Radiology, and was presented with the O.J. Snyder Memorial Medal, PCOM’s highest honor. In 2004, he received PCOM’s President’s Leadership Award. And time and time again, he was acknowledged by the PCOM student body, earning the annual Student Council Award for Clinical Radiology Teaching.

After completing his doctor of osteopathic medicine degree (1956), his master of science degree (1961), and his internship, residency and fellowship at PCOM, as well as his diplomas from the American Osteopathic Board of Radiology in Therapeutic Oncology and Radiology (1962), Dr. Meals held several positions at the College including professor and chair of the department of radiology and chair of the department of radiology, nuclear medicine and radiation therapy at City Avenue Hospital. Most recently he was professor and academic chair of radiology at PCOM.

He was a member of the American Osteopathic Association, the Philadelphia Cooperative Cancer Association, the American Association for Cancer Education, the American Society for Therapeutic Radiology, and the Pennsylvania State Radiation Protection Committee.

Dr. Meals is predeceased by his wife, Dorothy. He is survived by his daughter, Sharon L. Altman, DO ’79; son, Robert L. Meals, Jr.; and five grandchildren.

“Dr. Meals was a Master Teacher with a profound love for PCOM and its student body. He lived each day manifesting a warm and generous spirit that made him a role model for all of us.”

- Matthew Schure, PhD, president and chief executive officer

“Dr. Meals was continually generous—lending his time and attention to students, peers, perfect strangers. Questions and concerns were always answered; no one was ever turned away. All were met with a kind word or a piece of candy. His heart was made of pure gold.”

- Terri Curry, administrative assistant, radiology

“Each year I’d receive an assignment from Dr. Meals to photograph the members of the first-year class in the studio. I’d be advised to put silly hats on some students; others would be posed with a skeleton or an odd prop. The pictures, made into slides, would be used in class as an accompaniment to answering (and singing) radiology questions. The activity never failed as an icebreaker; it was a matchless teaching aid.”

- Bruce Fairfield, supervisor/photographer, educational media

*Gifts may be made in Dr. Meals’ memory to the Radiology Teaching Fund at PCOM.*
Class of 1951
Victor M. Bove, DO, Lancaster, PA, was honored by Millersville University with his inclusion in “150 Years of MU Faces.” In celebration of its 150th anniversary, the University bestowed this honor upon 150 alumni who have “provided a period of continuous service to MU and have made a significant contribution to society at large.”

Class of 1957
Class Agent: Marvin Rosner, DO 215-463-2323, mrosner520@aol.com
Eleanor V. Masterson, DO, Havertown, PA, has been featured in an article published in the Courier Post titled “Determined to Be a Doctor.”

Class of 1966
William F. Ranieri, DO, Medford, NJ, was inducted into the Mentor Hall of Fame by the American Osteopathic Association.

Class of 1967
Class Agent: Sherman Leis, DO 610-667-1888, drsheis@aol.com
Ronald Blanck, DO, Fort Worth, TX, participated in the Fenwick Island Plunge on New Year’s Day 2005. The air temperature registered 69 degrees, and the ocean temperature was 77 degrees.

Sherman N. Leis, DO, Bala Cynwyd, PA, is medical director and chief surgeon for the Philadelphia Center for Transgender Surgery, a multi-disciplinary group specializing in the evaluation and care of the transgender (transsexual gender dysphoria) patient. The center is only one of its kind on the East Coast and one of only a few in the nation.

Class of 1968
Class Agent: Alfred J. Poggi, DO 814-443-3637, epoggi@aol.com
Alfred J. Poggi, DO, Somerset, PA, was elected secretary of the 8th District of the Pennsylvania Osteopathic Medical Association.

Class of 1970
Class Agent: James J. Nicholson, DO 610-828-6990

Jon M. Greif, DO, La Jolla, CA, received the Physicians’ Exceptional Contribution Award presented by the Southern California Permanente Medical Group.

Class of 1973
Class Agent: Herbert J. Rogove, DO 949-764-6098, hrogove@hahospital.org
Robert C. Luderer, DO, Clarion, PA, received the 2004 Citizen of the Year award presented by the Clarion Area Chamber of Business and Industry.

Class of 1974
Class Agent: Dennis B. Zaslows, DO 305-445-5056, drbdesn2@aol.com
Larry Cohen, DO, Cherry Hill, NJ, was presented with an Outstanding Contributor Award at UMDNJ-SOM’s Department of Surgery Annual Dinner on June 16, 2005.

Jerry A. Olshan, DO, Phoenix, AZ, was named Top Doc in Medical Oncology and Hematology in the April 2005 issue of Phoenix Magazine.

Class of 1975
Class Agent: Jon J. O’Brien, SJ, DO 202-965-6912, je25@georgetown.edu
Jeffry A. Lindenbaum, DO, Ithaca, PA, was featured in an article published in The Philadelphia Inquirer titled “Specialist care waning for people on Medicaid.”

Allen Zagoren, DO, Des Moines, IA, received a master’s of public administration degree from Drake University. He will be joining the faculty of the University’s School of Public Administration as a professor of public administration. Additionally, Dr. Zagoren was elected into Pi Alpha Alpha, an international honor society for public administration.

Class of 1976
Robert I. Boarstein, DO, West Bloomfield, MI, joined the department of surgery at Huron Valley Sinai Hospital in Commerce, Michigan.

David V. Condoluci, DO, Moorestown, NJ, co-authored an article published in the Journal of Clinical Psychology in Medical Settings titled “Screening HIV-infected patients with chronic pain for anxiety and mood disorders with the Beck Anxiety and Depression Inventory-Fast Screens for Medical Settings.”

R. Michael Gallagher, DO, Haddonfield, NJ, dean of UMDF SOM, was named a distinguished fellow of the American College of Osteopathic Family Physicians. He was among the first group of physicians ever selected for this honor.

Class of 1977
Class Agent: H. Sprague Taveau, IV, DO 806-212-5750, glorysxt1@cox.net
Sue Bailey, DO, Bethesda, MD, is an MSNBC News analyst. Dr. Bailey is an expert on national security and public health matters. She is frequently interviewed and often quoted about the threat of bio-terrorism.

Warren M. Cohen, DO, Haverford, PA, has retired from his family medicine practice in Roxborough after 27 years. Dr. Cohen is passing his medical practice over to Andrea D. Pedano, DO ’90.

James W. Groff, DO, Phoenix, AZ, was named a Top Doc in Dermatology in the April 2005 issue of Phoenix Magazine.

Class of 1978
Class Agent: Lorraine M. Disipio, DO 610-623-7230, ldisipio@comcast.net
Joseph V. Klag, DO, Scottsdale, AZ, was named a Top Doc in Cardiology in the April 2005 issue of Phoenix Magazine.

Class of 1979
Class Agent: Earl H. Briner, DO 717-272-7321, ebhershey@hotmail.com
Thomas W. Cerato, DO, Glendale, AZ, was named a Top Doc in Family Practice in the April 2005 issue of Phoenix Magazine.

Paul Evans, DO, Duluth, GA, co-authored an article published in Family Practice Recertification titled “Alzheimer’s disease: management in the new millennium.”

Robert J. Hynick, DO, Sunbury, PA, was appointed medical director at Twin Hills Health Center in Muncy, Pennsylvania.

Jeffrey Packer, DO, Paradise Valley, AZ, was named a Top Doc in Nephrology/Hypertension in the April 2005 issue of Phoenix Magazine.
Class of 1981
Bernard J. Bernacki, DO, Pittsburgh, PA, was elected vice-chairman of the 8th District of the Pennsylvania Osteopathic Medical Association.
James R. DeSalvio, DO, Dunlap, IL, became board certified in occupational medicine by the American Board of Preventive Medicine on January 1, 2005. Dr. DeSalvio is a medical director with Caterpillar, Inc., and a member of the American College of Occupational and Environmental Medicine.
James J. Glah, DO, Everett, PA, joined University of Pittsburgh Medical Center - Bedford Memorial Orthopedics.

Class of 1982
Class Agent: Anthony J. Silvagni, DO
954-262-1407, asiilvagni@aol.com
Susann E. Schetter, DO, Millersville, PA, is an associate professor of radiology and section chief of breast imaging at Milton S. Hershey Medical Center. She lives with her husband, Michael, and son, Ben, on a 33-acre farm in southern Lancaster County.

Class of 1983
Class Agent: Mary Ann DiBiagio, DO
724-758-7559, madibiagio@hvs.b.Org
Daniel F. Battafarano, DO, San Antonio, TX, retired from the U.S. Army Medical Corps on September 30, 2004. He is now working as the chief of the rheumatology service at Brooke Army Medical Center in San Antonio as a provider and clinical professor.
Carol L. Henwood, DO, Pottstown, PA, was elected to the board of trustees of the American College of Osteopathic Family Physicians.
Robert S. Mascalous, DO, Hummelstown, PA, joined Highmark Blue Shield as medical director for clinical client relationships.
John C. Tanner, DO, Neptun Beach, FL, was featured in an article published in The DO titled “What DOs can do about soaring prescription opioid abuse: the not so silent epidemic.”

Class of 1984
Carol L. Holobiako, DO, Hammond, NY, completed her certification in New York State for acupuncture training through the Helms Medical Institute at UCLA School of Medicine.

When Summer Camp Is a Labor of Love

Michael Detorre, DO ’86, went to camp this summer, just as he has for the last 12 years. A pediatric intensivist and associate professor of pediatrics at Penn State Children’s Hospital, Penn State Milton S. Hershey Medical Center, Dr. Detorre doesn’t go to golf camp or tennis camp. He rejuvenates himself at Vent Camp, a summer camp that gives ventilator-dependent children the opportunity to spend one week a year enjoying life experiences that are usually out of their reach.

Dr. Detorre is medical director and on the board of directors of PA Vent Camp in Millville, Pennsylvania. The camp, one of approximately eight in the country, offers children ages four through 18 the rare opportunity to live away from home and the hospital and enjoy typical camp activities ranging from swimming and fishing to sports and arts and crafts.

“The camp gives these kids and their parents the opportunity to realize they can do more than play a video game,” he explains. “They participate in activities that other kids do all the time. They can go swimming, which other than taking a bath is the only time they get to be in water. They go horseback riding through a therapeutic riding program.”

Everyone wins when a child goes to Vent Camp. “The kids see they can do more than they think they can, the parents and caregivers get a rest, and it helps me be a better person,” explains Dr. Detorre. “I see the courage these kids have as they tackle their problems that will never go away. I try to take that attitude back to my life.”

Dr. Detorre cites his mother’s work as a nurse as influencing his decision to become a doctor. “I’ll always remember my Little League playoff game during which the umpire fell to the ground with a heart attack. My mother gave him a chest thump and saved his life. When you see your mom save a life, it really sticks with you.”

In turn, Dr. Detorre’s work is having an impact on his own children. His 15-year-old daughter has been going along to Vent Camp since she was ten, and this summer was his 12-year-old son’s second year. “It really opens their eyes,” Dr. Detorre acknowledges.

In fact, Dr. Detorre brings out the best in everyone associated with his work. Steven L. Lucking, chief of pediatric critical care medicine and director of the pediatric intensive care unit at Penn State Children’s Hospital, notes, “His leadership and spirit draw out the talents and generosity of numerous other volunteer doctors, nurses, therapists and teens to provide a truly wonderful camp experience for these special children.”

Class of 1985
Class Agent: Michael P. Meyer, DO
717-721-5700, mmeyer8700@aol.com
Carol L. Holobiako, DO, Hammond, NY, completed her certification in New York State for acupuncture training through the Helms Medical Institute at UCLA School of Medicine.

Diane McClain-Bickel, DO, Lewisburg, PA, joined the medical staff at Evangelical Community Hospital.
Steven L. Zelenkofsky, DO, Center Valley, PA, joined Alderfer & Travis Cardiology in Sellersville, Pennsylvania.
Juk L. Ting, DO ’95

His Passion for Teaching is No Flight of Fancy

For Juk L. Ting, DO ’95, the only thing that’s more fun than flying an airplane is teaching someone else how to fly. Licensed as a commercial pilot just after graduating from PCOM, Dr. Ting is also licensed by the Federal Aviation Administration (FAA) as a flight instructor in southern California. Each year, he prepares about 10 student pilots for the FAA licensing exam.

Dr. Ting, who grew up dreaming about becoming a fighter pilot, finds great reward in “seeing the light go on” when a student finally learns how to execute a procedure. “Sometimes when students come to you, they just don’t get it,” he says. “Then you take them up and work with them patiently. When you see their eyes light up, you know they finally got it!”

In addition to flight instruction, Dr. Ting flies a twin-engine freight plane transporting lab specimens for Quest Diagnostics. He also pilots an airplane for the traffic reporters of a local radio station and has followed his fair share of police chases on LA freeways. “LA is the police chase capital of the world,” he quips.

Previously, during his residency, Dr. Ting combined his love of flying with the practice of medicine by moonlighting as a flight physician on a medevac helicopter. These days, when Dr. Ting’s not in the cockpit of an airplane, you’ll find him at the urgent care/rehab clinic he recently opened in Orange County, California, after practicing emergency medicine.

Looking ahead, Dr. Ting would like to continue teaching, not just in the cockpit but also in the medical classroom. “I may pursue becoming a medical school professor,” he says. “While I was at PCOM, I tutored students in anatomy, physiology and other subjects; teaching always came naturally to me. Over the years, many professors and classmates turned the light on for me along the way, and I would like to do that for others.”

“Seeing patients is rewarding,” he adds, “but if you can teach 100 people to do something better, your lessons may ultimately benefit 10,000 patients versus just helping one patient at a time. I find that very exciting—just like flying!”

Class of 1987
Class Agent: Thomas J. Daguey, III, DO
812-885-3810, td36@comcast.net
Maria Procopio Dagan, DO, Wexford, PA, was appointed osteopathic director of medical education at the Western Pennsylvania Hospital in Pittsburgh, Pennsylvania.

Carl D. Glidden, DO, Henryetta, OK, moved to Oklahoma in July 2004, and married Sharon Johnson. They purchased Tiger Mountain Ranch and are developing a ranch resort/retreat. Dr. Glidden is working in the emergency departments at Henryetta Medical Center, Okmulgee Memorial Hospital and Muskogee Regional Medical Center. He is the medical director of the New Vision Program at Henryetta Medical Center.

Robert J. Sass, DO, Lebanon, VA, was elected vice chief of staff at Russell County Medical Center in Lebanon, Virginia.

Class of 1988
Class Agent: Eric M. Lipnack, DO
856-784-0444, elipnack@comcast.net

Derek L. Grossman, DO, Kalamazoo, MI, is in Iraq with the 1-69th Infantry (“Fighting 69th” New York Guard) for his second tour of duty as battalion surgeon. He was awarded the Combat Medical Badge for giving medical aid while under enemy fire during combat operations. His tour of duty has been extended to at least August 2005.

Randy G. Litman, DO, Pikeville, KY, received certification in neuromusculoskeletal medicine and osteopathic manipulative medicine by the American Osteopathic Board of Neuromusculoskeletal Medicine.

Class of 1989
Class Agents Judith Richmond Pylbick, DO
610-366-8445, gmjprp@aol.com
Coken M. Smith, DO
423-722-9355, colsmichde@pol.net

Gary A. Erbstorfer, DO, Phoenix, AZ, was named a Top Doc in Family Practice in the April 2005 issue of Phoenix Magazine.

Anthony J. Guaracino, DO, Harrisburg, PA, was named vice president of the medical staff at Carlisle Regional Medical Center.

Class of 1990
Class Agent: Jennifer Waxler, DO
jwaxler@sbhcs.com

Lynne C. Columbus, DO, Tampa, FL, was nominated in the 16th Annual Florida Medical Business News Golden Stethoscope Awards in the category of Best Women’s Practice. Dr. Columbus was one of five nominees selected from a statewide pool of 50,000 physicians, hospital executives and medical professionals comprising the state of Florida’s healthcare industry. Dr. Columbus is the president of Gulf Coast Pain Management, a multi-disciplinary pain center.

Class of 1992
Class Agent: Daniel J. Kupas, DO
724-845-6360, djkupas@kiski.net
Richard T. Jemyn, DO, Drexel Hill, PA, co-authored an article published in the Journal of Clinical Psychology in Medical Settings titled “Screening HIV-infected patients with chronic pain for anxiety and mood disorders with the Beck Anxiety and Depression Inventory—Fast Screens for Medical Settings.”
**Class of 1993**

Class Agent: Larissa Fernando-Dominy, DO, 610-409-8147, ld.dominy@verizon.net
Clara M. Higgins, DO 302-644-9644, cmhind5@aol.com

Catherine Schre Broady, DO, Saylorsburg, PA, joined the family practice staff at St. Luke’s Hospital in Bethlehem, Pennsylvania.

Thomas M. Motyka, DO, Pikeville, KY, received certification in neuromusculoskeletal medicine and osteopathic manipulative medicine by the American Osteopathic Board of Neuromusculoskeletal Medicine.

**Class of 1994**

Class Agent: Judith A. Gardner, DO 215-428-9383, judygcots@verizon.net

Mary E. Diamond, DO, Paoli, PA, was appointed medical director for the State Department of Public Welfare, Office of Mental Health and Substance Abuse Services. She also serves as president of the Philadelphia Psychiatric Society.

Robert D. McGann, DO, New Castle, DE, joined the medical staff at Unity Community Hospital in Grove City, Pennsylvania.

**Class of 1995**

Class Agent: Francis N. Ogbonu, DO 606-833-9870

Andrew S. Kirschner, DO, Bala Cynwyd, PA, was profiled in an article published in the *Main Line* titled “Meteor physician felt Eagle’s pain this season.”

Mary V. Krueger, DO, Fayetteville, NC, is training the next generation of Army family physicians in the family medicine residency program at Womack Army Medical Center in Fort Bragg, North Carolina.

Blossom Kunnel, DO, Royal Palm Beach, FL, is working in emergency medicine at the Wellington Hospital in Palm Beach County, Florida. She is married to Regi Kunnel and has a four-year-old daughter, Priyanka.

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**On a personal note**

Therese M. Barry, DO ’96. Forked River, NJ, and her husband, Adam, are the proud parents of Ryan Joseph, born on March 11, 2005.

Jarad Fingerman, DO ’96, Newtown, PA, and his wife, Laura, are the proud parents of Alexis Paige, born on March 6, 2005.

J. Pepper Goslin, III, DO ’01, Strasburg, PA, married Jennifer Schneider on June 14, 2003. They are the proud parents of son Pierce, born on April 5, 2004. Dr. Goslin recently joined Juniata Valley Medical Group in Mifflintown, Pennsylvania.

Melissa Taylor, DO ’02. Wallingford, PA, married Peter Bergonzi on May 7, 2005. In July, Dr. Taylor entered her final year as a family practice resident in the Crozer-Keystone Health System.
**Class of 1997**

Class Agent: Daniel W. Markowski, DO
908-353-7949

Matthew T. Wiza, DO, Rochester, NY, joined Unity Health Group and will be in a group practice at Spencerport Family Medicine.

W. James Malone, DO, Danville, PA, accepted a musculoskeletal radiology fellowship at Thomas Jefferson University Hospital that began in July 2005.

**Class of 1998**

Class Agent: James V. Lieb, DO
814-946-2708

Brent E. Angott, DO, Washington, PA, was elected to the board of directors of Canonsburg General Hospital.

Francesco Mangano, DO, Cincinnati, OH, completed a pediatric fellowship at St. Louis Children's Hospital, Washington University. He has accepted a position as a pediatric neurosurgeon/assistant professor of neurosurgery at Cincinnati Children's Hospital and Medical Center.

**Class of 1999**

Class Agent: Tabatha Jeffers, DO
814-375-0460, froggyrlj@hotmail.com

John Marshall, DO, Mt. Wolf, PA, was deployed as a general surgeon with the 2nd Forward Surgical team for Operation Enduring Freedom in Afghanistan. His wife, Suzan Marshall, DO '00, joined him this summer at the 121 General Hospital in Seoul, Korea. She is a staff general surgeon.

**Class of 2000**

Class Agents: Edward Casey, DO
casey.edward@mayo.edu

Vincent D'Giovanii, DO, Narberth, PA, was recognized with a Chief Resident's Award at UMDNJ-SOM's Department of Surgery Annual Dinner on June 16, 2005.

Brinda S. Kantha, DO, Philadelphia, PA, co-authored two chapters for a new textbook titled *Interventional Spine: An Algorithmic Approach*. Dr. Kantha is completing her sports and interventional spine fellowship at the University of Pennsylvania. She will be joining her father in private practice in northern New Jersey.

**Class of 2001**

Michaelene Bardo, DO, Catawissa, PA, received board certification in internal medicine.

Charles Heller, III, DO, Philadelphia, PA, was presented with the 2005 Academic Achievement Award as well as the 2004 Elmer Grimes Award at UMDNJ-SOM's Department of Surgery Annual Dinner on June 16, 2005.

**Class of 2002**

Timothy A. Leone, DO, Cherry Hill, NJ, was presented with the Frederick G. Meoli Scientific Paper Award (junior award, 2003-2004) at UMDNJ-SOM's Department of Surgery Annual Dinner on June 16, 2005.

Donna M. Martin, PsyD, Quakertown, PA, joined the staff at Penn Foundation.

Kristen Willett, DO, Mableton, GA, is the first DO chief resident at Emory University in Georgia. Her field of residency is physical and rehabilitation medicine.

**Class of 2003**

Livia K. Baublitz, DO, Cockeysville, MD, had her article, “Somatic complaints in the pregnant female: A review of musculoskeletal dysfunction and osteopathic considerations,” published in the *Journal of the Pennsylvania Osteopathic Medical Association*.

Julianne Falleroni, DO, Port Orchard, WA, won second place for her case report presentation at the American Academy of Family Physicians National Convention in Orlando, Florida. She is a second-year family medicine resident and Navy Lieutenant at Naval Hospital Bremerton.

She has been elected chief resident of her program. Dr. Falleroni lives in Washington with her husband, Bill Wolfe, and their sons, Elias and Henry.

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**In Memoriam**

**Michael F. Avallone, Sr., DO ’59**

Dr. Avallone was a great physician and supporter of Philadelphia College of Osteopathic Medicine. He served on the Alumni Association Board of Directors from 1991 to 2004 and was a lifetime member of the Association. He generously established and funded the Martha and Michael J. Avallone Memorial Scholarship in memory of his parents.

Dr. Avallone also served as president of both the Pennsylvania Osteopathic Medical Association and the American College of Osteopathic Family Physicians. Among his many awards is the Family Physician of the Year Award, which he received from both the American College of Osteopathic Physicians and the Pennsylvania Osteopathic Family Physicians Society. His dedication to his profession and wonderful sense of humor will be missed.

Dr. Avallone is survived by his wife, Regina; daughter, Regina; and sons, Michael F. Avallone, Jr., DO ‘88, and John A. Avallone, DO ’89.
Getting to the Heart of the Matter

When Didi Omiyi, MS/Biomed '04, graduated from Creighton University with a bachelor of science degree in physics, he knew he wanted to pursue a degree in medicine. He also knew he needed more preparation. He looked at a variety of post-baccalaureate programs and chose PCOM. "The MS in biomedical sciences had everything I was looking for," Mr. Omiyi explains; "it was a two-year degree program and offered me the opportunity to do research."

Once enrolled in the program, Mr. Omiyi found that it lived up to his expectations. During his first year, Mr. Omiyi participated in classes that were on par with medical school classes, and in his second year he focused on research with Lindon Young, PhD, assistant professor, pathology, microbiology & immunology. In fact, Mr. Omiyi was the lead author of the paper "Protein Kinase C beta II (PKC beta II) peptide inhibitor exerts cardioprotective effects in rat cardiac ischemia/reperfusion injury" published in the Journal of Pharmacology and Experimental Therapeutics.

Now in his second year at Northwestern University Feinberg School of Medicine, Mr. Omiyi finds the time he spent at PCOM has given him an edge over his classmates. "Everything we did in our first year, I did to some extent in PCOM. I really had an advantage coming in—I was aware of what to expect and I knew how to manage my way around medical school. And with my first research paper already published, I didn't have the pressure to publish during my first summer."

Mr. Omiyi believes he will pursue a career in cardiology because it's medicine-based, which will give him the opportunity to have long-term relationships with patients. "It's a growing field," he points out; "it includes a little bit of everything—even surgery. Cardiovascular disease is especially prevalent in underserved communities, and I would like to give back by working in those areas, educating patients properly about the risk factors of the disease."

Originally from Nigeria, Mr. Omiyi intends to pursue opportunities to practice in his home country. "Home is always going to be home. There is a great need back where I am from and I want to be able to work with international organizations such as Doctors Without Borders or on my own, doing pro bono work a few months each year." In addition, Mr. Omiyi would like to continue his research and to teach.

Class of 2004
Shannon L. Fitzpatrick, MS/FM, Philadelphia, PA, is working part-time as a forensic program coordinator at PCOM and in November 2004 received her sexual assault nurse examiner certification.

Certificates of Merit
Joseph A. Giaimo, DO '87, Singer Island, FL, was elected president of the Florida Osteopathic Medical Association.
Kathryn C. Lambert, DO '88, Marlton, NJ, was elected president of the New Jersey Association of Osteopathic Physicians and Surgeons.
Glenn G. Miller, DO '79, Blue Bell, PA, was elected president of the American College of Osteopathic Family Physicians.
Joseph P. Olekszyn, DO '85, Seaford, DE, received the Presidential Achievement Certificate presented by the American Osteopathic Colleges of Ophthalmology and Otolaryngology - Head and Neck Surgery.
Hugh E. Palmer, DO '81, York, PA, was elected president of the Pennsylvania Osteopathic Medical Association.
Hugh P. Scott, DO '64, Annandale, VA, received the Distinguished Service Award presented by the American Osteopathic Colleges of Ophthalmology and Otolaryngology - Head and Neck Surgery.

In Memoriam
Michael F. Avallone, Sr., DO '59, Elkins Park, PA, June 17, 2005.
Herbert J. Buchalter, DO '61, Midland, MI, October 24, 2004.
Peter Cimmino, DO '61, Tampa, FL, March 15, 2005.
Saul Kanoff, DO '47, Wynnewood, PA, May 24, 2005.
Mary Leskovan, DO '93, Morrisdale, PA, February 25, 2005.
Wesley C. Luther, DO '43, North Charleston, NC, February 18, 2005.
Robert L. Meals, DO '56, Bala Cynwyd, PA, June 9, 2005.
James H. Quarles, DO '53, Royal Oak, MI, January 11, 2005.
Arthur H. Withhohn, DO '36, Largo, FL, February 27, 2005.
My Turn
By Phillip John Prest (DO ’08)

It is late. The sun has long set, the cold of night has descended and an imposing pile of texts dares me to pack it in for the night. The upcoming exam, I’ve convinced myself, is nothing to fret about. Perhaps I should just get some rest. I sit back in my chair, rub my eyes and gaze up at the bulletin board hanging over my desk. There, tacked in the middle, is an index card that now shines to me. On it I’ve written a quotation from one of our deans, words offered to us on our last day of orientation: “You think this is hard? Just imagine the first time you have to tell a patient there’s nothing more you can do.” I sit up straight and open up my books.

Being a first-year medical student at PCOM is difficult. No one said it would be easy, but I don’t know if anyone was prepared for just how taxing things were going to be. What is it, in fact, that is worth so much sacrifice?

The motivation to care for humanity inherent in the osteopathic tradition is enough to make thousands of prospective students apply to PCOM each year. But it is the school’s ability to help us remember why we applied in the first place that gets us through. It is not the threat of an exam that motivates us; it is the threat of one day caring for another human being.

Another thought lingers. . . . It doesn’t take a very large dosage of the evening news to be reminded that we live in a world where humans constantly disappoint one another. Starvation, wars, genocide. . . . Even as my class is being trained to be caretakers, there is a part of me that wonders if we should even bother.

To want to be a doctor surely requires a love for humanity. To make it through the rigors of medical school requires an environment that reminds us of that wonderful brand of humanity that we all believe is worth fighting for. At PCOM those reminders are everywhere. For example, a few months ago, a course director looked me in the eyes and said that her goal was only partly to teach me immunology. Her real task, as she sees it, is to make herself confident in letting me care for her son. It doesn’t stop there; affirmations are found as custodians order us to get back to studying in the wee-small hours of night and when a security officer offers prayer verses before exams.

Success likewise requires a bond. And fortunately, we have each other. Our class has spent countless hours locked up in the library together, but we’ve looked to the outside world as well. We’ve mourned together as we have lost family members and friends, and we’ve rejoiced in each other’s marriages and new births.

Seeing humanity in the black and white of our textbooks is one thing; we must make a connection to the environment we’re in. It is a necessary connection—not merely to survive our academic paths, but also to make it so those black and white pages will someday help us preserve that same humanity that makes this place so wonderful, so humanistic and so osteopathic.

“Seeing humanism in the black and white of our textbooks is one thing; we must make a connection to the environment we’re in.”

The staff of Digest welcomes your ideas for essays that would be of interest to the PCOM community. Please submit ideas in writing to Jennifer Schaffer Leone. E-mail jenniferleone@pcom.edu; fax 215-871-6307; or mail Marketing and Communications, 4180 City Avenue, Philadelphia, PA 19131-1695.
Your Legacy for Future Generations

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 them by continuing the legacy of philanthropy. Because this tradition is so important, The Philadelphia College of Osteopathic Medicine Foundation established the Andrew Taylor Still Legacy Society to acknowledge those inspired people who have made the commitment to help the College secure its future through planned giving.

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, the names of 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:

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Joan Abar, DO ’63
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For more information about becoming a member of the Andrew Taylor Still Legacy Society, or to learn more about planned giving as an effective and satisfying way to achieve your philanthropic goals while significantly reducing your tax burden, contact:

Scott Righter, Special Gifts Officer
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October 22-25
ACOS Annual Clinical Assembly
Rosen Center Hotel, Orlando, FL

October 23-27
AOA Convention
Orange County Convention Center, Orlando, FL

November 9
Annual Corporation Meeting
PCOM Campus, Philadelphia, PA

January 27
Founders’ Day
PCOM Campus, Philadelphia, PA

“The actual calling on people, at all times and under all conditions, the coming to grips with the intimate conditions of their lives, when they were being born, when they were dying, watching them die, watching them get well when they were ill, has always absorbed me.”

—William Carlos Williams
(1883-1963)