5-2010

Digest of the Philadelphia College of Osteopathic Medicine (Summer 2010)

Philadelphia College of Osteopathic Medicine

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OVERWEIGHT NATION
Battling the Obesity Epidemic
DIGEST

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CONTENTS

Features

Overweight Nation .............................. 8

Learning from Disaster .......................... 16

2010 Mason W. Pressly Memorial Medal (GA–PCOM) .... 18

2010 Simmy Ginsburg Humanitarian Award .............. 19

Departments

Updates ............................................. 2

Development News ................................ 7

Class Notes ....................................... 20

My Turn Essay ................................... 28

Digest, the magazine for alumni and friends of Philadelphia College of Osteopathic Medicine (Vol. 71, No. 2, USPS, 413-060), is published three times a year by the Departments of Marketing and Communications and Alumni Relations and Development. Periodical postage is paid at Conshohocken, PA, and at additional mailing offices.

POSTMASTER: Send address changes to:
Digest
Alumni Relations and Development
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4180 City Avenue
Philadelphia, PA 19131-1695

Opinions expressed are not necessarily shared by the College or the editors.
Dear Alumni and Friends,

Mirroring the direction of national health policy dialogue, the feature article of this issue of *Digest* examines—from the perspectives of practicing Philadelphia College of Osteopathic Medicine healthcare providers—pragmatic efforts to address obesity on various fronts. Yet, beyond these quality measures, it is my belief that osteopathic providers can offer a distinct service to patients with weight challenges. Drawing upon the osteopathic philosophy, an interconnection of mind, body and spirit, we must reaffirm our patients’ self-worth at all of body weight. This requires an understanding of the cultural context in which treatment occurs as well as an honest examination of any personal prejudices we may possess. The obesity issue is complicated; delivery of effective and compassionate treatment necessitates a holistic approach.

The article, “Learning from Disaster,” portrays an alternative application of the holistic philosophy: population-based health monitoring and analysis. Matthew P. Mauer, DO ’94, MPH, medical director, Bureau of Occupational Health, has been the principal investigator on two grants from the federal Centers for Disease Control and Prevention to study New York State employees and National Guard personnel who responded to the World Trade Center disaster.

Lastly, this issue highlights the accomplishments of two of our recent graduates: Helen R. Levey, DO ’10, the recipient of the Georgia Campus – PCOM 2010 Mason W. Pressly Memorial Medal, and Huy Do, DO ’10, the recipient of the 2010 Simmy Ginsburg Humanitarian Award. Their generosity of spirit and philanthropic works reflect the Mission of our College.

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

With warmest regards,

Matthew Schure, PhD
President and Chief Executive Officer
**A Day to Hear and to Be Heard**

Close to 100 PCOM and 11 GA-PCOM first-year DO students were among the 600 DO students who went to Capitol Hill this spring for the annual DO Day on the Hill. The opportunity to meet with congressional representatives and their aides is an annual event sponsored by the American Osteopathic Association.

This year’s talking points included the Sustainable Growth Rate formula for Medicare reimbursement to physicians, legislation to support the creation of more family medicine residency slots, financial assistance for students who choose primary care and tort reform.

Jared Hyman (DO ’13), GA-PCOM, student chapter president of the American College of Osteopathic Family Physicians (ACOFP), points out that “it’s important for students to know how much Washington will affect their practice on a day-to-day basis. Doctors are becoming more involved in politics. There are 30 to 40 doctors running for Congress.”

Stacey Hallenbeck (DO ’13) agrees. “Politics provides an access to resources. It’s good to be proficient in the dialogue.” In addition to giving students the opportunity to see how the political process will affect their futures as physicians, it provides DOs and DO students the chance to explain osteopathic medicine to those unfamiliar with the profession. “Tourists and school groups saw us in our white coats and asked us what we were doing,” explains Ms. Hallenbeck. “It was a good opportunity to tell the DO story.”
Getting to Know PCOM

PCOM Trustee John P. Kearney and his wife, Lois, hosted their third annual reception for the College at the Glenmaura National Golf Club in Moosic, Pennsylvania, this past spring. The event brought together pre-medical students and advisors from ten local colleges, student families, faculty, administrators and alumni from PCOM.

“Going to medical school is a huge step not only for the students, but for their parents as well,” says Mr. Kearney who serves on the PCOM Board of Trustee’s Development, Finance, and Executive committees and chairs the Foundation Committee. “Parents, probably even more than their children, have questions about the journey. This reception brings together all branches of the PCOM family. If there is a question, there is someone in the room with the answer.” He continues, “Lois and I are here to make sure the Northeastern region of the state is represented and to make certain the dedicated students of this region have the opportunity to fulfill their dreams.”

Mr. Kearney’s connection to PCOM is unqualified. His son, John D. (JD) Kearney, was a second-year medical student when he died in a tragic hiking accident in Arizona in 1999 while trying to rescue a friend who had fallen. “JD was accepted to five other medical schools,” recalls his father. “But when he was introduced to PCOM and the osteopathic philosophy during his junior year at Wilkes College, he set his sights on PCOM. He loved every day he was at PCOM.”

Determined to complete the work that JD began, the Kearneys established an academic scholarship at PCOM. At the same time, they established a scholarship at Wilkes College, where JD received his undergraduate degree, to be awarded to a student who plans to attend PCOM.

“We want to do all we can to support and strengthen the College and to enhance the lives of the students,” says Mr. Kearney. “We are very proud to be part of the PCOM family.”

School of Pharmacy to Admit Inaugural Class

The PCOM School of Pharmacy has been granted precandidate accreditation status by the Accreditation Council for Pharmacy Education (ACPE), allowing it to enroll its first class of 75 students.

“Notification of ACPE’s granting of precandidate status for our program comes as great news for our faculty and staff who have worked so hard to prepare our curriculum, identify preceptors and pharmacy training sites and establish our teaching labs,” says Mark Okamoto, PharmD, professor, dean and chief academic officer, PCOM School of Pharmacy.

Over 300 students were interviewed for the inaugural class, and “the admissions team has worked diligently to recruit and admit students who are talented, who have expressed passion for the profession and whom we expect to excel, both academically and professionally,” notes Dr. Okamoto.

ACPE accreditation is a three-step process for new schools of pharmacy. Precandidate accreditation status denotes a developmental program that is expected to mature in accord with stated plans and within a defined time period. This status is awarded to a new program that has not yet enrolled students; it authorizes the College to admit its first class.

The School of Pharmacy has also received the required approvals from the Georgia Nonpublic Postsecondary Education Commission, the Pennsylvania Department of Education and the Middle States Commission on Higher Education.

The School of Pharmacy will next apply for candidate accreditation, which is awarded to programs that have enrolled students but have not yet had a graduating class. Full accreditation is awarded to a program that has met all ACPE standards for accreditation and has graduated its first class. Classes began on August 16, 2010.
Gwinnett Medical Center Reaches Out to GA–PCOM

Daren Wannamaker, DO, assistant professor, internal medicine, and osteopathic director of medical education – GA–PCOM, has been tapped by Gwinnett Medical Center (GMC) – Duluth to teach GA–PCOM third- and fourth-year medical students as they perform their internal medicine rotation at the center.

“For several years medical students have been rotating through the hospitalist service at Duluth for their core internal medicine rotation,” notes Alan Bier, MD, executive vice president and chief medical officer at GMC. “As the service has become busier, the hospitalists have had less time to devote to teaching. Dr. Wannamaker will help to fill that gap.”

The medical students will accompany Dr. Wannamaker as he makes his rounds and see firsthand how diagnostic and treatment decisions are made. The fact that Dr. Wannamaker taught these same students as first- and second-year medical students brings added value to their education. “Supervising these students on rotation gives us both a broad spectrum of education,” says Dr. Wannamaker.

Interim Dean Named at GA–PCOM

H. William Craver, III, DO ’87, has assumed the position of interim dean of GA–PCOM’s osteopathic medicine program, stepping in for Dr. Paul Evans who has left the College to become vice president and founding dean of the proposed new osteopathic medical school at Marion University in Indianapolis. Prior to his current position, Dr. Craver had been serving as associate dean for clinical affairs at GA–PCOM.

Dr. Craver completed a residency in general surgery at the Osteopathic Medical Center of Philadelphia in 1992. After being named chief resident, he joined the teaching faculty and was the academic coordinator of the surgery residency. He has also practiced in the medically underserved rural communities of Jasper, Georgia, and Hardinsburg, Kentucky.

Dr. Craver is board certified by the American Osteopathic Board of Surgery, and is a fellow of the American College of Osteopathic Surgeons.

Meta Christy, DO ’21, Honored

PCOM’s first African American graduate was honored by the New Mexico Historic Women Marker Initiative outside the courthouse and museum in Las Vegas, New Mexico, this summer. The world’s first black osteopathic physician, Dr. Christy ran a clinic from her home in Las Vegas, and was committed to a lifetime of service. She died in 1960.

Dr. Christy is remembered yearly by PCOM’s Student National Medical Association (SNMA) during their reception. The event recognizes the efforts of individuals who have been involved in establishing and realizing the role played by minorities in the osteopathic profession. The top award is the Meta Christy Award, presented in recognition of exemplary practice of osteopathic medicine, service to the community and inspiration to future doctors. The 2010 award was presented to J. Steven Blake, DO ’89, who was also recognized in 2001.
**Nothing Succeeds Like Success**

Beginning with the first graduating class in 2005, 100 percent of students graduating from the EdS in School Psychology program have passed the Praxis exam—the qualifying test for state certification for school psychologists.

Asked the secret of the program’s success, Diane Smallwood, PsyD, professor, psychology, and director of the EdS program, notes the strength of the curriculum, the low student-to-faculty ratio, the resources afforded the program, the highly qualified applicants and the expert faculty. The faculty is so proficient in preparing the students for the Praxis exam, in fact, that two members wrote the definitive book on how to prepare for the test.

Rosemary Mennuti, EdD, professor, psychology, and director, school psychology, and Barbara Williams, PhD, clinical professor, psychology, have just published *PASS: Prepare, Assist, Survive and Succeed: A Guide to PASSing the Praxis Exam in School Psychology*.

“This was a labor of love,” declares Dr. Williams. “We want everyone in our profession to achieve this level of excellence. It’s good for our schools, it’s good for our students and it’s good for our profession.”

**OMM Fellows Announced**

This year’s fellows in the Osteopathic Manipulative Medicine (OMM) Fellowship Program are third-year students Anthony DiGirolamo, Liana Eskola and Brian Wishart. These students will attend PCOM for an additional 12 months over a three-year period, serving in the College’s OMM department.

Every OMM fellow has a unique reason for entering this program. As Ms. Eskola explains, “My interest in becoming an osteopathic physician stemmed directly from my personal experiences being treated with OMT. I knew very early on that I loved science, but osteopathic medicine was the first logical place I could see myself applying it. I came to PCOM knowing that I wanted to be a fellow and to develop my skills treating patients with all kinds of musculoskeletal complaints. Additionally, in college and at PCOM, I have found myself getting involved with the education of students younger than myself, and so the opportunity to teach OMM and get other students excited about it was a really big draw for me.

“Having a skill like OMT is absolutely crucial to treating the whole patient. In my first two weeks of rotations alone, at least 20 percent of the patients I saw had a primary musculoskeletal complaint, and another 10 to 20 percent had other primary diseases that caused secondary myofascial issues. Had I not been able to treat those patients with OMT, I would have felt that I was doing them a great disservice.”
Outstanding Physician Assistant Alumna

Jeanine Sico, PA-C ’02, is the recipient of the 2010 PCOM Outstanding Physician Assistant Award. Ms. Sico is committed to the profession in service, education and leadership. As president of the Connecticut Academy of Physician Assistants, she is active in conference/CME planning, government affairs and membership.

Ms. Sico advances the profession as she lectures to PA students at Yale University, serves as preceptor for two PA programs and often allows students considering a career in physician assistant studies to shadow her.

Committed to serving the unmet medical needs in underdeveloped countries, Ms. Sico has provided primary care to adults and children in El Salvador with Global Health Outreach.

Ms. Sico’s passion for the advancement of the PA profession and her desire to have PAs utilized correctly in hospital settings have been recognized by her employer, who has promoted her to chief PA for the medical intensive care unit at Yale New Haven Hospital.

Research Offers Undergrad an Opportunity of a Lifetime

Taylor Eddens attended the World Vaccine Congress in Beijing, China, in support of his research at PCOM. As an added bonus he was able to visit some of the country’s major sites, including the Great Wall.

Taylor Eddens, a senior at Washington & Jefferson College (W&J), spent the summer of 2009 working with Kerin Fresa-Dillon, PhD, professor, pathology, microbiology and immunology, in her lab researching how aging impacts a mouse’s ability to clear infection from *Chlamydia pneumoniae*. March 2010 found him in at the World Vaccine Congress in Beijing, China.

Mr. Eddens is just one of the handful of undergraduate students from area colleges and universities who work with PCOM researchers each summer advancing their knowledge of research and providing a valuable resource to PCOM. As an alumna and member of the external advisory board of W&J, Dr. Fresa-Dillon provides opportunities to students from W&J to work in her lab during the summer. “I really lucked out working with Dr. Fresa-Dillon,” says Mr. Eddens. “She’s an incredible mentor and has taken a personal interest in my future. Every time I talk with her, I learn something new.”

“It’s really a win-win situation,” Dr. Fresa-Dillon confirms. “Not only do we get exceptionally bright students to work in our labs, but PCOM gets a cadre of young, scientifically motivated students interested in the College. I insist that the students shadow a DO once a week as part of their experience so they learn about osteopathic medicine. Not every student who works here applies to PCOM, but I’ve never had a student who has worked with me turned down from the DO program. Once they’re here, they stay here.”
Two Members of the Class of 1970 Endow Lectures

Becher Family Lectureship in Emergency Medicine

John Becher, DO ’70, a former PCOM trustee, current chair of the Department of Emergency Medicine, and the 2009 O.J. Snyder Memorial Medal recipient, has made a pledge to endow a new lectureship in honor of his 40th reunion. The Becher Family Lectureship will support funding for a special lecturer as part of the department’s annual emergency medicine continuing medical education seminar. “I was happy to be able to honor my class’ anniversary and, at the same time, enhance our CME program,” notes Dr. Becher.

Joseph A. Dieterle Lectureship in Pediatrics

In honor of his 40th reunion, Joseph A. Dieterle, DO ’70, a PCOM trustee and former dean of the College, has made a pledge to endow a new lectureship. The Dieterle Lectureship will allow the Department of Pediatrics to invite renowned speakers in the discipline to deliver student lectures. PCOM Pediatrics Department chair Rosemary Vickers, DO ’83, a former student of Dr. Dieterle, remarks: “I am looking forward to welcoming the Dieterle family to campus to inaugurate this exciting new lectureship.”

New Co-Chairs of The Fund for PCOM

Bill Craver, DO ’87, and Steve Blasi, DO ’02, are chairing The Fund for PCOM, the College’s annual fund campaign. Dr. Craver, a fellow of the American College of Osteopathic Specialists, serves as interim dean of GA–PCOM’s osteopathic medicine program. Dr. Blasi is a family physician practicing in the Lehigh Valley of Pennsylvania.

Kornberg and Kearney Families Extend Scholarship Commitments

Bruce Kornberg, DO ’78, chair of the College’s Cardiology Division, has committed an additional $50,000 to the Ruth and Irving Kornberg Internal Medicine Memorial Scholarship, which supports students interested in careers in internal medicine. PCOM Trustee John Kearney has made an additional $50,000 commitment to the John D. Kearney Memorial Scholarship. Both of these new commitments are eligible for the Trustee Supplemental Grant Program, which provides an additional grant of 5 percent of the new commitment—for these scholarships, $2,500 each—to the scholarship recipients.

DO Student Scholarship

The spring Phonathon campaign for the DO Student Scholarship raised $171,000 in gifts and pledges. Over the past 14 years, this important fund has awarded nearly $2 million to 2,000 students. For the academic year 2010-2011, thanks to generous alumni support, PCOM will disperse over $163,000 directly to students in need. Half of the funds raised each year become part of the permanently endowed funds, a percentage of which is disbursed each year. The other half of the funds raised are disbursed immediately to students through financial aid.

Food Allergy Research Initiative Reception

In May, the College hosted a reception for its Food Allergy Research Initiative (FARI) donors. FARI was established by PCOM Trustee Lita Indzel Cohen, Esq., a former Pennsylvania state representative, in response to her grandson’s peanut allergy. Peanut allergy is the most common cause of food-related death according to the Asthma and Allergy Foundation of America.

Under the auspices of PCOM’s Center for Chronic Disorders of Aging (CCDA), researchers are targeting the immune system to decrease the severity of allergic reaction to peanuts in the hope of transforming the allergy from a life-threatening to a manageable condition.

C. Scott Little, PhD, assistant professor, pathology, microbiology and immunology (pictured left), is the lead researcher of the FARI project. He is accompanied (from left to right) by Brian Balin, PhD, professor, pathology, microbiology and immunology, and basic science director of the CCDA; J. Steven Blake, DO ’89, PCOM trustee; Matthew Schure, PhD, president and CEO; and Lita Indzel Cohen, Esq., PCOM trustee.
Overweight Nation: Battling the Obesity Epidemic

Why has this happened and what can physicians and other healthcare providers do about it? Digest Magazine recently surveyed members of the PCOM community for their views on this health crisis.
Americans are eating oversize portions and dining out more than ever before, notes Anuj Prashar, DO ’01, a bariatric surgeon with the Weight Loss Clinic, a division of Central Pennsylvania Surgical Associates in Harrisburg, Pennsylvania. “The number of restaurants has mushroomed and unhealthy food temptations are everywhere,” he says.

In fact, it is estimated that 51 cents out of every dollar expended for food in the United States is spent on food consumed outside of the home in restaurants, convenience stores, etc., according to Christopher D. Still, DO ’91, director, Geisinger Obesity Research Institute and medical director, Center for Nutrition and Weight Management at the Geisinger Health System in Danville, Pennsylvania.

At restaurants and at home, Americans eat too many energy dense foods that are high in solid fats and added sugars, according to the 2010 Report of the Dietary Guidelines Advisory Committee (DGAC), established by the Centers for Disease Control and Prevention (CDC).

The health risks associated with obesity are greater than those from smoking, according to RAND researchers who examined the comparative effects of obesity, smoking, heavy drinking and poverty on chronic health conditions. They found that obesity is the most serious problem of all, linked to very high rates of chronic illnesses. As a result, being obese is like aging 20 years, from 30 to 50.

Among many risks include type 2 diabetes, coronary heart disease, high LDL cholesterol, stroke, hypertension, nonalcoholic fatty liver disease, gallbladder disease, osteoarthritis, sleep apnea and other breathing problems, some forms of cancer, complications of pregnancy and menstrual irregularities.

continued on page 10
jointly by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. “The American environment is conducive to this epidemic,” the DGAC report says.

“In today’s stressed-out, fast-paced world, working families are looking for quicker ways to get meals, and they frequently turn to prepared and processed foods, which by their very nature are higher in calories,” notes Dr. Prashar.

“To make matters worse, most people have no idea what an appropriate serving size should be, so they constantly unknowingly overeat,” adds Dr. Still.

Another contributing factor is mindless eating, says William J. Strowhouer, DO ’84, whose medical weight management practice, Physicians Weight Control, has six locations in southeastern Pennsylvania. “Often when people think they’re hungry, they really aren’t. They are eating more out of boredom.”

Socioeconomic factors also influence the way people eat. Obesity is strongly linked to urban and rural populations where income is lower and people often turn to high-calorie fast food or processed foods that cost less. In addition, healthier foods can often be difficult to find in the so-called “food deserts” of America, primarily in rural towns and urban corner grocery stores where fresh vegetables and fruits are scarce.

“Many of our patients barely have the financial resources to visit the doctor let alone buy healthier food,” says Peter Zajac, DO ’93, an associate professor of family medicine and clinician at Pikeville College School of Osteopathic Medicine in the Appalachian region of Kentucky. “They want to eat well, but many are out of work. So they eat cost-effective meals at the expense of their health.”

Poor eating habits may also have an emotional component. “People who are anxious or depressed often self-medicate with food,” notes Dr. Still. “Complex carbohydrates in particular create a calm and content feeling, but that only lasts for about 15 minutes, so individuals can easily slip into ‘grazing mode’ where they are constantly nibbling at food.”

“Ironically, as a person’s body mass index increases, so does depression,” he continues. “People with a high BMI are twice as likely to suffer from depression, which can perpetuate the vicious cycle of overeating.”

**EXAMINING ATTITUDES TOWARD OBESITY**

In our American society where being thin is in, people who are obese often suffer from significant social stigma. It can affect their ability to find employment, enjoy a healthy social life, and even receive good health care, according to Rosemary Mennuti, EdD, NCSP, professor and director of PCOM’s School Psychology program.

“Large people are often stereotyped as being lazy and out of control, but this is an old notion that is inaccurate and harmful,” says Dr. Mennuti, who has a special interest in eating disorders and has worked with many who struggle with weight issues. “With so much emphasis on body image and achieving ideal weight, large people feel so much shame that it often impedes their ability to help themselves,” Dr. Mennuti observes. “They won’t put on a bathing suit to swim, or go to a gym to work out, or go out dancing. And the larger people are, the more socially isolated they become.

“We need to move away from the idea of dieting and the ideal body,” she continues. “It would be more beneficial to pursue a health model where we promote healthy eating and movement with a goal of gradual weight loss or maintaining weight. This is healthier than yo-
Other Factors

Science shows a link between obesity and heredity. In some cases, genetics may increase one’s susceptibility for obesity, but outside factors such as too much food and too little exercise are usually the determining cause. Families may share diet and lifestyle habits that contribute to obesity. For example, foods specific to certain cultures that are prepared with a lot of fat or salt may contribute to weight gain. Some illnesses such as hyperthyroidism are also associated with weight gain.

Treating Obesity

Obesity is a chronic debilitating disease and should be treated as such, says Dr. Still. “Most patients who come to us have gained and lost weight multiple times throughout their lives. It is a lifelong battle they will continue to fight. It will never be over, but patients can lose weight and maintain it with the appropriate treatment plan and ongoing support and follow-up.”

Too Little Exercise

Americans are too sedentary. In the 2007-2008 NHANES, only 31 percent of U.S. adults reported that they engage in regular leisure-time physical activity, and about 40 percent reported no leisure-time physical activity. The survey also noted a steep decline in physical activity from childhood to adolescence. For example, 42 percent of children age six to 11 get the recommended 60 minutes per day of physical activity, but only 8 percent of adolescents achieve this goal.

“Americans, especially kids, spend too much time in front of the computer,” says Dr. Zajac. “Instead of going outside for physical exercise, they are entrapped by online activities, video games and TV.”

“Children and adults need to find some form of physical activity they enjoy, and do it” emphasizes Dr. Strowhouer. “It will help them burn calories, lose weight and reduce the risk of many adverse health conditions such as cardiovascular disease and type 2 diabetes, among many others.”

Encouragement, support and recognition of small gradual changes can make a huge difference in health and well being.

It is also important for healthcare providers to examine any personal prejudices they may have about obesity, she advises. “We must be sure to give equal attention to the medical problems of all people, and take care not to blame health problems solely on weight. While it’s certainly true that weight can lead to health issues, so can lack of movement or poor eating habits on any patient’s part, no matter what they weigh.

“Obesity is a complicated issue that can’t be handled with a narrow focus,” she concludes. “As healthcare providers, we need to work together to develop multidisciplinary approaches that address the whole person. In this way, we can help our patients find individualized solutions to this complex problem.”
The best method of treatment depends on the patient’s level of obesity, overall health condition and motivation to lose weight. Most successful weight loss efforts take a holistic approach, using a combination of diet, exercise, behavior modification and, in some cases, weight loss medications.

In cases of morbid obesity, bariatric surgery may be recommended. “We must fight this disease from all angles. It takes a whole team to achieve success,” emphasizes Dr. Prashar, whose team includes a bariatrician and registered dietitians in addition to bariatric surgeons.

Physicians agree that the first line of treatment is diet and exercise. “Exercise is by far the best way to lose weight and get healthy, and it can dramatically increase your life expectancy,” says Dr. Strowhouer. “Aerobic exercise is the best for someone trying to lose weight,” he continues. “More often than not, it is better to encourage gradual movement. Compliant patients may then graduate to more strenuous exercise.

“The best diet is the one that the patient can live with and that works for that individual,” says Dr. Strowhouer. “Dieting isn’t just avoiding foods that one would consider unhealthy. It is determining which foods offer benefits to the patient.”

Many physicians also recommend vitamin B-12 supplements to patients. “Vitamin B-12 acts as a blood builder which provides dieting individuals with more energy. As

OBESITY PREVENTION STARTS IN CHILDHOOD

Primary prevention of obesity must begin in childhood. “This is the single most powerful public health approach to combating and reversing America’s obesity epidemic over the long term,” says the 2010 DGAC report.

This concept has been embraced by First Lady Michelle Obama whose White House “Let’s Move” campaign to fight childhood obesity has four key goals:

• Create customer-friendly food and nutrition labeling.
• Find ways to make students eat healthy food in schools.
• Build better grocery options in America’s neighborhoods and rural areas in order to “completely eliminate food deserts in this country.”
• Find ways to make Americans more active.

Both the “Let’s Move” campaign and the American Academy of Pediatrics (AAP) urge doctors to regularly monitor the BMI of children age two and older. Although the AAP first recommended this three years ago, studies have found that just 5 percent to 20 percent of pediatricians are doing it.

“We see overweight beginning in the second year of life,” says Joseph A. Dieterle, DO ‘70, who has been practicing pediatrics in Atlantic and Cape May counties, New Jersey, for 21 years. “And we have definitely seen a dramatic increase in childhood obesity as well as type 2 diabetes.”

Some experts say that one of every three children born in the year 2000 will become diabetic during their lifetime if nothing is done to intervene. Other risks appearing with increasing frequency include high cholesterol levels, high blood pressure, fatty liver disease and asthma. Some obese children develop orthopedic problems such as bowing of the legs and slipped capital femoral epiphysis.

Parents are key to reversing these trends, according to Dr. Dieterle. “Children need role models who teach them to cook and eat healthy foods and get exercise. It all starts at home,”
repeatedly to lose weight and keep it off. “Obesity isn’t just a willpower issue,” cautions Dr. Still. “About 48 percent of obese patients have developed insulin resistance, which physiologically retards weight loss and encourages weight gain.” For some patients who are extremely obese with a body mass index of 35 or more, bariatric surgery may be the best option.

Bariatric Surgery

Hundreds of studies have shown that dieting alone is not successful for some people. Many individuals try and fail repeatedly to lose weight and keep it off. “Obesity isn’t just a willpower issue,” cautions Dr. Still. “About 48 percent of obese patients have developed insulin resistance, which physiologically retards weight loss and encourages weight gain.” For some patients who are extremely obese with a body mass index of 35 or more, bariatric surgery may be the best option.

Bariatric surgeons conduct a comprehensive physical and psychological evaluation of every patient considering weight loss surgery. In addition, most bariatric surgeons require that patients lose some weight before surgery by enrolling in a weight loss management program for six months to two years.

he says. “I give parents and kids a simple daily formula to follow: ‘5, 2, 1 and almost none.’ That stands for five fruits and vegetable servings daily; two hours of screen time maximum, including computers, TV and video games combined; one hour of aerobic exercise; and almost no sugar-sweetened beverages. Drink water instead of juice or soda.”

“Sugar-sweetened beverages are the leading cause of over-weight and obesity status in the children we see,” states Kelly Curtin-Hallinan, DO ’07, a third-year resident in pediatrics at Hershey Medical Center in central Pennsylvania. “Eliminating sugared beverages results in the most dramatic weight reduction.”

“Education is essential to stopping this epidemic,” emphasizes Dr. Dieterle. “We have to build awareness, not only with parents and children, but also in the schools and community at large. We can’t legislate healthy food and exercise for every child, but as physicians, we can influence change by getting the message out whenever and wherever we can.”
grams often offer monthly support groups for patients. At Geisinger, patients can attend “Back on Track” classes with counseling from dietitians, psychologists and exercise physiologists. Dr. Prashar and his associates collaborated with orthopedic and exercise specialists to develop an exercise DVD, *Healthy, Not Skinny*. A big hit with the patients, the DVD emphasizes easy activities and realistic goals to keep patients moving.

If a patient regains weight, we must remain encouraging,” Dr. Strowhouer notes. “Obesity is a lifelong battle and a patient’s motivation ebbs and flows depending on what is happening in their life. It’s important to have a follow-up plan in place for maintaining that weight loss. We must recognize different strategies for those who are unable to respond.”

**Research: What’s Ahead?**

Geisinger’s Obesity Research Institute is conducting a broad range of research focused on identifying preventative lifestyle modifications, studying pharmacological, surgical and treatment options, and applying state-of-the-art molecular approaches to obesity and associated health conditions.

Current investigations include a study to develop clinically useful diagnostic tests for non-alcoholic fatty liver disease. This disorder, which often goes unrecognized, can progress to cirrhosis and liver failure.

In another investigation, researchers are studying genetic factors involved with obesity and the ability to lose weight. “We have found that genetic variants in the fat and obesity associated gene and the insulin induced gene are related to body weight in the morbidly obese,” explains Dr. Still. “We are extending these studies to determine whether they also influence weight loss following bariatric surgery. In the future, this knowledge may help us to more aggressively manage and prevent obesity in those patients who have the genetic predisposition.”

At other institutions, research is under way to develop medications targeted to specific “hunger hormones” such as ghrelin. Produced in the stomach, ghrelin signals the brain that the body is hungry. Studies have shown that ghrelin is frequently in overdrive in obese people. It is thought that a ghrelin blocker would help such individuals lose weight and maintain the weight loss.
OBESITY AND PREGNANCY

Thirty percent of all pregnant women are obese, a statistic that has been rising by 3 to 5 percent annually in recent years. Obesity presents serious risks for both mother and baby. The risk of the mother being hospitalized during pregnancy goes up four times if she’s overweight; if her BMI is over 35, the risk increases six or seven times.

Expectant mothers who are obese have a higher risk of miscarriage, preterm birth, gestational diabetes, high blood pressure, preeclampsia, complications during labor and delivery, and the need for a C-section delivery. Their babies are three times more likely to be born with birth defects such as congenital heart disease, spina bifida, atresia and kidney problems. In addition, babies of obese women often become very large during gestation, which increases the risk of umbilical cord accidents and stillbirth. Children whose mothers were obese during pregnancy are more likely to develop insulin resistance and childhood obesity.

Obese women who are able to lose weight prior to becoming pregnant can reduce the risk of such complications, according to Robert H. Debbs, DO ‘89, director of the maternal fetal medicine network at Pennsylvania Hospital in Philadelphia, who runs a preconceptual pregnancy program for obesity and metabolic syndrome in women. “After assessing risk factors, we help patients set weight loss goals, learn good nutrition and monitor weight loss,” he explains.

For women with a BMI exceeding 40, gastric bypass may be recommended. “But women must wait 12 to 18 months after a gastric bypass procedure before becoming pregnant,” notes Dr. Debbs, who is also clinical associate professor of OB-GYN at University of Pennsylvania School of Medicine. “Like all gastric bypass patients, they must eat very small meals frequently. They can ensure a healthy pregnancy by supplementing their diet with protein shakes and vitamins. When the gastric banding procedure is used, the band can be adjusted as needed to ensure proper nutrition for the baby.”
On the morning of September 11, 2001, Matthew P. Mauer, DO ’94, MPH, was walking across a parking lot overlooking the Hudson River in Troy, New York, to his office in the Bureau of Occupational Health, part of the Center for Environmental Health of the New York State Department of Health (NYSDOH). One hundred fifty miles to the south, along the same river, the first of two commercial airliners was striking the World Trade Center towers in Lower Manhattan, leading to their devastating collapse before a horrified and disbelieving nation. The tragedy would shape the course of Dr. Mauer’s career for the next decade.

Dr. Mauer, who has been medical director of the Bureau since 2003, has been the principal investigator on two grants from the federal Centers for Disease Control and Prevention to study New York State employees and National Guard personnel who responded to the WTC disaster. A staff of up to seven—including clerks, nurses, and epidemiologists—have worked with Dr. Mauer to design epidemiological studies and help develop a medical monitoring program. Seven publications have thus far resulted from the research. During these years Dr. Mauer has collaborated with a host of state agencies and other groups involved in related WTC research and surveillance.

The “first responders” on 9/11, primarily the police and firefighters who were on the scene in the first 24 to 48 hours, were the most highly exposed to dust, debris, smoke and fumes from the WTC fires, and this group has been the most studied. The New York City Fire Department, for example, is tracking more than 10,000 responders.

Targeting the “Moderately Exposed”

Dr. Mauer’s research has targeted a “moderately exposed” group of individuals who were at the site in the days or weeks after the towers collapsed and who were primarily subjected to the resuspension of dust from recovery operations and intermittent plumes of smoke. Of the approximately 9,800 people who were solicited as responders, about 1,700 agreed to medical monitoring at state clinics. They underwent a medical evaluation that included completion of a health and exposure questionnaire, a physical examination, and clinical and laboratory tests. Most participants were evaluated within one year after 9/11.

Respiratory disease has been a major focus of Dr. Mauer’s research. Not surprisingly, comparatively less exposure in this cohort has meant fewer symptoms than have been found among “first responders”—but the Bureau’s research results are both significant and suggestive.

For example, participants whose exposure was characterized as being at or below the mean level for the study cohort had a two-fold risk of most lower respiratory symptoms, compared with a control group. Those with exposure scores above the mean had a three- to four-fold increased risk of such symptoms. In a six-year follow-up, the moderately exposed WTC responders continued to demonstrate an elevated risk of several lower respiratory symptoms, as well as symptoms suggestive of a diagnosis of chronic bronchitis.

Participants with the highest exposures were more likely to experience increased severity of their asthma and lower respiratory symptoms. The research did not reveal a significant increase in diagnoses of asthma; but as Dr. Mauer points out, “people may have experienced mild symptoms that haven’t risen to a level where they are being medically evaluated and thus diagnosed.” And some effects may not be seen until more time passes.
Besides providing data that will allow a long-term assessment of the disaster’s health effects, Dr. Mauer’s research has yielded other subtle and unique findings. A study using impulse oscillometry to test for signs of respiratory disease, for example, found no significant differences in peripheral airway effects between those who were more and less exposed to dust and smoke. But individuals who had used canister respirators showed less effects of exposure in central airways. So “even in a more moderately exposed population,” says Dr. Mauer, “the need for a respirator is important.” This finding emphasizes the need to stress proper respirator use in planning responses to future disasters, as well as in non-emergency settings.

In another study, Dr. Mauer’s team worked closely with the NYSDOH Wadsworth Laboratory to evaluate biological samples for levels of perfluorochemicals (PFCs), a type of pollutant released into the air at the WTC site as a result of the buildings’ collapse and the subsequent fires. Although PFCs are ubiquitous—commonly used in non-stick cookware, stain repellants and fire-fighting foams—and most people have some PFCs in their blood, the chemicals’ health effects are unknown. The results of this pilot study showed that some WTC responders were potentially exposed to several types of PFCs through inhalation of dust and smoke, providing important data for what Dr. Mauer describes as a “developing science.”

“The Ultimate Holistic Medicine”

A native of Media, Pennsylvania, and son of Theodore P. Mauer, DO ’62, Dr. Mauer got his first taste of population-based health at PCOM, during a clinical rotation in public health in Trenton. He received his Master of Public Health degree in 1997 from the State University of New York at Albany School of Public Health (where he has taught in the Department of Epidemiology and Biostatistics since 2000). He is board certified in occupational medicine by the American Board of Preventive Medicine, is a Certified Independent Medical Examiner, and is licensed by the National Board of Osteopathic Medical Examiners.

The holistic philosophy of Dr. Mauer’s DO training has served him well in his specialty. In a way, he observes, population-based health “is the ultimate holistic medicine—looking at populations instead of individuals.” The WTC projects were conducted against the busy backdrop of the Bureau of Occupational Health’s routine tasks: monitoring and preventing work-related illnesses and injuries, providing work-site consultation services, and overseeing a statewide network of clinics specializing in the diagnosis and prevention of occupational and environmental diseases. Says Dr. Mauer of his public health work, “It’s never boring. There’s always more and more to do.”

The research conducted in the aftermath of the World Trade Center event “may be an example of doing the best we can in researching such a disaster,” according to Dr. Mauer. This research is literally a textbook example: Dr. Mauer published a chapter on “Long-Term Adverse Health Consequences from Exposure to Products Generated from Major Disaster Sites” in a section on military and homeland security toxicology issues in the six-volume textbook General and Applied Toxicology (3rd edition, Wiley, 2009).

There is “an increasing amount of data” available from studies around the nation on the health effects of the WTC disaster. Dr. Mauer says, though much work remains to be done in fully elucidating the long-term health impacts. “I certainly wish I never had to do [this research] in the first place. But I’m very proud of the efforts our staff have made, of our contribution to the overall conversation.”
HELEN R. LEVEY, DO ’10
2010 MASON W. PRESSLY MEMORIAL MEDAL RECIPIENT
GEORGIA CAMPUS – PCOM

NOTHING IS IMPOSSIBLE

by Nancy West

No matter who you are or what your goals, Helen Levey, DO ’10, wants you to know that nothing is impossible. “If you are passionate about your goals, work hard and have a positive attitude, there is nothing you can’t succeed in doing,” says this energetic winner of the 2010 Mason W. Pressly Memorial Medal for Georgia Campus – PCOM.

She should know. A high-spirited dynamo, Dr. Levey has succeeded at every goal she set her sights on at GA–PCOM – and then some. Among her many accomplishments, she is most proud of her work as Student Government Association vice president and representative. “I was drawn to GA–PCOM because I was excited by the opportunity to pioneer new programs at a new school,” she relates.

Dr. Levey characteristically jumped in with both feet, serving as the catalyst for many programs, policies and projects at the College. Starting from scratch, she enthusiastically organized student participation, developed a record-keeping system and planned service projects for all extracurricular clubs and activities. This included developing and implementing a school-wide calendar system for all clinics, lectures, exams, monthly club meetings and other school events for the GA–PCOM community—a huge undertaking.

To foster student participation in extracurricular clubs, Dr. Levey initiated a school-wide club fair held every spring, and met monthly with club officers and faculty to organize fundraisers, school parties and community events. In addition, she personally founded a new club to promote student interest in neurology for which she single-handedly recruited 47 members. Under Dr. Levey’s leadership, the club hosted the first National Brain Awareness Week at GA–PCOM with guest speakers and poster presentations. Community outreach efforts included partnering with the Atlanta Chapter of the Society for Neuroscience to educate local elementary school students about the brain, now an annual club tradition.

Dr. Levey also encouraged fellow students to “make your voice known and be that person who is helping to make a change.” Serving as a role model, she was the only student from her GA–PCOM class to attend DO Day on the Hill twice, using the opportunity to lobby Congress for improved funding for osteopathic graduate medical education, the Children’s Health Insurance Program, osteopathic residencies and Medicare physician reimbursement.

Also dedicated to community service, Dr. Levey’s made many outreach efforts, including a medical mission trip to Honduras. Moved by that experience, she subsequently completed a Spanish immersion course so that she would be better prepared to care for Spanish-speaking patients both here and abroad. Locally, she has volunteered at a Hispanic and Latino health fair, performing physical exams for the Latino community. As a Student Osteopathic Medical Association volunteer, she has provided health and wellness education to residents of homeless shelters in New York City as well as elementary school students in Georgia. She has also been a frequent volunteer at the Gwinnett County Free Clinic.

In addition to providing extraordinary leadership at GA–PCOM, Dr. Levey was an exceptional student. She is especially proud that she was the first osteopathic medical student ever to do a sub-internship in urology at Johns Hopkins University. While there, she co-authored a book chapter and wrote a grant that resulted in a $2,500 award from the Sexual Medicine Society of North America. “Some people said that I’d never accomplish a lot of the things I set out to do,” she recalls. “But I believed that I could do anything if I worked hard enough and had a positive attitude.”

Dr. Levey hopes that her accomplishments at GA–PCOM inspire current students to approach the future with the same “can do” attitude. “I’ve also tried to encourage others to continually give back, both to fellow students and to the community,” she says. “Offer advice to second- and third-year students who are struggling to choose clinical rotations. Get out in the community and use your knowledge to improve health. There are a million ways to help.”

Moving forward, Dr. Levey plans a career in academic medicine where she can combine her passions for teaching, clinical practice and community outreach. With her trademark enthusiasm, she is excited about completing a clinical research fellowship at North Shore Long Island Jewish Health System in New York before beginning a residency in urology next year.
HUY DO, DO ’10
2010 SIMMY GINSBURG
HUMANITARIAN AWARD RECIPIENT

IMPROVING HEALTH AROUND THE WORLD  by Nancy West

As a child, Huy Do, DO ’10, lived in his native Vietnam where life could only be described as difficult. Obtaining the basic necessities was filled with daily challenges that left a lasting impression on Dr. Do, long after he immigrated to the United States with his family at age 10. Upon arriving in the United States, he was impressed by the help and kindness his family received from the local community as they adjusted to life in a new land. Both experiences inspired him to become a physician so that he would have the opportunity to give back by relieving the pain and suffering of others in the world.

As a first-year medical student, motivated by his deep compassion and desire to help others, Dr. Do organized PCOM’s first medical mission trip to Vietnam. Since then, he has organized a mission trip to his homeland every summer during his medical school training. Eighteen of his fellow PCOM students participated along with him.

Reflecting on his medical mission experiences, Dr. Do wrote, “For a time, I was transformed into a child with heart disease without hope of surgery, an abandoned child scraping by day to day without parental love, and an HIV patient with an identity solely of disease. In each situation, I wanted to do so much more, to restore life and well-being to these people.

“In a hospital pediatric cancer department, a small room with several beds was filled with more than 20 people,” he continued. “A place of healing was turning into a place similar to a dirty, hot, humid hostel filled with luggage, food and floor mattresses. Many patients never had the opportunity to receive compassionate care from a health care provider. These experiences pushed me to work harder to bring better health care to the poor people of Vietnam.”

Dr. Do has, indeed, been working harder, not only for the people of Vietnam, but for people everywhere who are experiencing pain and suffering. He has established a nonprofit organization, Viet Nam Medical Assistance Program (VN MAP), to improve the health of the poor in Vietnam and other developing nations. His vision is “to establish a more sustainable project to address health concerns and to build a more efficient and effective health delivery system that can be implemented not only in Vietnam, but also in other poor countries around the world.”

IMPROVING HEALTH AROUND THE WORLD

Dr. Do also has a passion for teaching others and helping them understand “how they can get involved to alleviate the impact of health problems on the global community.” To that end, in 2008, he co-founded and co-chaired the PCOM Student Government Association’s Global Health Committee in Pennsylvania, collaborating with all campus organizations in planning weekly lectures for students and faculty on global health issues faced by developing countries.

“Our medical mission trips helped me to realize how fragile the health care systems are in these countries,” reflects Dr. Do. “From lack of health education to unscrupulous healthcare providers, it appears that in the end the ones that have to suffer are the patients. It will take a tremendous amount of effort to change the way health care is provided.”

Now an internal medicine resident at Johns Hopkins Bayview Medical Center in Baltimore, Dr. Do plans to continue his work with the VN MAP while pursuing a career in academic medicine where he intends to teach medical students about global health issues and encourage them to get involved as he has.

“It has always been my hope that the recipient of my mother’s award would continue her legacy of serving humanity in the very best way possible, making a difference that would benefit everyone,” says psychologist Susan Apollon, daughter of the late Harry Ginsburg, DO ’42, and his wife, Simmy, for whom the award is named.

“Huy represents the essence of my mother and the message of the Simmy Ginsburg Humanitarian Award: with love, we heal hearts, minds, bodies and souls,” she reflects. “I am confident that so many people around the world will benefit from Huy’s kind and compassionate heart, his powerful vision and his leadership ability.”

For more information about the Ginsburg family, please reference Digest #2, 2009.
**Class of 1936**
Floyd E. Dunn, DO, Gravois Mills, MO, celebrated his 100th birthday on April 25.

**Class of 1950**
Class Agent: Alfred E. Green, DO
Sidney Simon, DO, Harrison, NY, was recognized in an article published by the New York College of Osteopathic Medicine for his lifelong commitment to family, practice, students and patients.

**Class of 1952**
John J. Heiser, DO, Fort Lauderdale, FL, was the recipient of the Distinguished Service Award presented by the American Osteopathic College of Anesthesiologists at their annual Clinical Assembly.
Hymen Kanoff, DO, Huntingdon Valley, PA, was re-elected to serve his 19th term as speaker of the House of Delegates of the Pennsylvania Osteopathic Medical Association.

**Class of 1957**
Class Agents: Richard D. Hockstein, DO, and Marvin L. Rosner, DO
Merritt G. Davis, DO, San Antonio, TX, was honored for 13 years of service in the House of Delegates of the Texas Osteopathic Medical Association.
Arthur F. DeMarco, DO, Brigantine, NJ, and his wife, Mary, celebrated their 50th wedding anniversary in May. They continued the celebration with a summer family reunion that included their three sons and their families (four granddaughters and one grandson).
Lazarus M. Kirifides, DO, Wilmington, DE, and his wife, Helen, were given a 50th wedding anniversary celebration by their children, Alexander Kirifides, DO ’00, and wife, Kathy; Drs. Michael and Kerry Kirifides; Vasil Kirifides, Esquire, and Rita Kirifides. The black tie event was held in the Gold Ballroom of the Hotel DuPont in Wilmington.

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**Floyd Emryl Dunn, DO ’36**

**Living His Dream**

Dr. Dunn, Gravois Mills, MO, is described by his wife as “stubborn, disciplined and single-minded.” She also uses the adjectives “kind, accepting and loyal.” These traits have served Dr. Dunn well both professionally and personally throughout his 100 years in various roles over time—as physician, husband, father and friend.

Dr. Dunn decided to become a doctor at a very young age, and acted the part by carrying an old purse filled with medicine bottles for “practice,” Mrs. Dunn relates. His decision to become an osteopathic physician was sealed when he was treated by a DO for a football injury.

Perhaps PCOM’s oldest alumnus, Dr. Dunn began practicing medicine during the Great Depression. The country was on the verge of World War II and sulfa drugs were the antibiotics of choice. Throughout the decades, fortunes have risen and fallen, medications have come in and out of favor, and through it all, Dr. Dunn has taught and practiced medicine with osteopathic practices and principles as his constant.

Initially trained as a family physician, Dr. Dunn treated patients suffering from flu and tuberculosis with the lymphatic pump. Later, as a neurologist/psychiatrist, he used OMM in addition to insulin and art therapy to help his patients. “He was active in his professional organizations, in the thick of the political fray and at the forefront of the campaign to obtain the proper status and recognition for DOs in the medical community,” recalls Mrs. Dunn. Though some of his students called him “too osteo” in his approach, Dr. Dunn received a fellow’s speaker award from the American College of Neuropsychiatry for his speech “Back to Basics” in 1989.

Dr. Dunn was hailed as a pioneer in the field of neuropsychiatry, and as a DO, he paved the way for others to follow. Among his achievements was the development and implementation of the first drug and alcohol treatment program at the Veterans Administration psychiatric hospital in Knoxville, Iowa.

In addition to practicing medicine, Dr. Dunn taught at what is now Kirksville College of Osteopathic Medicine, Kansas City University of Medicine and Biosciences, and College of Osteopathic Medicine – Des Moines University.

Dr. Dunn stopped practicing medicine when “it was no longer fun due to third-party interference,” he stated. Though retired from full-time practice, he worked part time as a medical consultant, served locum tenens for vacationing doctors and helped friends and neighbors with OMM. When told a neighbor needed shoulder surgery, Dr. Dunn, in his early nineties, carried his 35-pound treatment table to her house and treated her daily for a week. He alleviated her need for surgery.

Always aware of the mind-body connection, Dr. Dunn once said he would “rather have a patient with something serious who believed he could pull through than one with something minor and a pessimistic attitude.”
**Class of 1966**
H Michael Zal, DO


**Class of 1968**
Class Agents: Sheldon P. Kerner, DO; Howard R. Levy, DO; and Alfred J. Poggi, DO

Ronald E. Ayres, DO, Stratford, NJ, co-authored an article published in the March issue of the *Journal of the American Osteopathic Association* titled “American Osteopathic Association Specialty Board Certification.”

Howard R. Levy, DO, Eagleville, PA, joined the weight management practice of Robert E. Muroff, DO ’76, in Newtown Square.

Alfred J. Poggi, DO, Somerset, PA, was highlighted in an article, “Practicing Medicine with a Preventative Approach and a Personal Touch,” published in the *Daily American* (February 24).

**Class of 1970**
John Becher, DO, Newtown Square, PA, was named secretary/treasurer of the National Board of Osteopathic Medical Examiners.

Victor L. Flagiello, DO, Houston, TX, was honored with life membership in the Texas Osteopathic Medical Association.

Louis C. Haenel, III, DO, Stratford, NJ, was a recipient of the 2010 Beacon Award presented by Kennedy Health System. This award is presented annually to individuals in recognition of their outstanding contributions to health care in the community and to the success of Kennedy Health System.

Richard J. Laskiewski, DO, Arroyo Grande, CA, retired from medicine in 2000. He is a glass artist and teaches at a local university.

**Class of 1975**
Class Agent: Jon J. O’Brien, SJ, DO

Alan S. Brooker, DO, Folsom, CA, was appointed medical director of managed care and physician practices at Mercy Medical Group, a part of Catholic Healthcare West Medical Foundation.

**Class of 1976**

Ted S. Eisenberg, DO, Merion Station, PA, had his article, “Augmentation Mastopexy for Moderately to Severely Ptotic Breasts: Previsualizing Breast Shape and Symmetry with the Innovative and Versatile Staple-First Technique,” published in the *American Journal of Cosmetic Surgery* (September 2009). Dr. Eisenberg, an associate professor of plastic surgery at PCOM, pioneered the surgical technique.

Edward H. Ridings, III, DO, Lewistown, PA, became a member of the American Society of Breast Surgeons. He is a general surgeon for Vallemont Surgical Association.

Francis P. Sutter, DO, Gladwyne, PA, was selected as one of the “2010 Top Doctors in Thoracic Surgery” by *Philadelphia Magazine* (May issue).

**Class of 1977**

Class Agent: H. Sprague Taveau, IV, DO, MBA

James N. Hammett, DO, Fairfield, PA, was appointed medical director of LIFE Lutheran Services in Chambersburg. He is the medical director at Genesis Gettysburg Center, Green Acres Nursing Facility in Adams County, and the Fairfield Fire and EMS.

Mary Ann Picardo, DO, Phoenix, AZ, is a member of the Arizona Board of Osteopathic Examiners. Dr. Picardo is board certified by the American Osteopathic Board of Neurology and Psychiatry.

**Class of 1979**
Class Agent: Earl H. Brinser, DO


Joseph V. Pongonis, DO, Langhorne, PA, was reelected to the Board of Trustees of the Pennsylvania Osteopathic Medical Association.

**Class of 1980**

Class Agent: Steven Fagan, DO

Roberta R. Ball, DO, Brigantine, NJ, was selected by SJ Magazine as one of the “Best Female Doctors in Psychiatry.”

John D. Bender, DO, Fort Collins, CO, was named “Outstanding Engineering Alumnus” by the Penn State College of Engineering. Dr. Bender co-founded Rehabilitation Associates of Colorado in 1992. In 2003, he co-founded PhysIOM, a firm that provides physician-directed, intra-operative monitoring throughout the country.

Joseph D. Piorkowski, Jr., DO, JD, Great Falls, VA, was selected by *Washingtonian Magazine* as one of the “Top Lawyers” in Washington, D.C.

Saul Schreiber, DO, Las Vegas, NV, recently completed a business video that appears on YouTube, “Vegas Dermatology.”

In the past issue of Digest (2010, number 1), the class note for Miles Newman, DO ’67, contained an error. Dr. Newman is a member of the Class of 1967, not 1968 as published.
**Class of 1981**
Class Agent: Gerald E. Dworkin, DO
Jean-Paul Bonnet, DO, Sparta, NJ, was highlighted in an article that appeared in the February 26 issue of the Bergen Record, “Jefferson Doctor Brings Hope and More to Haiti.”
Frank M. Tursi, DO, Erie, PA, was chosen as president-elect of the Pennsylvania Osteopathic Medical Association.

**Class of 1982**
Class Agent: Anthony J. Silvagni, DO
Lisa A. Fritz, DO, York, PA, was appointed to the American Osteopathic Association’s 2009-2010 Council on Women’s Health Issues.
Joseph M. Kaczmarczyk, DO, Gaitherburg, MD, was appointed to the American Osteopathic Association’s 2009-2010 Council on Women’s Health Issues.
William Meis, III, DO, Glenside, PA, was named to the medical staff at Pottstown Memorial Medical Center’s Department of Surgery.

**Class of 1983**
Class Agent: Darlene Ann Dunay, DO
Daniel F. Battafarano, DO, San Antonio, TX, was selected by his peers to be included among the Best Rheumatology Doctors in America for 2009-2010.

**Class of 1984**
Class Agent: Paul V. Suhey, DO
Steven H. Goldstein, DO, Cherry Hill, NJ, has joined Shore Memorial Hospital with privileges in cardiology. Dr. Goldstein will practice at Dr. Haitham R. Did, LLC/Atlantic Cardiology in Galloway Township and Ventnor.

**Class of 1985**
Class Agent: Michael P. Meyer, DO
Mark Osevala, DO, Camp Hill, PA, was appointed medical director of cardiothoracic surgery at Susquehanna Health System’s Heart and Vascular Institute in Williamsport. In addition, he was named assistant professor of surgery at Commonwealth Medical College in Scranton.

**Class of 1987**
Class Agents: Elliott Bilofsky, DO, and Katherine C. Erlichman, DO
Anthony E. DiMarco, DO, Kennett Square, PA, was re-elected vice speaker of the House of Delegates of the Pennsylvania Osteopathic Medical Association.

**Class of 1988**
Class Agent: Eric M. Lipnack, DO
John R. Gimpel, DO, Lafayette Hill, PA, was re-elected to serve on the Board of Trustees of the Pennsylvania Osteopathic Medical Association.

Michealann Liss, DO ’00, Camas, WA, and her husband, Stephen, are the proud parents of Naomi Harper, born on March 17, 2009. Little Naomi joins brothers Aiden Joseph, age seven, and Owen William, age four.
Tracey A. Miller, MS/FM ’08, Manassas, VA, and her husband, Michael, are the proud parents of Seamus, born on December 23, 2009.
Jonathan Trager, DO ’09, Conshohocken, PA, and his wife, Traci, are the proud parents of Laili Rose, born on July 4, 2009. Little Laili was welcomed by proud, big brother, Noah, age four.
Holly E. Weiner, DO ’00, Washington, D.C., and her husband, David A. Bono, are the proud parents of Abby Lou, born on February 16, 2009.
Alyson N. Gloviak Wilson, DO ’07, Egg Harbor Township, NJ, and her husband, Brian, are the proud parents of Chase Ryan, born on October 16, 2010. Little Chase joins his twin brothers, Jack and Bryce, age two.
Gregory G. Papadeas, DO, Aurora, CO, was appointed regional commander of the Denver Archon Administrative Region in the Greek Orthodox Metropolis of Denver.

Class of 1992
Class Agent: Gene M. Battistella, DO
Gregory M. Christiansen, DO, Chesterfield, VA, was elected president-elect of the American College of Osteopathic Emergency Physicians.
Rocco Crescenzo, DO, Norristown, PA, was appointed director of clinical development in the Department of Clinical Oncology at Glaxo SmithKline in Collegeville.
Brenda T. Goodrich, DO, Nicholson, PA, was appointed president of the medical staff at Mercy Tyler Hospital.

Class of 1993
Class Agents: Judith A. Gardner, DO, and Scott E. Rosenthal, DO
Matthew P. Maurer, DO, MPH, Delmar, NY, is the co-author of three recently published research articles. “Impulse Oscillometry and Respiratory Symptoms in World Trade Center Responders, 6 Years Post-9/11” was published in Lung; “Long-term Respiratory Symptoms in World Trade Center Responders” was published in Occupational Medicine; and “Asthma and Lower Respiratory Symptoms in New York State Employees Who Responded to the World Trade Center Disaster” was published in International Archives of Occupational and Environmental Health.
Scott E. Rosenthal, DO, Maple Glen, PA, was selected by Philadelphia Magazine as one of the “2010 Top Doctors in Pain Medicine.”

Class of 1996
Class Agent: Joanne Hullings, DO
Brian S. Saracino, DO, Shavertown, PA, was highlighted in an article, “Health Care Heroes,” published in the Times Leader (February 2009).

Class of 1997
David Bohorquez, DO, Plantation, FL, has been appointed medical director of emergency medicine at St. Mary’s Medical Center in West Palm Beach.
Daniel W. Matkiewsky, DO, Short Hills, NJ, has joined the staff at Sussex County Medical Associates in Newton.
Susan S. Panah, DO, Bradford, PA, was appointed medical director at McKean County Veterans Administration Clinic in Bradford.

Class of 1998
Class Agent: James V. Lieb, DO
Caitlin Clark, DO, Erie, PA, was named medical director at Saint Vincent Family Medicine Center. Dr. Clark practices family medicine and obstetrics and is an assistant director of the family medicine residency program at Saint Vincent’s.
Tobias A. Paiva, DO, Auburn, CA, joined Sutter Medical Group as an internal medicine physician.
Victoria Trapanotto, DO, Greenville, NC, has been elected board president of the Pitt County Medical Society.

Class of 1999
Class Agent: Tabatha L. Jeffers, DO
Leamon L. Davenport, DO, Brigantine, NJ, has joined the medical staff at AtlantiCare Regional Medical Center. A Nemours/Alfred I. DuPont Hospital for Children pediatric hospitalist, Dr. Davenport will work solely at ARMC City Campus’ Stanley M. Grossman Pediatric Center in Atlantic City.
Matthew Kulka, DO, Newtown, PA, was elected chairman of family medicine at St. Mary Medical Center in Langhorne.
David L. Nelson, DO, Benton, NH, joined the medical staff at Ammonoosuc Community Health Services, Inc. at the Littleton care-delivery site. He lives in Benton with his wife, Lily, and their two children, Ben and Alice.
Class of 2000
Class Agents: Kristen M. Lehmann, MS/PA-C, and Christiane M. Petrillo, MS/PA-C

Theodore R. Brown, DO, Valrico, FL, currently serves as the preventive medicine physician for United States Central Command led by General Petraeus directing current operations in Afghanistan, Iraq and the surrounding 20-country region.

Christopher A. Davis, DO, Springfield, PA, was reelected to serve on the Board of Trustees of the Pennsylvania Osteopathic Medical Association.

Mary Elizabeth Griffin, DO, Abington, PA, is the dermatologist in the national television commercial for Aveeno’s new anti-aging product, Ageless Vitality. In addition, she is featured in magazine ads for this product.

Jamison S. Jaffe, DO, Ambler, PA, was selected by Philadelphia Magazine as one of the “2010 Top Doctors in Urology.”

Michelann Liss, DO, Camas, WA, was selected by Portland Monthly Magazine as one of the “2010 Top Docs for Hematology/Oncology.”

Joseph J. McComb, III, DO, Broomall, PA, was appointed chief of pediatric anesthesia for Main Line Health System.

Laurie Brigandi Porter, DO, Amherst, NH, was chosen as one of New Hampshire Magazine’s “2010 Top Doctors in Otolaryngology.”

Anita Sinese, DO, Lansdale, PA, has joined the department of internal medicine at Doylestown Hospital in association with Doylestown Hospitalists Association.

Holly E. Weiner, DO, Washington, D.C., is an assistant professor of anesthesia and clinical director of pediatric anesthesia at Georgetown University Hospital.

Jessica Tsai, MS/PA-C ’07
Treating Patients, Searching for Cures

As both a sub-investigator for clinical trials and a health care provider, Ms. Tsai, Reston, VA, feels she has the best of two worlds in her position at Oncology and Hematology of Northern Virginia. Ms. Tsai explains the perfect fit: “Without research, cancer care would not be where it is today. In many instances, cancer is now treated as a chronic condition. People can live on chemotherapy for only so long. New drugs—targeted drugs—provide a much better quality of life. It was important to me to join a practice that is dedicated to clinical trials and research. On the other hand, I wouldn’t want to forgo patient interaction.”

Ms. Tsai sees patients in all stages of diagnosis and treatment—from the newly diagnosed to those in remission as well as long-term survivors. “I enjoy seeing a variety of patients,” she says. “They all have different needs, and I provide a lot of counseling. A large part of my job is to do ‘teaching’ appointments with my patients who are about to start chemotherapy. We use this time to review the potential side effects of treatment and management strategies to help patients cope with them. This time also gives the patient and his or her family an opportunity to ask questions and voice their fears. I studied psychology as an undergraduate, and that has helped me know what to say and how to say it.”

A personal situation has also helped Jessica hone her skills in compassion and communication. Her father was diagnosed with stage IV lung cancer four years ago. “My dad is an example of how the newer drugs help people live longer,” Ms. Tsai explains. “His illness has given me a more personal understanding of what life is like for a person living with cancer. Patients don’t always tell us everything that’s going on with them, so this experience has helped me learn what to ask patients.”

In addition to routine follow-ups and sick visits, Ms. Tsai screens patients for clinical trials. “Our trials are aimed to offer the best possible care to our patients. We primarily conduct phase III and phase IV trials, which are based on results from preliminary trials that focus on ideal dosing regimens and treatment response. During the screening process, we determine which patients might be eligible for trials. The risks and benefits of a trial are reviewed with the patient, and ultimately we help decide the best course of action for each individual, whether it involves trial participation or not.

“I’m glad to be able to provide ongoing treatment and support in a community setting,” Ms. Tsai continues. “During such a stressful time in people’s lives, it gives them comfort to be able to get treatment close to home.”
Class of 2001
Class Agents: Constance E. Gasda Andrejko, DO; Kenneth M. Andrejko, DO; Melissa H. Guarino, MS/PA-C; and Nicole Miller, MS/PA-C

Matthew O’Donnell, DO, Blue Bell, PA, joined the medical staff at Trappe Family Practice in Collegeville.

Class of 2002
Class Agents: Edward John Armbruster, DO; Heather C. Beraducci, MS/PA-C; Steven Robert Blasi, DO; and Erin G. Wolf, PA-C

Edward J. Armbruster, DO, Yardley, PA, joined the medical staff at Mercer Bucks Orthopaedics, with offices in Hamilton and Lawrenceville, New Jersey, and Yardley.

Todd Bishop, DO, Springfield, MA, joined the medical staff at Baystate Pulmonary Medicine in Springfield.

Andrea Lough, DO, Pembroke, VA, joined the medical staff at Carilion Clinic Family Medicine practice in Pearbok.

Brandon S. Poterjoy, DO, Philadelphia, PA, had his article, “Neonatal Respiratory Failure Due to a Novel Mutation in the Surfactant Protein C Gene,” published in the journal of Perinatology (February issue).

Andrew So, DO, Kalaheo, HI, has joined the cardiology group at Hawaii Pacific Health in Honolulu.

Class of 2003
Class Agents: Mark B. Abraham, JD, DO; Joshua M. Baron, DO; Jacob Mathew, MA/PA-C; Daniel J. Morrissy, III, DO; and Joseph D. Norris, MS/PA-C

Kenneth C. Plowey, DO, Pittsburgh, PA, was named anticoagulation medical director of the Western Pennsylvania Hospital – Forbes Regional Campus. Dr. Plowey was also chosen as the first primary care representative in the West Penn Allegheny Health System to participate in the Executive Education Program for Medical Leadership of the University of Pennsylvania’s Wharton School.

Class of 2004
Class Agents: Aaron S. Blom, DO; Michael Anthony Caromano, MS/PA-C; and Patrick Henry D’Arco, MS/PA-C

Jeffrey S. Berger, DO, Blue Bell, PA, was granted medical staff privileges at Grand View Hospital in Sellersville. He specializes in pain management.

Mathew J. Devine, DO, Rochester, NY, was named associate medical director at the University of Rochester’s Highland Family Medicine practice. Dr. Devine is a senior instructor in the department of family medicine at the University of Rochester.

Thomas G. Krezmieniecki, DO, Somers Point, NJ, joined the medical staff at Cape Regional Medical Center with clinical privileges in anesthesia.

Rebecca A. Nice, DO, Telford, PA, has joined the department of medicine at Doylestown Hospital. She has been granted medical privileges at Grand View Hospital in West Rockhill Township.

Keith A. Sargent, DO, Millsboro, DE, joined the family and internal medicine practice of Peninsula Health in Millsboro.

Jason A. Smith, DO, University Heights, OH, is chief resident of family medicine at South Pointe Hospital. Dr. Smith is a clinical instructor at the Ohio University College of Osteopathic Medicine.

Christopher J. Squillaro, DO, Maple Glen, PA, was named medical director of the Penn Foundation. He provides psychiatric services for the Penn Foundation’s Recovery Center and Mental Health Case Management programs. He also offers psychiatric consultation services to Grand View Hospital and chairs the hospital’s Department of Psychiatry.

Class of 2005
Class Agent: Kelly M. DeVoogd, DO

Rebecca Krutz Frye, DO, Sacramento, CA, completed a deployment to Afghanistan with the United States Air Force in 2009. Dr. Frye is currently working at Travis Air Force Base as faculty staff in the family medicine residency program.

Class of 2006
Class Agents: Caroline E. Ahlquist, MS/PA-C, and Mary C. Wilhelm, MS/PA-C

Erica M. Otto, MS/ODL, Sewell, NJ, was named vice president of operations at the Dubin Group in Philadelphia, Pennsylvania.

J. Jordan Romano, DO, Lebanon, NH, is an instructor of medicine at Dartmouth Medical School and a hospitalist at Dartmouth-Hitchcock Medical Center.

Class of 2007
Class Agents: Angela J. Kapalko, MS/PA-C, and Courtney Sowers, MS/PA-C

Maria C. Pettolina, MS/FM, Cary, NC, has accepted a position with the Durham Police Department as a crime scene investigator.

Erica M. Willis, DO, Danville, PA, completed her pediatric residency at Geisinger Medical Center in Danville. In July, she began a pediatric sports medicine fellowship at Jersey Shore Medical Center.

Class of 2009
Michael K. Colbert, PsyD, Sicklerville, PA, joined the psychology department at Camden County College. Dr. Colbert has been an adjunct instructor for 11 years and is a recipient of PCOM’s Adjunct Faculty Teaching Award.

Jonathan Trager, DO, Conshohocken, PA, is an emergency medicine resident at Temple University Hospital.

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CLASS NOTES
2010 Alumni Association Certificates of Honor

Congratulations to William Ronald Henwood, DO ’76, Sharon, PA, and Nicholas C. Pedano, DO ’61, Jupiter, FL, who were awarded Certificates of Honor during Reunion Weekend.

Dr. Henwood has provided leadership to surgery residency programs in Western Pennsylvania and has been recognized for his teaching by local, regional and national medical and osteopathic organizations. He has served PCOM as regional dean for clinical education, was a member of the Board of Directors of the Alumni Association for 10 years and served as its president in 1997.

Dr. Pedano has served as chair of the Department of Surgery at PCOM and was awarded the College’s highest honor, the O.J. Snyder Memorial Medal, in 1999. He was a member of the PCOM Board of Trustees for more than 20 years, and was also a member of the Board of Directors of the Alumni Association and its president in 2007. In 1994 Dr. Pedano served as chair of the College’s Capital Campaign, The PCOM Mission.

2010 Affiliated Teacher of the Year Award

Until his retirement in 2009, Joseph V. Koehler, DO ’60, North Wales, PA, was clinical associate professor, Department of Medicine, Philadelphia College of Osteopathic Medicine; adjunct clinical associate professor, Department of Medicine, New York College of Osteopathic Medicine; and clinical associate professor, Department of Medicine, University of Health Sciences, Kansas City, Missouri. In addition, for 16 years he served as president of Internal Medicine Associates, Inc., and held medical appointments at Mercy Suburban Hospital (formerly Suburban General Hospital).
Certificates of Merit

James M. Andriole, DO ’84, Tallahassee, Fl., was the recipient of the 2010 Distinguished Service Award presented by the Florida Osteopathic Medical Association.

John F. Callahan, DO ’67, Plains, PA, was the recipient of the 2010 Frederick J. Solomon, DO Award of Merit presented by the Pennsylvania Osteopathic Family Physicians Society.

John P. Conza, PA-C ’01, Virginia Beach, VA, was the recipient of the Veteran Caucus Outstanding Award and the Naval Association of Physician Assistants Award presented at the American Academy of Physician Assistants 2010 Annual Alumni/Student Reception.

Carlo J. DiMarco, DO ’78, was the recipient of the 2010 Distinguished Service Award presented by the Pennsylvania Osteopathic Medical Association.

Ernest R. Gelb, DO ’78, West Pittston, PA, was honored with the 2010 Family Physician of the Year Award presented by the Pennsylvania Osteopathic Family Physicians Society.

Joseph A. Giaimo, DO ’87, Palm Beach Gardens, FL, was the recipient of the 2010 Physician of the Year Award presented by the Florida Osteopathic Medical Association.

Kenneth Heiles, DO ’84, Star City, AR, was named President of the American College of Osteopathic Family Physicians.

Anthony A. Minissale, DO ’61, Gladwyne, PA, was named professor emeritus by Philadelphia College of Osteopathic Medicine. For more than 40 years, Dr. Minissale served as a professor and physician of general surgery. He held academic posts at Memorial Hospital, York, Pennsylvania; Des Moines University College of Osteopathic Medicine; Parkview Hospital, Philadelphia, Pennsylvania; PCOM; Lake Erie College of Osteopathic Medicine; and the University of Health Sciences – Kansas City, Missouri. As a surgeon in private practice, he maintained progressive staff and administrative positions at hospitals including Memorial Hospital, Parkview Hospital, City Avenue Hospital, Metropolitan Hospital, Suburban General Hospital, JFK Hospital, and Warminster General Hospital.

Lisa A. Perkins, PsyD ’09, Redding, CT, was the recipient of the 2009-2010 Connecticut School Psychologist of the Year award presented by the Connecticut Association of School Psychologists.

Gwendolyn A. Poles-Corker, DO ’87, Harrisburg, PA, was elected President of the Dauphin County Medical Society.

Domenick N. Ronco, DO ’78, Mifflinburg, PA, was the recipient of the 2010 Distinguished Service Award presented by the Pennsylvania Osteopathic Medical Association.

Richard B. Tancer, DO ’84, Montville, NJ, was named 2010 Physician of the Year by the New Jersey Association of Osteopathic Physicians and Surgeons.

Donald H. Thome, DO ’59, Richfield, PA, was named professor emeritus by Philadelphia College of Osteopathic Medicine. Dr. Thome practiced as a clinical professor and physician of ophthalmology for more than 40 years, holding faculty and administrative posts at Lancaster Osteopathic Hospital (chairman of ophthalmology, 1971-1975) and PCOM (professor of ophthalmology, 1975-1990; chairman of ophthalmology, 1975-1990; assistant dean for clinical education, 1977-1986; and regional dean, 1990-2009).

Lee Ann Van Houten-Sauter, DO ’91, Williamstown, NJ, was elected President of the New Jersey Association of Osteopathic Physicians and Surgeons.

Michael G. Wulford, DO ’90, West Palm Beach, FL, was inducted into the Berwick High School Academic Hall of Fame.

Alice J. Zal, DO ’89, Narberth, PA, was inducted as President of the Pennsylvania Osteopathic Medical Association.

In Memoriam

James W. Campbell, DO ’34, Boynton Beach, FL, May 8, 2010.
Donald C. Guerdan, DO ’51, Beaver, PA, April 21, 2010.
Franklin E. Gable, DO ’64, Reading, PA, December 5, 2009.
Dorothy A. Gentzler, DO ’49, York, PA, June 6, 2010.
Robert T. Herron, DO ’72, Vienna, VA, June 12, 2010.
Anne Jendryk Kette, DO ’43, Lansdowne, PA, April 14, 2010.
Doris R. Lurwick, DO ’80, Homewood, IL, April 23, 2010.
Monica Steger Rusk, RN ’48, Wilmington, DE, March 7, 2010.
In April, when I was inaugurated as President of the Pennsylvania Osteopathic Medical Association (POMA), I said in my acceptance speech that a young girl’s dream became a reality when I graduated from PCOM in 1989. It has been a long and circuitous road for me to get to this point in my career.

At the age of 17, I told my mother that I wanted to be a physician. She informed me that girls did not do this, but if I insisted she would support my cause by telling my father. My father was disappointed that I did not want to take a more traditional path. Why did I not want to become a secretary or a teacher? I insisted that if I did the work and was persistent then I could achieve whatever I wanted, no matter my gender.

This conversation culminated in 1989 when my father was lying in a hospital bed dying. I shared the news that I had completed my last medical course. To my astonishment he looked at me and said, “What took you so long?” Three days later he passed away and never made it to my graduation.

Over the years my commitment to caring for patients and helping people has never wavered. I answer my phone 24/7 for my patients. In addition, I have raised two wonderful children and have supported my husband as he has achieved his own professional goals.

It has taken many years of dedicated hard work for POMA to recognize me as a “person of merit” (not for my gender or anything else). Nothing can take the place of commitment to a cause. Now that I am president of POMA I earnestly want to help students achieve their dreams. My goal is to achieve loan forgiveness for students entering into primary care settings.

Nothing worthwhile can be achieved without hard work. You savor your achievements when you toil to reach them. No matter your ethnic background, your religious beliefs or your gender, the proof that you are a leader emerges if you put in the time and effort.

Now is the time to show your fellow physicians that you care by becoming actively involved in the College and in professional organizations. This will help the young osteopathic physicians who follow us.

“My Turn
by Alice J. Zal, DO ’89

“No matter your ethnic background, your religious beliefs or your gender, the proof that you are a leader emerges if you put in the time and effort.”

Readers: 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, editor. E-mail jenniferleo@pcom.edu or mail Marketing & Communications, 4180 City Avenue, Philadelphia, PA 19131-1695.
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www.pcom.edu/Continuing_Education/Continuing_Education.html

Lecture Series/Lectureships

Various lecture series/lectureships are held throughout the year. These include the Rovinsky Family Lectureship, Department of Psychology; the Naomi and Bernard Fisher, DO ’52 Distinguished Lectureship, Department of Neuroscience, Physiology and Pharmacology; and the William R. Henwood, DO ’76 Surgical Lecture Series, Department of Surgery.
www.pcom.edu to access College Calendar for all event information

REGISTRAR SERVICES

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Alumni and former students can request a transcript by submitting a Transcript Request Form to the Office of the Registrar, PCOM.
215-871-6649
www.pcom.edu/Registrar/registrar.html

Credential Verification

The National Student Clearinghouse is Philadelphia College of Osteopathic Medicine’s authorized agent for providing credential verification. Employers or professional background screening firms should contact the Student National Clearinghouse.
703-742-4200
service@studentclearinghouse.org

Residency Program Application Services

DO alumni who are interested in applying for a residency program or making a career change can contact the Office of Student Affairs, PCOM. Alumni are provided with personalized guidance and with instructions on how to use the Electronic Residency Application Service (ERAS). ERAS is the system hospitals use to identify applicants for their internship and residency programs.
215-871-6870
www.aamc.org/students/eras

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