Dean’s Message

These are exciting times for Northwestern! We are simultaneously engaged in two major planning efforts that will determine the impact we have on the creation and transmission of new knowledge and the care of patients. I want to introduce these planning efforts to you, foreshadowing more details in the coming months.

We have been engaged with the University in an initiative called One Northwestern. The goal is to transform Northwestern’s life and biomedical sciences. We aspire to leverage the assets available throughout Northwestern, particularly at the interfaces of traditional disciplines, such as engineering and biology, or social sciences and biology, to catalyze truly innovative discoveries and translate our research more effectively. One Northwestern will take full advantage of dispersed resources and integrate talent, leadership, and investments at multiple levels across our Chicago and Evanston campuses, as well as our clinical affiliates, to achieve an integrated life and biomedical sciences enterprise.

In parallel, Great Academic Medical Center planning is underway with Northwestern Medical Faculty Foundation and Northwestern Memorial Hospital (NMH). Patient care, research, and education should be mutually reinforcing. Pursuing excellence in all three domains is the only way to achieve maximum impact. Our goal is to be recognized as one of the truly great academic medical centers in the world. Acting in concert, these organizations can move faster and farther than they can by acting alone.

Looking ahead, we see opportunities to strengthen our engagement with Children’s Memorial Hospital (CMH) and the Rehabilitation Institute of Chicago (RIC) as key partners in research and clinical programs, while maintaining their distinct and highly successful identities. CMH’s move to the Streeterville campus is increasingly tangible now that Children’s Memorial has broken ground adjacent to the new Prentice Women’s Hospital. Active planning is underway to align research and selected clinical programs. RIC has developed increasing collaborations with our neuroscience community and is now jointly planning with NMH’s new facilities at the former site of the Lakeside VA.
Many of you have heard of the impending disaffiliation of Evanston Northwestern Healthcare (ENH). After an extensive review of various models for engaging ENH as a more effective partner, a mutual decision to disaffiliate as of June 20, 2009, has been announced. Over time, it has become clear that ENH’s goals were not aligned with those of the Feinberg School of Medicine and Northwestern University, and the level of autonomy demanded by ENH was incompatible with an academic culture of collaboration, partnership, peer-review, and accountability. We are deeply appreciative of the contributions their physicians have made to student and resident training, but we could not afford to compromise our standards for appointing leadership positions, faculty selection, and promotion.

As we move forward, we are excited by the One Northwestern and Great Academic Medical Center planning efforts. These visions, coupled with the bold aspirations of the University, the medical school, and our clinical partners bode well for the future of research, education, and patient care at Northwestern.

Best regards,

J. Larry Jameson, MD, PhD
Vice President for Medical Affairs and
Lewis Landsberg Dean
We’ve Got Mail

After reading the article “VA Lakeside Opens New Clinic” in the spring 2008 Ward Rounds, I assume that the life of the VA Research Hospital has come to a final end.

If so, that is notable, because as with many other physicians, the VA was the venue for the beginning of many life journeys for me. There as a house officer, I met a nurse who now, 40 years later, is my wife of 40 years. There I met Dr. Nathan Levin, who has been the most important, positive influence in my professional life. And there, I met physicians—too many to list—who have been icons to me as I traverse a life in medicine.

I salute the existence of that hospital, and I recall the day I left. The operator—we checked out with the operator each evening—and I bid each a fond farewell, and I now bid a hail and farewell, fondly, to the VA Research Hospital.

Max V. Wisgerhof II, MD, GME ’70
Grosse Pointe, Michigan

Editor’s note: Built on property acquired from Northwestern University in the 1950s, the VA hospital was completed in 1954 and affiliated with the medical school the following year. Legions of students, residents, and fellows gained valuable clinical experience at the VA facility. The VA’s longstanding affiliation with Northwestern has provided critical financial assistance for the recruitment of skilled and talented faculty members and support of research at the medical school. In August 2003 the Jesse Brown VA Medical Center moved the hospital’s inpatient services to its updated and modern facility on Chicago’s West Side, where today the Feinberg School’s medical students and residents continue to obtain their inpatient VA experience. In January the VA opened its new Lakeside Community-Based Outpatient Clinic at 211 East Ontario and officially ended its Lakeside property lease. In June demolition crews began taking down the exterior of the vacated Lakeside VA hospital building. Northwestern Memorial Hospital and the Rehabilitation Institute of Chicago are working on plans for future development of the site as an integral part of the medical campus.
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Facing
Medical school seniors eagerly look ahead to bright futures during Northwestern’s commencement ceremonies held May 16 in Navy Pier’s Grand Ballroom.

On the Cover
In this election year, health care reform has been central to the debates about what Americans need and demand from their government. Recipient of the Feinberg School’s 2008 Distinguished Alumni Award, Dr. Quentin Young has long been vocal on the topic of universal health care coverage. Learn more about how he proposes to “fix” America’s health care system beginning on page 10.
For many years, psychoanalytic theory was considered the best approach in treating patients with psychiatric disorders. But the study of the brain and of mental illness has evolved since Dr. Sigmund Freud popularized the “talking-cure.” Among the forerunners today in psychiatric research is the newly appointed Lizzie Gilman Professor and chair of psychiatry and behavioral sciences, John G. Csernansky, MD.

Dr. Csernansky joined Northwestern University’s Feinberg School of Medicine on March 1, after serving as the Gregory B. Couch Professor of Psychiatry and professor of anatomy and neurobiology at Washington University in St. Louis for 17 years. In addition to his duties as a department chair at the medical school, he also will be building a new Neurobiology of Psychotic Disorders Program that will focus on the neurocognitive deficits that occur in patients with psychotic disorders and their basis in brain structure and function.

“I am delighted to welcome Dr. Csernansky to the department,” says Ronald F. Krasner, MD, associate professor of psychiatry and behavioral sciences, who served as interim head of psychiatry and behavioral sciences from 2002–08. “I believe I can speak for the entire department in greatly anticipating his contributions to the enhancement of our overall mission to provide exceptional clinical, educational, and research programs aimed at optimizing the diagnosis and treatment of patients with psychiatric disorders and advancing our understanding of the causes and pathogenesis of these disorders. We are also looking forward to having Dr. Csernansky’s area of study, the neurobiology of psychotic disorders, be part of our department’s research efforts.”

Dr. Csernansky’s research investigates the neurobiology of neuropsychiatric diseases such as schizophrenia and Alzheimer’s disease. “If there is a change in brain development, then there will be a change in the structure we can see,” he explains. “Then it would follow that there will be a change in function and the thinking ability connected to that function.” These alterations in cognition can cause the change in behavior seen in schizophrenia and other major mental illnesses. He continues, “Our behavior is a result of the structure and function of our brain. In the past, changes in brain structure could only be determined by pneumoencephalography (PEG). PEG involved extracting cerebrospinal fluid from the spinal canal and replacing it with air, which could be ‘seen’ on an ordinary X-ray.”

Thankfully for patients, less invasive neuroimaging procedures have replaced PEG over time. Computerized magnetic resonance imaging (MRI) of the brain now allows researchers and clinicians to determine the anatomical characteristics as well as nature of brain disease. That is, what type of brain cells are affected and in what way. With roughly 2 million Americans suffering from schizophrenia and more than twice that number suffering from Alzheimer’s disease, research into the biology of these diseases is of paramount importance.

“We need to identify biomarkers for psychiatric diseases—reliable biological measures that are related to the disease and its underlying processes,” remarks Dr. Csernansky. “For hypertension-related heart disease and stroke, we routinely use biomarkers—blood pressure, for example—to identify individuals at risk and then we take measures, such as diet and exercise, to help prevent or control the disease before it becomes clinically apparent. The ability to identify individuals who
are at increased risk for diseases such as schizophrenia would help us to eliminate factors, such as alcohol or drug abuses, which could drive the disease process forward.”

By obtaining an early diagnosis, clinicians can more quickly intervene and lessen the effects of psychiatric illnesses. Interventions would include the most effective and best-tolerated treatments, such as medicinal, cognitive therapy, or a combination of the two, he says. In conjunction with his research on brain structure and function, Dr. Csernansky also conducts clinical trials of new drugs, especially those designed to improve cognition.

Given Dr. Csernansky’s expertise, Marek-Marsel Mesulam, MD, Ruth and Evelyn Dunbar Professor of Psychiatry and Behavioral Sciences and director of the Cognitive Neurology and Alzheimer’s Disease Center, believes the new chair will launch an invigorating and innovative era for Northwestern psychiatry. “In addition to being a major figure in mainstream psychiatry, John leads psychiatric disease. The synergies with the Alzheimer’s Center and the Cognitive Brain Mapping Group are truly exciting. I look forward to fruitful collaborations that will benefit the medical school and the University as a whole.”

For Dr. Csernansky, the road to the medical school was a circular one. He completed his undergraduate studies at Northwestern, earning a bachelor’s degree, with honors, in chemistry in 1975. From there he attended the New York University School of Medicine. It was during this time that he met his first mentor, the late Arnold J. Friedhoff, MD, a psychiatrist who pioneered the study of biological changes in mental disorders.

“During the 1960s, Dr. Friedhoff was the first to search for biomarkers for psychiatric disorders,” shares his former student. “He isolated a toxic methylated derivative of dopamine in patients with schizophrenia. Although this type of marker still remains elusive, his general theory that schizophrenia could occur because of a defect in ‘metabolism’ has never really been disproven.”

After medical school, Dr. Csernansky began his internship and residency at Stanford University in 1979. He furthered his training as a fellow under the late Leo E. Hollister, MD, a noted clinical pharmacologist and a pioneer in conducting clinical trials to develop psychopharmaceuticals. “At the time, Stanford was the best place to combine a psychiatric residency with training in neuroscience,” he recalls. “Dr. Hollister was the first in the United States to use the basic tools of controlled clinical trial design, such as blinding of treatment selection and use of a control treatment, to search for new psychiatric drugs. From him I learned the importance of strict adherence to the best experimental methods. Later, I extended my fellowship with him through a research associate career development award sponsored by the Department of Veteran Affairs.”

Jeffrey A. Lieberman, MD, Lieber Professor of Psychiatry, Lawrence C. Kolb Professor of Psychiatry, and chair of psychiatry at Columbia University in New York, remembers Dr. Csernansky from these early days at Stanford. “He was among the new generation of translational researchers who applied basic neuroscience to the study of mental disorders,” says Dr. Lieberman. “It quickly became apparent that John would be a major intellectual presence in academic psychiatry and his work would have significant influence on the field of schizophrenia research. He is an outstanding researcher, and Northwestern is lucky to have landed a psychiatrist of John’s caliber.”

It was after beginning his work at Washington University that Dr. Csernansky entered the digital age. “We would have to measure the brain scans manually to detect any changes in the structures,” he recalls. “Then I started working with Michael Miller, an internationally known expert in biomedical engineering and founder of the new field of computational anatomy. By using computer algorithms in combination with our MRIs, we began to see the subtle changes in brain structure that captured the critical features of early forms of neurologic and psychiatric disease.”

Michael I. Miller, MD, now directs the Center for Imaging Science at Johns Hopkins University. Computational anatomy, according to Dr. Miller, uses powerful formulas to analyze the structural connections of the brain. These methods have been used to understand atrophy in aging as well as changes occurring in schizophrenia. A close collaborator for more than a decade, Dr. Miller served as extoller at Dr. Csernansky’s investiture in mid-June.

Now that his journey has brought him back to Northwestern, Dr. Csernansky has a plan. His immediate vision for the department calls for growth. He would like to bring in more basic scientists with their own labs. In
Dr. Csernansky reviews images taken of the brain of a schizophrenic patient with colleague Dr. Lei Wang (left) and psychiatry and behavioral sciences resident Dr. Ed Pirok.

fact, two colleagues from Washington University joined him this summer. One is Hongxin Dong, MD, PhD, a neuroanatomist, and the other, Lei Wang, PhD, a biomedical engineer. Dr. Dong’s collaboration with Dr. Csernansky began in 2000 when she was a postdoctoral fellow in his laboratory.

“During these past eight years, he has provided me with extraordinary opportunities for professional and personal development,” she shares. “He is a tremendous mentor who combines a strictly scientific outlook with a warm underlying sense of humor. He’s devoted to the research of mental illnesses on many fronts, and his contribution and influence permeate all of those around him. I deeply hope our productive collaboration will continue in our new home at Northwestern.”

Dr. Wang agrees. “I have worked with John for more than a decade on neuroimaging research,” he says. “As my mentor, John was always generous with his time and energy. His insight and demeanor drew the best of people around him. Personally and professionally, I would like to think that I benefited more from the relationship than John.

“His vision and leadership allowed him to compile groups of talented people from vastly different backgrounds and training and build a successful research program in computational anatomy at Washington University,” continues Dr. Wang. “It is exciting both in terms of what we have been able to do and what we have yet to do. It was an easy decision for me to join John at Northwestern and continue to work with him to build a strong neuroimaging research program in psychiatry.”

Dr. Csernansky also immediately instituted an open door policy every Friday. He says, “I want the residents to feel that they can talk to me whenever they want.” He hopes these impromptu sessions encourage discussion on career development, mentoring, and guidance. Echoing the sentiments of Dr. Csernansky’s colleagues, Dr. Pirok has found the new chair warm and approachable, so much so that he already has dropped in for a visit or two.

A native of Elmwood Park, Illinois, Dr. Csernansky has been enjoying his return to Chicago. He says, “Having grown up here and attended Northwestern for my undergraduate degree, coming back certainly factored into my decision.”

The strength and depth of the Feinberg School’s educational structure can only help make Dr. Csernansky’s job a little easier. “The caliber of students, residents, and fellows is outstanding here. I want to encourage them to recognize their own talent.” One of his first action items was to call a meeting with the entire residency staff. “He shared his vision for the department and then opened up the floor for a question and answer session,” recalls Ed Pirok, MD, PhD, a resident in psychiatry and behavioral sciences who is completing his third year. “It was clear that he means to establish a feeling of camaraderie.”

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An avid violinist, he and his wife, Cynthia, have subscribed to a Chicago Symphony Orchestra concert series. Possibly another contributing factor for Dr. Csernansky’s homecoming is the couple’s love of water sports. On a bookshelf in his office, happily nestled among photographs of the Csernansky family, sits a picture of their sailboat, Cindar.

The Csernanskys have two children. Son Matt, 23, is an artist living in the St. Louis area. “He is currently apprenticed to David Jorawski, a prominent artist,” states Dr. Csernansky. “His medium is metal, and so it is a good thing that he is 6’5’’.”

Daughter Julia, 19, just finished her freshman year at Drake University. “She studies philosophy and has a strong social conscience,” adds her father. “She will probably go into law as she loves to debate!”

The ability to chat must run in the family, as Dr. Csernansky has no problem spending time getting to know his new colleagues at Northwestern. So remember, if anyone would like to visit with the new chair of psychiatry and behavioral sciences, his door is open every Friday. No appointment necessary. ||
Lunch at a hotel near campus offered exceptional cuisine and an opportunity for members of Northwestern’s Half-Century Club to catch up after more than 50 years since graduating from the medical school. Held in April, the Alumni Weekend event also provided food for thought with a stimulating discussion on “Health Care Reform 2008 and Medicare.”

Vice Dean and Chief Operating Officer Jeffrey C. Miller presented an overview of U.S. politics, health care politics, and Medicare. He noted the complex factors that have led to a somewhat disjointed American health care system—one that perplexes patients, providers, and payers with high health care costs, limited access, and mediocre public health outcomes.

During this presidential election season, access to affordable health care in the United States has been a hot button topic for politicians, with a growing number of physicians and patients chiming in on the debate. The concept of ensuring health care for all—such as via a national health insurance plan—frequently raises as many questions as answers. Meanwhile the plight of the estimated 47 million uninsured people living in this country, a statistic reported by the U.S. Census Bureau in 2006, becomes more dire as time goes on.

America Un-Covered

With 47 million uninsured, how does this nation care for its people?

by Cheryl SooHoo
I

n the April 1 issue of the *Annals of Internal Medicine*, two physician researchers from Indiana University revealed results from their 2007 survey of physicians whom they queried on the subject of government-organized national health insurance (NHI). A follow-up to a 2002 survey, the new poll indicated that a larger percentage of doctors—59 versus 49 percent five years ago—supported health care reform to achieve greater coverage for individuals living in the United States. Numerous media outlets reported on the survey’s results, prompting the American Medical Association (AMA), among others, to weigh in on the universal health care discussion.

Edward L. Langston, MD, chair of the AMA Board of Trustees, stated in a letter published in the April 11 issue of the *Indianapolis Star*, that the recent survey drew attention to the need for health care reform but did not define NHI or incremental reform, both of which he believed can be interpreted in a variety of ways. He went on to describe the AMA’s national health care proposal to, in part, expand “coverage through tax credits that would provide the most money to those who need it most: lower-income Americans.”

“Physicians struggle daily with the shortcomings of our health care system,” he wrote. “As the nation’s largest physician group, we support legislation that builds on the strengths of our current system—world-class medical innovations and research, and doctors dedicated to the health of their patients.”

Proposals for providing reasonably-priced quality health care services to all who call America home come in many shapes and sizes. While opinions vary widely about what ails the U.S. health care system and how to “fix” it, many agree that finding solutions to a national problem must involve government policymakers. Certainly that has been the approach taken by two alumni of Northwestern University’s Feinberg School of Medicine: one has proposed an overhaul of the current system and the other is looking to make the health care marketplace more equitable through competition. Independently of each other, these two physicians have committed themselves to improving health care access in this country by having their voices heard near and far and most definitely in Washington, D.C.

For allergist Steven L. Kagen, MD, GME ’79, his desire to fight for “access to affordable health care for everyone” has meant giving up the practice of medicine in Appleton, Wisconsin, to become a lawmaker in the nation’s capital. In November 2006, this democrat was elected to his first term in the U.S. House of Representatives. For recently retired internist Quentin D. Young, MD ’48, championing the creation of a single-payer NHI plan that would expand the existing Medicare model and essentially eliminate private insurance has led to conversations with members of Congress, including Senator Barack Obama (D-Ill.), the Democratic Party’s presumptive nominee for the highest office in the land.

“We’ve talked, because I wanted to know what his views were on the single-payer proposal. In fact, I’ve known Obama for a long time. He sees a colleague physician in my Hyde Park practice,” shares Dr. Young, national coordinator of Chicago-based Physicians for a National Health Program (PNHP). And what does Dr. Young think of Congress—man Obama’s health care platform?

“In my opinion it’s bad because it maintains employer-based private insurance! Although he no longer does, Obama did support single-payer in the past.”

With some 15,000 members, PNHP describes itself as a physicians group that believes all people have a right to access high-quality comprehensive care. Achieving that particular vision begins with educating physicians on the need for a single-payer NHI plan, through vehicles the medical profession finds credible such as peer-reviewed journals and grand rounds lectures.

“Doctors by definition are involved in the health system,” remarks Dr. Young, the 2008 recipient of the Feinberg School’s Distinguished Alumni Award. “Many consider them the most knowledgeable elements in the equation and, not least, they have earned influence as discussants on health issues.”

One “scholarly” coup for the group and others was an article that appeared in the August 2003 issue of the *Journal of the American Medical Association*. In that piece, the Physicians’ Working Group for Single-Payer National Health Insurance, which included faculty members from Harvard University as well as Dr. Young, a faculty member at the University of Illinois and former chair of internal medicine at Cook County Hospital, methodically laid out their NHI proposal.

Administered by a single public agency that organizes health financing but leaves the delivery of care largely private, NHI would feature universal, comprehensive coverage and a free choice of providers. The plan backed by PNHP would call for physicians to receive fee-for-service payments dictated by a negotiated formulary or draw salaries from hospitals or nonprofit HMO/group practices. A global budget would take care of each hospital’s operating costs. Financing for the system would come from taxes and bidding adieu to private insurers. Recapturing the administrative “waste” of large corporations currently managing the mosaic of health plans available in the United States would more than pay for NHI as evidenced by a current U.S. government program, believes Dr. Young.

“America already has single-payer national health insurance. It’s called ‘Medicare,’” he explains. “Medicare is the most successful program in the country, outshining any of the private sector insurance companies with their high administrative costs. Thirty-one percent of all health care dollars now go to absorbing the administrative costs of the big carriers. Medicare has an administrative cost of 3 percent. When you are dealing with a system where every percentage point is 21 billion dollars, the costs are fairly significant.”

PNHP has faced many critics, from those who consider the group’s
plan tantamount to “socialized” medicine to those who fear rationing of health care services. And using the Medicare program as a model raises its own serious financial issues as Medicare’s hospital insurance trust fund, on its present course, is expected to run out of money in 2019, according to a report from the Board of Trustees for Medicare released this March.

Yet octogenarian Dr. Young remains optimistic. His enthusiasm for NHI continues to be bolstered by growing legislative support for House Resolution (H.R.) 676—the “Expanded and Improved Medicare for All Act.” Rep. John Conyers (D-Mich.) first introduced the bill in 2005, after inviting Dr. Young and other NHI proponents to Washington to present their proposal for possible legislation. Additionally, Dr. Young’s observation that “American doctors have learned that there is something worse than government, and it is called corporations” has him convinced that PNHP’s vision finally is reaching the mainstream.

“Until quite recently, we were considered irrelevant because we were unfeasible,” he says. “That’s over now. There have been enough victories and public discussion so that we have become the ‘undesirable’ alternative. Doesn’t sound like much, but that’s upward mobility!”

Rep. Kagen can’t afford to get sick. When he took office in January 2007, he turned down his generous congressional benefits package, and he possesses no other insurance plan. So what happens if Dr. Kagen needs comprehensive health care coverage? He says, “I could lose my house, just like the millions of other uninsured Americans in this country.”

Although Dr. Kagen, 58, went to Washington ready to broaden health care access to all, he hadn’t thought too much about his own needs until the freshman congressman went through orientation week. He learned how to pass laws, and he received a literal “cafeteria menu” of plans. “I needed to catch a plane, so I asked the woman helping me what plan she chose,” recalls Dr. Kagen. “She said, ‘I took the ‘Cadillac’ plan, with a $250 deductible. They have to take you no matter what, because we are federal employees.’ I then said, ‘No, I respectfully decline these benefits until you can make the same offer to everyone I have the honor of representing.’ I didn’t come here for the benefits. I came here to help reform the health care system.”

Dr. Kagen wishes that all members of Congress could experience the uncertainty that many U.S. residents face about their health care coverage. If they did, “they would begin to take our country’s health care concerns very seriously and likely solve them in a matter of a few weeks and months.”

Achieving access to affordable care in Dr. Kagen’s eyes relies, in part, on a health care marketplace where health insurers cannot discriminate, and providers of care—insurance companies, pharmacies, hospitals, doctors, dentists—openly disclose pricing for all services. To this end, in February Dr. Kagen introduced H.R. 5449, the “No Discrimination in Health Insurance Act of 2008.” The bill prohibits health
insurance providers from imposing preexisting conditions exclusions and requires them to charge the same premium price for the same coverage. Dr. Kagen believes that a more transparent health care system, coupled with a widely offered basic insurance plan that becomes the federal standard, will lead to intense competition. These market conditions, in turn, would lower prices and bring health care costs within the reach of all Americans.

“We in Congress, together with the help of primary care physicians, must create a basic insurance plan that guarantees that when you get sick, you are in your house and not the poor house,” says Dr. Kagen. “For those people who do not have the necessary household income to afford insurance — well, I say, ‘We the people!’ What kind of nation are we if we don’t care for the poor? We must cover all those who are in need, and I want to be the physician at the table in Congress who helps our legislative process work in a way that guarantees access to everyone.”

And so the debate about universal health care goes on and options abound with no clear-cut answers that will please all involved. The practicalities of providing basic health care to every person with a U.S. address could very well overwhelm a nation facing physician shortages — particularly of those specialists who traditionally serve as primary care physicians.

Under the watch of Mitt Romney, former governor and candidate for this year’s Republican presidential nomination, the state of Massachusetts, for example, implemented a new law in 2006 that mandated all residents have some form of health insurance by July 1, 2007. In an article that appeared in the New York Times this April, some anecdotal reports from individual Massachusetts-based physicians highlighted a potential “strain” on care due to supply and demand: many more patients with insurance now are able to see a shrinking number of physicians. “I was at an AMA meeting last year where there were several representatives from Massachusetts,” shares Russell G. Robertson, MD, chair and professor of family medicine at the Feinberg School. “On the one hand they were excited about their state’s comprehensive health care plan. On the other hand, patients were now having a harder time finding a physician to provide them with care.”

Dr. Robertson serves as chair of the Council on Graduate Medical Education (COGME), a group charged with assessing physician workforce trends in the country and making recommendations to the Secretary of the U.S. Department of Health and Human Services as well as to Congress. “COGME’s last major report in 2005 on workforce trends indicated at that time that the nation was facing a substantial shortage of physicians,” he says. “Our recommendation then was that medical school enrollments needed to increase by a minimum of 15 percent.”

Despite a vigorous response to the call to expand the number of entering medical students, Medicare’s current cap on residency positions, however, effectively places a ceiling on the creation of new physicians, according to Dr. Robertson. In addition, he notes that if the primary care physician “crunch” continues and a comprehensive solution goes into effect, the Massachusetts problem could become a national one.

Although a nonpartisan institution, Northwestern has a unique position as an educator of future generations of physicians who will and should participate in finding ways to craft a health care system that works for everyone. “Part of our responsibility as an academic entity is to graduate individuals who will see it as their obligation as medical professionals to play an important role in the society they serve,” says Jeff Miller. “In regard to health care reform, they most definitely must be a part of the discussion.”

The needs of his constituents drive Dr. Steven Kagen’s quest to ensure access to affordable health care across the country.

No discussion about health care reform in this country can be held without the voices of those most involved in the delivery of care: physicians. In this feature, we have presented views from two Northwestern alumni, whose passion for delivering affordable health care to all has spurred them to action. Of course, many more proposals and opinions exist. We encourage you, the reader, to send us your thoughts on this topic — one that affects us all in myriad ways.

Mail your correspondence, of 250 words or less, to: Editor, Ward Rounds, Office of Communications, Northwestern University, Feinberg School of Medicine, 303 East Chicago Avenue, Rubloff 9th floor, Chicago, Illinois 60611-3008 or e-mail letters to ward-rounds@northwestern.edu. We reserve the right to determine which letters to print in Ward Rounds.
Your kind of town
Alums reunite at festive reunion weekend

The Windy City provided more than 500 alumni and guests with the perfect playground for an event-filled Alumni Weekend held April 25–26. Returning to their alma mater with old memories to share and new ones to make, alumni of all ages participated in one or several of the annual reunion’s 35 educational and social events. Alumni Weekend 2008 featured tours of the new Prentice Women’s Hospital and the NBC-5 TV studios, as well as a state-of-the-school presentation, workshops, and class dinners. Attendees had an opportunity to view Terra Incognita, a documentary film about the promise and progress of stem cell research at Northwestern and beyond. And the Reunion Ball, held at the elegant Four Seasons hotel, capped off the thrilling weekend. In the following photo album, we invite you to live vicariously or revisit the good times that were had at this year’s Alumni Weekend.
Dr. Bernard Gerber (’53, GME ’56) studies reunion class composites on display in the Robert H. Lurie Medical Research Center lobby, the site of many of the weekend’s events.

Although 50 years separate Drs. Jonathan Kahn (’08) and Gary Thomas (’58), they find common ground at the alumni-student breakfast Saturday morning.

Now that’s quite a news team! Actually, it’s a group of medical school alumni touring the NBC-5 studios Saturday morning.

Save the date!
Alumni Weekend
2009
April 24–25
Dr. Emanuel “Semmy” Semerad (’63) and his wife, Janice, arrive at the iconic Harry Caray’s restaurant for their Friday night class dinner.

Dr. Patrick Lee (’88) tries his minimally invasive surgery skills in the Northwestern Center for Advanced Surgical Education on Friday afternoon. Others on the tour include (from left) Drs. Myles Cunningham (’58), Simon Myint (’53), and Charles Snorf (’58, GME ’63).

The Nathan Smith Davis club reception provides current and future alumni such as medical students (from left) Ben Gray, Martin Pham, Lindsay Kuo, and Leslie Kim the opportunity to enjoy the reunion festivities.

Like father, like daughter . . . Drs. Gerald Miller (’68, GME ’73) and Ursula Miller (’00, GME ’04), with wife (and mother) Brigitte, celebrate their family ties to Northwestern at the Saturday night Reunion Ball.
Enjoying the Reunion Ball cocktail hour, (from left) faculty members Drs. Steven Rosen ('76, GME '81) and Andy Bunta ('67, GME '74) catch up on the latest news with National Board member Dr. James Kelly ('83).

Recipient of the 2008 Distinguished Alumni Award, Dr. Quentin Young ('48) happily accepts the honor at the Reunion Ball!

One of three speakers at the Friday afternoon General Session, Dean Larry Jameson updates alumni on the state of the school.
On a beautiful Alumni Weekend afternoon, alumni and guests heading out for campus tours include (from left) Dr. James P. Kelly ('73), Dr. Gary Thomas ('58), Dr. B. Gus Karras ('58, GME '59), Sharon Thomas, and Dr. James Holland ('58).
Followed closely by former classmate Dr. Robert Wysocki ('03), Dr. Kristin Commoto ('03) delights in the many choices at the Reunion Ball dessert bar, while her spouse, Paul Fousek (right), digs into his ice cream sundae.

Updating their medical school class photo from 1958, members of the 50-year class pose for a group shot. They are identified from left to right.


Dr. Alfred Cook ('03, GME '08) and his wife, Meredith, join other alumni at Chicago restaurant Bice for the first minority alumni dinner.
At the Reunion Ball, Dean Larry Jameson (right) presents Dr. David Winchester (’63, GME ’70) with the Dean’s Award for his outstanding service to the medical school and alumni association.

Gala event attendees (from left) Michele Jameson and Drs. William “Jack” (’59) and Mary Ann (’59, GME ’64) Frable and Dr. Charles Huizenga (’63) wait for the evening’s festivities—starting with an introduction of the 50-year class members—to begin.

Dr. Patricia Conard (’53) greets Dr. Sam Mulopulos (’53) and his wife, Helen, at their Friday night class dinner at the Drake hotel.
Moving to the music of Don Cagen’s Orchestra Chicago, Dr. Harvey Brown (’68) and wife Roanna show off their “Dancing with the Alums” moves.

The continuing medical education session on advances in cancer captures the attention of Dr. F. Douglas Carr (’78), president-elect of the Medical Alumni Association.

A spring thunderstorm gives the Friday night class dinners some extra added electricity as (from left) Drs. Jennifer Kim (’98, GME ’04) and Alan (’98) and Ada Kumar (’97) look forward to reliving fond memories of their medical school days.

National Board member and an alumna from the Class of 1967, Dr. Mary Ann Malloy (left) visits with Dr. John Clarke (’68, GME ’75) and his wife, Bonnie, at the Saturday gala event. Later that evening, Dr. Clarke received the medical school’s Alumni Service Award.
Boston resident Ron Trachtenberg’s heart problems required multiple bypass surgeries, several angioplasties and stents, and a pacemaker. “A few years after my last bypass surgery in 1995, I was going downhill fast,” he says. “The doctors could do nothing more for me medically or surgically.”

He once collapsed from severe angina pain right outside the hospital before an appointment, just walking the hundred feet from his car to the front door. Taking several nitroglycerin tabs at prescribed intervals had little effect. Trips to the emergency room became commonplace.

But Trachtenberg found himself in the right place at the right time. His cardiologist, Bernard Kosowsky, MD, introduced him to St. Elizabeth’s Hospital colleague Douglas W. Losordo, MD, who today is Eileen Foell Professor of Heart Research at Northwestern University’s Feinberg School of Medicine.

Trachtenberg enrolled in Dr. Losordo’s clinical trial using the gene for vascular endothelial growth factor (VEGF). Animal testing showed delivering the gene to ischemic tissue in the heart induced new blood vessel growth. Myocardial cells with a compromised blood supply often stop beating but remain alive, a state called hibernation. Restoring the blood supply reawakens them.

Unfortunately, the 1999 death of patient Jesse Gelsinger after a gene therapy trial led the Food and Drug Administration (FDA) to suspend many such trials in the United States, including the VEGF trial. Once the FDA’s new patient safety measures were in place, Trachtenberg attempted to enroll in a redesigned VEGF trial in 2002, but his pacemaker disqualified him.

He had another opportunity in 2004 when Dr. Losordo developed an approach to therapeutic angiogenesis employing CD34+ cells. These stem cell–like precursors to the endothelial cells that line arteries and veins stimulate new blood vessel growth in the microcirculation of the hibernating heart.

“These cells are a subpopulation of white blood cells produced in the bone marrow,” explains Dr. Losordo, who came to Northwestern in 2006 to direct the Feinberg Cardiovascular Research Institute. “We use an FDA-approved cancer drug to mobilize these cells into the bloodstream, which saves us from having to drill into the patient’s bone marrow. We harvest the cells from the patient’s blood with an apheresis machine, enrich them in culture, and then inject them into the ischemic tissue of the patient’s heart.”

The phase 1, double-blind, placebo-controlled study enrolled 24 patients, including Trachtenberg. Today at age 62, he takes two fewer medications and rarely experiences severe angina. “Before the treatment
I essentially lived sitting in a chair,” he says. “I sold my CPA firm. I did not expect to live to see my daughter’s wedding last year. This treatment restored to me a quality of life I haven’t had in years.”

Says Dr. Losordo, “Every endpoint we measured—chest pain, use of nitroglycerin, overall function, and quality of life—favored the treatment group versus the control group. That’s what gave us enthusiasm and justification to proceed to a larger study.” He and his colleagues have done just that. Dr. Losordo, who also directs the Cardiovascular Regenerative Medicine Program at Northwestern Memorial Hospital’s (NMH) Bluhm Cardiovascular Institute, is the national principal investigator (PI) for a National Institutes of Health–funded, 20-center clinical trial of CD34+ cells for treating coronary artery disease. The study has enrolled 168 patients, and Charles J. Davidson, MD, GME ’85, professor of medicine and chief of NMH’s Cardiac Catheterization Laboratories, is the local PI.

Adds Trachtenberg, “I hope Dr. Losordo is successful in developing this into standard treatment. So many people could benefit.” Cardiovascular disease remains the number one cause of death and disability in the United States.

The story of therapeutic angiogenesis began with an observation in 1971 by the late Judah Folkman, MD, former surgeon-in-chief at Boston Children’s Hospital. “He noticed that tumors he excised from children were bloodier than the surrounding tissue,” shares Dr. Losordo. “He wondered why sick tissue had a better blood supply than healthy tissue.”

Dr. Folkman made an extract of tumor material and showed that it promoted blood vessel formation in embryonic chick membranes in culture. “He deduced from that the existence of a tumor angiogenic factor,” says Dr. Losordo. “But that’s all he could say, since no simple assays for identifying proteins had been invented yet. His early ideas on the role of angiogenesis in cancer were rejected and even scorned by many in the research community. It took more than a decade for him to win converts.” Today several cancer drugs work via the anti-angiogenesis approach Dr. Folkman postulated from the beginning.

As the first angiogenic factors were identified in the late 1980s, “Cardiovascular researchers asked whether they could be used to induce new growth where blood supply has been compromised by disease,” explains Dr. Losordo, which led to the novel concept of therapeutic angiogenesis.

Dr. Losordo’s career was destined to intersect with these history-making events. As an undergraduate at the University of Vermont, he learned research in the laboratory of the late Norman R. Alpert, PhD, an internationally renowned researcher in cardiac hypertrophy. Remembers Dr. Losordo, “His graduate students and postdocs whet my appetite for studying cardiovascular physiology and biochemistry.”

As a medical student at Vermont, he continued working with Dr. Alpert. After graduating in 1983, he completed his internal medicine residency and cardiology fellowship at the Tufts University–affiliated St. Elizabeth’s Hospital. The fellowship director was none other than Ron Trachtenberg’s cardiologist.

In 1988 he enrolled in an interventional cardiology/research fellowship with Jeffrey M. Isner, MD, at St. Elizabeth’s. Says Dr. Losordo, “Jeff was working on laser applications in cardiovascular medicine. He was the optimal physician-scientist, someone who sees a problem and comes up with an innovative way to address it.” That led to a collaboration that lasted until Dr. Isner’s untimely death at age 53 in 2002.

Shortly after joining Dr. Isner in a gleaming new cardiovascular laser research lab, Dr. Losordo recalls, “Jeff came in one day and said, ‘We’re no longer a cardiovascular laser lab. We are now a molecular
cardiology lab.’ This was early 1989, and no such thing existed.” Dr. Isner’s proclamation was driven in part by new technology, such as polymerase chain reaction that allowed scientists to amplify genetic material and identify proteins relatively quickly. This innovation led to the characterization of the first angiogenic factors, which the “molecular cardiology” lab wanted to apply therapeutically. This research gained momentum after a surprising publication in 1992 by a Japanese research group. “They created an animal model of myocardial infarction by tying off coronary arteries,” recalls Dr. Losordo. “Then they gave a single intravenous bolus of basic fibroblast growth factor, the first angiogenic factor identified by the Folkman lab. They showed a dramatic reduction in infarct size. It seemed too good to be true.” The early 1990s also hailed the heyday of stent research. Balloon angioplasty was a major breakthrough in the previous decade. With their coronary arteries cleared, patients could avoid bypass surgery. However, in about 30 percent of cases, the treated arteries would reclose. Bare metal stents, first approved for use in the United States in 1994, propped open the arteries, but restenosis rates only dropped slightly. These stents, unfortunately, did not address the underlying biological process. The expanding balloon breaks up atherosclerotic plaques but also damages the single layer of endothelial cells lining the artery. That section of the artery becomes inflamed and bereft of the biochemicals endothelial cells secrete to maintain healthy blood vessels. Says Dr. Losordo, “Our data suggested an angiogenic factor could stimulate the recovery of the endothelial layer after angioplasty, which would have a significant impact on restenosis.” This research also used VEGF. A former postdoctoral fellow in the lab, Takayuki Asahara, MD, PhD, was examining VEGF-treated arteries via electron microscopy, when he saw unusual round cells sticking at the leading edge of the recovering endothelium. A long series of experiments identified these as endothelial progenitor cells (EPCs). “These EPCs manufactured growth factors just like the ones we were considering giving for stimulating angiogenesis,” shares Dr. Losordo. “We thought injecting these cells into ischemic tissue might be a better way of delivering a growth factor, maybe even more than one.” The paper describing EPCs appeared in Science in 1997. When this work was presented at scientific meetings, however, it met strenuous opposition. “I never saw anything like it. People were really agitated,” says Dr. Losordo. “We had been taught up until then that in the adult stage of life, our bodies did not contain cells with pluripotency or multipotency. So this idea of a progenitor cell in an adult mammal went against the orthodoxy.” The very next year, researchers isolated human embryonic stem cells for the first time, which led to discoveries of cells with similar properties—multipotent adult stem cells—completely changing those long-held beliefs. Dr. Losordo’s lab showed that autologous EPCs positive for the CD34 cell surface marker were potent angiogenesis promoters in animal models of both heart disease and peripheral arterial disease (PAD). Today, in addition to leading the coronary artery disease trial, Dr. Losordo serves as the national PI for two others using CD34+ cells. One is a 20-center clinical trial for critical limb ischemia, a condition caused by arterial blockages in the legs, hands, and feet. Patients experience pain and nonhealing wounds and are at risk for amputations. Melina R. Kibbe, MD, GME ’02, assistant professor of surgery, is the local PI at NMH. The other is a three-center, phase 1 trial of EPCs to treat severe intermittent claudication, which causes pain and fatigue in the legs due to insufficient blood flow. Dr. Losordo also leads a second phase 1 trial at NMH to treat heart failure symptoms.
The commitment Northwestern’s academic medical center showed to translational science prompted Dr. Losordo’s move to the Feinberg School. He remarks, “I saw firsthand the ambitious plans the institution had for developing a major translational research presence.” One such plan came to fruition in May. The Northwestern University Clinical and Translational Sciences Institute won a five-year, $29 million National Institutes of Health Clinical and Translational Science Award.

Additionally, he says, “Major changes had been made with the development of the Bluhm Cardiovascular Institute and highly successful heart failure and heart transplant programs at NMH. For someone with my motivation—translating basic science discoveries into improved patient care—this opportunity was too good to pass up.”

Dr. Losordo also knew the Feinberg Cardiovascular Research Institute “as an established entity in the world of cardiology on the rise nationally,” he says. “Coming here I wanted to establish a theme for the institute and realign the resources to focus on the core investigators. These are the faculty members who run into each other daily in the halls of the institute.”

In his own lab, he directs the research projects of eight postdoctoral fellows, with the goal of fostering their development as independent researchers and further refining some of his own successful research advances. For example, Jörn Tongers, MD, is examining ways to improve EPC therapy in ischemic cardiovascular disease.

Certain limitations exist. “Only a couple days after application, a significant number of EPCs disappear from the ischemic target tissue,” says Dr. Tongers. “Although some may be cleared by the body’s normal functions, viability, retention and, in turn, biopotency of the injected cells are probably limited by the harmful environment of ischemic tissue, which includes inflammatory cells and oxidant radicals.”

One approach he is testing resulted from a collaboration between Dr. Losordo and Samuel I. Stupp, PhD, Board of Trustees Professor of Materials Science, Chemistry, and Medicine and director of the Institute for BioNanotechnology in Medicine. “We’re using a self-assembling nanoﬁber system to deliver the EPCs,” explains Dr. Tongers. “The structure of this system mimics the native extracellular matrix of tissues and presents bioactive peptide sequences or targeted binding groups to the microenvironment, potentially allowing the EPCs to stay alive and in place.” Preliminary results are promising.

Dr. Losordo also has resumed work on an angiogenic factor-secreting stent. “When drug-eluting stents came on the market, it became harder to draw interest and funding because the new stents effectively reduced restenosis rates,” he says. “Their Achilles’ heel is they do their job too well—they prevent excess smooth muscle cell proliferation but also block the recovery of the endothelium.”

He also has started a new collaboration with Piero Anversa, MD, a research scientist at Harvard and Brigham and Women’s Hospital. Dr. Anversa was the first to identify a cardiac stem cell that can be isolated from a biopsy, grown up in culture, and used to replace muscle cells in models of heart attack damage, according to Dr. Losordo. This finding, much like Dr. Folkman’s initial work, met with great skepticism, but now is being replicated in laboratories worldwide.

“Vascular regeneration and regenerating cardiomyocytes complement each other,” explains Dr. Anversa. “Certainly we are challenging the orthodoxy that cardiomyocytes are terminally differentiated but Doug reacted positively to this.

He recently sent some of his postdoctoral fellows to our lab and we sent some of ours to his. This is part of the rapport we share.”

“Our philosophy has long been one of openness,” adds Dr. Losordo. “It’s about the power of ideas and the ability to leverage knowledge. It’s a multiplication effect. The more you interact with people, the better the science gets.”

Together Drs. Anversa and Losordo can imagine a time when a heart attack patient receives balloon angioplasty followed by placement of an angiogenic stent. After using catheter-based electromechanical mapping to measure the viability of the heart, they could treat hibernating areas with EPCs and re-grow cardiomyocytes in areas where tissue has died. Such therapy may sound like science fiction, but it is now squarely in the realm of possibility.
All Modesty Aside

The desire to hide fat rolls and cellulite from a partner could mean the difference between life and death. A medical school study has revealed that couples who can overcome body issues and perform regular skin exams on each other increase their chances of finding new or recurring melanoma—one of the deadliest forms of skin cancer.

In a study published in the May issue of the Journal of the American Academy of Dermatology, June K. Robinson, MD, professor of clinical dermatology, found that couples with close, supportive relationships more easily could look past the superficial and regularly check each other out for the sake of their skin health. Finding melanomas at earlier stages of the disease helps reduce mortality rates as long as couples are willing to bare all, according to Dr. Robinson.

The study participants included 130 melanoma survivors who had learned to do skin self-exams either alone or with their partners. Couples with close bonds were about three times more likely to perform the skin exams than those who didn’t have such a degree of intimacy. Patients with “below average” relationships were least likely to scrutinize their moles at home with and without the help of their significant others. Said Dr. Robinson, a skin exam might include checking places where the “sun never shined.”

“A couple that is in sync with each other is going to support and reassure each other and get over the modesty issues,” said Dr. Robinson. “A couple that isn’t in sync won’t have the ability to support each other as they take on this novel assignment.” She encouraged couples to communicate their concerns to one another and suggested that dermatologists consider discussing the quality of melanoma patients’ relationships to gauge the amount of help they will have with skin self-exams.

Amputation Rates Vary by Zip Code

The racial composition of communities and health care disparities seem to go hand in hand in hand. Despite an overall decline in amputation rates in northern Illinois due to improved care for diabetes and peripheral vascular disease, people in African American neighborhoods on Chicago’s South and West sides have a five times higher rate of lower limb amputations than residents of primarily white zip codes, according to a Northwestern study that appeared in the May issue of the Journal of Vascular Surgery.

“Amputations are the canary in a coal mine for quality of care,” said Joseph M. Feinglass, PhD, research professor of medicine. Dr. Feinglass and his Feinberg School colleagues conducted the first longitudinal study to examine amputation trends over nearly 20 years. “Many amputations are preventable. This means the primary care for minority people may not be very good.”

When carefully monitored, diabetes doesn’t necessary lead to amputation. But when left unchecked, it can wreak havoc. Said Dr. Feinglass, “Diabetes is a condition that is highly susceptible to quality of care. Amputation rates give you a basic idea of how the system is performing.”

Previous studies revealed in the late 1990s that blacks were more likely to undergo amputations than whites. Although national trend data indicated a decline in amputations in the early 2000s, Dr. Feinglass wanted to see if the racial divide had narrowed. Analyzing information drawn from the Illinois Department of Public Health’s hospital discharge records, he discovered that areas with primarily white populations had a drop in amputation rates to 12 per 100,000 in 2004 from 14 in 1987. The number of amputations for the largely African American areas on the South and West sides, however, actually increased from 60 to 63. The inner suburbs and other areas of Chicago, with between a 10 and 50 percent black population, and a large Hispanic population, stayed at approximately 20 amputations per 100,000.

Diabetic patients account for about half the people who have amputations. Lack of access to primary and specialty care compounds the likelihood of amputation for these patients as well as those with vascular disease. Diabetes management programs are sorely needed in the inner city, according to Dr. Feinglass.

“When blood sugar is low, there is a lower amputation rate. An amputation is a horrible thing. We have to do better at preventing these.”

Analyzing hospital discharge records, Northwestern researchers discovered that residents living in primarily black neighborhoods are more likely to undergo amputations than those residing in predominantly white communities. In the chart (above), the data reveals that higher rates of amputation correspond to zip code areas with higher numbers of African American residents.
Trust a Sensitive Sniffer

Negative reinforcement has a strong impact on the nose, especially when it comes to remembering odors, according to a study published in the March 28 issue of Science.

Medical school investigators exposed participants to a pair of grassy smells that were nearly identical in their chemical makeup and perceptually indistinguishable. The individuals received an electric shock when they were exposed to one scent but not the other. The participants quickly learned to differentiate between the two scents. Odors that once were impossible to tell apart became identifiable when followed by an adverse event, illustrating the power of the human sense of smell to learn from an emotional experience.

The researchers measured the subjects’ brain activity during the smell tests. Brain scans showed different patterns when the subjects were exposed to the shockingly “dangerous” scent compared to exposure to the “no danger” scent.

“It’s evolutionary,” said Wen Li, PhD, lead author of the study and a postdoctoral fellow at Northwestern’s Cognitive Neurology and Alzheimer’s Disease Center. “This helps us to have a very sensitive ability to detect something important to our survival from an ocean of environmental information. It warns us if it’s dangerous and we have to pay attention to it.”

Dr. Li and her colleagues also found specific changes in how odor information is stored in “primitive” olfactory regions of the brain, enhancing perceptual sensitivity for smells that have a high biological relevance.

Growing Nerve Fibers

Northwestern researchers have shown that a nano-engineered gel inhibits scar formation at the site of spinal cord injury, allowing damaged nerve fibers to regrow. Led by John A. Kessler, MD, Davee Professor of Stem Cell Biology and chair of the Ken and Ruth Davee Department of Neurology and Clinical Neurological Sciences at the medical school, the study shows that when the gel, as a liquid, is injected into the spinal cord it self-assembles into a scaffold that supports the ascending sensory fibers and the descending motor fibers through the site of the injury.

Six weeks after researchers injected the gel into mice with spinal cord injuries, the animals showed great improvement in the ability to use their hind legs and walk. The research appeared in the April 2 issue of the Journal of Neuroscience.

“We are very excited about this,” said lead author Dr. Kessler. “We can inject this without damaging the tissue. It has great potential.” But he also cautioned, “It’s important to understand that something that works in mice will not necessarily work in human beings.”

While no one single thing solves spinal cord injury, this brand-new technology has the potential to revolutionize the way clinicians think about treating this disorder, according to Dr. Kessler. “It could be used in combination with other technologies, including stem cells, drugs, or other kinds of interventions.”

The researchers are further developing the nano-engineered gel to be acceptable as a pharmaceutical for the Food and Drug Administration. If it is approved for use in humans, a clinical trial could begin in several years.

An innovative BP Measure

Hypertension, the “silent killer,” affects about one in three adults in the United States. Left undetected it can lead to stroke, cardiovascular disease, or renal failure. Monitoring this disease includes periodic blood pressure checks and having a . . . urinalysis? Yes, a urinalysis.

Northwestern scientists, in collaboration with colleagues at Imperial College in London, have for the first time identified multiple chemicals in peoples’ urine, called metabolites, which directly relate to blood pressure. “This is a new set of measurements—metabolomics—that can help to clarify why so many people develop pre-hypertension and hypertension with increased risk of heart attack, stroke, peripheral artery disease, heart failure, and kidney disease,” said coauthor of the study and professor emeritus of preventive medicine Jeremiah Stamler, MD. The study appeared in the April 20 online issue of Nature.

The researchers analyzed the metabolites in the urine samples of 4,630 individuals, ages 40–59, living in China, Japan, the United Kingdom, and the United States. Dr. Stamler and his associates discovered three metabolites that had links to high blood pressure. Individuals exhibiting high levels of the amino acid alanine, found in food high in animal protein, had higher blood pressure than those who weren’t as carnivorous. Low blood pressure readings were found most often in people with increased levels of the metabolite formate as well as hippurate. The latter metabolite appeared in individuals who demonstrated low levels of alcohol intake and consumed high levels of dietary fiber.

“With this approach, we now open up a new method that can clarify how different dietary patterns affect metabolism and relate to differences in blood pressure, coronary disease, and stroke,” Dr. Stamler said.
Grads urged to exhibit leadership in all they do

As the 1,400 family members and friends of the Class of 2008 took their seats at the medical school’s graduation convocation on May 16, live music performed by a trio of first-year medical students added a festive note to the joyous occasion. Chicago’s Navy Pier provided the backdrop for the ceremony that celebrated the achievements of the 168 students who earned a medical degree this year from Northwestern University’s Feinberg School of Medicine.

J. Larry Jameson, MD, PhD, presided over his first graduation ceremony as Lewis Landsberg Dean of the Feinberg School and offered his heartfelt congratulations to the graduating class for a job well done. “You have no doubt graduated many times before from middle school, high school, college, and now medical school. To get to this stage, you have worked extraordinarily hard and accomplished much,” remarked Dean Jameson. “This is your day to celebrate nearly two decades of formal education—a truly remarkable accomplishment.”

He noted the great transitions that the graduates would make from this day forward, including moving to new cities to engage in specialty training or pursue additional academic degrees. For many of these new doctors, internships will give a majority of them the opportunity to hone their clinical skills and more fully grasp the responsibility they have been given to provide their patients with the best of care and compassion.

“Patients will now call you doctor and entrust you with their most prized possession—their health,” said Dr. Jameson. “During your training, the learning curve will be steep, but it will be exciting and invigorating. You will find that Northwestern has prepared you well for this new chapter in your lives.”

Describing the Class of 2008 as a multifaceted techno-savvy group that has embraced a global view of health care and science, the dean suggested that the new grads look at medicine as a team-based endeavor. Their challenging future role as practicing clinicians will increasingly involve engaging and coordinating the skills of a variety of health professionals in the delivery of patient care. While the days and months ahead might be harried and frustrating at times, Dr. Jameson urged the medical school’s newest alumni to hold on tightly to all the reasons and factors that originally brought them to Northwestern.

“I encourage you to retain your passion, core values, altruism, desire to cure sickness, and willingness to comfort when cure is not possible,” he said. “These values should guide you for the rest of your careers.”

While the convocation program recognized the achievements of the graduates, it began by honoring faculty member Vinky Chadha, MD, assistant professor of medicine. This 1991 medical school alumnus received the 2008 George H. Joost award for outstanding teaching. Senior class member Arjun
Venkatesh presented the award, highlighting Dr. Chadha as a well-respected teacher who serves as an inspirational role model to his students.

Donald E. Wesson, MD, professor of medicine and vice dean at Texas A&M University College of Medicine, presented the keynote address on “Leadership in Medicine: Society’s Need, Our Opportunity.” He congratulated the graduates on joining what he described as one of the most glorious and rewarding of professions and urged them to live up to society’s expectations of physicians as caregivers and leaders.

“You are about to enter a wonderful profession that is going through tremendous change—change that you as a medical professional will have to manage,” remarked Dr. Wesson. “Rather than simply managing it, I challenge you to lead that change.”

Dr. Wesson encouraged the new graduates to consider how—from motives to methods—they will serve as leaders, as others will follow their example. He said, “Those around us listen to what we say and often do what we do even if we are not conscious that our behaviors are being watched and followed.” Physicians should not take lightly these “unconsciously” taught lessons and the influence they have on their communities through their own conduct, according to Dr. Wesson.

Delivering the senior class message, David I. Rosenthal, MD ’08, of Miami reflected on the epic journey that he and his
fellow classmates embarked upon four years ago. They possessed “minimal knowledge of the voyage ahead” and the waters they would explore. He likened their new white coats to a very short life jacket that would soon be fortified by one of the most crucial tenets of the medical profession: first, do no harm.

Now with more knowledge and skills, the Class of 2008 can look forward to different challenges on the next part of their journey. As they span out across the country, Dr. Rosenthal urged the graduating seniors not to forget their commitment to the moral enterprise of medicine.

“We have a responsibility to act in the best interest of our patients even as our giant health care system becomes more difficult to figure out and our view becomes more focused and specialized, subspecialized, and even nano-specialized,” he said. “We must strive to better the world around us, advocate for those who need assistance, and be leaders in our communities.”

The convocation ended in very much the same way medical school at Northwestern began for the Class of 2008 four years ago—with the recitation of the Physician’s Creed. Then the beaming new graduates marched out of the Navy Pier Grand Ballroom to celebrate a champagne toast with Dean Jameson and heartily cheer the completion of a major step in their careers in medicine. Congratulations Class of 2008!

Cheryl SooHoo
Faculty members receive notable accolades

Stephen L. Adams, MD, GME ’82, professor of medicine and chief of the sports medicine division, became president-elect of the Major League Baseball (MLB) Team Physicians Association during the group’s winter meeting in Nashville. The team physician for the Chicago Cubs, Dr. Adams also serves as chair of the MLB Medical Advisory Committee in the Office of the MLB Commissioner in New York.

Eric W. Boberg, PhD, research assistant professor of medicine, was appointed in March as executive director for research at Northwestern University’s Feinberg School of Medicine. Formerly director of research development in the Department of Medicine for six years, he is responsible for research space management, strategic space planning, and capital projects management in his new role.

Russell G. Robertson, MD, professor and chair of family medicine, began serving his second four-year term as chair of the Council on Graduate Medical Education in May.

James J. Foody, MD, professor of medicine, began his four-year term as governor of the Illinois northern chapter of the American College of Physicians during the college’s annual meeting May 15–17 in Washington.

Sookhyong Koh, MD, PhD, assistant professor of pediatrics, received the American Academy of Neurology’s 2008 Dreifuss-Penry Epilepsy Award for excellence in epilepsy research.

On July 1 David M. Mahvi, MD, joined the Feinberg School as professor of surgery and chief of gastrointestinal and oncologic surgery. He had been a faculty member at the University of Wisconsin at Madison since 1989.

Ronald W. Hendrix, MD, associate professor of radiology, was inducted as a fellow of the American College of Radiology on May 18 during the group’s annual meeting in Washington.

Antoun “Tony” H. Koht, MD, professor of anesthesiology, has been elected to the board of directors of the American Society of Neurophysiological Monitoring for a four-year term that began in May.

On July 1 James B. Young, MD, professor of medicine and former dean for faculty affairs at the Feinberg School, became associate provost for faculty affairs at Northwestern University, succeeding John Margolis, who is now dean and chief executive officer of NU in Qatar.

Alice D. Dreger, PhD, associate professor of clinical medical humanities and bioethics, received on April 3 a Guggenheim Fellowship Award, one of five received by Northwestern University faculty members this year.

Barbara K. Burton, MD ’73, professor of pediatrics, serves as president of the Society for Inherited Metabolic Disorders for 2007–08.

William Small Jr., MD ’90, GME ’94, professor of radiation oncology, has been elected chair of the Cervix Committee for the Gynecologic Cancer Intergroup, an organization for international cooperative groups conducting clinical trials in gynecologic cancers.

David Smith Oyer, MD, assistant professor of clinical medicine, received a “Father of the Year” award from the American Diabetes Association at an award ceremony in Chicago held June 12.

The Greater Chicago–Upper Midwest Region of the Anti-Defamation League honored Lauren Streicher, MD, GME ’83, assistant professor of clinical obstetrics and gynecology, during its 15th annual Women of Achievement Dinner held March 20 at the Fairmont Chicago hotel.

On June 20 the Northwestern Medical Faculty Foundation (NMFF) presented its 2008 Physician Clinical Excellence Awards. Mark K. Eskandari, MD, GME ’01, associate professor of surgery, received the Clinical Innovation Award for developing a premier program in carotid artery stenting at Northwestern. NMFF honored Ling Qun Hu, MD, assistant professor of anesthesiology, with the Clinical Community Service Award for his work as director of the international medical mission Operation Walk Chicago, which provides free hip and knee replacements for impoverished patients here and abroad. The Clinical Collaboration Award went to Michael J. Schmidt, MD, assistant professor of emergency medicine, and Richard G. Wunderink, MD, professor of medicine; the two developed and implemented new models of care for patients with sepsis. NMFF presented Tanya Simuni, MD, associate professor of neurology, with the Clinical Leadership Award for creating a movement disorders program that the American Parkinson’s Foundation recognized for its excellence.

Philip Greenland, MD, Harry W. Dingman Professor of Cardiology and senior associate dean for clinical and translational research, was inducted as an honorary fellow of the Royal College of Physicians during a ceremony held July 8 in London.
Library’s special collections houses rare finds

When someone asks Ron Sims what he does for a living, he says he “takes care of rare books.” It gets better if the questioner prods him for more details. “When I tell people the books are from the 1400s, their jaws drop. Everyone loves old books, but 600 years old . . . that’s very special.”

The Special Collections librarian in Northwestern’s Galter Health Sciences Library, soft-spoken Sims manages to juggle a sense of modesty and pride for the impressive collection he oversees. “We’ve only been around 100 years, but it’s a good collection,” he says while guiding his visitor through the stacks and past the portrait of the Mayo brothers, Charles Horace Mayo, MD, from the Class of 1888, and his physician brother, William James Mayo. Sims offers with a smile, “They helped their father start a little clinic up in Rochester.”

Housed behind glass on the second-level atrium of the medical school’s Ward Building is an exhibit Sims developed featuring the human eye. It predominately displays images of Leonardo da Vinci’s drawings of the eye from the 1490s. Not an original but rather a facsimile, the sketchbook offers exact photographic reproductions from da Vinci’s anatomical studies. Sims proudly enthuses about the creator of the Mona Lisa. He explains, “Da Vinci played a large role in the beginning of the modern understanding of anatomical structures. Many people don’t know that about him.”

Sims has a particular fondness for “Leo’s sketchbook.” He also delights in presenting two clay Cuneiforms that are about 6,000 years old. Developed by the ancient Assyrians and considered the earliest written language, the wet clay tablets were inscribed with a stylus and then baked. While they have no medical significance, the tablets complement the early, printed books in the medical school’s collection. Another display case features illustrations from René Descartes’ 1664 text, On Human Beings, in which he discusses the function of the senses. Says Sims, “We think of Descartes as a philosopher, but his writings included all aspects of the human condition, including how he believed the body functioned.”

Collecting timelines and other historical materials for the upcoming 150th anniversary of Northwestern University’s Feinberg School of Medicine has Sims and others on campus hard at work these days. The medical school opened its doors on October 9, 1859. “The tuition was $60 a year. That was a lot of money then,” he says. Sadly, the Great Chicago Fire of 1871 destroyed most of the school’s early materials, but Sims still has plenty of information to draw on. He estimates there are 7,500 rare book titles, plus many artifacts, instruments, photographs, and etchings in the collection. For security reasons, he politely declines to attach a dollar figure to its considerable worth.

Northwestern acquired the holdings through purchases, gifts from alumni, and private collectors. The oldest print item in the collection is a 1483 religious treatise written in Latin by Thomas Aquinas. Sims delicately holds the restored velum-bound volume up at eye level, opening it carefully. “You can see it’s an early typeface. They were trying to imitate the handwritten script of the monasteries.”

Much of the collection’s treasures reside in a climate-controlled room to preserve the precious stock and prevent further aging or deterioration. On the shelves sit museum-quality pieces: a letter from dentist Dr. John Greenwood to his patient Lt. General George Washington regarding a $15 charge to repair his false teeth in 1799, a trephine kit from 1771, and a Civil War-era amputation kit (complete with knifes, saw, and tourniquet). Other notable items include human skulls, a dental kit from 1854, a death mask from a famous pathologist who died in 1902, a set of lancets for bloodletting, scores of rare books, and a stereoscope from the 1900s. The View-Master-kit from 1854, a death mask from a famous pathologist who died in 1902, a set of lancets for bloodletting, scores of rare books, and a stereoscope from the 1900s. The View-Master-like device allowed medical students to view drawings or photographs in 3-D.

The collection varies widely because it houses artifacts from Northwestern’s four now-closed professional schools (woman’s medical, dental, nursing, and pharmacy) as well as the medical school. Just outside of the Special Collections’ office is a working dental drill from 1910. The pre-electricity drill has a large, scary drill bit—a crowd pleaser for library visitors.

The busy schedules of students often don’t leave much time for perusing the collection. The Feinberg School does, however, offer an elective five-week seminar on the history of medicine as part of the Medical Humanities and Bioethics Program. Students pick a disease or condition and trace it backwards. “It’s fun,” says Sims, who helps facilitate the class. “In the old days doctors had no inkling of the immune system, so people would often get well or die regardless of what was done.”

Students from the Art Institute of Chicago, who are studying anatomical drawing, come to Northwestern every year to hear Sims present on the history of medical illustration. He gives them an overview of the art of the human body from 1478 to the 1920s.
On an annual basis, the Galter Library receives hundreds of requests for help in tracking down information. Often the queries come from historian scholars and from family looking for information on a relative. Class photographs include some famous people, such as Nathan Smith Davis, MD, founder of the American Medical Association and the Chicago Medical College, and G.V. Black, second dean of the dental school.

The not-so-famous also have their merits in history. A class composite from 1908 sits on one of the tables in the Special Collections area. “Oh, that’s an interesting story,” says Sims, pointing out student Horace Tharp in a black and white photo. “Jim Tharp, a third-generation Northwestern graduate from 1975, contacted me to see if we had pictures of his relatives who came before him.” Sims pulled a picture of Tharp’s father, Robert J. Tharp, MD ’41, and his Uncle Edwin’s photo from the Class of 1937. “But Jim was quite amazed we had the 1908 class composite.”

Sims, a former assistant dental school librarian, joined the Galter staff when the dental and medical school libraries merged in 1995. The “semiretired” string bass player says he fell into the job because of his interest in history. He graduated with a degree in music from Millikin University and received his library science degree from Northern Illinois University.

He’s a theater and opera buff and, not surprisingly, is also a collector at home. Sims guesses he has about 400 cookbooks dating back to the 1900s housed on shelves throughout his apartment. “I have an Italian collection, a collection of travel cookbooks, and cookbooks written by men for men.”

Galter’s Special Collections are open to faculty, staff, students, alumni, and scholars who wish to use the historical materials. Visitors should contact Sims prior to coming to the library for information on how to access the collection. For more information, call 312/503-1913 or 312/503-8109, or send requests to 303 East Chicago Avenue, Chicago, Illinois 60611.

Eileen Norris

Celebrating school’s past, present, future

The new sesquicentennial logo combines the venerable Ward Building with a modern look and feel. This reflects the aim of organizers for next year’s 150th anniversary celebration of the founding of Northwestern’s medical school, in which events and publications will honor the school’s past, present, and future. The logo makes its debut shortly on stickers that may be applied to correspondence and publications as well as on a special sesquicentennial Web site to be launched in the fall.

Dr. Patricia Spear, the first female department chair at the medical school, was celebrated at an April symposium honoring her leadership at Northwestern and impending retirement. Dr. Spear announced at the event her intention to establish a $1 million research professorship in the Department of Microbiology–Immunology, in memory of her parents, Dan and Bertha Spear. On hand to laud Dr. Spear’s contributions to the Feinberg School are Drs. Lou Laimins (left) and Lewis Landsberg.

Imaging center boosts capabilities

Northwestern and Nikon Instruments, Inc., launched a collaborative core microscopy imaging center with a grand opening ceremony on June 4. Housed within the Feinberg School’s Cell Imaging Center, the Nikon Imaging Facility promises to bring improved research capabilities to Northwestern via the latest generation of microscopes. State-of-the-art technology will allow users, for example, to capture images of fast-moving cell events and light-sensitive samples as well as view complete stacks of images, providing 3-D spectrally separated cellular information. Dr. Jay Walsh (left), vice president for research at Northwestern University, and Yoshinobu Ishikawa, Nikon’s president and CEO, prepare for their ribbon-cutting duties.
Master’s program celebrates first graduating class

There’s nothing quite like being the first. The Northwestern University Master’s Program in Healthcare Quality and Patient Safety celebrated its first graduating class in a convocation ceremony held in the Rubloff Building Atrium on June 21. The 18-month interdisciplinary program has the distinction of being the first and only one of its kind in the country, although other programs may soon follow the medical school’s lead.

Administered through the Institute for Healthcare Studies (IHS), the Northwestern program is a collaboration between the Feinberg School of Medicine and the Graduate School. The University has taken the lead in improving health care through the development of this program and draws on the considerable strengths of its faculty as well as guest lectures by noted national scholars in these relatively new disciplines, according to Donna M. Woods, EdM, PhD, program codirector and research assistant professor of medicine in the IHS and the Graduate School.

“This is an important new area with very few people trained in health care quality and patient safety,” explains Dr. Woods. “As developers of the first program nationwide, we are setting the standard and actively helping other institutions create similar programs to develop a master’s-prepared workforce in these fields.” Dr. Woods and fellow program codirector and professor of clinical medicine Kevin B. Weiss, MD, MPH, have already offered their expertise to a number of universities such as Cornell and George Washington.

Designed for clinical and nonclinical professionals, the program attracts individuals interested in acquiring the necessary skills and knowledge to be competitive for positions of leadership in health care institutions, governmental and policy institutions, and research careers in academia—all key entities crucial to improving the delivery of care.

The first cohort of six students ranged from an emergency medicine physician to a health information technology administrator. This academic year, the program has enrolled 19 students in its third class and has, for the first time, started to draw individuals from outside of the Midwest. In the fall the program’s leaders plan to bring together representatives from other institutions interested in providing graduate level education in health care quality and patient safety to brainstorm about the educational components of these growing fields. Explains Dr. Woods, “Our hope is to work with others to establish standards for this level of education.”

Medical school conducts leadership searches

The search is on for highly qualified candidates to fill three senior leadership positions now open at Northwestern University’s Feinberg School of Medicine.

Philip Greenland, MD, Harry W. Dingman Professor of Cardiology and senior associate dean for clinical and translational research, heads the search committee to recruit the next director of the Institute for Healthcare Studies. Former director Kevin B. Weiss, MD, MPH, stepped down from his position in 2007 to become president and chief executive officer of the American Board of Medical Specialties in Evanston, Illinois.

The institute focuses on research and education in health care quality, patient safety, health care equity, and national health care policy. The committee is charged with recruiting a nationally prominent senior-rank individual with a record of scholarly excellence in a discipline within the field of health care/services research. Applications and nominations may be sent to ihs-search@northwestern.edu.

Finding the next chair of preventive medicine is the goal of a search committee headed by David W. Baker, MD, MPH, professor of medicine and chief of general internal medicine. Since 2007, renowned clinical nutrition epidemiologist Linda V. Van Horn, PhD, RD, professor of preventive medicine, has served as the department’s interim chair. She stepped into the role when Dr. Greenland moved to his new position.

The Department of Preventive Medicine plays a prominent role in promoting health education and public policy and has been home to several landmark research studies such as the Women’s Health Initiative, Coronary Artery Risk Development in Young Adults, Multiethnic Study of Atherosclerosis, and INTERMAP, a study of dietary factors contributing to hypertension. The committee seeks an internationally recognized leader with a substantial record of achievement in preventive medicine. Applications and nominations may be sent to preventivemed-search@northwestern.edu.

Louis Feinberg Professor and chair of ophthalmology Lee M. Jampol, MD, has announced his intention to step down after 25 years of service. Heading the search committee for the next department chair is Robert Kern, MD, professor and chair of otolaryngology—head and neck surgery. The 11-member committee intends to recruit an outstanding and well-respected leader who possesses the ability to support and advance all of the medical school’s missions. Applications and nominations may be sent to ophthalmology-search@northwestern.edu.
Douglas E. Vaughan, MD, joined Northwestern June 1 as the Irving S. Cutter Professor and chair of medicine. He comes to the Feinberg School after serving as the C. Sidney Burwell Professor of Medicine and chief of cardiovascular medicine at Vanderbilt University.

Dr. Vaughan received his medical degree from the University of Texas Southwestern Medical School in 1980 and completed his training in internal medicine at Parkland Memorial Hospital and the Dallas VA Medical Center, where he served as chief resident from 1983–84. For the next five years, he went on to complete a fellowship in cardiology at Brigham and Women’s Hospital in Boston, research fellowship in medicine at Harvard University, clinical fellowship in interventional cardiology at Brigham, and fellowship in the Center for Thrombosis and Vascular Research at the University of Leuven in Belgium. He joined Vanderbilt’s faculty in 1993.

An accomplished clinician, teacher, and scientist, his research interests include the role of the plasminogen activator system in cardiovascular disease and tissue remodeling, the biochemistry and molecular biology of mammalian fibrinolysis, and regulation of vascular gene expression. Dr. Vaughan currently is principal investigator on four major grants from the National Heart, Lung, and Blood Institute that address research questions ranging from the basic mechanisms to the potential innovative therapies of cardiovascular disease. He holds several patents relating to control of thrombosis and clot dissolution.

Dr. Vaughan serves on a number of editorial boards, including Circulation, the premier journal in cardiovascular medicine.
Three esteemed medical school leaders pass on

Nathaniel Berlin

Nathaniel I. Berlin, MD, of Aventura, Florida, a noted cancer researcher and former director of the Robert H. Lurie Comprehensive Cancer Center of Northwestern University, died at age 87 on March 5. Dr. Berlin headed the center from its founding in 1974 until he retired from Northwestern in 1987 as the Genevieve E. Teuton Professor Emeritus of Medicine.

Steven T. Rosen, MD ’76, GME ’81, succeeded Dr. Berlin as Genevieve E. Teuton Professor and director of the Lurie Cancer Center. “Dr. Berlin provided me with significant support and guidance,” he recalls. “His wisdom was always appreciated, and his joy for the success of the Lurie Cancer Center was gratifying. He was part of our family and will be truly missed.”

Dr. Berlin earned a bachelor’s degree in chemistry from Case Western Reserve University in 1942 and an MD degree in 1945 and a PhD degree in medical physics in 1949 from the University of California at Berkeley. He joined the U.C. Berkeley faculty in 1949 and served four years. After two years as a medical officer with the Armed Forces Special Weapons Project, Dr. Berlin joined the National Cancer Institute (NCI) where he held several positions from 1956 to 1975, including chief of the metabolism service; scientific director of general laboratories and clinics; and director of the Division of Cancer Biology and Diagnosis.

After retiring from Northwestern, Dr. Berlin served five years as deputy director of the Sylvester Comprehensive Cancer Center at the University of Miami and retired as professor emeritus of medicine in 1992.

Dr. Berlin was preceded in death by his wife, Barbara, in 1990. He is survived by a son, Marc, of Aventura, and a daughter, Deborah Ligenza, of Chicago.

Michael Lesch

His name will be forever linked to a rare hereditary disorder that he helped identify and he will be remembered by the many residents he trained, but those who knew Michael Lesch, MD, also knew of his passion for trout fishing. Former chief of cardiology at Northwestern from 1976–89, Dr. Lesch died March 27 in his sleep while on a fishing trip in Argentina. He lived in Englewood, New Jersey.

Lawrence L. Michaelis, MD, professor of surgery, first met Dr. Lesch in 1975 when they both were new faculty members. In a tribute, Dr. Michaelis wrote, “We started our lunch discussing the new professional obligations awaiting us . . . then we discovered our passion for fishing and spent the rest of the afternoon talking about wet flies and our love of the rivers and lakes of the high North.”

Born in Queens, New York, Dr. Lesch received his bachelor’s degree from Columbia University and MD degree from Johns Hopkins University where he also completed a residency in internal medicine. He went on to a research fellowship at the National Institute of Mental Health in Bethesda, Maryland, and a cardiology fellowship at Peter Bent Brigham Hospital (now Brigham and Women’s Hospital) in Boston.

While a medical student, he conducted research with William L. Nyhan, MD, discovering a disorder (called the Lesch-Nyhan syndrome) in which individuals frequently bite their lips and fingers, often leading to amputations.

After leaving Northwestern in 1989, he served as chair of medicine at Henry Ford Hospital and Health System in Detroit. In 1998 Dr. Lesch joined St. Luke’s Hospital in Manhattan as chair of internal medicine and Columbia as professor of medicine.

Survivors include wife Bella, daughter Leah, son Ian, and six grandchildren.

Philip Paterson

A Northwestern faculty member for nearly 43 years, Philip Y. Paterson, MD, died May 20 of cancer in Evanston, Illinois. He was 83.

Not only was Dr. Paterson a renowned scientist and inspiring teacher, but he was also a dedicated family man, an accomplished violinist, and a published creative writer. Those who knew him will remember his warm smile, keen wit, and bow ties.

Born in Minneapolis, he earned his bachelor’s and medical degrees from the University of Minnesota. He served his internship at Minneapolis General Hospital and completed research fellowships at Tulane University, Walter Reed Medical Center, and the University of Virginia.

Author of more than 250 scientific publications on infectious diseases, microbiology, and neuroimmunology, he also served as associate editor of the Journal of Infectious Diseases from 1979–85. Among his many honors, he received a Javits Neuroscience Investigator Award from the National Institutes of Health in 1986.

Dr. Paterson joined Northwestern in 1965 to build an infectious diseases program. In 1975 he stepped into a new role as chair of microbiology —immunology. On his first day on the job, he ran into then-Dean James E. Eckenhoff, who said, “I’m counting on you to set an example of what can be done.” Build the department he did, recruiting talented junior faculty members who developed their own stellar reputations. In 1987 Dr. Paterson stepped down as chair and moved with wife Virginia, “Ginny,” to Eagle River, Wisconsin, where he took up creative writing and played the violin in a community orchestra. Following his wife’s death in 1998, he was remarried to Doris O’Briant and returned to Evanston.

Survivors include wife Doris, sons Peter and Benjamin, daughter Anne Maillette, sister Margaret Becker, and five grandchildren.
President’s Message

As we enjoy a much overdue summer, we are able to reflect on the changing climate of medicine as well as the season. Our profession continues to face challenges, among them: cost containment, availability of care for all Americans, and a shortage of primary care physicians. These issues, particularly providing care to the uninsured and underinsured, have changed how physicians view national health insurance.

Recent data from physician surveys in 2007 compared with 2002 data reveals that increasing numbers of practitioners support government-financed national health insurance. In fact 59 percent—an increase of 10 percent since 2002—of those polled were in favor of this concept, as reported in the Annals of Internal Medicine. The specialties most in favor included psychiatry, pediatrics, and emergency medicine. Whether we will see such reforms in the provision of health care to all after the November election is anybody’s guess, but the nation as well as the medical community seems ready for change.

Our current medical student population appears quite committed to serving needy families, here and abroad. These individuals will lead their generation of physicians in new directions as the world becomes a smaller, more globally united place. The decisions made in this country will serve as a model for the future on a worldwide basis. I wish we had the insight to see into the future and thus make the best choices for today.

Sincerely,

Bonnie L. Typlin, MD ’74

President, Alumni Association
Alum ‘reaches’ out via the airwaves

David G. Preskill, MD ’88, doesn’t want the free lunch courtesy of pharmaceutical reps who call on doctors’ offices around the country to offer the latest drug information—and food. Figuring that his fellow time-pressed physician colleagues could use a vehicle for more “honest” communication, this practicing obstetrician-gynecologist decided to reach out to them in a manner they would appreciate and respect.

In April 2007 Dr. Preskill’s newly founded media company based in Highland Park, Illinois, ReachMD, launched the first and only 24/7 XM satellite radio network developed by and for medical professionals. Hosted by practicing physicians, the radio channel provides up-to-the-minute health care and medical information via interviews with the nation’s thought leaders. Almost a year ago this October, ReachMD began offering live, online streaming of its programming and continuing medical education content. Today this communications company boasts 250,000 listeners; more than half identify themselves as physicians and the remainder, as health care professionals.

“The pharmaceutical industry can’t figure out how to get 90 seconds with us [physicians],” says Dr. Preskill, the company’s founder and chief medical officer. “Here with ReachMD, we have physicians who are voluntarily spending their time listening to our programming either on air or on demand.”

Forty-eight percent of ReachMD’s audience members tune in to the channel for more than 90 minutes a week. In contrast, the average radio listener spends about three hours a week listening to the airwaves. Says Steve Ennen, president of programming for ReachMD, “Our ability to capture half of the listening time of an already time-crunched professional audience is truly amazing.”

On the dial at XM 157, ReachMD features everything and anything general practitioners as well as specialists may find educational or informative. Created in 15-minute segments, programming can range from clinical research updates and policy reports to best health care practices and topical issues. During the height of the presidential primary season, for example, ReachMD aired presidential candidates’ views on health policy.

“Reaching the primary care physician is our number one goal,” explains Ennen. “The research shows that for these physicians to stay current with the medical literature, they would need to read more than one million documents a year. That’s an impossible task.”

ReachMD keeps practicing physicians up to date with the help of a team of broadcast and medical professionals. The company’s director of programming and content is a physician who serves as a technical consultant. Media savvy producers monitor the top 75 medical and scientific journals, looking for breaking news in medicine and science to expand upon and turn into programming for the channel. ReachMD’s editorial content group features a hefty dose of Northwestern alumni as well as faculty members. In fact, several of the channel’s trained guest hosts have ties to the Feinberg School, such as Lisa C. Mazzullo, MD, and Lauren Streicher, MD, both assistant professors of clinical obstetrics and gynecology. Experts in their field, the two physicians host a radio show series Advances in Women’s Health.

A solo practitioner, Dr. Preskill delivers some 30 to 50 babies a month. He came up with the concept of ReachMD while driving the 15 or so miles between his home in Highland Park and Condell Medical Center in Libertyville where he practices. With much of his time spent in his car, he had time to reflect on the continuing education of practicing physicians. “Once you leave medical school and residency training and are out in the real world, rarely do you have one-on-one conversations with your peers,” says Dr. Preskill, who completed his residency in obstetrics and gynecology in 1992 at Chicago’s Columbus Hospital. “At educational events, you generally have a lecturer talking to 50, 100, 200 people at a time.

“With ReachMD we give our listeners an opportunity to hear conversations between physicians in a casual, relaxed format. The radio show hosts, many of whom are practicing physicians, ask questions of guests that the typical doctor might ask.”

Dr. Preskill sees himself as the “average” practitioner, busy trying to make a living doing something he enjoys and spending time with his wife, Nadine, and their four children: Jacob, 18; Isabel, 15; Guy, 12; and Bennett, 9. Dr. Preskill volunteers in his community, one in which he lives practically next door to the house where his parents raised him and his two siblings. Living the life of the practicing physicians who his start-up company strives to “reach and teach,” Dr. Preskill and his business associates have brought a unique concept to the marketplace.
“In my many years of working in marketing and advertising, I’ve learned that consumer insight drives the success of product marketing. In the case of ReachMD, we have a physician’s insight,” says Gary Epstein, the new venture’s chief executive officer. Epstein most recently served as chief marketing officer for the American Medical Association and joined ReachMD about a year ago. “David has a good understanding of our target audience. He is an incredibly creative individual with big thoughts. He’s the guy in the room who is the optimist.”

Getting ReachMD off the ground has exposed Dr. Preskill to an environment somewhat removed from medicine. He has met movers and shakers in the media industry and been interrogated by them, too. “I remember one meeting where the president of programming for a satellite radio company was grilling me on the concept,” recalls Dr. Preskill. “I literally broke under the pressure and said, ‘Slow down. I really am just a physician!’ Everyone in the room started laughing.”

Dr. Preskill views as an asset his complete honesty about his passion for an idea that popped into his head during his daily commute. Even a year after celebrating ReachMD’s first anniversary, he can’t believe the number of listeners—physicians just like him—who “turn their radio dial” to XM 157. Remarks Dr. Preskill, “ReachMD touches more people than I will ever meet in a lifetime.”

For more information about ReachMD, visit www.reachmd.com. Use the promotional code “alum” to log on, explore the site, and listen online to ReachMD’s radio programming.

Cheryl SooHoo

Feinberg, Kellogg School alums participate in joint program

Medical school alumnus and University trustee Dr. Drew Senyei (second from right) hosted a presentation “Healthy Profits: Bringing to Market Revolutionary Healthcare Technologies” in Dana Point, California, on April 30. This Northwestern event featured a panel of Feinberg School of Medicine and Kellogg School of Management faculty experts and represented the first joint alumni program effort between the schools. Faculty members enjoying a moment outdoors with Dr. Senyei (MD ’79) include (from left) Drs. D. James Surmeier, chair of physiology; Alicia Löffler, director of the Kellogg Center for Biotechnology Management; and Doug Losordo, director of the Feinberg Cardiovascular Research Institute.
Alumni board meeting highlights new Prentice

Attendees at Alumni Weekend 2008 had the opportunity to tour the new Prentice Women’s Hospital that opened last October, so it seemed fitting that Sherman Elias, MD, Thomas J. Watkins Professor and chair of obstetrics and gynecology, should update members of the Alumni Association National Board on the new facility as well as his specialty.

J. Larry Jameson, MD, PhD, vice president for medical affairs and Lewis Landsberg Dean, told the board members who met April 26 in the Baldwin Auditorium that ob-gyn is a “department on the move as evidenced by rankings, resident applications, and the patients who want to come here.”

The new hospital, Dr. Elias said, is believed to be the largest of its kind in the world with 17 floors, 1 million square feet of space, 134 obstetric beds, four operating rooms for Caesarean deliveries, 85 newborn intensive care units, two floors of diagnostics, and 10 operating rooms. The hospital also contains 36 medical/surgical/gynecology beds that will eventually be moved to a new facility to be built on the site of the former VA Lakeside Medical Center.

Not only is the new Prentice technologically up to speed, it was designed specifically for women. “Everything is curved to reflect the softness of women,” said Dr. Elias, “while the leaf motif reflects life and growth.” Beautiful, soothing artwork lines the walls.

Dr. Elias predicted that the new facility might become the largest maternity center in the country in the next couple of years. With 10,800 deliveries during the last calendar year, Prentice is now ranked sixth or seventh in volume.

When Dr. Elias came to Northwestern in 1976 for a fellowship in human genetics, the C-section rate was 5 percent, and now it’s 28-plus percent with other facilities as high as 35 percent. What caused the increase? “We’ve seen a decrease in vaginal births after C-section because the malpractice situation makes any complication untenable,” he said. “A decrease in forced deliveries, breech deliveries, and the vaginal birth of multiples has created a skyrocketing rate of C-sections. Using the operating room for deliveries is a major trend shift in obstetrics.”

Since women’s health involves every area of medicine, the ob-gyn department has created multidisciplinary approaches with other disciplines, including urology, surgery, psychiatry, cardiology, and endocrinology.

Safety is a major focus and success story at Prentice, which has initiated many programs to make labor and delivery safer. Dr. Elias pointed out that due to rapid testing for HIV, not a single transmission of the virus to a fetus has occurred during the past six to seven years.

Since prematurity is a major problem in the nation, especially in multiple births, the department participated in a study that demonstrated that injections of progesterone help reduce premature births. The next study will see if this works in multiple births.

“We want to be an epicenter for clinical trials,” said Dr. Elias. “It’s important for us to be a leader in ob-gyn research.”

Research funding in the Department of Obstetrics and Gynecology has more than quadrupled in the last five years.

In the educational arena, Dr. Elias proudly related that this year ob-gyn received more than 700 applicants for 10 residency slots. The department also offers fellowships in maternal-fetal medicine, reproductive endocrinology and fertility, family planning and contraception, and gynecologic oncology. “Five years ago we just had fellowships in maternal-fetal medicine,” he said. “Now we’re working on a new urogynecology fellowship with Tony Schaef-fer [Kretschmer Professor and chair of urology], which will bring us to offering all the possible fellowships in ob-gyn.”

The department also offers a master’s degree in human embryology to train individuals to run in vitro fertilization labs and a master’s degree in genetic counseling, both under the auspices of the Graduate School.

As for the move of Children’s Memorial Hospital to the Chicago campus in 2012, Dr. Elias commented, “The clinical care will be seamless and immediate. The educational opportunities will improve as ob-gyn residents interact daily with pediatric residents.”

Ellen Soo Hoo
This new Progress Notes Awards & Honors section highlights the recent professional accomplishments of Northwestern University’s Feinberg School of Medicine alumni. While the regular Progress Notes section will continue to serve as a forum for former classmates to share personal information such as life achievements, hobbies, travels, and family updates, this new section of the magazine will provide alumni with a vehicle for relaying the latest news about career advancements, honors and awards, and contributions to their profession.

Send items—professional or personal—for Progress Notes to ward-rounds@northwestern.edu or the street address for Progress Notes to ward-rounds.

Ermilo Barrera Jr., MD, GME ’85, of South Barrington, Ill., received the Excellence in Teaching Award from Evanston Northwestern Healthcare.

Daniel S. Duick, MD ’67, of Scottsdale, Ariz., was elected president of the American Association of Clinical Endocrinologists (AACE) at its 17th Annual Meeting and Clinical Congress in Orlando, Fla., in May. The executive officer overseeing all of AACE’s operations, he is the principal spokesperson for the association.

David P. Winchester, MD ’63, GME ’70, of Glencoe, Ill., was honored with the creation of an endowed chair in his name at Evanston Northwestern Healthcare (ENH); in April he received the Feinberg School’s Dean’s Award for Outstanding Service to the school and/or alumni association. Wife Marilyn, son David, and daughter-in-law Doris were on hand to celebrate Dr. Winchester’s award presentation at the Reunion Ball held during Alumni Weekend. In May David J. Winchester, MD ’86, GME ’92, of Winnetka, Ill., became the first incumbent of the ENH Board of Directors/David P. Winchester Chair of Surgical Oncology.

Although Richard C. Boronow, MD ’59, of Brandon, Mo., retired from practice at the end of 2007 that didn’t stop him from presenting a paper at the annual meeting of the Society of Gynecologic Oncologists (SGO) earlier this year. In March he was keynote speaker at the 25th annual meeting of the Society of Gynecologic Nurse Oncologists. He shares, “During my presidential year with the SGO, one of my initiatives was to sow the seeds for the creation of the nurses’ organization. They call me their godfather!” Last summer he had the honor of giving the first annual Hugh R.K. Barber Memorial Lecture at Lenox Hill Hospital in New York City. The late Dr. Barber was the former chair of obstetrics and gynecology for the hospital and a “mentor and longtime dear friend” of Dr. Boronow.

In April the Institute of Medicine of Chicago honored Wayne N. Burton, MD, GME ’77, of Hinsdale, Ill., with the Portes Award for Excellence in Disease Prevention.

Kenneth L. Rodino, MD ’79, of Chicago has celebrated a three-peat when it comes to teaching honors. This director of obstetrical anesthesiology was voted teacher of the year for the third time by the anesthesiology residents at the University of Chicago Medical Center.

Susan Anderson Kline, MD ’63, of Southport, Conn., received an honorary doctor of science degree at the 149th commencement of New York Medical College. Vice provost of university student affairs and executive vice dean of academic affairs for the college, she gave that school’s 2008 commencement address on May 21 in New York’s Carnegie Hall.

Joseph A. Caprini, MD, GME ’67, MS ’72, of Northfield, Ill., is president-elect of the American Venous Forum and will begin serving his term as president next February. In June the Society for Vascular Surgery designated him a distinguished fellow.

John T. Clarke, MD, GME ’75, of Chicago received the medical school’s Alumni Service Award during the Reunion Ball held during Alumni Weekend in April.

The National Alliance on Mental Illness (NAMI) of Summit County, Ohio, honored Steven W. Jewell, MD ’74, of Richfield, Ohio, with the Advocate of the Year Award. This award was presented in May in appreciation for outstanding advocacy and education for the benefit of the mentally ill and their families.

In addition, he recently was elected to the board of trustees of NAMI Ohio. He serves as medical director of Child Guidance and Family Solutions.

Jerome C. Cohen, MD ’79, GME ’82, of Binghamton, N.Y., was elected in May as chief of gastroenterology for Our Lady of Lourdes Hospital in that city. He also is serving his third term as vice speaker of the House of Delegates for the Medical Society of the State of New York.

The American College Health Association (AMCH) presented David P. Kraft, MD ’68, of Amherst, Mass., with the 2008 Edward Hitchcock Award. This award honors AMCH members who have made outstanding contributions to advancing the health of all college students.

Quentin D. Young, MD ’48, of Chicago received the medical school’s Distinguished Alumni Award at Alumni Weekend in April.
Progress Notes

Awards & Honors

After completing her first year of a child and adolescent psychiatry fellowship at the University of California at Los Angeles, Marcy Forgey, MD/MPH ’04, of Playa del Ray, Calif., was selected as chief fellow for the 2008–09 academic year. She serves on the American Psychiatric Association Committee on AIDS and recently was chosen for the executive board of the American Association of Psychiatric Administrators.

Jay A. Perman, MD ’72, of Lexington, Ky., dean of the College of Medicine and vice president for clinical affairs at the University of Kentucky in Lexington, received the 2008 President’s Award for Diversity in April. This award is given to those who demonstrate outstanding efforts toward advancing the university’s mission to embrace diversity while maintaining academic excellence.

Jerome M. Garden, MD ’80, GME ’84, of Chicago received the 2008 Leon Goldman Memorial Award for excellence in clinical laser research, patient care, and medical education by the American Society for Laser Medicine and Surgery at its annual meeting. He is past president of the society.

Nina A. Paleologos, MD, GME ’86, of Evanston, Ill., was endowed with the Stanley C. Golder Chair of Neuroscience Research at Evanston Northwestern Healthcare on June 4. Earlier this year, Dr. Paleologos received the 2008 Tim Gullikson Spirit Award, presented each year by the Tim & Tom Gullikson Foundation. The award recognizes a “patient, caregiver, volunteer, corporation, or benefactor who has shown extraordinary and unique courage, resourcefulness, and ingenuity in battling brain tumors—and in doing so, has given hope to others.”

The Illinois chapter of the American College of Cardiology recently named Jerome L. Hines, MD, GME ’85, of Hinsdale, Ill., governor-elect.

H. Royden Jones Jr., MD, of Wellesley, Mass., received the American Association of Neuromuscular and Electrodagnostic Medicine’s 2007 Distinguished Physician Award in honor of his service to the medical community. He has been a member of the association since 1973, serving on various committees and as a speaker at its annual meetings.

Phillip D.K. Lee, MD ’80, GME ’83, of Boston has been named senior medical director, Global Clinical Development, Endocrinology and Reproductive Health at EMD Serono, Inc., in Rockland, Mass.

Aleksandar S. Videnovic, MD, GME ’05, of Chicago was awarded the Parkinson’s Disease Foundation/American Academy of Neurology Clinician-Scientist Development Award at the academy’s annual meeting in April. The project, funded for three years, is titled “Circadian rhythm and sleep/wake cycle in Parkinson’s disease patients with excessive daytime somnolence.”

A 2007 Alumni Hall of Fame honoree at Phoenix College in Arizona, Simon K. Myint, MD ’53, of Newhall, Calif., has established the Simon Myint Burma Scholarship for Science and Health at that institution to provide assistance for students in the sciences. Phoenix College gave Dr. Myint the opportunity to complete his premedical studies when he first arrived in the United States from Burma as a teenager. He is now clinical assistant professor of general and thoracic surgery at Martin Luther King Hospital in Los Angeles.

Arnold L. Widen, MD ’53, GME ’55, of Chicago was designated a master of the American College of Physicians at its annual meeting in May. In the same month he was re-elected to a second two year term as president of Community Health, a free clinic in Chicago.

In 2008 Shasatri Swaminathan, MD, GME ’77, of Chicago began his one-year term as president of the Illinois State Medical Society Board of Trustees.

Jonathan P. Piccini, MD ’02, and Deepak Voora, MD ’02, both of Durham, N.C., received the American College of Cardiology Foundation/Merck Research Fellowship in Cardiovascular Disease and Cardiometabolic Disorders at the 2008 American College of Cardiology (ACC) conference held in Chicago. The Merck Company Foundation and ACC launched this program in 1981 to foster the development and training of future leaders in cardiovascular medicine and biomedical research. Drs. Piccini and Voora are both cardiology fellows at Duke University.

Stephen F. Sener, MD ’77, GME ’82, of Glenview, Ill., was elected to the American Surgical Association in April.

Neil J. Stone, MD ’68, GME ’75, of Winnetka, Ill., was elected to mastership of the American College of Physicians at the May meeting in Washington.

David T. Uehling, MD ’59, GME ’64, of Beaufort, S.C., has received the Wisconsin Medical Alumni Association Clinical Science Emeritus Faculty Award for 2008 in recognition of excellence in teaching, research, and practice. During his four decades as a University of Wisconsin faculty member, he served as chair of urology from 1983–2001. He and wife Louise now live in the South, where he works part time in public health pandemic influenza preparedness.

The American Association for Emergency Psychiatry has named Scott Zeller, MD ’86, of Orinda, Calif., president-elect.
Progress Notes

1943
Frank T. Padberg, MD, GME ’52, of Chicago and wife Helen represented his class at Alumni Weekend.

1946
Albert J. Miller, MD, of Highland Park, Ill., professor of medicine at Northwestern, and wife Mary, MD, celebrating included revelers at Alumni Weekend. Additional Northwestern, atect professor of preventive medicine at Ill., and wife Nathalie. An adjunct associate professor at the annual reunion.

1947
Howard S. Traisman, MD, GME ’51, of Evanston, Ill., and wife Reggie journeyed downtown for the reunion festivities.

1948
James A. Boren, MD, of Marinette, Wis., and wife Doris delighted in Alumni Weekend, as did classmate Frank J. Miley Jr., MD, GME ’49, of Glencoe, Ill.

1951
Lee Smith Jr., MD, of North Manchester, Ind., and guest Don Michael traveled to the Windy City for the annual reunion celebration.

1952
Reminiscing with classmates at the reunion were G. Williams Cotts, MD, of Hinsdale, Ill., and wife Carol, and E. Richard Ensrud, MD, of Champaign, Ill., and wife Nathalie. An adjunct associate professor of preventive medicine at Northwestern, Betty M. Hahneman, MD, GME ’54, of Chicago also joined revelers at Alumni Weekend. Additional celebrants included Arthur D. Poppens, MD, of Hartland, Wis., and wife Mary, and James H. Scalfi, MD, of Chapel Hill, N.C.

1953
David M. Berkson, MD, of Chicago and wife Joan took part in Alumni Weekend festivities. A semiretired professor of clinical preventive medicine at the Feinberg School, he has participated in the advances of preventive cardiology for the past 50 years. Patricia Conard Birk, MD, of Glenview, Ill., and guest Clare Close, MD, joined her classmates at the reunion, as did Leroy Doctor, MD, also of Glenview, and wife Peggy. Lester R. Dragstedt II, MD, of Des Moines, Iowa, operated on many veterans during his 33-year career “without complaints or lawsuits.” He maintained the only ACGME-accredited surgery residency in a VA hospital setting. His wife, Natalie, of 50 years and their six children and 14 grandchildren bring him much pride. Dermatologist Donald S. Freiburger, MD, of Tustin, Calif., served as medical officer in the U.S. Navy from 1954–56. He and Nelda, his wife of 53 years, are enjoying their retirement. Bernard C. Gerber, MD, GME ’56, of Aberdeen, S.D., and Marcella Gerber reconnected with the medical school while on campus for the annual reunion. Francis J. Kanofsky, MD, of Santa Barbara, Calif., enjoyed spending time with old friends at the reunion. William P. Marineau, MD, of Spokane, Wash., traveled many miles to display his Wildcat spirit at Alumni Weekend. During his 30-year career in general practice, he performed many surgeries and delivered more than 3,000 babies. In retirement he enjoys commercial piloting and skiing. James I. Morgan, MD, of Wichita, Kan., and wife Harriet joined in the reunion fun. He shares that being able to practice medicine all these years has brought him much joy. Sam J. Mulopulos, MD, of Park Ridge, Ill., and wife Helen displayed school spirit, starting with his reunion class dinner. Simon K. Myint, MD, of Newhall, Calif., traveled to Chicago to join friends at Alumni Weekend. He enjoyed a long career in thoracic surgery, serving as clinical assistant professor at the University of Pennsylvania. He keeps up his surgical skills on medical missions. Traveling to all the continents in the world, he states that the Drake Passage near Antarctica was exceptionally grueling.

1954
Orville C. Green III, MD, of Evanston, Ill., and wife Nancy reconnected with old classmates at Alumni Weekend, as did professor of clinical medicine at Northwestern Donald H. Singer, MD, of Evanston, and wife Ruth.

1955
Representing their class with pride at the reunion were J. Richard Crout, MD, GME ’56, of Bethesda, Md.; James F. Eggert, MD, of Lafayette, Calif., and wife Paulette; David B. Stevens, MD, of Lexington, Ky.; and Edward E. Weller Jr., MD, of Oakland, Calif., and wife Susan.

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1956
Illinoisans Robert W. Boxer, MD, of Wilmette and wife Marsha; Edward J. Fesco, MD, of La Salle; and G. Stephen Scholly, MD, of Glenview and wife Ellen appreciated the fun of the annual reunion with friends and classmates.

1957
Michael A. Polacek, MD, of Milwaukee and wife Susan traveled to Chicago to attend the Nathan Smith Davis Club reception among other activities at Alumni Weekend.

1958
Melvin A. Amundsen, MD, of Rochester, Minn., was chair of preventive medicine at the Mayo Clinic from 1982–90. A private pilot, he is certified for instruments, instruction, and commercial ratings. He takes great pride in having raised four wonderful children with wife Mary. As a physician, he enjoyed seeing patients, relieving their pain, and helping them lead healthy lives. James C. Andre, MD, of St. Paul, Minn., attended the annual event to help classmates celebrate their 50-year reunion. Also celebrating the school’s latest progress at the alumni reunion were John H. Bancroft, MD, of Kearney, Neb., and his wife, Barb. In 1965 he returned from military service in Germany to join his father in the practice of general surgery—the two Bancrofts covered 50 years of surgery in Kearney. His longtime service as chair of the city’s park and recreation board resulted in a new activity center.

James F. Bascom, MD, of Manhattan, Kan., applied his general surgery skills around the world, including Nigeria, Japan, and Saudi Arabia. In 1986 he founded CMC, Inc., a company that obtained optical rights for developing archives of medical journals. More than 20 years later, it maintains a unique niche in the publishing arena. In retirement, he has been happy to see the emergence of excellent golf skills. Alfred D. Biggs Jr., MD, of Kansas City, Mo., and wife Ruth reunited with old friends during the annual reunion. He practiced at Kansas City Internal Medicine for 35 years before becoming CEO of Health Midwest Comprehensive Care. In retirement he volunteers at a free health clinic. An avid sailor, he sailed from Florida to Belize last fall. James B. Borgerson, MD, of Mt. Pulaski, Ill., clinical assistant professor at Southern Illinois University School of Medicine, reconnected with his alma mater at Alumni Weekend.

Dick A.J. Brown, MD, of Needham, Mass., received 24 awards for excellence in teaching during his career as professor of obstetrics and gynecology at Boston University. These included the Metcalf Cup and Prize, the university’s highest award. He is most grateful for his wife, Roma, and their four children—all committed to “serving the most helpless in our society.” Lawrence H. Caplan, GME ‘59, of New York and wife Dorlene traveled to the Windy City to help his classmates celebrate their 50-year reunion. Lawrence S.K. Chun, MD, of Las Vegas, Nev., retired in 1989 after 30 years as an anesthesiologist at Lutheran General Hospital in Park Ridge, Ill. This former serviceman then promptly joined the Army Reserves for six years, achieving the rank of colonel before retiring from the military. He and wife Angela enjoyed the annual reunion. Robert G. Clark, MD, of Dublin, Calif., and wife Lark relished the chance to reunite with classmates at Alumni Weekend.

Myles P. Cunningham, MD, of Winnetka, Ill., enjoyed an array of reunion activities. Robert W. Darter, MD, of St. Helena, Calif., and wife Jan joined the revelers at Alumni Weekend. He remains active as a general practitioner. A love of the outdoors led him to create his local Boy Scout troop’s high-adventure programs, including 50-mile backpacking trips and winter snow camping. During the reunion, Neil P. Duncanson, MD, of Normandy Park, Wash., and wife Maxine also celebrated with fellow alums at the Nathan Smith Davis Club reception. He thoroughly has enjoyed his career as a pediatrician in the Pacific Northwest where he continues to practice part time. The Duncansons have four children and...
Douglas M. Enoch, MD, of Sacramento, Calif., a neurological surgeon, developed a cerebrovascular clinic utilizing novel techniques to treat unusual stroke. He greatly enjoys flying as a private pilot, often to fly-fishing spots. He and wife Sylvia traveled to Chicago to join friends at Alumni Weekend.

Edward S. Friedrichs, MD, of Brown Deer, Wis., and wife Lucy joined the reunion activities at the medical school. His current interest is the clinical applications of psychedelic “herbs,” especially Ibogaine, a treatment for addiction, depression, and OCD. Also reuniting with classmates after 50 years were Mark P. Harmeling, MD, of Morristown, Tenn., and wife Miriam. This retired orthopaedic surgeon and enthusiastic Northwestern alumnus takes great pride in his family and in successfully practicing for almost 40 years.

James M. Holland, MD, of Wilmette, Ill., and wife Jackie journeyed downtown for Alumni Weekend. A professor of urology at the medical school, he served as associate dean as well as practiced urology at Evanston Northwestern Healthcare for 38 years. The Hollands will celebrate their 50th wedding anniversary this year.

Kenneth O. Johnson, MD, of Oconomowoc, Wis., and wife Beth attended the annual reunion. A retired pediatrician, he cofounded the Milwaukee Medical Clinic in 1967 and was involved in organized medicine at the state and national levels, including six years on the board of directors of the American Academy of Pediatrics. In retirement, he keeps his hand in medicine by adjudicating medical claims as an independent consultant. The Johnsons have five daughters and nine grandchildren. Also experiencing reunion excitement were B. Gus Karras, MD, GME ’59, of Los Altos, Calif., and wife Stella. In a clinical practice with three other medical school alums, he was a hospital-based radiologist in El Camino, Calif., where he served as director of mammography and assistant director of the radiology department. The couple has four children and seven grandchildren. His words of wisdom: “Retire young!”

Robert A. Kreisberg, MD, GME ’62, of Birmingham, Ala., and guest Ginger McKinney did not let distance deter them from attending Alumni Weekend. A two-time dean of the University of South Alabama’s College of Medicine, this former chair and now distinguished emeritus professor of medicine remains active in his subspecialty of endocrinology. He has received numerous awards, among them the Distinguished Teacher Award from the American College of Physicians and the Distinguished Physician Award from the Endocrine Society.

Larry H. Kretchmar, MD, of Los Altos, Calif., and wife Bernis reminisced with classmates at the annual reunion. During his career as a urologist, he held leadership positions with El Camino Hospital and Health Care System and was president of the Northern California chapter of the American College of Surgeons. He credits some of his success in life to “good DNA and luck.” Also celebrating at this year’s Alumni Weekend were Gene C. Laker, MD, of Ft. Wayne, Ind., and wife Marcia. Founder of a family medicine practice in Ft. Wayne, he worked alongside his younger brother and physician, Richard, until 1995. A co-class representative, he has served his alma mater on the Board of Alumni Councillors and Alumni Association National Board.


Hugh B. McCullough, MD, of Sturgis, Mich., and wife Beverly received an update on the medical school’s progress at the alumni reunion. After 38 satisfying years as a family physician in the close-knit community of Sturgis, he retired in 1998. Since then he has led a successful drive to establish automated external defibrillators in schools, factories, and churches in his area.

Alan R. Nelson, MD, of Fairfax, Va., and wife Gwen renewed ties at the annual reunion. His career as an internist and endocrinologist included serving as president of the American Medical Association and World Medical Association, as well as CEO of the American Society of Internal Medicine. He received a Medical School Distinguished Alumni Award in 2003 and Northwestern University Alumni Merit Award in 2005.

Kenrad E. Nelson, MD, of Baltimore learned about the state of his alma mater at Alumni Weekend. A professor of epidemiology at Johns Hopkins’ Bloomberg School of Public Health, his research focuses on HIV/AIDS, viral hepatitis, and other infectious diseases of Asia and the United States. Dr. Nelson and wife Karen Nelson, MD, have five children and nine grandchildren.

Edward S. Friedrichs, MD, of Scarsdale, N.Y., is Walsh McDermott University Professor of Medicine and University Professor of Psychiatry at Weill Cornell Medical College. He was formerly chair of psychiatry and dean and provost for medical affairs. Alan R. Nelson, MD, of Fairfax, Va., and wife Gwen renewed ties at the annual reunion. His career as an internist and endocrinologist included serving as president of the American Medical Association and World Medical Association, as well as CEO of the American Society of Internal Medicine. He received a Medical School Distinguished Alumni Award in 2003 and Northwestern University Alumni Merit Award in 2005.

Robert J. Nelson, MD, of Galveston, Texas, reconnected with Northwestern during Alumni Weekend. He claims he “didn’t sleep all day” as an anesthesiologist practicing in Galesburg, Ill., where he was elected Knox County coroner. His move to Galveston in 1983 coincided with Hurricane Alicia—the Lone Star State’s first billion-dollar storm.
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Celebrating with friends and classmates at the reunion were Howard S. Sanford, MD, of North Miami Beach, Fla., and wife Margery. He practiced internal medicine for 30 years in one location and after retirement continued to practice for 12 years at Florida International University. P. Philip Scheerer, MD, of Phoenix, Ariz., and wife Alice enjoyed an array of reunion activities, including the Nathan Smith Davis Club reception. He practiced hematology in Phoenix for 36 years and received many awards during his career. His retirement has been filled with family, traveling, investing, and gardening. Joining classmates at Alumni Weekend were Donald M. Sherline, MD, of Scottsdale, Ariz., and wife Sandra. He served as president of the Association of Professors of Gynecology and Obstetrics and helped found and lead the organization's medical education foundation. In retirement, he enjoys competitive skeet shooting.

Charles R. Snorf, MD, GME '63, of Carmel, Calif., and wife Leslie caught up with other reunion attendees at the annual event. Founder of the Lowell D. Snorf Medical Student Scholarship Fund at the medical school, he credits Northwestern for his exciting and stimulating career in orthopaedic surgery, which included volunteering in Vietnam, St. Lucia, and Bhutan. Paul R. Stanley, MD, and wife Shirley traveled to the Windy City to participate in Alumni Weekend festivities. A resident of Decatur, Ill., his 43 years of practicing internal medicine became a family affair. He worked with his brother Charles for much of the time, as well as some years with his father, Dean. Gary K. Thomas, MD, of Island Park, Idaho, and wife Sharon celebrated with old friends at the reunion. He practiced otolaryngology at the University of Utah from 1966–73, and then in Idaho Falls before retiring in 1989. He reports that he has become quite adept at “operating on wood.” The couple has nine sons, 21 grandchildren, and two great-grandchildren.

Delighting in the fun of Alumni Weekend activities was Phyllis Bailey Thurstone, MD, of Menlo Park, Calif. She specialized in internal medicine and psychiatry during her career and enjoyed studying the brain and mind for the insights they gave into “all that goes into being human.” She still travels the world, plays tennis, and studies anything medical. She thanks Northwestern for “taking a chance on me—a three-year college student!” Edwin G. Wiens, MD, of Fresno, Calif., gladly reconnected with classmates during the reunion gala with Naomi, his wife of 52 years. Before retiring from internal medicine in 2001, he served on numerous medical, community, and church committees. His children and their service-oriented professions bring him much joy. Alon P. Winnie, MD, of Downers Grove, Ill., and guest Peggy Gates did not have to travel far to join the revelers at Alumni Weekend. During his career, he was chair of anesthesiology at the University of Illinois and at Cook County Hospital. This co-class representative has written two books—about “love, of course”—one entitled Never Take a Rainbow for Granted and the other, Windmills without Wind.

Nathaniel Wisch, MD, of New York and wife Helen relished the chance to reunite with classmates at the annual event. A clinical professor of medicine at Mt. Sinai School of Medicine, he has found immense satisfaction in his clinical practice in hematology/oncology, academic activities, and role as an educator. The Wisch family includes four children and five grandchildren. Also celebrating at the reunion were Ernest Wollin, MD, GME ’59, of Venice, Fla., and wife Joan. An inventor of magnetic resonance electrical impedance mammography at the H. Lee Moffitt Cancer Center and Research Institute, he is proud of his contributions to the practice of modern clinical radiology and improving the specificity of breast cancer detection.

Richard C. Boronow, MD, of Brandon, Mo., and wife Kathryn returned earlier this summer from a two-week Baltic Sea cruise and had an “awesome” time. William “Jack” Frable, MD, and Mary Anne Frable, MD, GME ’64, of Richmond, Va., reunited with classmates at the reunion. Also enjoying the festivities were Lee F. Rogers, MD, of Tucson, Ariz., and wife Donna, and Paul D. Urnes, MD, of Chicago.

1960

Ira J. Bernstein, MD, of Glencoe, Ill., and wife Susan journeyed downtown for Alumni Weekend. Medical school faculty members Nancy L. Furey, MD, assistant professor of dermatology, and husband Warren W. Furey III, MD, GME ’63, professor of clinical medicine, both of Hinsdale, Ill., renewed friendships at Alumni Weekend. Melvin V. Gerbie, MD, of Chicago and wife Patti also participated in the reunion excitement as did classmate Joseph V. Libretti, MD, of Mt. Prospect, Ill., and wife Beverly.

1961

Philip J. Ruffalo, MD, of Boise, Idaho, traveled to Alumni Weekend with wife Sammie to learn about all that is new at the medical school. Feinberg School professor of surgery Robert M. Vanecko, MD, of Chicago and wife Mary Carol also enjoyed the annual reunion.

1962

Representing his class at this year’s Alumni Weekend was Northwestern’s Medical Alumni Association Past President Walter W. Huurman, MD, of Omaha, Neb. He and wife Lindsay enjoyed good food and conversation at the Nathan Smith Davis Club reception and other events.

1963

James J. Conway, MD, GME ’64, of Glenview, Ill., a radiologist at Children’s Memorial Hospital, attended Alumni Weekend with wife Dolores. Also catching up with classmates were John P. Gerber, MD, of Gary, Ind., and wife Jennifer, as well as Richard M. Heller, MD, of Nashville, Tenn., and wife Toni. John F. Hick, MD, of St. Paul, Minn., traveled many miles to join classmates at Alumni Weekend.
Weekend. This semiretired pediatrician has provided pro bono care for the past 10 years at La Clinica, which serves the Latino population in his area. An active environmentalist, he has been “green” for 20 years! Charles G. Huizenga, MD, of Weston, Mass., displayed school spirit at Alumni Weekend. A pathologist, he plans on retiring this summer from his specialty group’s practice. Wife Judith N. Huizenga, MD ’64, is a practicing psychiatrist and psychoanalyst. Their hobbies include golfing, hiking, cycling, and running—half-marathons for him and mini-triathlons for her.

Susan Anderson Kline, MD, of Southport, Conn., loves sailing. Her passion has prompted not one but two trans-Atlantic trips.

Alexander M. McBride, MD, of Spearfish, S.D., and wife Lois have taken up golf now that he has retired. If the weather is good, you can find them playing the front nine in the morning and the back nine in the evening. John B. Nanninga, MD, of Winnetka, Ill., associate professor of urology at Northwestern, and guest Joan Merlo celebrated with fellow alums at Alumni Weekend, as did David G. Nesset, MD, of Rochester, Minn., and wife Solveig; and Sandra Olson, MD, GME ’68, of Chicago and husband Ronald. Kent L. Sack, MD, of Pacheco, Calif., reunited with former classmates at the reunion gala in Chicago. While in the Marines in the 1960s, he proudly served a tour of duty in Vietnam where he provided health care to civilians, mostly children. Now retired, he served as a founder, charter member, and board director for the multiple HIV/AIDS and Lesbian Gay Bisexual Transgender agencies in the San Francisco Bay Area, including the Gay Lesbian Medical Association.

Emanuel Semerad, MD, of Inverness, Ill., and wife Janice were brought up to date on the latest changes at the medical school. William V.R. Shellow, MD, of Los Angeles and wife Barbara Shellow, MD, traveled across the country to attend the reunion. Charles Kent Smith, MD, is Dorothy Jones Weatherhead Professor of Medicine and senior associate dean at Case Western Reserve University. He lives in Shaker Heights, Ohio, with wife Patricia Moore, MD. John H. Ten Pas, MD, of Fremont, Mich., practiced orthopaedic surgery for 36 years. He remains in good health and enjoys a wonderful family and “country in which to live.” A hobby farmer in retirement, he helps wife Marilyn with her Standardbred horses.

1964
Representing their class with pride at the reunion were Richard G. Dedo, MD, GME ’69, of Hillsborough, Calif., and wife Barbara; Howard C. Joondeph, MD, of Rochester, Minn., and wife Ann; Howard L. Kidd, MD, GME ’69, of Neenah, Wis., and wife Mary; Howard L. Schuele, MD, GME ’71, of Belleair, Fla., and guest Eunice Barton; and Tim Sullivan Jr., MD, of Sterling, Ill., and wife Jeanie.

1965
John A. Stoner, MD, GME ’71, of Aurora, Ill., traveled to the Windy City to celebrate a fun-filled reunion.

1966
Frederick K. Dean, MD, GME ’67, of Granger, Ind., and wife Ann caught up on the latest news while retiring with old friends during Alumni Weekend’s Nathan Smith Davis Club reception.

1967
An associate professor of orthopaedic surgery at Northwestern and past president of the Medical Alumni Association, Andrew D. Bunta, MD, GME ’74, of Lake Forest, Ill., and wife Susanna enjoyed the annual reunion. President of the Nathan Smith Davis Club Mary Ann Malloy, MD, of Oak Brook, Ill., also attended many activities at event-filled Alumni Weekend.

Sailing away to warmer climes

Gene T. Hamilton, MD ’67, of Greenville, N.C., and wife Sumi continue to winter in Florida and spend summers in the eastern part of their home state. He reports, “I have no professional honors and try my best to be unimportant. This retirement thing is not so bad, a lot fewer people are mad at me for not being on time, and the waiting line to see me is much shorter. The most exciting thing recently was the removal of a fishhook from my neighbor’s thumb. That all of you should have this much fun! If you’re in the neighborhood, give a shout.”
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1968

Richard G. Armstrong, MD, GME ’74, of Madison, Wis., and wife Beverly attended the Reunion Ball during Alumni Weekend. Carol W. Booth, MD, of Kenilworth, Ill., and husband Terry enjoyed the reunion activities, as did Elmer P. Brestan, MD, GME ’80, of Pensacola, Fla., and wife Margo. Harvey A. Brown, MD, of Rancho Palos Verdes, Calif., and wife Roanna reconnected with classmates at Alumni Weekend.

John T. Clarke, MD, GME ’75, of Chicago and wife Bonnie stayed right at home to join the fun of Alumni Weekend. Tim B. Hunter, MD, of Hinsdale, Ill., chair of urology at Northwestern, and wife Kathleen attended the Nathan Smith Davis Club reception at the reunion.

Stiles T. Jewett Jr., MD, of Wilsonville, Ore., and wife Kay joined in the revelry at the reunion. Specializing in plastic surgery, he proudly served in and retired from the U.S. Army. His special interests include blues and bluegrass music. Psychiatrist David P. Kraft, MD, of Amherst, Mass., is thankful for the strong clinical training he received at Northwestern. He feels privileged to have served in the field of college health at the University of Massachusetts’ Health Service for 20 years and in the national American College Health Association for more than 30 years.

John L. Huebner, MD, of Upper Montclair, N.J., and wife Wendy enjoyed spending time with old pals at the reunion. Tim B. Hunter, MD, of Tucson, Ariz., and wife Carol participated in many activities throughout the reunion weekend.

George A. Lewin, MD, of Marina del Ray, Calif., and wife Margaret displayed school spirit at Alumni Weekend. Victor L. Lewis, MD, GME ’77, of Chicago and wife Jayne enjoyed the reunion festivities. A plastic surgeon, he has served as professor of clinical surgery at Northwestern for 31 years and is grateful for the opportunity to teach students and residents. Most importantly, he can’t say enough about his two great sons.

Gary W. London, MD, of Bethesda, Md., enjoys modern art, wine, golf, and motorcycles—he received his license at age 52 and began riding Harleys. A proud Northwestern alumnus, he asks, “Thirty-four years in private neurological practice. When will it end?”

Celebrating with classmates at his 40-year reunion were Gerald L. Miller Jr., MD, GME ’73, of Shawnee Mission, Kan., and wife Brigitte. Voted one of the best doctors in Kansas City in 2006 and 2007, he feels it has been a great privilege to have provided care and delivered thousands of babies over 35 years of private practice. He takes great pride in his daughter, Ursula Miller, MD ’02, GME ’02, and son, Gerald.

Michael M. Ramsey, MD, of Chicago retired from his internal medicine practice in 2000 after 30 successful years. He and wife Ruth G. Ramsey, MD, GME ’72, radiology, have been married for 44 years. F. Peter Rentz, MD, GME ’72, of Pittsfield, Mass., returned to Chicago with wife Mary to learn about the medical school’s progress at Alumni Weekend. A retired diagnostic radiologist, he brought computed tomography to Berkshire County in 1980 and in 1982 introduced transluminal angioplasty. An outdoor enthusiast, he has been active in the maintenance and administration of the Appalachian Trail for nearly 25 years.

Anthony J. Schaeffer, MD, of Hinsdale, Ill., chair of urology at Northwestern, and wife Kathleen attended the Nathan Smith Davis Club reception at the reunion.

Roger E. Sheldon, MD, MPH, of Edmond, Okla., continues to work full time in neonatology at the University of Oklahoma Health Sciences Center where he is professor of pediatrics and assistant dean for continuing medical education. In his free time he enjoys barbershop singing and with wife Carol Sheldon, MD, ballroom dancing. Professor of medicine at Northwestern Neil J. Stone, MD, GME ’74, of Winnetka, Ill., and wife Karla journeyed downtown for Alumni Weekend. Kenneth P. Wolski, MD, of Lebanon, N.J., worked in drug development in the pharmaceutical industry for 30 years. He enthuses, “What a wonderful way to spend a life—doing the highest quality clinical science, living all over the world, and being a part of teams that took small or large molecules and developed them into medicines such as ZOCOR®, SINGULAIR®, and HUMIRA® that have made millions of sick people better or well.”
1969
Gary H. Rusk, MD, of New York attended the Nathan Smith Davis Club reception during Alumni Weekend.

1970
Steven A. Azuma, MD, of Kenosha, Wis., and daughter Beth participated in Alumni Weekend activities. John P. McGee III, MD, of Glenview, Ill., and wife Sharon joined in on the reunion fun. He is a senior attending physician in anesthesiology at Evanston Hospital. Voted president-elect of the Nathan Smith Davis Club by the Alumni Association National Board, Bruce F. Scharschmidt, MD, of San Francisco displayed Wildcat spirit at Alumni Weekend. This former chief of gastroenterology and professor of medicine at the University of California at San Francisco recently was named chief medical officer for Hyperion Therapeutics, Inc.

1972
Charles M. Reed, MD, of Chicago, with wife Cynthia, represented his classmates at Alumni Weekend. Myron G. Spooner, MD, of Glen Allen, Va., retired in 2006 from the practice of gynecology. He now volunteers at Cross-Over Ministries in Richmond and has twice served as a gynecologist in Ghana, West Africa. He recently returned from Nepal where he lectured at the SANN College of Biotechnology/Nursing, and participated in the start-up of Helping Hands Community Hospital in Katmandu.

1973
Ann E. Blakely, MD, of Raton, N.M., has returned to college after retiring from diagnostic radiology. She is studying construction technology, “known in the vernacular as residential carpentry and I’m having a ball!” She also is immersed in traditional Irish music and travels to Ireland whenever possible. Gordon C. Hunt Jr., MD, of Sacramento, Calif., is senior vice president and chief medical officer at Sutter Health. James P. Kelly, MD, MBA ’07, of Granger, Ind., and wife Christine participated in the annual reunion. Also enjoying the revelry were Frank Sun, MD, of Waukegan, Ill., and wife Sandy.

1974
Sahag A. Arslanian, MD, traveled from Tarzana, Calif., to participate in this year’s Alumni Weekend. Accompanying him were wife Rita and children Hagop, Niree, and Lori. President of the Alumni Association National Board Bonnie L. Typlin, MD, of Prescott, Ariz., displayed school spirit at the annual reunion.

1975
Representing his class at this year’s festivities was Marvin S. Peiken, MD, GME ’78, of Northbrook, Ill.

1976
Claire B. Panosian, MD, GME ’80, of Los Angeles is president of the American Society of Tropical Medicine and Hygiene. An infectious diseases specialist, she is director of travel and tropical medicine at the University of California at Los Angeles (UCLA) Medical Center as well as professor of medicine at UCLA’s David Geffen School of Medicine. Steven T. Rosen, MD, GME ’81, of Evanston, Ill., director of the Robert H. Lurie Comprehensive Cancer Center at Northwestern, served as moderator for the Alumni Weekend continuing medical education program “Advances in Cancer Care.” He and wife Candice celebrated the past and looked to the future at Alumni Weekend, as did classmate Thaddeus Zamirowski Jr., MD, of Des Plaines, Ill.

Exchanging ideas in South Africa

Earlier this year, Louis E. Fazen III, MD ’69, of Southborough, Mass., spent two months with the Eastern Cape Department of Health in South Africa to initiate a physician exchange program. Due to poverty, diseases such as AIDS and tuberculosis have become extremely problematic in this region. He reports, “We are attempting to develop closer communication and educational links with the physicians treating patients in provincial hospitals.”
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1977

Richard D. Ferkel, MD, of Encino, Calif., and wife Michelle joined revelers at Alumni Weekend. Professor of medicine at Northwestern Timothy A. Sanborn, MD, of Chicago attended the Nathan Smith Davis Club reception during the reunion.

1978

F. Douglas Carr, MD, of Billings, Mont., and wife Karla displayed school spirit while attending the reunion. Edward W. Gabrielson, MD, of Glen Arm, Md., reunited with old friends at the reunion, as did classmate Scott J. Greene, MD, MBA ’91, of Highland Park, Ill., who is associate professor of anesthesiology at Northwestern.

Also joining medical school classmates for the festivities were Charles C. Hedde, MD, GME ’81, of Vincennes, Ind., and wife Ann. In addition to his work as an internist, he is a certified physician executive as well as vice president of medical affairs at Good Samaritan Hospital. The Heddes enjoy golfing and reading.

Patrick O’Gara, MD, was also an Alumni Weekend attendee. Margaret Mercer Pfister, MD, GME ’82, of Tampa, Fla., proudly announces that her wife, Cheryl, recently earned her PhD degree in pharmacology. The couple, along with children Dana and Michael, enjoys adventure traveling. They have gone on an African safari, biked through Italy, and most recently traveled to the Windy City for Alumni Weekend.

Edward W. Gabrielson, MD, of Glen Arm, Md., reunited with old friends at the reunion, as did classmates Stephen L. Scranton, MD, GME ’80, of Dunedin, Fla., and wife Patrice A. Moreno, MD, GME ’81. Steven J. Stryker, MD, GME ’83, of Hinsdale, Ill., is professor of clinical surgery at the medical school. He has three children: Alexis, 20; Sean, 15; and Nick, 13. Recognized by Texas Monthly magazine as “Super Doc” four years in a row was Jane Cigarroa Unzeitig, MD, of Laredo, Texas. Specializing in allergy and immunology, her practice has been busy for the past 25 years. She is the third generation of doctors in her community and two of her children will start the fourth generation. Her hope is that they will return to Laredo and that they enjoy the profession as much as have she and her husband, Gary Unzeitig, MD.

George A. Williams, MD, of Bloomfield Hills, Mich., joined in reunion festivities. Lewis E. Zions, MD, of Pacific Palisades, Calif., is professor of clinical orthopaedic surgery at UCLA’s David Geffen School of Medicine. He claims no honors to speak of, quoting Woody Allen, “I don’t want to achieve immortality through my work . . . I want to achieve it through not dying.” He gives his regards to Northwestern’s intramural basketball champions. “I hope everyone is well.”

1979

Irwin Benuck, MD, PhD, of Chicago, professor of clinical pediatrics at Northwestern, attended the Nathan Smith Davis Club reception during Alumni Weekend. H. Scott Sarran, MD, MM ’92, of Chicago is now vice president and chief medical officer for Blue Cross Blue Shield of Illinois. He is responsible for all medical management functions at Illinois’ largest insurer.

1980

Phillip D.K. Lee, MD, GME ’83, of Boston dreams of moving back to Hawaii someday. In the meantime, he sends a special “aloha” to Orville C. Green III, MD ’54, emeritus professor of pediatrics at Northwestern, who “inspired me to pursue a career in pediatric endocrinology.”
1981
Participating in the fun of the annual reunion were Ann M. Barber, MD, GME '84, of Washington and guest Tom Reilly; and Edward S. Traisman, MD, GME '84, of Evanston, Ill., associate professor of pediatrics at Northwestern.

1982
P. Scott Becker, MD, GME '88, of Florence, Ky., attended many activities while in Chicago for the reunion.

1983
Wayne L. Ambroze Jr., MD, of Atlanta celebrated with classmates during their 25-year medical school reunion. A colon and rectal surgeon, he is also associate editor of Diseases of the Colon and Rectum. His interests include snowboarding and fly fishing with his wife, Deborah, and their two children, Kirsten and Drake. School spirit lives on as Kirsten will be in Northwestern’s undergraduate Class of 2012. Patrick K. Birmingham, MD, GME '88, and wife Mary Clare took a quick trip from Wilmette, Ill., to attend Alumni Weekend festivities. An associate professor of anesthesiology at Northwestern, he specializes in pediatric anesthesiology.

Alan S. Blaustein, MD, of Los Angeles is happy to be living a settled life. He has a small outpatient practice in psychiatry near Cedars-Sinai Medical Center. He works four days a week and stays closely involved with family and friends. He loves to scuba dive, play softball, and whenever he can, travel. But not far enough, he says, “I still haven’t made it to Antarctica.” Assistant professor of orthopaedic surgery at Northwestern Scott D. Cordes, MD, GME '88, of Glenview, Ill., and wife Leslie A. Cordes, MD '84, GME '87, displayed a double dose of alumni spirit at the reunion. Richard A. Douglas, MD, GME '89, of Clarksburg, W.Va., reconnected with the medical school during Alumni Weekend. This neurosurgeon is most proud of wife Jacqueline Marie and their four daughters, Michelle, Stephanie, Amy, and Madison.

Frederick S. Frost III, MD, GME '87, of Westlake, Ohio, and wife Lily C. Pien, MD, GME '88, reunited with old friends at Alumni Weekend. Terry M. Gilbert, MD, GME '89, of Olympia Fields, Ill., and wife Cynthia Lerner, MD, also renewed old ties during the reunion. Stacy A. Gordon, MD, of Narberth, Pa., joined in Alumni Weekend activities. She is an attending physician at Children’s Hospital of Philadelphia. She has “three great children and a fun job!” Jeffrey I. Gorelick, MD, of Ridgefield, Conn., and wife Marge joined in the fun during the weekend. James P. Kelly, MD, of Centennial, Colo., and wife Anna M. Kelly, MD, enjoyed an array of reunion activities, as did classmate Thomas R. Kinsella, MD, of Libertyville, Ill., and wife Tracy.

Cheryl L. Lee, MD, who specializes in emergency medicine, and husband Jeffrey Smith traveled from Cincinnati to take part in the reunion fun. They have two daughters, Alexandra and Victoria. Eric P. Lohse, MD, GME '87 of Springfield, Ill., returned to Chicago with wife Vicki to learn about the medical school’s progress at Alumni Weekend. An ophthalmologist, he continues to serve others as vice president of Boy’s and Girl’s Club of Central Illinois and by going on mission trips to the Philippines. He is grateful to have an “awesome wife and three fantastic sons.”

Also attending the gala reunion was Boris D. Lushniak, MD, of Rockville, Md., who is assistant surgeon general in the U.S. Public Health Service (PHS). His career with the PHS spans 20 years, and he is having a great time. He and his wife, Patricia Cusumano, MD, have two daughters, Larissa and Stephanie. Margaret E. Overton, MD, GME ’87, of Chicago did not have far to travel to attend Alumni Weekend. Feinberg School professor of pediatrics Elfriede Pahl Schuette, MD, GME ’86, of Wilmette, Ill., and husband Michael enjoyed an array of reunion activities. She is proud to be the medical director of a successful pediatric heart transplant program since 1983. They have three daughters.

Driving into the city from Hinsdale, Ill., to join classmates at the reunion was John R. Ruge, MD, GME ‘89. Displaying a double dose of Northwestern spirit were Suzanne Serpico, MD, GME '88, of Naperville, Ill., and husband Lou Serpico, MD, GME ‘85.

Jeremy M. Shefner, MD, PhD, enjoyed Alumni Weekend with wife Kathleen M. (Hykin) Shefner, MD, of Manlius, N.Y. He is SUNY Upstate Medical University professor and chair of neurology, medical director of the ALS Clinic, director of the Clinical Neuropathology Laboratory, and founder and co-chair of the Northeast ALS Consortium. He is most proud of his children and very happy to have reconnected with Kathy whom he married in 2002. Her interests in pediatrics include mental health, ADHD, and hypnosis.

Mark J. Sontag, MD, of Portola Valley, Calif., must be a huge sports enthusiast. He is team physician for the San Jose Sharks, San Jose Sabercats, and Oakland Raiders. He is founder of the ReMed Medical Group and the SPARCmed Group. He enjoys traveling the world and has visited more than 50 countries. Mark S. Talamonti, MD, GME ’89, of Willowbrook, Ill., is currently chair of surgery at Evanston Northwestern Healthcare. He was previously chief of surgical oncology at Northwestern. He feels fortunate to have held leadership positions in two hospitals where he learned so much as a student. He has enjoyed his time and involvement with the Feinberg School’s students and residents. Celebrating their 25th wedding anniversary this year, he and wife Anne have two children, Britteney and Jason.

Peter L. Tilkemeier, MD, of Cumberland, R.I., and wife Diane joined in the fun of the annual reunion. He is associate professor of medicine at Brown University’s Alpert Medical School. He is grateful for the opportunity to educate and mentor medical students, residents, and cardiology fellows in his role as fellowship program director. His interests include photography
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and travel. Ashley A. Warner, MD, of Bow, N.H., learned about the medical school’s progress during Alumni Weekend in April.

1984

Leslie A. Cordes, MD, GME ’87, of Glenview, Ill., Feinberg School of Medicine instructor in pediatrics, attended the reunion with husband Scott D. Cordes, MD, GME ’88.

1985

Mary U. Staunton, MD, of Walnut Creek, Calif., brought quite a crew with her to the reunion festivities, including husband Patrick Staunton, MD, and their family members, Nancy, Liz, Tom, Brian, Luke, Van, and Kevin.

1986

Ellis M. Arjmand, MD, PhD ’96, of Sewickley, Pa., is medical director of the new Liberty Campus for Cincinnati Children’s Hospital Medical Center. He is also director of the Ear and Hearing Center at Cincinnati Children’s Hospital. In 2007 he graduated from Carnegie Mellon University with a master of medical management degree. Scott Zeller, MD, of Orinda, Calif., chief of staff, John George Hospital in San Leandro, is co-editor of the newly published *Emergency Psychiatry: Principles and Practice*, the first-ever comprehensive textbook of emergency psychiatry.

1987

Charles V. Clevenger, PhD ’86, MD, of Elmhurst, Ill., professor of pathology at Northwestern, and wife Wanda attended the Nathan Smith Davis Club reception during the reunion. Anne E. Green, MD, of Syosset, N.Y., and husband James enjoyed Alumni Weekend. Alan G. Micco, MD, GME ’94, of Lemont, Ill., assistant professor of otolaryngology at Northwestern and member of the Alumni Association National Board, reunited with old friends over the reunion weekend.

Charles S. Modlin, MD, of Shaker Heights, Ohio, helped organize the Cleveland Clinic’s 6th Annual Minority Men’s Health Fair in April. More than 2,000 men attended the event for free screenings for diseases such as prostate cancer, hypertension, diabetes, peripheral vascular disease, and colorectal cancer. “Minorities, such as African Americans and Hispanic Americans, have a higher risk of certain diseases,” he says. “We want to educate the community about the importance of health screening.”

1988

Neelofur Ahmad, MD, of Houston relished the chance to reunite with classmates at Alumni Weekend. A radiation oncologist, she is proud “to practice medicine with the highest ethical code in the face of increasing pressures and competition.” She and husband Sami have two children, Momin and Mariam. Julie Barton, MD, GME ’92, of Evanston, Ill., assistant professor of obstetrics and gynecology at Northwestern, and guest Pat Garcia, MD, GME ’91, delighted in Alumni Weekend activities. Heidi V. Connolly, MD, GME ’92, of Rochester, Minn., and guest Margaret Connolly traveled to Chicago for the April reunion event. Mitchell D. Creinin, MD, of Pittsburgh and wife Jennifer enjoyed the annual reunion. He is president of the Society of Family Planning and professor of obstetrics and gynecology at the University of Pittsburgh. Despite going to the World Series in 2006 and the Super Bowl in 2007, he remains a diehard Cubs fan.

Jane Smith Dimer, MD, GME ’92, of Mercer Island, Wash., relished the chance to reunite with classmates at Alumni Weekend. She is proud of her children and the vast variety of experiences they all shared over the years.

Theodore R. Ford, MD, GME ’93, of Bend, Ore., delighted in Alumni Weekend, as did classmate Elizabeth K. Gobbi, MD, GME ’92, of Evanston, Ill. Balaji K. Gupta, MD, of Westmont, Ill., and wife Kavita traveled into the city to attend the reunion. They have two children, Varun, 19, and Rohun, 13. Urologist David A. Guthman, MD, of Arlington Heights, Ill., and wife Shana also made the quick trip to Chicago for Alumni Weekend. They have three happy, active boys. For him, “every day is an adventure, and I am thankful for all the good fortune that has come my way.”

George G. Hefner, MD, GME ’92, of Lincolnshire, Ill., and wife Denise V. Hefner, MD ’87, GME ’90, thrilled in the reunion excitement, as did classmate Stephen C. James, MD, GME ’92, of Lebanon, Ind., and guest Lori Fulgoni. Karen Judy, MD, GME ’91, of Harvard, Ill., and husband Bill Thome have two daughters, Morgan and Jesi. She enjoys balancing a full-time internal medicine practice with being a mom. And, she adds, she joined AARP last year! Ray mond N. Kawasaki, MD, of Deerfield, Ill., was also an Alumni Weekend attendee, as were Keith J. Kopec, MD, and wife Nancy A. Lorenzini, MD, of Cedar Rapids, Iowa. Participating in the reunion fun were Patrick Y.H. Lee, MD, of Portland, Ore.; Charles L. Lettvin, MD, of Highland Park, Ill.; Concetta Menella-Zasso, MD, GME ’89, of Lincolnwood, Ill., and husband Charles Zasso, DDS; Heidi F. Meredith, MD, of Evanston, Ill., and guest Kurt Feuer; D. Kimberly Moloney, MD, of Evanston, Ill.; and Fred R. Moss, MD, of Loveland, Ohio, and guest Deanna Tyler.

Jane Leonardson Moulttrie, MD, GME ’91, of Kingwood, Texas, and husband Jeff reconnected with Northwestern during Alumni Weekend. They are proud of their two girls, Suzanne, 13, and Maeve, 11. Medical director for two state prisons, she had the opportunity to assist
with a research team from NASA’s Glenn Research Center aboard the “Vomit Comet,” NASA’s zero-gravity aircraft. Alumni revelers included **Susan M. Murray, MD, GME ‘91**, of Okemos, Mich., and husband Jamie Matus; **Danielle C. Pierro, MD, GME ‘91**, of Oak Park, Ill., instructor in medicine at Northwestern; and **Lynn M. Piest, MD**, of Lake Forest, Ill. **Michael J. Racenstein, MD**, of Wilmette, Ill., attended the 20-year class reunion dinner and had a great time seeing old friends and classmates. He is the medical director of Breast Imaging Services at Rush North Shore Medical Center in Skokie. He and wife Meg met at Evanston Hospital and have been married 20 years. They have three children, Mel, 11; Miles, 4; and Mickey, 3. **Vera H. Rigolin, MD, GME ‘92**, of Wilmette, Ill., associate professor of medicine at Northwestern, and husband Keith Dunn enjoyed the reunion weekend.

**Roger S. Shedlin, MD**, of Greenwich, Conn., appreciated the fun of the annual reunion with friends and classmates. **David J. Smith, MD**, of Rancho Santa Fe, Calif., and wife Alicia made the long journey to Chicago to display their purple and white spirit at Alumni Weekend. He is most proud of his achievements in his real estate developments as well as the formation of a pharmaceutical research and development company. The Smiths have four children. **Gerald F. Tuite Jr., MD, GME ‘89**, of St. Petersburg, Fla., and wife Susan joined reunion revelers in the Windy City, as did classmate **Christopher J. Van Saders, MD, GME ‘93**, of Green Bay, Wis. **Joseph L. Wang, MD, GME ‘91**, of Jefferson City, Mo., and wife Tricia caught up with the latest news while reuniting with friends at the annual event. Life is very busy for the Wangs with children Marlayna, 14; Mackenzie, 13; Maitlyn, 11; David, 8; Michael, 7; Ella, 5; and the family’s Bichon Frise, Zane. Dr. Wang is a member of a large multispeciality group in a “great practice environment with great partners.”

**Girls just want to have fun and reminisce**

Girls just want to have fun and reminisce In the late 1980s five girls met at Northwestern. They became fast friends, graduated in 1991, and stayed in touch. Twenty years after first meeting in anatomy lab, they had a mini-reunion in Puerto Vallarta, Mexico, in 2007. Although the location had changed, they were still the same five girls who enjoyed each other’s company those many years ago. Reports Diane Bronstein Wayne, MD ‘91, of Wilmette, Ill., “We had a great time reminiscing and say, ‘hello’ to all our classmates!” Recreating their group shot (left) taken during medical school, the “girls” are (clockwise from top left) Cate Montgomery Yashar, Lynn Christopherson Kong, Farah Hashemi Fakouri, Dr. Wayne, and Holly Casele Holden.

**1989**

Representing their class at this year’s reunion were **Stephanie N. Chun, MD**, of San Rafael, Calif., and husband Ralph Daigle; **Bradley M. Pechter, MD**, of Chicago, assistant professor of psychiatry and behavioral sciences at Northwestern; and **Jamie Terry, MD**, of Houston.

**1990**

**Sonja L. Boone, MD**, of Chicago, attended the reunion festivities.

**1991**

**Vinky Chadha, MD, GME ‘94**, of Northbrook, Ill., assistant professor of medicine at Northwestern, joined in the fun of Alumni Weekend. **Julie A. Melchior, MD**, of Boulder, Colo., an orthopaedic hand surgeon, returned to Chicago to participate in reunion weekend festivities. She and husband Stephen Leichty also celebrated the birth of Allison Elizabeth Leichty on March 7. Big sister Katherine, 4, is thrilled to have a baby sister. Dr. Melchior returns to her full-time practice this summer.

**1993**

**Sandra M. Sanguino, MD, GME ‘96**, of Northbrook, Ill., assistant professor of pediatrics at the Feinberg School, displayed alumni pride at the annual reunion.

**1994**

**Kathleen K. Cain, MD, GME ‘96**, of Topeka, Kan., finds life very busy indeed. She maintains a private practice in pediatrics as well as serves on various boards and committees for the American Academy of Pediatrics and American Medical Association. She also takes time to help her four children with softball, soccer, and Girl Scouts. Traveling to Chicago for Alumni Weekend were classmates **Yvette M. Cua, MD, GME ‘97**, of Atlanta, Ga., and son Vaughn Ramirez; **George A. Flowers, MD**, of Concord, N.C., and guest Jackie Flowers; and **Benjamin K. Li, MD**, of Castaic, Calif., and guest Jonathan Li.
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1996
E. Diana Burtea, MD, of Carmel, Ind., reconnected with friends and classmates at the alumni reunion in Chicago, as did Emily Baran Goren, MD, GME ’97, of Chicago, assistant professor of emergency medicine at Northwestern.

Michael D. Edwards, MD, and wife Hayley of Pinehurst, N.C., announce the birth of their first child, son Reid David, born in August 2007. Dr. Edwards is also the newest associate at Pinehurst Radiology Associates. Greg D. Kennebeck, MD, of Cincinnati caught up with the latest news while participating in the annual reunion.

1997
Stephani J. Amstadter, MD, of Williamsburg, Va., and husband Andrew returned to Chicago to learn about the medical school’s progress at Alumni Weekend. She works in family practice, mixed in with ER and ICU/hospitalist duties. She shares, “An interesting combination and an exciting career!”

Kevin J. Bohnsack, MD, of Ann Arbor, Mich., and wife Tabitha celebrated with friends and classmates at Alumni Weekend. With the Air Force since completing his family practice training, he has served as a flight surgeon at two different bases in the United States (North Carolina) and Germany. He has been deployed to Kuwait, Afghanistan, Iraq, and Kyrgyzstan. Additionally, he participated in a humanitarian mission to Ghana. He now is pursuing an MPH degree at the University of Michigan as part of the Air Force’s residency in aerospace medicine. The Bohnsacks are proud of their young daughter, Natalie.

1998
Elia M. Di Savino, MD, GME ’99, and husband Paul S. Aschinen, MD, GME ’01, of Hinsdale, Ill., doubled their Northwestern spirit at Alumni Weekend.

Margaret C. Fang, MD, MPH, of San Francisco participated in many reunion activities while in Chicago. She is assistant professor of medicine at the University of California at San Francisco. Among her special honors are an American Heart Association Young Investigator Award, Society of General Internal Medicine Hamolsky Award, Hartford Geriatrics Scholar Award, and a Paul B. Beeson Career Development Award for aging-related research.

Rick A. Gimbel, MD, GME ’02, of Glenview, Ill., assistant professor of emergency medicine at Northwestern, and wife Barb celebrated with fellow alums at the annual reunion.

Jason T. Jacobsen, MD, of Chicago, assistant professor of medicine at Northwestern, and wife Elizabeth stayed right in their hometown to attend Alumni Weekend.

Jennifer S. Kim, MD, GME ’04, of Chicago did not have far to travel to attend the annual reunion. Specializing in pediatric allergies and immunology, she is assistant professor of pediatrics at Northwestern.

Alan M. Kumar, MD, of Oak Brook, Ill., and wife Ada Kumar, MD ’97 journeyed downtown to enjoy the gala reunion, as did Arielle Miller Levitan, MD, GME ’01, and her husband, Victor D. Levitan, MD, GME ’99, of Highland Park, Ill. They both practice internal medicine at Ravinia Associates and have three children, Isaac, 6; Janie, 4; and Simon, 2. Others enjoying the reunion were Tonya Morehead, MD, of Hazelcrest, Ill., and husband Ron Austin.

Karen K. Myhre, MD, of Eleva, Wis., and husband Kirk participated in many events while attending Alumni Weekend. They have three children: Leah, Jack, and Fletcher. Specializing in pediatrics, she states “I am most proud of my family and finally finding the life I always imagined. I have become very involved in my community, with friends, politically, and with our church.”

Scott C. Sherman, MD, GME ’99, of Chicago and wife Michelle; and Sunil C. Shroff, MD, GME ’01, of Bolingbrook, Ill., and his wife, Bansri.

Scott A. Stine, MD, of Vincennes, Ind., and wife Lynn Stine, DDS, joined classmates at Alumni Weekend. They have a daughter, Emma, born in February. He counts as his accomplishments learning to play the guitar, building his own airplane, and, most recently, overcoming his fear of marmots. Also participating in reunion activities were Amy E. Tan, MD, of Ellsworth, Maine, and husband Arthur Morison; Joseph M. Weber, MD, GME ’99, of Chicago and wife Bridget; and Karen L. Wilson, MD, GME ’01, of Chicago, instructor in pediatrics at the Feinberg School, and husband Michael Carioscia Jr.

1999
Leah S. Millheiser, MD, of Palo Alto, Calif., is clinical assistant professor of obstetrics and gynecology at Stanford University and director of the Stanford Female Sexual Medicine program. She married Jarrett Jern in July in Jackson Hole, Wyo. She met her beloved at a party thrown by Nancy E. Rolenik, MD, of Alamo, Calif. Leah, Nancy, and Sharon Krejci Mowat, MD, of Danville, Calif., all reside in the San Francisco Bay Area and see each other often.
2000
Celebrating with friends and faculty members at Alumni Weekend were Laura M. Mikhail, MD, GME ’03, of Chicago and classmate Ursula I. Miller, MD, GME ’04, of Rochester, Minn.

2001
Anand T. Shivnani, MD, GME ’06, of Irving, Texas, and his wife, Sarika, welcomed their son, Roshan, on April 4. Trevonne M. Thompson, MD, GME ’02, of River Forest, Ill., is assistant professor of medicine and pediatrics and associate director of medical toxicology at the University of Chicago. He and his wife are expecting their fourth child in November.

2002
Gretchen L. (Kirwan) Conroy, MD, of New York completed her radiology residency at Rush University Medical Center in Chicago in 2007. She completed a body imaging fellowship at Memorial Sloan-Kettering Cancer Center in New York earlier this year. She returned to Chicago this summer to join the radiology practice at Good Shepherd Hospital in Barrington and Illinois Masonic Hospital in Chicago. She and her husband, James, were married in 2005. They have a son, Grant, who will be two in November, and expect their second son in August.

2003
Kristin M. Commito, MD, GME ’07, of La Grange, Ill., and husband Paul Fousek spent time reminiscing with old pals during the alumni reunion. Craig J. Finlayson, MD, and Courtney A. Finlayson, MD, of Chicago attended the Reunion Ball during Alumni Weekend festivities. He is a resident in orthopaedic surgery, and she will complete her fellowship in pediatric endocrinology at Northwestern next year. Reunion activities were not far from home for Naveen Nathan, MD, GME ’07, of Morton Grove, Ill.; Paloma Toledo, MD, GME ’07, of Chicago; and Nicole M. Wysocki, MD, GME ’07, of Chicago and husband Robert Wysocki, MD.

GME PROGRAMS

Family Medicine
Northwestern faculty members and Chicago residents Leslie Mendoza Temple, MD, GME ’03, assistant professor of clinical family medicine, and husband Brigham R. Temple, MD, GME ’03, instructor in emergency medicine, welcomed their second child, Carter, on April 9. He joins big brother Tony. Leslie is medical director of the Evanston Northwestern Healthcare (ENH) Integrative Medicine Program in Glenview, and Brigham is chair of the Emergency Preparedness Committee at ENH.

Internal Medicine
Scott E. Singer, MD, MPH, GME ’90, of Chagrin Falls, Ohio, owner and president of MedSourceOne, an occupational medicine and urgent care company, volunteered as a temporary, unpaid, federal employee to provide medical care in New Orleans in the aftermath of Hurricane Katrina.

In Memoriam
Bruce G. Campbell, MD ’78, of Billings, Mont., died April 4, 2008.
Walter W.Y. Chang, MD ’55, of Honolulu died January 24, 2008.
Frederick M. Graham, MD ’41, of Scottsdale, Ariz., died April 28, 2008.
John W. Hardebeck, MD ’52, of San Diego died April 26, 2008.
James H. Jeffries, MD ’51, of Cedar Falls, Iowa, died April 19, 2008.
Lawrence P. Laughlin, MD ’62, of Brentwood, Tenn., died March 5, 2008.
James Lowell Orbison, MD ’44, of Northumberland, Pa., died June 10, 2008.
Jeanne V. Reed, Nursing ’47, of Houston died April 14, 2008.
Lawrence Rosner, PhD ’37, of Chicago died March 2, 2008.
Harvey D. Scott III, MD ’76, GME ’81, of Jacksonville, Ill., died May 27, 2008.
Susan L. Sipes, MD ’85, of Green Bay, Wis., died May 15, 2008.
Robert I. Solomon, MD ’82, GME ’85, of Williamsburg, Va., died May 1, 2008.
S. Daniel Steiner, MD ’38, of Longboat Key, Fla., died April 27, 2008.
Grant O. Westenfelder, MD ’64, GME ’70, of Galena, Ill., died May 19, 2008.
Keith G. Wurtz, MD ’47, of Arlington Heights, Ill., died February 27, 2008.
Jack A. Young, MD ’54, of Vero Beach, Fla., died April 22, 2008.

Items for Progress Notes may be sent to the Office of Communications, Northwestern University, Feinberg School of Medicine, 303 East Chicago Avenue, Rubloff 9th floor, Chicago, Illinois 60611-3008 or via e-mail to ward-rounds@northwestern.edu. Be sure to include the year the MD degree was received or the GME or Other Program was completed.
NU Schweitzer fellows help the underserved

Nobel Peace Laureate Albert Schweitzer, MD, once stated that “the purpose of life is to serve, and to show compassion and the will to help others.” His words have prompted many to follow his lead, including two Northwestern medical students who were awarded Schweitzer Fellowships this year. They will direct innovative programs involving 200 hours of direct service to the medically underserved in Chicago.

First-year students Janet Lee from California and Birtukan Belew, a native of Ethiopia, join 29 other graduate students from throughout Illinois in developing programs to improve health and access to health care for the uninsured, immigrants, homeless, minorities, and the working poor.

Lee will partner with the American Indian Center of Chicago to develop health education and nutrition programs for the area’s Native American population. She hopes to create a model that reservations nationwide will adopt and implement. Her program will target the high incidences of diabetes, obesity, alcoholism, and hypertension that are prevalent in this group. Says Lee, “It is an honor to partner with the Native American community as a Schweitzer Fellow and spread the word about cultures that may die out if nobody intervenes.”

Medical students Birtukan Belew (left) and Janet Lee plan to use their Schweitzer awards to develop health education programs targeted to vulnerable groups in the Chicago area.

Lee graduated from Yale University with dual bachelor’s degrees in molecular biophysics and biochemistry, and the history of science and medicine. Presently she is enrolled in the combined master’s in public health/medical doctorate degree program at the Feinberg School.

UPLIFT Community School in Chicago’s Uptown community will serve as the site for Belew’s program, which focuses on educating and motivating teenagers to exercise and eat right to prevent the onset of type 2 diabetes. Named “ENERGIZE,” the program combines classroom sessions on nutrition, digestion, and body image with 45 minutes of physical exercise for 10- to 18-year-olds. “I am interested in focusing my intervention efforts on adolescents, because adolescence is a period when lasting behaviors are established,” explains Belew, who will design and lead the program. “Adolescents also have power to influence their peers in a positive way, and an intervention project like mine can benefit from this spillover effect.”

Belew holds bachelor’s degrees from Macalester College, where she majored in both chemistry and biology, with a minor in anthropology. As a MacArthur fellow, she earned a master’s degree in public health in epidemiology at the University of Minnesota’s School of Public Health.

Working under the guidance of Elizabeth R. Ryan, EdD, assistant professor of family medicine, Northwestern graduate student John Leahey also received a Schweitzer Fellowship to support a sports program for children and their families in Chicago’s Albany Park. Leahey is pursuing a master’s degree in public policy and administration at the University’s School of Continuing Studies.

“The program should improve access to physical recreation by providing equipment and hosting weekly events in a safe environment,” says Leahey. “Overall, I hope the program can make an impact in the community by lowering the high rates of obesity and diabetes.”

Dubbed the “Albany Park Sports Club,” Leahey’s project sponsored a sports equipment and health fair in early June for the community. Throughout the year, he will work on organizing an ongoing collection of new and used sports equipment for sports played in other seasons; conducting weekly two-hour physical recreation activities for families; and seeking grants and recruiting community volunteers to maintain the program in the future.

Named in honor of the late Dr. Schweitzer, the Chicago Area Schweitzer Fellows Program encourages students in health professions and related fields to “make their lives their argument,” as Dr. Schweitzer once said about his own life, by serving the most vulnerable members of society. In its 13th year, the organization addresses the serious and life-threatening needs of Chicagoans with insufficient access to health care services, while encouraging aspiring professionals to honor their idealism.

Janet DeRaleau
AUGUST 29

Founders’ Day Convocation / Official opening of the academic year at Northwestern University’s Feinberg School of Medicine. 2:30 p.m., Thorne Auditorium, Arthur Rubloff Building, 375 East Chicago Avenue, Chicago. All members of the Feinberg School community are invited to attend. For more information, call Student Programs and Professional Development, 312/503-0440.

SEPTEMBER 5–6

Become an Educator in Palliative and End-of Life Care (EPEC) and EPEC Emergency Medicine Trainer / Northwestern Memorial Hospital, 251 East Huron Street, Chicago. Fee: $675. For more information, call the EPEC Project office, 312/503-2914.

SEPTEMBER 11–14

The Chicago International Breast Symposium / Westin Chicago River North, 320 North Dearborn Street, Chicago. Fees: From $495 per day to $1,195 for entire conference. For more information, call Northwestern University’s Department of Radiology, 312/695-0517.

SEPTEMBER 12–13

Second Annual Endoscopic Therapies for Airway and Esophageal Disorders Conference / Northwestern Memorial Hospital, Feinberg Pavilion Conference Center, 251 East Huron Street, Chicago. Fee: $800 for physicians, $575 for Society of Thoracic Surgeons members, and $300 for residents, fellows, and nurses. For more information, call the Office of Continuing Medical Education, Northwestern University’s Feinberg School of Medicine, 312/503-8533.

SEPTEMBER 20

Women’s Issues in Neurology / The Field Museum, 1400 South Lake Shore Drive, Chicago. Fee: $30 for physicians and $20 for residents, fellows, and nurses. For more information, call the Office of Continuing Medical Education, Northwestern University’s Feinberg School of Medicine, 312/503-8533.

SEPTEMBER 25–27

Fourth Annual Midwestern Hospital Medicine Conference / Northwestern Memorial Hospital, Feinberg Pavilion Conference Center, 251 East Huron Street, Chicago. Fee: $375. For more information, call the Office of Continuing Medical Education, Northwestern University’s Feinberg School of Medicine, 312/503-8533.

OCTOBER 4–5

Vascular Physician’s Interpretation Course / Northwestern Memorial Hospital, Feinberg Pavilion Conference Center, 251 East Huron Street, Chicago. Fee: $550. For more information, call the Office of Continuing Medical Education, Northwestern University’s Feinberg School of Medicine, 312/503-8533.

OCTOBER 10

Simulation Technology in Medical Education / Kellogg Conference Center, 340 East Superior Street, Chicago. Fee: $125. For more information, call the Office of Continuing Medical Education, Northwestern University’s Feinberg School of Medicine, 312/503-8533.

OCTOBER 17–19

Update in Advanced Microsurgical and Endoscopic Skull Base Techniques / Northwestern Center for Advanced Surgical Education, 240 East Huron Street, LCH-460, Chicago. Fee: To be determined. For more information, call Evanston Northwestern Healthcare, 847/570-1805.

OCTOBER 22

Fourth Annual Vascular Medicine for the Practicing Clinician / Northwestern Memorial Hospital, Feinberg Pavilion Conference Center, 251 East Huron Street, Chicago. Fee: $60 for physicians and $30 for residents, fellows, and nurses. For more information, call the Office of Continuing Medical Education, Northwestern University’s Feinberg School of Medicine, 312/503-8533.

OCTOBER 23–26

Tenth Annual Lynn Sage Breast Cancer Symposium / Fairmont Hotel Chicago, 200 North Columbus Drive, Chicago. Fee: $350 for physicians before September 8 ($450 after) and $150 for students, residents, and fellows ($225 after September 8). For more information, contact the Office of Public Affairs and Communications, Robert H. Lurie Comprehensive Cancer Center of Northwestern University, 312/695-1392.

OCTOBER 24

Symposium on Women and Cognitive Health / Northwestern Memorial Hospital, Prentice Women's Hospital, 250 East Superior Street, Chicago. Fee: $250. For more information, call the Institute for Women's Health Research at Northwestern University, 847/491-4358.

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