

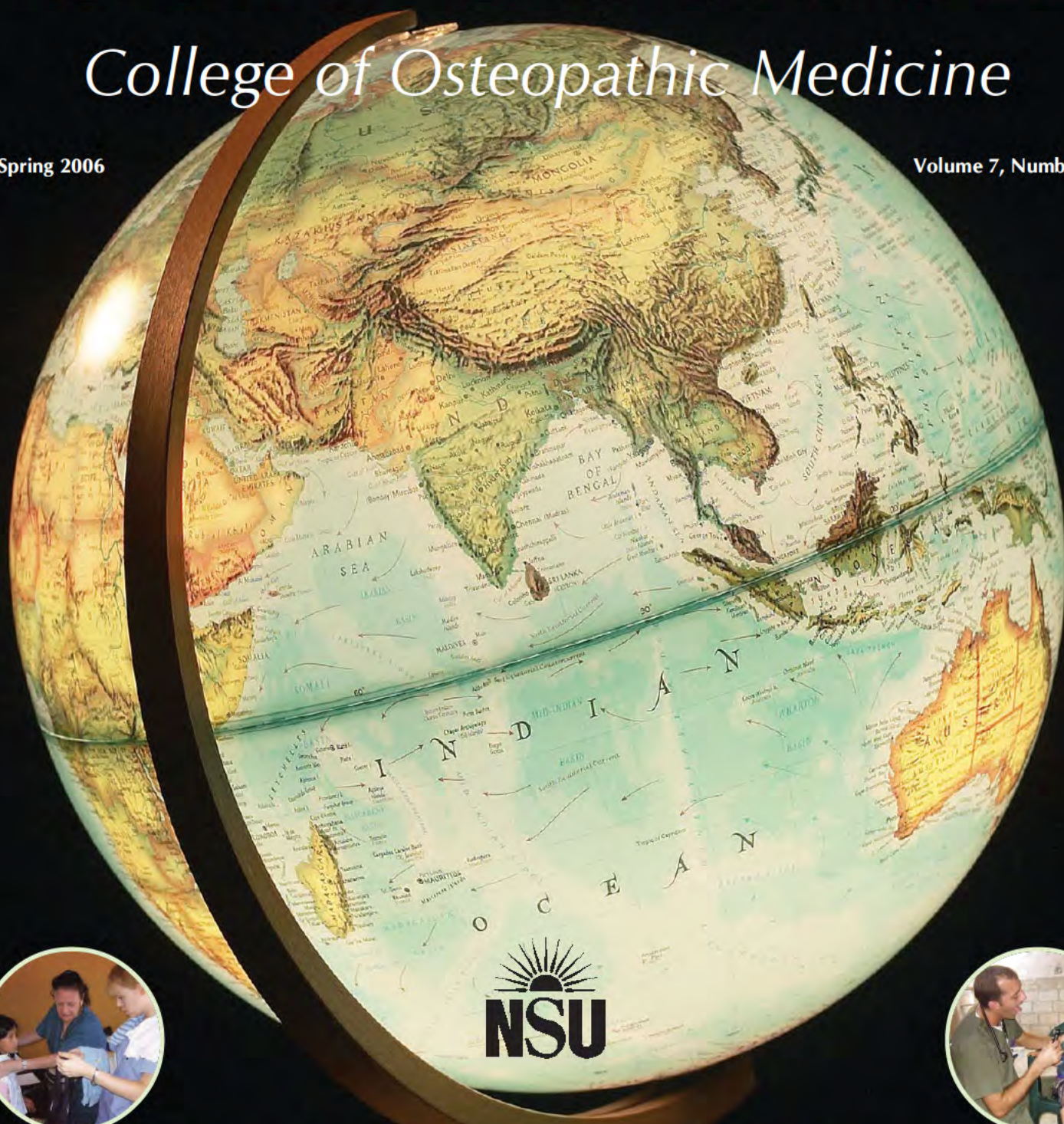
NOVA SOUTHEASTERN UNIVERSITY

COM Outlook

College of Osteopathic Medicine

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NSU-COM's Health Care Outreach Spans the Globe

Dean's Message



Anthony J. Silvagni, D.O., Pharm.D.

Over the past year, the Office of the President of NSU has implemented a Quality Enhancement Plan. This plan involves having the 16 NSU colleges and centers assess what programs they want to establish or those they are just beginning to touch on to increase the quality within these programs and boost student engagement within the education experience. In response to this initiative, NSU-COM did a review of areas in which we felt we could make a greater impact in quality enhancement and student engagement. As a result, we came up with three areas we felt we could accomplish as part of a multiyear plan.

The first initiative involves enhancing the scientific research and academic quality of our program, which has been addressed through the development of a predoctoral research fellowship, which will commence in July 2006 and feature two students per fellowship year. The program is designed after our popular predoctoral OPP Fellowship Program in that the students will spend an additional year between their M2 and M3 years serving as a predoctoral research fellow. During this one-year fellowship, the students will be learning methodology, honing their scientific writing skills, submitting manuscripts, and understanding how to interpret medical and scientific literature. This is an exciting curricular addition because we see it as a building block that will help develop additional opportunities for incorporating research and more in-depth scientific discrimination into the regular osteopathic medical curriculum.

Our second undertaking is to more intimately integrate the core hospitals—and the directors of medical education at these hospitals—into our third- and fourth-year curriculum so we can begin to use to a greater degree the distance-learning capabilities NSU has to offer. In the fall of 2005, NSU-COM officially launched this initiative by having Dr. Joel Spalter present nine monthly two-hour lectures on infectious disease to M3 students. Over the next few years, our plan is to offer two courses in the 2006-07 academic year and then three in 2007-08.

The third initiative we are implementing is academical

societies, which you can read about in greater detail in this issue of *COM Outlook*. Effective in July when the 2006-07 academic year commences, the college will be launching 12 academical societies, with each initially comprising 40 students (20 from the M1 class; 20 from the M2 class) as well as two faculty advisors. The goals of these societies, which are similar to academic fraternities, include enhancing student-faculty interaction, enriching student interaction across classes, facilitating professional development, and providing a sense of community for students, faculty, and alumni.

From my perspective, these academical societies will result in quality enhancement because the students will be working with smaller, more intimate groups and have access to significant peer interaction. As a result, students will have less adjustment challenges to the rigors of medical school because even though they are successful learners, they are not always ready for the initial impact of medical school when they first arrive on campus. In many ways, it's like a football player who's a star in college and then gets to the NFL and finds he's not even close to being good yet in the professional league. I also think they will improve overall learning because many people who choose medicine are basically independent thinkers, so being placed in academical societies will teach them the value of knowledge and information sharing.

The implementation of a university-wide Quality Enhancement Plan sums up the essence of NSU and what has made it so great over the years. Quality, integrity, and academic honesty have been the centerpiece of the institution. However, there's also this constant flow of vision, which then leads all the colleges and centers to think on a greater scale than they ever did before. This results in enriched education, superior programs, and a desire for people to constantly do better.

In these extremely competitive times, it is so meaningful to be part of a university that is truly forward thinking. I'm also proud to say that the College of Osteopathic Medicine, through all the dedicated people who are affiliated with it, serves as a truly exemplary member of the Nova Southeastern University team.

A handwritten signature in black ink that reads "Anthony J. Silvagni, D.O." The signature is fluid and cursive.



Fred Lippman, R.Ph., Ed.D.

The year 2006 is a seminal one in the history of NSU's College of Osteopathic Medicine because it marks the 25th anniversary of the first matriculating class, which began its trailblazing journey at Southeastern College of Osteopathic Medicine (SECOM) in August of 1981.

Over the past 25 years, the college has produced about 2,500 alumni, many of whom are serving in various leadership positions throughout the nation and making a positive difference in the lives of their patients at home and abroad. Of course, none of this would have been possible were it not for the unbelievable vision and foresight of Dr. Morton Terry and the incredible work ethic of the founding Board of Governors and the founding faculty, administration, and staff.

In fact, many of these dedicated individuals from the college's earliest years are still affiliated with us today such as Dr. Howard Laubach, Dr. Stan Cohen, Dr. Daniel Barkus, Dr. Morton Morris, Dr. Gerald Conover, Dr. Lori Dribin, Royal Flagg Jonas, Dr. Daniel Finkelstein, Dr. Marcelino Oliva, and Mary Smith Allegro. I would also be remiss if I did not acknowledge the contributions of Dr. Arnold Melnick, who served as mentor to all in the field of education administration and was closely involved with the College of Osteopathic Medicine as well as the multiple schools that currently comprise the Health Professions Division.

I've been affiliated with the university since 1986, and it's amazing to see the incredible growth we've experienced since that time. All you have to do is look around our campus to see what we've achieved in a relatively brief 25-year time span. When I talk to colleagues all over the United States who are in academic administration, or more specifically health care academic administration, I am even more amazed at the swiftness with which Dr. Terry and his cohorts were able to create six colleges that currently comprise well over two-dozen academic programs.

There are other schools across this country where people figuratively sit around and argue for a year or two about if

they should sit at a round table or a square table and form committees to endlessly discuss the issues. Don't get me wrong: Due diligence is an important element of the decision-making process, and input from both external and internal areas was involved to create the programs and schools that currently comprise the Health Professions Division. However, the swiftness of our progress has been striking.

Thanks to the amazing achievements of Dr. Terry and all the wonderful people affiliated with our great institution, we have become a paradigm of progress, innovation, and academic health care excellence. I've been affiliated with other schools over the years, and some of them are still arguing over things they wanted to do 8 or 10 years ago. That's why I feel such a sense of pride and accomplishment for my colleagues and all the prior and current members of the board, faculty, staff, and administration.

While we're on the subject of achievements, the NSU Board of Trustees recently passed a resolution approving construction of the 208,000 square-foot research building immediately adjacent to the HPD parking garage in the open-air parking area, which will actually net us an additional 114 parking spaces when construction is completed. This project, which has a target finish date set for sometime in 2009, is something we should all take great pride in because it is going to bring together all the research assets of the university, along with the U.S. Geological Survey team, under one roof. Once this compendium of researchers is housed in the same structure, it will allow for enhanced interaction and productivity—and take us yet another step closer to our goal of educational preeminence.

Fred Lippman, Ed.D.





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Notice of Nondiscrimination

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9 Quick-Thinking Trio Saves Life in Internal Medicine Clinic

Life-or-death situations are not something the medical personnel at the Internal Medicine Clinic at NSU's Sanford L. Ziff Health Care Center usually deal with in their daily jobs. However, that all changed on the morning of February 22 when a scene ripped from the pages of *ER* or *Grey's Anatomy* took place in the clinic.

16 Academical Societies Added to Matriculation Mix

In its never-ending quest to make the matriculation process as enriching and rewarding as possible for its students, NSU-COM is incorporating academical societies into its educational mix.

18 Guatemala Mission Focuses on Education and Outreach

The annual Medical Mission to Guatemala added a new twist in 2006 by establishing a one-month international medicine elective rotation that allows a limited number of M4 students to participate in the humanitarian excursion and conduct both pre- and post-mission course requirements.

20 Experience of a Lifetime for M4 Student Michael Rasansky

After M4 student completed his one-month international medicine rotation in Shanghai, China, the combined cultural and medical experience left him with a new appreciation for life and the practice of medicine.

24 Allergic to Retirement: Dr. Stanley Cohen

When Dr. Stanley Cohen decided to retire from his education career in 1980 and relocate to South Florida with his wife Joan, it was a life change he initially welcomed with open arms—but not for long.

28 Family Medicine Residency Proves Grueling and Engrossing

The soap opera-like plot lines of TV's *Grey's Anatomy* may stretch the lines of credibility from time to time, but most real-life medical residents will tell you the show does an accurate job of depicting the frantic and taxing workloads they contend with on a daily basis.

38 Dr. Will Kirby Mixes Medicine and Hollywood Pizzazz

When Dr. Will Kirby graduated from NSU-COM in 2000, he would have never predicted that a career as a reality TV star loomed in his immediate future. But that's exactly what happened to the Florida native, who went from being an anonymous intern to a bona-fide celebrity thanks to his win on the TV show *Big Brother 2*.

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Dennis Bernier

In December, M3 student Dennis Bernier experienced the golfing thrill of a lifetime when he scored a hole-in-one on a 136-yard par three hole at Costa Greens Golf Club in Miami. "I don't golf that often, and some people play their entire lives with the hopes of hitting a hole-in-one," said Bernier, who was taking a break from his surgery core rotation at Mt. Sinai

Medical Center with fellow M3 student Omar Al-Nouri. "It was a pretty exciting experience."



Toni Muzzonigro

M3 student Toni Muzzonigro received some exciting news in January when she learned she was the recipient of a sizable scholarship from the National Italian American Foundation. The foundation offers more than 100 annual scholarships that range from \$2,500 to \$15,000 each in the humanities, medicine, engineering, business, music, and other specialized fields. Scholarship winners

such as Muzzonigro are selected on academic merit and average a lofty 3.95 GPA.

On January 22, NSU-COM was the recipient of a VITAS Innovative Hospice Care Award during the organization's annual volunteer luncheon. The award was presented to Naushira Pandya, M.D., CMD, chair of the Department of Geriatrics, who graciously accepted the award on behalf of the M3 students who spend a day caring for patients as part of their geriatric rotations at the Inpatient Hospice Unit at Florida Medical Center in Oakland Park, Florida. The award recognized NSU-COM for sending "excellent medical intern volunteers" to care for patients.



The student chapter of the American Medical Women's Association (AMWA) staged a production of *The Vagina Monologues* in February. The event, which was organized and directed by AMWA Secretary Christiane Hunt, was held in the HPD's Hull Auditorium and raised \$600 for Women in Distress of Broward County—a local organization that helps the victims of domestic violence. Approximately 120 people attended the production, which was sponsored by AMWA and the Student Osteopathic Surgical Association. Performers included Kristin Garton, Hayley Moak, Ericka Hersh, Ashley Chapman, Casey Bonaquist, Rosa Artola, Jessica Firschetti, Doni Marie Rivas, Stephanie Markle, Latifa Akande, Stix Lozano, Mika Nakagawa, Tina Delafe, Carla Duffoo, and Christiane Hunt. Behind-the-scenes helpers were Cynthia Benson, Alberto Caban-Martinez, Megan Hanson, Ruchi Kumar, Sarah LaRosa, and Joyce Varghese.



Olga Martinez

In December 2005, M4 student Olga Martinez was selected as the national recipient of the \$1,000 Humanism in Medicine Scholarship, which is presented by the Council of Osteopathic Student Government Presidents (COSGP) and the Student Osteopathic Medical Association (SOMA). The scholarship was established to honor the memory of those

members of the osteopathic medical community who lost their lives on Flight 5966 on October 19, 2004. This group of individuals was on its way to Kirksville, Missouri, to discuss and explore ways to improve and develop a "Compassionate Campus." In the wake of this horrific accident, COSGP and SOMA created this program to recognize a student who showcased the same spirit. The scholarship is awarded annually to a fourth-year student whose efforts have exemplified both kindness and compassion during his or her osteopathic medical career.

OPP fellow Lena Weinman and Eric Shamus, Ph.D., assistant professor of osteopathic principles and practice, spent the weekend of January 14 representing the NSU Sports Medicine Clinic at the Museum of Discovery & Science in Fort Lauderdale. Weinman and Dr. Shamus were on hand to disseminate information about conditioning and wellness at the museum's premiere of the IMAX film *Wired to Win: Surviving the Tour de France*.

M3 student Alia Abdulla coauthored an article titled "Alpha-Particle Radioimmunotherapy of Disseminated Peritoneal Disease Using a (212) PB-Labeled Radioimmunoconjugate Targeting HER21" that was published in the October 2005 issue of *Cancer Biotherapy & Radiopharmaceuticals*.



On January 27, Sigma Sigma Phi members coordinated a Doctor's Bag event at the Irma Hunter Wesley Fort Lauderdale Child Development Center. Participating students included Alexandra Grace,

Minerva Ellis, Aditi Gupta, Kanwal Akhtar, Anthony Abraham, David Jabs, Janet Kong, Naim Hamid, and Devindra Dabiesingh. Sigma Sigma Phi's Doctor's Bag Program is designed to help alleviate children's fears about seeking health care and become more familiar with basic pediatric medical equipment.



The Inverse Log social club coordinated a stress-busting night of bowling in February for interested students. Inverse Log provides regular social events for students to meet outside the classroom

for entertaining activities such as bowling, karaoke, and dancing. "Inverse Log is all about having fun outside of school and taking a break from hard studying," said M1 student and Inverse Log President Dana Dameron, who co founded the organization with fellow M1 student Ryan Garbalosa. "We embrace the healthy mental and physical aspects of having downtime from studying. Many medical students do not remember to have fun along the way in their medical career, and that is what we are all about."

New Clinical Research Projects Take Flight



Rita Silverman, M.P.S.

The College of Osteopathic Medicine recently began working on three new clinical research studies, which are being overseen by Rita Silverman, M.P.S., who serves as the college's director of clinical research.

- ◆ A Double-Blind, Randomized, Placebo- and Active-Controlled Efficacy and Safety Study of Bazedoxifene/Conjugated Estrogens Combinations for Prevention of Endometrial Hyperplasia and Prevention of Osteoporosis in Postmenopausal Women (funded through Wyeth Research)

Principal Investigator: *Kenneth Johnson, D.O.*

- ◆ A Randomized, Double-Blind, Single Migraine Attack, Placebo-Controlled, Parallel-Group Multicenter Study to Evaluate the Efficacy and Tolerability of Trexima™ (sumatriptan 85mg/naproxen sodium 500mg) Tablets Versus Placebo When Administered During the Mild Pain Phase of Menstrual Migraine in Women with Dysmenorrhea (funded through GlaxoSmithKline)

Principal Investigator: *Kenneth Johnson, D.O.*

- ◆ A Randomized, Placebo-Controlled, Parallel Group, Double-Blind Study of The Efficacy and Safety of Rimonabant in Abdominally Obese Subjects with Multiple Cardiovascular and Metabolic Risk Factors and with LDL-Cholesterol at NCEP ATP III Treatment Goal (funded through Sanofi)

Principal Investigator: *Jeffrey Bleicher, D.O.*

NSU-COM Second Annual Golf Classic



On May 20, 2006, NSU-COM will be hosting its Second Annual Golf Classic at the Raintree Golf Resort in Pembroke Pines, Florida. The scramble format will begin at 1:00 p.m. and feature various skill contests. All golfers will receive green fees and cart, gift bags, golf shirts, beverages on the course, and dinner. For additional information, or to learn about various sponsorship opportunities, please contact Leslie Jones at (954) 262-1416 or jleslie@nsu.nova.edu.



Roger Alvarez, M.S.

M1 student Roger Alvarez, M.S., recently authored an article entitled "Increasing Minority Research Participation through Community Organization Outreach" that has been accepted for publication in an upcoming issue of the *Western Journal of Nursing Research*. "Minority participants have typically been more difficult to recruit in clinical and behavioral

research, and my work with HIV-positive African American and Hispanic women has targeted community organizations as valuable partners in increasing their participation, as well as presented a possible approach to making those connections," Alvarez explained. "I hope the work I've done will help researchers to improve research that involves minorities."

New Osteopathic Colleges on the Horizon



The osteopathic family continues to grow with two new osteopathic medical schools being granted pre-accreditation status at the American Osteopathic Association's (AOA) Commission on Osteopathic College Accreditation (COCA) meeting, which was held in December 2005.

The AOA's COCA granted initial pre-accreditation status to the A.T. Still University of Health Sciences College of Osteopathic Medicine-Mesa in Arizona and the Lincoln Memorial University College of Osteopathic Medicine in Harrogate, Tennessee. Both colleges are expected to begin instruction in the fall of 2007.

Prior to 1980, there were 14 osteopathic medical schools. Since then, six additional schools and three branch campuses have been established with more expected to open before the decade is over. Currently, 20 osteopathic medical schools offer instruction at 23 locations, with the most recent addition being the Georgia-Philadelphia College of Osteopathic Medicine campus.



NSU benefits underserved populations.

On February 18-19, NSU-COM coordinated its annual AHEC/AMSA Florida Rural Medical Mission for Health, which comprises the REACH Health Fair in Belle Glade and the Hendry/Glades Community Health Fair

in Clewiston. A complete wrap-up of this health care outreach initiative will appear in the summer 2006 issue of *COM Outlook*.



Pictured with their awards are Lena Weinman and Alberto Caban-Martinez.

During the 103rd Annual Florida Osteopathic Medical Association (FOMA) Convention in Fort Lauderdale, Lena Weinman (M3) and Alberto Caban-Martinez, M.P.H., (M2) were presented with FOMA Student Scholarship Awards for possessing leadership skills, supporting the FOMA student district society initiatives, and showcasing significant interest in the osteopathic profession and osteopathic manipulative medicine. In addition to receiving commemorative plaques, Weinman and

Caban-Martinez were presented with \$500 cash awards.



Dr. Silvagni receives his award from FOMA President Joseph Giaimo, D.O.

Anthony J. Silvagni, D.O., Pharm.D., FACOFP, was the recipient of the 2006 Lifetime Achievement Award from the Florida Osteopathic Medical Association (FOMA) during its 103rd Annual Convention held February 23-26, 2006, in Fort Lauderdale, Florida. Since 1995, the FOMA Lifetime Achievement Award has been

presented to an osteopathic physician who has made a significant contribution to the osteopathic community in Florida over the span of his/her lifetime and carved a path for osteopathic physicians nationwide. Dr. Silvagni received the award in recognition and appreciation of his excellence, dedication, and outstanding leadership as an educator and mentor and for his lifelong commitment to provide quality health care to the patients of Florida and to the osteopathic profession.

Mangiaracina and Weinman Showcase Community Spirit—and Endurance



Melchiorra Mangiaracina and Lena Weinman celebrate completing the 26.2 mile marathon.

Not only do medical students put in long hours at the library hitting the books, some also take the time to pound the pavement for charity. In January, OPP fellows Melchiorra Mangiaracina and Lena Weinman participated in the 26.2-mile Walt Disney World Marathon in Orlando, Florida, where they raised

close to \$5,000 for charity.

Mangiaracina and Weinman joined Team In Training (TNT), an organization whose sole purpose is to fund-raise for the Leukemia & Lymphoma Society. "As athletes, soon-to-be medical professionals, and friends of survivors, we decided to channel our strength toward not only completing personal goals, but contributing to a larger goal—a cure," Mangiaracina explained.

"The best part wasn't the satisfaction of saying we completed 26.2 miles or getting a shiny Mickey Mouse medal," she added. "It was the support of our coaches and team members, family and friends, and even total strangers that made it so worthwhile."

NSU-COM Earns Seven Stuey Award Nominations

STUDENT LIFE
ACHIEVEMENT AWARDS



The College of Osteopathic Medicine was recognized in seven categories when nominations were announced for the Seventh Annual NSU Student Life Achievement Awards. The awards, also known as the Stueys, serve as a celebration of NSU's best in leadership, scholarship, service, integrity, commitment, involvement, and responsibility. A full wrap-up of the April 4 Stuey Awards ceremony will appear in the summer 2006 issue of *COM Outlook*.

Following are the NSU-COM affiliated individuals and organizations that received well-deserved Stuey nominations:

Academic Dean of the Year

Anthony J. Silvagni, D.O., Pharm.D.

Administrator of the Year

Albert Whitehead, D.M.D.

Professor of the Year

Robert Hasty, D.O.

Student of the Year

Danny Hierholzer (M4)

Alumnus of the Year

Glenn Moran, D.O.

Co-Curricular Advisor of the Year

Paula Anderson-Worts, D.O.

Graduate Organization of the Year

Public Health Student Association (PHSA)



Alberto Caban Martinez

M2 student Alberto Caban-Martinez, M.P.H., recently coauthored two scientific research articles. The first, entitled "Morbidity Ranking of U.S. Workers Employed in 206 Occupations: The National Health Interview Survey (NHIS) 1986-1994," was published in the February 2006 *Journal of Occupational and Environmental Medicine*. The second article, titled "Concurrent Visual and

Hearing Impairment and Risk of Mortality: The National Health Interview Survey," was published in the February 2006 *Journal Archives of Ophthalmology*.



After spending countless hours flexing their brainpower in class each day, members of the M2 class decided to form a coed soccer team for the purpose of honing their physical fitness.

NSU and Siemens Launch Technology Partnership



In February, Nova Southeastern University entered into a 10-year strategic alliance with Siemens, the global technology and infrastructure company, which will provide NSU with integrated communications solutions as well as medical, security, transportation, and energy technologies.

NSU will become Siemens' International Demonstration Site where current and potential Siemens' customers can experience the most sophisticated technologies in a real-world environment. In addition, NSU and Siemens, which is one of the world's largest global electronics and engineering companies, will collaborate on the research and development of new technologies, applications, and services.

"We are delighted to bring Siemens' technologies and experience to our students, faculty, staff, and the community as a whole," said NSU President Ray Ferrero, Jr., J.D. "As a growing research university, we will be able to leverage the latest Siemens technologies and incorporate them into our academic protocols—almost as soon as they reach the marketplace. This will help NSU continue to position itself as a pioneer in the application and development of new technologies in higher education."

NSU will benefit from a range of services, including "Smart Card" technology, medical products and systems, security and fire prevention systems, bionics, mass transit, and energy systems. These technologies will support NSU's development of its much-anticipated Academical Village, which is a Jeffersonian concept that blends theory with practice in an academic setting.

"Over the past 10 years, we have invested more than \$168 million to remain at the cutting edge of knowledge delivery systems," added President Ferrero. "This partnership will allow us to continue to stay at the forefront of technology that enhances the student experience in a more efficient and cost-effective manner in the future."



With the use of herbal medicine among patients on the rise, medical societies such as the ACOFP have recognized the need for providing further herbal medicine education to physicians, particularly family medicine practitioners. In March, MI students Roger Alvarez and Kylee Eagles, who serve as alternative medicine co-chairs for the college's SOMA chapter, organized an event with the ACOFP that brought an expert in the field of herbs, Bernd Wollschlaeger, M.D., FAAFP, to NSU to give a lecture on the use of herbal medicine, as well as the important pharmacological interactions of herbs.

Even though herbal medicine is not a major component of the NSU-COM curriculum, the 35 participants, which included students, faculty members, and residents, felt the talk was beneficial and opened people's eyes to the possible benefits and dangers of herbal therapies. What all attendees realized was the importance of being aware of treatments that potential patients might be taking in order to work with patients to help them to achieve the best health outcomes.

(contributed by Roger Alvarez, MI)



Dr. Dowling (center, sitting) with Undergraduate Academy of Osteopathy members and Dr. Michael Patterson (top right).

The American Academy of Osteopathy and the American Osteopathic Foundation provided a grant for the NSU-COM Undergraduate Academy of Osteopathy (UAAO) to host a visiting clinician at the HPD campus on March 3-4, 2006. The college's UAAO membership elected to invite Dennis Dowling, D.O., FAAO, who is in private practice at Osteopathic Manipulative Medicine Associates in Syosset, New York. During the two-day presentation, Dr. Dowling spent numerous hours working with the students in the OPP Lab and demonstrating his revolutionary "Progressive Inhibition of Neuromuscular Structures" (PINS) technique.

Quick-Thinking Trio Saves Life in Internal Medicine Clinic



Pictured are the lifesaving trio of Marie Bernard Henry, Rhonda Beasley, and Dr. Robert Hasty.

Life-or-death situations are not something the medical personnel at the Internal Medicine Clinic at NSU's Sanford L. Ziff Health Care Center usually deal with in their daily jobs. However, that all changed on the morning of February 22 when a scene ripped from the pages of *ER* or *Grey's Anatomy* took place in the clinic.

"I had just come back from Broward General Medical Center, where I was

doing morning report with the residents, and as soon as I walked into the clinic, Rhonda Beasley, one of our medical assistants, came up to me, handed me an EKG, and told me to go see a patient in the examining room," said Robert Hasty, D.O., assistant professor of internal medicine. "When I reviewed the EKG, it was apparent the patient, who was a gentleman in his early 50s, was having an acute heart attack."

As he entered the examining room, a disconcerting sight greeted Dr. Hasty—the obviously ill patient, who was turning blue and weaving back and forth as he attempted to speak on his cell phone. However, before Dr. Hasty could utter a word, the man fell backward and collapsed into his arms. "I caught him and laid him down on the floor while I yelled out for one of the medical assistants to call 911," Dr. Hasty recalled.

While Marie Bernard-Henry, who serves as medical assistant manager, was contacting 911, Beasley reacted instantaneously by grabbing an automated external defibrillator (AED) and bringing it to Dr. Hasty. "It was a frightening few minutes because the patient was unresponsive and his eyes had rolled back into his head," Dr. Hasty stated. "We hooked him up to the AED machine and shocked him, but then he became totally apneic (stopped breathing), so I gave him mouth-to-mouth resuscitation."

By the time the paramedics arrived, the patient had been revived and was profusely thanking the NSU medical trio for saving his life. "It was frightening to really see it happening before your eyes because I had never seen an actual heart attack before," Bernard-Henry said. "It was scary, but it was great to actually get a chance to practice what we were taught to do in these situations. We had just gotten recertified three weeks ago in AED and CPR, so it was a blessing that we were here and able to help."

"I was so impressed with Rhonda and Marie," Dr. Hasty added. "They did everything perfectly, and I'm so thankful they were there with me. Had I been by myself, it would have been a lot scarier—and I'm not sure it would have had the same positive outcome."

International Medicine: Comparing Apples to Oranges



In the fall of 2005, M4 students Carol Kitay and Carol Liebl were the recipients of a one-time Student Government Association scholarship, which was awarded to two M4 students who were setting up international clinical rotations. Kitay and Liebl, who each received \$1,000 to help with their recently concluded rotations in South Africa, were involved in a collaborative program between the University of Pretoria School of Medicine in South Africa and Stanford University School of Medicine in California. Following is a summary of their experience.

As we entered Jubilee Hospital in Hammanskraal, South Africa, for the first time, we passed by several women mopping the concrete walkways as we headed to our crowded hallway—and we knew our thought process for the delivery of medicine would need some alterations. As we toured the hospital, memories from our previous international medical missions filled our minds and hearts, as much of our first impressions were quite similar. In many senses, a rural hospital is a rural hospital whether it is in the United States, South Africa, Jamaica, or Guatemala.

Alternatively, the South African culture itself foreshadowed stark differences in



health care delivery and receipt. Much of our prior international medical experiences and our interest in public health had provided us with a good background and understanding of poorly resourced areas. However, this was certainly not the only challenge waiting for us. Since we were in a country where apartheid has ended only in recent decades, much of the racial boundaries still exist. For instance, we did not see a single white African patient at a previously all “black African hospital” where we worked.

Typical health care for many rural South Africans is delivered by clinics run solely by nurses since there is a shortage of doctors. Most of the patients we saw only traveled to the doctor with advanced stage pathology and disease processes, with some coming from over an hour away by foot or by overcrowded minibuses.

As expected in any poverty-stricken area, we saw multiple patients with tuberculosis and HIV, but what distinguished the South African patients from others were the traditional African beliefs. Unlike the typical “bread-and-butter” cases such as ischemic heart disease (IHD) in the United States, we did not diagnose any patients with complaints of “chest pain” as IHD here. Some of the similarities of medicine across all international borders included multiple cases of hypertension and type 2 diabetes. As one often thinks of rural medicine in an impoverished area, it became clear that we were not able to default to laboratory or radiographic tests for assistance. As a result, our diagnostic acumen truly consisted of our history and physical exam skills.

We came to understand the epidemic of HIV and AIDS in South Africa not as a lack of education or knowledge of the disease and its transmission, but



Carol Liebl and Carol Kitay tend to a patient in Jubilee Hospital.

truly as deep-rooted cultural beliefs about the illness and its onset. One man informed us that there is a widespread belief in the community that the government was handing out free condoms, which were believed to have worms in them causing HIV infection in users. The black South African community believed the government’s intent was to eradicate its race, which has led to extensive rejection of condom use.

To some degree, medicine is medicine wherever one travels. On the other hand, when crossing international borders, one must understand it is not necessarily the medicine that changes but the people one encounters who will change the direction and therefore redirect one’s practice of medicine. This is done according to individual and community cultural beliefs about illness and wellness. Since we have come to comprehend the above-mentioned realizations, we now hope to continue to adapt from our future culturally diverse experiences and provide to all communities a culturally sensitive practice of medicine, whether within national borders or beyond.

(Contributed by M4 students Carol Kitay and Carol Liebl.)

Women's Empowerment Institute Inspires Students



Allison Bloom, Stephanie Markle, and Dana Block at the Women's Empowerment Institute.

"Strong Is Beautiful." This theme set the tone for the 2006 Women's Empowerment Institute (WEI), an annual program of the American Medical Student Association (AMSA), which was held February 3-6 at AMSA's national headquarters in Reston, Virginia. The purpose of WEI, according to AMSA's Web site, is to "bring together a diverse group of female medical students, train them in skills necessary for leadership, develop a project to promote women's leadership in medicine, and foster a network of future leaders to provide ongoing support and development." This year's Women's Empowerment Institute was packed with strong women, strong programs, and strong ideas and served as a fantastic opportunity for us to network with established and up-and-coming female physicians.

Strong Women: WEI participants were selected from a large pool of applicants, including allopathic, osteopathic, and international medical students. Three NSU-COM students—Dana Block (M3), Allison Bloom (OPP fellow), and Stephanie Markle (M1)—were among the 20 female medical students selected to participate in this year's conference. Among the other attendees were students from Yale, Duke, the Mayo Clinic, and UMDNJ-SOM.

Strong Programs: One of the major goals of WEI 2006 was to increase our awareness, tolerance, and acceptance of people through education. Therefore, the majority of our time was spent learning about and discussing several controversial issues, ranging from sex trafficking to same-sex marriage. Included in the weekend was a presentation on the Polaris Project, a non-

governmental organization that works to combat and prevent all forms of human trafficking through direct intervention, survivor support, and policy advocacy.

Strong Ideas: In order to gain acceptance into WEI, each applicant had to develop a unique "community service or advocacy project related to women in medicine, women's health issues, or the health issues of women in medicine" to be implemented following attendance at WEI. Here is a glimpse of the program each of us has created:

F.L.O.W.E.R.S. (Dana Block)

The Fully Loving Ourselves: Women's Enrichment and Resource Society—is an organization that aims to empower the underprivileged women of Broward County by providing them with tools to increase the self-worth, knowledge, and health they need to survive and excel in their personal lives. F.L.O.W.E.R.S. will consist of free monthly seminars that focus on topics such as health and hygiene, financial responsibility, résumé writing and job searches, and sexual health. Women participating in the program will have access to the resources provided by F.L.O.W.E.R.S. directly, including guest speakers, skill-building workshops, group activities, and giveaways. F.L.O.W.E.R.S. will be a collaboration of NSU-COM students and alumni, physicians, AHEC, several NSU-COM student clubs and organizations, and community volunteers.

Lesbian Health Education Program (Allison Bloom)

The goals of this project are to continue to identify the community's needs and to begin to address some of these issues within the Fort Lauderdale area by implementing a two-part process. First, NSU-COM's Gay and Lesbian Medical Association chapter will participate in a health fair at the Fort Lauderdale Pride Festival. This will include blood-pressure checks, body-mass-index calculations, osteopathic manipulation, and diabetes screenings in addition to referrals and educational materials to

the gay community, with a focus on educating women.

The second component will involve an educational, interactive workshop for students and health care providers at NSU entitled "Caring for Your Lesbian Patients." This workshop will address topics such as understanding lesbian culture, stereotyping, and identifying health care disparities through a combination of lectures, exercises, and a speaker's bureau.

Domestic Violence Screening Workshop for Medical Students (Stephanie Markle)

Domestic or intimate partner violence is a problem that is growing in the United States. Physicians often do not routinely screen for domestic violence and are unaware of or are uncomfortable asking questions about sexual abuse. A workshop will be developed to inform medical students of current community programs that are available to victims of domestic violence and their families. Medical students attending the workshop will also learn how to better screen their future patients for domestic violence. This increased awareness of domestic violence and experience with screening patients who are victims of abuse will help make future physicians better patient advocates. More importantly, the skills and knowledge acquired at the workshop, when properly implemented by physicians, will improve the quality of life for hundreds of domestic violence victims.

The 2006 Women's Empowerment Institute was a weekend packed with fun, facts, and fatigue. Rarely does one have the opportunity to meet so many fascinating people and discuss so many important things. By the time we had to say our goodbyes, we had each been inspired, encouraged, and empowered to make an impact in our communities. We go forth as strong women in medicine—women dedicated to making a difference in the lives of the women around us—women treating women.

(Contributed by M3 student Dana Block.)

Faculty Focus



Mark Sandhouse, D.O.

Mark Sandhouse, D.O., assistant professor and chair of the Division of Osteopathic Manipulative Medicine, has been appointed to a three-year stint as assistant chair of the National Board of Osteopathic Medical Examiners' OPP/OMM Committee. In this role, Dr. Sandhouse's responsibilities include assisting in planning and overseeing meetings in which OPP/OMM

questions are authored, reviewed, and approved for use in the COMLEX-USA Level 1, 2, and 3 examinations.



Steven Zucker, D.M.D.

Steven Zucker, D.M.D., M.Ed., associate dean for community affairs and AHEC program director, has been selected by HRSA's Bureau of Health Professions and its Bureau of Primary Care to serve as a member of a new core Workforce Development Collaborative Joint Planning Group. This group is charged with developing approaches and techniques to test best practices

of building collaboration and educational linkages between the AHECs and the community health centers.



Elisa Ginter, D.O.

Elisa Ginter, D.O., associate professor of family medicine, gave a presentation on domestic violence at the Palm Beach County CME Relicensure Symposium in November 2005 that was sponsored by JFK Medical Center, Columbia Hospital, and Palms West Hospital and held at the Kravis Center in Palm Beach, Florida. Ronnie Martin, D.O.,

FACOFP, and Morton Morris, D.O., J.D., FAOAO, also made presentations at the symposium.



Joseph DeGaetano, D.O.

Joseph DeGaetano, D.O., M.S.Ed., FFAFP, FACOFP, associate professor of family medicine and assistant dean of clinical curriculum and GME, was recently appointed to the Association of American Medical Colleges' national Electronic Residency Application Service Advisory Board, where he will represent the American

Association of Colleges of Osteopathic Medicine.



M. Isabel Fernandez, Ph.D.

M. Isabel Fernandez, Ph.D., professor of preventive medicine/public health and director of the Behavioral Health Promotion Program, recently coauthored a research paper on "Club Drug Use, Sexual Behavior, and HIV Risk Among Community and Internet Samples of Hispanic MSM: Implications for Clinicians" that was published in the *Journal of*

Social Work Practice in the Addictions. In addition, Dr. Fernandez was reelected as chair of the Behavioral Leadership Group of the Adolescent Trials Network funded by the National Institute of Child Health and Human Development. She has also been elected to chair the American Psychological Association's Committee on Psychology and AIDS.



James Howell, M.D.

James Howell, M.D., M.P.H., professor and chair of the Department of Rural Medicine, was recently named a member of the newly formed Pandemic Flu Planning Committee, which is administered by the Broward Regional Planning Council, Inc. The committee includes representatives from Broward's major hospitals, the Broward

County Health Department, the Broward Sheriff's Office, the Broward County School Board, the Broward County Medical Association, and other organizations. The committee's goal is to help plan in a cooperative manner responses to an outbreak of avian influenza (bird flu) or some similar public health challenge.

Faculty News Flash

Susan Ledbetter, D.O., assistant professor of geriatrics, served as a panel member of the American Medical Directors Association *Clinical Practice Guideline on Sleep Disorders*, which is a national guideline publication.

Leonard Levy, D.P.M., M.P.H., professor of family medicine/public health and associate dean for education, planning, and research, was named as one of America's Most Influential Podiatrists by the editorial board of *Podiatry Management*.

Daniel Shaw, Ph.D., associate professor of family medicine, will be making a presentation on "Attitudes for Effective Teaching" at the AACOM Annual Meeting in Baltimore, Maryland, in June 2006.



Ronnie Martin, D.O.

Ronnie Martin, D.O., FACOPF, professor and associate dean of academic affairs, received the Presidential Achievement Award from the Florida Osteopathic Medical Association at its annual meeting held in Fort Lauderdale in February. Since 2001, the FOMA Presidential Achievement Award has been presented to an individual who has achieved

outstanding recognition within the osteopathic profession, made a difference to the success of the profession, and ensured that quality health care is provided to all citizens of Florida. In March, Dr. Martin was elected vice president of the American College of Osteopathic Family Physicians and served as a speaker on "Pain Control" at the organization's 43rd Annual Convention and Exhibition held in Grapevine, Texas. Dr. Martin also worked with PBS to help the TV network film an informational segment featuring NSU-COM residents regarding the business of medicine. Pictured above is Dr. Martin receiving his Presidential Achievement Award from FOMA President Joseph Giaimo, D.O.



Naushira Pandya, M.D.

Naushira Pandya, M.D., CMD, associate professor of internal medicine and chair of the Department of Geriatrics, was a featured speaker at the Florida Geriatrics Society 2006 Annual Meeting, which was held March 31-April 2 at the Eden Roc Resort and Spa in Miami Beach. During her lecture, Dr. Pandya discussed the topic "Recent Advances in

Diabetes Management." She also served as chair of the American Medical Directors Association *Clinical Practice Guideline on Sleep Disorders*, which is a national guideline publication.



Cyril Blavo, D.O.

Cyril Blavo, D.O., M.P.H., & T.M., FACOP, professor and director of the Master of Public Health Program, was the guest speaker at a Sickle Cell Anemia Awareness Town Hall Meeting at Miami Dade College and gave Black History Month presentations on "Chieftaincy in Africa" to classes at Silver Palms Elementary School in Pembroke Pines, Florida. In

addition, through his performing and creative arts organization called Celebrate Africa, Inc., Dr. Blavo presented a cultural exhibition and informative program at the NSU Alvin Sherman Library, Research, and Information Technology Center.



Edward Packer, D.O.

Edward Packer, D.O., FAAP, FACOP, associate professor and chair of the Department of Pediatrics, served as a member on the advisory board that is developing new children's programming at South Florida's local PBS station for a project titled *KidVision*. He also participated in the REACH (Rural Education Awareness Community

Fair) in Belle Glade, Florida, where he coordinated assistance from NSU-COM pediatric residents and arranged for follow-up care for sick children.

COM Faculty at FOMA



A number of NSU-COM faculty members served as speakers at the Florida Osteopathic Medical Association's 103rd Annual Convention, which was held in Fort Lauderdale in late February:

- ◆ Barbara Arcos, D.O. - "OMT Workshop"
- ◆ Joseph DeGaetano, D.O. - "Asthma Update"
- ◆ Gregory James, D.O. - "Domestic Violence"
- ◆ Kenneth Johnson, D.O. - "Postmenopausal Hormone Therapy: What's Appropriate Today" and "HPV Vaccines: Are We Closer to Preventing Cervical Cancer and Other HPV-Related Diseases?"
- ◆ Andrew Kusienski, D.O. - "OMT Workshop"
- ◆ Frederick Lewis, D.O. - "Paying Closer Attention to Adult ADHD"
- ◆ Ronnie Martin, D.O. - "Diabetes Update"
- ◆ Anthony Ottaviani, D.O. - "Insomnia"
- ◆ Edward Packer, D.O. - "Pediatric Vaccinations"
- ◆ Naushira Pandya, M.D. - "Osteoporosis Update"
- ◆ Joel Rose, D.O. - "Florida Laws and Rules"
- ◆ Eric Shamus, Ph.D. - "OMT Workshop"
- ◆ Anthony J. Silvagni, D.O., Pharm.D. - "Considerations of Bio-Equivalence and Thyroid Treatment"



Anthony J. Silvagni, D.O.

Anthony J. Silvagni, D.O., Pharm.D., FACP, NSU-COM dean, received the 2006 Cultural and Humanitarian Award on April 11 from The Opera Society, which is affiliated with the Florida Grand Opera. The award, which was presented to Dr. Silvagni at the Tower Club in Fort Lauderdale, recognizes individuals who have made a significant and substantial

contribution to the local community.

Drs. Farrar and Hamstra Join NSU-COM Team



Janet Hamstra, Ed.D.

Janet Hamstra, Ed.D., assistant professor of internal medicine and medical education specialist, has come on board to assist Dr. Loretta Graham with the operation of the standardized patient curriculum. Prior to joining the College of Osteopathic Medicine, Dr. Hamstra, who received her Ed.D. degree

from the University of California, was associated with the College of Education at Florida Atlantic University.



Judith Farrar, Ph.D.

Judith Farrar, Ph.D., officially joined NSU-COM in February in the position of project coordinator. In this role, Dr. Farrar will serve as the day-to-day operating officer and participate in all educational, development, and research-related activities. She also will execute the management of the federally funded HRSA

Bioterrorism and Curriculum Development Training Program/All Hazards Interdisciplinary Consortium. Prior to joining NSU-COM, Dr. Farrar, who received her Ph.D. degree from the University of Rochester School of Medicine and Dentistry, served as president of Academic Services Connection, Inc., in Canandaigua, New York.



Dr. Arthur Snyder Retires After 25 Years of Service



Dr. Snyder (with plaque) poses with many of his beloved colleagues at his retirement ceremony.

After 25 years as an NSU-COM faculty member—and more than six decades working in the osteopathic profession—Arthur Snyder, D.O., professor emeritus in the Department of Osteopathic Principles and Practice, officially

retired from the college on February 1, 2006.

Over the past 60-plus years, this venerable and loyal osteopathic practitioner, who matriculated with the late Chancellor Dr. Morton Terry at Philadelphia College of Osteopathic Medicine in the early 1940s, positively impacted the lives of numerous osteopathic physicians.

After relocating to Miami in 1955, Dr. Snyder spent the next 26 years establishing a reputation as a respected South Florida pediatrician before joining forces with old friend and former classmate, Dr. Terry. In 1981, Dr. Snyder joined the faculty of Southeastern College of Osteopathic Medicine, serving as assistant professor in the Department of Osteopathic Principles and Practice.

In 1984, Dr. Snyder was promoted to the position of chairman and professor within the OPP department, where he taught the nuances of OMM to several thousand students over the next two decades. In October 1999, Dr. Snyder received the college's ultimate tribute when he was designated as a professor emeritus for his lifelong dedication to the community, his students, and the osteopathic profession. Four years later, another major honor came his way when he received the 2003 NSU-COM Alumni Association Living Tribute Award.

Without question, the profession and its proponents are deeply indebted to Dr. Snyder for his innumerable contributions to the past, present, and future generations of osteopathic practitioners.



Robert Hasty, D.O.

Robert Hasty, D.O., assistant professor of internal medicine, had his article titled "Long-Term Care Progress Note Moves to Inpatients" published in a recent issue of the *Hospitalist & Inpatient Management Report*. He also taped a segment of the NSU Health Professions Division cable TV program *Dateline Health* that discussed "Economy Class

Syndrome and Deep-Vein Thrombosis."



Carmen Robledo *Assistant to the Director M.P.H. Program*

Family Facts: Married for eight years to my husband, Luis. We also have two male Shih Tzu dogs, Pookie and Rustee, who complete our household and keep us busy.

Date of Hire: February 26, 1997

Official NSU-COM responsibilities: Answer phones, meet and greet everyone entering the program, assist with the schedules, purchase office supplies, process check/travel requests and expense forms, assist students throughout the registration process, edit/update the M.P.H. database, and various other duties. I am always working on various projects but am never too busy to assist students, faculty, or staff with questions concerning program issues. When a student comes to me with issues or concerns relating to registration, financial aid, etc., I try to make sure the student receives my undivided attention. If I cannot resolve the problem, I will make every effort to find someone more knowledgeable on the subject.

Reasons I enjoy working at NSU-COM: NSU offers a pleasant scenic environment in which to work. NSU-COM faculty and staff work diligently to deliver the quality education students expect to receive from NSU. We are not mechanical robots; we all have a purpose and work well as a team. Under the direction of the administration, one is continuously keeping abreast of training sessions, lectures, and conferences available to faculty and/or staff wishing to participate—all in accordance with NSU-COM's needs and requirements.

What did you do professionally before joining NSU-COM? After several years of secretarial work in the Legal Aid Society's Criminal Defense Division in Brooklyn, New York, I moved on to the Office of Admissions at Hartwick College in Oneonta, New York. The college setting seemed to be an ideal, rewarding experience, and I welcomed this new challenge and enjoyed my interaction with students, faculty, and staff.

Greatest achievement in life: Knowing that my children have achieved fruitful significance in their lives.

Favorite way to unwind when not at work: Going to the gym, catching up on my grandchildren's achievements/disappointments, playing with my puppies, and taking plenty of family and scenic pictures. I am always ready with my camera to record precious moments in my life.

My coworkers would be surprised to know this about me: I have four adult children who have blessed me with 16 grandchildren.

The most frightening thing that ever happened to me: The most frightening thing that ever happened to me was at the pool two summers ago. My young grandson, Manuel, thought it was funny to float and pretend he was drowning. I was just relaxing, reading a book, and when I checked in with him and saw him floating, I called out his name as I began to panic and start yelling. His mom, who was also present, jumped into the pool to save him, only to find out that Manuel was just pretending. Needless to say, he learned quickly that his prank was not so funny after all when he had to sit it out by the pool as everyone else swam past snickering at him.

The funniest thing that ever happened to me: After a long, tiring day at the office, I saw that my car had sustained damage by a careless driver who squeezed into the parking spot next to mine. The closer I got to my car, the more shocked I was that the car could have sustained such damage in a parking space. I suddenly realized the car was not mine. I had parked in another area of the garage, and my car was still intact.

When I retire I plan to: Spend quality time with my family and expand my photo album collection.

Three words that best describe me: Thoughtful, hardworking, and dedicated.



NSU-COM Adds Academical Societies to Matriculation Mélange

*By Scott Colton
Director of Medical Communications*

In its never-ending quest to make the matriculation process as enriching and rewarding as possible for its students, NSU-COM is incorporating academical societies into the educational mix.

Effective in July when the 2006-07 academic year commences, the college will be launching 12 academical societies, with each initially comprising 40 students (20 from the M1 class; 20 from the M2 class) as well as two faculty advisors. In the future, all students will automatically be placed into academical societies before they even matriculate. The goals of these societies, which are similar to academic fraternities, include enhancing student-faculty interaction, enriching student interaction across classes, facilitating professional development, and providing a sense of community for students, faculty, and alumni.

The term academical (as in academical village) was actually conjured up by President Thomas Jefferson in the early 1800s to define his concept for the University of Virginia, which would become a place in which students and faculty would live

and work together, thus fostering a sense of community among scholars. Because NSU has rezoned its campus to create just that—an academical village—in the very near future, the decision to name the new societies similarly dovetailed nicely with the university's much-anticipated venture.

Because NSU-COM enrollment has mushroomed from 40 students in 1981 to 230 in 2005, the decision to implement academical societies makes absolute sense for a number of reasons. "As programs such as ours grow larger, students often feel lost in the shuffle," said Albert Whitehead, D.M.D., M.Ed., M.B.A., assistant dean of student and administrative services. "In addition, many of the schools we recruit from are private schools where the students are accustomed to smaller, more intimate settings and considerable one-on-one interaction."

In order to assure that each society includes a diverse group of students, assignment to societies will be done randomly. Students will remain in their designated academical society throughout their medical school experience, thus creating a unique sense

Academical Society Goals

Enhance Student-Faculty Interaction

- meet-and-greet sessions with faculty
- social events with faculty society advisors
- monthly meetings with faculty society advisors
- faculty society advisors as academic/career advisors

Augment Student Interaction, Particularly Across Classes

- peer advising
- shadowing upperclassmen
- teambuilding events
- society social events

Facilitate Professional Development

- academical society selectives
- meaningful student interaction
- mechanism for student feedback
- case presentations
- alumni mentoring

Provide a Sense of Community for Students, Faculty, and Alumni

- collegial competitions between societies through co-curricular and intramural activities
- annual academical society retreat
- society-wide social events
- annual medical Olympics and dinner dance

of community that students experience from their very first day in medical school. In addition, each society will organize a program of peer advising, which eventually will help foster not only a symbiotic four-year medical school relationship between students but also with alumni of the society. Another benefit is that student-student, student-faculty, and student-alumni interaction will be enhanced through academic/professional programs and social gatherings.

"Within each society, all the peer advising, including tutoring, will be done by the students in that group," Dr. Whitehead explained. "Each society will run its own monthly lunch meetings and elect officers. However, there will be both inter- and intra-society activities because we also want the students to interact with all their classmates."

To kick off the academical societies in style, the college is initiating what will become an annual 10-day program called MedStart that will take place in July—two weeks prior to the entering class' official start date. Participation in the MedStart Program, which is optional, will include activities ranging from discussions about life management, interpersonal/critical-thinking skills, and financial management to social events such as an airboat rides, bowling, and assorted "get-to-know-you" gatherings.

"Our goal with the MedStart Program is to create an environment that allows the students to fraternize with each other during the two weeks before school starts," Dr. Whitehead said. "Instead of spending their first month in class trying to find a clique, we're saving them the effort by putting them into an academical society."

Unlike the numerous student organizations that currently exist on the NSU-COM campus, where activities are specialty driven or revolve around fund-raising, mission trips, and health fairs, the academical societies will focus solely on peer advising and issues that are academic in nature. In addition, faculty members will be invited to speak to the individual societies to create a more collegial atmosphere.

As part of the formation of the 12 academical societies, the college is offering alumni the opportunity to name a society by establishing an endowed scholarship that will be given annually to a student within the designated society. Societies can be named after the donor, or a donor can choose to name a society in honor or memory of someone. Donations, which must be a minimum of \$25,000, can be made over a five-year period and can be contributed by a group of donors rather than a single individual.

"Our hope is that the people in these societies have a good experience from the first day they are here on campus, through graduation, and beyond," Dr. Whitehead explained. "It will take a number of years for this to happen, but our ultimate goal is to have the students still feel connected to the college and their individual societies long after they have graduated."

If you are interested in naming a society or simply wish to receive additional information, please contact Dr. Albert Whitehead at (954) 262-1495 or walbert@nsu.nova.edu.

Dr. Ross Zafonte Becomes First Academical Society Donor

Ross Zafonte, D.O. ('85), who is a member of the college's inaugural graduating class, became the first alumnus to participate in the academical societies by making a sizable contribution to the worthy cause.

Dr. Zafonte, who named one of the societies after his mother, Grace Zafonte, said he was happy to give back to the college in this way because, "It's a mechanism that allows us to help younger people grow in specific areas of interest and in areas where they need to become more accomplished or develop further thought processes.

"The future is fraught with all sorts of change," added Dr. Zafonte, who serves as professor and chair of physical medicine rehabilitation at the University of Pittsburgh, "and those students who learn to think dynamically and innovatively are more likely than not to be the ones who succeed."



Guatemala Medical Mission Focuses on Education and Outreach

By Scott Colton

Director of Medical Communications

The annual Medical Mission to Guatemala added a new twist in 2006 by establishing a one-month international medicine elective rotation that allows a limited number of M4 students to participate in the humanitarian excursion and conduct both pre- and post-mission course requirements.

According to Camille Bentley, D.O., assistant professor of family medicine, who coordinates the Guatemala mission trips, the implementation of this elective rotation, “broadens the students’ opportunities to do international medicine rotations and yet be in somewhat familiar surroundings by having College of Osteopathic Medicine faculty there to interact with them.”

This year’s medical outreach effort, which took place January 7-22, proved to be yet another resounding success as approximately 1,400 patients in regions such as Panajachel, Santa Catarina, San Antonio, Xipeç, and Pacoman were examined and treated for musculoskeletal injuries, infectious diseases, upper respiratory infections, and dermatological conditions.

The NSU-COM health care team, which included NSU-COM faculty and a number of community volunteers as well as several M2 and physician assistant students, also stopped in Guatemala City to perform screenings on 438 policemen—an event that drew the welcome attention of the Guatemalan press and Dra. Karina Mendez de Batros, who serves as sub director general of health for Guatemala.

The addition of the international medicine elective component immediately proved beneficial to both the six participating M4 students and the medical personnel for a variety of reasons. “Even with our increased emphasis on student education, we were still able to provide a great deal of service in Guatemala because of working with fourth-year students, who are able to do a lot more medically than first- and second-year students,” said Dr. Bentley, who currently serves as president of DOCARE International. “The fourth-year students still need supervision, but not nearly as much as a first- or second-year student.”

The Guatemala elective rotation, which costs each M4 student

Medical Mission to Guatemala

about \$1,500 for airfare, accommodations, and food, includes a number of educational requirements such as attending 15 or so hours of formal lecture before and during the mission trip. The M4 students also assist with inventorying and packing supplies prior to embarking to Guatemala. In addition, the students are required to keep a detailed log during the mission trip and provide a 20-minute PowerPoint presentation to other NSU-COM students on a particular aspect of their mission work.

When the college returns to Guatemala in January 2007, Dr. Bentley hopes to include a large core of M2s in the medical mission as well as have 15 M4 students participate in the international medicine elective component because they will be able to assist the physicians—and enjoy the educational and cultural experience of a lifetime.

Faculty members interested in participating in the December 30, 2006-January 14, 2007, Guatemala medical mission are encouraged to contact Dr. Bentley at (954) 262-1451 or cbentley@nsu.nova.edu.



Indelible Memories for First-Time Participant Dr. Susan Ledbetter

"I'll do whatever you say. I trust you. You are the American doctors."

An elderly man said that to me (via a translator), and it shocked, humbled, and horrified me all at the same time. I was shocked because I never expected anyone to say something like that while I was on the mission trip. I was humbled because this man was putting his blanket trust and his complete faith in us and our skills simply because of who we were and where we came from. And yet, he didn't know us, pardon the cliché, from Adam. I was horrified because of the between the lines commentary on the access to medical care that he had in the not so distant past.

In fact, this gentleman had more means than most there, including a trip to see a specialist in Mexico for his "shrinking" bladder. However, the treatment option he received to cure his frequent urination problem involved being told, "to drink less." Ultimately, this statement also left me grateful that the NSU COM DOCARE Guatemala trip had given me the opportunity to make a difference in this man's life, in addition to all the hundreds of others we all saw and treated that week in Panajachel and Antigua. These were people who needed our help, and thanks to Dr. Bentley and the other members of our health care team, we were there to provide it.

That moment also, in a lot of ways, encapsulated the whole Guatemala experience for me. I didn't go to feel better about myself or to be a part of something bigger. I went because I wanted to help, because I wanted to see another culture, and simply because I could. I work for a college that encourages and supports these altruistic endeavors and provides us protected time when we choose to do this. It is an incredible opportunity we, as faculty, have to not only give to others in need, but to interact with COM/HPD students, residents, staff, and faculty in an environment where we are teaching and providing care not because we have to or because we are obligated to, but because we can and want to.

(Dr. Ledbetter is an NSU-COM assistant professor in the Department of Geriatrics.)

Guatemala Medical Mission Participants

Medical Practitioners

Camille Bentley, D.O.
Ariadna Bory, D.O.
Augustus Coangelo IV, M.D.
Robert Crook, D.O.
Elisa Ginter, D.O.
Michael Funk, PA C
Marianne Holler, D.O.
Daniel Kesden, M.D.
Harold Laubach, Ph.D.
Susan Ledbetter, D.O.
Paul McHugh, D.O.
Krishnamurti Munoz, D.O.
Ramon Ramirez, M.D.
Mercedes Suarez, PA C
Zsuzsanna Seybold, M.D.
Joel Spalter, M.D.
Almos Trif, M.D., Ph.D.

NSU-HPD Students

Steven Andescavage (M4)
Scott Bunker (M2)
Roman Balsys (M4)
Noellemarie Barrera (M4)
Hans Bez (M4)
Megan Campbell (P.A.)
Chad Crowther (M2)
Carla Duffo (M2)
Margot Fernandez (P.A.)
Ryan Gardner (M2)
Brenda Mallett (M.P.H.)
Melchiorra Mangiaracina (M3)
Olga Martinez (M4)
Lynita Mullins (M4)
Sarah Murphy (P.A.)
Holly Nuckolls (P.A.)
Mauricio Sabogal (M4)

Community Volunteers

Victoria Laubach
Jeffrey Ramsey
Jose Miguel, Jr., PA S
Charles Seybold
Pattie Murray, R.N.
Linda Waidelich, R.N.



Michael Rasansky (front row, second from left) shares a collegial meal with members of the Shanghai Seamen's Hospital health care team.

Experience of a Lifetime: An American Medical Student in Shanghai

By Michael Rasansky, M4 Student

As medical students, we are personified sponges trying to absorb vast amounts of information around us at mind-numbing speeds. This, coupled with sleep deprivation, is why we often fail to recognize the significance of life's events unfolding right before our eyes. Staring out the window, crammed in a coach seat on a Boeing 777 six miles above the Pacific Ocean, I was self-assured that the pitch-black horizon was devoid of any such significance. Five hours into a 15-hour flight, while awaiting an Ambien to kick in, a strange but vaguely familiar feeling overcame me—I was at peace. My world had finally slowed down and all the stresses of H&P's, morning rounds, case presentations, and the match were gone. A giddy smile hijacked my face and the excitement overcame me—I was on my way to Shanghai, China, to perform a one-month international medicine rotation.

My interest in Chinese thought and culture began six years ago as a philosophy major at the University of Michigan. I was taking a survey course in Chinese philosophy and began to realize that in many instances, I favored Taoist and Confucian ideas over traditional western ones. Would my experience in

traditional Chinese medicine (TCM) have a similar effect?

My buddy Jon Bruner, a fellow fourth-year osteopathic medical student from Michigan State University, and I were welcomed with open arms at Shanghai Seamen's Hospital—a community hospital in a residential district just north of downtown Shanghai. The hospital's primary goal is to take care of the thousands of maritime workers, both international and Chinese, who enter into Shanghai proper every day, as Shanghai is now the world's busiest port. The hospital also serves the medical and surgical needs of the surrounding community, which is composed of many elderly couples living off of government assistance. The hospital, like any found in America, was well equipped with an emergency department, surgical and rehab floors, as well as a CT scanner; however, there was one exception—a TCM department.

Traditional Chinese medicine has evolved over 5,000 years into its modern form. It is divided into three disciplines: acupuncture/moxibustion, Chinese massage (manipulation), and herbal medicine. During my month-long stay, I was introduced to all

Shanghai Sojourn for Michael Rasansky

three disciplines, with a concentration on acupuncture. After starting out my third-year clinical rotations like a deer in headlights, I had reached that point where things were beginning to click. No longer was I including patients' zodiac signs and their love of long walks on the beach as "pertinent positives" in my review of systems. I was running on all cylinders; I felt like a doctor. All my newfound knowledge and confidence, however, was based on western medical practice and principles and would not help me here. I would soon be given a new perspective on health and well-being that has forever changed the way I look at my profession.

Chinese health and well-being are vested in the flow of Qi (pronounced Chee). The best western translation of Qi describes it as energy, a life force, but to the Chinese it goes much deeper. It is an abstract essence that governs the processes and functions of life. According to TCM, illness is caused by disruptions in the flow of Qi. The goal of acupuncture, Chinese massage, and herbal medicine is to restore its proper flow as it naturally occurs in the body. Qi does not move randomly in the body, but rather in specific channels called meridians. Each meridian corresponds to a major organ, and all work together in harmony to perform life's functions. Although each meridian and organ has a specific purpose, upsetting one will throw off the delicate balance and cause dysfunction to connected meridians, leading to disease.

It was difficult to set aside the western, evidence-based medicine that has been engrained into my being for the past four years. I'm not certain if I was ever completely able to put away my preconceived notions about medical science, but I worked very hard to understand health and medicine from the point of view of my hosts. I spent the month learning these meridians and the specific accupoints to place needles to promote the flow of Qi. Every morning in clinic, I learned the proper techniques and specific patterns of needle placement to treat disease. Although acupuncture can be used to treat everything from depression to congestive heart failure, it is primarily used to

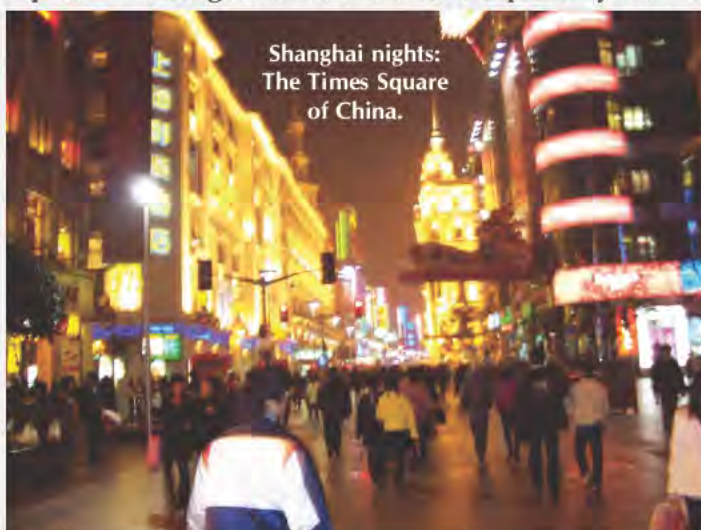


Rasansky performing cupping, which is a procedure used as an adjunct to acupuncture where the heat creates a vacuum in the glass vials that when placed on the skin bring blood and Qi to the surface.

treat musculoskeletal diseases and is especially effective in stroke patients with paresis—these were the majority of our patients. Every afternoon, I attended lectures on all aspects of TCM. The evenings and weekends were spent exploring the vast metropolis of Shanghai as well as some of the outlying small villages and towns.

Shanghai is a truly international city of more than 16 million people, with many cultures and nationalities represented in its bustling streets, restaurants, and markets. Today, Shanghai is quickly becoming the financial center of Asia and might soon be the center of world trade. It is the "New York City of China," and it is here where many young Chinese aspire to make it big. In fact, the diversity and dynamics of the city were at times overwhelming. One minute, I was enjoying the solitude of an ancient rock garden dating back to the Ming Dynasty, and the next, I was walking down Nanjing Street, which was filled with enough lights and neon to put New York's Times Square to shame. The history and scenery were truly remarkable, but nothing made more of an impact on me than the kindness and generosity of the Chinese people.

Western philosophy is replete with questions concerning the external world such as "Why am I here?" "What is the real world?" "Is this computer really in front of me as I type this?" "Does God exist?" and "Why do bad things happen to good people?" These questions, although interesting, trap us in an epistemological and metaphysical maze with too many dead ends. There are no correct answers, just more questions, and the ultimate result is far from pragmatic. One of the things that always fascinated me about the ancient Chinese thinkers is that they were much less concerned about the "What's" and "Why's" of the external world. Instead, they looked within themselves and concentrated on self-cultivation, simply put in the question, "How do I make myself a better person?"



Shanghai nights:
The Times Square
of China.

Shanghai Sojourn for Michael Rasansky

It is this culture of self-cultivation, kindness, and generosity that makes the Chinese people so likeable. Walking down the streets of China wearing a Grateful Dead tie-dye T-shirt over a long-sleeved T-shirt, along with my long hair and facial scruff, I wasn't hard to miss in a crowd. In fact, I stuck out like a bad pimple on prom night. Yet, despite this, I never felt like a stranger anywhere I went. From the hordes of children eager to speak English to us on the street, to the patients who I treated daily with acupuncture needles, I was always met with the type of smile that not only greets you but also gives you a sense of belonging. It was this daily interaction that has endeared the people of China to me for the rest of my life.

Sometimes the most profound and intriguing ideas are the most obvious. I do not claim to be a guru, sage, or any more enlightened than the next guy, but I am certain that osteopathic medicine and the role of the primary care physician mirrors traditional Chinese medicine. Both stress prevention at the forefront of care. Both epitomize the importance of treating patients as wholes, not merely as a list of symptoms. Both emphatically require the physician to place his or her hands on the patient not only in treatment with manipulation, but also in diagnosis. Of the utmost importance, however, is the emphasis on maintaining a balance within one's own environment. The TCM doctors counseled patients on their diets and advised them not to take on more stress at work than they could handle just as often as they prescribed herbs and placed needles.

Over the course of the month, I gained wonderful satisfaction for helping the underserved, as well as a greater overall appreciation for alternative medicine, and I hope that its growing popularity in the United States will open up more opportunities and provide greater accessibility for patients to experience and benefit from these treatments. I believe our own gem, osteopathic manipulative therapy, is also underutilized and



Rasansky and his friend, Jon Bruner, dressed up like ancient Chinese warriors during a visit to Shanghai's Yuyuan Garden. A vacationing Korean family thought the duo was funny and asked to be in the picture.

should be incorporated and promoted with greater fervor. I saw firsthand how traditional Chinese medicine departments were incorporated into modern western hospitals in China, and I see no reason why it should be different here with OMT.

A movie character I idolized as a child once said, "Life moves pretty fast, if you don't stop and look around once in a while, you could miss it." I am grateful to the clinical education department here at NSU, as well as Dr. James Howell of the rural medicine department, for giving me the opportunity to slow down my life and allowing me the pleasure of this wonderful experience. With graduation looming and internship on the horizon, my life has since begun to race out of control toward the future. As my opening statements conveyed, I fear I might not recognize the full impact and significance of my experience as an American medical student in Shanghai for years to come, but I know that the way I approach medicine, talk to patients, and live my life are forever changed for the better.





Palmetto General Hospital Serves as Top-Notch Teaching Facility

In 2005, COM Outlook began featuring informative spotlights on the various organizations that comprise the Consortium for Excellence in Medical Education. The accomplishments and contributions of this interactive 18-member network are indeed merit worthy because each participating member provides exceptional postdoctoral training opportunities throughout Florida and the southeastern United States.

Palmetto General Hospital's goal is to continue to lead the health care industry by rendering high-quality patient services and clinical care. To accomplish this, it will continue its commitment to a wide range of quality care services by retaining qualified physicians, staff members, advanced medical technology, and facilities to provide responsive and compassionate patient care.

The hospital's official CEME affiliation with NSU-COM commenced with CEME's inception in January 1999, but the facility has been associated with the college since the initiation of the Palmetto teaching program in 1991. The facility currently offers a traditional osteopathic internship and family practice residency, which includes 23 traditional interns and 17 family practice residents who are affiliated with NSU's College of Osteopathic Medicine. In addition, 30 NSU-COM students conduct their clinical training at the facility.

Palmetto General Hospital, located in Hialeah, Florida, is fully accredited by the Joint Commission on the Accreditation of Healthcare Organizations—the nation's oldest and largest hospital accreditation agency. For six years, Palmetto General

Hospital has been selected as one of the 100 top hospitals in the nation in the category of small teaching hospitals by HCIA-Sachs, now known as Solucient.

As part of its commitment to serve the region's growing health care needs, Palmetto General Hospital recently completed a multimillion-dollar expansion of its emergency department, maternity care center, critical care unit, and surgery department. Its services include

- adult and pediatric emergency rooms
- bariatric surgery
- cardiology/cardiac care
- diabetes self-management
- hyperbaric and wound care
- intensive care
- maternity care
- mental health
- oncology
- orthopedics
- neurosciences
- pediatrics
- rehabilitation
- sleep disorders center
- surgical and outpatient care
- women's diagnostic care

Palmetto General Hospital Fast Facts

- Established in 1971
- 360 beds
- 1,500 employees
- 750 affiliated physicians
- 300 volunteers
- 500,000 patients served annually
- 15 NICU Level II beds
- Third busiest ER volume in Miami Dade County
- Open heart surgery program slated to begin in 2006
- Five star maternity program
- Tenet "Circle of Excellence" winner

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In the year 2000, Dr. Cohen and his wife Joan celebrated their 50th anniversary by taking a cruise with their close-knit family.

Dr. Stanley Cohen and Retirement: A Match Not Made in Heaven

*By Scott Colton
Director of Medical Communications*

Retirement is a stage of life most people fondly dream of each day as they sit in snail-crawling rush-hour traffic and toil at jobs where they feel both underpaid and underappreciated. And then there are individuals such as Stanley Cohen, Ed.D., M.Ed., who quickly discover that the holy grail known as retirement is not quite the panacea most people make it out to be.

When Dr. Cohen, who currently serves as vice provost of the NSU Health Professions Division, decided to retire from his education career in 1980 and relocate to South Florida with his wife Joan, it was a life change he initially welcomed with open arms. "I was in my mid 50s, and since Joan and I had good retirement plans, we were planning to live the good life," he recalled. "We were going to buy a boat we could use 12 months of the year and enjoy a relaxed existence."

However, after a few months of self-imposed leisure time, which he filled by remodeling his North Miami Beach home, Dr. Cohen was miserable. "Basically, I got an F in retirement; I was

a mess," he admitted. "I was organically depressed, and I knew it. My wife said, 'You'd better get a job or go to a psychiatrist,' so I decided to reenter the workforce."

Fortuitously, a new academic institution called Southeastern College of Osteopathic Medicine (SECOM) was being built just two blocks from his home. On a lark, Dr. Cohen walked over to the college and met with SECOM administrators Drs. Morton Terry and Arnold Melnick, who hired him on the spot. Fast-forward 26 years, and Dr. Cohen is still doing what he loves best while keeping a concept called retirement firmly at bay.

Dr. Cohen: The Early Years

As a young child growing up in Washington, D.C., Dr. Cohen spent many happy days discovering the wonders of science at the Smithsonian Institute, where he reveled in looking at and touching prehistoric dinosaur bones. Years later, after his family relocated to Ventnor, New Jersey, Dr. Cohen's scientific penchant continued when he entered a scholarship contest as a sophomore in high school. His project? Spending two years

Dr. Stanley Cohen Profile

breeding guinea pigs in the family home to see what effect inbreeding would have on the animals.

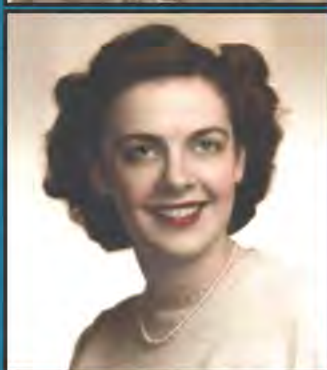
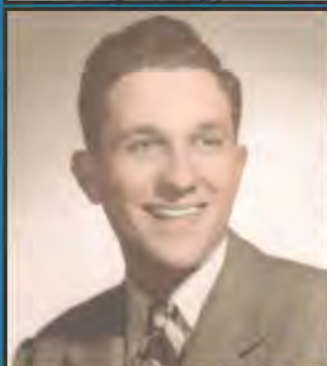
Because of his scientific interests, Dr. Cohen decided to pursue a career in medical research and enroll in New Jersey's Rutgers University. "When I went to Rutgers, I thought I wanted to do medical research because I saw so many things in science that needed answers," he explained. However, after graduating with a bachelor's degree in biology in 1950, Dr. Cohen soon discovered he and medical research were an ill-fated match.

"When I was doing research at Rutgers, I was around people, which I liked," said Dr. Cohen, who went on to earn his M.Ed. degree in 1955 and his Ed.D. degree in 1965 from Temple University, where he majored in educational administration. "But after I graduated and started working, I discovered you're by yourself all day. You're working in a lab and looking through a microscope all day long. It just didn't fit my personality."

One thing that definitely fit his personality was his wife Joan, who he met while he was a junior at Rutgers. "I was playing ping-pong at the Hillel chapter on campus one day when she walked in with a girlfriend," he recalled. "I took one look at this marvelous creature, and I was hooked. I even told my roommate that night that I had met the girl I was going to marry. Interestingly, I found out 25 years later at our anniversary party that Joan had told her sister the same thing that very same night."

Because money was tight, Dr. Cohen had to borrow the four-dollar marriage license fee when he and Joan tied the knot several years later in 1950. The couple also had to move in with Dr. Cohen's parents to help make ends meet because he had given up his medical research ambitions to try and unearth his true vocational passion. "I could have stayed in research, but my wife was very supportive and said, 'Don't worry about the money, do what you want to do,'" he stated. "I knew I needed to make some money because I didn't want to sponge off my parents all the time, so I was doing a variety of jobs like stage hypnosis, putting up television towers, repairing television sets, and removing steam boilers."

During this time, he also decided to take a stab at substitute teaching. To his surprise, Dr. Cohen



discovered he loved students and the teaching process—and a 50-plus-year career was born.

Education Enhances Dr. Cohen's Life

The 1950s would prove to be a fruitful decade for Dr. Cohen, both personally and professionally, as he became the proud father of five children over a seven-year span and watched his career reach diverse and unexpected heights. "When I started substituting, I saw a lot of students who had major personal and emotional problems," he explained. "There were so many good young minds dropping out of the school system, so I started taking psychology courses at Temple University in addition to my teaching certification courses. As a result, I decided to open a part-time counseling office in my home that catered mostly to troubled teenagers."

In 1952, after receiving his teaching certification, Dr. Cohen accepted a job as a biology teacher at Pleasantville High School in Pleasantville, New Jersey. However, unlike the rote process of teaching he experienced when he was in high school, Dr. Cohen was determined to "shake things up" and make the learning process both interesting and interactive for his students. "I was determined that I was not going to simply teach book-based biology," said Dr. Cohen, who would go on to serve a five-year stint as principal of Pleasantville's Woodland School starting in 1956. "I wanted to teach life biology, so I had the students get involved in hands-on experiments."

In fact, one of his experiments was so controversial that it nearly cost him his job. "I was teaching the students how to identify microorganisms, and I had them collect samples off the cafeteria tables and the toilet seats in the boys' and girls' bathrooms," he explained. "As we were looking at the samples under the microscope, one of them tested positive for gonorrhea. After I sent the sample out to be verified, I got a call from the superintendent of schools, who summoned me into his office and demanded to know what I was doing. The school system ended up hiring a company to sterilize the toilets monthly, which cost a significant amount of money. My students could have learned this sort of information in a book, but I knew it would be more beneficial for them to gain this knowledge firsthand."

Dr. Stanley Cohen Profile



Pictured in this 1981 photo are Joan and Dr. Cohen's offspring (clockwise from left) Steve, Ann, Andrew, Donna, and Claire.

Path to NSU-COM Takes Shape

Because he had developed an interest in training teachers, Dr. Cohen left the public school system in 1961 to take a job as professor of education at Glassboro State College in Glassboro, New Jersey, where he taught courses in education, psychology, interaction analysis, supervision, human relations, personality, social foundations, and research design.

By the late 1970s, Dr. Cohen and his wife Joan, who was also a teacher, decided the time had come to enjoy the fruits of their labor and retire to sunny South Florida. However, once he suffered his aforementioned allergic reaction to retirement, Dr. Cohen was soon back in the academic saddle as professor and chairman of humanities and behavioral science at SECOM in 1980.

Although they had never met before, SECOM's founding dean, Dr. Arnold Melnick, was familiar with Dr. Cohen's academic acumen thanks to a paper he had published on personality measurements. "Between 1961 and 1980, I probably gave about 10,000 Myers-Briggs Type Indicator personality tests to everyone from teachers and doctors to politicians, so I was well-versed on the topic," he explained. "In fact, when I first met Arnold, one of the first things he asked me was, 'Are you the Stan Cohen who wrote that article?'"

Thanks to his strong educational background, which included writing grants, teaching, and supervising instruction, Dr. Cohen was hired and quickly became an integral component of the fledgling college. "In those early years, I was doing full-time student counseling, helping faculty learn how to write lesson plans, teaching behavioral science, and writing curricula," he said. "I also wrote our initial AHEC grant and co wrote our predoctoral and postdoctoral grants. In fact,

I'm proud to say we were the first osteopathic medical school in the nation to get an AHEC grant."

As new schools were added to the educational mix over the years, Dr. Cohen—who watched with pride as his son Andrew graduated from SECOM in 1993—played a key role in their development as well. In 1990, he was named director of instructional development at Southeastern University of the Health Sciences—a position he still holds today—and served a year as dean of the College of Allied Health in 1992. That same year, he also assumed the post of vice provost, which continued when Southeastern University of the Health Sciences merged with Nova University in 1994.

Today, Dr. Cohen's workload is as vigorous as ever. In addition to teaching the college's medical ethics course and overseeing the HPD Library and the Testing Center, he spends a significant portion of his time observing faculty instruction in all six HPD colleges and providing vital feedback to those he evaluates. He also gives monthly education and research seminars along with HPD personnel Kathleen Hagen, academic research evaluation coordinator, and Dr. Patrick Hardigan, executive director of assessment, evaluation, and faculty development. "What we do is we plant seeds; we never know exactly what's going to sprout," he said. "Our mission is to talk about great teaching and what constitutes great teaching. We want every teacher to become the best he or she can be. That's our never-ending mission."

More than 25 years have passed since Dr. Cohen took his first stab at retirement—and he has no plans to attempt it again anytime soon. "I love what I do here," said Dr. Cohen, who is the proud grandfather of 10 grandchildren and 4 great grandchildren. "I think we have the greatest students in the world here, and I enjoy interacting with them. It's also important for me to feel like I'm still making a contribution to something, and I really feel blessed that I'm mobile and can still work. I have never regretted following my passion for educating students.

"I may be an antique in terms of my chronological age," he joked, "but not in my social and emotional age. I'm enjoying my journey through life to the fullest extent possible."



Dr. Cohen and Joan in 1980.

Student Osteopathic Surgical Association (SOSA)



SOSA Secretary Melissa Hartman, SOSA President Megan Hanson, and Dr. David Thomas, who serves as the club's faculty advisor.

Over the years, NSU-COM's Student Osteopathic Surgical Association (SOSA) has grown into one of the college's largest student organizations, currently comprising 203 members in the M1 class and 186 members in the M2 class. That's why President Megan Hanson and her fellow SOSA officers have worked hard to offer club members an interesting and educational array of activities to participate in throughout the 2005-06 academic year.

In her role as SOSA president, Hanson, an M2 student, has tried to strike a balance between adhering to tried-and-true concepts while incorporating new activities that benefit the club's vast membership. "Basically what we've done is carry on the tradition of what past organizational leaders have done, which is offer anatomy reviews for all the classical exams, coordinate suture clinics, and bring in guest speakers while also adding some new elements," she explained. "SOSA does a large-scale anatomy review on Saturday mornings that employs most of the anatomy fellows, which allows us to provide the most comprehensive and up-to-date information possible."

The club's suture clinics, which are available to all NSU-COM students free of charge, always elicit a large turnout thanks to the assistance and expertise of David Thomas, M.D., J.D., who serves as professor and chair of the Department of Surgery. "We currently offer the suture clinics four times a year," said Dr. Thomas, who also serves as the organization's faculty adviser. "A couple of nights before these clinics, I take the SOSA officers aside and teach them simple suturing and knot-tying procedures so they can facilitate their colleagues. The club also provides suture clinics for the Medical Explorers program, which exposes high school students to health-related fields."

During her term as president, Hanson has also worked with Dr. Thomas to increase the number of guest speakers that are

invited to address the club's membership during its luncheon meetings each semester. "Our goal is to host at least five speakers each semester in an effort to get a representative from each surgical subspecialty (i.e., general surgery, cardiac, vascular, orthopedics, urology, plastic surgery, otolaryngology, pediatrics, ophthalmology, and neurosurgery) so the students could get a better idea of what is available to them," she stated.

"It is our intention to expand the students' horizons by providing an overview of what they could do in surgery," Hanson added. "The truth is that many students are not going to get this exposure even after they do their clinical rotations. While the fourth-year electives may give students an opportunity, it is important that they be exposed to the field so they even know what elective fields are available."

For M2 student and SOSA Secretary Melissa Hartman, the club serves as an invaluable opportunity to gain a deeper insight into the surgical realm and help her decide the future direction of her career path. "I am involved personally with SOSA for the opportunity to explore surgical fields," she explained. "For someone like me who's not necessarily 100 percent sure, I feel this experience may help me select a career once I graduate."

In addition to the aforementioned activities, SOSA—which is an offshoot of the American College of Osteopathic Surgeons—coordinates other beneficial clinics as well as several fund-raising events at the beginning of the academic year, including selling scrubs to the incoming M1 class and offering personal dissection kits. Additionally, thanks to her involvement at the national level, Hanson negotiated an agreement with Ethicon Endo-Surgery that provides all club members with free suture boards, which allow them to hone their knot-tying skills.

The SOSA leadership is also excited about the opportunity to serve the overall college community by obtaining over \$1,000 worth of suture, a DVD player, knot-tying equipment, and other items that will be on reserve in the library for all students. Additional plans include the creation of a SOSA Web site that will feature appropriate surgical and postgraduate training links.

Hanson also hopes to leave a lasting legacy for future SOSA leadership by acquiring a laparoscopic tower that can be utilized by students for generations to come. "I met with reps at our national convention about this because surgery is moving toward more laparoscopic procedures, which involve using a video monitor, camera, and scopes that make the surgical process less invasive," she explained. "Getting laparoscopic practice on this kind of equipment will be a significant benefit for our students because it will address both hand-eye coordination and give both surgical and non-surgical skills necessary to the modern physician."

"I am very passionate about the field," she added. "If I can pass on that passion to other students and help them realize their dreams, then I've helped SOSA accomplish its goals."

Family Medicine Residency Proves to Be Both Grueling and Engrossing

By Scott Colton
Director of Medical Communications



Family medicine residents Cara Nelson James, D.O., and Jerry Obed, D.O., discuss a case with Associate Professor Elisa Ginter, D.O.

The soap opera-like plot lines of TV's popular Sunday night drama *Grey's Anatomy* may stretch the lines of credibility from time to time, but most real-life medical residents will tell you the show does an accurate job of depicting the frantic and taxing workloads they contend with on a daily basis.

Just ask Cara Nelson-James, D.O., and Jerry Obed, D.O., who are two residents currently in the process of completing their third and final year in the NSU/North Broward Hospital District Family Medicine Residency Program. Like the characters on *Grey's Anatomy*, Drs. Nelson-James and Obed have been put through the equivalent of medical boot camp throughout their residency.

The frequent 80-hour workweeks and 24-hour on-call rotations that comprise a portion of the family medicine residency are true survival tests for any physician-in-training. So you can imagine the inherent challenges Dr. Nelson-James—a happily married mother of four—has had to contend with in her quest to balance a grueling residency workload with familial demands.

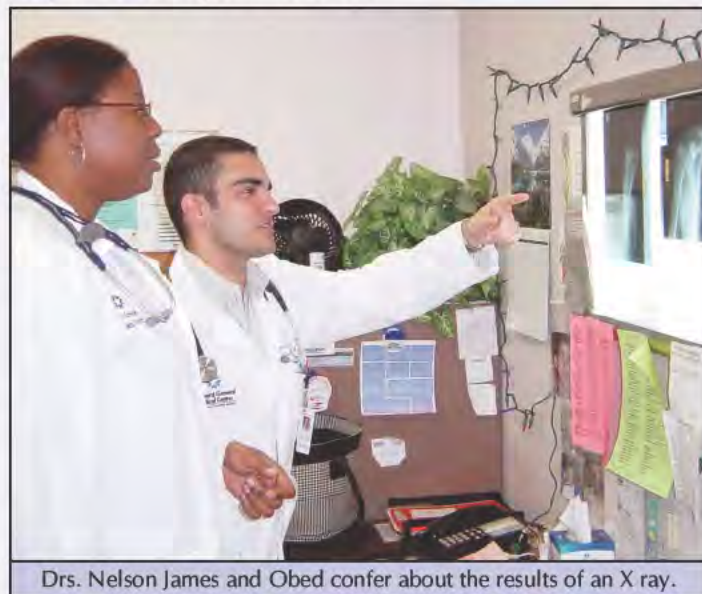
"There are a lot of days when I feel I just can't do it," admitted Dr. Nelson James, whose children range in age from 18 months to 12 years old. "You have your mini breakdowns. It's unfortunate,

but when you're a parent, there is no getting away. There are times when I just feel overwhelmed, so I'll pray or call my good friends and talk the problem through. Other times I'll just go into my bedroom and tell the kids to give me a few minutes to be alone so I can decompress. Thankfully, my husband is my best friend, so I can also talk to him, and he will take care of the kids for me when he's home from work."

The NSU/North Broward Hospital District Family Medicine Residency, which includes a one-year rotating internship, is an intense three-year program designed to expose recent medical school graduates to both hospital and outpatient settings. During their residency, they rotate through a range of areas such as internal medicine, family medicine, pediatrics, general surgery, OB-GYN, and emergency medicine, as well as the subspecialties of internal medicine, pediatrics, and general surgery.

Whether they're working from 7:00 p.m. to 7:00 a.m. during their emergency medicine rotation or completing a 30-hour shift at Broward General Medical Center during their internal medicine stint, endurance is the name of the game as sleep becomes a precious—and extremely rare—luxury. "It seems like I haven't slept in years," joked Dr. Nelson-James, who graduated from NSU-COM in 2003. "Due to the different work schedules, you are exhausted all the time."

Because so many components comprise the family medicine residency, including working at the Family Medicine Clinic at NSU's Sanford L. Ziff Health Care Center, Drs. Nelson-James and Obed are exposed to all areas of primary care. "In primary care we're responsible for so much—we're basically the jack-of-all-trades," explained Dr. Obed, who received his D.O. degree from Kirksville College of Osteopathic Medicine in 2003. "Although our training should and does focus more on outpatient settings, it's important to appreciate and be exposed to the hospital-based experiences as well."



Drs. Nelson James and Obed confer about the results of an X ray.

of Osteopathic Medicine Family Medicine Residents



Dr. Obed (right) with Joseph DeGaetano, D.O., who serves as assistant dean of clinical curriculum and graduate medical education.

One of the more daunting facets of Dr. Obed's residency experience has been learning how to navigate through the massive amount of paperwork that is required in today's managed-care environment. "Here at the Davie clinic, we are responsible for providing documentation on our charts, billing and coding, writing prescriptions, and so many other details," he explained. "There's definitely a steep learning curve, but that's a good thing because when we get out and practice, these are the things we're going to be responsible for."

Now that Drs. Nelson-James and Obed are in their third and final residency year, their workload has lightened considerably, although they are still working upwards of 50 hours a week in the residency program. So how are they spending those precious hours of downtime? By moonlighting on the weekends to make some much-needed extra cash. "Although the workload is lighter in the third year, you moonlight for financial reasons and to gain additional experience," explained Dr. Obed, who pulls 12- or 24-hour shifts at the West Palm Beach Veterans Affairs Medical Center. "Essentially you're right back to the grind, but it's very rewarding because you have more autonomy when you moonlight."

As they near the end of their residency, these wiser, but definitely more weary, D.O.s are planning for their next career moves—and offering advice to future residents who will have to contend with the same anxiety-inducing mix of issues. "The first thing I would say to someone is don't be fearful and pursue your dreams," stated Dr. Nelson-James, who has already accepted a post-residency position at a rural clinic in Avon Park, Florida, located just south of Orlando. "One of the greatest stumbling blocks is that people are afraid they can't do it. The easy way out is to just give up, but it can be done, and once you lose that fear, it is smooth sailing. Having a support system like I have also plays a pivotal role in helping you succeed."

Dr. Obed, who is single, says the key to surviving the rigors of residency involves being prepared and knowing what to expect. "Residency is what you make of it," he explained. "Every month is a new adventure, so you just prepare, make adjustments, and do the best you can. In my opinion, it's important to be knowledgeable in all the subspecialties so you're comfortable treating whatever enters your primary care office, but also so you understand your limitations and know what to refer out."

Another survival strategy they adhere to is making the most of their free time, which means something different to each resident. For Dr. Nelson-James, downtime means spending some treasured quality moments with her family. For Dr. Obed, it involves being outside and being active. "Everyone needs time away from medicine," admitted the workaholic, who enjoys a bracing physical workout or a refreshing jaunt to South Beach to recharge his batteries.

Now that they can see the proverbial light at the end of the tunnel, Drs. Nelson-James and Obed are anxiously awaiting their June 2006 residency graduation while looking boldly into the future. "It's really satisfying to know you've succeeded," Dr. Nelson-James proudly proclaimed. "Once I start my position at Avon Park, I will be working 8:00 a.m. to 5:00 p.m., Monday through Friday. That means I will be able to see my husband and kids on the evenings and during the weekends. That's what I'm looking forward to the most."

While Dr. Nelson-James already knows what looms on her professional horizon, Dr. Obed is still in the process of examining his options. "At this stage, I'm still looking into the reality of medicine and where my niche is going to be," he explained. "The problem with primary care is that the job opportunities are endless, from working in a traditional primary care office, to being a hospitalist, working in urgent care, or even being the doc on a cruise ship. What I do know is I would like to work in an active primary care office because there's so much variety in family medicine. There is so much you're responsible for knowing, which is a challenge. Fortunately, I really love medicine and what I'm doing."



Dr. Nelson James interacts with M3 student Christen Nardi in the NSU Sanford L. Ziff Health Care Center Family Medicine Clinic.

Alumni Association Executive Committee

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 John Geake, D.O. ('93)
 Michael Gervasi, D.O. ('87)
 Tamer Gozleveli, D.O. ('94)
 Jeffrey Grove, D.O. ('90)
 Kenneth Johnson, D.O. ('91)
 Daniel McBath, D.O. ('90)
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 Immediate Past President

Howard L. Neer, D.O.
 Associate Dean, Alumni Affairs

Lynne Cawley, M.S.
 Associate Director, Interprofessional/Alumni Affairs

Living Tribute Honorees

2002 - Mary Smith Allegro
 2003 - Arthur Snyder, D.O.
 2004 - Lori Dribin, Ph.D.
 2005 - Edye Groseclose, Ph.D.
 2006 - Howard Hada, Ph.D.

Celebration of Excellence Distinguished Alumni

1999 - Archie H. McLean, D.O. ('88)
 2000 - James Turner, D.O. ('88)
 2001 - Daniel McBath, D.O. ('90)
 2003 - Joel Rush, D.O. ('85)
 2004 - Jeffrey Grove, D.O. ('90)
 2005 - Gregory James, D.O. ('88)
 2006 - Glenn Moran, D.O. ('88)

Alumni in the News

David M. Lang, D.O. ('91) has been appointed chief of emergency medicine at Mount Sinai Medical Center in Miami Beach, Florida. Dr. Lang also serves as an NSU-COM clinical assistant professor of family medicine/emergency medicine.

Vincent Marino, D.O. ('92), medical director at LCA-Vision in Cincinnati, Ohio, recently reached a significant milestone when he performed his 50,000th LASIK laser eye surgery. His achievement was chronicled in the February 2, 2006, issue of the *Cincinnati Enquirer*.

Mark J. Pamer, D.O. ('02), who will be completing his internal medicine residency at University of Florida Shands-Jacksonville in June, has been accepted into a three-year pulmonary/critical care/sleep fellowship at Rush University in Chicago, Illinois. He also coauthored an original research project named "The Role of Gastroesophageal Reflux in Acute Exacerbations of Chronic Obstructive Pulmonary Disease" that has been accepted by *CHEST*, which is the official publication of the American College of Chest Physicians.

Ronald Renuart, D.O. ('90), was named Physician of the Year at the Florida Osteopathic Medical Association's (FOMA) 103rd Annual Convention, which was held in February 2006 in Fort Lauderdale.

Richard Thacker, D.O., FACOI ('92) was elected president of the Florida Osteopathic Medical Association. Dr. Thacker, who currently serves as an internist and partner at the Medical

Group of North Florida in Tallahassee, joined the FOMA in 1993 and was a founding member of the organization's District Society 15.



Christopher Siano, D.O. ('03) was honored with a Presidential Recognition Award from the Florida Osteopathic Medical Association for his leadership both at NSU-COM and as a member of the FOMA Student District Society. Dr. Siano (right) received his award in February from FOMA President Joseph Giaimo, D.O.

Submission of Alumni News Items



Scott Colton

In my role as editor-in-chief and graphic designer of *COM Outlook*, I am always seeking ways to enhance the publication's content and make it as informative as possible for our readership. One of the ways I hope to accomplish this is by providing expanded coverage of the myriad individuals who comprise NSU-COM's distinguished alumni base. If you've published a book, received an award, or been promoted or elected to a lofty professional position, please contact me at (954) 262-5147 or submit the information via email to scottc@nsu.nova.edu.

Dr. Glenn Moran Honored at NSU's Celebration of Excellence Ceremony



Dr. Moran and his lovely wife Valerie celebrate his receiving the prestigious 2006 NSU Distinguished Alumni Award.

In January, 1988 NSU-COM alumnus Glenn Moran, D.O., FACOFP, was honored with a Distinguished Alumni Award at the Ninth Annual NSU Celebration of Excellence ceremony held at the Signature Grand in Davie, Florida. Each year, this event brings together community leaders and industry pioneers who have made significant contributions to their professions and communities.

Since graduating from NSU-COM, Dr. Moran has spent a significant portion of his time giving back to current NSU medical students in his role as clinical assistant professor in the college's Department of Family Medicine. In this role, he frequently provides lectures for the student body while also allowing NSU-COM students to rotate for a four-week period of training at his private family practice in Plantation, Florida, where they study and learn under his direction. In addition to being extremely well liked, he serves as a compassionate friend, role model, and even a father figure to many of the students.

He also serves as the faculty advisor to the student members of the Sigma Sigma Phi National Osteopathic Honorary Society, which he was a proud member of during his medical school years, and as the faculty advisor to NSU-COM students representing the Florida Society of the American College of Osteopathic Family Physicians.

His volunteer contributions to NSU-COM have also included serving as president of the college's Alumni Association Executive Committee and as a member of the Dean's Alumni Advisory Council. "I have observed Dr. Moran functioning on the Dean's Alumni Advisory Council and the Alumni Association Executive Committee and have noted that he is always intensely interested

and presents very logical recommendations about different activities," said Dr. Howard Neer, associate dean of the college's Office of Alumni Affairs. "His participation is always enthusiastic and forward thinking for the advancement of the profession and the college. To put it simply, Dr. Moran is an alumnus and osteopathic physician we can all be proud of."

On a statewide level, Dr. Moran is currently a member of the Pharmacist Prescribing Committee of the Florida Board of Pharmacy, the Scholarship and Student Loan Committee of the American College of Osteopathic Family Physicians, and the Florida Board of Osteopathic Medicine.

Alumni Dinner in Alabama

An alumni dinner was held in Birmingham, Alabama, on January 30 for NSU-COM graduates living in the area that was attended by the college's dean, Dr. Anthony J. Silvagni, Lynne Cawley, associate director of alumni affairs, and several alumni.

The NSU-COM Office of Alumni Affairs has been coordinating these small-group alumni dinners in various areas of the country over the past year or so, which is a trend that is destined to continue. "It's a way to reconnect with those that graduated," Cawley stated. "But, more importantly, it's a way for them to meet other COM graduates that may live in the same town."

Be on the lookout for a dinner invitation in your area. Next stop—Tampa.

Upcoming Events

- May 8, 2006 (tentative)**
Alumni Dinner
Tampa, Florida
- 6**
May 20, 2006
Senior Week Golf Tournament
Raintree Golf Resort – Pembroke Pines, Florida
11:30 a.m. (registration) – 1:00 p.m. (shotgun start)
Contact: Leslie Jones at jleslie@nsu.nova.edu
- 13**
July 27-30, 2006
FSACOFP – Orlando, Florida
- September 15-17, 2006**
FOMA Mid-Year – Tampa, Florida
Grand Hyatt Tampa Bay
- 20**
October 16-20, 2006
AOA Annual Convention and Scientific Seminar
Las Vegas, Nevada
- February 9-11, 2007**
11th Annual Alumni Reunion and CME
Renaissance Hotel – Plantation, Florida

Old Friends Reconnect at Alumni Reunion

The 10th Annual NSU-COM Alumni Reunion and Continuing Medical Education Program, held February 10-12, 2006, at the Hyatt Pier 66 Resort in Fort Lauderdale, was an action-packed weekend that allowed the attendees to renew friendships, honor the classes of 1986 and 1996, and celebrate the contributions of this year's Living Tribute Award recipient, Howard Hada, Ph.D.

Approximately 120 alumni and their families mingled with NSU-COM faculty and friends at the Friday evening reception, which featured a festive atmosphere filled with hugs, hearty laughter, and fond recollections of their days at NSU-COM's precursor, SECOM. "Many of the attendees had not seen each other for 20 years, and the excitement generated was fun to watch," said Lynne Cawley, M.S., associate director of alumni affairs, of the event that attracted attendees from all over the country, including Arizona, New York, and Michigan.

The CME lectures, which are always insightful, also attracted a large audience throughout the weekend. "Our alumni enjoy attending the lectures, but it's even more special for them because all the lecturers are NSU-COM alumni and faculty," said Howard Neer, D.O., FACOFP, associate dean of alumni affairs. "It's also an excellent way to earn eight CME credits, which are provided free to the alumni."

The Saturday night banquet was also a resounding success as a record 190 individuals, including alumni, faculty, staff, and administration, attended the event. "We are really beginning to see an increase in alumni involvement. In fact, several of our alumni took the initiative to write letters, call their classmates, and encourage them to attend," said Cawley. "We've had great leadership in the Alumni Association, and Dr. Neer and myself look forward to seeing the leadership and the growth of the association continue. All the effort required to make the event succeed is worthwhile, especially when you see how excited the attendees get when they spot a classmate they haven't seen for quite some time. It makes our job very rewarding"

Colonel Ronald Renuart, D.O. ('90), who just returned from his second tour of military duty in Iraq, was elected president of the Alumni Association. The other elected officers are

President Elect - Gregory James, D.O. ('88)

Vice President - Robert Blackburn, D.O. ('86)

Secretary - Michelle Powell-Cole, D.O. ('95)

Treasurer - Ronald Tolchin, D.O. ('89)

Immediate Past President - Steven Cimerberg, D.O. ('87)

Planning has already begun for the 11th Annual Alumni Reunion and Continuing Medical Education Program, so mark your calendars for February 9-11, 2007. The reunion will be hosted at a new venue in 2007—the Renaissance Hotel in Plantation, Florida.



Alumni Reunion Photo Album



Dr. Howard Hada Honored with Living Tribute Award

Dr. Howard Hada's Nurturing Ability Earns Him 2006 Living Tribute Award



Howard Hada, Ph.D. (left) receives congratulations from NSU-COM Alumni President Steven Cimerberg, D.O.

For more than two decades, Howard S. Hada, Ph.D., has played a major role in educating and nurturing the students who have—and continue to—pass through the labs and lectures halls at NSU's College of Osteopathic Medicine.

Dr. Hada, who currently serves as assistant dean for academic affairs and chair of the Department of Microbiology at the College of Medical Sciences, was born September 16, 1949, in Harlingen, Texas, to parents who are second generation Japanese Americans. Not surprisingly, Dr. Hada admits that growing up in Central Texas was an interesting sociological experience since the Hada clan, which includes six children (three boys and three girls), was the town's sole Asian family for many years. Fortunately, Dr. Hada had no problem fitting in with his childhood peers, even adopting a fairly convincing Texas twang.

Academic and athletic prowess came naturally to Dr. Hada, who served as editor of the high school yearbook, captain of his high school football team the "Rattlers," and graduated in the top 10 percent of his class. During this time, he did several truly "odd" jobs, including working as a swimming character called Gierpo the Clown for an underwater theatre/

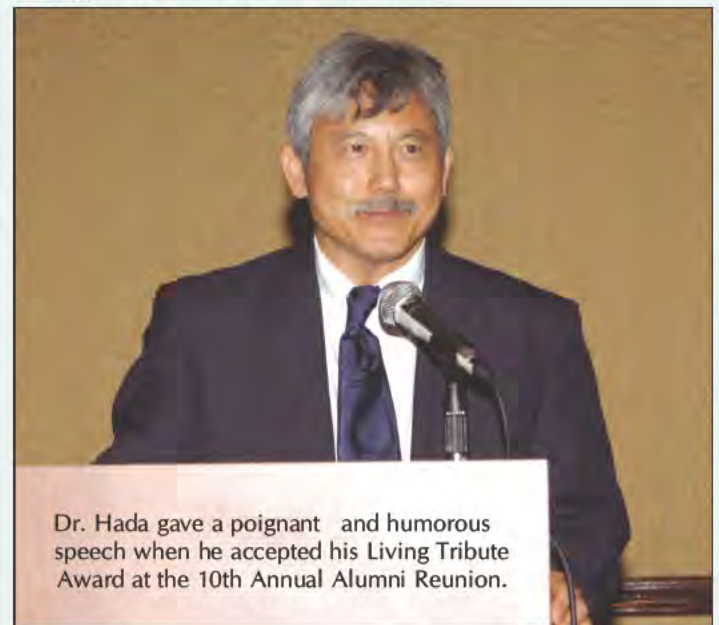
tourist attraction and serving as a chicken sexor for his father, which involved determining if baby chicks were male or female.

Following graduation from high school, Dr. Hada earned a master's degree in biology from the University of Texas at El Paso in 1977 and a Ph.D. in the same field from the University of Houston. In fact, it was during his graduate school matriculation that Dr. Hada had the great fortune of meeting the loves of his life, stepdaughter Christina and wife Clara, who currently works as a manager for Blue Cross and Blue Shield of Florida.

After earning his Ph.D., Dr. Hada accepted a two-year postdoctoral fellowship in the Department of Microbiology in the College of Natural Sciences at the University of Maryland at College Park. Following the completion of his fellowship in 1983, Dr. Hada relocated to South Florida to accept a position as assistant professor of microbiology at Southeastern College of Osteopathic Medicine.

When the College of Medical Sciences was established in the 1990s, Dr. Hada was named professor of microbiology, followed by a promotion to chair of the department in 1999, which is a position he still holds today. He then added another notch to his impressive resume in 2001 when he was selected to serve as assistant dean for academic affairs of the College of Medical Sciences.

During his leisure time, Dr. Hada enjoys playing golf, running, doing yoga, and tending to his semitropical garden, which featured 12 types and more than 50 individual palm trees before Hurricane Wilma decimated the South Florida landscape in October 2005. He also possesses a keen interest in various environmental issues and an appreciation of nature, which he developed while camping and backpacking in scenic areas throughout Colorado and New Mexico.



Dr. Hada gave a poignant and humorous speech when he accepted his Living Tribute Award at the 10th Annual Alumni Reunion.

Alumni Association Fund Honor Roll

In the spring of 1999, NSU COM launched an alumni based fundraising effort to generate dollars that would be used to create an endowment fund to reduce future tuition costs for NSU COM students and produce a funding pool that would be utilized for discretionary purposes as determined by the Alumni Association Executive Committee. Every effort has been made to ensure the accuracy of the following list of donors; however, if you notice an error or omission, please contact Lynne Cawley in the Office of Alumni Affairs at (954) 262 1029 to rectify the matter.

2006 Donors

500 Club (\$500 - \$999)

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250 Club (\$250 - \$499)

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Dr. R. Jackeline Moljo ('95)

Dr. Glenn Moran ('88)

*Dr. Ronald Renuart ('90)

Dr. Joel Rush ('85)

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*Dr. Joseph D. Paulding ('89)

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*Dr. Cecylia Kelley ('02)

Dr. Ronnie and Sherri Martin

*Dr. Joseph Morelos ('97)

Dr. Dafna Trites ('94)

** in honor of 2006 Living Tribute Award honoree Dr. Howard Hada*

Cumulative List (1999-2006)

Heritage Circle

Represents donors that have made a significant deferred gift via life insurance policies, insurances, or trusts.

Dr. and Mrs. Jeffrey Grove ('90)
(Gift: \$500,000 life insurance policy)

Dr. Albert Whitehead
(Gift: \$250,000 life insurance policy)

NSU-COM Society (\$10,000-\$24,999)

Dr. George Linsey

Chancellor's Council (\$5,000+)

Dr. John Geake ('93)

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Dr. Henry Malczak ('90)

Dr. R. Jackeline Moljo ('95)

NSU-COM Class of 1994

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Dr. Edward Packer

Alumni Association Fund Honor Roll

250 Club (continued)

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 Dr. Hector Rodriguez ('90)
 Dr. Steven Sager ('90)
 Dr. Lawrence Schwartz ('90)
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 Dr. Ira Weiner
 Dr. Richard Wolonick ('91)

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 Dr. Hue Nguyen ('89)
 Dr. Layne Nisenbaum ('85)
 Dr. Theresa Oakley ('99)
 Dr. William O'Brien ('92)
 Dr. Raymond Oenbrink ('85)
 Dr. Robert Oller
 Dr. Samuel Orr ('90)
 Dr. Ralph Ortiz ('98)
 Dr. James Otis ('85)
 Dr. Steven and Carolyn Newman
 Dr. Naushira Pandya
 Dr. Jilleen Pannoza ('89)
 Dr. Herbert Pardell
 Dr. Christopher Patterson ('93)
 Dr. Todd Patterson
 Dr. Lourdes Pelaez Echevarria ('94)
 Dr. Anthony Perrotti ('87)
 Dr. Harvey Pflanzler
 Dr. Richard Proctor ('97)
 Dr. Tammy Pruse ('99)
 Dr. Diane Pugh ('90)
 Dr. Thomas Quinn
 Dr. David Rabaja ('94)
 Dr. and Mrs. Vincent Randaisi ('93)
 Dr. Inciya Rangwalla Malickel ('01)
 Dr. Michael Rappa ('88)
 Dr. Charles Readdy ('92)
 Dr. Larry Reneker ('94)
 Dr. Eric Rentz
 Dr. Gerald Reynolds
 Dr. Paul Rodriguez ('94)
 Dr. Jeffrey Rothstein ('87)
 Dr. Gerald Safier
 Dr. Susan Sager ('89)
 Dr. David D. Sarkarati ('00)
 Dr. Patrick Sayavong ('92)
 Dr. Lawrence J. Scalzo ('94)
 Dr. Judy Schaffer
 Dr. Howard Schlitt
 Dr. Craig Shapiro
 Dr. Mitchell Shaw ('98)
 Dr. Philip Shettle
 Dr. Benjamin Shore

Dr. Robert Shultz
 Dr. Steven Silberfarb ('92)
 Dr. Jeffrey Silverman
 Rita and Gary Silverman
 Dr. Leslie Simon
 Dr. John Simons ('92)
 Dr. Stanley Skopit
 Dr. Snaro Skordas
 Leslie Smith ('97)
 Dr. Kathleen P. Soe ('99)
 Dr. Michael Stazel ('94)
 Debbi Steinkohl
 Dr. Wynn Steinsnyder
 Dr. Ronald Stengel
 Dr. Stanley Stockhammer
 Dr. Lawrence Strong
 Dr. Cheryl Tapp ('97)
 Dr. Frederick Taylor
 Dr. David W. Thomas ('90)
 Dr. Michael Traktman ('99)
 Dr. Todd Trites
 Dr. Tammy Tuchler ('97)
 Dr. Niel Tytler
 Dr. Ruben Valdes
 Dr. Steve Vanni ('95)
 Dr. James Vogler
 Dr. Douglas Walsh
 Dr. Colleen Ward ('88)
 Dr. Alex Wargo
 Dr. Monica Warhaftig
 Dr. Robert Waskin
 Ms. Martha Weber
 Dr. Albert Whitehead
 Dr. Luther Wiest ('03)
 Lisa Whims Squires ('93)
 Dr. Edward Wiener
 Dr. Annette M. Wilder ('95)
 Mr. Mark Wilder
 Dr. Gregg Wilentz ('97)
 Dr. Robert L. Wilkinson ('95)
 Dr. Ellen Wood
 Dr. Gerald Woodard
 Dr. Robert Wyko
 Dr. Scott Yaggar ('89)
 Dr. Melissa Young ('94)
 Dr. Gregory Zella
 Dr. Steven Zucker

Corporate/Organizational Contributions

Abbott Laboratories
AstraZeneca, Inc.
Biovail Pharmaceuticals
Central Magnetic Imaging
Florida Department of Corrections
Florida Osteopathic Medical Association
Forest Pharmaceuticals, Inc.
GlaxoSmithKline
Merck and Co., Inc.
Pace Travel
Palm Beach County Medical Society
Pfizer, Inc
Sankyo Pharma, Inc.
Schering Sales Corporation

Mixing Medicine with a Healthy Dose of Hollywood Pizzazz



Pictured (from left) are Dr. David Horowitz, Dr. Will Kirby, and Dr. Mark Horowitz, a 1996 NSU COM alumnus who serves as associate program director of the Western University/Pacific Hospital Dermatology Residency.

When Will Kirby, D.O., graduated from NSU COM in 2000, he would have never predicted that a career as a reality TV star loomed in his immediate future. But that's exactly what happened to the Florida native, who went from being an anonymous intern at Mount Sinai Medical Center and Miami Heart Institute to a bona fide celebrity thanks to his win on the TV show *Big Brother 2* in September 2001.

Surprisingly, Dr. Kirby's transition from medical practitioner to media star began with an off the cuff remark he heard after returning home following a particularly harried day during his internal medicine internship. "I came home after being on call for 36 straight hours, and candidly, I was a little depressed because internal medicine just wasn't what I wanted to be doing with my life," he recalled. "My brother had just graduated from college and was sitting around my house watching a show on MTV that was hosted by Carson Daly. My brother said, 'I think you could actually do a better job than he is doing.' And then it suddenly hit me he was right!

"As we were flipping channels, an ad came on for a show called *Survivor*, and it asked viewers interested in participating to send in an audition tape," he added. "Ten minutes later, my tape was in the mail, and within days I had my first audition in California. After the first round of interviews, CBS executives pulled me aside and said, 'Listen, we would love for you to be on *Survivor*, but the truth is we have another show we think you'd be perfect for.' As it turned out, I finished my internship on June 30, 2001, and started

filming *Big Brother 2* in Los Angeles the next day."

The show's premise, which involves putting a dozen or so individuals from all walks of life into a house for three months and cutting them off from all outside contact, requires the wily participants to think swiftly and strategize correctly to avoid the weekly eliminations. "It's more a stimuli deprivation contest than anything else," said Dr. Kirby, who briefly acted on a nighttime soap opera called *Savannah* in the late 1990s that was produced by the legendary Aaron Spelling. "There is no contact with the outside world whatsoever, which meant we had no access to radio, television, pens, paper, or even books. There were no windows or producers in the house, and the backyard had a 20 foot wall surrounding it. So all you could do was battle it out with the other contestants."

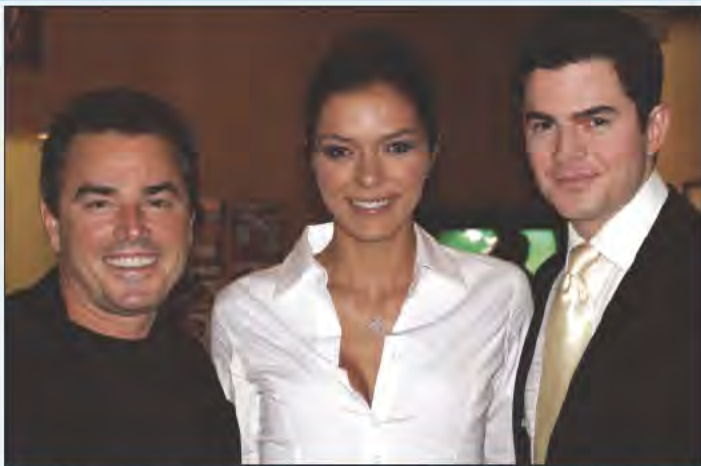
To illustrate just how strict the *Big Brother* rules are about contact with the outside world, Dr. Kirby and the remaining contestants were never informed of the catastrophic events that shocked the world on September 11, 2001. "It gives you a personal example of just how isolated we really were," he explained. "There were three of us left in the house at that point, and we were probably the only three people in the United States who knew nothing about the terrorist attacks until the show ended on September 18."

Thanks to his cunning strategy, Dr. Kirby won the competition and the hefty \$500,000 first prize. So what was the key to his reality TV triumph? "You have to go into these type of situations knowing very specifically what the rules are," he stated. "The truth is, being manipulative and deceitful play a huge role in reality television. I think a lot of contestants in the house had trouble removing themselves from their everyday lives, but my goal going into the game was to win by any means necessary. The basic rules of life don't really apply in the sense that you can lie right to someone's face as long as it accomplishes your means. Most people live their whole life and never do that, but if you go on *Big Brother*, *Survivor*, or *The Amazing Race*, you're going to be put in a situation where manipulation and alliances are absolutely imperative to your metaphorical survival."



Because the reality TV craze was still in its nascence in 2001, Dr. Kirby became an overnight celebrity following his win, which led to appearances on a number of programs, including *Live with Regis and Kelly* and CBS' *The Early Show*. "When you have \$100,000 in medical school loans to pay off and someone gives you a check for half a million bucks, it's a relief," admitted Dr. Kirby, who quickly parlayed his newfound fame into a number of successful business endeavors. "I'll tell you right off the bat that I've been incredibly lucky. I wish I could take credit, but in many ways luck has played a bigger role in my life than anything else."

Alumni Spotlight: Dr. Will Kirby



Dr. Kirby (right) poses with Christopher Knight of *Brady Bunch* fame and Adrienne Curry of *America's Next Top Model*.

"Keep in mind that reality TV is everywhere these days, but at the time there was only *Survivor* and *Big Brother*, so there was a tremendous amount of opportunity to do personal appearances all over the country," he added. "I was also invited to play in the NBA Entertainment League, which is sponsored by the National Basketball Association and allows celebrities and entertainers in Los Angeles to play in an organized basketball league."

During his time in the league, Dr. Kirby had the chance to play and, as he said with a laugh, "ride the bench" with some of the entertainment industry's reigning superstars, including Academy Award winner Jamie Foxx, Leonardo DiCaprio, Justin Timberlake, and Ashton Kutcher. He also formed a professional alliance with one of his teammates that led to the first of many successful ventures. "My buddy from *Big Brother 2*, Mike Boogie, was on my team as well, and he befriended Ashton. Mike owned a bar and said he wanted to get into the restaurant business, so I invested some of my winnings and Ashton helped get a number of celebrities involved to establish a restaurant called Dolce in West Hollywood in 2002, which immediately, and astonishingly, took off."

A second restaurant called Geisha House soon followed, but by 2003, Dr. Kirby, who was serving as a medical correspondent for the entertainment show *Extra*, was tiring of his celebrity lifestyle and craved a return to medicine. "At this point I was simply getting bored with my entertainment life. It was and still is incredibly fun," he admitted. "But I knew I was capable of so much more, so I decided to check into the possibility of getting back into medicine. However, the chips were stacked against me. Because of my ties to the restaurants, I had to remain in the Los Angeles area, and I only wanted to practice one specialty—dermatology."

In 2004, Dr. Kirby was fortunate enough to be accepted into the prestigious Western University/Pacific Hospital Dermatology Residency in Long Beach, California, which is run by renowned osteopathic dermatologist Dr. David Horowitz and accepts only one resident per year. Because he possesses a strong work ethic and meticulous attention to detail, Dr. Kirby immediately excelled in the program. In 2005, he was named chief resident and earned the prestigious Daniel Koprince, D.O. Educational Award from the

American Osteopathic College of Dermatology, which is awarded to dermatology residents for excellence in academic presentations made during the organization's annual and midyear meetings.

"Dermatology is a perfect fit for me," said Dr. Kirby, whose California clientele includes everyone from musicians and actors to talent agents and athletes. "I love doing cutaneous surgery and various cosmetic procedures, but I also love general dermatology because it's a cerebral specialty that allows me to use my brain. Equally important is the fact that it's also a physical specialty in that you can use your hands. In Los Angeles, it's all who you know, and if you do good work, word spreads quickly. I always say I don't have to tell people I'm a good dermatologist because if you spend five minutes with me, you'll know I'm a good dermatologist."

In addition to his dermatological career, Dr. Kirby is currently involved in a range of entertainment and entrepreneurial ventures that includes the establishment of a jointly owned company with a group of dermatologists called Coast Adventure Capital that invests in a range of projects such as real estate, three new celebrity backed restaurants, a bowling alley, a teddy bear business and a movie company called Formosa. In fact, Formosa recently received the green light to begin preproduction on a movie called *Black Water Transit* that is slated to star Bruce Willis and Jude Law.

Despite all the success he's experienced over the past five years, Dr. Kirby says he's still surprised at the way his life has turned out, especially since he didn't exactly set the academic world ablaze during his days at NSU COM. "To be honest, I wasn't top of my class at NSU," admitted Dr. Kirby, who will complete his dermatological residency in June 2007. "At times, it was difficult for me to focus because I didn't know what specialty I wanted to be in.

"My advice to students who may read this article is to not settle for second best," he added. "I think it is so important to create the type of life you want for yourself—no one is going to hand it to you. When I entered medical school I was so naïve. I didn't realize all the specialties were so different, that being an OB GYN, for example, is a completely different job than being a dermatologist in terms of reimbursement, hours, and stress. My education at NSU COM gave me the confidence to think outside the box, not settle for a life I didn't want, and realize there is a lot of opportunity available out there."



Original Tuskegee Airman Speaks at NSU-COM

By John M. Hatfield, M2 and AMOPS President



Tuskegee Airman Ezra Hill poses with John Hatfield during his visit to NSU COM.

To honor Black History Month, NSU-COM had the good fortune of having Ezra Hill come to speak. Hill is an original member of the Tuskegee Airmen, which is one of the great stories of military aviation. During World War II, when the United States was looking for more fighter pilots, the (segregated) military decided to do an “experiment” and train African American pilots to fly in Tuskegee, Alabama.

This was the first time African Americans were allowed to fly in the military, and they were not given much of a chance to succeed. Hill, who is a master storyteller, had the audience captivated with his recollection of events. Ultimately, the Tuskegee Airmen went on to do great things, such as being given the task of escorting large U.S. bomber planes into Germany while fending off the German planes trying to

shoot the bombers down. Remarkably, the Tuskegee Airmen were the only fighter group that never lost a bomber to enemy fighters. They have gone on to become one of the most decorated groups of men in the history of military aviation and just recently were awarded the highly prestigious Congressional Gold Medal.

Hill, who is also the only living “singing” Tuskegee Airman, and his wife live in Hampton, Virginia, where they started a foundation called Haven of Hope that teaches children how to read.



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