



CMS NEWS

The Chicago Medical School Newsletter

SPRING 2018
ISSUE 8



AMA MEDICAL STUDENT ADVOCACY AND REGION CONFERENCE

Students relate their experiences at a conference in Washington, DC.

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Nutrition faculty Hope T. Bilyk summarizes a recent lecture on healthy eating habits.

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CMS holds an event featuring art, poetry, and student presentations to launch the creative journal's second volume.

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Bringing *Cultura* to RFU

Maritza Martín, CMS '21, 2017-2018 Franklin Fellow, launched a seminar series to build awareness about Latino culture and the impact that cultural factors can have on the health of Latino patients.

When Maritza Martín began planning her Franklin Fellowship project, she originally envisioned a Spanish medical terminology course that would incorporate culture into the lessons. She wanted her classmates to have the opportunity to learn the vocabulary needed to communicate with the Spanish-speaking patients they would encounter in Waukegan and North Chicago, and she strongly believed that taking a community's culture into account was a crucial part of learning the language. But as she planned her seminar series, her focus began to shift.

"Once I started doing the project and actually implementing it," Maritza said, "I thought that it was more important to talk about the culture itself." She

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Contact Information:

Office of the Dean
Chicago Medical School
Rosalind Franklin University
3333 Green Bay Road
North Chicago, IL 60064
www.rosalindfranklin.edu/cms



Dean's Message

Greetings from Dean James Record

Work lovingly done is the secret of all order and all happiness.

—Pierre-Auguste Renoir

Culture is the bedrock of any institution. An organization rests its structure and process upon culture, and strength in that subsurface provides the foundation to withstand stressors. CMS provides a family-oriented, inclusive culture for those who work and study here. As much as our world revolves around training to care for people, our culture is based on a broader goal of caring about people.

No one represented that culture more than Sally Venus, who we lost earlier this month and whose memorial is included in these pages. In her 28 years at the University, she was a beacon of caring that provided a warm glow to our world. She is missed terribly, but her impact remains as a model of how we care about each other.

You will see evidence of the breadth and depth of that culture throughout this issue. For me, it provides comfort and balance to the world around us that can seem more polarized and divided, with fewer people listening and respectfully engaging open minds. Sally always provided a simple remedy: she demonstrated caring about people every day. The response we have seen since her parting is testament to the power of culture to support us and the love and respect for a truly special person. It also reminds us of our need to have everyone actively demonstrate that culture of caring. That is what maintains the bedrock of CMS and where Sally's place is irrevocably secured.

CMS proud,

A handwritten signature in black ink, appearing to read "James M. Record".

James M. Record, MD, JD, FACP
Dean, Chicago Medical School

All School Research Consortium

The 13th Annual All School Research Consortium (ASRC) took place at RFU on March 21. Organized by the Graduate Student Association, the ASRC is a university-wide event that highlights student research and reinforces the university's interprofessional mission. The event included a poster session, symposia talks, and a keynote address, "A Gluten-free Diet: Who Really Needs It? A Critical Appraisal," given by Stefano Guandalini, MD, professor emeritus and section chief of pediatric gastroenterology, hepatology and nutrition at the University of Chicago.

More than 30 students, residents, and research associates from Chicago Medical School presented their work during the poster session, and six students and residents participated in the research talk symposia.

Congratulations to this year's CMS winners! **Amber Fearon**, CMS '20, won the CMS prize for Best Scientific Poster; **Akop Seksenyan**, CMS '18, won the CMS prize for Best Scientific Talk; and **Raghda Al Anbari**, MD, internal medicine resident, won the post-graduate trainee prize for Best Scientific Poster. ■



Clockwise from top left: Akop Seksenyan, CMS '18, receives the CMS award for Best Scientific Talk from Robert Marr, PhD, Assistant Dean for Research. Raghda Al Anbari, MD, receives the post-graduate trainee award for Best Scientific Poster from Dr. Marr. Ibukunoluwa Araoye, CMS '18, presents his poster. Rachyl Shanker, CMS '20, delivers her research talk.

Bringing *Cultura* to RFU

(continued from cover)

was especially interested in the ways that cultural and societal factors — including language barriers, socioeconomic status, immigration status, religion, and occupation — affected the health outcomes of Latino patients.

Maritza was further inspired by the Office of Diversity and Inclusion's Respect and Civility Campaign speaker series, which took place last October. After attending a few of the presentations, she recalled that several speakers and attendees had emphasized that people had to immerse themselves in another culture in order to truly understand it. But she realized that, with a busy schedule of classes, labs, and studying, even students who had the desire to immerse themselves in Latino culture would not have the time to do it.

"So I thought, Okay, let me try to bring this culture to campus and expose some of the realities that are lived in these communities," Maritza said. Thus began her project, titled "Bringing *Cultura* to You: Building Awareness at RFU About Latino *Comunidades* Nationwide."

Maritza combined efforts with the Baldwin Institute for Interprofessional Education (which had been planning a similar series) to produce the "iConnecting Our *Comunidades*!" Health & Culture Seminar Series. The series comprised six events, and Maritza created three of them: "Social Determinants of Latino Health," "Latino Patients in 'Survival Mode,'" and "The Latino Reality: Seeing It Through Our Eyes."

Maritza, who grew up in the predominately-Latino south side of Milwaukee and was the first in her family to graduate from college, feels that not everyone understands the reality of the challenges faced by people in marginalized communities, including the Latino communities in Waukegan and



North Chicago. "We're literally five minutes away from these communities, yet we're not aware of the struggles Latinos are facing on a daily basis," she said. "There's this disbelief of our realities, of what really goes on."

Maritza's three presentations addressed these realities. Her first presentation, "Social Determinants of Latino Health," addressed the many factors that physicians must understand when treating Latino patients. For example, Latino patients — especially undocumented ones — may have dangerous, labor-intensive jobs with no health insurance or other benefits. They are often unable to take sick days or miss work to go see a doctor. And when they do seek health care, they may fear or distrust their doctor and feel uncomfortable or out of place in a doctor's office. Being aware of all of these factors, Maritza said, is the first step to being able to care for these patients effectively.

For the next two presentations, "Latino Patients in

“Survival Mode” and “The Latino Reality,” Maritza brought in community partners from Waukegan Public Library, A Safe Place, and RFU’s Office of Student Affairs and Inclusion to talk about other societal factors impacting Latino communities, such as domestic abuse, economic exploitation, lack of representation, and “imposter syndrome” — constant feelings of self-doubt that can make Latinos and other minorities question their right to belong in the medical profession, school, or even the United States.

The seminar series concluded on May 1 with a community panel discussion organized by the Baldwin Institute. Even though the series is over, Maritza hopes that her project will be picked up by a future Franklin Fellow, possibly expanding the series to highlight other marginalized communities. And she hopes that the main themes of her series — the importance of understanding different cultures, the barriers marginalized communities face in daily life, and how those barriers can impact patients’ health — will eventually be incorporated into the university curriculum, such as in the first-year interprofessional

course HIPS 515.

“It’s important to build awareness here on campus so that we really get to understand the patients we’re treating in Waukegan and North Chicago,” she said. “I thought it was essential to bring to light a community that’s literally five minutes away, that we often avoid talking about.” ■

*Below: Maritza’s presentation “The Latino Reality: Seeing It Through Our Eyes”; Maritza participates in the community panel discussion, along with Manny Hernandez and Yvette Martinez from the Waukegan Public Library and Jesus Ruiz from RFU’s Office of Student Affairs and Inclusion. **Cover:** Maritza during her presentation “Latino Patients in ‘Survival Mode.’”*



AMA Medical Student Advocacy and Region Conference



During the conference, medical students from across the country gathered at Capitol Hill before meeting with senators and representatives.

The AMA Medical Student Advocacy and Region Conference (MARC) took place from March 8th-10th at the Washington Court Hotel in Washington D.C. Several CMS students, including the CMS AMA executive board and delegate, joined over 300 medical students from across the country at our nation's capital. At MARC, students were given the tools and experience they needed to advocate for the future of medicine and create change in healthcare politics. Students participated in interactive sessions about current legislation, learned how to be successful advocates, spent a full afternoon on Capitol Hill to meet with their state's senators and representatives, networked and socialized with other students from across the country, and honed various clinical skills at workshops with AMA physicians.

Conference Highlights

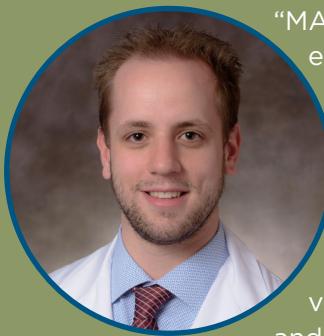
On the first day of the conference, medical students were able to listen to guest speakers from many different backgrounds and levels of expertise talk about their experiences in politics and healthcare advocacy. The speakers included Senator John Barrasso, the Republican senator of Wyoming and board certified orthopedic surgeon, Christopher M. Jones, PharmD, MPH, the director of National Mental Health and Substance Use Policy Laboratory at the Substance Abuse and Mental Health Services Administration (SAMHSA) and Dan Diamond, a journalist that covers health care policy at POLITICO and creator of the popular political podcast PULSE CHECK. Later in the evening, students learned about five issues they were going to advocate for

Student Quotes



"MARC allowed us to learn about important advocacy topics such as gun violence and the opioid crisis. Within twenty-four hours of our arrival, we were lobbying on the Hill for these bills to get passed. It was really inspiring." —

Johanna Stetcher, CMS '21, AMA Treasurer



"MARC was an extraordinary experience that truly opened my eyes to a few of the inner workings on the hill. MARC provided me an opportunity to work with fellow medical students and law makers to give a voice to those who need it, and truly make a difference in the world we live in. The policies we lobbied for have a direct impact on our community, the way we will treat patients, and the wellbeing of our future physicians. As a future healthcare provider it has long been a goal of mine to positively impact my community, and I believe MARC provided me a venue to generate those changes at local and national levels." — **Darren Stapleton, CMS '21, AMA Vice President**



"This conference was an incredible opportunity to do something that actually made a difference. I expected to show up, attend a few workshops, listen to some speakers, and head home, but it was so much more than that.

Having the chance to hold meetings on Capitol Hill with actual policy advisors, especially so close to the omnibus vote, was an incredibly rewarding and satisfying feeling. I'm definitely look forward to the next one and getting more involved with healthcare policy and advocacy." — **Matthew Christensen, CMS '21, AMA Advocacy Chair**



"I'm truly grateful for the opportunity to join nearly 400 medical students from 42 states in D.C. to address our nation's public health challenges. Our success in making the needs of our CMS student body and local community known to our lawmakers serves as a humbling reminder that our unique, informed voices invite optimism for the future of health care." — **Alvin Singh, CMS '21, AMA Co-president**

on behalf of AMA the following day. William Estes, AMA's Government Relations Advocacy Fellow (GRAF) and medical student at Texas A&M College of Medicine, talked about specific bills or programs AMA supported regarding gun violence, the opioid crisis, DACA, Graduate Medical Education and higher education.

The next day, medical students took their new advocacy skills to Capitol Hill and met with senators and representatives to lobby for funding and specific bills regarding healthcare policy. Most of the RFUMS

students met with the policy aides of Senator Tammy Duckworth (D-IL) and Representative Brad Schneider (D-IL). Other RFUMS students spoke to staffers of California and Ohio senators. The final day of the conference included networking events and the clinical skills workshops, where students learned suturing, ultrasound techniques, intubation skills, IVC filter implementation and retrieval and other skills. At the end of March, the Fix NICS Act, a bill that AMA students advocated for during MARC, was passed into law! The act addresses the public health crisis of gun violence by creating tighter regulations

on reporting from states and federal agencies to the National Instant Criminal Background Check system database.

About the AMA at RFUMS

Excited by the conference, the AMA executive board put together a three part lecture series in the spring quarter about healthcare advocacy and policy. Our guest lecturers included Dr. Nestor Ramirez, President of the Illinois State Medical Society, Dr. Katherine Emerine, a Family Medicine Physician who

specializes in obesity medicine and William Estes, the AMA GRAF from MARC. If medical student members of AMA at CMS would like to become more involved in AMA, the AMA annual meeting takes place on June 9th-13th 2018 at the Hyatt Regency Chicago in Chicago, Illinois. Conference registration is free for all AMA members. ■

Article and photographs submitted by S. Isabel Coronel, CMS '21.





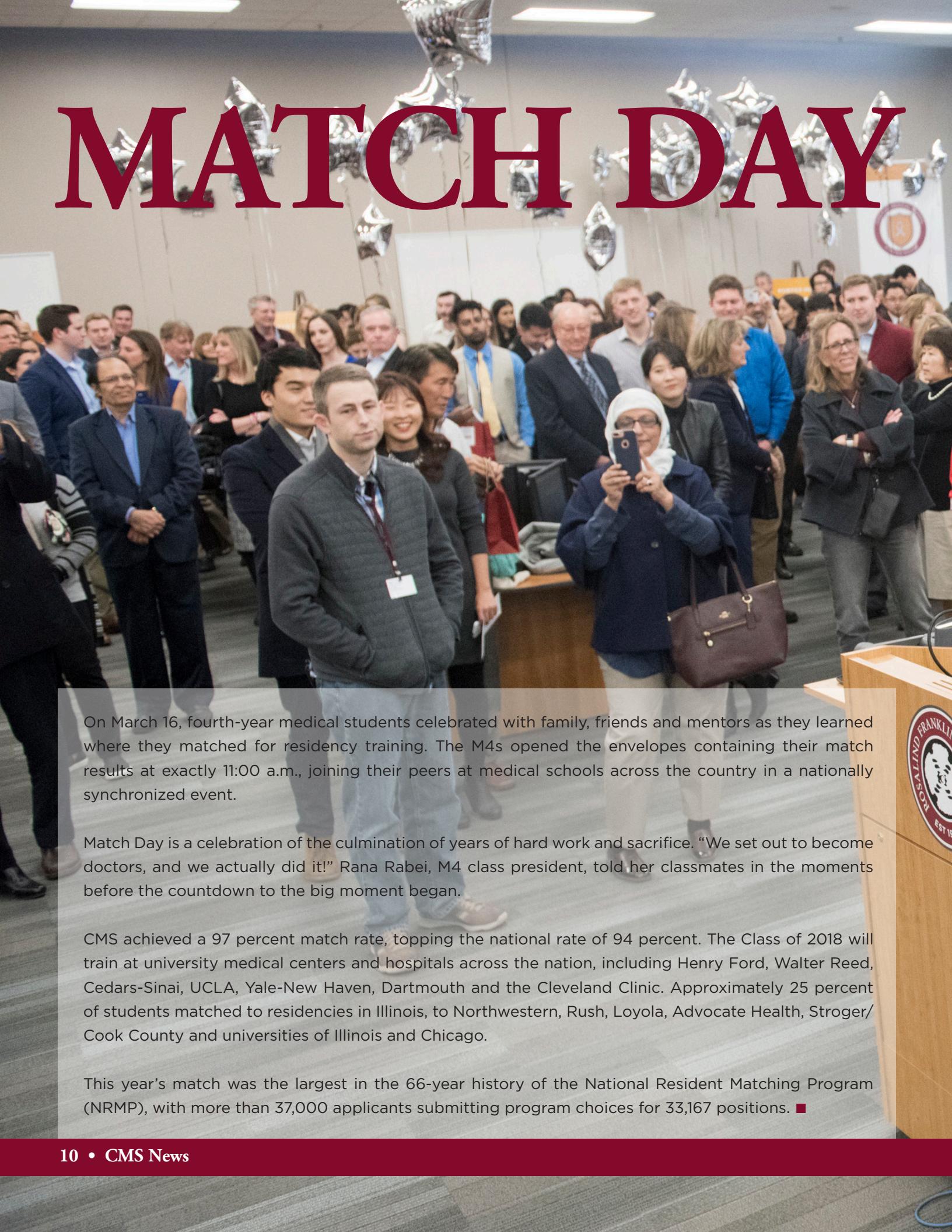
Above: Alving Singh, Darren Stapleton, Johanna Stecher, and S. Isabel Coronel, all CMS '21, in front of the office of Senator Tammy Duckworth (D-IL).

Top left: William Estes, the AMA Government Relations Advocacy Fellow at RFU, talking about MARC and healthcare policy for the AMA advocacy lecture series. **Bottom left:** The AMA executive board with Dr. Nestor Ramirez, president of the Illinois State Medical Society, at RFU for the AMA healthcare advocacy lecture series.



Opposite page, clockwise from top left: Darren Stapleton, Alvin Singh, Matthew Christensen, S. Isabel Coronel, Johanna Stecher, and Samuel Bunting, all CMS '21, at a networking event during the conference. RFUMS students on Capitol Hill. Alvin Singh, Samuel Bunting, Darren Stapleton, and Matthew Christensen at the MARC conference.

MATCH DAY



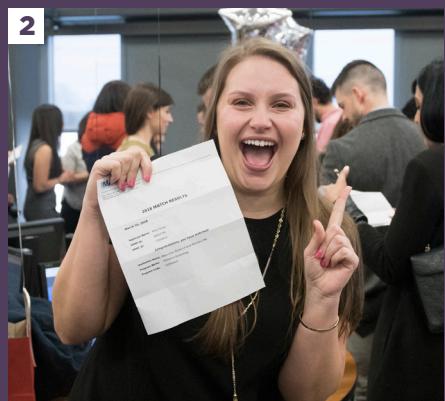
On March 16, fourth-year medical students celebrated with family, friends and mentors as they learned where they matched for residency training. The M4s opened the envelopes containing their match results at exactly 11:00 a.m., joining their peers at medical schools across the country in a nationally synchronized event.

Match Day is a celebration of the culmination of years of hard work and sacrifice. "We set out to become doctors, and we actually did it!" Rana Rabe, M4 class president, told her classmates in the moments before the countdown to the big moment began.

CMS achieved a 97 percent match rate, topping the national rate of 94 percent. The Class of 2018 will train at university medical centers and hospitals across the nation, including Henry Ford, Walter Reed, Cedars-Sinai, UCLA, Yale-New Haven, Dartmouth and the Cleveland Clinic. Approximately 25 percent of students matched to residencies in Illinois, to Northwestern, Rush, Loyola, Advocate Health, Stroger/Cook County and universities of Illinois and Chicago.

This year's match was the largest in the 66-year history of the National Resident Matching Program (NRMP), with more than 37,000 applicants submitting program choices for 33,167 positions. ■







1. Natalia Popenko and Ryan Glynn.
2. Riley Young.
3. Brittany Muller, Vina Chhaya, and Thomas Mullenix.
4. Brian Yep and Kristina Do.
5. Janhavi Arun.
6. Genevieve Dixon and Adwoa Adu.
7. Autumn and Daniel Montville.
8. Hannah Lu and Caitlin Morin.
9. Sergey and Dayle Bondarev.
10. Sonia Aghera and Amol Mehta.
11. Shannae Ferguson.
12. Samantha Wala.

Gold Humanism Honor Society Induction Ceremony

On March 16, following the Match Day ceremony, 30 fourth-year medical students were inducted into the Gold Humanism Honor Society during a ceremony held at the Highland Park Country Club. The honor society, founded by the Arnold P. Gold Foundation, is an international organization that recognizes medical students for their integrity, clinical excellence and service to others. Inductees best embody the values of professionalism and

humanism in medicine. Students are nominated by their peers and approved by faculty and staff.

Congratulations to the inductees:

Gabriel Arom

Dayle Bondarev

Valerie Chavez

Vina Chhaya



Eugenia Chen
Matthew Connor
Francis Eusebio
Crystal Forman
Wilson Frasca
Barry Golestany
Patrick Holman
Melissa Hoshizaki
Sylwia Kaeding

Calvin Flint
Samarth Mathapathi
Julian McLain
Amol Mehta
Melissa Miller
Marco Palomo
Ronil Patel
Ruchee Patel
Philip Persino

Michael Reynolds
Lena Saleh
Bradley Schifrien
Alicia Seggelink
Enock Teefe
Nicholas Welsh
Angela Wu
Riley Young ■



Alpha Omega Alpha Induction Ceremony



The student initiates from the Class of 2018 and the Class of 2019.

Chicago Medical School held its annual Alpha Omega Alpha (AΩA) induction ceremony on March 14. Students, residents, faculty and volunteers were inducted into the national honor medical society in recognition of their scholarly achievement, professional conduct, excellence in teaching, and service.

Class of 2018 Initiates

Omeed Ahadiat*
Andrew Alsterda
Gabriel Arom*
Klil Babin
Shannon Burke*
Matthew Connor*
Matthew Cozzolino
Shannon Geberding
Barry Golestany
Patrick Holman*
Melissa Hoshizaki

Alexander Hwang
Allison Jenness*
Nicholas Leader
Jesse Liou
Hannah Lu
Yurong Mai
Caitlin Morin
Kelly Mueller*
Brandon Nudelman
Ruchee Patel
Philip Persino

Rana Rabei
Michael Reynolds
Gurmit Singh
Vivek Verma
Samantha Wala*
Brad White
Samuel Wu
Brian Yep
Joseph Yoon
Riley Young

* elected as juniors

Class of 2019 Initiates

Justin Foley
Kelsey Green
Patrick Kim

Joseph Kus
Arjun Ranade
Katrina Tate

Surbhi Trivedi
Jeffrey Wang

Alumni Initiates

Frank Olpelka, MD '81

Medical Director, Quality & Health Policy
American College of Surgeons

Neelum T. Arggawal, MD '92

Senior Examining Neurologist and Research
Director
Alzheimer's Disease Center Clinical Core
and Cardiology Cognitive Clinic
Rush University Medical Center



Robert J. Saqueton, MD '92, FACP

Chief Medical Officer
Lake County Health Department &
Community Health Center



Faculty Initiate

Robert Marr, PhD

Assistant Dean for Research and Assistant
Professor of Neuroscience



Resident Initiates

Fahad Jamil, MD

(UIC) Advocate Christ Medical Center

Michalina Kupsik, MD

UIC Metropolitan Group Hospitals

Volunteer Clinical Faculty Awardee

Melissa Chen, MD, Assistant Professor of
Medicine



Ashley Evans Professionalism Awardee

Crystal Foreman, CMS '18 ■

From top to bottom: Neelum T. Arggawal, MD '92. Robert J. Saqueton, MD '92, FACP, receives his certificate from Michael Zdon, MD, associate dean for continuing medical education and graduate medical education. Melissa Chen, MD, receives her certificate from Shannon Burke, CMS '18. Crystal Foreman, CMS '18, receives the Ashley Evans Professionalism Award from Dr. Zdon and Kelly Mueller, CMS '18.



Hope T. Bilyk, MS, RDN, LDN, a faculty member in Chicago Medical School's Department of Nutrition, gave a lecture to students, faculty and staff titled "So You Think You Eat Healthy?" The presentation was a collaborative effort with the university's Healthy U as part of National Nutrition Month activities in March. In case you missed the lecture, here is a capsule summary of Hope's presentation.

So You Think You Eat Healthy?

If you think you eat healthy, you are in line with some 75% of Americans who have reported that they have good to excellent diets.¹ But do we really have healthy diets? If so, then how do we explain the current epidemic of obesity in adults and children and the staggering rates of chronic diseases? More than two-thirds of all adults and nearly one-third of all children and youth in the United States are either overweight or obese. Consider also the leading health problems in this country with a nutrition component, including obesity, diabetes, heart disease, and some cancers. Are we wearing food consumption blinders? Because diet has a major impact in preventing disease and disability, healthcare providers can play a key role in encouraging a shift to a preventative, healthy-eating lifestyle.

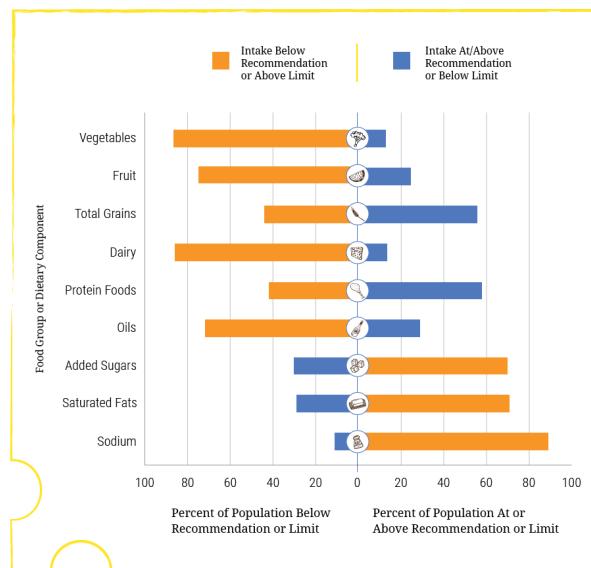
Data from the 2015–2020 Dietary Guidelines for Americans ([see Table](#)) demonstrate the poor alignment of our current eating patterns with published recommendations.² About three-fourths of our population has an eating pattern that is low in vegetables, fruits, dairy, and oils. Most Americans exceed the recommendations for added sugars, saturated fats and sodium. These are arguably the least healthy components of our diets. While more than half the population is meeting or exceeding recommended intakes for total grains, the recommendation for whole grains is not being met. This means that the nutritional value from foods such as oatmeal, brown rice, whole wheat, quinoa and popcorn (without the butter) is being missed by many.

Another food group not being consumed in recommended amounts is oils. Two strategies come

to mind for meeting the recommendations for oils in the diet. The first is to increase consumption of foods such as seafood and nuts. Then in preparing foods, whenever possible oils like canola, corn, olive, cottonseed, sunflower and peanut oil can be used rather than solid fats such as butter, stick margarine, shortening, lard or coconut oil.²

In terms of total dietary intakes, the eating patterns of Americans are too high in calories. The best way to assess calorie intake over time relative to calorie needs is by measuring body weight status. The high percentage of the U.S. population that is overweight or obese points to an overconsumption of calories over some period of time. Monitoring sugar intake and portions sizes are practices that can go a long way to reducing calorie consumption. The average American consumes

Table: Average Intakes from A Variety of Food Group Components Relative to Recommended Intakes²



a whopping 19.5 teaspoons of added sugar every day.³ That translates into about 66 pounds of added sugar consumed each year, per person.⁴

Now let's look more closely at vegetable and fruit consumption. Although most people think they eat healthy, a recent study from the Center for Disease Control and Prevention showed that on average fewer than 1 in 10 adults met the fruit or vegetable recommendations.⁵ Yes, you read that correctly: available data indicate that not even 10% of adults meet current recommendations for the consumption of fruits and vegetables. That does not sound too healthy, does it? These statistics describe dietary patterns that many are not aware of. There also are recommendations for colors of vegetables that should be consumed on a weekly basis. Why the color stipulation? The color of the plant reflects its composition and the various nutrients it contains. Mother Nature provides a variety of vegetable colors that can provide us a healthy variety of beneficial nutrients.

Fiber is another healthy nutrient found in fruits and vegetables. Fiber is found in whole vegetables and fruits, and minimally in juices. Because fiber fills us up, consuming a diet rich in fiber is a good strategy for weight control and overall good health. We are learning more and more about how fiber is integral to gut health. It not only helps to prevent constipation; it also appears to be important for a healthy microbiome, a hot topic in current research and the news. Patients can be encouraged to increase fiber in their diets by eating more whole grains, vegetables, and fruits on a daily basis.

Conversations about a healthy eating lifestyle to prevent chronic diseases and disability are needed more broadly in healthcare with messages reinforced by all members of the healthcare team. A collaborative effort is needed because the majority of individuals will not see a registered dietitian/nutritionist on any regular basis. Because of the abundance of health benefits derived from vegetable and fruit consumption, consuming more in an array of colors is a prime message for healthcare delivery.

The dietary guidelines for adults recommends the following quantities of fruits and vegetables.

Daily:

- 1 ½ cups of fruit a day and
- 3 cups of vegetables

Weekly:

- 1 ½ cups of dark leafy green vegetables,
- 5 ½ to 6 cups of red or orange vegetables,
- 5 to 6 cups of starchy vegetables and
- 1 ½ to 2 cups of beans

Sounds like a lot? It is probably more than most of us are used to eating because we are currently consuming large portions of less nutritious — and often non-nutritious — calorie-laden foods instead.

Adults and children alike need to be advised and encouraged that even small changes and maintaining newly adopted healthy eating patterns will benefit their health. Here are some simple messages. Start with small, doable steps such as adding one serving of vegetables a day. Or go wild and add two! Select a variety of colors daily. As time goes on more servings, variety and different types of vegetables and fruits can be incorporated into the daily eating pattern, and these will replace less healthy alternatives. To pack nutritional value into the diet, “change it up” to avoid ending up in a rut of eating the same thing day after day and missing out on beneficial nutrients. And remember this: if you add a rainbow to your plate, you just may find gold for your health. ■

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2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Accessed April 30, 2018 at <https://health.gov/dietaryguidelines/2015/guidelines/>.
3. Ervin, R.B., & Ogden, C.L. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. (2013). NCHS Data Brief, No. 122: Consumption of Added Sugars Among U.S. Adults, 2005-2010. Accessed April 30, 2018 at <http://www.cdc.gov/nchs/data/databriefs/db122.pdf>
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5. Lee-Kwan SH, Moore LV, Blanck HM, Harris DM, Galuska D. Disparities in State-Specific Adult Fruit and Vegetable Consumption — United States, 2015. MMWR Morb Mortal Wkly Rep 2017;66:1241-1247. Accessed April 30, 2018 at DOI: <http://dx.doi.org/10.15585/MMWR.mm6645a1>.

Faculty Awards Ceremony

The university's annual Faculty Awards Ceremony was held on April 20 to recognize outstanding research, teaching, service, and mentoring. Congratulations to the Chicago Medical School faculty members who were honored at the ceremony!

Joanna Dabrowska, PhD, PharmD, assistant professor in the Department of Cellular and Molecular Pharmacology, received the Board of Trustees Research Award, presented to a junior faculty member for excellence in research.

William Frost, PhD, professor in the Department of Cell Biology and Anatomy, received the Morris L. Parker Research Award, presented to a senior faculty member who has demonstrated national and international meritorious research in medicine or health sciences.

Melissa Chen, MD, assistant professor of medicine in the Department of Clinical Sciences, received the Lawrence Medoff Award, presented to a faculty member for outstanding performance in clinical sciences in the area of research, teaching, or clinical care.

Neil Bradbury, PhD, professor in the Department of Physiology and Biophysics, received the Rosalind Franklin Award for Excellence in Teaching, presented to a faculty member to recognize expertise in fostering student learning.

Michael Fennewald, PhD associate professor in the Department of Microbiology and Immunology, received the Timothy R. Hansen Mentoring Award, presented to a faculty member who has been at RFU for at least five years and has demonstrated outstanding contributions in advising, guiding and coaching university faculty. ■

From top to bottom: Dr. Joanna Dabrowska, Dr. William Frost, Dr. Melissa Chen, Dr. Neil Bradbury.



In Memoriam: Sally Venus



In loving memory of our beloved colleague Sally Venus

Sally joined Chicago Medical School in 1990 as an administrative assistant in the Curriculum Office.

Throughout her long career with the medical school, she also served as Manager of Operations in the Office of Undergraduate Studies and Administrative Director in the Office of Student Affairs and Education.

Sally was known throughout the university for her selflessness and her willingness to help anyone who came to her for assistance or advice. She will be missed and remembered by students, alumni, faculty and staff for her kindness, generosity and warmth.



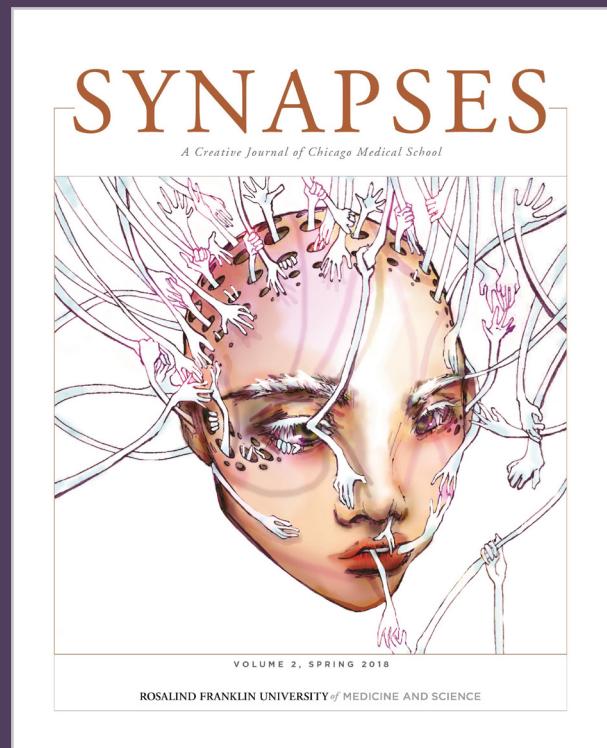
Synapses Salon and Exhibit

On May 12, Chicago Medical School hosted its second annual Synapses Salon to celebrate the intersection of medicine and humanities. The event marked the release of the 2018 volume of *Synapses* — the medical school's creative journal — and the opening of a two-week exhibit featuring selected art, photography and poetry from the journal.

The salon gave several artists the opportunity to present and discuss their works. **Elie Crystal**, CMS psychiatry resident, discussed his photograph "Lily Pond" and **Johanna Stecher**, CMS '21, discussed her fiction piece "In White." Participating via pre-recorded videos, **Morgan Gilmour**, CMS '19, read his poem "The Road to a Calling" and **Gloria Joo**, CMS '21, talked about the artistic process behind her art submission, "Synapses," which was featured on the cover of the journal.

Synapses publishes creative works of poetry, art, photography, fiction and non-fiction that focus on experiences in medicine and expressions of the human condition. Submissions are open to all members of the CMS community, including students, residents, fellows, faculty, staff and alumni.

To view the current and past volumes online, please visit <http://rfu.ms/synapses>. ■



Above: The 2018 volume of Synapses, featuring artwork by Gloria Joo, CMS '21.

Below: Elie Crystal, psychiatry resident, discusses his photograph during the salon; Melissa Chen, MD, assistant professor of medicine, poses next to one of her photography submissions, "Sunset."



House Council Open Mic Night

The CMS House Council hosted another Open Mic Night on March 28. Organized by the council's Wellness Committee, this event is held three times a year and gives students the opportunity to relax and take a break from their studies. Performances included singing, playing instruments, and performing standup comedy sketches. ■



Alumni News & Events

AΩA Grand Rounds



Frank G. Opelka, MD '81, FACS, Medical Director of Quality and Health Policy in the American College of Surgeons Division of Advocacy and Health Policy, delivered this year's Alpha Omega Alpha (AΩA) Grand Rounds. His presentation, "Alternative Payment Models: Matching Payment to Clinical Care Models," addressed some of the policy and infrastructure challenges faced by the U.S. healthcare system and many others around the world.

During his visit to RFU, Dr. Opelka was also inducted into the AΩA as an alumni initiate.

Grand Rounds with Dr. Evelyn Lewis

Evelyn Lewis, MD '83, MA, FAAFP, Deputy Director of the National Medical Association/Cobb Research Institute and Chief Medical Officer of Warrior Centric Health, LLC, gave a medical grand rounds presentation on April 25 titled "Patient Outcomes: What's Veteran Status, Culture, and Competence Got to Do with It?" Dr. Lewis, who served in the U.S. Navy for 25 years and has spent much of her medical career working with the veteran population, discussed how culture competency is crucial to understanding veterans and delivering the most effective care to the veteran community. Dr. Lewis is nationally recognized for her expertise in the areas of veterans' health, cultural competency, and health and healthcare disparities.



Alumni News & Events

Dr. Daniel Weissbluth: “Pediatrics 2.0”

On April 19, **Daniel Weissbluth**, MD '06, FACP, gave a presentation titled “Pediatrics 2.0” as part of CMS’s Business in Medicine series. Dr. Weissbluth, who was featured in *Crain’s Business* on January 2, 2017, talked to students about the business model for his expanding practice. He is a board certified pediatrician on staff at Prentice Women’s Hospital and Lurie Children’s Hospital.



Other News

Burton Drayer, MD '71, was named scientific advisor to Hologic Inc. in Bedford, MA.

Frank Opelka, MD '81; **Neelum T. Argawal**, MD '92; and **Robert J. Saqueton**, were inducted into the Alpha Omega Alpha (AffA) honor medical society as alumni initiates. Members are inducted in recognition of their scholarly achievement, professional conduct, excellence in teaching, and service.

Dorothy C. Ogundu, MD '83, served on a panel titled “Dealing with Sexual Abuse, Misconduct and Harassment in Entertainment and Beyond” at the 20th African American Women in Cinema Film Festival on March 30 in Brooklyn, NY. Dr. Ogundu, an OB/GYN, collaborates with health ministries in India and Sub-Saharan Africa in the research and development of “Save a Woman, Save a Nation,” a healthcare model that addresses the unique health needs of women, especially in marginalized rural regions and inner cities.

Timothy Erickson, MD '86, gave a presentation titled

“Eliminate Maternal/Neonatal Tetanus” on March 19 in Elgin, IL. Dr. Erickson is chief of the medical toxicology division in the Emergency Medicine Department at Brigham and Women’s Hospital in Boston.

Elizabeth Matzkin, MD '94 has joined the board of directors of the American Academy of Orthopaedic Surgeons.

Nandan Lad, MD '04, PhD, was appointed Vice Chair for Innovation in the Department of Neurosurgery at Duke University School of Medicine. Dr. Lad has been director of the Duke NeuroInnovations program since 2011. He also directs the Duke Neuro-Outcomes program, which helps address key health policy questions and patient-centered outcomes in neurosurgery.

Jennifer Beck, MD '08, received the Best Pediatrics Research Poster Award on behalf of the Orthopaedic Institute for Children, UCLA, at the American Academy of Orthopaedic Surgeons Annual Meeting on March 9. She also presented research on generalized hypermobility in clubfoot patients treated with the Ponseti method. ■

School & Department News

Awards & Accomplishments



Congratulations to **Mitch Beales**, research associate in the Department of Cellular & Molecular Pharmacology, who received the Unsung Champion award at the annual Staff Awards ceremony. This award recognizes an individual for hard work done behind the scenes while demonstrating

the following qualities: consistently works to improve their area, completes tasks and duties with a high level of quality, has a positive attitude toward what they are trying to accomplish, demonstrates sincere willingness to help in whatever capacity necessary, displays dedication and humility, and leads by example.

Sabina Cashin, CMS '20, received an award for her poster presentation at the 49th Annual Midwest Student Biomedical Research Forum, held Feb. 17 in Omaha, NE.

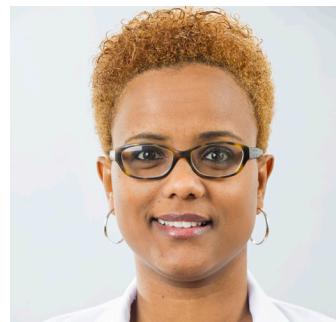


Melissa Chen, MD, assistant professor of medicine, was honored at the Alpha Omega Alpha (AOA) induction ceremony as a Volunteer Clinical Faculty Awardee. Faculty are recognized for their scholarly achievement, professional conduct, excellence in teaching, and service.

Kaitlyn Egan, CMS '18, and **Bethlehem Atoma**, CMS '20, received the 2018 CMS Humanitarian Award. This award recognizes students whose character embodies selfless service to improve health, especially in medically underserved communities.



Kaitlyn Egan



Bethlehem Atoma

Crystal Foreman, CMS '18, received the Ashley Evans Professionalism Award during the Alpha Omega Alpha (AOA) induction ceremony. This award, given to one CMS student each year, recognizes a medical student who embodies core humanistic values, demonstrates a lifelong devotion to excellence, and adheres to high ethical and moral standards.



Four CMS students were recently elected to national and regional positions within the Student National Medical Association (SNMA).

Joyce Jones, CMS '19, was elected National Vice President (SNMA); **Victoria Hooker**, CMS '21, was elected National Vice-Chair of the Finance Committee; **Leila Patterson**, CMS '20, was elected Assistant Regional Director (SNMA Region 2); and **Maritza Martín**, CMS '21, was elected Regional Parliamentarian (SNMA Region 2).

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Melissa Mariscal, CMS '19, won the American Academy of Neurology (AAN) Medical Student Prize for Excellence in Neurology. This award recognizes excellence in clinical neurology and is awarded to graduating medical students who show great promise for a career in neurology.

Two M3s now represent CMS as National Executive Board Members for the Latino Medical Student Association (LMSA). This is the first time any CMS student has taken a national position with LMSA.

Melissa Mariscal was elected Vice President of Internal Affairs, and **Rachel Bruckman-Hosford** was elected Vice President of External Affairs.

The LMSA is a non-profit organization founded to represent, support, educate, and unify U.S. Latino(a) medical students. They have over 10,000 members nationwide, including pre-medical students, medical students, and physicians.



2018-2019 LMSA National Officers at a national conference in Miami, FL.

in recognition of their scholarly achievement, professional conduct, excellence in teaching, and service.

Stephanie Miles, CMS '19, received the 2018 Excellence in Public Health Award from the United States Public Health Service (USPHS) Physician Professional Advisory Committee. The USPHS Medical Student Awards Program recognizes medical students who are involved in public health issues in their community.



Jennifer Obrzydowski, CMS '18, received the Leah J. Dickstein, MD, Award from the Association of Women Psychiatrists. This award recognizes a female medical student who has demonstrated superior academic achievement, creativity, and leadership.

Two first-year CMS students were elected to serve on the Executive Student Council (ESC). **Christopher Park** was elected treasurer and **Paul Pantapalangkoor** was elected parliamentarian.



Christopher Park



Paul Pantapalangkoor



Robert Marr, PhD, assistant dean for research and assistant professor of neuroscience, was inducted into the Alpha Omega Alpha (AOA) honor medical society as a faculty initiate. Members are inducted

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Neelam Sharma-Walia, PhD, associate professor of microbiology and immunology, has accepted an invitation to serve on the Study Section for AIDS-Associated Opportunistic Infections and Cancer for the National Institutes

of Health (NIH) Center for Scientific Review. Study Sections review grant applications submitted to the NIH, make recommendations on those applications to the appropriate NIH national advisory council or board, and survey the status of research in their fields of science. Members are selected based on their demonstrated competence and achievement in their scientific discipline as evidenced by the quality of research accomplishments, publications in scientific journals, and other significant scientific activities, achievements and honors.

Presentations & Publications

Majed Abbas and **Akshay Patel**, both CMS '21, president and vice president, respectively, of the Interprofessional Clinic Initiative, presented the inaugural "State of the ICC" address on March 14. The students shared an overview of the ICC's 2017 accomplishments and goals for 2018.



Kyle Behrens, Tamar Garcia and **Tim Siebach**, all CMS '21, led discussions about diabetes, high blood pressure, healthy lifestyle activities and proper nutrition as part of a Spanish language series on diabetes, health, and education at the Waukegan Public Library. The series was organized by students and faculty clinicians from the Interprofessional Community Clinic (ICC) and the Interprofessional Clinic Initiative (ICI), the student group that facilitates the clinic.



Kyle Behrens



Tamar Garcia



Tim Siebach

Sam Bunting, CMS '21, presented his Franklin Fellowship project, "PrEP Education for Community Healthcare Providers: An Interprofessional Approach," to a variety of audiences during the month of April, including three interdisciplinary care teams at the Lake County Health Department and two on-campus presentations. His presentation addresses the issue of pre-exposure prophylaxis (PrEP) access and prescription from a multidisciplinary perspective, including a case study analysis to discuss the social determinants of HIV care and outcomes.



Michelle Hastings, PhD, associate professor in the Department of Cell Biology and Anatomy, published an article titled "Rescue of Outer Hair Cells with Antisense Oligonucleotides

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in Usher Mice Is Dependent on Age of Treatment" in *The Journal of the Association for Research in Otolaryngology*. Dr. Hastings also received a one-year, \$124,000 grant from Sanford Research for her study, "Searching for an Effective Treatment for a CLN6 Batten Disease."

A team of scientists headed by **David M. Mueller**, PhD, professor of biochemistry and molecular biology has solved the structure of mitochondrial ATP synthase, an enzyme that makes adenosine triphosphate (ATP), the major energy source of cells. The team's study, "High-resolution cryo-EM analysis of the yeast ATP synthase in a lipid membrane," was published in *Science* on April 12. Dr. Mueller worked in collaboration with scientists from the National Institutes of Health and a team at Harvard University. **Anurag Srivastava**, PhD, postdoctoral research associate; **Jindrich "Henry" Symersky**, PhD, research assistant professor; and **Dongyang Bai**, research assistant, all from the Department of Biochemistry and Molecular Biology, also contributed to the research. The team's study paves the way for determining the structures of other functional states of the ATP synthase, which has been the subject of structural studies for decades in labs across the globe.



Dr. David Mueller

Molecular Distances during pH Gating of the Mammalian Inward Rectifier Kir1.1b," published in the January 2018 issue of *Biophysical Journal*.

Alyssa Smith, CMS '19, published an article titled "Learning to Learn as a Medical Student" in which she described the study methods she has learned and practiced at RFU. The article was published in AM Rounds, the official blog of *Academic Medicine*, the journal of the Association of American Medical Colleges. AM Rounds shares different perspectives and insights from students, educators, patients and practitioners.

Beth Stutzmann, PhD, associate professor of neuroscience, was selected to serve on an international Blue Ribbon Panel at an Advanced Study Institute meeting, held at the Hong Kong University of Science and Technology on March 26-28. The meeting, titled "Setting the Future Directions of Alzheimer's Disease Research," was designed to address critically important questions in the field of Alzheimer's disease research.



New Appointments



Dr. Henry Sackin

Henry Sackin, PhD, professor and vice chair of physiology and biophysics, and **Mikheil Nanazashvili**, PhD, research assistant professor of physiology and biophysics, co-authored an article called "LRET Determination of

Brenda Affinati, MD, has joined CMS as Assistant Dean of Clinical Education. Dr. Affinati is a graduate of University of Illinois College of Medicine and completed her Internal Medicine residency and Chief Residency at Advocate Lutheran General Hospital. In her new role, Dr. Affinati will focus on the design, assessment, and integration of the

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clinical curriculum.

Currently, Dr. Affinati is the Vice President of Clinical Operations and Business Development at Best Practices Inpatient Care and the Clerkship Site Director of Internal Medicine at Advocate Lutheran General Hospital. She has previously served as Associate Dean of Graduate Medical Education and Co-Chair of the CMS Admissions Committee, and she was one of CMS's first Learning Community Mentors.

Dr. Affinati was a recipient of the Leonard Tow Humanism in Medicine Award in 2014, an award recognizing faculty members who demonstrate both clinical excellence and outstanding compassion in the delivery of care. She is board certified in Internal Medicine and a practicing hospitalist.

Lucy Hammerberg, MD '82, CPE, FACEP, recently joined CMS as Director of Specialty Advising. Dr. Hammerberg is a graduate of Chicago Medical School and completed her Emergency Medicine residency at Advocate Christ Hospital, Oak Lawn. As the Director of Specialty Advising, Dr. Hammerberg will develop and implement a longitudinal advising program to assist medical students in choosing elective courses, evaluating career options, and applying to residency programs. She will collaborate with the Director of Student Affairs and Career Development to lead sessions on specialty selection at career planning workshops, provide one-on-one advising to students for specialty selection, contribute to writing the Medical Student Performance Evaluation (MSPE), and monitor the academic progress of M3 and M4 students.

Dr. Hammerberg has served as Chief Quality Officer

for Northwest Community Healthcare in Arlington Heights, Associate Medical Director of the OSF Saint Anthony's Hospital Emergency Department in Rockford, and Emergency Department Staff Physician/Resident Instructor at Advocate Lutheran General Hospital. She also served as Residency Coordinator in the Emergency Department at West Suburban Medical Center in Oak Park, where she developed curriculum and provided supervision for Stroger Cook County Hospital and West Suburban Medical Center Emergency Medicine Residents.



Leslie Zun, MD, MBA, has joined the Office of Academic Learning Environment (ALE) as Assistant Dean for Faculty Talent Enhancement. Dr. Zun will be responsible for Faculty Enhancement programming with an emphasis on clinical faculty at Chicago Medical School.

Dr. Zun is currently chair and professor of Emergency Medicine in the Clinical Sciences Department. He is also an attending in the emergency department in the Sinai Health System in Chicago. He received his medical degree from Rush Medical College and a Masters of Business from Northwestern University's School of Management. He has presented his research and lectured on management and behavioral emergencies topics both nationally and internationally. He is President of the American Association for Emergency Psychiatry and prior board member of the American Academy of Emergency Medicine. He is the chief editor of the Behavioral Emergencies for Emergency Physicians textbook and course director for the past eight years for the National Update on Behavioral Emergencies conference.

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Events & Activities

The Baldwin Institute recently presented two interprofessional student-led grand rounds, a series that gives students from all five of RFU's colleges and schools the opportunity to work together to study and present a case.

On March 5, **Morgan Schumacher** and **Johanna Stecher**, both CMS '21, participated in an interprofessional student-led grand rounds session titled "Is It Diabetes... Or Is It Something More?" along with first-year podiatry, pharmacy, and psychology students.

On April 12, **Sheema Shabahang** and **Charlotte Van Schooten**, both CMS '21, participated in an interprofessional student-led grand rounds session titled "A Patient with HIV-1 Encephalopathy and Acquired Immunodeficiency Syndrome (AIDS)" along with first-year podiatry, pathology assistant, and pharmacy students.



Sheema Shabahang and Charlotte Van Schooten

Terry Mason, MD, FACS, Chief Operating Officer of the Cook County Department of Health and System Chief Medical Officer of the Cook County Health and Hospitals System, came to RFU on April 11 to give a medical grand rounds presentation titled "Health Equity: Is it Possible?" Dr. Mason reviewed the social, cultural, and economic factors that contribute to health inequity and discussed policies to address this issue.

This presentation was organized by the Department of

Clinical Sciences and the CMS Office of Diversity and was part of the medical school's diversity grand rounds series. Like all speakers in the series, Dr. Mason met with CMS students before his presentation for a small group conversation on topics pertaining to diversity in medicine.



Dr. Terry Mason with CMS students before his presentation.

On April 14, medical students and professionals from the Chicago area attended a diversity in medicine event hosted by the CMS Office of Diversity and the Cook County Physicians Association. The event, held at the UIC College of Medicine, gave students from CMS, UIC, Rush, Loyola, Northwestern, and the University of Chicago an opportunity to network with one another, socialize, and listen to a presentation on "Achieving Excellence in Medicine: The 5 Keys to Success." The presentation was given by Kevin W. Williams, a member of the AMA Board of Trustees. ■



Mildred M.G. Olivier, MD '88, professor of ophthalmology and Assistant Dean for Diversity and Learning Environment, with Kevin Williams, AMA Trustee.



CMS psychiatry residents presented their research at the Psychiatry Residents Poster Session, held on campus on April 12.

We want to hear from you!

To submit information or news for upcoming issues, contact
Candice Kosanke at candicekosanke@rosalindfranklin.edu.



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