



CMS NEWS

The Chicago Medical School Newsletter

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ISSUE 12

**ALUMNI SPOTLIGHT:
FRANCINE KAUFMAN,
MD '76**

Dr. Kaufman discusses her career in the field of endocrinology and her advocacy of patients with diabetes.

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**“CELEBRATING THE
CONNECTION”**

Graduating students and their faculty mentors reflect on their time together.

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**FAREWELL TO
DR. DAVID GARFIELD**

The education director and former residency program director for psychiatry retires after 30 years at CMS.

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Match Day!

CMS celebrated another outstanding match as M4s learned where they will spend the next phase of their medical careers.

Members of the Class of 2019 gathered for the annual Match Day rite of passage on March 15, counting down the seconds until they could tear the seals off the envelopes containing their residency match results. At exactly 11:00 am, CMS students joined thousands of fellow fourth-year medical students across the country in learning where they will complete their residency training in their chosen specialties.

Match Day represents the moment when students find out where they will
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Dean's Message

Greetings from Dean James M. Record

"I know too well that these arguments from probabilities are impostors, and unless great caution is observed in the use of them, they are apt to be deceptive." — Plato, 4th B.C.E. ¹

We live in a world that produces data at a pace that far outstrips the ability of the human mind to process. Increasingly, we manage such an overload by using computer

algorithms based on probabilistic modeling. Designed with information proxies to predict outcomes, they incorporate the inherent bias of the human programming choices. As we study these algorithms, we see unintentional consequences that have amplified a bias that Plato recognized more than two millennia ago. Sadly, we already have many examples of negative effects of these algorithms. Years of government sanctioned programming to reduce the role of prejudice in sentencing guidelines provides an example of a well-intentioned but flawed system. Based on criminal recidivism rates, the algorithm used questions that created bias against inner-city inhabitants, which markedly affected black and Hispanic prisoners more than white prisoners. The system effectively sanctioned the very racism it was designed to eliminate.

Even in our educational system we see the impact of distorted algorithms. The institutional and program ranking data of U.S. News and World Report is an example of a system based on a flawed premise (that we can objectively determine what is a gold-standard educational experience), with an algorithm that has limited objectivity (including a 25% weighting on a survey participant's impression of institutional "prestige") and no demonstrated correlation with results of what constitutes excellence in education. Millions of dollars yearly are spent by institutions pursuing ranking improvement, and many administrators admit privately that the driving force is solely an increase in rank.

A few years ago, at a meeting of AAMC Council of Deans, all the Deans present (representing 108 of the nation's medical schools) recognized the rankings as a problem posing a significant institutional risk. Yet, institutions continue to submit data, continue to fund projects for the purpose of improving the school's rank, and rankings continue to be generated. We have not submitted data for four years, as we prefer to substantively partner with science and academia rather than with pseudoscience. We are happy our applications continue to rise, and our

Match results remain outstanding, but the broader purpose is to pursue the needs of the school without gaming a system by increasing a metric that may have no bearing on educational outcomes.

Being mindful of humanistic perspectives is one of the underlying principles of our focus on balancing foundational and clinical science with the humanities. This provides the contextual perspective to educate students on how to care for another human. The rise of artificial intelligence and big data increases the need for such humanism, lest we fail to learn the lessons others, like Plato, had foreseen. You'll notice we've blended science and the humanities in the following pages, whether it's the excitement of

the match process, the innovation of Dr. Kaufman and medical devices, the All School Research Consortium, or the Staff Awards. They reinforce that the best of our human science naturally incorporates the humanities.

Sincerely,



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

¹ Plato, *The Dialogues of Plato*, Phaedo, (New York: Simon & Schuster, 1950) p122.

Faculty Awards Ceremony

The university's annual Faculty Awards Ceremony was held on April 18 to recognize faculty excellence in research, teaching, service, and mentoring. Congratulations to the Chicago Medical School faculty members who were honored at the ceremony!

Joseph Reynolds, PhD, assistant professor of microbiology and immunology in the Department of Foundational Sciences and Humanities, received the Board of Trustees Research Award, presented to a junior faculty member for excellence in research.

Jeffrey Bulger, PhD, professor of bioethics and humanities in the Department of Foundational Sciences and Humanities, and **Nutan Vaidya**, MD, professor of psychiatry and behavioral sciences in the Clinical Sciences Department, were inducted into the university's Master Teacher Guild, an interprofessional association serving the RFU community through the promotion of educational excellence and innovation.

Ann Snyder, PhD, associate professor of cellular and molecular pharmacology in the Department of Foundational Sciences and Humanities, received the Rosalind Franklin Award for Excellence in Teaching, presented to a faculty member to recognize expertise in fostering student learning.

Lise Eliot, PhD, professor of neuroscience in the Department of Foundational Sciences and Humanities, received the Deans' Award for Diversity and Inclusion, awarded by the deans to a faculty member recognized for outstanding contributions to the enhancement of the university's culture of diversity and inclusion. ■



Match Day!

(continued from cover)

spend the next three to seven years of their lives and look forward to beginning their careers as physicians, but it's also a time for them to celebrate the years of hard work that brought them to that point.

"It's been a long road, it's been an amazing road, and we have so many people to thank for it," said **Sohaib Amjad**, 2019 Class President, going on to express gratitude toward all the parents, friends, significant others, siblings, professors, and even pets who had supported the Class of 2019 over the last four years. He also addressed the CMS faculty who served as teachers and mentors: "Thank you so much for being in our corner from day one, for supporting us, and for helping us succeed."

CMS exceeded the 2019 national match rate of 94.9 percent, ultimately achieving a 98 percent rate of placement. Students matched to top residency programs at hospitals and medical centers across the nation, including Johns Hopkins, Mayo, Baylor, Yale-New Haven, Harvard-MGH, Brown-RIH, Stanford, Washington, UCSF, USC, UCLA, Michigan, Ohio State, Icahn-Mount Sinai, Northwestern University, the University of Chicago, and many more, including a Canadian match at the University of Toronto.

"You're here now because your pursuit was relentless and you did not give up, and I think that speaks volumes to your character," Sohaib told his classmates. "I'm so excited to see where everyone ends up and what you guys do with your lives." ■

Sohaib Amjad, 2019 Class President, celebrates with his classmates.

Cover: Matthew Alfarano and Elyse Fults celebrate after couples-matching into pediatrics at Icahn-Mount Sinai and emergency medicine at Yale-New Haven, respectively.



A Map to Success



For the past two years, **Jacqueline Valkanet**, Clinical Affairs and Training Administrator, has designed and constructed the electric, light-up map where students mark the locations of their residency matches. Below is a behind-the-scenes look at how the map is built.

Planning

- Jacqueline estimates that she spent six months thinking about and building the map for the Class of 2018 — the first year the school had a light-up map.
- She was inspired by the art toy Lite-Brite.
- As soon as Match Day 2018 ended, Jacqueline started thinking about how she could make the map even better for 2019.

Construction

- Jacqueline built the electric map using a custom-ordered map of the United States laid over strips of LED lights.
- The light strips were strategically placed based on the likelihood of where a heavy concentration of CMS students would match (for instance, the Chicagoland area).
- Jacqueline created a spacer between the map and the lights so that the pins wouldn't damage the lights when they pierced the map.
- The map's frame was built from crown molding from a door, spray-painted black.

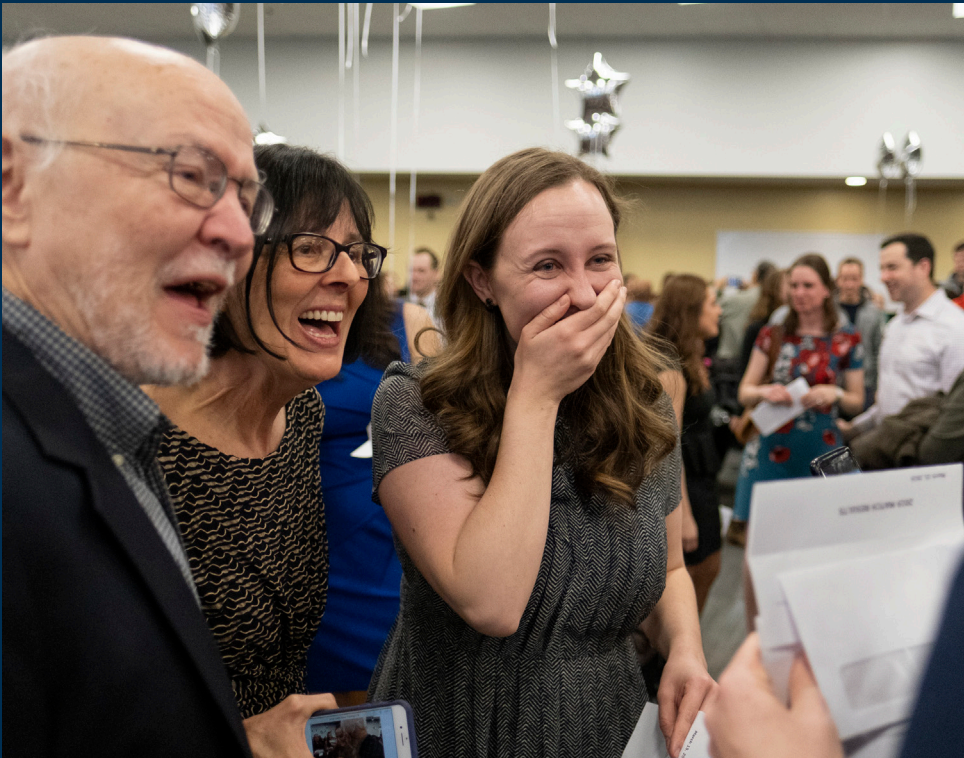
Installation

- The 6.4-by-4.6-foot map was mounted on the wall the night before Match Day.
- RFU's electricians switched off the fluorescent lights in the ceiling above the map to increase the visibility of the map's LED lights.

Now that Match Day 2019 is over, Jacqueline is already thinking about what she can do for the Class of 2020. "I can't wait for next year," she said. "I think it will get better every year." ■

Match Day 2019





ALUMNI SPOTLIGHT: Francine Kaufman, MD '76



After a nearly 40-year distinguished career in diabetes care, research, and advocacy, **Francine Kaufman**, MD '76, was recently appointed Chief Medical Officer of Senseonics Holdings, Inc., a medical technology company focused on the development and commercialization of a long-term, implantable continuous glucose monitoring (CGM) system for people with diabetes. In this role, Dr. Kaufman will help drive the innovation platform of technology that will improve the day-to-day life of people with diabetes.

After graduating from Chicago Medical School in 1976, Dr. Kaufman moved to California, where she completed an internship, residency, and fellowship in pediatric endocrinology at Children's Hospital Los Angeles. "I was always drawn to pediatrics," she recalled. "And then during my pediatric training, one of my mentors was an endocrinologist. We took care

of a fair number of children with endocrine disorders during my internship." Intrigued by the physiology of endocrine disorders, especially diabetes, Dr. Kaufman decided early on that she wanted to focus on the field of endocrinology.

After her fellowship, Dr. Kaufman spent almost 30 years teaching pediatrics at the Keck School of Medicine at the University of Southern California, eventually achieving the rank of Distinguished Professor. She also worked as an attending physician at Children's Hospital Los Angeles, where she served as director of the Comprehensive Childhood Diabetes Center and head of the Center for Endocrinology, Diabetes and Metabolism.

"I can't imagine anything more rewarding than being in medicine," she said. "You have an ability to make an impact on the people you see every day."

Dr. Kaufman is also devoted to national and international philanthropic work and advocacy for people with diabetes. She served as the national president of the American Diabetes Association in 2003, and she worked as medical director in the association's diabetes camps in southern California for over 30 years.

After the 2010 Haiti earthquake, Dr. Kaufman and her husband, **Neal Kaufman**, MD '75, went to Haiti and started a camp for children with diabetes there. She also works with global advocates, such as Life for a Child, conducting youth leadership training in countries including Ethiopia, Ecuador, Australia, the United Arab Emirates, and Canada. The goal of this training is to help youths become advocates for diabetes treatment and awareness, especially in countries where children with diabetes encounter discrimination.

Dr. Kaufman worked mostly on Type 1 diabetes

during the first half of her career, but as childhood obesity became an epidemic and cases of Type 2 diabetes began to rise, she expanded her focus. As chair of an NIH-sponsored study “Studies to Treat or Prevent Type 2 Diabetes in Youth” (STOPP-T2), she investigated treatments (the TODAY Trial) and explored preventions for childhood risk factors for Type 2 diabetes (the HEALTHY Trial). In 2005, she authored the book *Diabetes: The Obesity-Diabetes Epidemic That Threatens America*, and two years later she filmed the documentary *Diabetes: The Global Epidemic* for Discovery Health, which was aired around the world on World Diabetes Day.

In 2009, after 30 years of clinical research, advocacy, and care in the field of endocrinology, Dr. Kaufman made her first foray into the medical technology industry. For ten years, she served as Chief Medical Officer and Vice President of Global Regulatory, Clinical and Medical Affairs at Medtronic Diabetes, working to finalize and commercialize the world’s first automated insulin delivery device. With that goal accomplished, she began looking for her next challenge.

“I had spent a really intriguing ten years at Medtronic,” she said, “and I got very interested in staying in industry — the science, the clinical aspects, the research and development, as well as the business aspects really intrigued me.”

She was looking for something innovative in the field of diabetes treatment and management, and she found it at Senseonics, which had recently developed the first long-term, implanted, subcutaneous glucose sensor. The long-term nature of the device means that people with diabetes will be able to continuously monitor their glucose in a far less burdensome way.

“Most sensors last 7, 10, or 14 days, and then the patient usually replaces them themselves,” said

Dr. Kaufman. “This is a very different technology. It’s placed by the healthcare provider for a 90-day period in the U.S. and for 180 days in Europe.” Once the sensor is inserted under the patient’s skin, it communicates with a smart transmitter worn over the sensor, sending glucose data to the patient’s smartphone every 5 minutes.

“I can’t imagine anything more rewarding than being in medicine. You have an ability to make an impact on the people you see every day.”

– FRANCINE KAUFMAN, MD ’76

“If I think about the future of diabetes, the cure would be great. But it has eluded us,” Dr. Kaufman said. “So while we wait for that cure, we’re making these automated devices less burdensome to the patient, more accurate for the patient, and also less intrusive.”

Reflecting on a career that has spanned clinical practice, research, philanthropy, global advocacy, and industrial research and development, Dr. Kaufman encourages current medical students and new doctors to be open to new opportunities, even if those opportunities take them in directions they might not expect.

“Be open to raising your hand — volunteering for things, trying out new things, going to learn new things. Otherwise you won’t have that ability to evolve,” she said. “If someone had told me 20 years ago that I would be in industry, I would have laughed at them. But that opportunity came and I took it, and it’s been a tremendous experience for me.” ■

“Celebrating the Connection”

On April 10, fourth-year medical students and their faculty mentors attended the “Celebrating the Connection” ceremony, an annual event dedicated to celebrating and reflecting on the bonds established over the course of medical school — the connections students had made with their classmates, their mentors, and the school. Both sides of the house system — faculty mentors and students — gave speeches and read reflections expressing their appreciation for the relationships formed over the past four years.

In her opening remarks, **Nutan Vaidya**, MD, Senior Associate Dean for Academic Learning Environment, focused on the connections students had made at CMS as well as the connections they would go on to make in their medical careers. “Because of these connections, your journey with us doesn’t end here,” she said. “Our professional lives have now intertwined forever.”

The purpose of the school’s House and Learning Community Program is to strengthen the medical school experience by matching students with a faculty mentor and a group of peers for the entirety of their time at CMS. Students are assigned to a learning community and introduced to their learning community mentor during first-year orientation, and that group stays together until Commencement, when graduating medical students receive their diplomas onstage from their mentors. Along the way, the physician mentors provide a professionally and emotionally nurturing environment to their learning communities through mentoring, advising, teaching, and social support —



Kiran Munir, CMS '19, hugs her learning community mentor, Sharyl Balkin, MD '85.

“Because of these connections, your journey with us doesn’t end here. Our professional lives have now intertwined forever.”

– **NUTAN VAIDYA, MD**

creating bonds that last far beyond graduation.

Three of the learning community mentors for the Class of 2019 — **Ricardo Senno**, MD; **Sharyl Balkin**, MD '85; and **Charles Nozicka**, MD — spoke to their learning communities and the graduating class in general, giving advice for residencies, reflecting on the future of medicine, dispensing life lessons and other words of wisdom, and thanking the students for all the friendships and memories that had been formed over the years.

“I think my generation is leaving medicine in the



Clockwise from top left: Dr. Charles Nozicka. Matthew Anton, CMS '19. Theodore Snyder, CMS '19, with his learning community mentor, Dr. Nozicka. Kiran Munir, CMS '19.

hands of some really good physicians,” Dr. Nozicka said as he reflected on his approaching retirement. “You guys are going to be compassionate, high-achieving, kind people who are going to care and drive medicine forward.”

Dr. Balkin recalled the day she met the members of her learning community four years ago, and she reflected on everything they had been through together and how far her students had come. “I want you to remember your days here, and I want you to remember your education. Remember each other.” She also urged the Class of 2019 to consider mentoring future CMS students once they became alumni: “Be a good teacher to those who come after you.”

Four members of the Class of 2019 — **Allison Harter,**

Matthew Anton, Kiran Munir, and Theodore Snyder — read reflections they had written for the ceremony, looking back at their time at CMS and celebrating all the connections they had formed with classmates, faculty, and mentors.

Allison addressed the fellow members of her learning community, remembering when they had met at orientation and formed lasting friendships on Field Day, the first major learning community event of the year. “We’ve laughed together and cried together and built some of the closest relationships with the only people who could truly understand what it means to be a medical student,” she said.

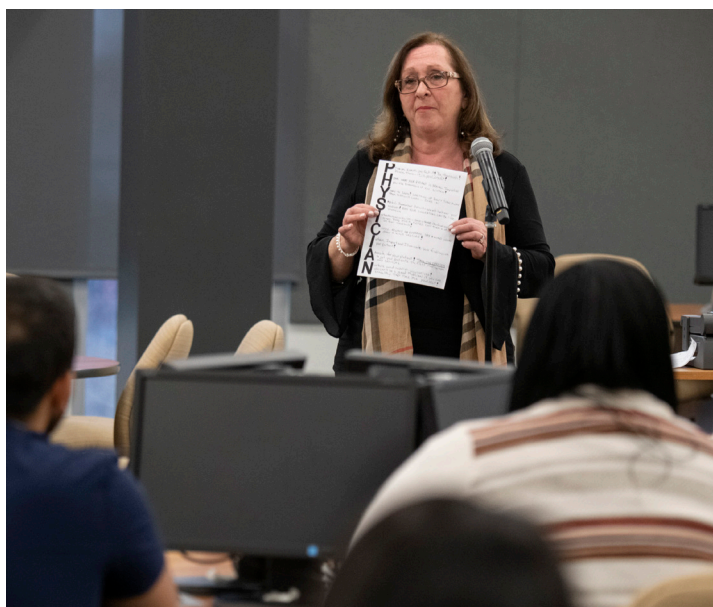
Theodore expressed his appreciation for the learning community program, which allowed him to get to know a section of his classmates very well during the

first two years of medical school. This resulted in a strong sense of community during third- and fourth-year clerkships, he reported. “I think that’s a very powerful tool we have as CMS students,” he said. “We’ve become real friends and future colleagues, and not just folks who happen to go to the same school.”

In her reflection, Kiran thanked her classmates and mentors for providing a sense of community and support throughout medical school. She especially expressed her gratitude toward her learning community mentor, Dr. Balkin: “Thank you for taking phone calls over the weekend and at nights when we faced major life crises or had a simple question. Thank you for making us laugh during our Clinical Reflections sessions by sharing some of your stories from your training. And thank you for giving us a hug when we needed it the most.”

For her part, Dr. Balkin insisted that she had benefited from the mentor-mentee relationship just as much as her students had, telling the members of her learning community, “I will never forget each and every one of you.” ■

Clockwise from top: Allison Harter, CMS '19. Matthew Anton, CMS '19, with his learning community mentor, Dr. Ricardo Senno. Dr. Sharyl Balkin.



House Council Activities

The House Council is the co-curricular, student-led component of the CMS House and Learning Community Program. Every year, the House Council organizes events for their peers, focusing on peer mentoring, wellness, and social activities for mutual support and engagement.

Wellness Event: Good Thoughts Jars

MTs took a break from studying to create “good thoughts jars” — colorful jars to fill with positive thoughts and reminders. Keeping a “good thoughts jar” is a wellness exercise meant to help participants rewire their brains to stay focused on the positive aspects of life. Students can write down happy

thoughts and small positive things that happen to them each day. This practice helps students to focus on the positive side of every day instead of the negative, even on days that feel stressful, resulting in a more positive outlook on life.



M1 Emanuel House Social

The first-year students in Emanuel House — along with their learning community mentor, Kenneth Tomchik, MD, lecturer of medicine — met in the

student pavilion for one of the learning community's annual social events.



Sweet and Salty Study Break

The House Council's Wellness Committee hosted a "Sweet and Salty" study break on April 24 in the

DNA Café, inviting their peers to enjoy a variety of snacks. ■



All School Research Consortium

CMS students and residents joined their interprofessional peers in participating in the 14th Annual All School Research Consortium (ASRC), held on March 20. The ASRC is a university-wide medical and scientific forum where students from all five schools come together to present their research through symposium and poster sessions.

Four CMS students gave presentations during the research talk symposia: **Mary Brinkman**, CMS '21, discussed "Characterizing the Role of STK38 Knockout on WNT Signaling Activity"; **Jared Lasky**, CMS '21, discussed "Do Pulmonary Hypertensive Patients Have Worse Post Transplant Survival Than Non-Pulmonary Hypertensive Patients? - An ISHLT Registry Analysis"; **Christopher Park**, CMS '21, discussed "Amyloid-Beta Expression and Behavioral Deficits Following Mild TBI"; and **John Pierce**,

CMS '21, discussed "Intraoperative Near-Infrared Visualization and Guidance for Brain Metastases Surgery."

Three CMS internal medicine residents also presented: **Nyembezi Dhliwayo**, MD, discussed "A Case of Rapidly Advancing Ocular Syphilis in an Elderly Patient"; **Muhammad Khan**, MD, discussed "Jarisch-Herxheimer Reaction After Treatment for Secondary Syphilis in Navy Sailor"; and **Mahwash Siddiqui**, MD, discussed "Optimizing the Mean TSH Target Range for Thyroid Hormone (L-T4) Replacement in Primary Hypothyroidism."

During the poster session, twenty-one CMS students and nine residents presented research posters. ■

Congratulations to this year's CMS winners!



Best Scientific Talk Award, CMS Mary Brinkman, CMS '21

"Characterizing the Role of STK38 Knockout on WNT Signaling Activity"



Best Scientific Talk Award, Post-Graduate Trainee

Mahwash Siddiqui, MD, Internal Medicine Resident
"Optimizing the Mean TSH Target Range for Thyroid Hormone (L-T4) Replacement in Primary Hypothyroidism"



Left: Nyembezi Dhlwayo, MD, internal medicine resident, presents her poster. Above: Harshita Jain, CMS '22, presents her poster "Preliminary Findings of a Pilot Walking Program: Walk with a Future Doc Lake County."



Best Scientific Poster Award, CMS
Amir Hakimi, CMS '20
 "Smartphone-Enabled Otoscopes: A Novel Tool in Pre-clinical Otoscopy Instruction"



Best Scientific Poster Award, Post-Graduate Trainee
Nyembezi Dhlwayo, MD,
 Internal Medicine Resident
 "A Case of Rapidly Advancing Ocular Syphilis in an Elderly Patient"

Synapses Salon and Exhibit

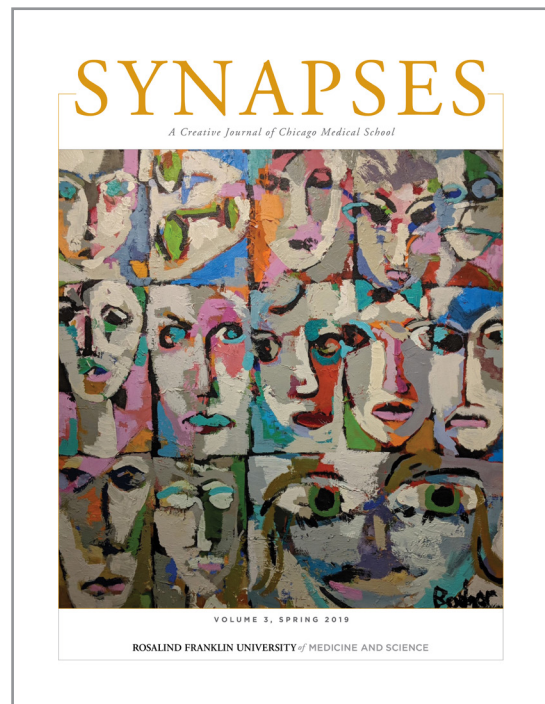
CMS celebrates the intersection of art and science with the publication of its annual creative journal, which features works of art, poetry, and prose that focus on experiences in medicine and expressions of the human condition.

Chicago Medical School held its third annual salon and reception on May 9 to celebrate the release of the third volume of *Synapses*, the medical school's creative journal. The event featured poetry readings, art discussions, and other presentations by student and faculty authors and artists.

The creative journal, first published in 2017, is part of the medical school's efforts to incorporate humanities into medical education. "Here at the university we are surrounded by those who seek the inspiration of discovery," said **James M. Record**, MD, JD, FACP, dean of CMS, referring to the university's motto, *Life in Discovery*. "And in that inspiration, make no mistake: art and science are necessarily bound together, wrapped in the beautiful union of discovery."

Many of the works published in *Synapses* examine the connection between creative expression and the practice of medicine. Through art, poetry, and other creative works, the journal's contributors examine themes such as the doctor-patient relationship, the challenges of being a medical student, their own experiences with illness and death, and the importance of empathy.

Jordan Newman, CMS '21, the event's first featured speaker, demonstrated how art can help medical students and doctors empathize with and connect to patients. He discussed his digital



Above: The 2019 volume of *Synapses*, featuring artwork by Gary Bodner, MD '75.

Below, from left: Dr. Record with student speakers Joanna Stecher and Jordan Newman; Jordan with his artwork "James."

Opposite page, from top: "Labyrinth," a sculpture by Burt Brent, MD '63; Dr. Vertel discusses her photography.





“Make no mistake: art and science are necessarily bound together, wrapped in the beautiful union of discovery.”

– **JAMES M. RECORD, MD, JD, FACP, DEAN OF CMS**

artwork, “James” — named for the surgeon James Parkinson. Jordan made the artwork during his second-year preceptorship, where he met his first patient with Parkinson’s disease.

“It was a profoundly moving experience for me to see an actual person suffering from a condition that I had a decent amount of background in studying,” Jordan said. “I wanted to bring together the ideas of the scientific aspect of a disease and the actual human element that sometimes in our pre-clinical years can go unrecognized because we’re so

focused on the books.”

Barbara Vertel, PhD, professor of cell biology and anatomy, also focused on the connection between art and science that she had always felt in her career. “I’m just wired as a visual person,” she said, relating that she was drawn to microscopy during her postdoctoral work in cell biology. “That is really my connection to the world.” Dr. Vertel explores that connection through photography; two of her photographs, “Bryce Canyon” and “Chicago Botanic Gardens Orchid Show” were published in *Synapses* this year.

Other speakers included **Joanna Stecher**, CMS ’21, who read her poem “The Weight of Fear.” **Burt Brent**, MD ’63, plastic surgeon and sculptor, was unable to attend the event in person but participated via a pre-recorded interview. Dr. Brent, who submitted a bronze sculpture titled “Labyrinth,” drew inspiration from his 40-year surgical career, during which he repaired the ears of 2,000 children born with missing outer ears by sculpting ears for them out of rib cartilage. “Labyrinth” is an abstract — but anatomically accurate — depiction of the inner human ear.

The salon also launched a gallery exhibit featuring selected art, photography, and poetry from the journal. The exhibit will remain in the Scholl Gallery through June 7.

Synapses welcomes submissions of poetry, fiction, non-fiction, photography, and all forms of art (including but not limited to paintings, drawings, digital art, collages, and sculptures). All CMS students, faculty, staff, alumni, residents, and fellows are invited to submit their creative works. Submissions for the 2020 volume of the journal will open October 2019. ■

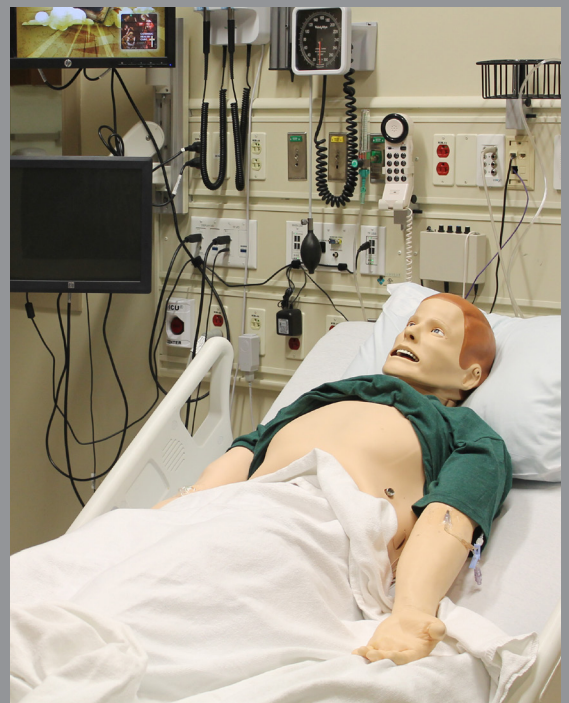
CMS Students Take Second Place in SimWars Competition



On April 13, **Paige Cardin, Doug Klein, Jillian Stariha, and Sean Tubridy** — all third-year medical students who plan to go into emergency medicine — took second place in SimWars, a tournament where teams of students are challenged to resolve several patient scenarios in a simulated emergency department. Students must work together to solve problems and treat their “patients.”

During the event, sponsored by the University of Illinois College of Medicine-Peoria’s Department of Emergency Medicine, a panel of judges evaluated eight teams from Midwest medical schools on teamwork, communication, procedural skills, and medical management. Simulations were performed on high fidelity mannequins or standardized patients.

Congratulations to the students who represented CMS at this event! ■





University Staff Awards

Congratulations to **Connie Cordova** and **Ashwini Mokashi**, who won awards at the university's Staff Awards Ceremony, as well as the nine other CMS staff members who were nominated for awards. Connie (who received her award for her work as Nutrition administrative assistant but has recently moved to a new role as undergraduate medical education specialist in psychiatry in the Clinical

Sciences Department) won the Rising Star Award, given to a staff member who has been with the university two years or less and has achieved substantial results in a short period of time. Ashwini, undergraduate medical education specialist supervisor, won the Photo 51 Impact Award, given to a staff member who has made a significant impact at RFU and upholds university values. ■

Winners



Cordova Consuelo,
Rising Star Award



Ashwini Mokashi,
Photo 51 Impact Award

Nominees



Courtney Muir,
Rising Star Award



Ed Rotchford,
Rising Star Award



Joy Tso,
Rising Star Award



Nicole Ulibarri,
Rising Star Award



Crystal Gutierrez,
Unsung Champion Award



Marissa McCarthy,
Unsung Champion Award



Sarah Schuck,
Unsung Champion Award



Jacqueline Valkanet,
Unsung Champion Award



Ella Meleshkevitch
Photo 51 Impact Award

STUDENT SPOTLIGHT: Walk with a Future Doc

This quarterly spotlight focuses on a student organization that works to benefit Chicago Medical School and the wider community.

Charlotte van Schooten and **Emily Stone**, both second-year medical students, wanted to create a program that would provide students with an opportunity to support the local community and disrupt the “white coat barrier” between healthcare professionals and community members. So they created **Walk with a Future Doc (WWAFD) – Lake County**, a local chapter of an internationally recognized organization that encourages exercise and conversation about important health topics.

WWAFD – Lake County, established in the summer of 2019, is currently the only student-led chapter in Illinois. It serves the Waukegan, Round Lake, and

surrounding communities. At each event (WWAFD – Lake County hosts three per month in Waukegan and Round Lake) healthcare professionals speak about various topics such as lifestyle medicine, stroke prevention, and foot health. After the short talk, the healthcare provider, student volunteers, and participants walk together to take tangible steps towards improving their health.

WWAFD – Lake County hopes to continue exposing Lake County residents to a wide variety of healthcare professionals from RFUMS and are looking forward to expanding their program over the summer. ■





Above: CMS and community participants at a WWAFD event, with featured physician speaker James M. Record, MD, JD, FACP, Dean of CMS.



Left: Participants engage in a 45-minute walk following Dr. Record's lifestyle medicine discussion.

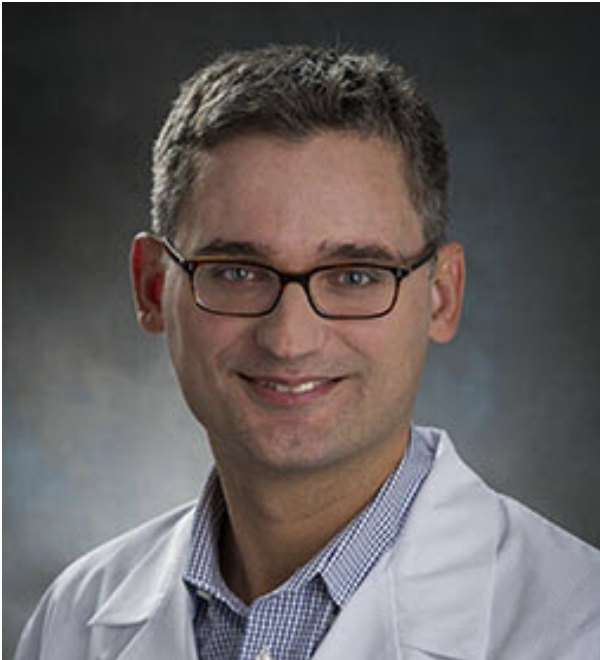
Opposite page: The Walk with a Future Doc board. Back row: Ariel Katz, MD, associate professor of medicine, WWAFD faculty advisor; Kaitlyn Todd, CMS '22; Emily Stone, CMS '21; Charlotte van Schooten, CMS '21; and Lisandra Ochoa, CMS '22. Front row: Alison Cottrell, CMS '22; Jaclyn Long, CMS '22; and Sharne Morrow, CMS '22.

Alumni News

Alumni on Campus

Several Chicago Medical School alumni visited RFU to meet with student interest groups, share their experiences, and give advice to current students.

Dr. Victor Marinescu



Victor Marinescu, MD '08, visited RFU to have lunch with members of the Cardiology Interest Group and talk to them about his experiences in the field of cardiology. He discussed his own path to cardiology and how he chose his specialty, and he emphasized the importance of interprofessional practice. He also gave students advice for the first two years of medical school, clerkships, and residency.

He urged his audience to make the most out of their first two years of medical school, noting that that is the time when students develop their work ethic and find out what method of studying works for them. "These are the fundamentals that you'll set in place, not just in terms of reading and memorizing things, but in terms of how you'll approach every day when you work," he said.

Dr. Marinescu also encouraged students to keep all their options open when choosing a specialty to make sure they pursue what interests them the most in medicine. "Medicine will give you the opportunity to make every day the best day of your life if you really enjoy what you're doing," he said.

Dr. Daniel Goodman



Daniel Goodman, MD '12, met with members of the Physical Medicine & Rehabilitation Interest Group to talk about his experiences as a PM&R physician at Northwestern Medicine's Shirley Ryan AbilityLab. Dr. Goodman is an assistant professor in the Department of Physical Medicine and Rehabilitation at Northwestern University Feinberg School of Medicine. ■

Alumni News

Dr. Sheri Dewan

Sheri Dewan, MD '05, MS, FAANS, came to campus on March 1 to give a global health presentation on neurosurgery in India. During her presentation, titled “Global Health — A Microscopic View of Neurosurgery in India,” Dr. Dewan gave an overview of the foundational concepts of global health, as well as some of the current challenges within global health.

Dr. Dewan completed her surgical internship and neurosurgical training at Brown University in Providence, Rhode Island. She has authored multiple articles for peer-reviewed journals and has given international and national lectures on her research. She has also received awards for her original research on radiosurgery for brain tumors. She is a member of the Congress of Neurological Surgeons, American Association of Neurological Surgeons, and Women in Neurosurgery.



Dr. Ronald Rembert Jr.



At the invitation of the Student National Medical Association (SNMA), **Ronald Rembert Jr.**, MD '00, gave a presentation on April 25 titled “The Business of Medicine.” Dr. Rembert is a board certified family physician with 14 years of experience practicing medicine with a focus on treating the underserved with acute and chronic illnesses. He has served as co-chair of the Community Advisory Review Council at the University of Chicago, reviewing community medicine research projects. He currently serves as a physician advisor to hospitals around the country with R1. ■

Alumni News

Other News

Harvey DuBiner, MD '79, was named to the Glaucoma Clinical Advisory Board for Nicox SA, an international ophthalmology company.

Robert J. Rogers, MD '82, FACP, SFHM, was elected to the management committee of the General Anesthesia Specialist Partnership, a medical group of 120 anesthesiologists in Los Angeles, CA. He was also elected to the Board of Directors of the National Association of Healthcare Advocacy for a two-year term.

Robert White, MD '84, was named a "CIO of the Year" by the Pittsburgh Technology Council in the large company category. Dr. White serves as chief medical information officer for Allegheny Health Network.

Martin Lanoff, MD '85, FAAPMR, was invited to participate in "Navigating Early-Career Decisions for Success in Physiatry Practice" — a presentation to early-career physiatrists on how to establish a successful practice — on behalf of the American Academy of Physical Medicine and Rehabilitation. Dr. Lanoff discussed "Marketing Your Practice" and "Words of Wisdom for Your Practice: Medicolegal Medicine."

Scott J. Betzelos, MD '89, was named chief clinical officer and president of the Clinically Integrated Network for ThedaCare community health system in Wisconsin. In his new role, Dr. Betzelos will design and execute ThedaCare's population health and physician integration strategy.

Capt. **Romeo Ignacio Jr.**, MD '97, has retired from the Naval Medical Center San Diego after 24 years of service with the U.S. Navy, and is now the pediatric trauma medical director at Rady Children's Hospital San Diego.

Johanna L. Olson-Kennedy, MD '97, was the Benjamin

Meeker Visiting Professor at the University of Bristol Institute for Advanced Studies in Bristol, UK.

Serene Perkins, MD '00, was appointed chief medical officer at Mid-Columbia Medical Center in The Dalles, OR.

John K. Czerwein Jr., MD '02, was named chief of orthopedics at Our Lady of Fatima Hospital in North Providence, RI.

Stella Lee, MD '05, moderated "Treating Cystic Fibrosis and Chronic Rhino Sinusitis" during the Virtual Rhinology IV 2019 Case-Based Learning in Sinus & Skull Base Surgery on March 16.

Alison Evert, MS '06, RD, CDE, a graduate of the medical school's nutrition program, was first author on a consensus report on nutritional guidance for weight loss and the management and prevention of diabetes, published by the American Diabetes Association (ADA) in April. The report, titled "Nutrition Therapy for Adults with Diabetes or Prediabetes: A Consensus Report," was published in *Diabetes Care*, the ADA's flagship clinical research journal. Ms. Evert also served as co-chair of the 14-person panel of national experts who produced the report.

Jennifer J. Beck, MD '08, was selected as a 2019 Traveling Fellow by the Pediatric Orthopaedic Society of North America and the Asia Pacific Pediatric Orthopaedic Society.

Hillary Tamar, MD '17, was featured in the article "New Generation of Doctors Seek Advanced Training in Addiction Medicine," published in *Kaiser Health News*. ■

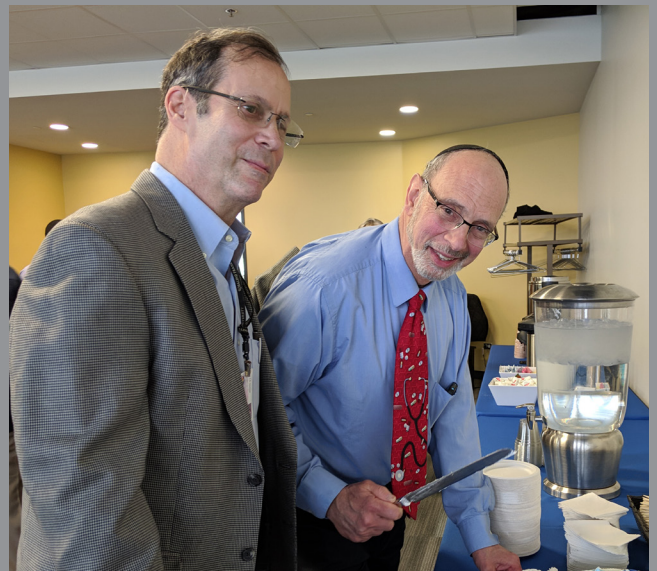
Farewell and Best Wishes to Dr. David Garfield!

David Garfield, MD, retired on May 1 after more than 30 years of dedicated service at Chicago Medical School. In his roles as education director for psychiatry and professor of psychiatry and behavioral sciences — and his former role as director of the psychiatry residency program — Dr. Garfield has touched generations of students and young physicians with his teaching, mentorship, and friendship. His leadership and contributions to excellence in medical education have been exemplary.

“His demeanor created an environment where people could work in a collegial manner,” said Stuart Goldman, MD, executive chair of the Clinical Sciences Department. “He will be missed by faculty, staff, and students.”

Dr. Garfield’s leadership, dedication, and love for medical academics have positively impacted our student and resident programs and he will be greatly missed. Please join us in wishing him a wonderful retirement! ■

Clockwise from top right: Dr. Garfield (right) at his retirement reception with James M. Record, MD, JD, FACP, dean of CMS; Dr. Garfield with Stuart Goldman, MD, executive chair of clinical sciences; Dr. Garfield addressing the class of graduating psychiatry residents in 2016; Dr. Garfield with Paul Hung, MD, current director of the psychiatry residency program, and Fadi Josef, MD, a psychiatry resident.



STAFF CORNER

Get to know the staff members who make
CMS a great place to study and work!

Candice Kosanke

Senior Communications Specialist, Dean's Office
Time at CMS: 4 years



Before joining CMS in April 2015 as the Multimedia/Web Content Specialist, Candice began her career at RFU as a volunteer intern in the Marketing Department. With just about 3 years under her belt, she was promoted in January 2018 to her current position as Senior Communications Specialist.

Candice wears many hats in her world of communications, design and multimedia. From recording lectures and maintaining the CMS website to designing and producing much of the digital content here at CMS, she brings creativity and flair to her work. On the more creative side of her job, Candice

is the managing editor of *Synapses*, the medical school's creative journal. She also writes the CMS quarterly newsletter, handles promotional materials, and most recently was on the implementation team for the video monitor outside the Dean's Office. She continues to maintain the content for the monitor with her creative style and eye for interesting and relevant news.

When asked what she likes most about working at CMS Candice smiled and said, "I feel like I am part of a family and I love the people I work with — faculty, staff and students. I especially like working with the students and seeing all the impressive things they accomplish during their time here."

Her supervisor shared that, "Candice is a joy to work with because of her positive can-do attitude and great work ethic. She continues to surprise us with her expanded skill set and we know we can always count on her to get things done right and on time." ■

School & Department News

Awards & Accomplishments



Sam Bunting, CMS '21, received the Honorable Mention in Health Communication and Health Technology from the United States Public Health Service and Interprofessional

Education Collaborative (USPHS/ IPEC) for his service project, titled "Improving Access to Pre-Exposure Prophylaxis Through Student-Led, Interprofessional Collaboration." Sam has been working with the Lake County Health Department to improve awareness of and access to PrEP, a form of HIV prevention.

As an honorable mention recipient, Sam has been invited to present a poster of his project at the June 13-14 IPEC

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Meeting in Washington, DC.

Sam's work was also published in the AAMC MedEdPORTAL on April 18, in a paper titled "A Guide for Designing Student-Led, Interprofessional Community Education Initiatives About HIV Risk and Pre-Exposure Prophylaxis."

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Melissa Chen, MD, clinical director of the Interprofessional Community Clinic and assistant professor of medicine, was elected to the Student Run Free Clinic Faculty Association Board of Directors as the communications chair.

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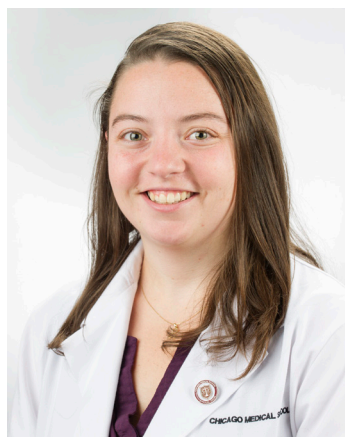
Matthew Christensen, CMS '21, was selected to serve as a member of the 2019-2020 Emergency Medicine Residents' Association (EMRA) Medical Student Council. Matthew will be one of two student delegates between the EMRA and the American Medical Association. As a part of his responsibilities on the Council, Matthew will attend the CORD Academic Assembly and ACEP's Scientific Assembly, as well as



being involved in several smaller task forces and projects throughout the year.

Currently, the EMRA represents over 7,000 residents and 3,000 medical students, both nationally and internationally.

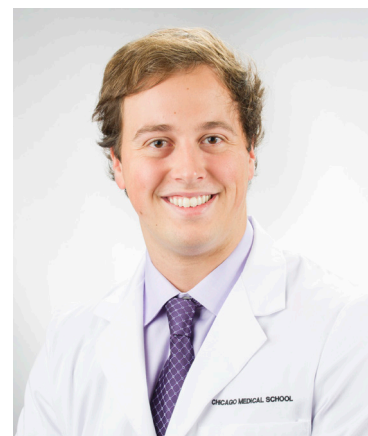
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Ashley Cohen, CMS '21, has been selected to receive a 2019 Excellence in Public Health Award from the United States Public Health Service (USPHS) Physician Professional Advisory Committee. This award recognizes medical students who are involved in public health issues in their community.

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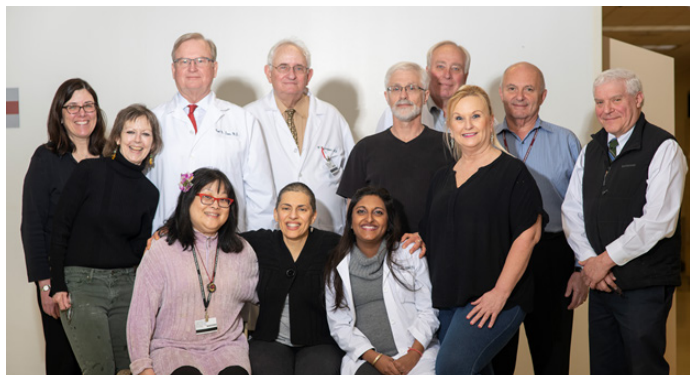
Jordan Newman, CMS '21, was featured by the university's Division of Student Affairs and Inclusion as Tutor of the Month for May. When asked to share an experience that was most rewarding for him as a tutor, Jordan said, "There was a moment this year when I was showing a student an image of a subarachnoid hemorrhage and explaining the CSF compartments within and in front of the pons. Specifically, I was highlighting the difference in color between the dark CSF in the cerebral aqueduct



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of the pons and the white blood in the subarachnoid space in front of the pons. I remember my smile when the student had the lightbulb moment and was able to recognize those two CSF compartments. It's one of my favorite recent memories."

Rosanne Oggoain, DO, assistant professor of pediatrics and Clinical Skills course and lab director, was profiled by the university's Division of Student Affairs and Inclusion in the April Spotlight. "We do what we do because we love the students," Dr. Oggoain said. "Their humanitarian spirits humble and inspire us – they are our hope for tomorrow."



Sitting in the front row: Dr. Jan Iwata, Dr. Rosanne Oggoian, and Dr. Pratibha Patel. Standing: Dr. Laurie Broutman, Dr. Noreen Kelly, Dr. Carl Zenz, Dr. Bill Greenfield, Dr. Bruce Goldberg, Dr. Ed Zarling, Patricia Palacios, Dr. Lawrence Hollander, and Dr. Allen Saxon.



Amy Pabst, MD, MHPE, assistant professor and medical director of healthcare simulation, was recognized as a certified healthcare simulation educator by the Society for

Simulation in Healthcare.

J. Amiel Rosenkranz, PhD,

Center for Neurobiology of Stress Resilience and Psychiatric Disorders, director of the Brain Science Institute and associate professor of cellular and molecular pharmacology, received a five-year, \$2 million grant for the research study "Parallel Maturation of Social Behaviors and Amygdala Circuits."



Heinz Steiner, PhD, Center for Brain Function and Repair, professor and chair of cellular and molecular pharmacology, received a five-year, \$1.7 million grant from the National Institute on Drug Abuse for the research study, "Serotonin

Receptors that Potentiate Addiction-Related Behavioral and Molecular Effects Induced by Methylphenidate (Ritalin) plus SSRI Exposure." Dr. Steiner is collaborating on this project with researchers from Texas A&M University.

Presentations & Publications

Hope T. Bilyk, MS, RD, LDN, assistant professor of nutrition, gave two presentations on campus in March in

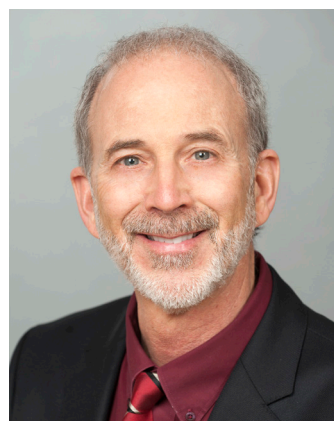
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honor of National Nutrition Month: “Hot New Foods for a Healthier You” and “Talking about Diet Change with Patients.”



presentation on March 18 titled “Support for People who have a ‘Loved One’ Struggling with Addiction.” Dr. Cummings moderated a panel with two experts from the Hope Council on Alcohol & Other Drug Abuse, Inc.: Guida Brown, executive director, and Morgen

Eckhardt, coordinator of direct services.



Jeffrey Bulger, PhD, professor of bioethics and humanities in the Department of Foundational Sciences and Humanities, gave a grand rounds presentation titled “The Art of Medicine and the Limits of AI Machine Learning” on April 1. Dr. Bulger used the concept

of artificial intelligence to demonstrate the idea that an entity can exhibit professional behavior while still lacking the moral conditions necessary for bioethics and the art of medicine.

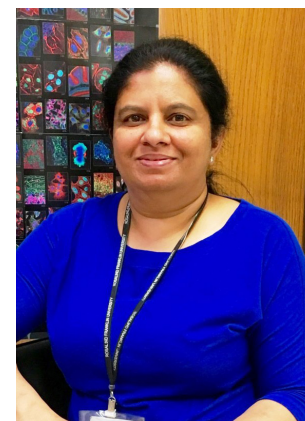
This presentation, the second in a three-part series exploring the impact of opioid addiction from various perspectives, focused on the social impacts of addiction from the perspective of those in primary relationships with people addicted to opioids.

Anika Dutta, CMS '21, and **Neelam Sharma-Walia, PhD**, associate professor of microbiology and immunology, recently published an article titled “Curbing Lipids: Impacts On Cancer and Viral Infection” in the *International Journal of Molecular Sciences*. The article was based on research conducted in Dr. Sharma-Walia’s lab.

Ahmet Copur, MD, associate professor of medicine, gave a medical grand rounds presentation titled “Asthma Update.” Dr. Copur discussed current diagnosis and treatment methods for asthma and identified new advances in pathophysiology and treatment of asthma.



Anika Dutta



Dr. Sharma-Walia

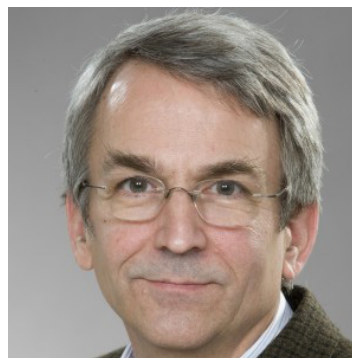
Monica Cummings, DMin, MDiv, lecturer of Foundational Sciences and Humanities, moderated a grand rounds

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Lise Eliot, PhD, Center for Brain Function and Repair, professor of neuroscience, authored the article “Neurosexism: The Myth that Men and Women Have Different Brains,” published in the Feb. 28 issue of *Nature*.

Dr. Eliot also participated in the conference “Toward an Anthropological Understanding of Masculinities, Maleness, and Violence,” held March 15-21 in Sintra, Portugal. The conference was sponsored by the Wenner-Gren Foundation for Anthropological Research.



Project” at the BRAIN Initiative Investigators Meeting, held April 11-13 in Washington, DC.

Dr. Frost also gave two recent invited talks: “Imaging Brain Networks during Behavior and

Learning” at Purdue University, and “Use of Brain Activity Imaging to Identify a Novel Memory Mechanism” at the Annual Meeting of the Chicago Chapter of the Society for Neuroscience, held on April 19.

Amber Fearon, CMS '20, published a case report in the *Journal of Hematology* titled “Protein S Deficiency and Arterial Thromboembolism: A Case Report and Review of the Literature.” Additional authors include **Paige Percy**, CMS '19; **Subramanian Venkataraman**, MD, assistant professor of medicine; and **Prabodh Shah**, MD, assistant professor of medicine.



Amber Fearon

Paul Hung, MD, director of the psychiatry residency program and assistant professor of psychiatry and behavioral sciences, gave a clinical sciences and humanities grand rounds presentation titled “The History of Psychotherapy: From Prehistory to the French Belle Époque” on April 15. Dr. Hung discussed the connections between prehistoric societies and the prototypes of psychiatry, drawing on the parallels between contemporary disorder presentations and cultural anthropology records.



Lindsay Karson, CMS '22, gave a medical grand rounds presentation on March 4 titled “Exploring Opioid Addiction,” which examined the opioid crisis from the patient perspective. Lindsay invited two guest speakers

School & Department News

who shared their personal narratives of their experiences with the biological, psychological, and social impacts of opioid addiction.

This presentation was the first in a three-part series exploring the impact of opioid addiction from various perspectives.

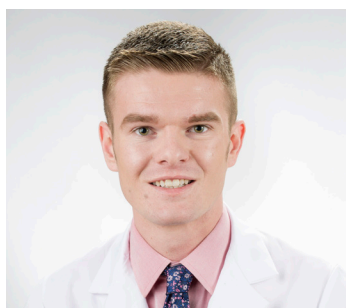


Lindsay Karson during her grand rounds presentation.



Hunter Launer

Hunter Launer, CMS '20, and **Sam Bunting**, CMS '21, held a town hall meeting on April 22 to present the results of the Independent Student Analysis (ISA) survey conducted earlier this year. As co-chairs of the ISA Task Force, Hunter and Sam led the effort to design, implement, and analyze a survey of CMS students as required by the Liaison Committee on Medical Education (LCME).



Sam Bunting

Derrick Lock, CMS '19, recently published an article with colleagues from the Sinai Urban Health Institute (SUHI). The article, "Predictors of Breast Cancer Mortality Among White and Black



Women in Large United States Cities: An Ecologic Study," was published in *Cancer Causes & Control*. The authors employed a city-level ecologic analysis to assess predictors of race-specific breast cancer mortality rates. Derrick assisted with the writing of the article as part of his internship with SUHI.



Jaclyn Long

Jaclyn Long and **Phillip Williams**, both CMS '22, participated in the presentation "Gun Violence Prevention: The Role of the Academic Community" at Teaching Prevention 2019: Building a New Paradigm for Population Health, held April 1-3 in Cleveland, OH. The students collaborated with faculty from RFU and the Massachusetts College of Pharmacy and Health Sciences to create an educator resource toolkit for teaching about gun violence.



Phillip Williams

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Aron D. Mosnaim, PharmD, PhD, FCS, professor of cellular and molecular pharmacology and psychiatry and behavioral sciences, and **James O'Donnell III**, PhD, assistant professor of cellular and molecular pharmacology, published a paper titled "Phenylethylamine and Various Monomethylated and Para-Halogenated Analogs: Acute Toxicity Studies in Mice" in *Drug and Chemical Toxicology*.

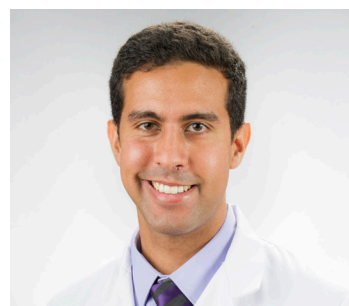


Dr. Aron Mosnaim



Dr. James O'Donnell III

Daniel Peterson, PhD, professor of neuroscience and director of the Center for Stem Cell and Regenerative Medicine, published a paper in *bioRxiv* titled "Energy-Dependent Transport at Dural Lymphatic Vessels is Necessary for A Brain Clearance in Alzheimer's Disease."



Anand Saripalli, CMS '21, presented a trainee travel award-winning poster at the 2019 Midwest Clinical & Translational Research Meeting in Chicago on April 3-4. His poster was

titled "Aquaporins and Reactive Oxygen Species in Inflammatory Breast Cancer."

Ashima Sarup, CMS '19, along with several researchers from the Sinai Urban Health Institute and the Chicago Department of Public Health, recently published "Local Disparities in Breastfeeding Initiation and Duration: A Cross-Sectional Population-Based Survey In Ten Chicago Community

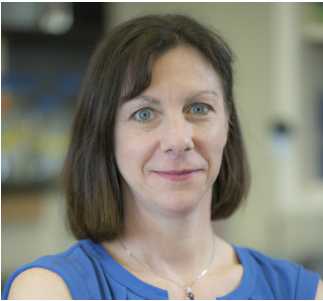


Areas" in the *Journal of Community Health*. The analysis used Sinai Community Health Survey 2.0 data to examine neighborhood and racial/ethnic disparities in breastfeeding practices within Chicago.

Edwin K. Simon, MD, associate professor of psychiatry and behavioral sciences at CMS and director of the Sleep Laboratory at the FHCC, recently gave a medical grand rounds presentation on "An Approach to Insomnia." Insomnia — defined as the subjective perception of difficulty with sleep initiation, duration, consolidation, or quality that occurs despite adequate opportunity for sleep, and that results in some form of daytime impairment — is the most prevalent sleep disorder in the general population.

Grace Stutzmann, PhD, associate professor of neuroscience and director of the Center for Neurodegenerative Disease and Therapeutics, and **Anthony West**, PhD, professor and chair of neuroscience,

School & Department News



Dr. Grace Stutzmann

published a paper in *Nitric Oxide* titled “Age- and Sex-Related Changes in Cortical and Striatal Nitric Oxide Synthase in the Q175 Mouse Model of Huntington’s Disease.”

“Regulation of Dopamine Neurotransmission from Serotonergic Neurons by Ectopic Expression of the Dopamine D2 Autoreceptor Blocks Levodopa-Induced Dyskinesia.”



Other News

Nutan Vaidya, MD, senior associate dean for academic learning environment and professor of psychiatry and behavioral sciences, was invited to Vilnius University in Lithuania April 22-26 to lead a series of interactive medical education professional training sessions for the medical faculty there. Topics included “Teaching with Learning in Mind,” “Effective Questioning,” and “Teaching on the Go.” Dr. Vaidya also became an advisor to the Medical Study Program Committee of Vilnius University, which is dedicated to reviewing and improving the study program and schedule.



Dr. Vaidya (left) at Vilnius University

Anthony West, PhD, professor and chair of neuroscience, published a paper in *Acta Neuropathologica Communications* titled



Connie Cordova

The Clinical Sciences Department has recently welcomed two new members!

Connie Cordova is the new Undergraduate Medical Education Specialist in psychiatry. Connie has been at CMS since 2017, previously working in the nutrition division and the Office of Student Affairs and Education. Prior to coming to CMS, Connie worked as a Health & Wellness Program/Principal Program Assistant with Lake County Health Department and the Community Health Center from 2001 to 2017.



Dr. Biana Kotlyar

Biana Kotlyar, MD has joined the department as Education Director, Psychiatry. Dr. Kotlyar is no stranger to CMS; she completed her psychiatry residency at the Chicago Medical School in 2015 and she also served as chief resident from 2013 to 2015. After graduation from the residency program, Dr. Kotlyar practiced as a psychiatrist at Columbia St. Mary’s Hospital in Milwaukee from 2015 to 2019, where she held a faculty appointment with the Medical College of Wisconsin as Assistant Professor. She supervised the clinical instruction of medical students and residents in this capacity. ■

Recent Events and Activities



On May 7, the Office of Diversity hosted a URM (Underrepresented in Medicine) student dinner event with Marsheila DeVan, Founder of Elite Communications.



The Asian Pacific American Medical Student Association (APAMSA) presented the annual Red Lantern Show on March 2.



Melissa Chen, MD, clinical director of the Interprofessional Community Clinic and assistant professor of medicine, attended the Student Free Clinic Association conference with 18 RFU students active in the Interprofessional Community Clinic (ICC). The students presented posters based on their work in the ICC.





Psychiatry residents present their research at the medical school's annual Psychiatry Poster Competition. Winners will be announced at the Psychiatry Residency Graduation Ceremony in June.

We want to hear from you!

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



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