



CMS NEWS

The Chicago Medical School Newsletter

**SPRING 2021
ISSUE 20**

STUDENT HOSTED CMS FACULTY & STAFF AWARDS

Student leaders showed their appreciation for the efforts of outstanding CMS faculty and staff.

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SYNAPSES RELEASE EVENT

Student, faculty, and staff artists gave short presentations about their work to celebrate the release of the fifth volume of Synapses.

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WILLIAM R. HARTMAN, MD '03, PHD '99, ON HIS ROLE IN COVID-19 RESEARCH

Dr. Hartman discussed his role as principle investigator in several COVID-19 treatment and vaccine trials.

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Celebrating Match Day

The Class of 2021 marked this milestone in their education and their careers with a virtual celebration with family and friends.

On March 19, Chicago Medical School held its second virtual Match Day, celebrating with the Class of 2021 and their families as the fourth-year medical students discovered where they would be going to complete their residency training. The celebration was held via Zoom Webinar, with students tuning in in small groups or with their families.

"You stand on the brink of fulfilling your calling, committed to the spirit of health and well-being," said **Archana Chatterjee**, MD, PhD, dean of Chicago

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Dean's Message

Dear CMS Community,

May is just coming to a close, but hope for the future is abundant at CMS. Not only is our nation relaxing restrictions as more people across America are vaccinated and returning to some semblance of "normal life," but we are celebrating exciting and significant milestones for our medical students. Our second year students are moving into their clinical rotations in a few weeks, third year students are preparing for their final year at CMS by selecting their electives, finalizing their CVs and personal statements in anticipation of applying for their residency, and our first year students have made it through their first full year of medical school. Of course, the most exciting news is the Class of 2021's graduation!

While the University's recorded virtual commencement ceremony for all of the health science programs will be released on June 12th, it also supported small, individual school in-person graduation celebrations this year. Just over half of the CMS Class of 2021 chose to celebrate with fellow classmates by attending small, socially distanced celebrations on campus at Rhoades Auditorium on Saturday, May 15th. While family and friends could not be included due to the socially distanced guidelines, formal photographs, the opportunity to cross the stage, and a recorded "shout-out" to family and friends after the ceremony made for a festive day. In addition to remarks offered by Dr. Mildred M.G. Olivier and Class President Ms. Chantal Creighton, I was honored to welcome the Class of 2021 to a very unique and personal graduation. Dr. Brenda Affinati led the Oath of Geneva and Dr. Gordon Pullen read the names of the graduates as they walked across the stage. While this day looked very different from what the graduates might have imagined when they entered CMS, it was a joyful reunion for the students to celebrate together after four rigorous years of medical school; especially, after this past year while we all dealt with a deadly pandemic that turned everything upside down.

Despite a rainy North Chicago day, the precision planning paid off — graduates and faculty were together and safe, and the atmosphere was one of expectation and excitement. Both students and faculty were thrilled to see and visit with one another after so much time apart; in fact, some of the faculty sent me notes afterwards to say how much they enjoyed the opportunity to see the students (after years sometimes!). I even got a hug from one of the students, and they barely know me! Most of the students and even some of the faculty saw me in-person for the first time! The faculty also appreciated the opportunity to share stories and chat over lunch that we enjoyed together in between the morning and afternoon ceremonies.

We are so very proud of the CMS Class of 2021 — they have endured one of the greatest trials in recent history. The struggles they encountered during the past year were unrelenting, but they persevered and have developed incredible resilience. The ability to take their experiences and knowledge from these difficult and challenging times as they begin their residencies is profound. They are a beacon of hope to the world! I hope you will all join me in

congratulating our CMS Class of 2021 graduates!

Sincerely,



Archana Chatterjee, MD, PhD
Dean, Chicago Medical School

Celebrating Match Day

continued from cover

Medical School and vice president for medical affairs. “I applaud you for the path you have chosen. We are all so incredibly proud of you and send you our heartfelt congratulations.”

Jeanette Morrison, MD, senior associate dean for student affairs and education, also addressed the medical students, congratulating them on all the hard work that had led them to that point, especially with all the unexpected challenges the last year has brought.

“You will forever be bound and shaped by this shared experience of being a medical student and matching during a global pandemic. It’s part of what makes this class unique and this match so special,” she said. “Dealing with adversity, being flexible, not having all the answers and yet having to make tough decisions, treating others with kindness and empathy — all of these things you’ve had to do this year are actually great preparation to be a physician. And we have seen these qualities in all of you.”

Chantal Creighton, CMS ’21, Class President, delivered the final speech before the countdown to the moment when each student received an email from the National Resident Matching Program (NRMP) with their match results. She congratulated her classmates and thanked everyone’s families, friends, and communities for their support.

“I am so proud to be part of a group that has been nothing but supportive of each other as we embark on our journeys to become physicians,” Chantal said. “We’ve all proven ourselves to be resilient in the face of a pandemic, compassionate in the face of tragedy, and even in the darkest of times we’ve never lost our spirit and our sense of humor. You are the doctors that the world needs, and the people that inspire me each and every day.”

CMS continued its strong record of successful residency placement with a 95% match rate, topping the national 92.8% match rate for U.S. senior medical students. CMS students matched to residency programs across the nation, including Mayo, Baylor, Yale, Kaiser, Tulane, Vanderbilt, UCLA, University of Chicago, Northwestern McGaw/Lurie Children’s, Rush, Loyola, and Advocate/Aurora. Five students will be staying with CMS after matching into the school’s internal medicine and psychiatry residency programs. ■

Thank you to all the students who shared photos of their Match Day celebrations!







Student Dean Corner

Each quarter, student dean Courtney Harris will give updates on the projects she will be working on throughout the year.

To my classmates and colleagues,

I would first like to offer a heartfelt congratulations to our newly graduated M4 Class of 2022! This class truly endured many radical changes to the course of their clinical education over the past year, and persevered with grace. Our students matched into a wide variety of programs in over 25 different states. I know students were grateful to have had a limited in-person graduation experience, and personally so happy to see pictures of the celebration on campus after this long stretch of limited activities on campus. Along the same lines, we can all be encouraged by the recent university-wide communication regarding return to more in-person activities next year. Relationships we form during our time at CMS in addition to hands-on learning are critical to our success. I hope that our rising M2's and incoming Class of 2025 both have greater opportunities to get to know one another and interact with standardized patients.

Many of you are likely feeling personally impacted by the increasing violence impacting communities facing discrimination globally and continued acts of racism across our own country. White supremacy and colonialism pose a great threat to minoritized communities, and ultimately damage the diversity of all communities. As future physicians and community leaders, we can all use our platform to educate others, particularly as these issues relate to mental and physical health. Our first priority, however, must be to safeguard our own mental and physical wellbeing in times of stress. I encourage you to take advantage of

the resources offered through the Counseling Center and the Weekly Wellness emails. One newer resource we have free access to is Studio Sweat On Demand, which provides a catalog of at-home workouts that can be streamed any time. Your free access through the university license can be accessed here: bit.ly/RFUStudioSweat.

Finally, I wanted to introduce our newly elected incoming Student Dean, Ms. Rachel To. Rachel is a member of the CMS Class of 2023 from San Diego, California and is incredibly excited about serving the student body in the upcoming academic year. When I spoke to her about her vision for the role, she shared that she hopes to improve communication and transparency between administration and students while fostering the development of students as future physician leaders. We will work together over the next few months to transition leadership, and look forward to working towards continuous improvement and growth within the CMS community.

As always, if you have any ideas I could assist with, please reach out to student.deancms@rfums.org.

All the best,

A handwritten signature in black ink that reads "Courtney Harris".

Courtney Harris
CMS Student Dean
CMS Class of 2022

ASRC Winners

RFU's 16th Annual All School Research Consortium (ASRC), held virtually on March 17, highlighted the research projects of more than 120 students, postdocs, and residents representing all five of RFU's colleges and schools. This interprofessional, student-run event featured poster presentations and research talk symposia on a variety of topics.

Congratulations to the following individuals from Chicago Medical School who received awards for best research talks and best research poster presentations:

Best Research Talk, CMS

Simone Raiter, CMS '22

"Prostate Radioembolization in a Canine Model"



Best Research Poster, CMS

Sumit Patel, CMS '21

"Defining Clinically Significant Outcomes Following High Tibial Osteotomy with or without Concomitant Procedures"



Best Research Poster, Postgraduate Trainee

Swetha Paduri, MD, Internal Medicine Resident

"Relative Observer and Technical Error in the Ultrasonic Monitoring of Thyroid Nodular Growth Using Nodular Volume (Vol), vs. Longest Dimension (LD), vs. the Sum of the 3 Nodular Dimensions (Sum3D)" ■



Student Hosted CMS Faculty and Staff Awards Ceremony

Many members of the Chicago Medical School community were honored at the CMS Faculty and Staff Awards Ceremony, held virtually on March 8. During the ceremony, organized and hosted by the four CMS Class Presidents — **Chantal Creighton**, CMS '21; **Ashley Schaefer**, CMS '22; **Tim Bauer**, CMS '23; and **Victor Barragan**, CMS '24 — students expressed their appreciation for the efforts and hard work of faculty and staff, especially in light of the many challenges and obstacles to medical education caused by the COVID-19 pandemic.

Each of the four CMS classes created their own set of awards, and students were asked to nominate and vote for members of CMS who they felt were most deserving of that type of recognition. ■

Class of 2024 Award Recipients:



Most Dedicated Staff Member

Ashwini Mokashi

Supervisor of Undergraduate Medical Education Specialists

Best Clinical Presentation

Ariel Katz, MD

Associate Professor of Medicine and Education Director,
Clinical Skills & Clinical Foundations of Medicine





Most Dedicated Professor

David Everly, PhD

Associate Professor of Microbiology and Immunology

Most Supportive Professor

Mark Grumet, DC

Assistant Professor and Course Director for Clinical Anatomy



Most Entertaining Professor

Neil Bradbury, PhD

Professor of Physiology and Biophysics

Best Lecturer

Monica Oblinger, PhD

Professor of Cell Biology and Anatomy



Favorite Professor

Kimiko Suzue, MD, PhD

Professor and Education Director, Pathology

Class of 2023 Award Recipients:



Favorite Professor

Bruce Goldberg, MD

Assistant Professor of Medicine



Best Lecturer

Kimiko Suzue, MD, PhD

Professor and Education Director, Pathology



Most Inspiring Professor

Brenda Affinati, MD, FACP

Associate Professor & Discipline Chair of Medicine;
Assistant Dean of Clinical Education



Best Clinical Presentation

Rosanne Oggoian, DO

Assistant Professor of Pediatrics;
Clinical Skills Course Director & Lab Director



Best Covid Response

Gordon Pullen, PhD

Associate Dean for Basic Science Education;
Assistant Professor of Physiology and Biophysics



Most Supportive Staff Member

Heather M. Kind-Keppel, EdD

RFU Executive Director of Diversity and Inclusion



Most Supportive Staff Member

Lori Wasion

Administrative Coordinator,
Office of Student Affairs and Education



Most Dedicated Staff Member

Crystal Gutierrez

Undergraduate Medical Education Specialist



Most Dedicated Staff Member

Ashwini Mokashi

Supervisor of Undergraduate Medical Education Specialists



Champion for Change

Melissa Chen, MD

Associate Professor of Medicine; ICC Clinical Director

Class of 2022 Award Recipients:



Outstanding Clerkship Director

Stuart Goldman, MD

(Former) Clerkship Director, Family Medicine

Outstanding Clerkship Director

Andrew Dahlem, MD

Clerkship Director, Family Medicine



Most Outstanding UGME

Marissa McCarthy

Undergraduate Medical Education (UGME) Specialist

Most Outstanding Staff Member

Danielle Priester

M4 Education Specialist



Most Outstanding Administrator: Above the Call

Brenda Affinati, MD, FACP

Associate Professor & Discipline Chair of Medicine;
Assistant Dean of Clinical Education



Most Outstanding Administrator: Strategic Planning

Jeanette Morrison, MD

Senior Associate Dean for Student Affairs & Education;
Associate Professor of Medicine

Most Outstanding Administrator: Leadership

Gordon Pullen, PhD

Associate Dean for Basic Science Education;
Assistant Professor of Physiology and Biophysics



Outstanding Preceptor, Psychiatry

John Cummins, MD

Preceptor, Advocate Illinois Masonic Medical Center

Outstanding Preceptor, Family Medicine

Samantha Ghanayem, MD

Preceptor, Aurora Medical Center Kenosha



Class of 2021 Award Recipients:



Outstanding Online Elective Professor

Melissa Chen, MD

Associate Professor of Medicine; ICC Clinical Director



Outstanding Clinical Elective Preceptor

Terrence Li, MD

Associate Professor, Discipline Chair,
& Education Director, Neurology



Unsung Hero

Gina Hartlaub

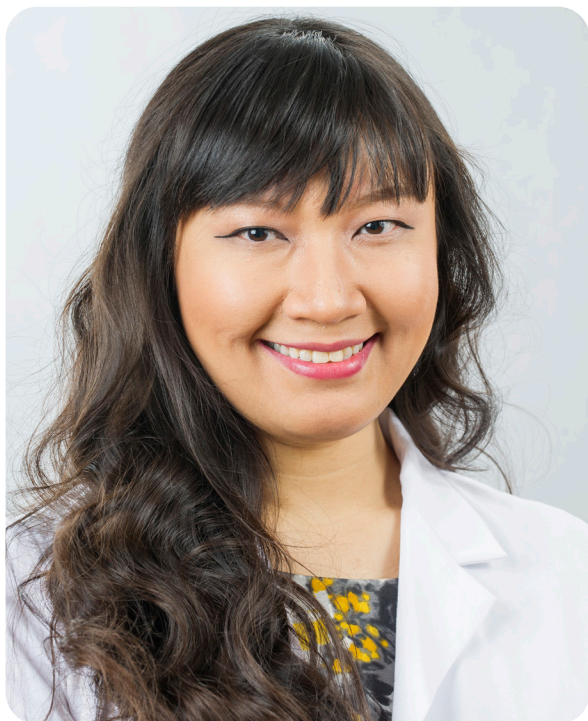
Administrative Assistant,
Office of Student Affairs and Education



Outstanding Specialty Mentor

Sanja Nikolich, MD

Assistant Education Director, Surgery



CMS Announces New Scholarship in Tribute to Dimin (Tammy) Zhou, MD '20

Chicago Medical School (CMS) is proud to announce the establishment of the **Dimin (Tammy) Zhou, MD '20 Memorial Endowed Scholarship**. The fund, established through the generosity of the Zhou family, will be awarded annually by the CMS Dean, beginning in 2022.

Dr. Dimin (Tammy) Zhou was raised in San Diego, California. From an early age, she was a talented pianist who gained recognition in southern California as a featured soloist with several orchestras including the San Diego Symphony. She attended Stanford University, where she pursued her passions in biology and music.

After graduating and working in the public health sector, she obtained her MD at Chicago Medical School (CMS) at Rosalind Franklin University. While at CMS, Tammy was actively involved in the community as one of the leaders of the Student Council and specialty interest groups. Tammy remained dedicated to the CMS community and the field of medicine even after being diagnosed with gastric cancer during medical school and completed

her MD while undergoing treatment. In the spring of 2020, Tammy matched into the Radiology residency program at the University of Illinois at Chicago but passed away before she could begin her training.

Throughout her life, Tammy fostered an abiding love for classical music and other arts including opera and fashion. She will forever be remembered for her warmth and sense of humor, commitment to the field of medicine, and courage in the face of adversity. Although a San Diegan at heart, Tammy found a new home in Chicago and in her community at CMS.

The Dimin (Tammy) Zhou, MD '20 Memorial Endowed Scholarship is dedicated to students pursuing a career in oncology. Gastric cancer is the third most common cause of cancer-related mortality worldwide, and much work remains to be done in the prevention and treatment of this devastating disease. Through this scholarship, the Zhou family hopes to support the future leaders of oncology in remembrance of Tammy. ■

CMS Welcomes Several Administrators to New Roles

Dr. Michael Ellison recently joined CMS as Associate Dean of Admissions, and Dr. Brenda Affinati and Dr. Frank Maldonado took on new roles as Associate Dean of Clinical Affairs and Executive Chair of Clinical Sciences, respectively.



Dr. Michael Ellison

Michael Ellison, PhD, joined Chicago Medical School on March 15 as Associate Dean of Admissions, after a national search to recruit an exceptional higher education executive. Dr. Michael Ellison has been a successful administrator in higher education for several decades, focusing on university admissions/recruitment, academic advising, retention, student affairs, and teaching.

Dr. Ellison comes to CMS from Chicago State University, where he was Interim Vice President for Enrollment Management. In this role he managed all activities associated with enrollment management and related services including Admissions, Transfer

Center, Financial Aid, Registrar, Veteran Resource Center, Institutional Research and Effectiveness, and Retention. His previous roles at Chicago State University included Admissions Counselor/Recruiter, Director of Pre-Medical Education Programs, Assistant Dean for Student Affairs and Admissions for the College of Pharmacy, and Instructor. Earlier, he was the Associate Dean for Admissions and Assistant Professor at the Frank H. Netter MD School of Medicine, Quinnipiac University, in North Haven, CT.

A Chicago native, Dr. Ellison earned his Doctor of Education in Educational Leadership at Roosevelt University in Chicago and both his Master of Science and Bachelor of Science degrees at Chicago State University.

Throughout the search process, Dr. Ellison demonstrated a commitment to diversity, inclusion and equity, collaboration, and communication. His 30+ year career demonstrates impressive successes in the areas of student enrollment and retention, program development, and empowering students.

Karen DiMario, MS, former Assistant Dean of Admissions, has moved into the Office of Academic Learning Environment as the Director of Outreach and Equity. We take this opportunity to thank her for her dedicated service to CMS, and to welcome Dr. Ellison to CMS and RFU.



Dr. Brenda Affinati

Brenda R. Affinati, MD, FACP, will take on a new role at CMS as the Associate Dean of Clinical Affairs, effective July 4, 2021. Dr. Affinati has been a faculty member at CMS since 1998, and she has served in several leadership roles including Assistant Dean of Clinical Education, Vice Chair of the Clinical Sciences Department, and Discipline Chair of Medicine.

Dr. Affinati will move on from her current CMS responsibilities and will provide leadership for the management of Clinical Affairs, ensuring that all needs are met to foster and maintain clinical rotation sites for students. She will also oversee and ensure that the accreditation requirements associated with clinical training are met. Dr. Affinati's depth of experience, institutional knowledge, and robust relationship with many of Chicago Medical School's affiliate partners prepare her well for this new position.

A graduate of the University of Illinois College of Medicine, Dr. Affinati completed her Internal Medicine residency and Chief Residency at Advocate Lutheran General Hospital. Before dedicating herself fully to medical education, Dr. Affinati,

board certified in Internal Medicine, coordinated the administrative and clinical services for multiple Chicago-land area hospitals as the Vice President of Clinical Operations and Business Development at Best Practices Inpatient Care, Ltd.

She continues to serve as Site Director at CMS' Internal Medicine Clerkship and Sub-Internship programs at Advocate Lutheran General Hospital and was selected by the Class of 2010 as the Outstanding Attending in Internal Medicine. Dr. Affinati was a recipient of the Leonard Tow Humanism in Medicine Award in 2014, an award that recognizes a faculty member who demonstrates both clinical excellence and outstanding compassion in the delivery of care.



Dr. Frank Maldonado

Frank A. Maldonado, MD, FCCP, will take on a new role at CMS as the Executive Chair of Clinical Sciences, effective July 2021. Dr. Maldonado currently serves as Chicago Medical School's Assistant Dean for Lovell Federal Health Care Center and holds an academic appointment as professor of medicine.

Through his leadership as Executive Chair of Clinical Sciences, Dr. Maldonado will be responsible

for ensuring a high-quality clinical education and achievement of clinical, educational, and research goals and objectives as demonstrated by medical student success, faculty engagement, and clinical affiliate satisfaction. Dr. Maldonado will succeed Dr. Stuart Goldman in the role, who retired this past December.

A graduate of the Universidad Central del Caribe in Puerto Rico, Dr. Maldonado completed his Internal Medicine Residency at Providence Hospital in Washington, DC. With additional training in pulmonary and critical care medicine, Dr. Maldonado has spent most of his 30-year career at the Captain

James A. Lovell Federal Health Care Center (FHCC) in North Chicago in progressive clinical and leadership roles. Most recently, he has served as the Chief Medical Executive/Chief of Staff at the FHCC. His relationship and engagement with CMS over many years provide him with a unique insight into the medical school. He was honored by CMS two years ago with the 2019 CMS Champion Award, presented to an individual who is an exemplary contributor to the CMS mission and embodies the core values of the institution.

We welcome Dr. Maldonado to this significant leadership role. ■

Dr. Olivier Named ELAM Fellow



Mildred MG Olivier, MD '88, Assistant Dean for Diversity and Inclusion, has been accepted as a member of the 2021-2022 class of Fellows in the Hedwig van Ameringen Executive Leadership in Academic Medicine (ELAM) Program. Her selection places her among the very best and brightest of

today's and tomorrow's women leaders in academic medicine, dentistry, public health, and pharmacy.

The ELAM program offers an intensive one-year fellowship of leadership training with extensive coaching, networking, and mentoring opportunities for women faculty in schools of medicine and other healthcare schools who have shown strong evidence of leadership potential. The curriculum focuses on topics such as effective leadership behaviors, managing change initiatives, organizational dynamics, and strategic approaches to financial and resource management. The program is dedicated to expanding the national pool of qualified women candidates in academic leadership positions in the health sciences.

Over the coming year, Dr. Olivier will work with CMS leadership on an Institutional Action Project of her choice that addresses a need or priority of CMS and promotes organizational change. We congratulate Dr. Olivier on this achievement and look forward to what she will accomplish as an ELAM Fellow. ■

Interprofessionalism in Action

The student leaders of the Interprofessional Community Clinic (ICC) have spent the last few months sharing knowledge and helping the community in various ways, from working with the Lake County Health Department on COVID-19 educational materials to giving presentations at several virtual conferences.



Student leaders from the Interprofessional Clinic Initiative including **Maria Mercurio**, CMS '23; **Lauren Gard**, CMS '23; **Jyothi Thippana**, CMS '23; **Kathryn Fritz**, CMS '23; and **Henna Ata**, SCPM '23, presented "Peer Directed Advocacy Education: Embedding Anti-Racism into Leadership Training at a Student-Led Free Clinic" at the 2021 National Collaboration of Education to Address the Social Determinants of Health (NCEAS) Virtual Conference held Feb. 22–24.

Interprofessional Community Clinic faculty members including **Melissa Chen**, MD, associate professor of medicine and clinical director of the Interprofessional Community Clinic, presented a virtual workshop titled "Addressing Health Disparities: Skill Development at an Interprofessional Student-Led Free Clinic" at the NCEAS Conference.

The following CMS students, along with their interprofessional peers, delivered poster and oral presentations at the Society of Student-Run Free Clinics (SSRFC) Virtual Conference: **Lauren Gard**, **Sean Hormozian**, **Joy Jin**, **Maria Mercurio**, **Danielle Wales**, and **Nicholas West**, all CMS Class of 2023. Presentations included:

- "The Development of a Flu Vaccination Drive-Through Clinic During the COVID-19 Pandemic" (Joy Jin and Nicholas West)
- "Implementation of Paper and Digital Incident Reporting in a Student-Led Free Clinic, and the Transition to Telehealth" (Maria Mercurio and

Sean Hormozian)

- "An Interprofessional Telehealth Model: Development and Implementation at the Interprofessional Community Clinic (ICC)" (Lauren Gard, Maria Mercurio, and Danielle Wales)
- "Barriers to Telehealth at the Interprofessional Community Clinic" (Lauren Gard)
- "Development & Implementation of an Online EMR Training at an Interprofessional Student-Led Free Clinic" (Nicholas West)
- "Managing the Telehealth Platform Doxy.me in an Interprofessional Student-Led Free Clinic" (Danielle Wales)

In total, RFU students gave 12 presentations during the conference. Additionally, **Jennifer Vu**, CMS '24, a member of the Interprofessional Clinic Initiative executive officer board, was elected national coordinator of the SSRFC's operating committee.

Students have also been working with the Lake County Health Department and community partners to create COVID-19 education campaigns. The most recent completed project was a COVID-19 Vaccine Education flyer, available on the LCHD website in English, Spanish, Chinese, Korean, Tagalog, Russian, and Polish. CMS students will continue to work with the LCHD for upcoming campaigns regarding COVID-19 safety and what to do post-vaccination.

Additionally, **Ashi Shrivastava**, CMS '24, a member of the Interprofessional Clinic Initiative executive officer board, has been leading a project offering Grief Training in partnership with the Willow House, to be available to all RFU students and faculty. ■

Intermittent Fasting:

Healthy Benefits or Fad?



Article submitted by Brandon Flock, CMS '21

Introduction

Intermittent Fasting (IF) is a diet with a long history dating back to ancient Greece with a particular prominence in religion, but it has made a resurgence in recent years as a diet used for weight loss¹. This is a diet which deserves more research than it currently has, as it gained popularity in 2018, even being named the most popular diet of the year by the International Food Information Council Foundation². Evolutionarily speaking, fasting was a normal part of a human's life — we only ate when we hunted or gathered something, and we fasted in the times in between. But in the modern time with an

abundance of food, does fasting actually have any health benefits that make it worth practicing this ancient “diet”?

The Physiology of Fasting

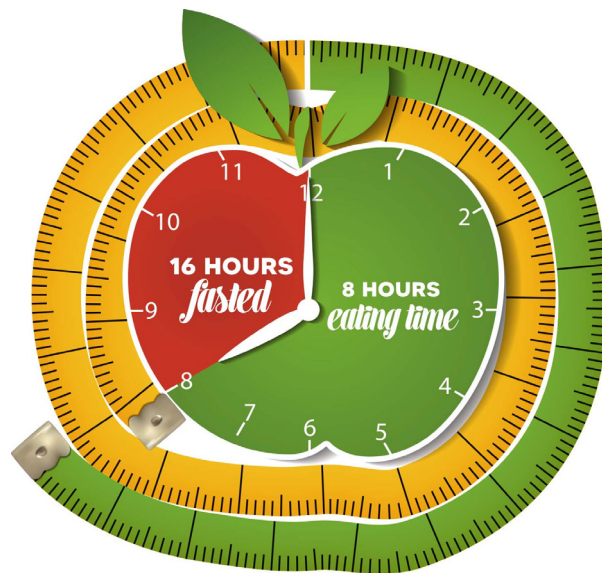
The theory behind IF is to induce periods of time where the cells are starved for energy, so that they resort to using stored energy. When sugars, whether complex or simple, are absorbed by the gut they are either used immediately for energy or stored in cells for use at a later time. Insulin is the hormone responsible for causing cellular uptake of sugars to be stored as glycogen. Glucagon is the counterpart

to insulin, telling cells to release their stored sugar. During times of fasting, insulin levels are low and glucagon levels are high to cause release of the stored sugars in glycogen to be used by the starved cells. Metabolic diseases, such as Diabetes Mellitus, are caused by poor insulin sensitivity or poor/absent insulin production. Thus, the idea is that IF allows for periodic times of very low insulin levels to prevent insulin desensitization/resistance³.

During times of fasting our bodies enter a metabolic state called ketosis. This is marked by elevated ketone bodies, which are a metabolic response to hypoglycemia (which is exactly what happens during periods of fasting). Ketones can be used as an energy source by most organs, except for the liver which can create ketones but lacks the necessary enzyme for ketone metabolism. Our bodies are able to maintain acid-base balance during physiologic ketosis. This is contrasted with ketoacidosis seen in diabetes mellitus, during which our bodies make too many ketones and one's blood becomes acidotic. These ketones, when seen in the moderate levels from a ketogenic or fasting-based diet, can cause headache, fatigue, dizziness, insomnia, poor exercise tolerance, constipation, and nausea which collectively are commonly referred to as the "keto flu"⁴. All of this can be contrasted against the typical calorie-restricted diet, which will not induce a starved state or ketosis or the "keto flu."

Intermittent Fasting Diet

There are many variances of IF, but the premise of IF is simple: one only eats between a certain timeframe each day, or alternates days on which they eat. The most common subtypes are alternate-day fasting (both where the off day is complete abstinence from food, or partial abstinence from food), the 5:2 diet (2 days of partial fasting per week), and the 16:8 diet (16 hours of fasting and 8 non-fasting hours)⁵. Dr. Wexler of Harvard Medical School advises that people find a fasting routine that is sustainable to them for optimal adherence and results³.



What Does the Science Say?

Generally, the data is in agreement that IF is as effective as a typical calorie-restricted diet for most all of the health benefits^{6,7}. This makes sense conceptually, as you are consuming X number of calories per week, whether that be on 3 days of the week or 7 days with half the number of calories. Thus, you see similar benefits with IF as you would with a typical calorie-restricted diet. These benefits include weight loss, decreased insulin resistance, and improved cardiovascular and metabolic health⁸.

While patients may see weight loss, the loss of belly fat may be limited as a mouse model study showed that visceral and subcutaneous fat preferentially undergoes change during IF⁹. In addition, there appears to be benefit to one's lipid profile: in two separate studies, all lipid markers decreased except for HDL^{10,11}. A very small study comparing IF to a traditional calorie-restricted diet found superiority in IF for reduced body weight, weight circumference, systolic BP, and fasting plasma glucose. However, the same study found no difference in lipid profiles¹². Thus, there does appear to be some common findings in the data looking at IF.

There is one study which aimed to look at both short-term and longer-term outcomes. The study

initially compared IF with continuous energy restriction (typical calorie-restricted diet) and found comparable benefits in each for reduction of HbA1c¹³. Interestingly, their prospective 24-month follow up study found that while these type 2 diabetic patients were able to maintain weight loss, their HbA1c actually increased to above baseline in both the IF and traditional calorie restricted diet groups alike¹⁴. It should be noted that a typical diabetic diet is low in carbohydrates firstly, as opposed to a calorie restriction as its primary goal. Nevertheless, this two-fold study perhaps best concludes that more long-term research is needed to fully understand the impact that IF can have on a body over time.

The literature is unfortunately quite limited on the effectiveness of IF, especially when compared to other diets. Long term outcomes of IF have not been documented: research focuses on lab markers and immediate outcomes (like weight loss) as opposed to all-cause mortality in the long term. Other results, including decreases in HbA1c, blood pressure, and inflammation have poor powered studies with results which appear similar to a traditional calorie-restricted diet at best^{15, 16}.

Conclusion

Intermittent Fasting is a diet which has gained popularity as of late. With what limited comparative data there is, the diet appears to have similar efficacy to other calorie-restricted diets. There is certainly benefit to some lipid markers, insulin sensitivity, and cardiovascular health; however, the benefits appear similar to what would be expected of a traditional calorie-restricted diet. So, should this diet be recommended to a patient? Probably not, unless they specifically ask about it. Given its challenging parameters, it may be harder for a patient to be adherent to the diet as opposed to a traditional calorie-restricted diet. That said, if a patient wishes to practice this diet over a traditional calorie-restricted diet, then the data appears to support similar benefits. Of course, this diet ought to be monitored by the patient's PCP and/or RD to

ensure good nutritional intake and appropriate BMI readings. In the end, the best diet for the patient is probably the one that they are the most likely to stick with. As more data emerges about the long-term effects of IF, especially as compared to other diets, this diet may be recommended to patients with more science to back up our understanding of the pros and cons.

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Courtney Harris, CMS '21, Selected as LCME Student Representative



Courtney Harris, CMS '22, has been appointed as one of two student representatives to the Liaison Committee on Medical Education (LCME) for the 2021-2022 academic year. In this role, Courtney will participate fully in LCME activities — including attending meetings, reviewing reports from survey teams and schools, and serving on one survey team during the year — and will have full voting privileges. She will attend the June LCME meeting and then begin her official year of service on July 1.

Congratulations to Courtney for achieving this honor! ■

FACULTY SPOTLIGHT: Héctor Rasgado-Flores, PhD

Dr. Rasgado-Flores was recently selected as the university's monthly Champion for Diversity. He is Chicago Medical School's Director of Diversity Outreach and Success, and he leads the school's Individualized Strategic Enhancement Program (ISEP) to provide geographically and economically disadvantaged CMS students with tools to increase their opportunity to fully achieve their personal and professional potential. We reprint his Q & A below to share what diversity and inclusion means to Dr. Rasgado-Flores!

Q: How long have you been at RFU?

A: 30 years.

Q: When did you realize diversity and inclusion were important to you?

A: When I realized that under-represented in medicine students (e.g., African-American and Latinx) have to overcome significantly more roadblocks than other students to attain higher education.

Q: What does it mean to be an inclusive person, and what does an inclusive environment feel like to you?

A: An inclusive person creates an environment where every person has the opportunity to reach their full potential.

Q: How do you infuse diversity and inclusion in the work that you do?

A: I teach and do research, but the most critical work I do is support higher education attainment by underserved students.

Q: What does diversity and inclusion mean to you outside of RFU?

A: Every action we do, inside and outside RFU has to be congruent with our life philosophy of being inclusive and supportive of underserved people.

Q: How do you think RFU benefits from being a more diverse and inclusive community?

A: A diverse and inclusive environment gains in the richness of life experiences and perspectives



contributed by persons with very different backgrounds.

Q: As a champion for diversity and inclusion, what words would you like to share with our colleagues to encourage them to also be champions for D&I?

A: We are very privileged to be where we are and work at RFU. This privilege brings the responsibility to support in every way we can the growth of the underserved populations especially those in our community.

Q: If applicable, please share your favorite quote that exemplifies the ideals of diversity and inclusion.

A: "Inclusion is not a matter of political correctness. It is the key to growth." — Jesse Jackson ■

Synapses Release Event

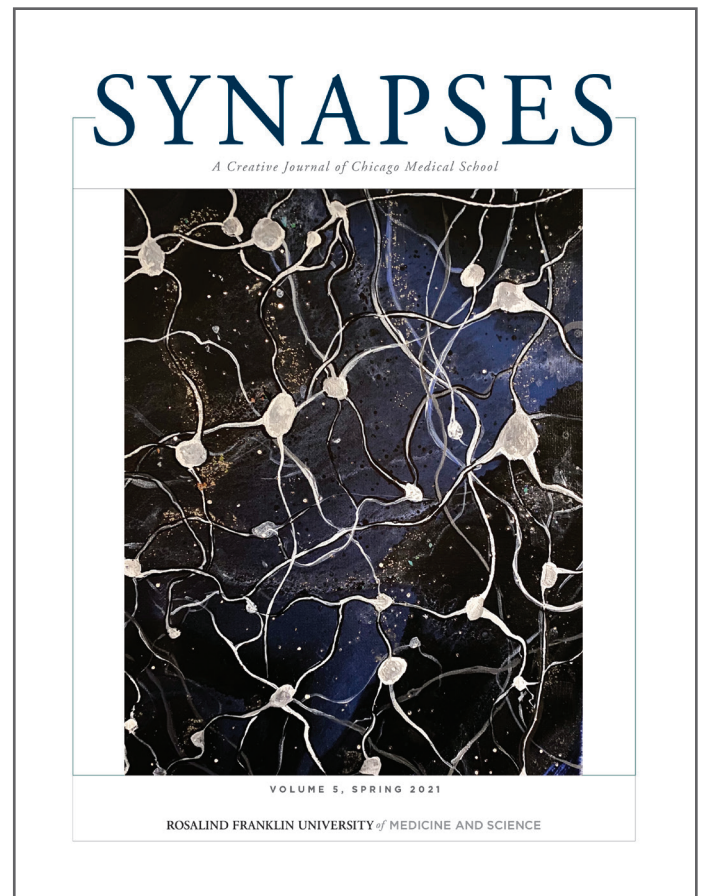
Chicago Medical School hosted a virtual salon on May 5 to celebrate the release of the fifth volume of its creative journal, *Synapses*. During the event, several authors and artists published in this year's volume gave short presentations discussing their work.

The journal is published each spring and contains fiction, non-fiction, poetry, fine art, and photography submitted by CMS students, faculty, staff, and alumni. Named for the components in the nervous system that form the connections between neurons and allow information to pass from one neuron to another, *Synapses* celebrates the sharing of information and ideas about the medical profession and human experience. It also celebrates the intersection of the sciences and humanities.

"The arts provide a unique mechanism for medical students, faculty, and staff to reduce stress and promote wellness," **Archana Chatterjee**, MD, PhD, Dean of CMS, said in her opening remarks, noting that many of the stories, poems, and artworks submitted this year dealt with the challenges brought on by COVID-19. "You will see how the artists used their art to express their emotions and anxiety, helping them navigate and endure this pandemic."

One of those artists was **Natalie Kieruzel**, CMS '24, whose painting "Synapses" was chosen as the journal's cover artwork. Natalie painted neurons to represent the new connections and methods of communication everyone has had to make with each other throughout the pandemic, as Zoom meetings and virtual events replaced in-person forms of work, school, and socialization.

"Like neurotransmitters sending messages, we continue to share our ideas and thoughts with



The 2021 volume of Synapses, featuring a painting by first-year medical student Natalie Kieruzel on the cover.

each other," Natalie said. "As a silver lining in this pandemic, I feel that we've all shown adaptability to our new environment. I like to think that this is akin to the definition of neuroplasticity, which is defined as the reorganization or growth of synaptic connections in response to a new experience. I'm so proud of my peers and I for persevering through this year with such a hurdle to overcome in both our personal and professional lives."

Kuhn Hong, MD, assistant professor of medicine, also talked about his artwork, focusing on two of his paintings. "As we watched the TV and scoured the internet to acquire information about the virus,"

he said, recalling the uncertainty of the early days of the pandemic, “I decided to paint a series of paintings relating to the COVID pandemic.” One of those artworks, “Rushing COVID-19 Patient from Ambulance,” depicted dedicated first responders bringing a critical patient into the emergency room. The scene was inspired by images Dr. Hong had seen online, representing events occurring in hospitals in Chicago and throughout the world.

Dr. Hong also painted a two-panel work titled “The Fallen Heroes” to memorialize some of the healthcare workers who have passed away during the pandemic. Using photos released by newspapers and other media, he compiled their portraits onto two canvases. “I was deeply moved and saddened to hear that many physicians died from COVID last year,” he said, recalling that as of November 2020, almost 3,000 U.S. healthcare workers had died from the virus. “I painted their portraits to celebrate their lives and memorialize their dedicated sacrifices.”

The event also featured a poetry reading: **Victoria Johnson**, an undergraduate medical education specialist in the Department of Clinical Sciences, read her poem “Recycled Thoughts.” The poem was inspired by the societal events of the past year relating to institutionalized racism, and the Black Lives Matter movement that followed. “The best way for me to engage with my society and community, and with my own emotions, is to write,” she said. “This poem stems from that.”



“The Fallen Heroes” by Dr. Kuhn Hong. Oil paint on canvas.

Mirek Dundr, PhD, assistant professor of cell biology and anatomy, talked about his photography. He discussed his photo titled “Dragon Ridge Terrace,” which depicts terraced rice fields in GuangXi Province, China. Dr. Dundr captured the image in 2019 while visiting the lab of his former postdoctoral student at Guangxi Medical University, with whom

he will be collaborating on a grant-supported research project.

Dr. Dundr also explained the connection between his art and science. “I’m a very visual person. In my science, I’m usually using a microscope, which allows me to visualize things at a microscopic or subnuclear level, which is obviously going into the levels that we don’t normally experience,” he said. “But I also really like to use photography to see the world around me and try to visualize it.”

Aayush Boddu, CMS ’23, talked about his nonfiction writing, especially focusing on a piece titled “My First Patient.” Aayush started journaling to chronicle his thoughts and experiences as a medical student. During a preceptorship in the Essentials of Clinical Reasoning course, he experienced his first patient interaction when he was instructed to meet with two patients for 15 minutes each to take a history of present illness (HPI), and he was moved to write about the experience.

“The moment I walked into the first patient’s room, I could tell that she was a very happy person and wanted to talk to people, just like me,” he said. “The

conversation ended up being more than 15 minutes; it ended up being one and a half hours. I wanted to write down what happened because I thought it was funny how, even though she’s a 70-year-old Mormon lady and I was a 23-year-old Indian guy, there were still so many things that we had in common.”

The program ended with a musical performance by **Jordan Newman**, CMS ’21, who performed “Toccata” by Aram Khachaturian on the piano. In addition to his musical talents, Jordan has contributed several artworks to *Synapses* over the years, including a painting which was selected as the cover image of the 2020 volume.

“The journal *Synapses* has really contributed a ton to my personal growth during medical school, especially as a creative outlet through which I could express myself and take some of the pressure off from exams and consistent learning,” Jordan said. “I felt it was a source of strength for me to help me survive the last four years.”

The 2021 volume of *Synapses* can be viewed here: bit.ly/synapses2021. An exhibit featuring selected fine art, photography, and poetry from the journal is on display in the university’s Scholl Gallery, now through July 2. ■



Dr. Mirek Dundr's photograph "Dragon Ridge Terrace."

William R. Hartman, MD '03, PhD '99, Discusses His Role in COVID-19 Research



William R. Hartman, MD '96, MD '03, PhD '99, gave a virtual presentation titled "Clinical Trials in a Pandemic: A Systematic Approach to Neutralizing Spike" to the RFU community on March 3 to discuss his role in the developments of treatments and vaccines for COVID-19. The event was hosted by the Physician-Scientist Student Association and the Chicago Medical School 2023 Class Council, and was moderated by **Kate Wolf**, CMS '25.

Dr. Hartman, an assistant professor at the University of Wisconsin School of Medicine and Public Health and an anesthesiologist at UW Health, is principal investigator (PI) for the University of Wisconsin's COVID-19 convalescent plasma project. He also serves as PI for the UW-Regeneron monoclonal antibody clinical trial and the UW Health-AstraZeneca COVID-19 vaccine clinical trial.

After graduating from Chicago Medical School in 2003, Dr. Hartman completed his residency and a clinical pharmacology fellowship at the Mayo Clinic, where he was named the Mayo Brothers Distinguished Fellow — the highest honor bestowed on any Mayo trainee. He joined the faculty at UW-Madison in 2019, about seven months before the COVID-19 pandemic began.

At the start of the pandemic, Dr. Hartman recalled, doctors caring for COVID-19 patients didn't have any treatment options, so they could only treat the patients' symptoms. The virus itself was novel, so novel

treatments would be needed. Dr. Hartman was part of a coalition of scientists and doctors from 39 other research institutions working together to find new treatments for the virus.

From the work being done by the basic scientists, the doctors realized that there was one area of the virus that they could target: the spike protein, which binds to the ACE receptor on human cells and facilitates the virus's entry into the cell. By attacking the spike protein, doctors hoped to prevent that binding. To neutralize the spike protein, they turned to convalescent plasma: a transfusion of plasma donated by someone who has recently recovered from COVID-19 and still has the antibodies in their bloodstream. This technique has been used to treat other viruses in the past.

Alumni News

Dr. Hartman and his team built the convalescent plasma program at UW and then shared their method with other universities and hospitals around the country, and eventually the world. They established an emergency access program, using infrastructure already in place for influenza, to speed up the process of getting plasma to patients in time.

But first they had to collect the convalescent plasma. Knowing that they didn't have time to go to the Public Health Office, get unblinded information about former patients, track them down, and explain the situation to them individually, Dr. Hartman and his colleagues started a media campaign. "We had to speak to people directly — through television, through newspapers, through social media — and appeal right to the goodness of people," Dr. Hartman said. "And then we just hoped that our message would resonate."

Within the first hour, they had received 50 phone calls. Within the first week, they had 300 patients

willing to donate convalescent plasma. In the end, the time it took to go from the initial concept of using convalescent plasma to the first transfusion was only 15 days. At the time of Dr. Hartman's presentation in early March, over 100,000 people had been treated with convalescent plasma in the United States alone. The treatment has helped COVID-19 patients recover more quickly, keeping them out of the ICU and off ventilators, and reducing their overall hospital time.

Dr. Hartman has also been leading the adult AstraZeneca COVID-19 vaccine clinical trial, investigating how long immunity will last and if or when a booster will be needed. As with the convalescent plasma project, he recognizes that this is a team effort. "This isn't something that I did," he said, referring to his work on the COVID-19 treatments and the vaccine trial. "This is something that we did, and that we continue to do. I'm very proud and very grateful for all of these people that continually come to work and help us fight this thing." ■

Remembering Jerome Gold, MD '53

Jerome A. Gold, MD '53, former university president, trustee and CMS Distinguished Alumni Award recipient, passed away Feb. 19 at age 93. Dr. Gold's many achievements include service as an active duty lieutenant and head of the Chest and Infectious Disease Service at the U.S. Naval Hospital in Bethesda, Maryland, as well as clinical research with Smith, Klein and French and Wyeth Laboratories in Philadelphia, Pennsylvania. During this time, he was instrumental in the release of specific cephalosporin antibiotics (Ancef) and was one of the founders of the rubella vaccine. In April 1970, Dr. Gold was called to consult before the Apollo 13 space flight when one of the astronauts was exposed to German measles.

Dr. Gold returned to the university in 1986 and served as president and CEO until 1987, when he and his wife, Anne, retired to Florida. Dr. Gold is survived by his sons, Dr. Robert (Gail) Gold and Dr. Michael (Cindee) Gold; grandchildren and great grandchildren; as well as his brother, Richard Gold.

Michael Gold, MD '85, described his father as compassionate, visionary, loyal, intelligent and giving. "He had an incredible life — developing life-saving drugs, he led a team that developed the rubella vaccine, he was involved in Apollo 13. Everyone should be so fortunate." ■

Alumni News

Other Alumni News

Martin S. Tallman, MD '80, was elected president of the American Society of Hematology.

Claudia S. Morrissey Conlon, MD '82, MPH, received the American Medical Women's Association 2021 Esther Pohl Lovejoy Award in recognition of her lifelong dedication to the promotion of international relations through improvement in international health.

Alan E. Kimura, MD '82, discussed his experience in clinical trials for emerging retinal disease therapies through a continuing medical education course on April 5 in partnership with the Foundation Fighting Blindness.

David A. Kulber, MD '88, was named president of the Musculoskeletal Transplant Foundation (MTF) medical board. The MTF is the largest tissue bank in the world. Dr. Kulber was also appointed as a member of the American Foundation for Surgery of the Hand's committee for global outreach.

Chicago Medical School's chapter of Phi Delta Epsilon hosted **David T. Feinberg**, MD '89, MBA, Vice President of Google Health, as the Annual Aaron Brown Memorial Lecturer on April 9. Dr. Feinberg currently leads Google Health, a team employing Google's expertise in AI, product innovation, and hardware to take on big healthcare challenges. Dr. Feinberg met with student leaders before the webinar.

Anita S. Kablinger, MD '93, was named the 2021 Research Mentor of the Year at the Virginia Tech Carilion School of Medicine.

Scott E. Goldsmith, MD '01, MS '97, was named chief executive officer of Orthopaedic Medical Group of Tampa Bay in Florida.

Kimberley Darey, MD '04, was appointed chief medical officer/vice president of medical affairs of Elmhurst Hospital in Elmhurst, Illinois.

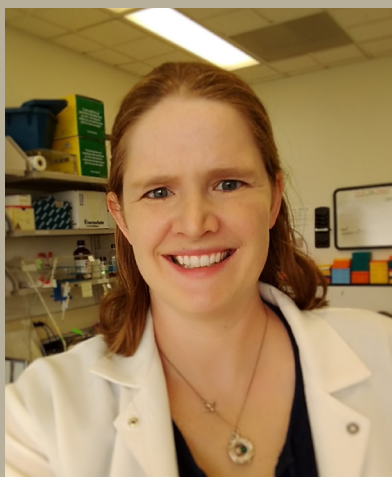
Tanvi Mukundan, MD '12, Program Director for the Sleep Medicine Fellowship at Oregon Health Sciences University (OHSU), Assistant Professor of Pulmonary and Critical Care Medicine at OHSU, and a staff physician in sleep medicine, met virtually with CMS students on March 8 to discuss her work as a sleep medicine specialist. The event was hosted by the CMS Lifestyle Medicine Interest Group.

Fatma B. Ciftci, MD '20, and **Paul Young**, MD '20, served as panelists on an Emergency Medicine PGY-1 Alumni Panel for the CMS Emergency Medicine Interest Group on March 1. CMS students had the opportunity to learn about the emergency medicine specialty, as well as hear from first year residents about their experiences as recent medical school graduates.

CMS recently welcomed several alumni to its faculty: **Anne Lee**, MD '08, PhD '07, as assistant professor of cell biology and anatomy; **Nitika Pant**, MD '11, as assistant professor of psychiatry and behavioral sciences; **Jennifer Dochee**, MD '06, as clinical assistant professor of internal medicine; **Christine Jung**, MD '13, as clinical assistant professor of emergency medicine; **Lavanya Shankar**, MD '00, as clinical assistant professor of pediatrics; and **Rachel Zaia**, MD '17, as instructor of family and preventive medicine. ■

STAFF CORNER

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



Fran Jodelka

Lab Manager, Dr. Michelle Hastings' Lab
Center for Genetic Diseases
Time at CMS: 15 years

Fran Jodelka works in the lab of Michelle Hastings, PhD, in the University's Center for Genetic Diseases. As lab manager, she oversees all the day-to-day workings of the lab and is responsible for organizing and maintaining the lab's resources. She also trains and mentors the new lab members.

In addition to keeping the lab running smoothly, Fran is also the lead on several of her own research projects, including one on identifying novel therapeutics for Batten disease using antisense oligonucleotides and another discovering functions of orphan splicing proteins. She currently has 16 peer-reviewed scientific publications with the lab.

Fran earned a Bachelor of Science degree in Animal Science from the University of Illinois. She then worked at UIC for 3 years in a lab investigating the role of BRCA1 in double-strand break repair, before coming to RFU in April 2006. Her first role at CMS/RFU was as a research assistant in Dr. Judy Potashkin's lab, where she worked on a project involving alternative splicing of FosB in Parkinson's Disease. In the fall of 2008, she moved to her current location in Dr. Hasting's lab and quickly got started working on projects regarding the alternative splicing of RNA in diseases such as Spinal Muscular Atrophy and Usher Syndrome.

"My favorite thing about working at RFUMS is the small, but very cooperative research community we have established," Fran said. "Labs are very open to cooperation and are always willing to help out each other, whether it's lending a piece of specific equipment/reagent or even teaming up on a new experiment."

Fran's work at RFU is well appreciated in the lab. "Fran is incredibly knowledgeable, insightful, and curious, all qualities that make her a great scientist as well as a wonderful colleague," said her supervisor. "Her dedication during the last year has amazed me. With two young children at home, she would come into work at the crack of dawn in order to put in a day's work and get home to care for her children. She didn't miss a beat and has been instrumental in keeping the lab above water and even thriving during the challenges of the last year."

Outside of work, Fran enjoys getting out into nature with her husband, son, and daughter. She takes advantage of any opportunity she can get, whether it's hiking in the mountains out west or doing volunteer native area restoration with the Forest Preserve District of Cook County. She also loves to bake, and enjoys taking care of her "menagerie of pets" — a cat, ball python, leopard gecko, bearded dragon, and fish. ■

School & Department News

Awards & Accomplishments



Congratulations to **Dr. Vinil Badri**, a graduate of Chicago Medical School's Internal Medicine residency program (2010-2013), for receiving the Envision Spotlight Award for Ethical Responsibility from Envision Physician Services, a multispecialty medical group and

healthcare management team. Dr. Badri received this award for his dedication to providing competent, compassionate and respectful medical service to all patients regardless of their social and economic situation. He was chosen out of over 25,000 clinicians throughout the U.S.

"Your voice has been highly effective in speaking about quality care, honesty, consistently adhering to the principles of professionalism," Dr. Brian Baxter, President of Alliance National Group, Envision Physician Services, said when presenting the award to Dr. Badri. "We are extremely proud of having such a physician serving our patients and community."

Diane R. Bridges, PhD, MSN, RN, CCM, Director of Distance Education & Project Specialist and Associate Professor of Medical Education, was asked to serve on the National Center for Interprofessional Practice and Education Nexus Summit Advisory Committee to be held in September 2021. She was asked to craft programming for the American Interprofessional Healthcare Collaborative that puts forward the best scholarship in the field of interprofessional education and practice, and



also programming that provides meaningful engagement opportunities for students/learners.

Mirek Dundr, PhD, assistant professor of cell biology and anatomy, received a four-year grant of \$243,000 per year from the National Institute of General Medical Sciences, for his research project titled "Structure-Function Properties in Liquid Organelles." Dr. Dundr is working with his collaborator Dr. Jeremy Schmit from Kansas State University.



William Frost, PhD, director of the Stanson Toshok Center for Brain Function and Repair and professor and discipline chair of cell biology and anatomy, received a five-year, \$1.95 million grant from the National Institutes of Health for his research study "Mechanisms of Stimulus-induced Network Focusing."



The United States Public Health Service (USPHS) Physician Professional Advisory Committee has selected **Lauren Gard**, CMS '23, to receive a 2021 Excellence in Public Health Award. This award recognizes



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medical students who are involved in public health issues in their community. The award will be presented during this year's RFU Awards Ceremony on June 3, 2021.



Kuhn Hong, MD, assistant professor of medicine, had a solo exhibition of his artwork at the Korean Cultural Center of Chicago from April 16-27. The exhibit, titled "Ethiopia: Hands Stretched Out to God" (Psalm 68:31) displayed artworks Dr. Hong painted during the five years he spent as a volunteer physician at the Myung Sung Christian Medical Center in Addis Ababa, Ethiopia. There, Dr. Hong treated many Korean War veterans (Ethiopian soldiers who provided military assistance to Korea after the outbreak of war in 1951).

As soon as conditions allow for safe international travel, Dr. Hong plans to bring his paintings to Seoul, Korea for another exhibition.

The **MercyHealth Internal Medicine Residency Program** received full accreditation with no citations after their initial accreditation review. This new program taught over 100 CMS M2 students this year for their Essentials of Clinical Reasoning preceptorship. **Mario Affinati, MD, FACP**, CMS associate professor of medicine, is the residency program director.



Dr. Mario Affinati

Congratulations to **Northwestern Medicine McHenry Hospital**, the site of one of Chicago Medical School's Internal Medicine residency programs, which was recognized by the American College of Physicians as an Elite Residency Program supporting resident education and professional development!



Dr. Nehal Patel



Dr. Shreya Desai

Nehal Patel, MD, and Shreya Desai, MD, both PGY-2s in CMS's Internal Medicine residency program, won an award for their participation in the Naval Medical Forces Atlantic Annual Regional Virtual CPI Fair. The competition focuses on continuous process improvement (CPI) projects with measurable impact and sustainable benefits that enhance delivery of patient care and improve the quality of all health care services.

Dr. Patel and Dr. Desai's project, titled "On the Front Lines of the

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Opioid Crisis: Managing Opioid Dependency in Primary Care,” was selected as a winner under the OPI (Other Productivity Improvement) category. They used an interdisciplinary approach to optimize and individualize a care plan for at-risk patients with chronic pain on high dose opioid dependence. The approach included incorporation of MAT (Medication Administration Training) which ultimately led to reduction in opioid dose requirement for many of the patients.

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Elina Pliakos, CMS '22, received the Alpha Omega Alpha Honor Medical Society's Carolyn L. Kuckein Student Research Fellowship, which supports medical student research for clinical investigation, basic laboratory work, epidemiology, social science/health services, leadership or professionalism. Elina's research project is titled "The Cost-Effectiveness of Cephazolin Compared to Nafcillin for the Treatment of Methicillin-Sensitive Staphylococcus Aureus Bacteremia."



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The Handbook of Amygdala Structure and Function (Elsevier), co-edited by **Janice H. Urban**, PhD, director of the Center for Neurobiology of Stress Resilience and Psychiatric Disorders and professor of physiology and biophysics, and **J. Amiel Rosenkranz**, PhD, director of the Brain Science Institute and professor of cellular and molecular pharmacology, is a finalist for the 2021 Professional and Scholarly Excellence (PROSE) Biological and Life Sciences Award in the neuroscience category. The Association of American Publishers' annual PROSE

awards recognize publishers who produce books, journals, reference works and digital products of extraordinary merit that make a significant contribution to a field of study.



Dr. Janice Urban



Dr. Amiel Rosenkranz

Presentations & Publications



Abdul Alraiyes, MD, FCCP, associate professor of medicine, presented a medical grand rounds lecture titled "Management of Hemoptysis" on March 10. Dr. Alraiyes, who is the Director of Interventional

Pulmonology at Cancer Treatment Centers of America Chicago, discussed the identification, triage, and treatment of hemoptysis (the coughing up of blood) from a bronchoscopic point of view.

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Jaspreet Amar, CMS '22; **Arjumand Fatima**, CMS '22; and **James Nardini**, CMS '23, along with their peers from the College of Pharmacy, the College of Health Professions, and the Scholl College of Podiatric Medicine, gave a presentation titled "An Interprofessional Approach to Management of Venous Stasis Ulcers" on March 9 as part of the Interprofessional Student Led Grand Rounds series,

School & Department News

hosted by the DeWitt C. Baldwin Institute for Interprofessional Education.



Jaspreet Amar



Arjumand Fatima



James Nardini

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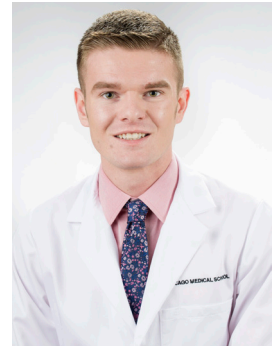
Maureen Benjamins, PhD, senior research fellow at Sinai Urban Health Institute and CMS assistant professor of medicine, published a study on Black/white inequities in mortality in *JAMA Network Open*, along with colleagues from Sinai Urban Health Institute, Loyola University, DePaul University, and the AMA. The study looked at death rates in the 30 largest U.S. cities and found huge variation in overall rates and racial inequities in rates. Nationally, the Black mortality rate was 24% higher than the white rate, but this varied across cities. Chicago was one of the most unequitable cities; 3,804 excess Black deaths occurred in Chicago because the Black mortality rate was higher than the White rate.

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Samuel Bunting, CMS '21, co-authored "Where Do Health Professions Students Learn About Pre-exposure Prophylaxis (PrEP) for HIV Prevention?" published in *Medical Science Educator*.

Samuel also contributed to "Transition in a Time of Disruption: Practical Guidance to Support the Move from Undergraduate Medical Education to Graduate Medical Education March 2021," a guidance document developed by the Association of American Medical Colleges (AAMC), the Accreditation Council for Graduate Medical Education (ACGME), the American Association of Colleges of Osteopathic Medicine (AACOM), and the Educational Commission for Foreign Medical Graduates (ECFMG). The document provides helpful resources, toolkits, and guidance to assist 2021 medical school graduates in their transition from medical school to residency. Samuel was part of the work group, providing insights on the student experience.

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Melissa Chen, MD, associate professor of medicine and clinical director of the Interprofessional Community Clinic, presented "Lunch and Learn: A Framework for Understanding Poverty" on March 16. The event was hosted by the Interprofessional Clinic Initiative.

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Claudia Cottone, MD, PGY-3, one of CMS's internal medicine residents, published an article titled "Transplantation of Elderly Patients: Is There an Upper



School & Department News

Age Cut Off?" in *Clinics in Liver Disease*.



Joanna Dabrowska, PhD, PharmD, associate professor of neuroscience and cellular and molecular pharmacology, Center for Neurobiology of Stress Resilience and Psychiatric Disorders, is senior author on

an invited review article titled "Limbic Neuropeptidergic Modulators of Emotion and Their Therapeutic Potential for Anxiety and Post-Traumatic Stress Disorder," published in the *Journal of Neuroscience*.

Lise Eliot, PhD, executive chair of the Department of Foundational Sciences & Humanities and professor of neuroscience, Stanson Toshok Center for Brain Function and Repair, published a paper with three medical students: **Adnan Ahmed**, **Hiba Khan**, and **Julie Patel**, all CMS '21.



Dr. Lise Eliot

The paper, titled "Dump the 'Dimorphism': Comprehensive Synthesis of Human Brain Studies Reveals Few Male-Female Differences Beyond Size," was published in *Neuroscience & Biobehavioral Reviews*.



Adnan Ahmed



Hiba Khan

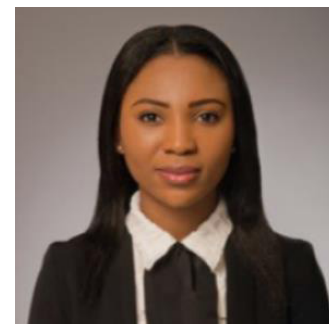


Julie Patel

Aneeba Farooqi, MD, and **Yetunde Omotosho**, MD, both PGY-2 residents in CMS's internal medicine program, recently co-authored two articles: "New Onset Diabetes Mellitus Complicated by Hypertriglyceridemia-Induced Pancreatitis," published in *Cureus*, and "Thyrotoxicosis: A Primary Cause of Arrhythmias and Acute Heart Failure," accepted for publication in the *Journal of the Endocrine Society*.



Dr. Aneeba Farooqi



Dr. Yetunde Omotosho



Thiago Gagliano-Jucá, MD, PGY-1, one of CMS's internal medicine residents, authored an article titled "Effect of Protein Intake on Visceral Abdominal Fat and Metabolic Biomarkers in Older Men with Functional Limitations: Results from a Randomized Clinical Trial," published in *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. He also authored a book chapter titled "Gynecomastia," published in *Essentials of Men's Health* (McGraw-Hill Professional).

Johnny He, PhD, Director of the Center for Cancer Cell Biology, Immunology, and Infection, professor and discipline chair of microbiology and immunology, was

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invited to give a virtual research presentation titled “Nicotinic Acetylcholine Receptor as a Potential Therapeutic Target for HIV-Associated Neurocognitive Disorders” at the University of Nebraska Medical Center, Omaha, NE on March 19, 2021.

Dr. He followed his presentation with a virtual visit to the medical center.

Dr. He also served on the NIH Study Section “Role of Myeloid Cells in Brain HIV Reservoirs (R01 and R21)” to review grants on March 23, 2021.



Dr. Neelam Sharma-Walia

Sidney Iriana, MD '20; **Kumari Asha**, PhD, postdoctoral research associate; **Miroslava Repak**, who completed a Master's degree from RFU; and **Neelam Sharma-Walia**, PhD, Center for Cancer Cell Biology, Immunology, and Infection, associate professor of microbiology

and immunology, co-authored a review on “Hedgehog Signaling: Implications in Cancers and Viral Infections” which was accepted for publication in the *International Journal of Molecular Sciences*. Dr. Iriana and Dr. Sharma-Walia share equal authorship.



Dr. Sidney Iriana



Dr. Kumari Asha



Miroslava Repak

Nikita Jain, MD, PGY-3; **Lalitha Vermireddy**, MD, PGY-2; and **Ammar Aqeel**, MD, PGY-3, all residents in CMS's internal medicine program, co-authored an article titled “Lung Adenocarcinoma Presenting as Malignant Pericardial Effusion/Tamponade,” published in *Cureus*.



Dr. Nikita Jain



Dr. Lalitha Vermireddy



Dr. Ammar Aqeel

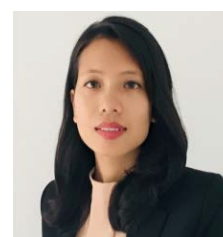
Ram Khatri, MD, PGY-1; **Robin Sherchan**, MD, PGY-2; **Jishna Shrestha**, MD, PGY-1; **Nissie Pogula**, MD, PGY-2; and **Rosemina Patel**, MD, PGY-3, all residents in CMS's internal medicine program, gave a presentation titled “Score to Save a Life — A Diagnostic Challenge with Seronegative Autoimmune Hepatitis” at the American College of Physicians (ACP) Annual Meeting, held virtually April 29–May 1.



Dr. Ram Khatri



Dr. Robin Sherchan



Dr. Jishna Shrestha



Dr. Nissie Pogula



Dr. Rosemina Patel

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Jennifer Li, MD, PGY-3, one of CMS's internal medicine residents, presented a poster titled "A Case of the Blue Lady: An Alternative Reason for COPD Patient Presenting with Acute Hypoxia and Cyanosis" at the virtual American Geriatrics Society Annual Meeting, held May 13-15.

David Mueller, PhD, professor of biochemistry and molecular biology, Center for Genetic Diseases, co-authored the manuscript "Early Onset Severe ATP1A2 Epileptic Encephalopathy: Clinical Characteristics and Underlying Mutations," published in *Epilepsy Behavior*. Mohamad Mikati, MD, Duke University Department of Neurobiology, is the senior and corresponding author.



Robert Marr, PhD, assistant dean for research and associate professor of neuroscience;

Daniel Peterson, PhD, director of the Center for Stem Cell and Regenerative Medicine and professor of neuroscience, DPM/PhD student Mentor Thaqi; and **Kathryn Kim**, CMS '23, co-authored the review article "Induced Neurons for Disease Modeling and Repair: A Focus on Non-fibroblastic Cell Sources in Direct Reprogramming," published in *Frontiers in Bioengineering and Biotechnology*.



Dr. Robert Marr



Dr. Daniel Peterson

Dr. Marr also co-authored the article "Assessment of the Effects of Altered Amyloid-beta Clearance on Behavior Following Repeat Closed-Head Brain Injury in APP Humanized Mice," published in the *Journal of Neurotrauma*.

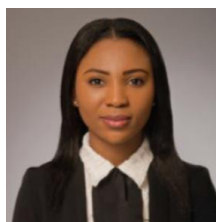


Kathryn Kim

Dr. Mueller also co-authored a manuscript titled "The Pathogenic m.8993 T > G Mutation in Mitochondrial ATP6 Gene Prevents Proton Release from the Subunit C-ring Rotor of ATP Synthase," published in *Human Molecular Genetics*. The corresponding author is Dr. Déborah Tribouillard-Tanvier of the University of Bordeaux, France.

Yetunde Omotosho, MD, PGY-2; **Grace Ying**, MD, PGY-1; and **Arvin Mallari**, MD, PGY-1, all residents in CMS's internal medicine program, authored an article titled "COVID-19-Induced Diabetic Ketoacidosis in an Adult with Latent Autoimmune Diabetes," published in *Cureus*.

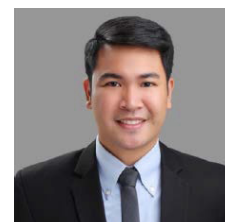
Dr. Ying also authored an abstract titled "The Impact of Pyruvate Kinase Deficiency in a Patient with COVID-19 Pneumonia," to be published in the *Journal of General Internal Medicine*.



Dr. Yetunde Omotosho



Dr. Grace Ying



Dr. Arvin Mallari

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Sumit Patel, CMS '21, was first author on two publications: one in *Foot and Ankle Specialist* titled "Risk Factors for Nonunion Following Ankle Arthrodesis: A Systematic Review and Meta-analysis" and another in *Foot and Ankle Surgery* titled "Risk Factors

for Nonunion Following Tibiotalocalcaneal Arthrodesis: A Systematic Review and Meta-analysis."

Judith Potashkin, PhD, professor of cellular and molecular pharmacology, and **Virginie Bottero**, PhD, research associate, Center for Neurodegenerative Diseases and Therapeutics, co-authored "A Comparison of Gene Expression Changes in the Blood of Individuals Consuming Diets Supplemented with Olives, Nuts or Long-Chain Omega-3 Fatty Acids," published in *Nutrients*.

Dr. Potashkin also co-authored "The Impact of Disease Comorbidities in Alzheimer's Disease," published in *Frontiers in Aging Neuroscience*.



Dr. Judy Potashkin



Dr. Virginie Bottero

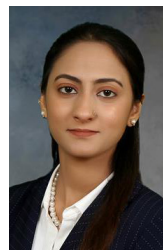
Sonika Prasad, MD, PGY-1; **Nayha Tahir**, MD, PGY-2; **Lalitha Vermireddy**, MD, PGY-2; and **Grace Ying**, MD, PGY-1, all residents in CMS's internal medicine program, co-authored an abstract titled "Watch Out for Cardiac Papillary Fibroelastoma," to be published in the *Journal*

of General Internal Medicine.

Dr. Tahir also authored an article titled "Vulva Cancer," published in *StatPearls*.



Dr. Sonika Prasad



Dr. Nayha Tahir



Dr. Lalitha Vermireddy



Dr. Grace Ying



Dr. Beth Stutzmann

Beth Stutzmann, PhD, professor and director; **Daniel Peterson**, PhD, professor; **John McDaid**, PhD, senior research associate, Center for Neurodegenerative Diseases and Therapeutics; and MD/PhD student **Nikki Barrington** co-authored "Sustained Hippocampal

Synaptic Pathophysiology Following Single and Repeated Closed-Head Concussive Impacts," published in the cellular neuropathology section of *Frontiers in Cellular Neuroscience*.

Lalitha Vermireddy, MD, PGY-2; **Ammar Aqeel**, MD, PGY-3; and **Grace Ying**, MD, PGY-1, all residents in CMS's internal medicine program, authored an article titled "A Rare Case of RYR2 Mutation Causing Sudden Cardiac Arrest Due to Catecholaminergic Polymorphic Ventricular Tachycardia," published in *Cureus*.

Dr. Vermireddy also authored an article titled "Cefepime-

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Induced Catatonia: An Unusual Presentation,” accepted for publication in the *American Journal of Medicine*.



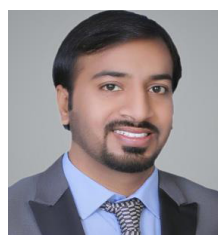
Meghna Yalamanchi, CMS '23, published an article titled “Successful and Durable Response of Primary CNS T-cell Lymphoma to Upfront Temozolomide Monotherapy” in the February 2021 issue of *Leukemia and Lymphoma*. The article was based on research Meghna conducted last summer with Dr. Santosh Kesari at Saint John Cancer Institute & Pacific Neuroscience Institute in Santa Monica, CA.

Several CMS internal medicine residents presented posters and oral presentations at the 2021 Society of General Internal Medicine (SGIM) Annual Meeting, held virtually April 20-23.

- **Grace Ying**, MD, PGY-1, presented a poster titled “The Impact of Pyruvate Kinase Deficiency in a Patient with COVID-19 Pneumonia.”
- **Sonika Prasad**, MD, PGY-1, gave an oral presentation titled “Watch Out for Cardiac Papillary Fibroelastoma.”
- Dr. Ying; Dr. Prasad; **Nayha Tahir**, MD, PGY-2; **Jennifer Li**, MD, PGY-3; and **Aatma Ram**, MD, PGY-2, presented a poster titled “The Impact of Pyruvate Kinase Deficiency in a Patient with COVID-19 Pneumonia.”
- **Artem Sharko**, MD, PGY-1; **Shirly Samuel**, MD, PGY-1; **Jishna Shrestha**, MD, PGY-1; and **Robin Sherchan**, MD, PGY-2, gave a presentation titled “A Rare Case of Adult Small Bowel Obstruction with Consumption of

Sunflower Seeds.”

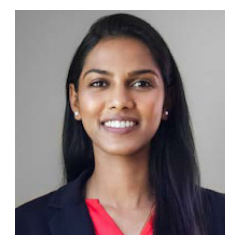
- Dr. Sherchan; Dr. Shrestha; **Ram Khatri**, MD, PGY-1; and **Nataliia Dyatlova**, MD, PGY-2, gave a presentation titled “Case of Infected Calciphylaxis in a Dialysis Patient.”
- **Jashan Gill**, MD, PGY-1; Dr. Khatri; Dr. Sherchan; and Dr. Shrestha presented “Cephalic Vein Thrombosis As an Unseen Etiology of Pulmonary Embolism.”
- Dr. Gill and Dr. Khatri presented “Left Anterior Descending Artery Fistula Presenting as Atypical Chest Pain.”



Dr. Aatma Ram



Dr. Artem Sharko



Dr. Shirly Samuel



Dr. Nataliia Dyatlova



Dr. Jashan Gill

Les Zun, MD, MBA, CMS professor of emergency medicine and psychiatry & behavioral science, moderated a March 18 webinar panel on vaccine hesitancy, in his role as Medical Director at the Lake County Health Department. The webinar, titled “COVID-19 Vaccine Hesitancy: The Role of the Healthcare Provider,” sought to equip healthcare professionals to help patients overcome vaccine



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hesitancy and have confidence in the safety and efficacy of COVID-19 vaccines.

Events and Other News



Archana Chatterjee, MD, PhD, Dean of Chicago Medical School and Vice President for Medical Affairs at RFU, participated in the RFU Office of Diversity and Inclusion's "Empowering Women Panel," held March 29 in honor of Women's History Month. The purpose of the panel was to give influential women within the RFU community an opportunity to talk about themselves, their journeys, and how being a woman intersects with their other identities.

Dr. Chatterjee also participated in several events discussing the science of COVID-19 and the vaccines developed to combat the virus. She was part of the virtual panel discussion "Q&A: African Americans and the COVID-19 Vaccine" hosted by Chicago public radio station WBEZ on March 3, and she delivered a presentation titled "COVID-19 Trials, the Vaccine, and the Right Questions to Ask" during the Latino Cancer Institute's virtual media forum for journalists on March 16.

Alvin P. Singh, CMS '21, was recently interviewed for an article published in *Neurology Today* titled "Does Medical School Debt Deter Underrepresented Students from Pursuing Neurology?"



The Office of Academic Learning Environment has launched a new **CMS Women in Medicine and Science (WIMS) Journal Club** to facilitate discussions on topics impacting women working in the fields of medicine and science. The journal club will meet on the second Thursday of each month at 4:00 PM (CT) and is open to the RFUMS community.

Smriti Wagle, MD, joined CMS in February as the Assistant Education Director for Neurology in the Clinical Sciences Department. Dr. Wagle is originally from Iowa and graduated from Des Moines University in 1998.



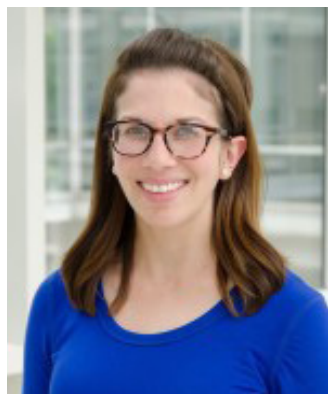
She completed her neurology residency through the Michigan State Neurology Consortium in 2002 and then spent a year in the Mayo Clinic Health System doing a fellowship in EMG and EEG.

After graduating, she decided she liked the variety that general neurology offered and joined a private practice. She relocated back to the Midwest in 2015, after working in the San Francisco Bay Area and joined the neurology group at Lutheran General Hospital in Park Ridge, IL.

Dr. Wagle enjoys clinical practice as a true general neurologist, working in the outpatient and inpatient setting in addition to performing EMGs and reading EEGs.

Tova Appleton, DO, joined CMS on April 12 as the new Education Director of Pediatrics in the Clinical Sciences Department. A graduate of New York Institute

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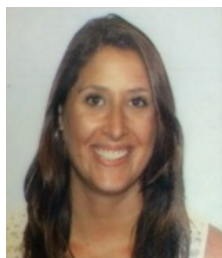
Dr. Tova Appleson

of Technology College of Osteopathic Medicine, Dr. Appleson completed her Pediatric Residency and Chief Residency at the University of Illinois at Chicago. She has since served as a Pediatric Hospitalist with NorthShore and Advocate Medical Group as well as a Physician Per Diem at PM Pediatrics Urgent Care.

With this change, **Jean Kim**, MD, will now serve as Assistant Education Director of Pediatrics and continue in her role as the Discipline Chair of Pediatrics.

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Amy Thees, PhD, joined CMS as a research associate, microbiology and immunology, in the Department of Foundational Sciences and Humanities. Dr. Thees is a certified Medical Laboratory Scientist. She has worked as a microbiologist at several Connecticut hospitals for the past 10 years. She recently graduated with a PhD/MBA from the University of Connecticut.



During her time at UConn, she studied the role of bacterial metallothionein, PmtA, in *Pseudomonas aeruginosa* pathogenesis using various microbiological and immunological techniques.

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The Office of the Dean and the Office of Academic Learning Environment recently launched **Chicago**

Medical School Women in Medicine and Science

(CMS-WIMS), a new organization that will promote the recruitment, recognition, and advancement of women faculty, trainees, and staff at CMS. The launch event on March 30 featured a keynote address from **Vivian W. Pinn**, MD, titled “Personal Perspectives on Women in Academic Medicine.” The address was sponsored by the Marshall A. Falk, MD '56 Memorial Lecture.

Dr. Pinn was the founding director of the NIH Office of Research on Women's Health from 1991 and Associate Director of NIH for Women's Health Research from 1994. She was named Senior Scientist Emerita upon her retirement in 2011. She established and co-chaired the NIH Committee on Women in Biomedical Careers with the NIH Director. Prior to NIH, she was Professor and Chair, Department of Pathology at Howard University and previously held teaching appointments at Harvard Medical School and Tufts University.



Dr. Vivian Pinn

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The Chicago Medical School held a **virtual faculty retreat** on Thursday, April 22, and Friday, April 23, 2021. The Office of Academic Learning Environment, led by Senior Associate Dean **Nutan Vaidya**, MD, was responsible for coordinating this two-day event. All CMS faculty were invited to attend, including affiliate and volunteer faculty; 80 individuals participated in the sessions. The goal of this retreat was to facilitate a bidirectional exchange of information around the topics of LCME, Diversity, Faculty Affairs, and Research. After the first day of sessions, ALE hosted a social hour of trivia about Dean Chatterjee, and the second day ended with a performance

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by accomplished violinist and activist, **Daniel Bernard Roumain**, known for his genre-bending performances and as a leader in the arts industry.

As a result of the retreat, we have a robust list of recommendations for further improving Chicago Medical School. Thank you to everyone who made this year's faculty retreat a success: **Dean Archana Chatterjee**, MD, PhD; **Nutan Vaidya**, MD; **Mildred M.D. Olivier**, MD, '88; **Jeanette Morrison**, MD; **Edward Rotchford**, MNM; **Ronald Kaplan**, PhD; **Judy Potashkin**, PhD; and **Brie Hodgins**.

Special thanks to our external guests. **Roberta E. Sonnino**, MD, FACS, FAAP, is an executive, leadership, and career coach with RES Coaching LLC. She specializes in coaching individuals through career transitions and optimizing their current and new roles. She is a retired professor of surgery and past Chair for the Group of Faculty Affairs of the Association of American Medical Colleges. Dr. Sonnino returned to CMS after facilitating the previous faculty retreat held on August 24, 2020, to facilitate sessions at the April 2021 retreat around faculty affairs and development.

Sade Kosoko-Lasaki, MD, MSPH, MBA, is the Associate Vice Provost of Health Sciences, Professor of Surgery (Ophthalmology), and Professor of Preventive Medicine. She co-facilitated the "Diversity and Future Direction" session of the retreat along with Dr. Mildred M.G. Olivier.

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Several CMS students facilitated events during the university's "**Antiracist Public Health Week**," an educational series held during National Public Health Week, April 5-11. The series was organized by several student organizations: White Coats 4 Black Lives (WC4BL), the Student National Medical Association (SNMA), the American Public Health Association (APHA), the Asian Pacific American Medical Student Association (APAMSA), and the Latino Medical Student Association (LMSA), as well

as Women in Science and Healthcare (WiSH).

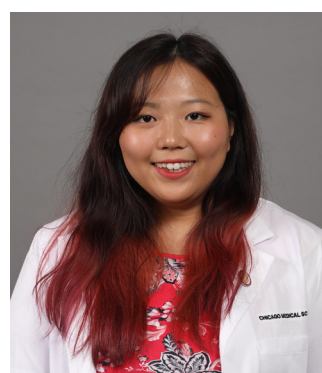
The series included discussions, interactive activities, community conversations, a documentary viewing, a theater-based workshop, and presentations by academic experts and community leaders. **Heather Kind-Keppel**, EdD, MS, Med, RFU Executive Director of Diversity and Inclusion and CMS instructor of medical education, gave a presentation titled "Defining the 'Land Back' Movement" as part of the series. **Favour Oladipupo**, CMS '24; **Nahae Kim**, CMS '23; **Andrew Martin**, CMS/SGPS '25; **Faustina Adams**, CMS '24; **Maria Mercurio**, CMS '23; and **George Duncan**, CMS '24, facilitated events throughout the week. ■



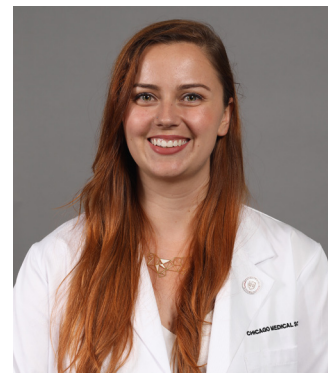
Heather Kind-Keppel



Favour Oladipupo



Nahae Kim



Maria Mercurio

Vaccine Volunteering at Lake County Fairgrounds



Several CMS students, as well as faculty, have been volunteering at the vaccination center at the Lake County fairgrounds. Pictured here is Sara Khan, CMS '21 (left).

We want to hear from you!

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



**ROSA LIND FRANKLIN
UNIVERSITY**
of MEDICINE AND SCIENCE

CHICAGO MEDICAL SCHOOL