



CMS NEWS

The Chicago Medical School Newsletter

WINTER 2020
ISSUE 15

VETERANS PATIENT PERSPECTIVES PANEL

*Volunteers from the
FHCC talked to M2s about
caring for veteran patients.*

PAGE 14

A POSSIBLE WAY OUT FOR ANTIBIOTIC OVERUSE

*Yanhan Ren, CMS '22,
discusses the summer
research he conducted
in China and what it may
mean for the future of
wound care.*

PAGE 20

OPERATION M.E.D.S

*Alumni from various
medical specialties talked
to students about career
possibilities at this annual
networking event.*

PAGE 25



AMA President Dr. Patrice A. Harris Visits RFU

Chicago Medical School kicked off Black History Month with a visit from **Patrice A. Harris**, MD, MA, the 174th president of the American Medical Association and the first African-American woman to hold that position. During her visit on February 4-5, Dr. Harris met with student organizations, led small-group discussions, met with school and university leadership, and gave a presentation about leading with authenticity and integrity.

Dr. Harris, a psychiatrist from Atlanta, has diverse experience as a private practicing physician, public health administrator, patient advocate, and medical society

continued on page 4

IN THIS ISSUE:

- Cover** AMA President Dr. Patrice Harris Visits RFU
- 2** Dean's Message
- 3** Welcome, Dr. Johnny He!
- 6** CMS Welcomes New Dean
- 7** 2020 ICI Executive Officers
- 8** Student Dean Corner
- 10** NMF Champions of Health Awards
- 11** Sam Bunting Elected Region Chair of AAMC-OSR
- 12** Constant Construction: The Importance of Bone Health
- 14** Veterans Patient Perspectives Panel
- 16** Ophthalmology Wet Lab
- 17** Collaboration at Work in IRP
- 18** Summer Research Poster Session
- 20** A Possible Way Out for Antibiotic Overuse
- 22** The Mediterranean Diet
- 24** Student Spotlight: Alpha Omega Alpha
- 25** Operation M.E.D.S.
- 26** Alumni Making a Global Impact
- 28** Alumni on Campus
- 29** Other Alumni News
- 30** Staff Corner: Katie Stanutz, Danielle Priester, & Josue Vasquez
- 31** School & Department News
- 36** Campus Events

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Dean's Message

Greetings from Interim Dean
Ronald S. Kaplan, PhD

As I write this letter, winter term is wrapping up and spring classes begin in just a few weeks. Many of the M1 students have already begun planning for the summer gaining experience in either research or in a clinical program overseas. M2 students are finishing up their last system block and will finalize their year by studying diseases and disorders that affect

multiple systems while simultaneously preparing for the USMLE Step 1 exam. M3 students will soon be finished with their clerkship experiences and are looking forward to applying for residency positions next year. Match Day, slated for March 20th, is another exciting date when M4 students learn the news of their residency placement as they look forward to commencement in late May.

While student life ebbs and flows, the level of activity here has certainly been frenetic with the recent completion and submission of the Self-Study and Data Collection Instrument (DCI) to the Liaison Committee on Medical Education (LCME). This is a significant milestone in the accreditation process, but only the first of many yet to come. In the weeks ahead, planning continues on many levels as we anticipate the Mock Site Visit conducted by our consultants from Medical School Advisory Group (MSAG) scheduled on April 12-14 and the official LCME Site Visit scheduled on April 26-29. Over 125 faculty, staff and students as well as affiliate partners will assist in the preparations and participate in the survey visit marking this as one of the most collaborative events in recent CMS history. We are grateful for the timing of the arrival of our new CMS Dean, Archana Chatterjee, MD, PhD, on April 6th. This allows her time to join in final preparations and get acclimated to CMS for the LCME Mock Site Visit and Official Visit a few weeks later. Certainly, her presence and vision for the future of CMS will be a tremendous asset.

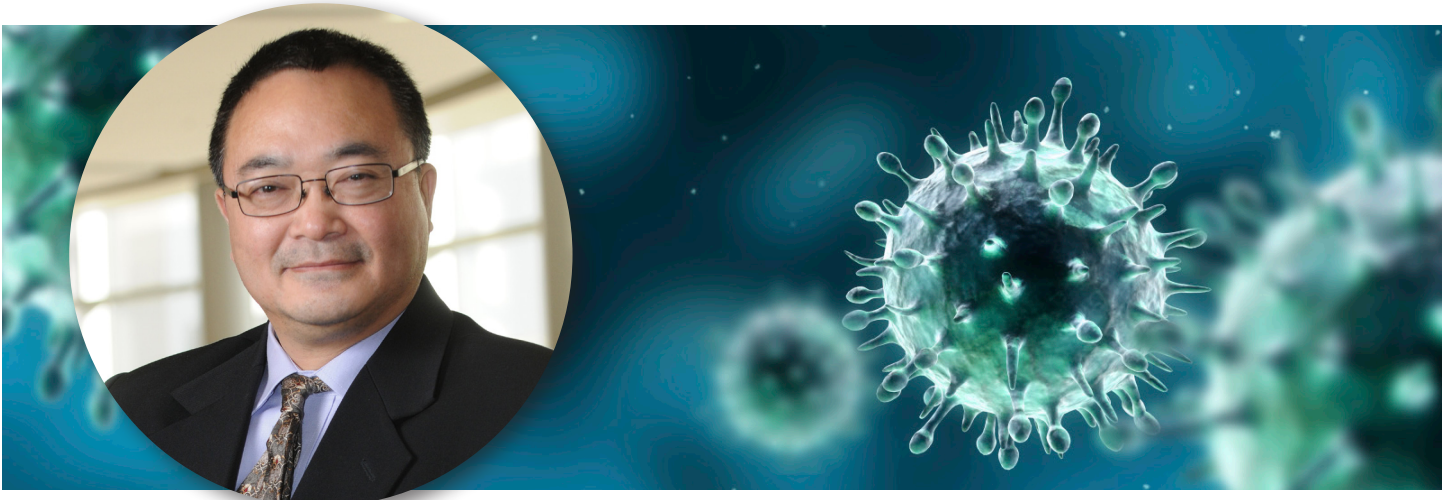
Another milestone this winter was the successful move of our research labs and offices to the newly completed Innovation and Research Park that provides state-of-the-art research labs and incubator space for faculty and commercial biotech startups. The science park is an investment in our research enterprise. As we accelerate the development of our research and related intellectual property, we're also creating the innovation epicenter for Chicagoland's bioscience cluster. A ribbon cutting ceremony is slated for late March for this four-story, 100,000 square-foot collaborative research space.

Ronald S. Kaplan

Ronald S. Kaplan, PhD
Interim Dean, Chicago Medical School

Welcome, Dr. Johnny He!

RFU hires new Director of the Center for Cancer Cell Biology, Immunology & Infection



Johnny He, PhD, joined RFU on January 2 as Director of the Center for Cancer Cell Biology, Immunology and Infection. He will also serve as discipline chair of microbiology and immunology.

Dr. He most recently worked at the University of North Texas Health Sciences Center, where he held both faculty and administrative positions, including the Interim Dean of the Graduate School of Biomedical Sciences and the Interim Chair of the Department of Microbiology, Immunology and Genetics. He also held the faculty rank of Regents Professor, the highest academic rank conferred by the University of North Texas System.

After receiving his PhD in Molecular Biology from New York University (NYU), Dr. He conducted postdoctoral training in molecular virology at the Aaron Diamond AIDS Research Center of Rockefeller University and the Dana Farber Cancer Institute of Harvard Medical School. Following postdoctoral studies, Dr. He joined the Department of Microbiology and Immunology at Indiana University School of Medicine as an assistant professor. He quickly moved up the academic ladder becoming a tenured full professor at that institution by 2006. In 2011 he joined the faculty of the University of North Texas Health Sciences Center.

Dr. He has extensive teaching experience and has served on many committees both in the university setting and nationally. He has over 100 publications and has given many presentations and seminars at universities, as well as national and international conferences. Along with this he has mentored numerous graduate students and postdoctoral fellows.

Dr. He's research focuses on the molecular biology of host-virus interactions. His long-term goal is to understand how human cells interact with HIV/HCV viruses and to develop therapeutic strategies specifically targeted at these interactions. His creation of a new small rodent model has allowed numerous research laboratories across the world to make advances in HIV neuropathogenesis research. In addition, he is a leader in studying the interactions between HIV and Hepatitis C virus and their impact on public health.

Dr. He moved to RFU with multiple NIH grants. Two research-track faculty and several postdoctoral fellows and graduate students have accompanied him as well. The Chicago Medical School community extends a very warm welcome to Dr. He — a most substantial addition to our research community. ■

AMA President Dr. Patrice A. Harris Visits RFU

continued from cover

lobbyist. She currently spearheads the AMA's efforts to end the opioid epidemic and has been chair of the AMA Opioid Task Force since its inception in 2014.

Two themes that govern Dr. Harris's professional life are a passion to improve the lives of children and service to others. A recognized expert in children's mental health and childhood trauma, Dr. Harris has led efforts on both local and national levels to integrate public health, behavioral health, and primary care services with supports for employment, housing, and education. During her visit to RFU, she emphasized these themes and more when speaking of the role physicians must play in public health and the policies that impact it.

"Dr. Harris' visit was historical and added to our leadership of strong women who continue to make their mark on our environment," said **Mildred M.G. Olivier**, MD '88, assistant dean for diversity and learning environment. "She was gracious, intellectual, and educated our community about many important aspects of medicine."

Dr. Harris began her visit with a dinner with medical students from CMS and Loyola who are from groups underrepresented in medicine. Invited faculty and other guests from the Chicagoland area also attended the dinner. Dr. Harris spoke about her journey to medicine

and the AMA, and students had the opportunity to ask her questions about current healthcare topics and diversity in medicine.

At RFU the following day, Dr. Harris met with CMS and RFU leadership and selected groups of faculty and staff. She also toured the RFU campus, including the simulation lab and the university's new Innovation and Research Park.

Dr. Harris conversed with members of student organizations. She met the two CMS co-presidents of the Student National Medical Association (SNMA) and later met with the CMS chapters of the American Medical Women's Association (AMWA) and the American Medical Association (AMA).

The highlight of Dr. Harris' visit was her campus-wide presentation titled "Leading with Authenticity: Do You." At this event, which was attended by students, residents, faculty, staff, and administration, Dr. Harris gave an overview of the AMA's ongoing work on efforts like promoting mental health care, addressing the opioid epidemic and gun violence as public health threats, and improving equity in the healthcare system.

Throughout her presentation, Dr. Harris encouraged everyone to get involved in healthcare policy discussions, by contacting their local representatives



and advocating for policies and legislation to benefit patients.

“Decisions are made that impact — sometimes negatively — our ability to care for patients,” she said. “You’ve got to get involved and engaged... It’s all in the service of advocating for us being able to take the best care of our patients.”

Dr. Harris also spoke about social determinants of health and the ways that racism, discrimination, and implicit bias can negatively affect health. Physicians and other healthcare professionals, she said, are on the front lines and thus see the true impact of healthcare disparities; that is part of the reason physicians must lead with authenticity and integrity to make sure the legislation surrounding healthcare is in the best interests of patients.

“Be authentic,” Dr. Harris told the audience. “Speak truth to power, and be your most excellent you.” ■

Below: Dr. Harris with students from the CMS chapters of AMWA and AMA. **Right:** Dr. Harris with SNMA co-presidents Anne-Isabelle Reme and Aaron Dyson, both CMS '23; CMS and Loyola students at the Underrepresented in Medicine Students dinner. **Opposite page:** Dr. Harris, with Dr. Mildred M.G. Olivier, addresses students at the Underrepresented in Medicine Students dinner; Dr. Harris meets with women leaders from across RFU for a Women's Leadership Lunch.



CMS Welcomes New Dean



Archana Chatterjee, MD, PhD, a nationally recognized educator, researcher and specialist in pediatric infectious diseases, has been selected as the new dean of Chicago Medical School and vice president for medical affairs, after a national search process. She will assume her new roles on April 6, 2020.

Dr. Chatterjee joins RFU from the University of South Dakota Sanford School of Medicine (USD SSOM)/Sanford Children's Specialty Clinic, where she is currently professor and chair for the Department of Pediatrics.

In an announcement on January 10, RFU President and CEO **Dr. Wendy Rheault** said that Dr. Chatterjee "brings to CMS the experience, passion and proven commitment that uniquely aligns with our community-based programs and our mission to improve wellness through innovative medical education, research and community service."

"The climate in academic medicine is evolving rapidly, as new medical school curricula, innovations in healthcare delivery and payment models are implemented, and as resources for research and education fall behind," Dr. Chatterjee said. "I understand and appreciate the dynamics of a medical school like CMS, which has a strong tradition of excellence and innovation. I cherish the opportunity to impact the training of future physicians."

Dr. Chatterjee's current secondary appointments include: chief pediatric medical officer, Sanford

Health; clinical investigator, Sanford Research; and clinical professor, Center for Health Policy and Ethics, Creighton University School of Medicine. She is also the USD SSOM senior associate dean for faculty development — a role she sought upon identifying a need to help medical school faculty with their professional growth. She also serves as an SSOM graduate faculty member and professor for the Section of Ethics and Humanities and the USD/South Dakota State University Master of Public Health program.

Other highlights of Dr. Chatterjee's academic medical leadership include the supervision and nurturing of a pediatric residency program, implementation of a new curriculum and the founding of a Women in Medicine and Science program at USD SSOM.

Board certified in general pediatrics and pediatric infectious diseases, she is nationally recognized for her work in vaccine development for human papilloma viruses and in antibiotic resistance. She has completed more than 100 clinical trials and published more than 50 peer-reviewed articles, 23 invited review articles, 17 book chapters and one book. Her most recent national presentations have addressed life-work integration, pathways to leadership and strategic career planning.

Dr. Chatterjee is a past fellow of the prestigious Association of American Medical Colleges (AAMC) Council of Deans Fellowship. She has participated in both LCME site visit teams and preparation for successful site visits at Creighton and USD medical schools. Her current and past national leadership roles include membership on several advisory boards and committees, including the U.S. Food and Drug Administration's Vaccines and Related Biological Products Advisory Committee, and AAMC Steering Committees for the Group on Faculty Affairs and Group on Women in Medicine and Science. She also

serves on committees of the Infectious Diseases Society of America and the Pediatric Infectious Diseases Society.

The first woman and person of color to serve as dean of CMS, Dr. Chatterjee, a native of India, earned her medical degree from the Armed Forces Medical College at Pune University in India and her PhD from the University of Nebraska Medical Center (UNMC) in Omaha. She completed her residency and a pediatric infectious diseases fellowship at Creighton University/UNMC.

"I look forward to working with Dr. Chatterjee, who is driven by her commitment to clinical and academic

excellence," said Provost **Nancy Parsley**, DPM, MHPE. "She has championed and mentored both faculty and students throughout her career. She is dedicated to improving access to the medical profession, to improving health and well-being, and to building strong bonds and fruitful collaborations within the university community and beyond."

Dr. Rheault expressed gratitude to the CMS Dean's Search Committee, student leaders and all who contributed to the search process, in addition to Dr. Parsley, who chaired the search, and to Interim Dean **Ronald Kaplan**, PhD, executive vice president for research, who will continue to lead the school until Dr. Chatterjee takes up her position. ■

Announcing the 2020 ICI Executive Officers

Congratulations to the seven Chicago Medical School students who were elected as 2020 Interprofessional Clinic Initiative (ICI) Executive Officers! Together with their interprofessional peers, these students will continue to lead the efforts of the Interprofessional Community Clinic in 2020.



*The 2020 ICI Executive Officers. **Front row:** Melissa Chen, MD, assistant professor of medicine and ICC clinical director; Joy Jin, CMS '23; Michelle Laygo, CHP '22; Jyothi Thippana, CMS '23; Lauren Gard, CMS '23; and Karina Luna, COP '23. **Back row:** Yazan Issa, CMS '23; Julius Membrere Orejudos, SCPM '23; Maria Mercurio, CMS '23; Nicholas West, CMS '23; Kathryn Fritz, CMS '23; Henna Ata, SCPM '23; Spencer Panse, SCPM '23; Nathan Lenard, SCPM '23; and Maximilian Vitas, COP '22.*

Lauren Gard, CMS '23,
President

Maria Mercurio, CMS '23,
Executive Officer of Quality Improvement

Joy Jin, CMS '23,
Executive Officer of Standards and Safety

Nicholas West, CMS '23,
Executive Officer of Scheduling and Training

Kathryn Fritz, CMS '23,
Executive Officer of Public Relations

Yazan Issa, CMS '23,
Executive Officer of Finance

Jyothi Thippana, CMS '23,
Executive Officer of Research ■



Student Dean Corner

Each quarter, student dean Matthew J. Christensen will give updates on the projects he will be working on throughout the year.

With 2019 coming to a close, it is easy to look ahead and become engrossed in the significant impact the upcoming LCME site visit and CMS Dean selection will have on our university in the coming months. Yet with this in mind, the student body has achieved a number of outstanding accomplishments during the fall and early winter that deserve recognition and ought not to be overlooked.

Match Day may still be a few months away for most of our fourth-year medical students, but a very warm and well-deserved congratulations to our military scholarship students **Cherilyn Mae Palochak** of the United States Air Force and **John Attonito** of the United States Navy, who received their Military Match results in December. To our classmates in the armed forces, I am proud and grateful for the leadership you have shown through your time at CMS and look forward to the impact you will make as active duty physicians in the United States medical corps.

CMS student leadership remains an active and influential factor on the front lines of our university's operations, and I want to highlight

the student-led projects completed since the last Student Dean Corner. An annual review and update of these resources will be built into the Student Dean transition each spring, to ensure they remain useful and relevant to the full CMS student body.

- The **Professional Medical Student Resource Database** was created and distributed, describing and linking valuable medical student-specific information for all professional medical societies
- An updated **Doctor's Bag of Mobile Apps** was created and distributed, highlighting 45 clinically-relevant mobile phone apps organized by subject and the clinician's level of training.
- The **CMS Catalog of CV- and Application Boosters** was created and distributed, highlighting 18 high-yield extracurricular opportunities available through our university that will make a student's CV or residency application stand out among the crowd.
- A collection of **free-access clinical skills** modules and videos was created and distributed, for students to use to refresh and refine the skills needed to excel while on clinical rotations.

- Links to high-yield financial literacy resources **the White Coat Investor** and the **AAMC Financial Wellness Program** were distributed to the student body.
- The Peer Mentor Committee hosted an informational session highlighting **high-yield M1 summer opportunities**.
- A research study proposal to investigate and **quantify our students' USMLE Step 1 study habits** has been submitted for IRB approval.
- Student leadership participated in **external and internal mock LCME site visits**.

Additional projects are underway and will be described in the spring CMS Newsletter. Students who may have missed the email announcements introducing these resources will find them linked in my current Student Dean email signature. Students interested in co-leading a project are welcome to

contact me at student.deanCMS@rfums.org for more information.

We have many accomplishments to be proud of thus far, and I am confident the student body will continue this production through the remainder of the academic year. I am happy to make myself available to sit down in person with any students, faculty, or university staff to talk shop as we break ground on the new calendar year.

Cheers to an outstanding 2020 and beyond.



Matthew J. Christensen, ENS, MC, USNR
Chicago Medical School Student Dean, 2019-20
Chicago Medical School Class of 2021



CMS is excited to announce our **2020 Match Celebration**

Friday, March 20th

11:00 a.m. in the Centennial Room

Watch the livestream from www.rosalindfranklin.edu

NMF Champions of Health Awards



Student and faculty representatives from CMS attended the annual National Medical Fellowships (NMF) Champions of Health Awards, held November 18 in Chicago. The event honors physicians, medical students, community leaders, medical school administrators, and other healthcare professionals who have made an impact on health care and diversity in health care.

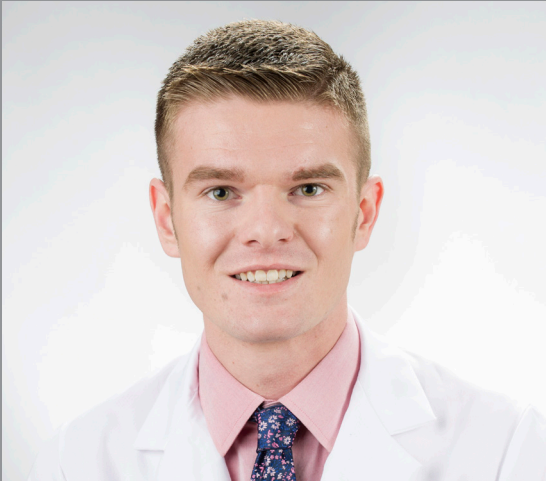
Laurine Tiema-Benson, CMS '22, received an award from the United Health Foundation/NMF Diverse Medical Scholars Program, a service-learning program designed to increase the number of qualified medical providers who have a commitment to improving access to quality healthcare in medically underserved communities. Recipients of this award have demonstrated leadership and a commitment serve to medically underserved communities, and they must conduct a self-directed 200-hour community health project in the year following their award.

For her project, Laurine will conduct a community assessment of North Chicago to improve how the Interprofessional Community Clinic (ICC) serves the local area. ■

**Laurine Tiema-Benson, CMS '22,
United Health Foundation/NMF
Scholar**



Sam Bunting Elected Region Chair of the AAMC Organization of Student Representatives (OSR)



Sam Bunting, CMS '21, has been elected to represent all medical students in the U.S. Central Region to the Association of American Medical Colleges (AAMC) board. Below, Sam addresses his fellow medical students and explains his role.

Dear Classmates,

I was recently elected as the Central Region Chair of the Association of American Medical Colleges (AAMC) Organization of Student Representatives (OSR). The OSR is the student membership arm of the AAMC and serves to create a forum where the voices of physicians in training can be shared and incorporated into decision making at the AAMC. Nationally, the OSR meets twice per year at the AAMC annual meetings to share ideas, collaborate on projects, and set the agenda for medical student activism across the country. Locally, the OSR representatives of each school are responsible for conveying national priorities to the individual causes of medical schools across the country, and to consolidate and coherently convey the perspectives of the student body to the AAMC.

As the Central Region Chair, I serve to provide a voice to all physicians in training in the Central region of the US. This will involve quarterly visits to Washington, DC to attend AAMC board meetings and advocate for the students in our region. There are multiple, ongoing conversations within the AAMC where I will be synthesizing input from around the region and

providing that input to key decision makers within the AAMC. This includes reform of USMLE Step 1 scoring, residency application procedures, and initiatives to promote recruitment and retention of medical students that reflect the patient populations we serve.

It is my goal to give all physicians in training in the Central region an equally loud and meaningful voice, and that includes all students at Chicago Medical School! In addition to several upcoming, formal requests for comments and information, please reach out to me at any time with concerns or questions about how the AAMC can better serve learners. As an organization, the AAMC exists to meet the needs of medical students and residents, but also the needs of patients around the country through the education and training of a diverse, dynamic, and responsive physician workforce. It is a humbling honor to represent not only the CMS Class of 2021, but also our region at this critical time of reform in healthcare delivery and medical education.

Please let me know how I can be of service.

CMS Proud,
Sam Bunting



Constant Construction:

The Importance of Bone Health

Article submitted by Chelsea Karson, CMS '20

Bones are often overlooked when we think about health. This needs to change! Our bones must be cared for if we hope to live a long, happy, healthy life.

In the past, bones have been viewed as stagnant and unchanging. However, our bones are the sites of constant change. Our bones store nutrients from our food and are in a constant process of breakdown and rebuild, providing needed nutrients to our body.

If we do not care for our bones, they cannot support us. Statistics from the National Osteoporosis Foundation show that after age 50, half of all women and one in four men will experience a bone fracture due to osteoporosis. To keep our bones healthy and strong for our whole lives, we must have a healthy diet and participate in regular physical activity, especially weight-bearing activities like walking.

It is important to create a good bone base from childhood (when calcium intake should be 700 to 1,300 mg per day) through adulthood (when our intake should be 1,000 to 1,200 mg per day). Current studies show that boys ages nine to thirteen and

girls ages nine to eighteen often do not meet their calcium requirements. Some men over 70 years old and post-menopausal women do not meet the requirements either.

Getting more than the amount needed does not improve bone health, so aim for the suggested levels. The tolerable upper intake level (UL) for calcium is 2,000 mg per day; more than this is not beneficial. Diets which do not include bone-building minerals and vitamins — or aging kidneys and intestines which do not process the bone-healthy nutrients as well as younger organs do — mean some people may need dietary supplements to reach proper calcium levels.

There are other factors that can have an impact on bone health. Extreme alcohol intake may increase the risk of bone fractures due to falls. Smoking may also increase the risk of osteoporosis because of co-factors linked to smoking, such as being thinner than non-smokers, alcohol use, and a nutrient-poor diet. Other factors impacting bone health are beyond our control. Genetics, being thin, being female, being older, and having estrogen or testosterone deficiencies are all risk factors for osteoporosis that

you cannot modify, so improve what you can — eat right and exercise!

It takes both calcium and vitamin D to keep our bones healthy as we age. Studies also show that protein and vitamins and minerals such as vitamin K, potassium, and magnesium are necessary to help us avoid fractures and stay strong! To achieve a diet rich in these useful nutrients, physicians and dietitians recommend milk, calcium-fortified beverages, and foods such as kale, soy, and almonds. Fatty fish and a few other food sources supply vitamin D; however, most of us will need a supplement to maintain a vitamin D level adequate for good bone health. Other bone-healthy vitamins and minerals can best be found in a diet rich in fruits and vegetables.

Osteoporosis is a silent disease; it is asymptomatic. The first sign might be a fractured hip or vertebrae from a fall or a strain. Patients might also experience severe pain or a decrease in height. Ask your doctor for a bone mineral density test (BMD) if you are

an older adult; it can detect osteoporosis before a fracture happens. If the BMD finds that you are at risk, medications to increase bone density or to slow bone loss might be prescribed to lessen the risk of fractures.

It's essential to remember the importance of bone health. To stay as healthy as possible throughout your life, make sure to build a good skeletal base throughout all life stages, and consult a registered dietitian, registered nurse, or your doctor to check that your diet is balanced, you are getting all the nutrients you need, and your bones are healthy.

Sources

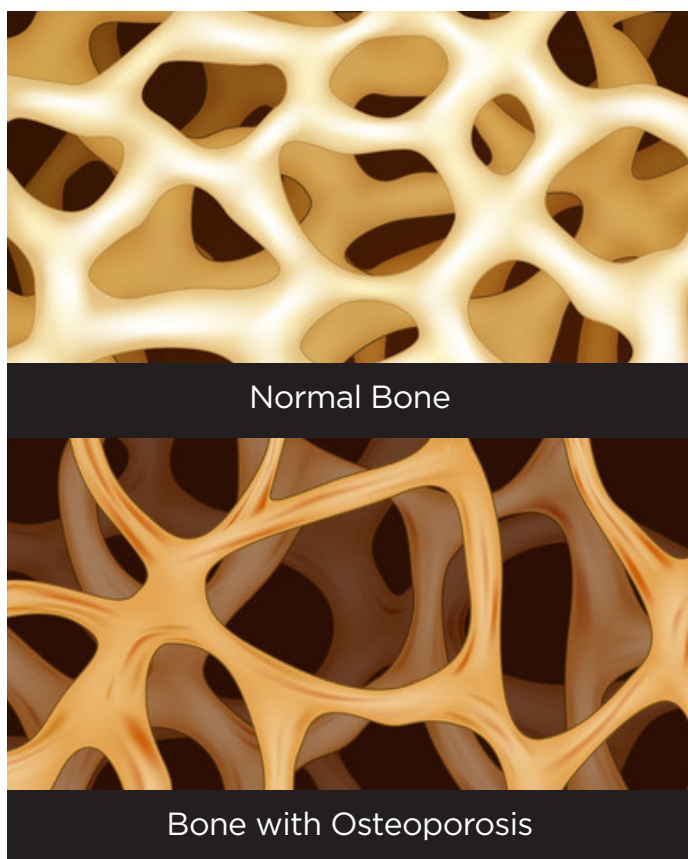
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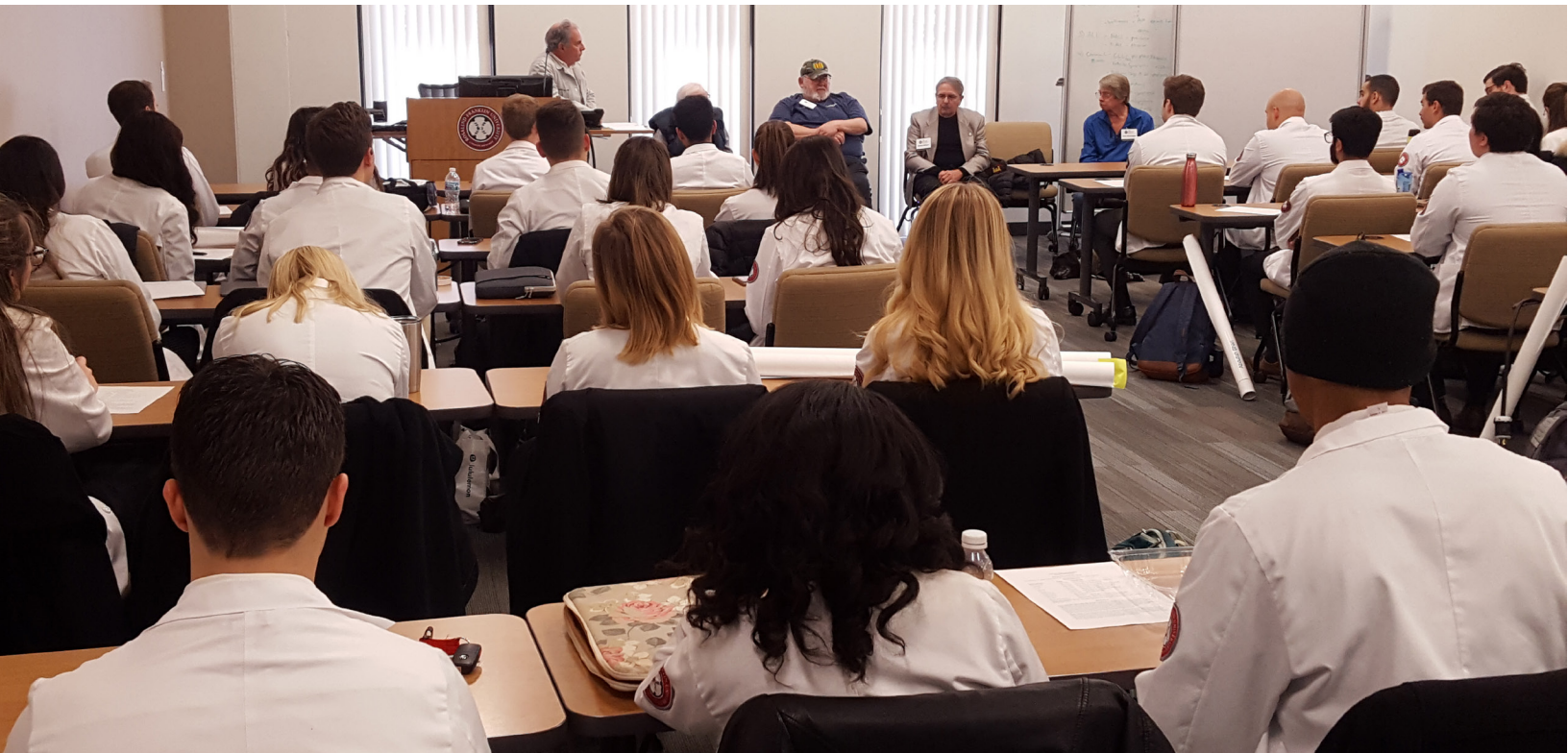
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Veteran Patient Perspectives Panel

This annual event brings veterans from the FHCC to CMS to share their experiences with second-year medical students.



On December 4, members of the CMS Class of 2022 attended a panel discussion on veteran perspectives on health and healthcare with veteran volunteers from the Captain James A. Lovell Federal Health Care Center (FHCC). The students listened to the veterans' accounts of the things they had experienced during their time in the military, how their service impacted their physical and mental health, and how their experiences had created unique healthcare needs.

This annual educational event -- an initiative that began in 2016 and is now a required part of the

CMS curriculum -- is organized by the CMS Office of Academic Learning Environment and the FHCC's Patient Stakeholders Committee. At first, the panel started as a way to prepare CMS students for their clinical rotations at the FHCC, where they would be encountering veteran patients with post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and moral injury, among other physical and psychological conditions.

But as the program expanded, both CMS leadership and the veterans realized that all Chicago Medical

School students would benefit from learning about the needs of the veteran population and hearing their perspective on how they want to be treated by healthcare providers. The panel was incorporated into the Clinical Reflections II course series, a requirement for all second-year medical students.

Each year, students learn from a group of volunteers from the FHCC, led by Colonel **Christopher J. O'Donnell**, U.S. Military Corps, Retired, co-chair of the Patient Stakeholders Committee. The class breaks into four groups, with each group attending a panel of four to five veterans moderated by a physician learning community mentor. The veterans share their stories and students have a chance to ask questions toward the end of the event.

Students come away from the panel with a new perspective on patient care, and the veterans welcome the opportunity to contribute to the students' education.

"What you're doing for our medical students is selfless, and we really, really appreciate it," **Nutan Vaidya**, MD, senior associate dean of academic learning environment and professor of psychiatry and behavioral sciences, told the veteran volunteers during the pre-panel orientation session. "What you do here creates a sensitivity in our medical students in taking care of veterans, whether they're seeing these patients in a VA hospital or in their private practice." ■



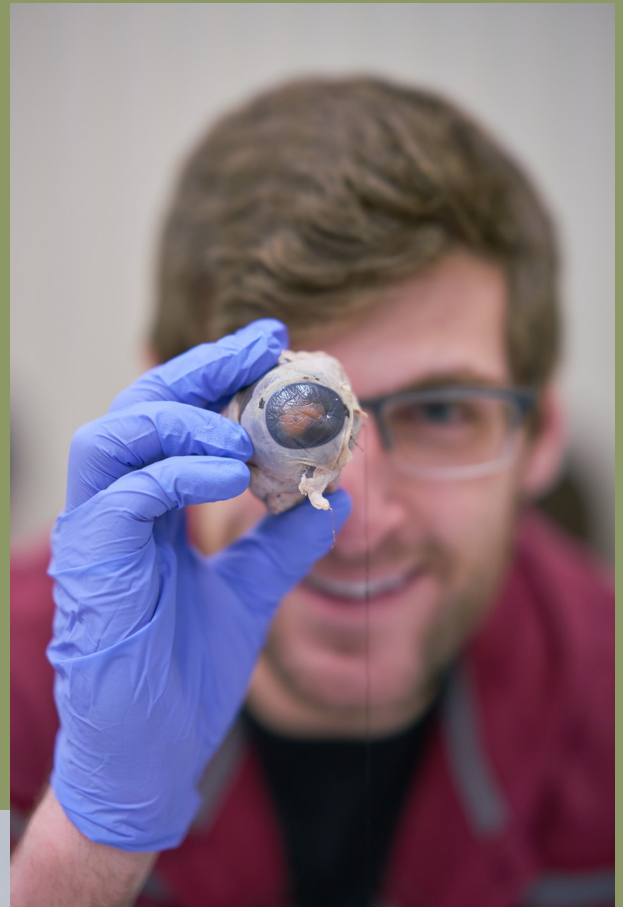
Ophthalmology Wet Lab

The OIG hosted a Cow's Eye Dissection Wet Lab to help students learn microsurgery skills.

On December 17, 2019, the CMS Ophthalmology Interest Group (OIG) hosted its second annual Cow's Eye Dissection Wet Lab. Eleven medical students participated in this activity, organized by the current OIG president, **Co Duong**, CMS '22.

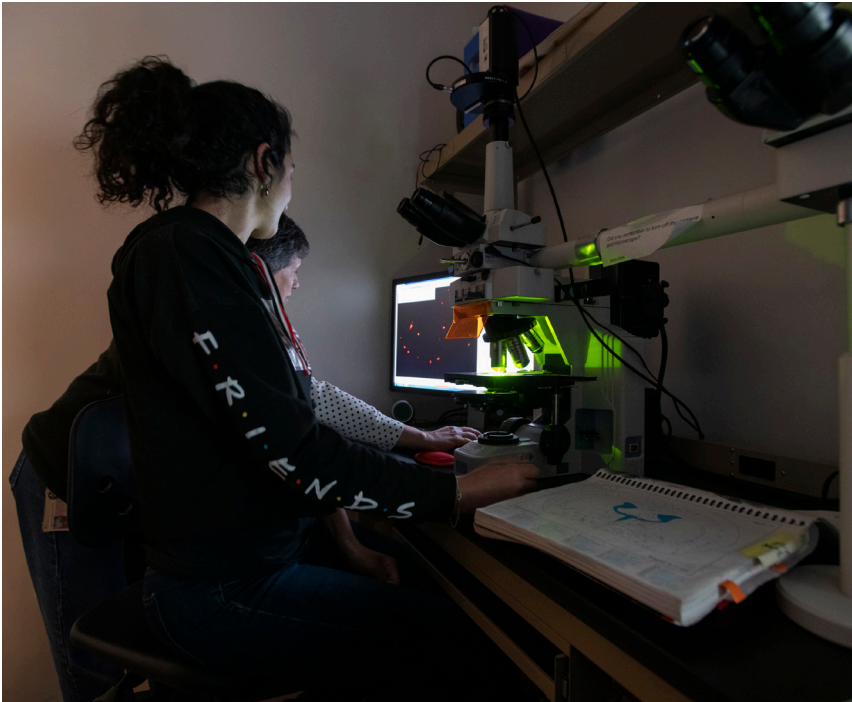
During the session, **Ana LoDuca**, MD, assistant professor of surgery, ophthalmology research mentor, and ECR 1 and 2 course director, taught the students microsurgery surgical skills, including scleral flap and conjunctival dissection, suturing, and making a capsulorrhexis. The students then dissected the cows' eyes and studied the anatomy.

"This workshop was a unique opportunity for students to get early exposure to the specialty of ophthalmology with hands-on skills on a real eyeball and resident-level techniques that require immense dexterity and precision. . . . seldom does one get to experience the intricacy of ophthalmic microsurgeries up close in person before residency," said Co. "This was truly a valuable and meaningful experience." ■



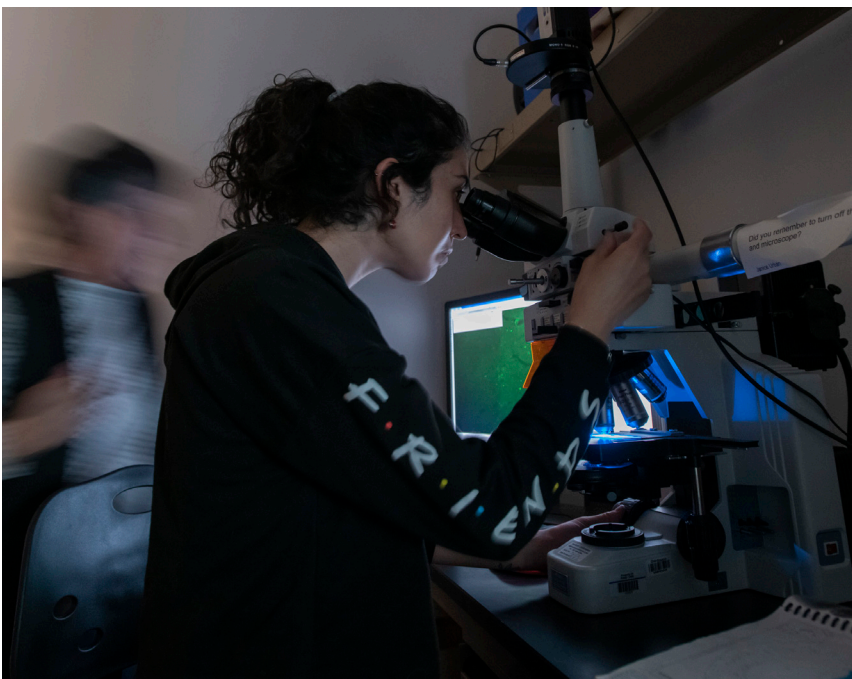
Collaboration at Work in New Research Park

The university's newly opened Innovation and Research Park (IRP) was envisioned as an environment that would foster collaboration and creativity among the scientists working within it. In January, that collaboration paid off as researchers from two different labs within the Center for Neurobiology of Stress Resilience and Psychiatric Disorders cooperated to make a discovery.



Valentina Olivera, a graduate student in the Dabroska lab, and **Gina DeJoseph**, a senior research associate in the Urban lab, collaborated while looking at brain cells. Below, Valentina describes what happened after Gina helped her set up the microscope so Valentina could view her brain sections:

“The bed nucleus of the stria terminalis (BNST) and the central amygdala (CeA) are two brain regions crucial for the modulation of anxiety and fear. They are also reciprocally connected and impact each other's activity. Modern neuroscience offers tools that allow us to modulate these specific connections. To do so, I injected retrograde fluorescent viral particles (which are transported from axons to cell bodies) driving expression of an enzyme, Cre-recombinase, into the CeA and I also injected Cre-dependent virus driving expression of designer receptors (DREADDs) into the BNST. I was able to visualize the specific neuronal connection between the BNST and the CeA by observing fluorescent projection neurons in the BNST. As I also expressed DREADDs specifically in the BNST neurons projecting to the CeA, by using exogenous DREADDs ligand, I will be able to use this approach for my PhD project and test the role of this neuronal projection in fear and anxiety.” ■



Valentina Olivera and Gina DeJoseph examine sections of brain while studying the neuroscience behind the modulation of anxiety and fear.

Summer Research Poster Session

On December 4, medical, podiatry, and pharmacy students presented their research at the 2019 Summer Research Poster Session. The posters reflected research conducted the previous summer. Congratulations to the CMS students who received awards:

First Place: **Denis Keljalic**, CMS '22

"Sex Differences in N2 Signalling of Mice with Chronic Pain"

Second Place: **Yanhan Ren**, CMS '22

"Photo Sensitive Coumarin-Chitosan Based Hydrogel as a Promising Biocompatible Material for Wound Healing"

Third Place: **Mia Harrow-Mortelli**, CMS '22

"Retroviral Co-infection in Oligodendrocyte Precursor Cells" ■

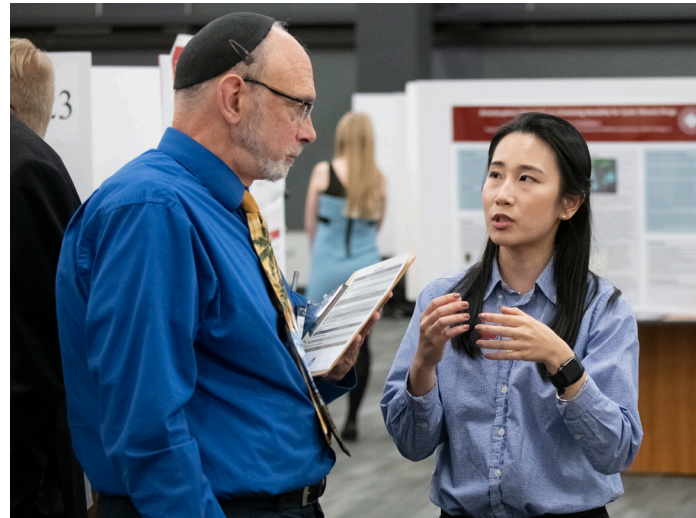


Denis Keljalic, CMS '22, receives the first-place award for his poster presentation.





Diya Majumdar, CMS '22, presents her poster.



Dami Kim, CMS '22, presents her poster to Dr. Stuart Goldman.



A Possible Way Out for Antibiotic Overuse



Yanhan Ren, CMS '22, recently won second place at the Summer Research Poster Session for work he conducted over the summer during a global health experience in China. Below, Yanhan explains the research behind his poster.

Throughout my global health experience, including our summer global health elective in China, I have noticed an alarming rise in antibiotic-resistant bacteria and surgical site infection in low- and middle-income countries. In my previous research experiences, I have been focusing on studying the underlying etiologies of immune mediated inflammatory responses as well as infection source control studies. This summer, I had the privilege of participating in a multi-disciplinary project in Nanjing, China. Working with bio-engineers from Nanjing Tech University and physicians from Nanjing University School of Medicine, we proposed and designed a hydrogel that has great potential clinical applications.

The goal of our project is to synthesize a biocompatible material that will not only support tissue growth, but also reduce the chance for antibiotics overuse. Successful clinical application of this healing material will improve wound healing time and reduce the risk of multi-drug microbial infection.

Hydrogel proved to be the ideal candidate for our project. It has excellent physical and biochemical properties in forming a natural barrier against bacterial growth and supporting cellular proliferation. Through extensive literature research, we narrowed down our candidates to coumarin, which is a naturally occurring substance found in plants, such as vanilla beans. Previously well-known for its anti-coagulative subtype Coumadin (Warfarin), it has demonstrated good anti-microbial properties in recent studies¹. Another important aspect of coumarin is its photosensitivity property, which allows it to form a dimer structure under UV light². These unique characteristics of coumarin may unlock many clinical application potentials, including deep tissue and organ space wound healing, as well as burn wound care.

The photosensitivity of the gel can potentially be useful in improving dressing changes during burn wound care or chronic wound care. With appropriate wavelengths, the gel will self-dissolve and reassemble. This process will reduce the pain

and risk of opportunistic infection in current dressing changing procedures. It even offers great potential in managing deep tissue and organ space infection control. When the gel is injected into the peritoneal space, it can form a stable physical barrier, walling off infection and closing off tissue damage, such as intestinal fistulas.

In addition, the gel is able to self-heal after blunt resection, making it durable in long-term use and resistant to shearing. Based on electron microscopy results, the additional crossbridge with hyaluronic acid created optimal pore size and distribution for cellular proliferation. Most importantly, the tissue fibroblast survivability was above 90 percent after 72 hours of culturing, demonstrating low cellular toxicity.

We are currently waiting for the results of the antimicrobial experiment and will be moving on to animal model studies in the coming month. Specifically, we are looking into the hydrogel's ability to prevent *Staphylococcus aureus* and

Pseudomonas aeruginosa infection. So far, the hydrogel has not disappointed us in demonstrating flexibility in wound healing applications as well as biocompatibility. We look forward to seeing its action in promoting wound healing in vivo, and potentially improving traditional wound care management in the future.

References

1. Arshad, A., Osman, H., Bagley, M. C., Lam, C. K., Mohamad, S., & Zahariluddin, A. S. M. (2011). Synthesis and Antimicrobial Properties of Some New Thiazolyl Coumarin Derivatives. *European Journal of Medicinal Chemistry*, 46(9), 3788-3794.
2. Jiang, J., Qi, B., Lepage, M., & Zhao, Y. (2007). Polymer Micelles Stabilization on Demand through Reversible Photo-Cross-Linking. *Macromolecules*, 40(4), 790-792. ■

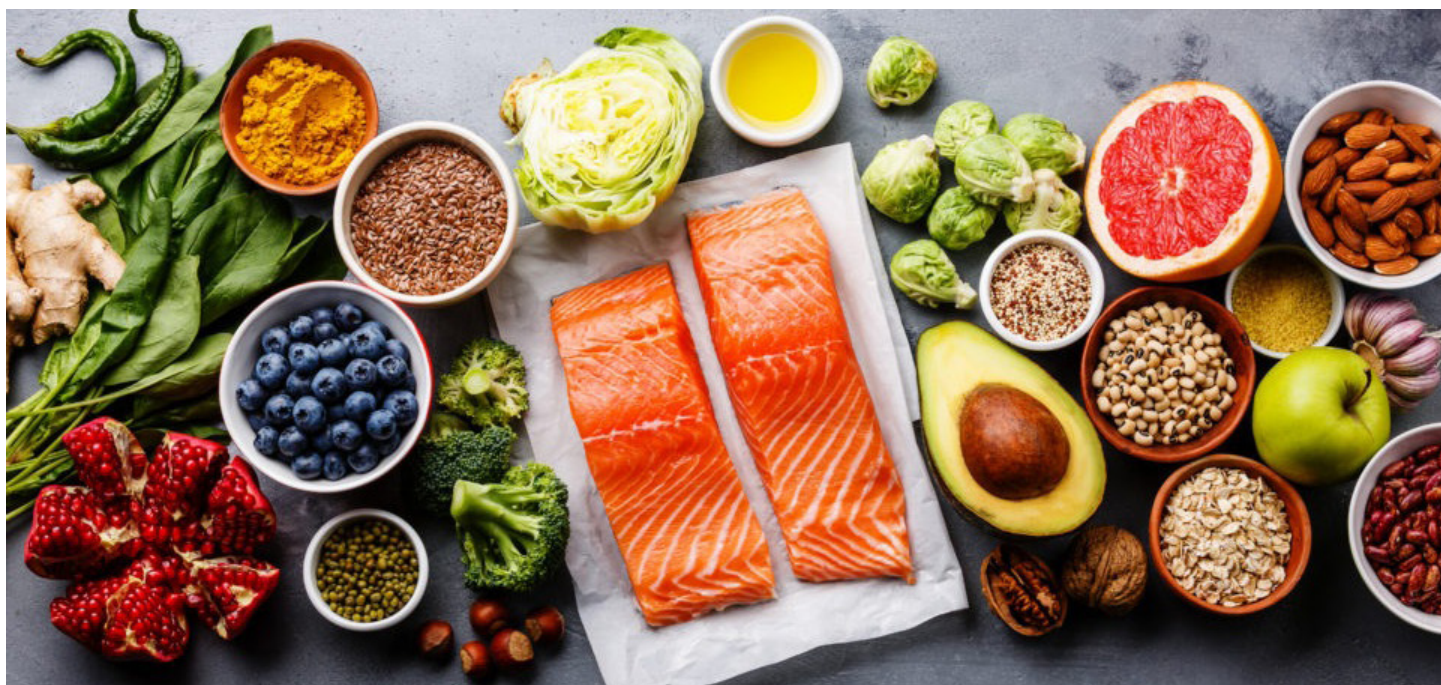
Below: Yanhan presents his poster, titled "Photo Sensitive Coumarin-Chitosan Based Hydrogel as a Promising Biocompatible Material for Wound Healing," at the Summer Research Poster Session.



The Mediterranean Diet

and Why More Americans Should Consider It

Article submitted by Leila Patterson, CMS '20



What Is It?

The Mediterranean Diet has been around for centuries in countries bordering the Mediterranean Sea. There is no one particular diet in the Mediterranean. Many countries make up this region and all have different cultures and customs, but they are similar because their dietary pattern is very similar. This diet consists of a high consumption of fruits, vegetables, bread, and other cereals, potatoes, beans, nuts, and seeds. Olive oil is also an important source of fat. Dairy products, fish and poultry are consumed in low to moderate amounts and a little red meat is eaten. Eggs are consumed zero to four times per week. Wine is also consumed in low to moderate amounts. Women are able to have one glass of wine per day and men are able to have two glasses of wine per day.

Why should we do it?

The Mediterranean diet is close to the American diet,

but not exactly. Studies have shown that people in these countries live longer and suffer less from cancer and other cardiovascular conditions compared to most Americans. This may be because most of the fat calories in the Mediterranean diet come from monosaturated fats like olive oil. The good thing about monosaturated fats is that they do not raise blood cholesterol levels like saturated fats do. The rates of heart disease are lower in Mediterranean countries compared to the United States. The death rates are also lower, but other things like physical activity and familial support can also contribute to these rates.

The Mediterranean diet is nutritionally balanced, diverse and full of color. The diet should never make you feel restricted; it is a different way of eating defined by plant-based foods such as fruits, vegetables, healthy grains, legumes, nuts and seeds. This diet also encourages a social lifestyle by sharing meals with

friends and family as often as possible. This diet also allows for a glass of wine or two while dining! It is also important to include physical activity as a part of your daily routine like taking a walk during lunch or parking your car at the end of the parking lot.

What foods are included?

- Healthy grains
- Vegetables – raw, grilled, steamed, sautéed, roasted or pickled
- Proteins – fish, shellfish, beans, legumes, nuts, and seeds
- Fruits – olives, avocados, grapes and figs
- Healthy Fats – olive oil, canola oil, peanut oil and safflower
- Red wine – Studies show that one glass of red wine per day can increase good cholesterol in the body.

Sample Diet

Breakfast:

Toast with fresh fruit, vegetables, or eggs

Lunch:

Green salad with canned tuna

Snack:

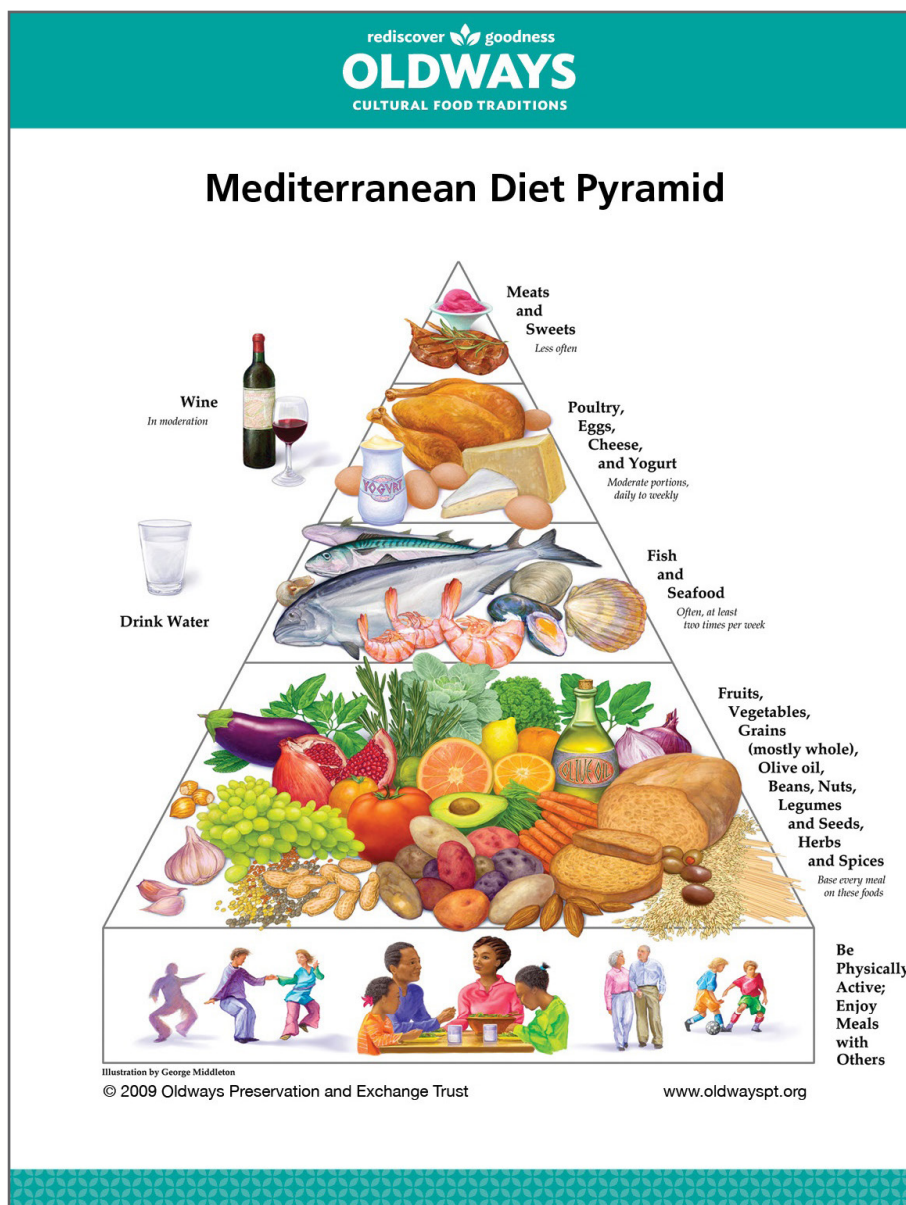
Yogurt with fresh fruit
Almonds

Dinner:

Salmon
Arugula salad
Butternut squash

Sources

Mediterranean Diet. www.heart.org. <https://www.heart.org/en/healthy-living/healthy-eating/eat->



[smart/nutrition-basics/mediterranean-diet](https://www.cookinglight.com/eating-smart/nutrition-basics/mediterranean-diet). Accessed November 10, 2019.

Laseter E, Laseter E. What is the Mediterranean Diet? Cooking Light. <https://www.cookinglight.com/eating-smart/nutrition-101/what-is-the-Mediterranean-diet>. Published August 30, 2017. Accessed November 10, 2019. ■

STUDENT SPOTLIGHT:

Alpha Omega Alpha (AΩA)

Alpha Omega Alpha (AΩA) is a national honor medical society dedicated to improving the medical profession by supporting the ideals of humanism, leadership, scholarship, professionalism, and service in medical students and physicians. In line with this mission, the CMS chapter of the AΩA organizes several volunteer events each year.

In recent months, members of the CMS Class of 2020 have volunteered at two local charities. In November, students participated in the “Meals from the Heart” volunteer day at the Ronald McDonald House near Lurie Children’s, which supports the needs of families whose children are receiving treatment at Ann & Robert H. Lurie Children’s Hospital of Chicago and other downtown pediatric clinics. The students also raised \$400 for this event.

In December, the students made and served dinner at Sarah’s Circle, a home and resource center

for women who are homeless, at-risk, or have experienced domestic violence.

By dedicating their time to these organizations and supporting their missions, CMS students exemplify the AΩA’s commitment to service. ■



Rachel Reed, Elliot Plant, Amber Fearon, and Tim Nguyen at Sarah’s Circle. Not pictured: Ilana Primack, Shayna Levine, and Megan Middleton.



Megan Middleton, Ellen Wright, Cherilyn Mae Palochak, Shayna Levine, Charlotte Formeller, Amanda Beneat at the Ronald McDonald House near Lurie Children’s Hospital. Not pictured: Chrysa Cheronis.

Alumni News

Operation M.E.D.S.

The CMS student chapter of the American Medical Association hosted the 12th Annual Operation M.E.D.S. (Medical students Exploring Different Specialties) speed networking night on January 13. Almost 90 first and second-year students networked with 23 alumni physicians from 15 different specialties as part of the career exploration process.

Participating alumni included **Cynthia Abban**, MD '12, PhD '10; **Evelyn Ackermann**, MD '86; **Sharyl Balkin**, MD '85; **Adrienne Balsam**, MD '91; **Joyce Chams**, MD '89; **Hamad Chaudhary**, MD '10; **Jorge del Castillo**,

MD '75, MBA; **Brian Doane**, MD '10; **Deborah Ehrlich**, MD '95; **Mitch Goldflies**, MD '75; **Saba Kadlec**, MD '06; **Sachin Kapur**, MD '05; **Brian Kasalajtis**, MD '00; **Lisa Kasalajtis**, MD '00; **Philip Krause**, MD '87; **Elliot Levine**, MD '78; **Evelyn Lewis**, MD '83; **Mildred M.G. Olivier**, MD '88; **Oleh Paly**, MD '84; **Savan Patel**, MD '10; **Aaron Siegel**, MD; **Suzanne Siegel**, MD '94; and **Sam Speron**, MD '94. ■

Clockwise from top left: Sharyl Balkin, MD '85; Malcolm Burks and Apoorva Iyengar, both CMS '22; Hamad Chaudhary, MD '10; Cynthia Abban, MD '12.



Making a GLOBAL IMPACT

Two alumni recently returned to RFU to speak to students and faculty about their experiences working in global emergency medicine and disaster relief.

Naz Karim, MD '11, MS '11, MS '07, director of the Global Emergency Medicine fellowship program at Brown University, presented "Five Ways to Make an Impact on Global Health" on November 20.

Dr. Karim first realized her passion for global emergency medicine as a CMS student, when she traveled to Tanzania between her first and second year to climb Mount Kilimanjaro. During her climb, she witnessed what happened when someone suffered an open femur fracture on the mountain: there was no doctor nearby, and the patient had to be taken down the mountain and transported 100 miles away to the nearest hospital.

That experience stayed with her and shaped her career path in medicine. "I knew I wanted to work globally," she said. "As much as I could help here, there was an even greater need abroad."

Dr. Karim gave an overview of the many opportunities available to students and physicians who want to expand their impact by practicing emergency medicine on a global scale. The five methods she discussed were clinical care, public health, systems development, research, and education.

Kaleem Malik, MD '96, MS '92, FAAEM, director of medical disaster response for Humanity First USA, presented "International Disaster Medicine:



Dr. Naz Karim discussed global emergency medicine.

Insights from a Trauma and Emergency Medicine Physician" on January 15. Dr. Malik has served as an EMT medical lead under the United Nations' World Health Organization (WHO) and Pan American Health Organization (PAHO), most recently in the Bahamas after Hurricane Dorian hit the islands. But much of his career has been dedicated to working with Humanity First, a nonprofit organization that helps communities devastated by natural disasters or human conflict like war.

As a second-year medical student, Dr. Malik started a fundraiser at CMS for Humanity First, which was providing humanitarian aid to victims of the Bosnian

Alumni News

War. “For me, Humanity First became a lifelong mission,” he said. “It resonated very well with me. It was a calling.”

Since then, Dr. Malik has participated in humanitarian missions in various countries, including installing wells and water pumps to bring clean drinking water to countries like Ghana, Uganda, and Kenya; upgrading schools, libraries, and science labs in countries impacted by warfare; and performing cataract surgeries in Guatemala. He is determined to continue providing aid to as many people as

possible, explaining that in every country he visits, he sees people who are waiting for health care and wondering when someone will help them and their families.

“You are the ones they’re waiting for,” Dr. Malik told his audience. “This is the question we must ask ourselves: Will we stand on the sidelines of history, or will we become stewards of that call and help those in need?” ■



Dr. Kaleem Malik shared his experiences with international disaster medicine and humanitarian missions.

Alumni News

Alumni on Campus

Several alumni have visited RFU in recent months to meet with student groups, sharing their experiences and giving advice.



Alan T. Blank, MD '11, MS '07

Dr. Blank spoke to the CMS Orthopedic Interest Group on Nov. 11 about his experiences in residency and fellowship training and his clinical practice and research. Dr. Blank completed his orthopedic surgery residency at the NYU-Hospital for Joint Diseases, followed by a year of training in adult and pediatric musculoskeletal oncology and sarcoma surgery at the Huntsman Cancer Institute and Hospital in Salt Lake City.

Jordan C. Tasse, MD '07, MS '03

The CMS Interventional Radiology Interest Group welcomed Dr. Tasse on January 8. Dr. Tasse, who is the Director of Interventional Oncology and Associate Program Director of the IR Residency & Fellowship Programs at Rush Medical Center, spoke about the field of interventional radiology, the process of applying to residencies, and his daily life as an interventional radiologist.



Alumni News

Allyson F. Jacobson, MD '02

Dr. Jacobson joined members of the American Medical Women's Association (AMWA) on November 2 as part of AMWA's "Lunch with a Doc" series.



Morteza Sadeh, MD'18, MS'14, PhD

Dr. Sadeh presented "Life as a Neurosurgery Resident" to students on December 17, hosted by the CMS chapter of the American Association of Neurological Surgeons. Dr. Sadeh is currently in the second year of his neurosurgery residency at the University of Illinois at Chicago. ■

Other News

Wai (Audrey) Cheung-O'Carroll, MD '96, was appointed as an instructor of medicine at CMS.

Paul Singh, MD '99, was appointed as an instructor of surgery at CMS.

Stephanie Bonne, MD '06, presented "The Cost of Gun Violence" on Oct. 13 at Red Bank Charter School in Red Bank, NJ.

Jason J. Luke, MD '06, presented the opening keynote, "The Tumor Microenvironment and the Microbiome and Their Impact on Cancer

Immunotherapy — What Do We Know, Where Are the Gaps, and Where Are We Heading?" at Cancer Crosslinks 2020 in Oslo, Norway.

Amanda Rostkowski, MD '10, PhD '08, gave a presentation titled, "The Myths of Women's Health Care" in Hamden, CT, on Oct. 30.

John Wahhab, MD '15, recently joined the Chicago Medical School faculty as an assistant professor of emergency medicine in the Department of Clinical Sciences. ■

STAFF CORNER

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

Katie Stanutz, Danielle Priester, & Josue Vasquez

During the clerkship years, CMS students rotate at 22 different clinical sites to fulfill their required clinical experiences. Maintaining an efficient way to communicate effectively with the clinical sites has been a long-term challenge. Over the past few months, the CMS Clinical Site Comparability Central Monitoring System was developed to tackle this ongoing concern. The combined special talents of Danielle, Katie, and Josue were instrumental in developing a new process pathway to provide effective communication with the clinical sites, along with central oversight of the data collection.



Katie Stanutz

Director of Curriculum
Management, OSAE
Time at CMS: 6 years



Danielle Priester

M4 Education Specialist, OSAE
Time at CMS: 3 years



Josue Vasquez

Supervisor, Undergraduate Medical
Education Specialist, CSD
Time at CMS: 9 months

Katie Stanutz joined CMS in 2013 as an office assistant for the Office of Student Affairs and Education (OSAE). She was promoted to the role of Evaluation Specialist, and later to her current position. As Director of Curriculum Management, Katie manages student evaluation and assessment databases, manages the school's curriculum management system, and coordinates and administers NBME exams to all medical students.

"In her day-to-day duties, Katie demonstrates the highest level of professionalism, attention to detail, and commitment to ethics and confidentiality," said Sheryl Juliano, Katie's supervisor. "She is thoughtful and curious, and often questions existing processes in order to develop solutions for previously-unidentified scenarios."

Danielle Priester has been with CMS since 2016, initially working in the Clinical Science Department (CSD) as Supervisor of Clerkship Coordinators before moving to her current role in the OSAE. As M4 Education Specialist, Danielle helps all CMS students plan their schedules for M4 year, which includes senior electives, sub-internships, and other requirements.

"It takes someone special to stick with that daunting task and Danielle manages it with a smile and belief that is contagious," said Dr. Brenda Affinati, Danielle's supervisor. "I am beyond proud of her, more than words can do justice."

Josue Vasquez, MPH, joined CMS in May 2019 as Supervisor of Undergraduate Medical Education Specialists (UGMES) in the CSD. Josue develops processes for standardization across all CMS clerkships and manages the day-to-day work activities of the UGMES to assure effectiveness, completeness, and uniformity of work processes. Together, this team of dedicated CMS staff bridged the gaps between clinical sites, the CSD, and the OSAE to ensure comparability among all sites for CMS students. ■

School & Department News

Awards & Accomplishments

CMS kicked off the 2020 Match Season on December 10 with a 100% Military Match Rate! Congratulations to Navy HSPS Scholar **John Attontio** for matching into Family Medicine at the Naval Medical Center Camp Lejeune in North Carolina, and Air Force HPSP Scholar **Cherilyn Mae Acorda Palochak** for matching into Ophthalmology and Transitional Year at San Antonio Medical Center in Texas!



John Attontio



Cherilyn Mae Palochak

Varsha Chandramouli, MD, clinical instructor of family medicine, received the CMS Clinician Service Award at the university's 33rd Annual Dance for Diabetes, held Jan. 11 at the Palmer House Hilton in Chicago. This fundraiser benefits patient care at the Interprofessional Community Clinic (ICC) for the uninsured.



Matthew J. Christensen, CMS '21, CMS Student Dean, was published as a contributor to the 2020 edition of *First Aid for the USMLE Step 1*, the largest and most respected

study resource for the USMLE Step 1 license exam. Each new edition of *First Aid* incorporates input from medical students and physicians who provide new material, clarifications, and corrections.

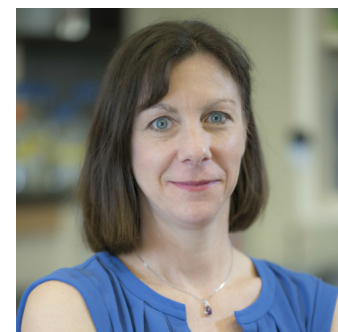
Raúl Gazmuri, MD, PhD '94, FCCM, professor of medicine and physiology and biophysics, director of RFU's Resuscitation Institute, received a one-year, \$47,000 grant from Zoll Medical Corporation for his research study, "Amplitude Spectral Area to Assess Hemodynamic and Metabolic Interventions during Cardiac Arrest."



Daniel Peterson, PhD, professor of neuroscience and Director of the Center for Stem Cell and Regenerative Medicine, and **Grace "Beth" Stutzmann, PhD**, associate professor of neuroscience and Director of the Center for Neurodegenerative Disease and Therapeutics, received a \$390,000 supplement grant from the NIH for their research project titled "'Reprogramming Cell Fate for Repair.'"



Dr. Daniel Peterson



Dr. Beth Stutzmann

School & Department News



Elina Pliakos

Elina Pliakos, CMS '22, was selected to be a theme issue editor for the American Medical Association's *Journal of Ethics* in 2021-2022. This role involves shepherding an issue of the monthly journal through the entire production cycle, from

choosing the theme to writing and gathering content to editing and publicizing the issue. The theme Elina proposed for her issue is value analysis in health care economics.

Elina's responsibilities include developing and writing three cases related to her theme that raise questions of ethical importance, inviting experts to write commentaries, gathering artwork and visual aspects for the journal, and peer reviewing and editing submissions. She also presented her three cases at the journal's working conference, held February 3-4 in Chicago.

Elina will complete these duties alongside her faculty mentor, **Jeffrey Bulger**, PhD, professor of medical education and director for bioethics and humanities.

Paula Taylor, course coordinator for Essentials of Clinical Reasoning (ECR) I and II, received a GEM Award for the fall quarter. These awards are presented by the university to recognize staff members



who go the extra mile to make RFU a better place.

Presentations & Publications

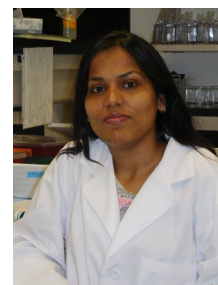
Natalie Balfe, CMS '20; **Neelam Sharma-Walia**, PhD, associate professor of microbiology and immunology; and **Asha Kumari**, PhD, a postdoctoral research associate in Dr. Sharma-Walia's lab, presented a work entitled "Concurrent Control of KSHV Life Cycle through Chromatin Modulation and Host Hedgehog Signaling: A New Prospect to the Therapeutic Potential of Lipoxin A4" at the 16th International Conference on Bioactive Lipids in Cancer, Inflammation, and Related Diseases, held October 20-23 in St. Petersburg, Florida.



Natalie Balfe



*Dr. Neelam
Sharma-Walia*



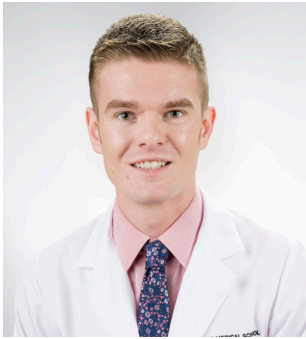
Dr. Asha Kumari



Neil Bradbury, PhD, professor of physiology and biophysics, delivered a clinical sciences grand rounds and Master Teacher Guild presentation on January 8 titled "The Lecture Myth." Dr. Bradbury explored the myths surrounding the concept

of lecture as a teaching method and discussed other methods of active learning.

School & Department News

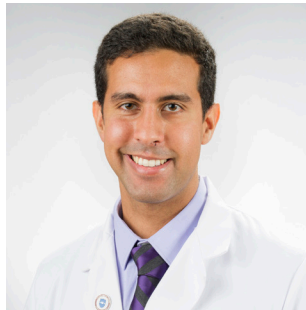


Sam Bunting, CMS '21, presented "Primary Care Practice Participation in the Merit-Based Incentive Payment System: Results from a Multi-State Survey" at the American Public Health Association (APHA) Annual Meeting and Expo in

Philadelphia, PA, on Nov. 5. Sam completed his project in collaboration with Kimberly Elliott, PhD, chair, and Peter Corcoran, MPH, assistant professor, both of the College of Health Profession's Health Services Administration department.

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Salah Dajani, MD '19; **Olivia Powrozek**, laboratory research assistant; **Asha Kumari**, PhD, postdoctoral research associate; **Miroslava Repak**, PhD; **Anand Saripalli**, CMS '21; **Sudeshna Goswami**; and **Neelam Sharma-Walia**, PhD, associate professor, all in the microbiology and immunology discipline in the Department of Foundational Sciences and Humanities, along with **Heidi C. Memmel**, MD, lecturer of surgery, and **Carl White**, PhD, associate professor of physiology and biophysics, presented a poster titled "Aquaporin 3 Has Implications in Inflammatory Breast Cancer Cell Migration" at the 2019 San Antonio Breast Cancer Symposium, held December 10-14 in San Antonio, Texas.



Anand Saripalli



Dr. Neelam Sharma-Walia

Lise Eliot, PhD, professor and acting discipline chair of neuroscience, presented the 5th Annual Norman L. Ford Science Literacy Lecture, "Sex, Brains, & Culture: The Science and Pseudoscience of Gender Difference," at the College of Saint Benedict and Saint John's University in Collegeville, MN, on November 5. The Ford Lecture Series addresses contemporary and cutting-edge scientific topics while encouraging students and the public to become more conversant with the relevance of science in everyday life.

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William Frost, PhD, director, Center for Brain Function and Repair, professor and discipline chair of cell biology and anatomy, presented an invited research seminar, titled "Rapid Network Reorganization and Memory Formation Revealed by Large-Scale Imaging", to the Department of Molecular Pharmacology and Neuroscience at Loyola University Chicago, on November 12.

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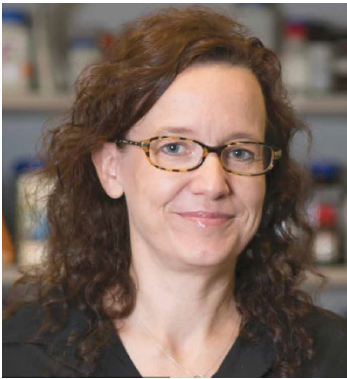
Ashok Fulambarker, MD, FCCP, professor of medicine at CMS and director of the Pulmonary Division at the Captain James A. Lovell Federal Health Care Center, delivered a grand rounds presentation titled



School & Department News

“What’s New in COPD” on November 13. Dr. Fulambarker reviewed the latest advancements in the classification and diagnosis of chronic obstructive pulmonary disease (COPD).

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Michelle Hastings, PhD, director, Center for Genetic Diseases, associate professor of cell biology and anatomy, presented her work on “Antisense Oligonucleotides for the Treatment of Batten Disease” at the

Translational Research Conference for the Management of NCLs, held Nov. 7–8 in Lombard, IL.

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Lindsay Karson, CMS ’22, presented a poster titled “A Systematic Review of Sex Difference in Human Neonatal Social Orientation” at the Society for Neuroscience national meeting, held in Chicago on Oct. 20. Other authors contributing to the poster were **Hersimren Minhas,** CMS ’20; **Jeffrey Davies,** CMS ’20; **Manraj Dhesi,** CMS ’20; **Julie Patel,** CMS ’21; and **Lise Eliot,** professor and acting discipline chair of neuroscience and executive chair of foundational sciences and humanities.

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Lindsay Karson

On November 18, **Biana Kotlyar,** MD, education director and assistant professor of psychiatry and behavioral sciences, participated in an interprofessional panel on the topic of suicide prevention and awareness. The goal of the event was to foster awareness about suicide among different training programs at RFU, teaching students ways to identify warning signs in patients, friends, and family. The panel was organized by the Graduate Association of Students in Psychology (GASP).



Robert Marr, PhD, associate professor of neuroscience and assistant dean for research, and **Beth Stutzmann,** PhD, associate professor of neuroscience and Director of the Center for Neurodegenerative Disease and Therapeutics, co-authored

a paper highlighting the use of human neurons to study mechanisms of Alzheimer’s disease. “Human-Induced Neurons from Presenilin 1 Mutant Patients Model Aspects of Alzheimer’s Disease Pathology” was published in the *International Journal of Molecular Sciences*.

School & Department News

Judith Potashkin, PhD, professor of cellular and molecular pharmacology, Center for Neurodegenerative Diseases and Therapeutics, and **Virginie Bottero**, PhD, research associate and lecturer of cellular and molecular pharmacology, co-authored “Transcriptomic and Network Analysis Highlight the Association of Diabetes at Different Stages of Alzheimer’s Disease,” published in *Frontiers in Neuroscience*.



Dr. Judith Potashkin



Dr. Virginie Bottero

Other News



The Office of Academic Learning Environment (ALE) recently welcomed a new staff member: **Allison Cassidy**, Student Programs Coordinator. She will be working with the medical school’s learning community mentors as well as the entire CMS student body in regards to the Clinical

Reflections course. Allison received her Bachelor of Arts degree from Columbia College-Chicago and brings her administrative experience to this role.

University Events

On January 22, the CMS Office of Academic Learning Environment hosted a welcome luncheon for students

in the **Individualized Strategic Enhancement Program (ISEP)**. ISEP provides tools and resources to help geographically and economically disadvantaged CMS students succeed in medical school and beyond.



Hector Rasgado-Flores, PhD, Director of Diversity, Outreach and Success, greets students at the ISEP luncheon.



During Wellness Week, RFU hosted a series of events for students to promote self-care. Events included fitness coaching, a cooking demonstration, a painting class, a visit from several therapy dogs, a late night breakfast served by faculty, and a presentation on “Beating Seasonal Affective Disorder and the Winter Blues.” ■



Faculty, including CMS faculty Dr. William Agbor Baiyee and Dr. Gordon Pullen, serve late night breakfast to students.

Campus Events



The university's annual Black History Month Showcase, presented by the CMS chapters of the Student National Medical Association (SNMA) and the Latino Medical Student Association (LMSA).

We want to hear from you!

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



**ROSALIND FRANKLIN
UNIVERSITY**
of MEDICINE AND SCIENCE

CHICAGO MEDICAL SCHOOL