



# CMS NEWS

## The Chicago Medical School Newsletter

WINTER 2022  
ISSUE 23

### SUPPORTING DIVERSITY AND EQUITY

*The ISEP and Peer Tutoring programs ensure students from all backgrounds get the support they need.*

PAGE 12

### NATIVE AMERICAN WELL-BEING

*This program examined intersectional healthcare challenges faced by Native American veterans.*

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### NEW INTERNAL MEDICINE RESIDENCY PROGRAM DIRECTOR

*CMS welcomes Dr. Jonathan Daniels to this role.*

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## State of the Medical School

**Archana Chatterjee**, MD, PhD, Dean of CMS, presented the annual State of the Medical School address on February 10 along with CMS leadership. Speakers included **Brenda Afinati**, MD, Associate Dean for Clinical Affairs; **Lise Elliot**, PhD, Executive Chair of Foundational Sciences and Humanities; **Michael Ellison**, EdD, Associate Dean for Admissions; **Ron Kaplan**, PhD, RFU Executive Vice President for Research and CMS Vice Dean for Research; **Sandra LaBlance**, PhD, Senior Associate Dean for Student Affairs; **Carl Lawson**, PhD, MPH, MA, RFU Director of Interprofessional Global Health and CMS Director of Learning Environment Diversity; **Frank Maldonado**, MD, Executive Chair of Clinical Sciences; **Jeanette Morrison**, MD, Executive Vice Dean of CMS and Vice Dean for Medical Education; **Nutan Vaidya**, MD, Vice Dean for Faculty Affairs And

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# Dean's Message

## CMS News

Winter 2022

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Greetings from the Dean's Office!

Winter quarter has ended, and students will begin their Spring quarter studies shortly. As Omicron begins to decline across the country more faculty, staff, and students can be safely on campus. It has been wonderful to see everyone in-person — not only to meet new colleagues, but also to reunite with those who we have only seen on a Zoom screen for many months. I am looking forward to Spring and the exciting events that mark the academic cycle over the next months. In fact, Match Day for our graduating M4s is March 18th. It is such an exciting milestone for our students, when they learn where they will be heading for their residencies.

In the Fall quarterly newsletter, I mentioned that I would share more about the two recent retreats at the medical school. Both were well attended, provided valuable information, and afforded the opportunity for spirited discussion. The CMS Student Admissions Committee hosted the first retreat which included members of the admissions committee, CMS administrators, staff, and other key stakeholders from the University. The discussions focused on a mission-driven holistic review and was facilitated by Dr. Michael Ellison, CMS Associate Dean for Admissions, and Dr. Henry Sondheimer, former Dean of Admissions at the University of Colorado School of Medicine and former Senior Director of Student Affairs and Programs with the Association of American Medical Colleges (AAMC). In addition to providing both national and school-related admissions data for multiple years, there was a presentation on Mission-Based Admissions and Holistic Review highlighting the importance of having a mission statement that drives all activities related to student recruitment, screening, interviewing and selection. It was a highly productive retreat with great dialogue and active engagement by the participants.

During the second retreat, attendees focused on Strategic Planning. Participants represented CMS students, faculty, administration, and staff. This all-day retreat was facilitated by Dr. Janet Lindeman, Professor Emerita and retired Dean of Medical Student Education at the University of South Dakota Sanford School of Medicine. Retreat attendees discussed the progress that has been made on the 2020-2023 CMS Strategic Plan at the halfway point, reviewed results from a recent CMS community survey on the perceptions of current opportunities and threats to progress, and collaborated on recommended changes to the Plan based upon survey results. Attendees also held an in-depth discussion on the School's mission and vision statements, how they drive CMS admissions, and how the medical school might look to revise the statements moving

forward. Recommendations for the strategic plan and mission/vision statements are being brought before the appropriate committees, and actions to pursue during the final two years of the Plan will be identified and prioritized.

Switching gears to our students and our generous alumni, I am excited to share that the medical school has recently received several generous gifts that will strengthen and build our scholarship program. Scholarships are critically important for our students' financial well-being and always top of mind for me. My sincere thanks to Dr. Keith A. Kirby, '87; Dr. Carey B. Strom, '80; and Dr. James Black, '88 & Dr. Karen Black, '88 for their gifts of more than \$5,000 each to support the CMS General Scholarship Fund.

I am also delighted to announce contributions made to existing endowed scholarships. These individuals include Dr. Elliot Rubinstein, '69 & P. A. Rubinstein; Dr. Stephen M. Weinstock, '67; and Dr. Elder Grainger. Dr. Grainger established and added an additional gift to the Fannie H. Emanuel MD 1915 Memorial Endowed Scholarship, which provides recognition and financial assistance to support the ongoing needs of African American students who are accepted into or enrolled at RFU and attending Chicago Medical School, and who exemplify Dr. Emanuel's commitment to civic leadership.

Most recently, a new CMS Scholarship endowment was established — the Joyce G. Chams, MD 1989 and James S. Spitz, MD 1989 Honorary Endowment, which will be awarded beginning with the 2023-24 academic year and perpetually thereafter. Consideration for this scholarship will be given to students who are accepted into and attending RFU and are enrolled in CMS, are in good academic standing, and have financial need.

Finally, I am pleased to announce the Michael and Kim Foltz Honorary Scholarship that has been established as a new temporarily restricted scholarship that provides recognition and financial assistance to Chicago Medical School and the Dr. William M. Scholl College of Podiatric Medicine students beginning their 2nd through 4th year of study, whose social determinants of education create a high hardship.

My deepest appreciation to each of our generous alumni and supporters who have contributed toward these critically important scholarships!

In closing, I am pleased to update you on the newest program in the medical school that was highlighted in the Fall 2021 issue. We are thrilled to welcome our first student in the Cook County Health Maxillofacial Surgery Program in May 2022.

As the final weeks of winter begin to fade, we look forward to Spring and the many student events and festivities that we celebrate at CMS, especially for our graduating seniors. Our next issue will feature many of these important milestones, but in the meantime, I wish your families, friends, and you good health in 2022!

Sincerely,



Archana Chatterjee, MD, PhD  
Dean, Chicago Medical School





# *State of the Medical School*

*continued from cover*

Equity; and **Michael Zdon**, MD, Senior Associate Dean for Graduate Medical Education (GME) and Continuing Medical Education (CME).

The speakers reviewed the accomplishments of each department from the last academic year and highlighted some of the goals that CMS will be pursuing in the next year and beyond.

## **Selected Accomplishments:**

- Facilitated and ensured curricular integrity during the COVID-19 pandemic
- Restructured the former Office of Student Affairs and Education into two separate areas: the Office of Student Affairs (OSA) and Office of Medical Education (OME)

- Developed a Specialty Advisors Program: hired and trained 19 advisors representing 15 specialties, to provide students with group and individual advising based on their specialty interests
- Achieved excellent Match results in March 2021
- Added two external partnerships: Academies of Racine and Lake County Community College, with the goal of increasing the pipeline of applicants to CMS, especially from groups underrepresented in medicine
- Achieved Continued Accreditation with no citations for all Graduate Medical Education (GME) programs
- Added a new fellowship program in Hematology/Oncology



- Identified faculty at clinical sites for promotion opportunities
- Increased required clerkship rotations at current clinical affiliates and added new clinical affiliates: Saint Bernard Hospital, Vista Medical Center East, and private preceptors
- Strengthened our clinical relationship with Cook County Health by developing a Pathway Agreement with their Oral Maxillofacial Surgery Residency Program
- Hired five new full-time assistant professors
- Revised the newly renamed “Principles of Professionalism, Health Care & Health Equity” course to drastically expand the focus on health equity, in response to recommendations from the school’s Health Disparities Task Force
- Increased the number of clinical research opportunities offered to CMS students by our faculty (has more than doubled over the last 3 years)
- New patent applications were filed for

innovations from the Hastings, Gazmuri, Kaplan, and He laboratories

- Launched the CMS Women in Medicine and Science (CMS-WIMS) Program to provide resources and support to female faculty, staff, and trainees
- Increased education regarding health disparities and healthcare inequities
- Expanded alumni engagement with virtual “Living Room Chats,” facilitated by the RFU Division of Institutional Advancement.

### Selected Goals:

- Implementing an earlier start to M3 and M4 years to give students more time to prepare for the USMLE Step 2 CK exam, complete elective rotations, and prepare their residency applications
- Enhancing early clinical experiences for students
- Developing and refining a holistic career advising program for the M1 through M4 years
- Expanding our fellowship programs at Weiss Hospital
- Expanding the structured well-being programs for residents, fellows, and faculty
- Identifying and recruiting potential new clinical sites
- Continuing to expand to new sites for student clinical/educational research opportunities
- Developing and supporting opportunities to utilize artificial intelligence/machine learning in our research
- Continuing to develop an infrastructure that drives the inclusion of persons from underrepresented groups at all levels of CMS administration, faculty, and staff to create a more diverse CMS community. ■

**Opposite page:** CMS leadership, with visiting AAMC Council of Deans Fellow Dr. Shlomit Schaal.

**Above:** Dr. Carl Lawson; Dr. Sandra LaBlance.

**Front cover:** Dr. Archana Chatterjee, Dean of Chicago Medical School.

# Meeting the Need for COVID-19 Test Kits

At the beginning of January, as students returned from winter break and prepared to resume educational and clinical activities, CMS faced a new problem. As COVID-19 cases were rising across the country due to the Omicron variant, some of our clinical affiliates began requiring students to produce daily proof of a negative COVID test in order to enter the building. But at-home tests were in short supply and were notoriously difficult to find.

To help meet the need for test kits, the University ordered bulk supplies and distributed them to each of the schools. **Michael Allswede**, DO, Assistant Dean of Clinical Education and **Frank Maldonado**, MD, Executive Chair of Clinical Sciences, took the lead in assembling the supplies into test kits for CMS students. They put together 200 kits in one day to meet the immediate needs of students in early January. In the following weeks, they worked with CMS student leaders to assemble and distribute an additional 1,100 test kits.

We're grateful to the University and CMS leadership for their continued hard work and flexibility to keep students safe while also moving forward with clinical activities. ■

**Clockwise from top right:** Dr. Michael Allswede and Dr. Frank Maldonado; a box of 200 COVID test kits; and Dr. Allswede assembling the kits.



# Dr. Schaal Visits CMS

**Shlomit Schaal**, MD, PhD, MHCM, came to visit Chicago Medical School from the University of Massachusetts Chan Medical School as part of her participation in the AAMC Council of Deans Fellowship Program. This program was created by the AAMC to enhance the development of future leaders in academic medicine who are interested in being considered for deanships in the near future.

Dr. Schaal, Professor and Chair of the Department of Ophthalmology and Visual Sciences at UMass Memorial Health and UMass Chan Medical School, is a clinician-scientist specializing in the medical and surgical treatment of complex vitreoretinal diseases. She serves as the President of the UMass Memorial Medical Group, as well as the Senior Associate Dean for Health Strategies for UMass Chan Medical School. In addition to her professorship at UMass

Chan Medical School, Dr. Schaal also serves as a teaching faculty member at Harvard T. H. Chan School of Public Health, Harvard Macy's Institute, and the Faculty Leadership Development Seminar of the AAMC.

**Archana Chatterjee**, MD, PhD, Dean of CMS and Vice President for Medical Affairs at RFU, served as Dr. Schaal's mentor during her stay. From February 7-11, Dr. Schaal shadowed Dr. Chatterjee, met with CMS and RFU leadership, and learned about what is involved with being the dean of a medical school.

"We're very honored to have Dr. Schaal with us," Dr. Chatterjee said during the annual State of the Medical School address. "We're also learning from her, as she shares her knowledge and expertise with us." ■



▲ Dr. Shlomit Schaal with Dr. Archana Chatterjee.

▼ Dr. Schaal with CMS leadership at the annual State of the Medical School Address on Feb. 10.



# *Giving Back to the Community*

On December 16, Chicago Medical School held its annual day of service, with CMS leaders, faculty, and staff volunteering at Bernie's Book Bank, a local nonprofit that collects and distributes free children's books to increase book ownership among underserved children in the Chicago area. Since 2009, Bernie's Book Bank has distributed over 20 million books to children from birth through sixth grade.

We all appreciated this chance to give back to the community and support education and learning! ■





# Let's Talk About Blood Pressure Before the Age of 40

*Article Submitted by  
Kelechi Emuchay,  
CMS '22*

Hypertension is a disease of the elderly.

False: High blood pressure affects 1 in 8 adults between the ages of 20 and 40.



Addressing hypertension when it presents early in life is beneficial to long term prognosis.

True: The identification and treatment of secondary hypertension below the age of 40 are associated with better blood pressure control.



If I am diagnosed with high blood pressure, I will be put on medications right away.

False: In those less than 50, weight loss has been shown to have a more significant effect on the treatment of young and overweight patients.



Hypertension harms the heart and brain regardless of age.

True: Hypertension can lead to left ventricular hypertrophy and changes in brain volume even at a young age.

Most young people with high blood pressure are identified early in presentation.

False: Diagnosis rates are lower, and treatment is often delayed in young people.



### Reference:

Hinton, T., Adams, Z., Baker, R., Hope, K., Paton, J., Hart, E. and Nightingale, A., 2020. Investigation and Treatment of High Blood Pressure in Young People. *Hypertension*, 75(1), pp.16-22. ■



# *Supporting Diversity and Equity*



Hector Rasgado-Flores, PhD, Director of UiM Student Support and Success, addresses students at the ISEP Welcome Luncheon in January 2020.

The CMS Office of Excellence in Diversity and Inclusion is dedicated to meeting the needs of the Chicago Medical School community to provide a pathway to success for our medical students and faculty. The office provides several programs to ensure that medical students from all backgrounds get the support, resources, and opportunities they need to thrive at CMS. Two of these programs are the Individualized Strategic Enhancement Program (ISEP) and the Peer Tutoring program.

## **Individualized Strategic Enhancement Program (ISEP)**

A career in the medical profession is highly demanding in every aspect of life — emotional, intellectual, physical, and financial. A successful and satisfying career in medicine requires a continual

balancing of all the aforementioned areas in order to be rewarding.

Medical students are subject to intense and continuous stress, which on many occasions causes them to sacrifice this critical life balance. This situation can lead to acute or chronic depression and, on occasions, settling for positions where their full personal and professional potential is not fully met. Under-represented in medicine (UiM) students are especially susceptible to these stresses because of their vulnerability, stereotype threats, and lack of representation.

The objective of the ISEP program is to provide UiM CMS students with tools to better establish and manage a life balance during their student years and beyond, and to increase their opportunities to fully

achieve their personal and professional potential. This program is designed to provide holistic support and the best learning environment for success.

The ISEP program consists of pairing UiM CMS students with faculty mentors to meet for an hour each month, either in person or online, to discuss life, identify roadblocks, and discuss solutions to overcome them. M1 and M2 students are paired with basic science faculty and M3 and M4 student with clinical faculty.

Once a month, mentors meet to discuss their mentees' progress and brainstorm how to help them even better. Mentors also participate in monthly discussions of interesting and relevant publications that help them become more informed and efficient mentors.

Both students and faculty find this program very satisfactory and rewarding.

### Peer Tutoring Program

Educational research demonstrates that peer-to-peer tutoring can be more beneficial than traditional tutoring because it creates an even playing field between two parties who have equal accountability and commitment to one another. It consists of individuals roughly close in age (and/or job role), background, and life experiences and sets up both parties for building a relationship as trusted friends and guides. It creates an environment of accountability under a non-judgmental environment.

Peer tutors are selected based on their willingness and success in relevant courses. They are paired with UiM students to review academic material in group or one-to-one settings.

Evaluation of the program's effectiveness demonstrates high satisfaction from both parties and significant academic progress for students participating in the program. ■



Students attend the January 2020 ISEP Welcome Luncheon.



Students attend a peer tutoring event in September 2017.

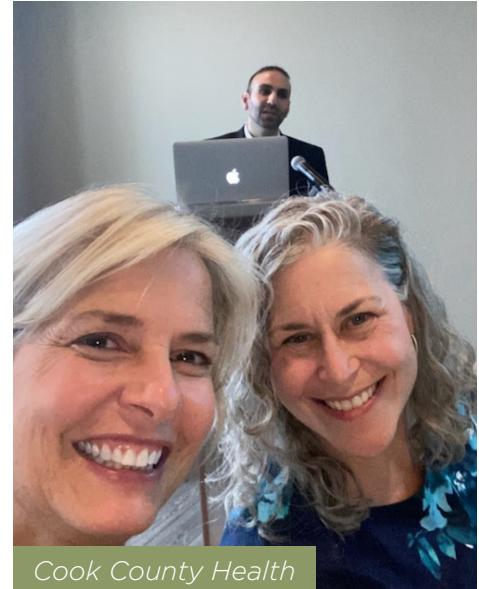


Students and faculty at the annual UiM Welcome Luncheon in September 2021. This event is held each fall to welcome M1s who are from groups underrepresented in medicine (UiM) and introduce them to helpful resources, like the ISEP and Peer Tutoring programs.

# CMS Site Visits

Dr. Brenda Affinati, Associate Dean for Clinical Affairs, regularly organizes site visits to Chicago Medical School's clinical affiliates. During these visits, CMS leadership meet with site directors, program directors, and volunteer clinical faculty. They also meet with students who are currently rotating at that site, to get their perspective and feedback.

These visits are critical to strengthening our relationship with our affiliates, fostering engagement, and providing more clerkship and elective opportunities for students. ■



Cook County Health



Boys Town National Research Hospital — Boys Town, Nebraska



Saint Anthony Hospital

# Interprofessional Corner

## *A place to highlight IP work, opportunities, research, and other news*

While constructs for interprofessional education and collaborative practice have existed for decades, the COVID-19 pandemic placed greater urgency on the need for integrative, team-based care. A recent article in the *Journal of Interprofessional Care* highlighted the critical role of health professionals in responding to IP needs and advancing the field through research. Though many individuals are interested in promoting IP, it's often difficult to understand where to begin. In 2019, the Global Network for Interprofessional Education and Collaborative Practice Research (IPR Global) was tasked with developing recommendations and guidance for initiating IP research. They stress the importance of diversity and inclusivity among collaborators and the theoretical relevancy of IP research. You can access the full article at: <https://bit.ly/IP-article>.

At Rosalind Franklin University, we use an intentional approach to interprofessional teaching and learning, promote methods for team-based care, and offer access to collaborate with students and faculty from various health professions programs across six individual schools. Please take advantage of these opportunities and consider how **you** can actively strengthen and help advance IP and collaborative care.

If you have additional questions or would like guidance on how to begin a collaboration, please reach out to **Kim Fasula**, PhD(c), MS, MPH, RDH, PHDH, Director of Interprofessional Education for Chicago Medical School at:

[Kimberly.Fasula@rosalindfranklin.edu](mailto:Kimberly.Fasula@rosalindfranklin.edu)

### IP Opportunity

In partnership with the University of New England, RFU will participate in an Interprofessional Team

Immersion series. Participants will be assigned to interprofessional teams and will gain experience in case-based care using telehealth. In addition, standardized patients and group activities will offer students real-life experiences and strengthen concepts for interprofessional clinical care.

Chicago Medical School has strong representation in the program from both student participants and faculty facilitators. The Interprofessional Team Immersion series began on January 24 and ended on February 21. There will also be an optional poster session on April 27 for participants interested in disseminating their work. We are incredibly excited about being a collaborator in this robust and unique opportunity. ■

**INTERPROFESSIONAL TEAM IMMERSION**  
Represent your profession in this telehealth immersion with simulated patients  
All meetings via ZOOM: <https://une.zoom.us/j/98773353671> • (Deadline to sign up: 9 a.m. Monday, Jan. 24)

**SPRING 2022**

**UNIPROFESSIONAL ROLES AND RESPONSIBILITIES**  
Week of January 24-28  
1 HOUR

IPTI team members from the SAME profession will be introduced to the case by their faculty facilitators and discuss how their discipline contributes to care.

All IPTI meetings between Jan. 29 and Feb. 21 will be via: <https://une.zoom.us/j/98773353671>

Can't ZOOM and need to call?  
1 312 626 6799 US (RFU) - or - 1 929 205 6099 US (UNE)

**INTERPROFESSIONAL ORIENTATION**  
Saturday, January 29, 8 a.m.-12 p.m. CDT / 9 a.m.-1 p.m. EST  
4 HOURS

This interactive orientation prepares students with individual and team-based skills that can improve patient care, strengthen team communication, and positively impact provider satisfaction. Telehealth strategies are also addressed in this session.

**SIMULATION I**  
Wednesday, February 9, 5:30-7:30 p.m. CDT / 6:30-8:30 p.m. EST  
2 HOURS

**SIMULATION II**  
Wednesday, February 16, 5:30-7:30 p.m. CDT / 6:30-8:30 p.m. EST  
2 HOURS

**BIG GROUP DEBRIEF**  
Monday, February 21, 5:30-7:30 p.m. CDT / 6:30-8:30 p.m. EST  
2 HOURS

**CECE SPRING POSTER SESSION (optional)**  
Wednesday, April 27, 11 a.m.-12 p.m. CDT / 12-1 p.m. EST  
1 HOUR

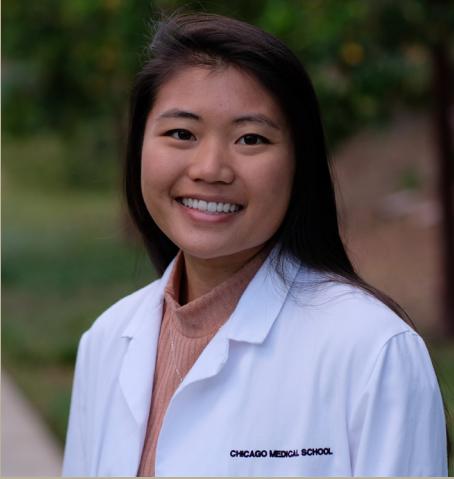
For ways to watch: [https://bit.ly/Poster\\_0427](https://bit.ly/Poster_0427)

**Questions?** Rosalind Franklin: [sarah.garber@rosalindfranklin.edu](mailto:sarah.garber@rosalindfranklin.edu) | **UNE:** [CECE@une.edu](mailto:CECE@une.edu)

**ROSLIND FRANKLIN UNIVERSITY** MEDICINE AND SCIENCE | DeWitt C. Baldwin Institute for Interprofessional Education

**UNE** UNIVERSITY OF NEW ENGLAND Center for Excellence in Collaborative Education

A virtual collaboration between University of New England and Rosalind Franklin University



# *Student Dean Corner*

**Each quarter, student dean Rachel To will give updates on the projects she will be working on throughout the year.**

Greetings, classmates and colleagues:

As we entered the beginning of the new year, we witnessed yet another surge of COVID cases pose more challenges to medical education. From testing mandates for on-campus activities to the return of online learning, our university has come to adapt to the ever-changing circumstances surrounding the Omicron variant. I wanted to take this opportunity to acknowledge the CMS faculty, especially Drs. Affinati, Morrison, Maldonado, and Allswede, as well as Josue Vasquez and the education directors, who worked tirelessly to devise solutions and alternative plans for third- and fourth-year students who had been displaced from their clinical sites. Additionally, under the direction of Dr. Michael Allswede and with the support of Dean Chatterjee and the university, a team of CMS faculty and student leaders assembled over 800 at-home COVID test kits and distributed them to clinical students. The success of our future student doctors relies heavily on both the open efforts and the behind-the-scenes support of our dedicated CMS faculty.

In addition to the latest COVID impacts over these past few weeks, CMS students are beginning to transition into their next phase of medical

education. The M1s will be wrapping up their first year of didactics and have begun planning their summer activities, and the M2s have started preparing for the first pass/fail Step 1 exam. While our M4s have been finalizing their match lists and preparing for the long-awaited Match Day, the M3s will be finishing their clerkships and will begin planning for their fourth-year electives. During my most recent clerkship, I had the pleasure of working with CMS alumni (see picture on next page). It was a unique experience working alongside those who had been in my shoes at CMS just a few years prior. Knowing that CMS had given them the tools to succeed in residency, it serves as a humbling reminder to “trust the process” as current medical students as we will all one day excel as clinicians alongside our predecessors.

There has been noteworthy progress to current Student Dean projects and tasks. The first being student leadership development with the CMS class councils. In January, Dr. LaBlance and I organized the first class council student leadership retreat which focused on effective leadership, organizational skills, and roles/responsibilities, among many other things. The retreat served as one of many more CMS student leadership training and developments to come. Secondly,

in collaboration with the Student Deans Cabinet and the RFU marketing team, the new student ID card design is currently being reviewed to ensure it meets security criteria and software before undergoing approval by all necessary leadership. We are hoping to have more updates by spring and potentially implementation of the new ID cards by fall. In line with my goals of promoting the internal and public perception of CMS, myself and other student leaders participated in the virtual CMS Open House for prospective applicants. It was a wonderful opportunity to highlight the unique strengths of CMS as a community-engaged and interprofessional medical school.

As a reminder, I record project updates and tasks on a Google excel sheet known as the Student Dean Tasks Tracker (this has been emailed out to all students). I highly encourage all students to check

the tracker periodically to stay informed on topics pertinent to the student experience as well as to submit feedback to the Student Dean suggestion box.

If there is anything I can assist with, I would be more than happy to meet online or in-person with students, faculty, and staff. I am always available at [student.deancms@rfums.org](mailto:student.deancms@rfums.org).

Sincerely,



Rachel To  
Chicago Medical School Student Dean, 2021-22  
Chicago Medical School Class of 2023



From left to right: Zach Shalginewicz, CMS '22; Cassandra Gee, MD '21; Natasha Scaria, MD '21; Tess Saibert, CMS '23; and Rachel To, CMS '23, at Advocate Christ Medical Center.

# The Importance of Vitamin B12

Article submitted by  
Simone Raiter, CMS '22



## What Is It?

- Vitamin B12 is an essential water-soluble vitamin<sup>1</sup>
- A group of cobalt-containing vitamer compounds called cobalamins
- Three forms: cyanocobalamin, hydroxocobalamin, and cofactor forms (adenosylcobalamin, methylcobalamin)

## Where Is It Found?

- Synthesized only by microorganisms

Table: Vitamin B12 Content of Selected Foods

Food	Micrograms per serving	Percent DV*
Beef liver, cooked, pan-fried, 3 ounces	70.7	2,944
Clams (without shells), cooked, 3 ounces	17	708
Tuna, bluefin, cooked, dry heat, 3 ounces	9.3	385
Nutritional yeast, fortified, from several brands (check label), about 1/4 cup	8.3 to 24	346 to 1,000
Salmon, Atlantic, cooked, 3 ounces	2.6	108
Beef, ground, 85% lean meat/15% fat, pan-browned, 3 ounces	2.4	100
Milk, 2% milkfat, 1 cup	1.3	54
Yogurt, plain, fat free, 6-ounce container	1.0	43
Breakfast cereals, fortified with 25% of the DV for vitamin B12, 1 serving	0.6	25
Cheese, cheddar, 1 1/2 ounces	0.5	19
Egg, whole, cooked, 1 large	0.5	19
Turkey, breast meat, roasted, 3 ounces	0.3	14
Tempeh, 1/2 cup	0.1	3
Banana, 1 medium	0.0	0
Bread, whole-wheat, 1 slice	0.0	0
Strawberries, raw, halved, 1/2 cup	0.0	0
Beans, kidney, boiled, 1/2 cup	0.0	0
Spinach, boiled, drained, 1/2 cup	0.0	0

- Only source for humans is food of animal origin (e.g., meat, fish, dairy)

## Why Is It Important?

- Required for the development, myelination, and function of the central nervous system
- Healthy red blood cell formation
- DNA synthesis

## Causes of Deficiencies

- Difficulty absorbing vitamin B12 from food (Crohn's disease)
- Lack of intrinsic factor (pernicious anemia)
- Surgery in the gastrointestinal tract (resection)
- Medications (e.g., metformin, PPIs)
- Dietary deficiency (veganism)

## Signs/Symptoms of Deficiencies

- Anemia (pregnancy at high risk<sup>2</sup>): megaloblastic, macrocytic anemia, jaundice, fatigue,

- irritability, shortness of breath<sup>3</sup>
- GI: glossitis, abdominal pain, diarrhea
- Neurologic: paresthesias, gait difficulty, weakness, ataxia, cognitive slowing (elderly at high risk<sup>4</sup>)

### Workup of Deficiencies

- CBC and blood smear<sup>3</sup> — confirm megaloblastic macrocytic anemia
- Serum vitamin B12 and folate levels<sup>5</sup> — to differentiate the two
- Additional testing: MMA and homocysteine to differentiate folate and vitamin B12, autoantibodies to intrinsic factor for pernicious anemia, others based on patient history and presentation

### Treatment of Deficiencies

- Diet rich in vitamin B12
- Parenteral<sup>3</sup> — 50-100 mcg weekly for children, 1000 mcg weekly for adults
- Oral — 1000 mcg daily for adults, dose not well-established for children
- Manage underlying disease

### References

- Office of dietary supplements - vitamin B12. NIH Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/#h7>. Published 2021. Accessed January 7, 2022.
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## WiSH Seminar Series: Fighting the Gender Pay Gap

**Amy S. Gottlieb**, MD, FACP, visited RFU in December to give a presentation as part of the Women in Science and Healthcare (WiSH) Seminar Series. Her seminar was titled “Closing the Gender Pay Gap in Medicine: Identifying Drivers of Inequity and Devising Solutions.”

Dr. Gottlieb is the inaugural Associate Dean for Faculty Affairs at the University of Massachusetts Medical School’s regional campus in Springfield, MA, where she is also a professor of medicine and obstetrics/gynecology. As Chief Faculty Development Officer at Baystate Health, she also holds a vice president-level role in a large-diversified health system in western Massachusetts.

Dr. Gottlieb received her undergraduate degree in Economics from Harvard University and her medical degree from the University of Chicago’s Pritzker School of Medicine. Prior to entering the field of medicine, Dr. Gottlieb worked in Corporate Finance.

She is currently Chair-Elect of the Association of American Medical Colleges’ Group on Women in Medicine and Science Steering Committee and former Chair of the Society of General Internal Medicine’s Women and Medicine Commission. She is also the founder of the Society’s Career Advising Program, a sponsorship initiative for women faculty that has engaged over 350 participants nationwide since 2013 and for which she received the 2020 Elnora M. Rhodes Service Award, symbolizing the highest level of service to the organization.

Dr. Gottlieb has led national initiatives to address salary equity and to encourage organizational leaders to pay attention to workplace practices in recruiting, hiring, evaluation, and promotion that inadvertently benefit men and disadvantage women. Her book, *Closing the Gender Pay Gap in Medicine: A Roadmap for Healthcare Organizations and the Women Physicians Who Work for Them*, was published by Springer in early 2021. ■



# FACULTY SPOTLIGHT: William Staehle IV, MD '11

*Dr. Staehle was recently selected as the university's monthly Champion for Diversity. He serves as the Essentials of Clinical Reasoning (ECR) 2 Course Director in the Department of Foundational Sciences and Humanities. We reprint his Q & A below to share what diversity and inclusion means to Dr. Staehle!*

**Q: How long have you been at RFU?**

A: One year!

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

A: Since my time at RFUMS as a student, and it really hits home in actual practice.

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

A: I think step “zero,” is being “welcoming.” As a physician... no one *wants* to see you, haha, there is already a barrier to building that relationship. If patients feel uncomfortable on top of that, then things get really challenging. There is nothing better in practice than seeing that moment when your patient relaxes, knowing they found someone they can trust (and if you can get them to laugh, you’ve made a friend for life!).

**Q: When's the last time you felt truly included? Why?**

This answer is a bit of a cheat. I’m from a big family, and I’m always amazed at how close we are. There is nothing like going “home,” that feeling of belonging, and that’s become the goal feeling that I hope everyone can feel (and what we can strive for as a community).

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

A: In practice, you develop an environment. Every physician should aim for that environment to be welcoming and safe for all their patients. A teacher once said to me, “People won’t remember what you said, or even how you made them feel, but they will remember how they felt about themselves in your presence.”

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

A: The university becomes a tighter, closer community. Medicine is hard! You will quickly learn that you need more than just yourself for your patients to be successful. Being comfortable with that idea and really learning to trust your fellow professionals is huge (and ultimately very rewarding).

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

A: This is a tad corny, but I think it exemplifies how simple these goals can be, and how taking some small natural steps can do so much good: “I have found that it is the small everyday deeds of ordinary folks that keep the darkness at bay. Small acts of kindness and love.” — Gandalf (J. R. R. Tolkien, *The Hobbit*). ■



# Farewell to Dr. Olivier

Chicago Medical School said farewell to **Mildred M.G. Olivier**, MD '88, on January 4, as she left her role at CMS as the Assistant Dean for Diversity and Inclusion to accept a position as the founding campus dean of Ponce Health Sciences University at the regional campus in St. Louis, MO.

Dr. Olivier is a 1988 graduate of Chicago Medical School and joined CMS in 2012 as the Assistant Dean for Diversity. For the past nine years, Dr. Olivier has been responsible for developing and supporting diversity initiatives for CMS faculty and students across campus. Some of the programs she has developed for the Under-represented in Medicine (UiM) students include the Mini Medical School program, the Race in Medicine Symposium series, specialized career advising sessions, student tutoring, and the Individualized Strategic Enhancement Program (ISEP). Her relationship with the Creating Pathways and Access for Student Success (CPASS) Foundation has been successful in over \$300,000 of support and over \$700,000 in scholarships and programming for our UiM students.

Dr. Olivier is a nationally and internationally known ophthalmologist specializing in Glaucoma; she has devoted her career to serving patients from underserved areas. A clinical professor of ophthalmology at CMS, she has taught at John H. Stroger, Jr. Hospital of Cook County, and increased the ophthalmology faculty for research opportunities. She was the CMS Global Health Director, often accompanying students to China, approving their clinical experiences, and teaching the global awareness course. She has conducted

several humanitarian missions to Haiti and has won several awards, including the American Glaucoma Society Humanitarian Award, the American Academy of Ophthalmology's Secretariat Award, and the American Medical Association's Dr. Nathan Davis Award in International Medicine. As our distinguished alumna, she will always be part of our CMS family, but we will miss her presence as the assistant dean for diversity and inclusion.

We thank Dr. Olivier for her dedicated and invaluable service to CMS for the past 9 years, and we wish her well in her new endeavor! ■



With CMS graduates at the 2021 Commencement ceremony



With AMA President Dr. Patrice Harris and Dr. Wendy Rheault during Dr. Harris's February 2020 visit to RFU



With CMS students and Evelyn Lewis, MD '83, in 2018



At a 2014 Doctors of Color (DOCS) mentoring event



With Dr. Fred Richardson at the 2016 CMS Faculty and Friends Recognition Dinner



Participating in a panel with Ronald Rembert Jr., MD '00, at Chicago Medical School's 2015 Multicultural Summit



2019 White Coat Ceremony



With fellow CMS faculty member Dr. Charisse Hudson-Quigley



Introducing a visiting speaker in 2015



CMS Class of 1988 30th reunion



With CMS students at an annual National Medical Fellowships (NMF) ceremony

# UPDATES FROM THE RESUSCITATION INSTITUTE

## Publications

From work conducted at the Lovell Federal Care Center (FHCC), we reported two articles on a Work of Breathing (WOB) Scale, which we had developed about 10 years earlier.

- The first describes the development of our WOB Scale, which has been cited by 15 other publications: “Development of a Work of Breathing Scale and Monitoring Need of Intubation in COVID-19 Pneumonia,” published July 2020 in *Critical Care*.
- The second describes our experience using the WOB Scale in COVID-19 patients: “COVID-19 Pneumonia: Guiding the Decision to Intubate Based on Work of Breathing Assessment Independent of Oxygenation,” published in 2021 in the *International Journal of Critical Care and Emergency Medicine*.

From work conducted at the Resuscitation Institute, we published three articles.

- The first describes increased oxygen utilization efficiency upon exercise training after acute cyclophilin-D ablation in conditional knockout mice, exposing an adaptive response to reduced expression of cyclophilin-D-dependent electron transport complexes: “Enhanced Oxygen Utilization Efficiency With Concomitant Activation of AMPK-TBC1D1 Signaling Nexus in Cyclophilin-D Conditional Knockout Mice,” published Dec. 2021 in *Frontiers in Physiology*.
- The second was an invited editorial to comment on a swine model of pulseless electrical activity developed at Johns Hopkins: “Tapping on Pulseless Electrical Activity: An Opportunity for Improving Resuscitation Outcomes?” published June 2021 in the *Journal of the American Heart Association (JAMA)*.

- The third described a targeted approach to resuscitation from ventricular fibrillation guided by real-time analysis of the ventricular fibrillation waveform leading to better post-resuscitation cardiac function attributed the less electrical and adrenergic burden during resuscitation: “Targeted Delivery of Electrical Shocks and Epinephrine, Guided by Ventricular Fibrillation Amplitude Spectral Area, Reduces Electrical and Adrenergic Myocardial Burden, Improving Survival in Swine,” published in *JAMA*.

## Awards

Our MD/PhD student, **Salvatore Aiello**, was selected as a member of the Citizen CPR Foundation’s “40 Under 40” Class of 2021 due to his research and work in the field of cardiac arrest. Salvatore also competed in the ResearchAmerica Flash Talks Competition, where he was selected to present and eventually advance to the final round, ultimately finishing in third place.

## Presentations

Members of the Resuscitation Institute gave two scientific presentations at the Resuscitation Science Symposium, held virtually in November 2021:

- **Jeejabai Radhakrishnan**, PhD; **Alvin Baetiong**, MS; and **Raúl J. Gasmuri**, MD, PhD '94, FCCM: “Enhanced Oxygen Utilization Efficiency with Concomitant Activation of the AMPK-TBC1D1 Signaling Nexus in Cyclophilin-D Conditional Knock-Out Mice.”
- **Salvatore Aiello**, **Jenna Mendelson**, **Alvin Baetiong**, **Dr. Jeejabai Radhakrishnan**, and **Dr. Raúl Gasmuri**: “Amplitude Spectral Area to Guide Shock and Epinephrine Delivery in a Swine Model of Ventricular Fibrillation and Closed-Chest Resuscitation.”



From left: Dr. Raúl Gazmuri, Resuscitation Institute director; Jenna Mendelson, research technician; Dr. Jeejabai Radhakrishnan, research assistant professor; Oscar Hernandez, administrative assistant; and Alvin Baetiong, research technician.

**Dr. Gazmuri** also gave the following presentations:

- “Myocardial Protection during Resuscitation from Cardiac Arrest,” at the Cardiovascular Resuscitation Seminar (Virtual Meeting), University of Chicago, March 31, 2021.
- “Real-Time Ventricular Fibrillation Waveform Analysis to Guide the Timing of Epinephrine and Shock Delivery during CPR” presentation and “Translating Cutting Edge Basic Science Research to Clinical Care” panel, at the Wolf Creek XVI Conference (Virtual Conference), April 9 – 10, 2021.
- “Preclinical Research at the Resuscitation Institute: Protecting the Heart during Cardiac Resuscitation,” at the FHCC during Grand Rounds (Virtual Presentation), January 6, 2022.
- “Myocardial Protection during Resuscitation from Cardiac Arrest,” during Molecular & Cellular Sciences Seminars (Virtual Presentation), hosted by the School of Graduate & Postdoctoral Studies

& Discipline of Physiology and Biophysics at RFU, January 12, 2022.

## Grants

- **Dr. Gazmuri** received a four-year, \$165,000 grant from the BLR&D Merit Review Award Program for his research study “Translationally Relevant Swine Model of Lipopolysaccharide-Induced Septic Shock to Assess a Perfusion-Centered Approach for the Management of Septic Shock.”
- **Azib Shahid**, MD, CMS Internal Medicine Resident, and **Dr. Gazmuri** received a one-year, \$99,000 grant from Zoll Medical Corporation for their research study “Translationally Relevant Swine Model of Lipopolysaccharide-Induced Septic Shock to Assess a Perfusion-Centered Approach for the Management of Septic Shock.” Dr. Shahid is the principal investigator and Dr. Gazmuri is his mentor. ■



*Heather Kind-Keppel, EdD*



*Evelyn Lewis, MD '83*



*Ryan Greendeer*



*Elizabeth Perez*

## **“Native American Well-Being: Health Disparities and Solutions”**

*A Program in Honor of Native American Heritage and Military Veterans*

The CMS Office of Excellence in Diversity and Inclusion held a special event on November 30, in honor of Native American Heritage Month and Veterans Day, to examine the unique intersectional healthcare challenges faced by Native American veterans.

**Heather Kind-Keppel**, EdD, RFU Executive Director of Diversity and Inclusion, a Native American who is the daughter, granddaughter, niece, and aunt of veterans, moderated the symposium, which featured the experiences of two Native American veterans.

**Evelyn Lewis**, MD '83, a CMS Distinguished Alumnus and a decorated U.S. Navy veteran who has dedicated her life to family medicine, with an emphasis on veteran healthcare issues and health disparities, gave an introduction titled “Our Nation’s Invisible Warriors: American Indian and Alaska Native Veterans.” Historically, Native Americans have served in the armed forces at a rate five times the national average, but Native American veterans typically use less health services and other benefits compared to other veterans.

**Ryan Greendeer**, an Army veteran who is the Public Relations Officer for the Legislative Branch of the Ho-Chunk Nation in Wisconsin, and **Elizabeth Perez**, a Navy Veteran who is an enrolled tribal member of

the North Fork Rancheria Mono Indians in California, shared their experiences seeking healthcare from the VA and the Indian Health Service (IHS), the division of the U.S. Department of Health and Human Services responsible for providing medical services to Native people. Mr. Greendeer had been injured in active duty and encountered numerous problems seeking health care due to the lack of funding and sufficient staff at the IHS. Ms. Perez, who served as the deputy secretary of the California Department of Veterans Affairs (the first Native to hold that office), talked about the healthcare workers and counselors who did not understand her Native spirituality.

“We need more counselors that are Native that we can talk to who understand us, as part of our culture,” she said. “Not just on the medicine side, not just on the textbook side — but to understand that we honestly live two worlds.”

Both speakers emphasized the importance of cultural diversity in health care and government administration, with Ms. Perez citing the need for more representation in the VA and state departments. “What we need is more Native American presence,” she said. ■

# *State of the ICC*

Last December, student leaders from RFU's Interprofessional Community Clinic (ICC) gave a virtual presentation to discuss key accomplishments from 2021 and plans for the clinic's future during the annual State of the ICC address. The ICC is a free, student-led clinic that serves the uninsured and underinsured populations in Lake County.

**Anant Amar**, CMS '24, and **Jamie Mara**, CMS '24, president and vice president of the Interprofessional Clinic Initiative (ICI) — the student organization that leads the ICC — delivered the address. They discussed how the ICC students overcame some of the difficulties they encountered after transitioning to telehealth visits in 2020 due to the COVID-19 pandemic. When bandwidth issues with one telehealth platform impacted audio and video quality and also limited the number of interprofessional student team members who could participate in the telehealth visits, the students solved this problem by switching to a HIPAA-compliant Zoom platform. This switch greatly improved AV quality and accommodated more participants on each visit.

Another project implemented in 2021 was sending "vitals boxes" to patients. During telehealth visits with their patients, the ICC care team was unable

to track their vital signs over time. To provide this aspect of care to the community, ICC students obtained a grant from the American Academy of Family Physicians Foundation to purchase and mail kits containing blood pressure cuffs, pulse oximeters, glucometers, and scales to patients who could then track their vitals at home and report this data during telehealth visits. As of December, the ICC had distributed 56 vitals boxes containing a total of 209 pieces of medicine equipment.

The ICC also worked with the Lake County Health Department (LCHD) to help patients learn about and register for a COVID-19 vaccine after the vaccine was released in January 2021. AllVax, the system created by the LCHD to help people get registered for the vaccine, presented barriers to some ICC patients who did not have access to an email address or were not native English speakers. ICC students called over 270 patients to help them get registered by phone instead of email.

Another important accomplishment in 2021 was the reinstitution of observerships in the ICC for first-year CMS students in the Clinical Foundations of Medicine (CFoM) course. "This is a really big part of interprofessionalism for us," Anant said. "In the past we were able to provide medical students with exposure to our physical therapy and podiatry clinics in addition to our primary care medicine clinics. This was something that was lost when we transitioned to telemedicine." But now with the return of the CFoM observership, M1s can once again get early clinical exposure while also learning about interprofessional care. ■



► The ICC provided free flu shots to patients during two clinics held in November and December.

# Graduate Medical Education (GME) News

## CMS Welcomes New FHCC Internal Medicine Residency Program Director



Chicago Medical School's internal medicine residency program at the Captain James A. Lovell Federal Health Care Center (FHCC) has a new program director! We are pleased to welcome **Jonathan Daniels, MD**, to this role.

Dr. Daniels was born in Salem, IL but spent his formative years in Springfield, IL, at which point he discovered what would become a life-long passion for the sciences during his tenure at Springfield High School. He thoroughly enjoyed chemistry and physiology, and he was accepted into the University of Illinois at Urbana-Champaign in 1995 with the initial intent to pursue a degree in the teaching of chemistry at the high school level. Fate had other things in mind, however, when Dr. Daniels pursued a volunteer opportunity at the local hospital.

Dr. Daniels was torn between the two worlds of science education and medicine, so he pursued a master's degree in Biochemistry while also being accepted at the University of Illinois Urbana-

Champaign medical school where he spent all four years completing their MD program. Education was still at the forefront of his professional life as he served as teaching assistant for the first-year physiology and biochemistry courses.

Upon graduation from UIUC in 2011, Dr. Daniels matched into the University of Chicago-Evanston internal medicine program. He discovered a love for cardiovascular and critical care medicine but enjoyed all fields of medicine enough that he decided not to pursue a fellowship. Instead, he would continue to contribute to medical education by serving as Chief Resident of the program during the 2014-2015 academic year.

Dr. Daniels pursued nocturnal hospital medicine positions both in Evanston, IL and Racine, WI from the years of 2015 to late 2020. Nocturnal medicine allowed Dr. Daniels to manage complex patients, including ICU patients in the open ICU environment, while still being able to treat the more general medical patient population on the acute medicine wards (the best of best worlds, in his opinion). He was just as happy performing peak flows at bedside as placing central lines in the ICU.

His passion for education was not being satisfied, however, and thus when a job became available at the Captain James A. Lovell Federal Health Care Center on their teaching hospitalist service, he jumped at the opportunity and has been serving the veterans and the IM residents/students of Chicago Medical School since December 2020. He was appointed to Assistant Professor of Medicine in early 2021. In January of 2022, Dr. Daniels was appointed

# Graduate Medical Education (GME) News

as Program Director of the Chicago Medical School Internal Medicine Residency Program at the FHCC.

In addition to his roles as program director and assistant professor, Dr. Daniels is an M1 mentor in the CMS House and Learning Community Program.

His dedication to teaching and mentoring was recognized last year when he was selected by CMS residents to receive the Max H. Well Excellence in Clinical Teaching Award, given to an individual with outstanding teaching in a clinical setting. ■

## *Congratulations Are in Order!*

### Congratulations to our internal medicine and psychiatry residents who matched into fellowships!



**Allison Lawler**, MD, matched into a **Child and Adolescent Psychiatry Fellowship** at Yale New Haven Hospital, Connecticut.

Psychiatry Residency Class of 2022



**Jasleen Singh**, MD, matched into a **Child and Adolescent Psychiatry Fellowship** at Northwestern McGaw/Lurie Children's Hospital, Illinois.

Psychiatry Residency Class of 2022



**Shubham Agarwal**, MD, matched into an **Endocrinology and Metabolism Fellowship** at the University of Texas Southwestern Medical School, Dallas.

FHCC Internal Medicine Residency Class of 2022

# Graduate Medical Education (GME) News



**Madeeha Banu**, MD, matched into our own **Pulmonary Disease Fellowship** at Chicago Medical School/Rosalind Franklin University.

FHCC Internal Medicine Residency Class of 2022



**Shreya Desai**, MD, matched into a **Hematology and Oncology Fellowship** at the Medical College of Georgia.

FHCC Internal Medicine Residency Class of 2022



**Husam Hafzah**, MD, Chief Medical Resident, matched into a **Hematology and Oncology Fellowship** at Ascension St. John Hospital, Michigan.

FHCC Internal Medicine Residency Class of 2022  
Chief Medical Resident



**Sumaiya Khaja**, MD, matched into an **Infectious Diseases Fellowship** at Wayne State University/Detroit Medical Center, Michigan.

FHCC Internal Medicine Residency Class of 2022



**Azib Shahid**, MD, matched into a **Pulmonary/Critical Care Fellowship** at the St. Louis University School of Medicine, Missouri.

FHCC Internal Medicine Residency Class of 2022 ■

# Alumni News

In Memoriam:

## *Arthur S. Schneider, MD '55*



Chicago Medical School was saddened to learn of the passing of Distinguished Alumnus and Professor Emeritus **Arthur S. Schneider, MD '55**. Dr. Schneider made a great impact on many CMS students during his tenure as professor and chair of pathology.

Dr. Schneider received his medical degree from CMS in 1955, after receiving his Bachelor of Science degree from the University of California, Los Angeles. He completed a residency in internal medicine at the VA Greater Los Angeles Healthcare System, followed by a hematology fellowship at what is now the UCLA David Geffen School of Medicine/UCLA Medical Center. He was board certified in Anatomic Pathology, Clinical Pathology, and Hematology. In 1976, Dr. Schneider was among the CMS alumni inducted into Alpha Omega Alpha. In 1989, he was honored as a CMS Distinguished Alumnus.

During his time at CMS, Dr. Schneider served as chair of the pathology department as well as a valuable

member of the teaching faculty. He co-wrote the book on studying for the pathology board exam, and students benefited from his wisdom and teaching — in fact, CMS students had historically high board scores in pathology during that time. Students showed their appreciation for Dr. Schneider by naming him Basic Science Professor of the Year in 2005. Dr. Schneider also received the Golden Apple Award for Excellence in Teaching in 2001, 2002, 2003, 2004, and 2005. After his retirement, he was named Professor Emeritus of Pathology.

Dr. Schneider's passion for pathology and education will always be remembered.

May his memory be a blessing. ■

*Dr. Schneider's class photo from 1955*



# Alumni News

## Operation M.E.D.S.



*A past Operation M.E.D.S. session held in Jan. 2020. This year's event, like last year's, was adapted for a virtual format.*

The 13th annual Operation M.E.D.S. (Medical Students Exploring Specialties) event was held via Zoom over several evenings in late January, a joint effort by the AMA student organization and the RFU Office of Alumni Relations.

For the second straight year, the networking event was held virtually due to the COVID-19 pandemic, but the silver lining was that the sessions drew nearly 40 Chicago Medical School alumni panelists from all over the country, some of whom could not have attended in person.

CMS Dean **Archana Chatterjee**, MD, PhD, and **Lucy Hammerberg**, MD '82, Assistant Dean for Career and Specialty Advising, joined the conversation for most of the sessions and offered their support and guidance.

About 35-45 M1, M2 and M3 students attended each session. During the sessions, student facilitators asked alumni for insight on a variety of topics including: why they chose their specialty, the pros and cons of their specialty, what a typical workday looks like, how they find work/life balance, and their view on future job prospects in their profession.

Thank you to this year's alumni panelists who so generously gave of their time and expertise:

### Pediatrics/Med-Peds

**Daniel Weissbluth**, MD '06

**Sidharth Mahapatra**, MD '09, PhD '07

**Jennifer Porter**, MD '10

**Collin Hanson**, MD '19

# Alumni News

## Orthopedic Surgery

**Tim Kavanaugh, MD '96, MS '93**  
**Misty Suri, MD '01, MS '97**  
**Wendy Wong, MD '09**  
**Alan Blank, MD '11, MS '07**  
**Jacob Babu, MD '14, MS '11**

## Ob-Gyn

**Elliot Levine, MD '78**  
**Bobby Katz, MD '86**  
**Joyce Chams, MD '89**  
**Kimberley Darey, MD '04**  
**Denise Ishimaru, MD '04**  
**Seetal Adhikari, MD '05, MS '01**

## Neurology/Neurosurgery

**Morteza Sadeh, MD '18, MS '14, PhD**  
**Moshe-Samuel Hendizadeh, MD, MS '14**  
**Laura DiDomenico, MD '17, MS '13**

## Anesthesiology

**Bob Rogers, MD '82**  
**Kevin de la Roza, MD '04**  
**Mfonobong Okubadejo, MD '12**  
**Jacqueline Morano, MD '12**  
**Samantha Gitelis, MD '13**  
**Jason Smith, MD '17**

## Internal Medicine

**Alina Elperin, MD '11**  
**Milicent Young, MD '99**  
**Lalima Hoq, MD '97**

## General Surgery

**Romeo Ignacio, MD '97, MS '93**  
**Lydia Lam, MD '02, MS '98**  
**Serene Perkins, MD '00**  
**Susana Samaniego, MD '07**

## Emergency Medicine

**Brian Doane, MD '10**  
**Timothy Olatunde, MD '15**

## Dermatology

**Hal Weitzbuch, MD, MS '08**  
**Rania Agha, MD '11, MS '97**

## Cardiology

**Sheilah Bernard, MD '81**  
**Philip Krause, MD '87**  
**Celeste Williams, MD, MS '98** ■

## New CMS Scholarship Endowment Established



CMS is pleased to announce the establishment of a new scholarship endowment: the **Joyce G. Chams, MD 1989 and James S. Spitz, MD 1989 Honorary Endowment**, which will be awarded beginning with the 2023-24 academic year and perpetually thereafter. Consideration for this scholarship will be given to students who are accepted into and attending RFU and are enrolled in CMS, are in good academic standing, and have financial need. ■

# Alumni News

## Alumni Teaching and Mentoring

In recent months, several CMS alumni have met virtually with CMS students to teach a class, share their personal experiences, or give career guidance and advice. We appreciate the many ways alumni give back to the CMS community.

### Dr. Eugene Saltzberg



**Eugene Saltzberg, MD** '72, presented "Mount Everest Expedition" to the CMS Wilderness Medicine Interest Group on November 18. This presentation on High Altitude Wilderness/Emergency

Medicine was based on his experience of living in the mountains of Colorado, and his personal experience as the team physician on an international team's month-long trek to 21,000 feet on Mt. Everest.

Dr. Saltzberg is a board certified Emergency Medicine physician with 40 years of experience. He is an assistant professor of emergency medicine at CMS and is active in the preclinical education courses.

### Dr. Bradley Hersh



On December 15, **Bradley Hersh, MD** '80, MPH, presented "SARS-CoV2: Lessons Learned from Polio and Measles" in a virtual event organized by the Global Health Interest Group. Dr. Hersh, a CMS Distinguished

Alumnus and public health consultant, previously served as Liaison to PEPFAR in his role as Senior Advisor for UNAIDS. Dr. Hersh also worked for WHO in the Department of HIV/AIDS coordinating the work of countries accessing funding from the Global Fund for HIV, TB, and Malaria and he worked for the CDC in many capacities — as country leader in Cambodia, leader of global effort to reduce measles deaths, and as an epidemiologist in Burundi. Dr. Hersh has received several awards and honors, including an Achievement Medal and an Outstanding Service Medal from the United States Public Health Service.

### Dr. Alberto Corrales

**Alberto Corrales, MD** '02, MS '98, delivered a presentation to CMS students on January 12, in an event organized by the Physical Medicine and Rehabilitation Interest Group. He discussed his career journey and gave advice to students, discussing why he chose PM&R, the path to residency, and how to be a competitive applicant.

Dr. Corrales completed his internship at Brockton Hospital and residency at Johns Hopkins. He is a physiatrist at Geisinger Commonwealth in Danville, PA.



# Alumni News

## Dr. Frederic Ettner



During a session of the course “Foundations for Interprofessional Practice,” **Frederic Ettner, MD '75**, a family medicine physician who has been a pioneer in providing interprofessional-based affirming care for gender diverse patients for many years, participated in a lecture titled “An Introduction to Providing Affirming Care to Sexual and Gender Minority Patients.”

Dr. Ettner shared his experiences providing gender affirming care and support from a primary care perspective. He reviewed terms and definitions used in gender affirming care and identified the discrimination and disparities the population faces. Dr. Ettner also discussed opportunities for improvement in providing affirming care for these patients.

Later, Dr. Ettner also participated in a Q&A event titled “Gender Affirming Care and Patient Advocacy,” organized by the CMS Family Medicine Interest Group. He talked to students about his experience treating and advocating for gender diverse patients in the clinic and the courtroom.

We’re grateful to Dr. Ettner for taking the time to share his expertise with our students!

## Dr. Stephanie Whyte



**Stephanie Whyte, MD '96, MBA, FAAP, CHCQM, CHIE**, was a presenter on a CMS faculty “Transition to Industry” career panel. This event was part of a “Career Transitions” panel series offered by the CMS Office of Faculty Affairs and Equity. The series focuses on career transitions for faculty at the mid-career and advanced-career levels, and each panel features internal colleagues and external experts. Dr. Whyte talked about her experiences as Senior Director at Clinical Solutions and Medical Director at Aetna, a CVS Health company.

## Dr. Patrick Holman



**Patrick Holman, MD '18**, gave a presentation to CMS students titled “What is MedPeds?” As the current UCLA MedPeds Chief Resident, Dr. Holman answered questions about the Combined Internal Medicine & Pediatrics Residency.

Dr. Holman had always wanted to work with a pediatric population, but he became conflicted during his third year of medical school after truly valuing his experiences with adult patients. He was thrilled to learn about the field of Med-Peds where he could continue to work with both patient populations. Dr. Holman is currently in the Resident Informaticist program at UCLA, working on clinical research on CAR-T therapy cardiovascular adverse outcomes and pediatric angiotensin II use for catecholamine refractory shock. He is also in the Internal Medicine Education Pathway to get more formal training on being an educator. ■

# Alumni News

## Black Alumni Share Their Journeys

As part of Chicago Medical School's Black History Month programming, the Office of Excellence in Diversity and Inclusion invited several CMS alumni to speak to current students about their experiences in their journey to becoming a doctor. The event, titled "Ongoing Legacy of Black MDs — Journey to Physicianhood" took place on February 15 and featured five alumni.



Dr. Barry



Dr. Dominique



Dr. Loudill



Dr. Moore



Dr. Okubadejo



Dr. Forman



Dr. Williams

Thank you to the alumni who participated in this event and shared their wisdom and experiences:

- **Kawsu Barry**, MD '17 — Orthopedic Surgery
- **Maya (Rolle) Dominique**, MD '16 — OB/GYN
- **Cameron Loudill**, MD '14 — Diagnostic Radiology
- **Kendall Moore**, MD '15 — Emergency Medicine
- **Mfong (Essiet) Okubadejo**, MD '16 — Anesthesiology

We also thank the two additional alumni who were on call and could not attend as planned:

- **Crystal Forman**, MD '18 — Internal Medicine
- **Joy Williams**, MD '17 — Internal Medicine ■

## Other Alumni News

**Lucy R. Hammerberg**, MD '82, CMS director of specialty advising, and **Biana Kotlyar**, MD, R '15, education director for psychiatry and behavioral sciences, served on the RFU Women's Health Interest Group's panel on family planning.

**Evelyn L. Lewis**, MD '83, presented "Health Inequities in the Ranks: The Impact of Healthcare Disparities on Those Serving Our Country" as part of RFU's program in honor of Native American Heritage and Military Veterans.

**Russell Greenfield**, MD '84, was appointed senior director of employee whole health for the Whole Health Institute in Bentonville, Arkansas.

**John Shufeldt**, MD '86, JD, MBA, was named to the board of directors of Tesis Labs, a genetic sequencing company.

**Peter Grossman**, MD '88, launched a new podcast titled "Beauty and the BS: The Good, Bad and Ugly of Cosmetic Medicine."

# Alumni News

**Mildred M.G. Olivier**, MD '88, was named associate dean of the School of Medicine at the St. Louis, Missouri, campus of Ponce Health Sciences University.

**Matthew N. Denenberg**, MD '94, MS '91, was appointed chief of pediatrics for Beaumont Hospital, Royal Oak, Michigan; chair of pediatrics for Oakland University William Beaumont School of Medicine; physician executive for Beaumont Medical Group pediatric subspecialties; and chief of the pediatrics service line for Beaumont Health.

**Brigette Martell**, MD '97, MA, president and CEO of Artizan Biosciences, Inc., was named to the board of directors of Aligos Therapeutics, Inc., a clinical stage biopharmaceutical company focused on developing novel therapeutics to address unmet medical needs in viral and liver diseases.

**Emily Farkas**, MD '00, joined the Richard L. Roudebush VA Medical Center via Indiana University Health as a cardiothoracic surgeon, focusing on restarting the Cardiac Surgery Program. Dr. Farkas holds the distinction of being the first woman to train as a heart surgeon at Yale University.

**Elizabeth A. Bundred**, MD '01, PhD '99, was appointed chief medical examiner for the state of Vermont.

**Subbu Sarma**, MD, R '03, was appointed medical director of Arista Recovery in Paola, Kansas. Dr. Sarma completed his psychiatry residency at CMS and is board certified in addiction medicine.

**John Shin**, MD '03, and **Edward Jung**, MD '13, MS '10, MS '09, were recognized among "10 Spine Surgeons to Know" in Becker's Spine Review.

**Kevin de la Roza**, MD '04, presented "Just Okay Is NOT Okay — The Evolution of Patient & Family Communication" for a webinar hosted by HealthEconomics.com.

**Elson Lai**, MD '07, presented to the CMS Ophthalmology Interest Group.

**Hannah Lee**, MD '17, MPH, presented a talk to CMS students where she discussed the MedPeds Dual Residency Program, the residency application process, her residency experience at the University of Minnesota Medical School, and her current life as a Global Health Chief Resident.

**John Attonito**, MD '20; **Estefan Beltran**, MD '20; **Nicole Chin**, MD '20; and **Kathryn George**, MD '21, served on a family medicine resident panel presentation for CMS students.

**Christine Lu**, MD '20, discussed residency training with the CMS Radiology Interest Group.

**Jennifer Ryttych**, MD '20, and **Allison Martin**, MD '21, presented "A Pathology Residency Q&A" for the Chicago Medical School's Pathology Student Interest Group.

**Kenneth Furlough**, MD '21, was featured in a news story broadcast Nov. 21 about the Illinois state treasurer's efforts to return lost Purple Hearts to the rightful owners and their families. Dr. Furlough accepted his grandfather's Purple Heart on behalf of his family.

**Emma Holloway**, MD '21, presented "Working with Patients with Disabilities" to RFU students. ■



### Joy Tso

Psychiatry Residency Program Administrator,  
Office of Graduate Medical Education (GME)  
Time at CMS: 8 years total

Joy Tso received her bachelor's degree in Business Administration with a major in Management from Columbia College of Missouri. Her career started at CMS when she applied to a temp position, filling the role of Internal Medicine residency program coordinator. She was eventually hired to that position, which she held for three years. Then Joy took a position with Advocate Health Care, working there for five years as a credentialing coordinator.

But she returned to Chicago Medical School in 2017, in her current role of program administrator for the Psychiatry residency program. In that position,

she is involved with the residents at every step of their education at CMS — from recruiting new residents all the way through to their graduation. Joy ensures that CMS residents have and maintain the necessary credentials to be physician trainees at our six rotation sites. Some of her specific duties include onboarding new residents, coordinating weekly didactic sessions, invoicing, and completing evaluation assignments. She also does data management with the American Board of Psychiatry and Neurology, the ACGME, and our rotation sites. Joy also maintains the GME section of the university website and assists with Continuing Medical Education (CME). Joy says: "My Excel tracking tool may be my best friend at work, but nothing is possible without the teamwork of the residency program and other GME staff!"

The feeling is mutual: The rest of the GME team appreciates Joy's hard work. "Joy's efficiency is evident in the manner in which she manages the Psychiatry residency and all the details that go into maintaining schedules, records, and issues related to accreditation," her supervisor said. "However, her greatest strength is going beyond what is required, coming up with better ways of doing things, and then sharing it with the rest of the GME team."

Joy's favorite part of working at CMS is the group residents she works with. "I have the honor to work with 28 psychiatry residents every year," she said. "Between the residents, faculty, and staff it feels like one big family. That sense of family continues to foster my growth and desire to make a positive impact in the lives of our future doctors."

Outside of work, Joy loves to travel. She's had the opportunity to visit all 50 states with her husband, Chris. She's currently working on visiting all the national parks. Besides traveling, Joy is a foodie and has enjoyed all but three Michelin-rated restaurants in the Chicago area. She also enjoys live music and theater every chance she gets — but Netflix with her husband and rescue dog, Kona, is still her favorite. ■

# School & Department News

## Awards & Accomplishments



**William Agbor-Baiyee**, PhD, director of house and learning communities and associate professor of humanities and health care, joined the Board of the Learning Communities Institute Research Network. The Learning Communities Institute is a group that values and supports the active

presence of learning communities in medical schools and other health professions schools, to deepen and enrich the scope and understanding of learning communities in professional education.

### Michael Allswede, DO, FNAP,

assistant dean of clinical education and associate professor of emergency medicine, was accepted in the Class of 2022 as a Distinguished Fellow of the National Academies of Practice (Allopathic and Osteopathic Medicine). The National Academies of Practice is a non-profit organization founded to advise governmental bodies on the U.S. healthcare system. Distinguished practitioners and scholars are elected by their peers from multiple different health professions to join the only interprofessional group of healthcare practitioners and scholars dedicated to supporting affordable, accessible, coordinated quality healthcare for all.



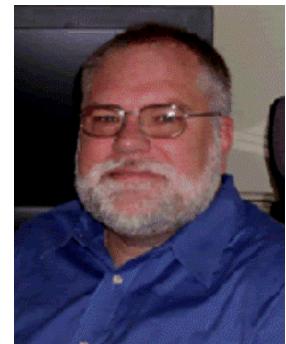
**Diane Bridges**, PhD, MSN, RN, CCM, assistant dean of distance learning and curricular resources and associate



professor of humanities and health care, has been asked to serve on the Nexus Summit 2022 Advisory Committee to help them plan their next annual conference. The annual Nexus Summit brings together stakeholders in interprofessional practice and education across the United States.

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**Robert Bridges**, PhD, director of cystic fibrosis research and professor of physiology and biophysics, Center for Genetic Diseases, received a one-year, \$69,000 grant from the Cystic Fibrosis Foundation for his research study "Synthesis and Distribution of CFTR Modulators."



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**Regina de Leon Gomez**, MD, FACOG, block director for Clinical Foundations of Medicine and assistant professor of obstetrics and gynecology, was the first-place poster winner at the 2021 Society of OB/GYN Hospitalists Annual Clinical Meeting, held September 12-15 in Chicago. Her continuous improvement project was titled "Realizing the Promise of Evidence-Based Practice for Our Cesarean Patients: Optimizing Non-Opioid Pain Management." Dr. Gomez was invited to present at the podium during the General Session.

# School & Department News

During the annual meeting, Dr. Gomez co-presented with Bruce Bekkar, MD, on the topic “Facing the Climate Emergency — Are We Ready?” at the General Session. Dr. Bekkar is a women’s health physician, author, and climate activist. Their presentation focused on advocacy and case studies for effective clinical care, and was followed by a panel discussion on the same topic.

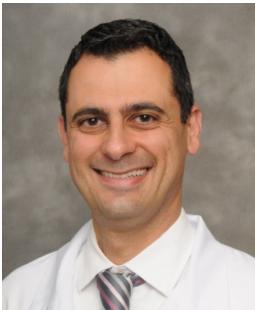
sustained achievement in graduate medical education and has made either a lasting local or regional impact, or who has made significant national contributions based on his or her work as an educator in a community hospital-based residency program.

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**Johnny He**, PhD, director of the Center for Cancer Cell Biology, Immunology, and Infection and professor and discipline chair of microbiology and immunology, served as the co-chair of the NIH Study Sections Center for AIDS Research and Mental Health (P30) and Research Education Training Program for HIV/AIDS Researchers (R25). He also served as chair of the NIH Study Section Adapting Immunotherapy and Gene Editing Based Strategies for Targeting HIV Reservoirs in the CNS: Potential Benefits and Risks (R01 & R21).

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 **Armand Krikorian**, MD, CMS lecturer of medicine and Internal Medicine program director at Advocate Christ Medical Center, received the Distinguished Community Medical Educator Award from the Association of Program Directors in Internal Medicine (APDIM), the international organization of accredited internal medicine residency programs.

This award honors a member of the internal medicine community who has demonstrated exceptional,



**David Mueller**, PhD, professor of biochemistry and molecular biology, Center for Genetic Diseases, was selected to serve as a reviewer for the NIH Pioneer Award for 2022. This is the third year in a row that Dr. Mueller has been selected to serve. The Pioneer Award supports individual scientists of exceptional creativity who propose highly innovative and potentially transformative approaches to major challenges in the biomedical or behavioral sciences towards the goal of enhancing human health.

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**Nehal Patel**, MD, PGY-3, internal medicine resident, won an award for Outstanding Poster Presenter at the American College of Gastroenterology Annual Scientific Meeting, held October 22-27. Dr. Patel's winning presentation was titled “An Unusual Rectal Foreign Body: It's No Laughing Matter.”

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Dr. Patel also presented several other posters at the conference: “A Cautionary Tale of Viscous Lidocaine,” “A Rare Cause of Abdominal Pain in an Adult: Meckel’s Diverticulitis,” and “A Case of Isolated Intestinal Angioedema.”

# School & Department News

**Lawrence Robbins, MD**, associate professor of neurology, received a certificate of commendation from Chicago Medical School for outstanding teaching. Dr. Robbins is a neurologist specializing in headache, with certificates in pain management and psychopharmacology. He teaches third- and fourth-year CMS students and also gives regular Zoom talks to CMS psychiatry residents.



topic “Parallel Processes: 50 Years of Growth in Skills and Knowledge Paralleling Values and Understanding” for the Academy of Professionalism in Health Care. Dr. Baiyee facilitated the event with William Branch, MD. Dr. Branch is a Carter Senior Professor of Medicine at Emory University School of Medicine.

Dr. Baiyee also facilitated two sessions at the Academy for Professionalism in Health Care virtual annual conference on “Professionalism and the Digital Transformation of Health Care and Education: Designing the New Normal.” The sessions included “Exploring the Impact of Digital Transformation on Mentorship and Professional Identity Formation” and “Beyond ‘I Know When I See It’: Defining Professionalism.”

Additionally, he presented “Same Goal, Different Paths: Fostering Professional Identity Formation Through Learning Communities” at the virtual annual conference of the Learning Communities Institute.



**Jasleen Singh, MD, PGY-3**, a CMS psychiatry resident, was re-elected as the resident/fellow member chair and an executive council member for the Illinois Psychiatric Society.

**Joy Tso**, psychiatry residency coordinator, received a Fall 2021 GEM Award from the university. GEM Awards are quarterly awards that recognize RFU staff members who “Go the Extra Mile” to make the university a better place.



## Presentations & Publications

In December, **William Agbor-Baiyee**, PhD, associate professor of humanities and health care and Director of House and Learning Communities, facilitated a Professionalism in Education Roundtable on the

**Michael Allswede, DO, FNAP**, assistant dean of clinical education and associate professor of emergency medicine, participated in a virtual event hosted by the Emergency Medicine Interest Group. Dr. Allswede, who is an emergency medicine physician, answered student questions in a Q&A session on January 24.



# School & Department News



**Asif Anwar**, MD, pulmonary medicine fellowship program director and assistant professor of internal medicine, published a book titled *The New Pandemic: Concise Review of Viral, Bacterial and Parasitic Infections* (Outskirts Press, Nov. 2021). The book

contains descriptions of many pandemics, including the current COVID-19 pandemic. Dr. Anwar includes references from his experience as a pulmonologist during the COVID-19 pandemic.

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**Maureen Benjamins**, PhD, assistant professor of internal medicine, co-authored a new publication on racial inequities in suicide mortality, along with colleagues from Sinai Urban Health Institute, DePaul University, and Loyola University. The study, published in *Public Health Reports*, examined suicide rates — and racial inequities in rates — across the 30 biggest US cities. Across most cities, total suicide rates remained stable with only one city (Louisville) seeing a significant increase in its rate, and two cities (Boston and Memphis) seeing significant decreases in rates. The White suicide rate was significantly higher — 1.3 to 4.3 times higher — than the Black rate in all but two cities, and few improvements in racial equity were seen over the past decade.

The paper, titled “Suicide Rates and Differences in Rates Between Non-Hispanic Black and Non-Hispanic White Populations in the 30 Largest US Cities, 2008-2017,”



was part of a larger research initiative to study racial inequities in city-level mortality.

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**Virginie Bottero**, PhD, research associate, and **Judy Potashkin**, PhD, professor, Center for Neurodegenerative Diseases and Therapeutics; **Fahed Alrafati**, CMS '24; and Jose Santiago of NeuroHub Analytics LLC, published a paper titled “Transcriptomic and Network Meta-Analysis of Frontotemporal Dementias” in the journal *Frontiers in Molecular Neurosciences*.



Dr. Virginie Bottero



Dr. Judy Potashkin



Fahed Alrafati

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**Neil A. Bradbury**, PhD, professor of physiology and biophysics, Center for Genetic Diseases, gave a Master Teacher Guild presentation on December 16 titled “Holiday Quackery: A Journey Through the Worst Ideas in Medicine.”



**Diane Bridges**, PhD, MSN, RN, CCM, assistant dean of distance learning and curricular resources and associate professor of humanities and health care, presented three workshops at the National Center

# School & Department News

for Interprofessional Practice and Education 2021 Nexus Summit along with her colleagues. Her presentations were titled: "Connecting Academics and Practice for Interprofessional Education and Interprofessional Practice: A National Model of Inter-Organizational Collaboration," "Journal Reviewer Bootcamp," and "Interprofessional Scholarship Collaboration."

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**Archana Chatterjee**, MD, PhD, dean of Chicago Medical School and vice president for medical affairs for RFU, was a guest speaker and presented two COVID-19 Updates in January in Los Angeles, CA:



- at Cedars Sinai Hospital, as part of the hospital's Grand Rounds Discovery Lecture Series for their physicians and residents.
- at Sinai Temple for the members of the synagogue.

Dr. Chatterjee was invited to speak at these locations by **Carey Strom**, CMS '80.

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Several CMS faculty and students contributed to a scientific poster that has been accepted for the American Society of Neuroradiology 2022 Annual Meeting/Symposium Neuroradiologicum XXII, which will be held May 14-18 in Las Vegas. The poster is titled "Evaluating the Clinical Relevance of Age Prediction/Actual Age Discrepancy Utilizing a Convolutional Neural Network Paired with a Regression Algorithm Applied to T2 Weighted Fast Spin-Echo and Fluid Attenuated Inversion Recovery Images of the Brain."

Contributors include: **Mark Conneely**, MD, CIIP, professor and discipline chair of radiology; **Bharathi Swaminathan**, MD, discipline chair and associate professor of physical

medicine and rehabilitation; **Piyush Vyas**, MD, assistant professor of radiology; **Xuanzhen Piao**, CMS '22; **Arjumand Fatima**, CMS '22; **Paras Patel**, CMS '22; **James Burke**, CMS '22; **Brandon Golant**, CMS '22; and **Ryan Nolcheff**, CMS '23, with Lake Forest College students Arthur Bousquet, Sara Zelenberg, and Sugata Banerji.



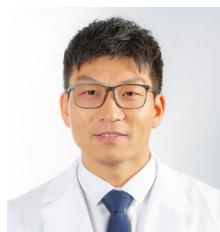
Dr. Mark Conneely



Dr. Bharathi Swaminathan



Dr. Piyush Vyas



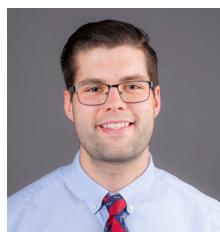
Xuanzhen Piao



Arjumand Fatima



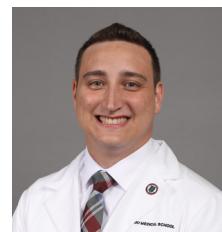
Paras Patel



James Burke



Brandon Golant



Ryan Nolcheff

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**Joanna Dabrowska**, PhD, PharmD, associate professor of cellular and molecular pharmacology, Center for Neurobiology of Stress Resilience and Psychiatric Disorders, chaired and presented a mini-symposium titled "Limbic Neuropeptidergic Modulators



# School & Department News

of Emotion and Their Therapeutic Potential for Anxiety and Post-Traumatic Stress Disorder" at the Society for Neuroscience virtual annual meeting.

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**Nicole Ferrara**, PhD, postdoctoral research associate; **Max Loh**, PhD '21, postdoctoral research associate; **Mallika Padival**, lab manager; and **Amiel Rosenkranz**, PhD, MS, professor of cellular and molecular pharmacology, Center for the Neurobiology of Stress Resilience and Psychiatric Disorders, co-authored "Developmental Shifts in Amygdala Activity during a High Social Drive State," published in the *Journal of Neuroscience*.



Dr. Nicole Ferrara



Dr. Max Loh

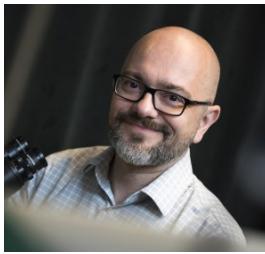


Dr. Amiel Rosenkranz

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Adriana Fresquez

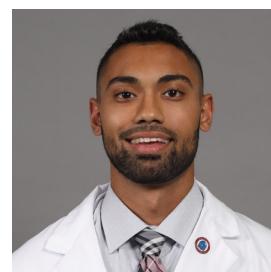


Dr. Carl White

**Adriana Fresquez**, an MD/PhD candidate, and **Carl White**, PhD, associate professor of physiology and biophysics, Center for Cancer Cell Biology, Immunology, and Infection, co-authored "Extracellular Cysteines C226 and C232 Mediate Hydrogen Sulfide-Dependent Inhibition of Orai3-Mediated Store-Operated Calcium," published in the *American Journal of Physiology*.

**Matthew Gasparro**, CMS '23, published an article titled "3D-Printed Cutting Guides for Resection of Long Bone Sarcoma and Intercalary Allograft Reconstruction" in the January/February issue of *Orthopedics*.

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**Kumail Hussain**, CMS '23, authored an article for the "Equity Ideas" section of *Crain's Chicago Business* that explores the wealth gap in America. Kumail wrote about the financial barriers students from lower socioeconomic backgrounds face while getting into and attending medical school.

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**Biana Kotlyar**, MD, R '15, associate professor and education director for psychiatry and behavioral sciences, gave a virtual presentation to students on January 24. The event, titled "Careers in Psychiatry," was organized by the Students Interested in Psychiatry interest group. Dr. Kotlyar talked about the different career paths available in the field of psychiatry.

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**Wren Michaels**, PhD '20, postdoctoral research associate; **Cecilia Pena-Rasgado**, senior research associate;

# School & Department News



Dr. Michelle Hastings

**Michelle Hastings**, PhD, professor and director; and **Robert Bridges**, PhD, professor, Center for Genetic Diseases, co-authored the article “Open Reading Frame Correction Using Splice-Switching Antisense Oligonucleotides

for the Treatment of Cystic Fibrosis,” published in *Proceedings of the National Academy of Sciences of the United States of America.*

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**Monica Myers**, CMS '24, published a review article in *Pregnancy Hypertension* titled “Effect of Position on Blood Pressure Measurement in Pregnancy.” The article was published online in January and will be in print in March 2022. Monica was first author on the article.



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**Lawrence Robbins**, MD, associate professor of neurology, gave a virtual presentation to students on January 10 in an event organized by the Student Interest Group in Neurology/Neurosurgery (SIGN). Dr. Robbins is a neurologist and headache specialist, with certificates in pain management and psychopharmacology. Dr. Robbins' experience is vast as his team has published over 390 articles and five books, and he has experience working in private practice, academic medicine, inpatient, and outpatient settings.

**Michael Zdon**, MD, FACS, Senior Associate Dean for GME and CME, Vice Chair of Clinical Sciences, and professor, discipline chair, and education director of surgery, co-authored a publication titled “Does Surgical Observed Structured Clinical Exam (OSCE) Predict Clerkship Grade, Shelf Exam Scores, and Preceptor Clinical Evaluation?” in the *American Journal of Surgery* with **Ian Brallier** and **Sabah Mahmood**, both CMS '22. CHP student Karolina Grotkowska was also a co-author on the article.



Dr. Michael Zdon



Ian Brallier



Sabah Mahmood

## Events and Other News

This winter Chicago Medical School launched a new leadership development initiative with North Chicago Community Partners. The “**Mini Medical School**” series is a free virtual program for North Chicago 4th graders, led by CMS students, designed to inspire children to pursue a career in the healthcare professions.

The program develops leadership skills among CMS students who are underrepresented in medicine while introducing youth to medical careers, helping them learn the importance of preventing and treating diseases, and giving them skills and tools that will encourage them to pursue healthcare careers. Mini Medical School began in January, when the 4th graders received their own white coat and participated in a white coat ceremony, and will conclude on March 19 with a graduation ceremony.

The M1 & M2 Executive Committee leading the program are: **Victor Barragan**, CMS '24; **Stephane Joachim**, CMS

# School & Department News

'24; **Juan Medina-Echeverria**, CMS '25; **Jessica Moreno**, CMS '25; **Favour Oladipupo**, CMS '24; **Daniel Oversen-Sanchez**, CMS '25; and **Joseph Rumenapp**, CMS '25. All the teachers in the program are volunteers from the CMS M1 and M2 classes.

jamal.turner@rosalindfranklin.edu or 847-578-3291'." data-bbox="111 241 422 551"/>

ROSLIND FRANKLIN UNIVERSITY  
of MEDICINE & SCIENCE  
CHICAGO MEDICAL SCHOOL

North Chicago  
Community Partners

CPASS  
FOUNDATION

## MINI MEDICAL SCHOOL

A free virtual program for North Chicago 4th graders, led by Chicago Medical School students, designed to inspire children to pursue a career in the healthcare professions

The program will develop leadership skills among our underrepresented in medicine medical students while encouraging young students to consider careers in medicine.

- Helping 4th graders learn the importance of preventing and treating diseases
- Giving them the skills and tools that will encourage them to pursue healthcare careers.

Each day revolves around a specific body system and features:

- Introductory lecture
- Anatomy activity
- Scientific experiment
- Mini lecture stations
- Nutrition component

Participants will receive their own white coat and participate in a white coat ceremony to officially enroll them into the program. There will also be a graduation ceremony upon completion.

Available to 4th graders from A.J. Katzenmayer Academy (North Chicago School District)  
CMS M1 & M2 Executive Committee:

Daniel Oversen-Sanchez  
Favour Oladipupo  
Juan Medina-Echeverria  
Jessica Moreno

Stephanie Joachim  
Victor Alejandro Barraga  
Joseph Rumenapp

For more information or questions please contact [Jamal Turner](mailto:jamal.turner@rosalindfranklin.edu) at [jamal.turner@rosalindfranklin.edu](mailto:jamal.turner@rosalindfranklin.edu) or 847-578-3291



**Kimberly Fasula, RDH, MS, MPH**, director of interprofessional education, was featured in a *Chicago Tribune/Daily Southtown* article titled “There’s A Huge Need for It”: Van-Based Service in Oak Lawn Provides Free Dental Care for

Kids,” about the mobile dental care center Advocate Illinois Masonic Medical Center parked outside of Advocate Children’s Hospital to provide comprehensive care — including fillings, crowns, and extractions — to the underserved. Ms. Fasula is the director of the program.

Chicago Medical School Women in Medicine and Science (CMS-WIMS), an organization created to promote the recruitment, recognition, and advancement of women faculty, trainees, and staff at CMS, hosted several events for the CMS and RFU community:

- On November 3, **Judy Potashkin**, PhD, assistant dean for faculty appointments and recognition, discussed “Career Advancement and the Importance of Mentoring and Coaching,” with **Nutan Vaidya**, MD, vice dean for faculty affairs and equity, and **Mildred M.G. Olivier**, MD '88, then assistant dean for diversity and inclusion.
- In January, **Diane Bridges**, PhD, MSN, RN, CCM, assistant dean of distance learning and curricular resources and associate professor of humanities and health care, led a session of the CMS-WIMS Journal Club. Attendees discussed the article “Gender Bias in Collaborative Medical Decision Making: Emergent Evidence” (Helzer EG, Myers CG, Fahim C, Sutcliffe KM, Abernathy JH, *Academic Medicine: Journal of the Association of American Medical Colleges*).
- On February 2, the CMS Office of Faculty Affairs and Equity hosted speaker **Susan M. Pollart**, MD, MS, Senior Associate Dean for Faculty Affairs and Faculty Development at the University of Virginia School of Medicine, as she gave a presentation titled “Moving On: Addressing the COVID-19 Impact on Women in



Dr. Judy Potashkin



Dr. Diane Bridges



Dr. Susan Pollart

# School & Department News

Academic Medicine.” This event was part of Chicago Medical School’s Faculty Development Leadership Seminars series.



As part of Chicago Medical School’s Black History Month programming, the Office of Excellence in Diversity and Inclusion hosted **Desmond Odugu**, PhD, associate professor and chair of education at Lake Forest

College, as he presented “Roots of Racially Restrictive Housing Practices in the Chicagoland Area — The Place and Health Connection.” Dr. Odugu talked about the practice of redlining — illegally refusing to provide financial services, including mortgage loans, to consumers based on the area where they live — as well as other racist strategies to achieve residential segregation, such as zoning ordinances, racial restrictive covenants, “block busting,” and deceptive contract buying.

**Carl Lawson**, PhD, MPH, MA, RFU Director of Interprofessional Global Health and CMS Director of Learning Environment Diversity, assumed the role of Interim Assistant Dean for Diversity and Inclusion. Dr. Lawson has an established track record of diversity, equity, and inclusion leadership and accomplishments at CMS and RFU. As chair of the Chicago Medical School’s Health Disparities and Equity in Medical Education Task Force, he led a collective



effort to develop and sustain a learning environment that promotes diversity and inclusion and equips future physicians to challenge inequitable practices in medicine.

At the end of December 2021, **Karen DiMario** retired from her positions as a Clinical Histology Instructor and the Director of Outreach and Equity.



Karen joined the faculty of the Chicago Medical School as an instructor in 1995 and served as a Clinical Histology Instructor and Program Facilitator of CPR for Boards (USMLE Step 1 Review Course). She was promoted to Co-Director of CPR for Boards in 2008. She began her role as the Assistant Dean of Admissions in 2016 and was engaged in all aspects of the CMS admissions process, including strategic planning and continuous quality improvement processes. In 2021, she was appointed as the Director of Outreach and Equity in the CMS Office of Faculty Affairs and Equity and has been responsible for enhancing student outreach initiatives for our Underrepresented in Medicine (UiM) Students.

Karen looks forward to turning off her morning alarm, spending time with her family and friends, especially her new granddaughter, Margot, and reading for pleasure. We thank her for her dedicated service to CMS for the past 26 years! ■

# Modeling Leadership



Third-year student Rachel To, CMS Student Dean, spent a day shadowing Dr. Archana Chatterjee to learn what a day as Dean of Chicago Medical School is like. Rachel was able to observe some of the things Dr. Chatterjee does behind the scenes to make sure CMS runs successfully and smoothly on a daily basis.

**We want to hear from you!**

To submit information or news for upcoming issues, contact Candice Kosanke at [candice.kosanke@rosalindfranklin.edu](mailto:candice.kosanke@rosalindfranklin.edu).



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