

SPRING 2017
ISSUE 5



CMS NEWS

The Chicago Medical School Newsletter

CMS TEACHING AWARDS CEREMONY

Students thank exceptional faculty members for their teaching.

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A CONVERSATION WITH

DR. JULIE WAITES

Dr. Waites, a clinical psychologist with the Student Counseling Service, discusses her approach to mental health care.

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GRAND ROUNDS FOR WOMEN'S HISTORY MONTH

Two special grand rounds were held in March in honor of Women's History Month.

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Match Day!

CMS celebrated another outstanding match as M4s learned where they will begin their residencies.

On March 17, M4s celebrated a rite of passage as they opened the envelopes containing their results from the annual National Resident Matching Program (NRMP), which pairs fourth-year medical students throughout the country with residency programs.

The ceremony took place in the Rothstein Warden Centennial Learning Center, which was transformed by the CMS Office of Student Affairs and Education for the event. Students received their match results in envelopes that had been sealed and stamped by hand with an image of a DNA double helix.

"No matter where you go, you have something to contribute," **Brett Goldman**, Class of 2017 president, said in his address just prior to the Match countdown. "People will be grateful for your help, and your service will provide help for countless lives."

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Dean's Message

Greetings from Dean James Record

Every week the grandfather clock in my office needs to be wound. Over the remaining week, the weights fall inexorably to gravity as the gentle swing of the pendulum keeps the cadence of time. The mechanical requirements of the hand-winding stands in stark contrast to the automation of the electronic devices that dominate the rest of my world. And yet, the Monday morning ritual of cranking the chains to set the proper position of the weights is a literal reminder

of the time and effort that allow a rebirth of the clock for the purpose of the week ahead. Without that effort, the clock ceases its operation and its connection to time is lost. Every Monday, I enjoy just a brief moment in that time reset to appreciate the clock that beats quietly behind me.

Every year the spring is filled with (tightly wound) M4s awaiting the latest National Residency Matching Program results. This March we again had an extraordinary match that serves as a similar reset for the medical students, now in position to begin the time of their professional lives. For the school, the hard work of the students, faculty and staff over the preceding years reflects that same attention to align time with purpose.

This issue of CMS news our medical school pendulum also beats to the intellectual quality of the All School Research Consortium, to our alumni research in virtual reality and our AOA inductees. It beats to the humanistic foundation of the work of Dr. Julie Waites, to the Gold Humanism and Student Teaching Awardees. It beats to the pride of Women's History month and the balance of art in medicine.

As another academic year draws to a close, I'm reminded of so many outstanding people doing great work that, much like the grandfather clock, it's impossible to watch every beat. My hope with this issue is that you'll take moment to appreciate them.

Sincerely,

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

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

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All School Research Consortium

Several CMS students, residents and fellows participated in the 12th Annual All School Research Consortium (ASRC), held on March 15th. The ASRC is a university-wide event where students from all five schools come together to present their scientific research through symposium and poster sessions.

During the Cancer & Molecular Mechanism Symposium, members of the CMS community discussed their research. **Nicholas Leader**, CMS '18, gave a presentation titled "Inter-rater Reliability for Histopathologic Diagnosis of Keratinocyte Carcinomas." **Dhauna Karam**, MD, internal medicine resident at the Lovell Federal Health Care Center (FHCC), gave a presentation titled "The Impact of Unnecessarily Ordered Thyroid Ultrasonograms (USGs) on the Utilization of Endocrinology Outpatient Consultations." **Derrick Lock**, CMS '19, gave a presentation titled "Outcomes of Postoperative Stereotactic Radiosurgery for Patients with Resected Brain Metastases: A Volumetric Analysis." **Mahwash Siddiqui**, MD, internal medicine resident at the FHCC, gave a presentation titled "Pancreatic Divisum: An Under-Recognized Cause of Recurrent Pancreatitis."

During the Health Care Symposium, **Amandeep Dhillon**, MD, internal medicine resident at the FHCC, gave a presentation titled "Potential Life Threatening Cardiac Toxicity from Easily

Accessible Over the Counter Medication."

Congratulations to this year's CMS winners! **Salah Dajani**, CMS '19, won the CMS prize for Best Research Poster, and **Nicholas Leader**, CMS '18, won the CMS prize for Best Scientific Talk. And congratulations to resident Dr. **Mahwash Siddiqui**, who won the post graduate trainee prize for Best Scientific Talk. ■



Above: FHCC resident Amandeep Dhillon delivers his scientific talk during a symposium session. Below: Dr. James Record, dean of CMS, presents the CMS Best Scientific Talk award to Nicholas Leader.



Match Day

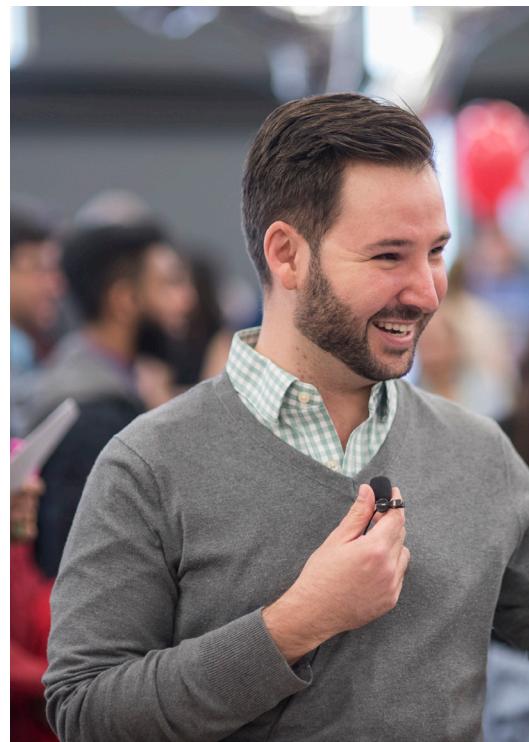
(continued from cover)

At exactly 11:00 a.m. CDT, surrounded by their family, friends, peers, faculty and learning community mentors, the students opened their envelopes to learn the location and specialty of the residency program where they will continue their medical training after graduation.

This year, 46 percent of students matched into primary care — an all-time high for CMS. Students matched at all of Chicago Medical School's local Chicago affiliates, as well as nationally at institutions such as Mayo Clinic, Brigham and Women's Hospital, UCLA, Yale-New Haven, Johns Hopkins, Stanford, Cleveland Clinic, University of Chicago and Northwestern.

According to the National Resident Matching Program (NRMP), this year's main residency match was the largest on record, with nearly 36,000 applicants nationwide competing for more than 31,000 residency positions. ■

Opposite, left: Brett Goldman, CMS '17, class president, gives the student address before the envelopes are opened. Opposite, right: Sarah Raleigh and Robert Christie celebrate after matching as a couple into residencies at the Hennepin County Medical Center, MN.



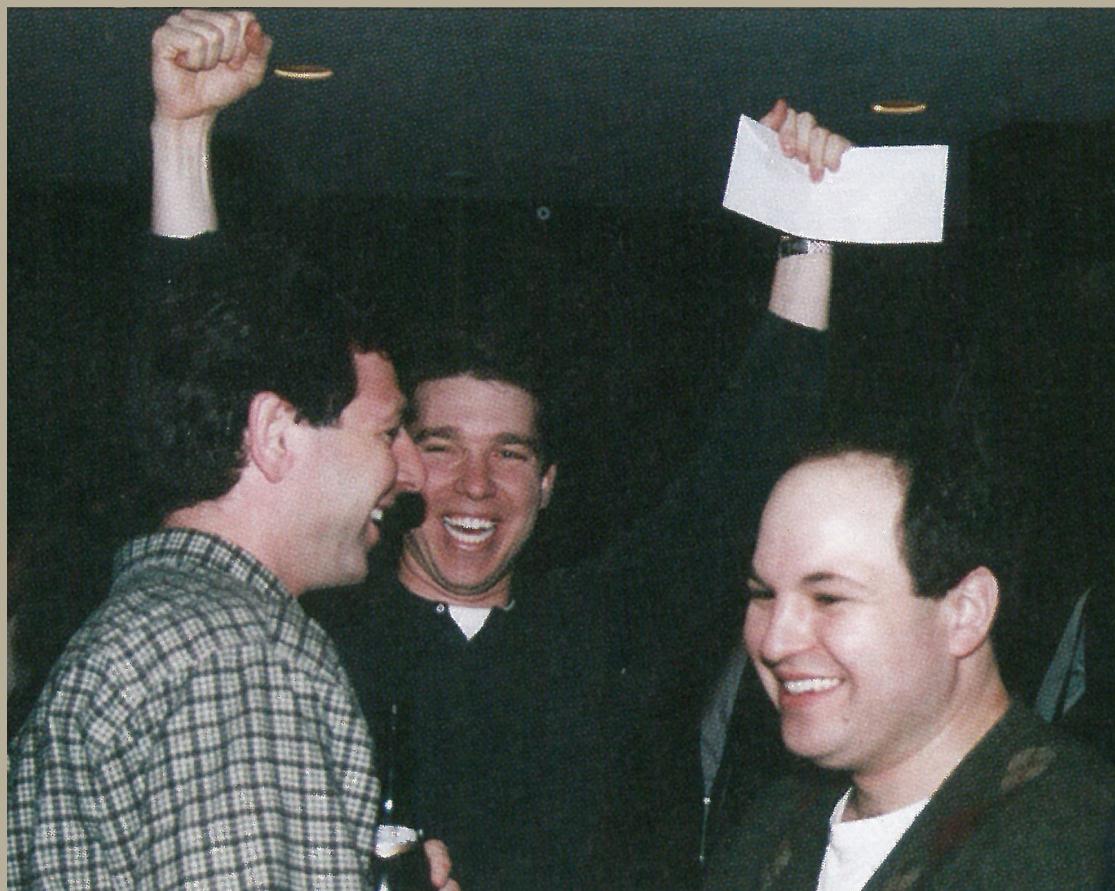
MATCH DAY By the Numbers

96% match rate (exceeding national rate of 94%)

| | | | | | |
|-----------|--------------------------|-----------|--------------------------------|-----------|------------------------------------|
| 14 | Anesthesiology | 2 | Medicine-Preliminary/Neurology | 2 | Physical Medicine & Rehabilitation |
| 1 | Child Neurology | 4 | Neurological Surgery | 1 | Plastic Surgery |
| 14 | Emergency Medicine | 6 | Neurology | 5 | Psychiatry |
| 16 | Family Medicine | 6 | Obstetrics-Gynecology | 1 | Radiation Oncology |
| 11 | General Surgery | 4 | Ophthalmology | 13 | Radiology-Diagnostic |
| 39 | Internal Medicine | 4 | Orthopedic Surgery | 6 | Surgery-Preliminary |
| 2 | Interventional Radiology | 1 | Otolaryngology | 8 | Transitional |
| 3 | Medicine-Pediatrics | 1 | Pathology | 1 | Urology |
| 15 | Medicine-Preliminary | 14 | Pediatrics | | |



MATCH DAY From the Archives



Different decade, same excitement — members of the Class of 1996 celebrate their matches.





Match Day 2017

Alpha Omega Alpha Induction Ceremony

On March 15, Chicago Medical School held its annual Alpha Omega Alpha (AOA) induction ceremony, where students, residents, faculty and volunteers were inducted into the national honor medical society. AOA recognizes scholarly achievement, professional conduct, excellence in teaching, and service.

Congratulations to the twenty-six M4s who were inducted into AOA:

| | | |
|---------------------|-------------------|--------------------|
| Kawsu Barry | Preston Jacob | Samantha Phou |
| Kimberly Blankshain | Jamie Keen | Michael Ries |
| Kristen Corrao | Brian Kurcz | Kathryn Skibba |
| Joanna Curran | Amy Marks | Jason Smith |
| Zekun Feng | Sipan Mathevosian | Andrea Sterenstein |
| Daniel Grahf | Luke Miller | Bethany Underwood |
| Omar Hassan | David Moravec | Paul Vithayathil |
| Meghan Hermanson | Suhag Patel | Ian Worden |
| Karen Huynh | Daneel Patoli | |

Eight M3s were inducted as junior members:

| | | |
|---------------|-----------------|---------------|
| Omeed Ahadiat | Matthew Connor | Kelly Mueller |
| Gabriel Arom | Patrick Holman | Samantha Wala |
| Shannon Burke | Allison Jenness | |

Below, from left: Samantha Phou, CMS '17, receives her certificate from Bhargav Desai, CMS '17. Patrick Holman, CMS '18. Kawsu Barry, CMS '17, receives his certificate from Sarah Carballo, CMS '17. Suhag Patel, CMS '17, receives his certificate from Bhargav Desai. Samantha Wala, CMS '18, receives her certificate from Sarah Carballo.

Box on opposite page, from left: Richard Trester, MD '88, faculty initiate. Gabriel Arom, CMS '18, recipient of the Ashley Evans Professionalism Award, with Eric Gall, MD, AOA visiting professor and professor emeritus of medicine, and Michael Zdon, MD, associate dean for continuing medical education and graduate medical education. Sanja Nikolich, MD, recipient of the AOA Volunteer Clinical Faculty Award.



AΩA Award Winners

Each year, in keeping with AΩA's focus on education and teaching, certificates and awards are given to faculty, residents and volunteers who have demonstrated excellence in teaching.

Richard Trester, MD '88, clinical assistant professor, co-chair, co-education director, and clerkship director for OB/GYN, received a certificate as the 2016–2017 faculty initiate. **Ronak Kedia**, MD, general surgery resident at Advocate Illinois Masonic Medical Center, and **Cristina Anez de Gomez**, MD, internal medicine resident at the Lovell Federal Health Care Center, received certificates as resident initiates. **Sanja Nikolic**, MD, assistant professor of surgery, received the AΩA Volunteer Clinical Faculty Award.

Gabriel Arom, CMS '18, received the Ashley Evans Professionalism Award. This award, given to one CMS student each year, recognizes a medical student who embodies core humanistic values, demonstrates a lifelong devotion to excellence, and adheres to high ethical and moral standards. ■





Gold Humanism Honor Society Induction Ceremony

On March 17, immediately following the Match Day ceremony, 30 M4s were inducted into the Gold Humanism Honor Society (GHHS). The GHHS, founded by the Arnold P. Gold Foundation, is an international organization that recognizes medical students for their integrity, clinical excellence and service to others. Inductees best embody the values of professionalism and humanism in medicine.

Students are nominated by their peers and approved by faculty and staff.

Congratulations to the inductees:

| | |
|--------------------|-----------------|
| Merlyn Abraham | Brett Goldman |
| Ibukunoluwa Araoye | Daniel Grahf |
| Amishi Bajaj | Victoria Hoch |
| Ajay Bhandari | Brittany Hunter |
| Laura DiDomenico | Preston Jacob |



Suraj Jaisinghani
Briana Kasman
Patrick Kent
Abdul Khan
Israel Labao

Hannah Lee
Patricia Lee
Meredith Main
Amy Marks
Cristina Nguyen

Tra Pham
Carlo Prades
Elizabeth Quincer
Naseem Ravanbakhsh
Brian Saliba

Laura Seewald
Hillary Tamar
Jalia Tucker
Lashika Yogendran
Jennifer Yonkus ■

M3 Clinical Poster Session

On March 21, members of the Class of 2018 presented a total of 64 posters at the second annual M3 Clinical Poster Session. In these presentations, students discussed the cases of patients they cared for during their clinical clerkships.

Congratulations to the winners:

First Place: Brandon Nudelman

“Herpes Zoster Complicated by Meningitis in an Immunocompetent Adult”
with Ajaydas Manikkan, MD, Cook County Health & Hospital System

Second Place: Xiao Huang and Patrick Holman

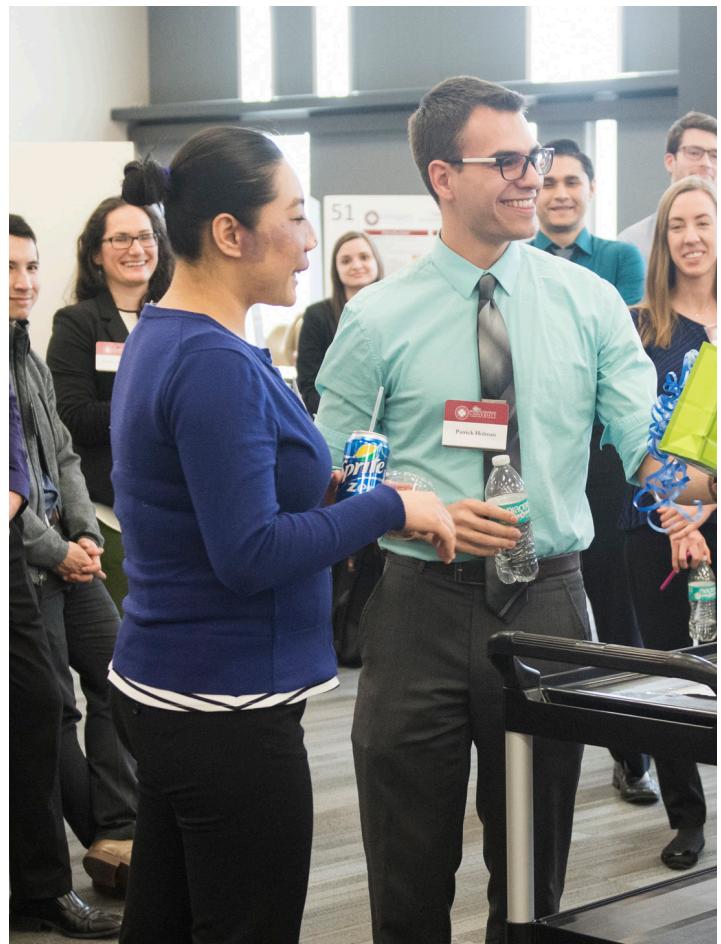
“Pulmonary Kaposi Sarcoma”
with Patricia Herrera, MD, Cook County Health & Hospital System

Third Place: Shannon Gerberding

“Empty Sella Syndrome and Infertility in Childhood Cancer Survivors”
with Nicole Pineau, MD, and Josef Blankstein, MD, Mount Sinai Health System

Fourth Place: Emily Fritzmann

“Hepatocellular Carcinoma: A Steatohepatitic Variant”
with Harold Huss, MD, Cancer Treatment Centers of America, Midwest Regional Center ■





Top: Angela Wu presents her poster "Double Aortic Arch: An Unusual Cause of Recurrent Respiratory Infection."
Middle left: Jazmin Horne presents her poster "Intracervical Fibroid: A Cesarean Hysterectomy."
Middle right: Joseph Yoon presents his poster "Visual Hallucinations: Benson's vs. Marchiafava-Bignami."
Bottom: Robert Adrian and Javier Jimenez present their poster "Diagnosing NMO versus MS."

Opposite page, from left: First-place winner Brandon Nudelman with Jeanette Morrison, MD, senior associate dean for student affairs and education. Second-place winners Xiao Huang and Patrick Holman.

RESEARCH SPOTLIGHT: Student Research

Research has always been an important part of education at Chicago Medical School, with 76% of students participating in research or other scholarly activity. This year, three students received prestigious research awards for work they will be doing next year.



Emily Marre, CMS '19, has been selected for a Howard Hughes Medical Institute (HHMI) Medical Research Fellows Award. The Medical Research Fellows Program encourages the development of future medical-scientists by providing a year of full-time, mentored research training.

"I will be working under the mentorship of Dr. Brian Druker, Director of The Hematology and Oncology Division at Oregon Health & Science University. I will work with Dr. Druker to perform an epidemiological study that will define the independent association of early somatic mutations in blood cell progenitors with hematologic cancer outcomes. The long-term goals of this project are to further define impactful mutations in the development of blood cancers and to screen for and treat a premalignant stage of the disease, in order to prevent cancer progression."



Enock Teeffe, CMS '18, has been accepted to the National Institutes of Health (NIH) Medical Research Scholars Program (MRSP), a comprehensive, year-long research enrichment program designed to attract the most creative, research-oriented medical, dental, and veterinary students to the intramural campus of the NIH in Bethesda, Maryland.

"My career goal is to become a clinician scientist focusing on pediatric disorders of neurodevelopment. I applied to the NIH MRSP program with the primary goal of gaining in-depth training and mentorship in the fundamentals of human subject research. I draw my inspiration from undergraduate research experience in cancer genomics, and a new found interest in neuroscience after my first formal neuroscience class with Dr. Lise Eliot during M1 year. At the NIH next year, I am eager to work on a translational research team that utilizes emerging neuroimaging tools and genomics technology to help decipher the currently poorly understood biological mechanisms inherent to disorders of thought, emotion and behavior."



Kate Wolf, CMS '19, has been selected for a one-year fellowship from the Sarnoff Cardiovascular Research Foundation. The foundation's mission is to develop medical students throughout their careers into the next generation of leaders in cardiovascular innovation, research, and medicine by providing mentored research experiences and a lifelong community of peers and mentors. Kate is also the recipient of a research scholarship from the Society for Vascular Surgery. This award will provide additional support as well as instruction in the application of rigorous scientific methods to clinical problems and the underlying biologic processes important to patients with vascular disease.

"My passion is understanding the molecular pathogenesis of vascular disease. My project for the next year will be to address maturation of vein grafts in arteriovenous fistula in patients with end-stage renal disease. The venous limb of the AVF produced for hemodialysis must adapt to the arterial blood flow by remodeling its walls to more closely resemble an artery. This process can be complicated by early thrombosis of the fistula, lack of maturation within the first weeks of AVF, or later atherosclerotic stenosis of the AVF. Female patients have lower rates of AVF maturation, need more interventions, such as salvage procedures, to attain adequacy, and are usually less likely to be good candidates for AVF creation. I will study the molecular basis for lower rates of AVF maturation in female patients by exploring the interaction of proteins regulating arterial and venous identity with immunological factors such as TGF-beta, in an attempt to pinpoint potential strategies to promote AVF maturation in female patients and improve outcomes in this group." ■

M2 Art Workshop

Earlier this year, members of the Senno Learning Community organized a drawing workshop to promote wellness and relieve stress. Students gathered in the Scholl Gallery to take a break from studying by sketching and painting still life scenes. ■



The Finished Products:





CMS Teaching Awards Ceremony

On March 7, CMS students hosted the 10th annual CMS Teaching Awards Ceremony, an event that gives them the opportunity to recognize faculty who have made an impact on their lives and to thank them. Faculty members were honored for their teaching styles, their mentorship, and their activity in student life. All faculty were nominated by students.

M1 Basic Science Award Winners:

Mark Grumet, MS, DC (Structural Sciences)
Rosanne Oggioan, DO, BS (M1 Professional Development)
Marc Glucksman, PhD (Molecular Sciences)
Hector Rasgado-Flores, PhD (Systemic Functional Sciences)
Lise Eliot, PhD (Medical Neuroscience)
Gordon Pullen, PhD '92 (Epidemiology)
Bret Moberg, JD, LLM (Bioethics & Health Law)

M2 Basic Science Award Winners:

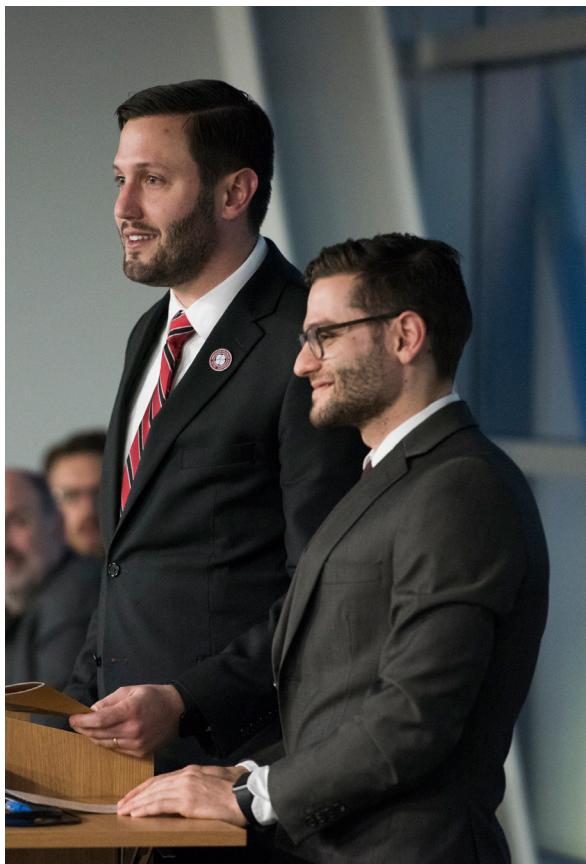
Ioana Sandu, MD (Clinical Neuroscience)
Ariel Katz, MD (M2 Professional Development)
Gordon Pullen, PhD '92 (Pharmacology)
Gary Kirschenbaum, MD (Pathology)

Michael Fennewald, PhD (Microbiology & Immunology)

Laurie Broutman, MD, FACP (Patient Safety)

M3 Clinical Award Winners:

Robert Weisman, MD '81 (Advocate Lutheran General Hospital)
Luis Garcia, MD (Mercy Hospital and Medical Center)
Josef Blankstein, MD (Mount Sinai Hospital)
Judith Brown, MD (PediaTrust)
Mukesh Patel, MD (Saint Anthony Hospital)
Emily Lombard, DO (Presence Saint Joseph Hospital)
Timothy Heilizer, MD '93 (Presence Saint Mary's Medical Center)
James Dorman, MD (Stroger Hospital of Cook County)
Philippe Tapon, MD (Advocate Illinois Masonic)
Sabah Khan, MD (Louis A. Weiss Memorial Hospital)
Daniel Liesen, MD (Vista Health System)
Smita Reddy, MD (RFU Health System)
Ronald Shenfeld, MD (Advocate Condell Medical Center)
George Salti, MD (Edward Hospital)
Arturo Fogata, MD (Elgin Mental Health Center)
Stephen Boghossian, MD '89, FACS (Elmhurst Hospital)
Katherine Furman, MD '07 (Advocate Good Shepherd Hospital)
Bassel Atassi, MD (Little Company of Mary Hospital)



Charles Brown, MD, PhD (Cancer Treatment Centers of America)

Lori Moss, MD (Lovell Federal Health Care Center)

Corey Black, MD (Centegra Hospital)

Melvin Wichter, MD (Advocate Christ Medical Center)

Jonathan Vogel, MD (Clinical Neuroscience, Sc)

M1 Special Award Winners:

The “Songbird”: **Neil Bradbury, PhD**

Most Engaging Lecturer: **Neil Bradbury, PhD**

Active in Student Life: **Mark Grumet, MS, DC**

Most Eccentric: **Barbara Vertel, PhD**

M2 Special Award Winners:

The “Songbird”: **Gary Kirschenbaum, MD**

Most Engaging Lecturer: **Gary Kirschenbaum, MD**

Active in Student Life: **Gordon Pullen, PhD '92**

Most Eccentric: **Gary Kirschenbaum, MD**

The “Boards Boss”: **Michael Fennewald, PhD**, and **Kimiko Suzue, MD, PhD**

Other Awards:

Lifetime Achievement Award: **Charles McCormack, PhD**

Mentorship in Medicine Award: **Hector Rasgado-Flores, PhD**

Distinguished Service in Medical Education Award: **Fred Richardson Jr., MD, ABFM, FAAFP**

The M1 community mentors (**Chandra Vedek, MD**; **Liza Pilch, MD**; **Gwendolyn Messer, MD, FAAP**; and **Charisse Hudson-Quigley, MD**) and the M2 community mentors (**Charles Nozicka, DO**; **Sheryl Balkin, MD '85**; **Jamil Abdur-Rahman, MD**; and **Ricardo Senno, MD, MS, FAAPMR**) were also recognized for their dedication to students. ■

Above, from left to right: Dr. Ricardo Senno, M2 learning community mentor for Portes House. Dr. Bassel Atassi, M3 clinical award winner, with Patrick Kent, CMS '17. Dr. Hector Rasgado-Flores, M1 basic science award winner and winner of the Mentorship in Medicine Award. Dr. Charles McCormack, winner of the Lifetime Achievement Award. Patrick Kent, CMS '17, and Gabriel Arom, CMS '18, members of the student committee that organized the program. Dr. Fred Richardson Jr., winner of the Distinguished Service in Medical Education Award.

A Conversation with Dr. Julie Waites, Clinical Psychologist

Julie Waites, PsyD, discusses her role in the Student Counseling Service at Rosalind Franklin University Health Clinics (RFUHC) and her approach to promoting mental health.



What brought you to RFU?

A wonderful orchestration of the universe brought me to RFU. I was working at a hospital and private practice part-time as I was looking for the right fit in a university counseling service, which had always been my intended area of practice. I was perusing APA Psychology Jobs and came across the listing for Rosalind Franklin University Health System, Psychologist position. As I read the job description, I thought, *I couldn't write a more accurate job description for myself if I tried!* I held that perspective throughout the hiring process and for the six years that I have been here. I could go on and on about the aspects that make this such a synchronized fit for me, but I feel like I have to pinch myself each day for how lucky I am to be at RFU and working with such dynamic and courageous students.

I have always been inspired to participate in a career that is a good match up with my character. It is so true to me that if you do what you love you never work a day your life. Clinical psychology is a calling that matches with so many different aspects of my personhood, and in my work I feel that I'm using my natural strengths to contribute to the world in a meaningful way.

Can you tell us a little about what you do for students?

As the clinical psychologist for RFUHS, I am privileged to support students in being their most authentic selves through the psychotherapy process. I help students to live a happier, healthier and more productive life through bringing awareness and intentionality to their choices and supporting the elimination of any barriers to optimal well-being, health, academic success and overall functioning. Essentially, I help students understand and change parts of their unique thought, emotion and behavior cycles which contribute to suffering and suboptimal

functioning. I would consider myself aligned with mindfulness or third wave therapies, which expand the therapeutic goal from the mere reduction of symptoms to the development of skills aimed at significantly improving the quality and quantity of activity in which the patient finds value.

What are some of the challenges that many medical students face?

My very superficial answer would be that depression and anxiety are the primary presenting concerns among our students, but let me go a bit deeper.

Medicine is a high-risk career path in which the education and training contribute to distress, burnout, and deterioration of well-being. Medical students face challenges that are incredibly personal but, at the same time, universal to all humanity. We are all human: we need sleep; we need food; we need connection; we need fun and we need meaning. One of the biggest challenges I see students facing is how to stay human while still having success with the various components of medical education.

On the “Meet the Staff” section of the Student Counseling Service web page, you talk about your “philosophy of care,” which has three phases. Can you tell us more about that?

At the beginning of the therapy relationship, it's all about eliminating emotional suffering and treating symptoms using proven methodology. The second phase involves developing a deeper understanding of the thoughts, emotions and behaviors that contribute to suffering and developing skills aimed at promoting wellness. The third phase involves solidifying the gains made in treatment and consistently implementing skills. As I stated earlier, I would consider myself part of the third wave of psychological practice, which emphasizes our ability to make choices about the reality we value experiencing.

Medical students have many demands on their time. What suggestions do you give to help students manage this?

Time management is not just about the amount of time spent in an activity; it is about productive and efficient time. We all know what it is like to be trying to solve a problem when exhausted, only to stop and, after a good night's sleep, be able to come up with an efficient solution. What makes “time on a task” efficient and productive is based on emotion; emotion sets the stage for behavior to occur. The learning strategies and other skills education that students receive are great, but if the unique emotional “conditions” are not aligned for a person, all the techniques in the world will not help with productivity. I work with students to build individual emotional intelligence and

use this awareness to creatively manage the demands that are meaningful to students.

How will your experiences so far in the Student Counseling Service inform your work going forward? Are there any new initiatives in the works?

Learning about the unique nature of medical education has completely informed my career trajectory. I believe that being “inside” the culture allows me a perspective that is critical to treatment progression. I find opportunities to educate others in the field about working with medical students, and I hope to continue to do this work for the duration of my career.

I always have thoughts percolating about new initiatives, but our priority is still each individual student's unique treatment. We have been actively working on getting a group going, but the challenges to consistent scheduling make this difficult.

We are very committed to providing as much outreach to our university community as possible and welcome any opportunities to inform and educate the community as our campus' mental health experts. Some topics that I have been thinking about are males and emotional expression, mental health and spirituality, and resilience. I am consistently interested in destigmatizing the idea of mental illness as a distinct category; I believe that at any given time we can hold both mental health and mental strain.

Do you have any pivotal words of support that resonate with our students?

The words that might speak to any individual student would be most pivotal if they're personal. So you'll have to come over and see me to receive yours! However, I will share that I start each day with the very conscious thought that working with my students will create impact far beyond just that one student's life. If I can give one student the perspective to value their own emotional and psychological health, then that may ripple out to countless others they will touch in their work as physicians. I hope that my students recognize that healthcare is not just about the physical body but our collective humanity. My students might be able to help a new mom with her postpartum depression because they are attuned enough to observe her blinking back tears when asking how things are going with her newborn. My students might be able to stop a child from being abused by recognizing a flinch when attempting to perform a physical procedure. My students might be able to prevent someone from serious harm by knowing themselves well enough to know when they are not able to perform a procedure. This is my sincerest hope. ■



Interprofessional Grand Rounds

Students from CMS, CHP, COP, and SCPM show interprofessionalism in action in a new Grand Rounds series.

On March 6, students from Chicago Medical School, the College of Pharmacy, the College of Health Professions, and the William M. Scholl College of Podiatric Medicine came together to present the university's first student-led Interprofessional Grand Rounds, sponsored by the DeWitt C. Baldwin Institute for Interprofessional Education. This was the second interprofessional Grand Rounds hosted by the Baldwin Institute, but the first to be led entirely by students. The series gives students the opportunity to illustrate how interprofessional healthcare teams can optimize patient care by combining various areas of expertise to develop a comprehensive treatment plan.

Abdel Rahman Zakieh, CMS '20; **Erinn Larsen Van Alstine**, COP '19; **Rama Vejju**, COP '19; **Laura Aylward**, CHP '21; **Timothy Cheung**, SCPM '19; and **Blair Simmons**, COP '19, gave a presentation titled "Exploring a Case of Congestive Heart Failure." Assuming the roles of physicians, pharmacists, psychologists and podiatrists, the students walked through a fictional case they created, showing how interprofessional teams can work together to treat the whole patient, including assessment, diagnosis and treatment, pharmaceutical prescriptions, recommendation of lifestyle changes, and stress management. The students also discussed what they learned from one another while working together on this project. ■

Above, from left to right: Laura Aylward, Erinn Larsen Van Alstine, Blair Simmons, Rama Venju, Timothy Cheung, and Abdel Rahman Zakieh. Inset, opposite page: Abdel Rahman Zakieh.



In appreciation of your
hard work and dedication
to the
New York Medical College
Class of 2014
With each day your knowledge



ALUMNI SPOTLIGHT: Herbert V. Fine, MD '43

In 2014, the family of **Herbert V. Fine, MD '43**, donated a Herschede Haverford grandfather clock that had stood in Dr. Fine's home for more than 50 years. Since then, the clock has remained a fixture in the CMS Dean's Office, as a symbol of the relationship between dean and medical student and as a tribute to a doctor who dedicated his life to patient care.



Over the years, the clock began to gradually lose time. Earlier this year, Dr. Fine's family paid for repairs to the clock to restore it to its original splendor. Now that the clock is back to faithfully marking each hour, we decided to look back on Dr. Fine's career as a physician and his experience at Chicago Medical School.

Dr. Fine's son, Bruce Fine, tells his father's story below:

My father, Dr. Herbert V. Fine, Class of 1943, wanted nothing more than to be a doctor and to care for people. As a student, he had no money, and worked in the medical school as a janitor and played in dance bands around the city to pay for his tuition.

As a young medical student my father became a fixture in Dean Sheinin's office, always telling the dean, that if he could just give him a little more time, he would catch up with the tuition in order to stay in school. Dean Sheinin saw my father's desire to become a doctor. And, while it was always an uphill financial struggle, together, the dream was realized.

After graduation, my father moved from his hometown of Chicago to a very small town in southern Illinois and practiced medicine 24/7, for nearly 50 years!

The clock, always standing beside the dean's desk, is a tribute to a young medical student who gave his life taking care of anyone and everyone who came to his office, no matter if they could or could not pay. In addition, it stands, for all time, as a tribute to the dean of Chicago Medical School, who guides young medical students to become the very best physicians they aspire to be.

Both should always stand together in great pride!

To read more about Dr. Fine's career, see the Spring 2016 issue of *Helix*. ■

Above: Dr. Herbert Fine's Chicago Medical School class photo. Left: The grandfather clock donated by the Fine family, in its current location in Dean James Record's office.

AΩA Grand Rounds

Dr. Eric Gall delivered this year's lecture for the annual AΩA Medical Grand Rounds, focusing on the ways medical students learn from their patients.

On March 15, prior to the Alpha Omega Alpha (AΩA) induction ceremony (see page 8), AΩA visiting professor **Eric P. Gall**, MD, gave a lecture titled "Hypermobility Disorders, The 'True' Collagen Disorders – Common and Often Missed and Misunderstood: How Student Patient Experiences Can Shape a Career." Dr. Gall was the chair of medicine at Chicago Medical School for 16 years, and he also served as a councilor for the CMS chapter of AΩA during that period. He is now a professor emeritus of medicine at CMS.

During his lecture, Dr. Gall discussed how patients can influence health care providers, starting with their very first patient interactions during medical school. Dr. Gall became interested in hypermobility disorders during his first clinical rotation as

a medical student at the University of Pennsylvania. During this surgery rotation, the first patient assigned to him was a cardiothoracic patient who had Marfan syndrome, a genetic disorder that causes collagen abnormalities. According to Dr. Gall's account, he stayed up until 3:00 in the morning reading about the disease and collagen abnormalities, which have remained a major topic of interest to him ever since.

Dr. Gall cited this experience as an example of how patients can have a powerful impact on doctors and medical students, influencing what they learn and what topics interest them. Throughout their careers, doctors continue to learn from the patients they encounter. "What I learned from that patient in 1964 shaped my career," Dr. Gall said. ■



Left: Dr. Eric P. Gall during AΩA Medical Grand Rounds. Below: Dr. Gall addresses students during the AΩA induction ceremony.



Grand Rounds for Women's History Month

In honor of Women's History Month — and International Women's Day on March 8 — the Department of Clinical Sciences hosted Grand Rounds speakers who focused on women and medicine.

Medical Research and Women's Health



Dr. Janine Clayton

On March 8, to mark International Women's Day — a global day to celebrate the accomplishments of women and inspire action for gender equality — the Department of Clinical Sciences invited Janine Austin Clayton, MD, associate director for research on women's health and director of the Office of Research on Women's Health

(ORWH) at the National Institutes of Health (NIH), to give that week's Medical Grand Rounds lecture. Dr. Clayton is also the co-chair of the NIH Working Group on Women in Biomedical Careers, formed to combat the institutional and environmental barriers to advancement faced by women in the biomedical sciences.

Dr. Clayton's mission as director of the ORWH is to promote women's health research, which includes making sure that women and minority groups are included in clinical research. In her presentation, "Transforming Data into Evidence to Drive

Sex/Gender-Informed Clinical Care," Dr. Clayton discussed the disparities between men and women in medical research and the importance of considering sex as a biological variable in medical trials.

Historically, women have not been routinely included in clinical trials. Even in research conducted on animal models, researchers over-rely on male animals in their trials. But the findings that came out of those male-dominated studies were applied to both men and women — sometimes with negative results. Some drugs have been recalled because of greater health risks and adverse events in women — reactions that could have been detected before the drug was on the market if women had been equally included in preclinical research and clinical trials. There is now a law stating that women must be included in all NIH-funded clinical trials.

In order to enable physicians to truly practice evidence-based medicine, Dr. Clayton asserted, researchers must factor sex as a biological variable into their research, from the initial research designs to the final reporting of findings. Sex is a variable that affects the human body down to a cellular and molecular



level, so it influences all aspects of human health, from the risk of getting a particular disease to the way a person's body will respond to a certain treatment. A patient's sex can determine how they experience pain; how severely they will be affected by diseases like lupus and multiple sclerosis; the way a drug is absorbed, distributed, and metabolized in their body; and many other aspects of health care and treatment. To practice evidence-based medicine on all patients, doctors must have data that encompasses all types of patients.

Women in Medicine



Dr. Belinda Seto

On March 22, Belinda Seto, PhD, gave a Grand Rounds lecture focusing on the contributions of women throughout the history of medicine. Dr. Seto is the deputy director of the National Eye Institute (NEI). She was previously the deputy director of the National Institute of Biomedical Imaging and Bioengineering. In her presentation, titled "Audacity:

Women in Medicine," Dr. Seto shared the stories of several trailblazing women who overcame obstacles to become doctors and pioneers in medicine.

Dr. Seto began her presentation with the story of Margaret Ann Bulkley, the first known female doctor. With help from her relatives, Bulkley disguised herself as a man in order to attend medical school and lived her entire adult life under the pseudonym James Barry. After graduating from medical school in 1812, Bulkley joined the army as a surgeon. During her army career, she reorganized medical care with a strong emphasis on public health, improved diet and hygiene standards, and eventually attained the rank of Inspector General of Military Hospitals, the highest medical rank in the British Army. Her true identity as a woman was not revealed until after her death.

Another woman included in Dr. Seto's presentation was Elizabeth Blackwell, MD, the first American female doctor. Dr. Blackwell, who obtained her medical degree in 1849, established the New York Infirmary for Women and Children (now the New York-Presbyterian/Lower Manhattan Hospital) and helped establish the London School of Medicine for Women. Dr. Steto also mentioned Rebecca Lee Crumpler, MD, the first African American female doctor. Dr. Crumpler, who obtained her medical degree in 1864, wrote one of the first medical publications by an African American, titled *Book of Medical Discourses*. ■

Below: Dr. Belinda Seto during her Grand Rounds presentation. Opposite page: Dr. Janine Clayton with Mildred M.D. Olivier, MD '88, Assistant Dean for Diversity and Learning Environment and professor of ophthalmology.



Alumni Research: Virtual Reality Models and the Future of Surgery

Shoaib Safiullah, MD '16, has developed a study using virtual reality technology in medical settings, aiming to improve the way surgeons approach complex kidney surgeries.

In the year since he graduated from CMS, **Shoaib Safiullah**, MD '16, has been working as a research fellow in the Joseph & Carol Reich Leadership and Innovation Fellowship Training (LIFT) program at the University of California, Irvine, developing virtual reality projects that could have real-life impacts on surgery techniques in the field of urology and beyond.

Dr. Safiullah is studying the use of virtual reality (VR) as a way to augment medical imaging for planning kidney surgeries. He hopes that by using VR imaging in addition to computed tomography (CT) imaging, surgeons will be able to understand the three-dimensional relationships between essential structures better than if they used CT imaging alone. This process would help surgeons avoid unexpected blood vessels, minimize damage to normal tissue, and reduce the overall risk to patients.

Dr. Safiullah is using this study design for two projects addressing

different medical problems involving the kidneys. The first project, "Evaluation of Virtual Reality Renal Models as Educational and Preoperative Planning Tools for Partial Nephrectomy," pertains to the surgical treatment of kidney cancer. The second project, "Evaluation of Virtual Reality Renal Models as Educational and Preoperative Planning Tools for Percutaneous Nephrolithotomy," pertains to the surgical treatment of large kidney stones.

"I had an interest in game design and virtual reality," Dr. Safiullah said, "and I wanted to see how I could take those interests and combine them with my interest in surgeon/patient education – and in particular within urology, my specialty."

After spending nearly five months developing the protocol for the study, Dr. Safiullah began creating the VR models for patients presenting with large kidney stones or kidney tumors who had consented to participate in the study. He creates the models, which

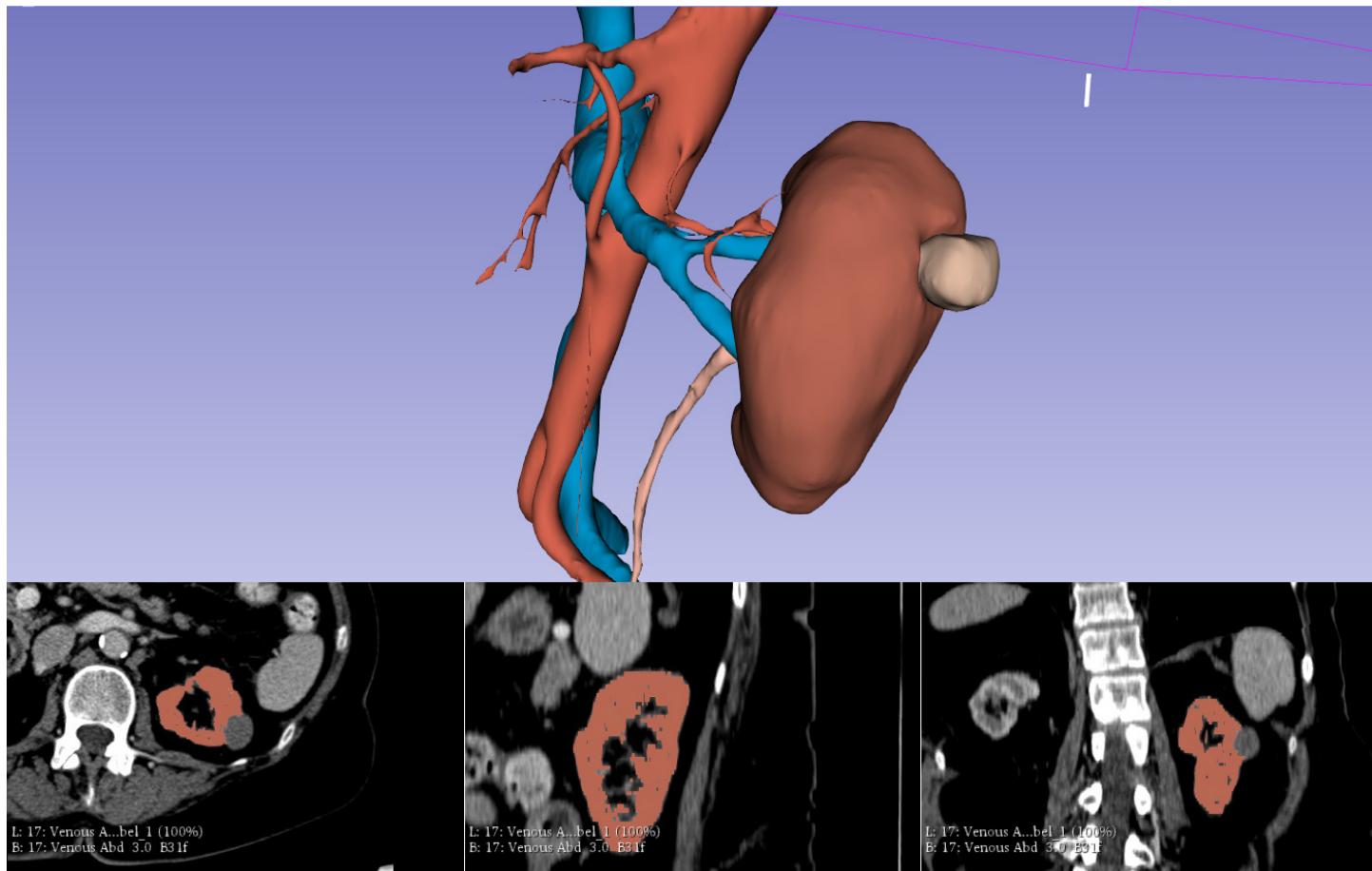


Figure 1

are unique for each patient, by taking a patient's CT scans and converting the images to 3D models using specialized design software called 3D Slicer. The result is a segmented model which separates each element – the veins, the arteries, the tumors or stones, and the kidney tissue – so they can be viewed individually or as a composite (see Figures 1 and 2). The segmented model is then imported into an Oculus Rift headset, a head-mounted virtual reality system that completely immerses the wearer within the VR display.

If this process proves to be fully functional, Dr. Safiullah says, it could have a widespread impact on the way surgeons prepare for complex surgeries, the way medical students and residents are taught, and even the way patients are educated about their conditions. Patients who are in need of a partial nephrectomy surgery to remove a tumor typically have no symptoms at all, so they often do not understand why they need a major surgery. Seeing their own anatomy in an intuitive, immersive environment can help them understand why their doctor is recommending the surgery.

"I hope to continue developing this innovative technology to change how we learn," said Dr. Safiullah. "This project addresses how we teach our patients and how we train the future generation of surgeons." ■

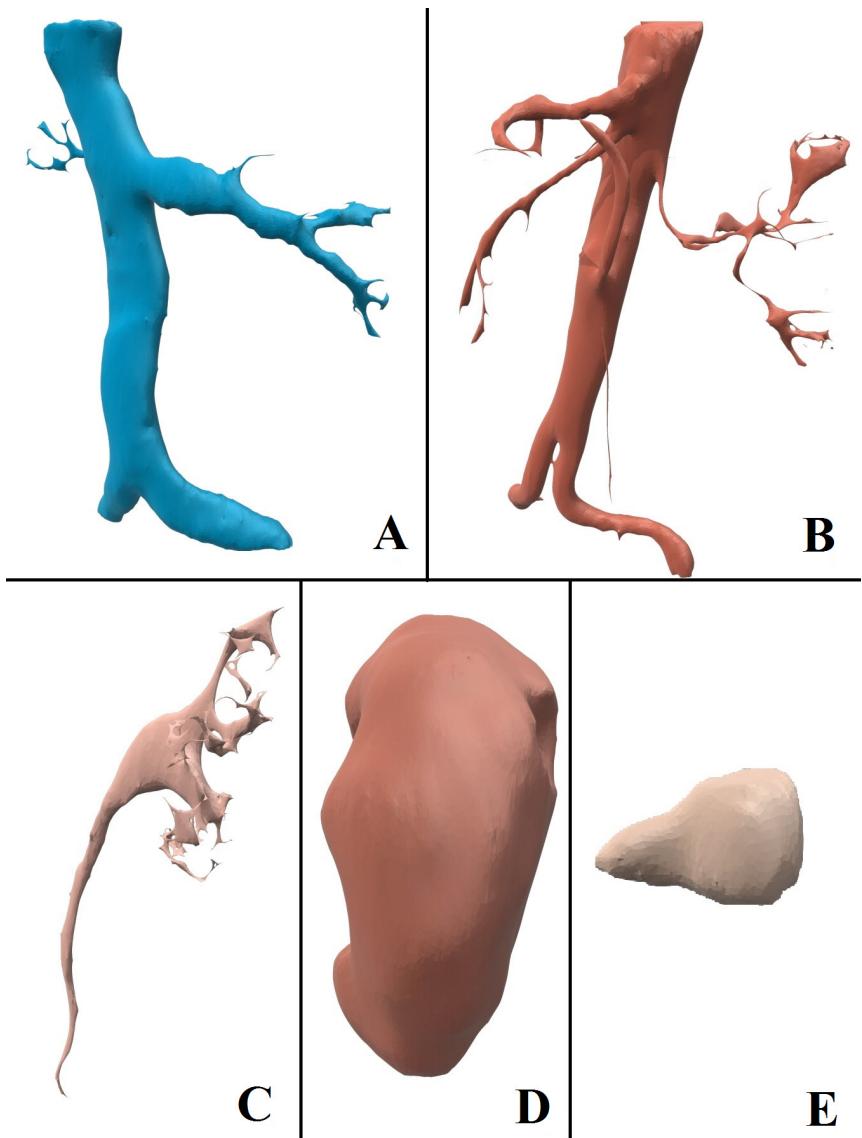


Figure 2

Figure 1: An example of image segmentation for model rendering. **Figure 2:** Rendered structures; A) Venous; B) Arterial; C) Collecting System; D) Kidney; E) Mass. **Right:** Shoaib Safiullah, MD '16 (far right, in black) watches as Ralph Clayman, MD, views one of Dr. Safiullah's models through a virtual reality headset at the University of California, Irvine.



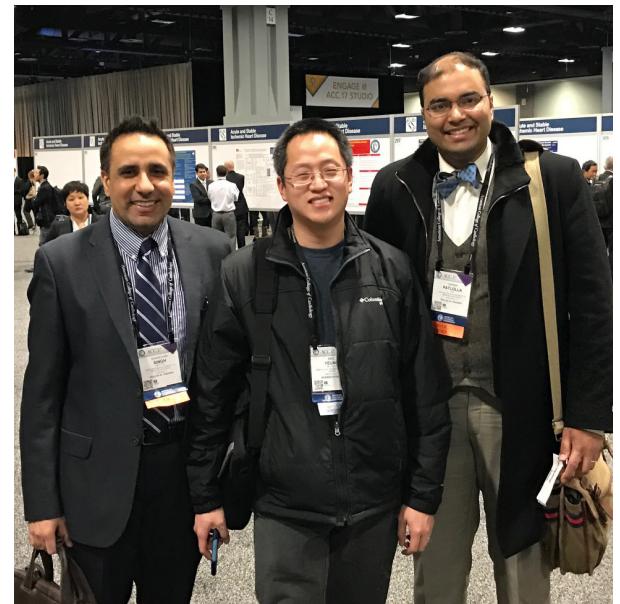
Resident & Fellow News

American College of Cardiology Conference

Harish Patlolla, MD, CMS cardiology fellow at Mount Sinai Hospital, presented research at the 2017 American College of Cardiology conference, held March 17–19 in Washington, DC. Dr. Patlolla's presentation, titled "Effect of Hospital Intervention on Smoking Cessation 30 Days After Admission for Acute Coronary Syndrome," explored whether patients who receive in-hospital counseling from a physician about the health risks caused by smoking are more likely to quit than patients who only receive a pamphlet.



Sukhchain Singh, MD, CMS cardiovascular medicine fellow; Rohit Arora, MD, professor of medicine; Harish Patlolla, MD, CMS cardiology fellow; and Amandeep Dhillon, MD, CMS internal medicine resident.



Dr. Sukhchain Singh; Eric Yeung, MD, clinical assistant professor of medicine; and Dr. Harish Patlolla.

Welcome, New Residents!

FHCC Internal Medicine Residency Class of 2020



Zaid Abood



Waseem Ahmed,
MD '14



Raghda Al Anbari



Alaa Alsakaty



Amrit Bhaskaria



Taryn Fernandes,
MD '16



Adam Kedzia



Edgar Davila



Gagandeep Grover



Ali Hamoudi



Kumar Nadipalli



Raval
Veeramachaneni



Nadiia Marenich



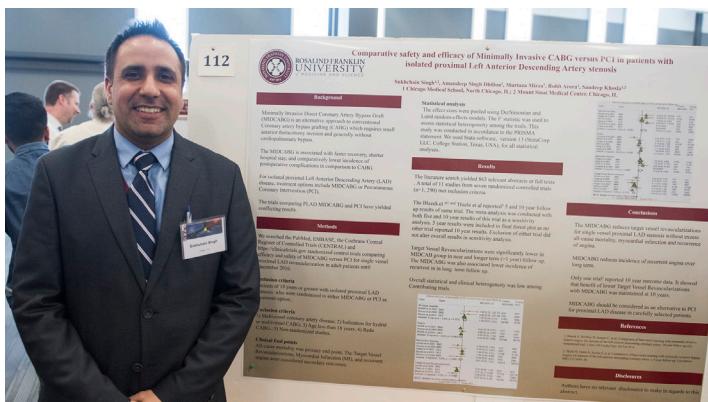
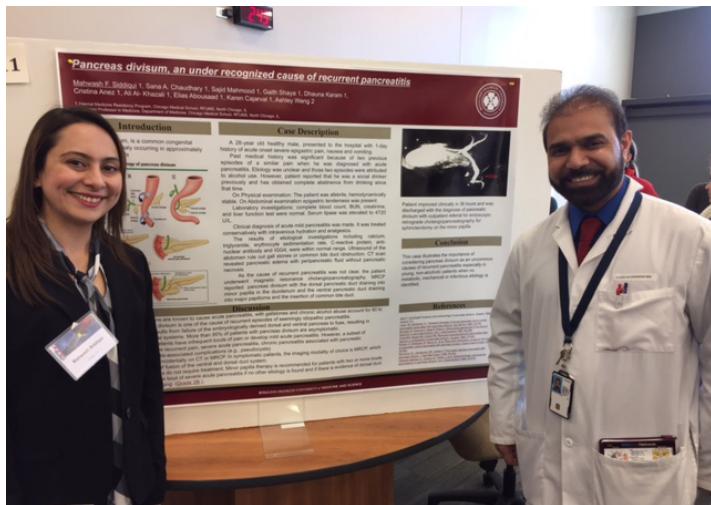
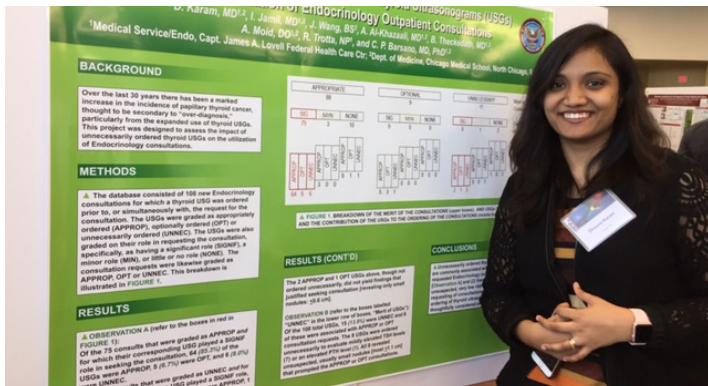
Mohammed
Nasaruddin

Centegra Internal Medicine

Resident & Fellow News

All School Research Consortium

Internal medicine residents and fellows presented their research at RFU's Annual All School Research Consortium (ASRC) on March 15th (see page 3).



Clockwise from top left: Dhauna Karam, MD, internal medicine resident, with her poster titled "The Impact of Unnecessarily Ordered Thyroid Ultrasonograms (USGs) on the Utilization of Endocrinology Outpatient Consultations." Mahwash Siddiqui, MD, and Sajid Mahmood, MD, both internal medicine residents, with their poster titled "Pancreas Divisum: An Under-Recognized Cause of Recurrent Pancreatitis." Sukhchain Singh, MD, cardiovascular medicine fellow, with his poster titled "Comparative Safety and Efficacy of Minimally Invasive CABG vs. PCI in Patients with Isolated Proximal Left Anterior Descending Artery Stenosis."

Residency Class of 2020

FHCC Psychiatry Residency Class of 2021



Karam Khaddour



Dipesh Ludhwani



Elie Crystal



Jennifer Harkey



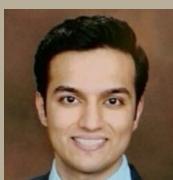
Ahmed Maki



Diego Marin



Theodora Pappa



Belaal Sheikh



Deepa Nadella



Nishaan Nagarakanti



Jackie Rajani



Bikram Sharma

School & Department News

Awards & Accomplishments



Diane R. Bridges, PhD '14, MSN, RN, CCM, associate professor, associate dean of interprofessional and distance education at CMS, along with colleagues from the DeWitt C. Baldwin Institute for Interprofessional Education and DePaul University, recently received a \$4,000 grant from The Association for Prevention Teaching and Research - CDC

Interprofessional Prevention Education Institute Evaluation Subgrants Program. The grant will be used to provide faculty and students caring for patients at the university's Interprofessional Community Clinic with medical Spanish interpretation training and bilingual patient education materials.

Jun-Yong Choe, PhD, associate professor of biochemistry and molecular biology, was awarded a two-year, \$124,800 grant from Scripps for his research study "The role of spin genes in autophagy and lifespan in *C. elegans*."



Kristina Doytcheva, CMS '17, has been selected to receive a 2017 Excellence in Public Health Award from the United States Public Health Service (USPHS) Physician Professional Advisory Committee. This award recognizes medical students who are involved in public health issues in their community. The award will be presented by a Public Health Service Officer during this year's RFU Awards Ceremony on June 1.

Lise Eliot, PhD, was recently promoted to professor with tenure in the Department of Neuroscience. Dr. Eliot has been a member of the CMS faculty since 2002, and she is currently the course director for the first-year Medical Neuroscience course.



Zak Ritchey, CMS '18, won a Trainee Research Prize in the medical student category at the Radiological Society of North America (RSNA) 2016 Scientific Assembly and Annual Meeting, held in Chicago on November 27. Mr. Ritchey received the award for his research, "Age-Associated Hippocampal Volume Changes in Pediatric Arterial Ischemic Stroke," which he presented at the conference.



On March 31, **Marina E. Wolf**, PhD, professor and chair in the Department of Neuroscience, received the 2017 Career Achievement Award from the Chicago chapter of the Society for Neuroscience at the chapter's 2017 Annual Scientific Meeting.

This award recognizes chapter members who have made outstanding contributions to advance neuroscience education and research.

Dr. Wolf also recently received a four-year, \$2 million grant from the National Institutes of Health for her research study "Glutamate receptor plasticity underlying incubation of methamphetamine craving."

School & Department News

Joseph Yoon, CMS '18, won the American Academy of Neurology (AAN) Medical Student Prize for Excellence in Neurology. This award recognizes excellence in clinical neurology and is awarded to graduating medical students who show great promise for a career in neurology.



Elsa Kurien



Paula Taylor

Congratulations to **Elsa Kurien**, MA, MEd, director of graduate medical education and continuing medical education, and **Paula Taylor**, Essentials of Clinical Reasoning (ECR) course coordinator, for the awards they received at the 2017 Annual Staff Awards! Ms. Kurien received the Outstanding Performance Award and Ms. Taylor received the Unsung Champion Award. And congratulations to our other staff members who were nominated for awards: **Anandita Ghosh**, research associate in the Department of Microbiology and Immunology; **Laurie Lonicki**, faculty appointment

administrative coordinator in the Department of Clinical Sciences; **Daisy Martinon**, MSc, research assistant in the Department of Cellular and Molecular Pharmacology; **Fiona McMahon**, MEd, assistant director of student affairs and education; and **Jacqueline Valkanet**, coordinator for clinical training.

The following CMS students, all CMS '20, were recently elected to the 2017 Executive Officer Board of the Interprofessional Clinic Initiative (ICI):

Claire Ziemba, president

Noor Siddiqi, vice president

Sally Ladsaria, executive officer of the interprofessional panel

Sean Tubridy, executive officer of medical informatics

Rob Loanzon, executive officer of clinical operations

Cherilyn Acorda, executive officer of standards and safety

Estefan Beltran, executive officer of community outreach

Sarah Guistolisi, executive officer of public relations

Emily Fioramonti, executive officer of finance

The 14 members of the Executive Officer Board are the primary leaders of the Interprofessional Community Clinic (ICC). They help coordinate efforts between the university, RFU Health Clinics, the DeWitt C. Baldwin Institute, and ICC students.



Claire Ziemba



Noor Siddiqi



Sally Ladsaria



Sean Tubridy



Rob Loanzon



Cherilyn Acorda



Estefan Beltran



Sarah Guistolisi



Emily Fioramonti

School & Department News

Presentations & Publications



Neil Bradbury, PhD, professor of physiology and biophysics, published the chapter "CFTR and Cystic Fibrosis: A Need for Personalized Medicine" in the book *Ion Channels and Transporters of Epithelia in Health and Disease*, published by the American Physiological Society. Dr. Bradbury's chapter has received more than 600 downloads, making it the most downloaded chapter in the book.

Lise Eliot, PhD, associate professor of neuroscience, along with students **Dhruv Marwha** and **Meha Halari**, both CMS '18, co-authored the paper "Meta-Analysis Reveals a Lack of Sexual Dimorphism in Human Amygdala Volume," published in the December 2016 volume of the journal *NeuroImage*.

Morgan Gilmour, CMS '19, recently published a book titled *Keeley*. This book, based on medical research and spiritual research into gender identity conditions, is a fictional account of a child growing up with gender dysphoria in a Latter-Day Saint family, and the father's search for scientific and spiritual answers for his beloved child. Mr. Gilmour designed this book to help the conservative, religious population approach gender identity in a new way.



Dr. Lin Lu

On March 10, **Lin Lu**, MD, PhD, assistant professor and clerkship co-director of psychiatry, along with students **Zak Ritchey**, **Amol Mehta**, and **Xiao Huang**, all CMS '18, presented at an education workshop in Gurnee, IL. The workshop, titled "Child

Psychopharmacology for Anxiety, Depression and ADHD," was attended by an interprofessional crowd, including psychologists, therapists, social workers, teachers, and school administrators

Marion E. Wolf, MS '72, and **Aron Mosnaim**, PhD, professor of cellular and molecular pharmacology and adjunct professor of psychiatry and behavioral sciences, published a peer reviewed letter to the editor titled "Baclofen-Induced Manic Symptoms: Case Report and Systematic Review" in the January/February issue of *Psychosomatics*. They also published a book chapter titled "B-Phenylethylamine-Class Trace Amines in Neuropsychiatric Disorders: A Brief Historical Perspective" in *Trace Amines and Neurological Disorders: Potential Mechanisms and Risk Factors* (Academic Press, 2016). Dr. Mosnaim and Ms. Wolf also gave a presentation, "Mania Associated with the Use of Baclofen," at the 2016 U.S. Psychiatric & Mental Health Congress, held October 21- 24 in San Antonio, Texas.



Emmanuel Njoku, MBBS, assistant professor of medicine, and **Njideka Oguejiofor**, CMS '17, co-authored the article "Intra-Abdominal Actinomycosis Mimicking Malignant Abdominal Disease," published in the February 19 issue of *Case Reports in Infectious Diseases*.



Dr. J. Amiel Rosenkranz

J. Amiel Rosenkranz, PhD, associate professor, **Jaime Vantrease**, PhD, postdoctoral fellow, and **Mallika Padival**, research assistant, all in the Department of Cellular & Molecular Pharmacology, co-authored the article "An Intra-Amygdala Circuit Specifically Regulates Social Fear Learning," published online in the journal *Nature Neuroscience*.

School & Department News

On March 9, **Henry Sackin**, PhD, professor and vice chair in the Department of Physiology and Biophysics, presented his work in progress titled "Inward Rectifier K Channel Gating."



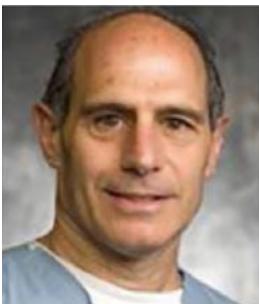
Events

On January 27, the Rural Health Interest Group sponsored a student panel on the Billings Clinic, a clinical site in Billings, MT. **Autumn and Daniel Montville**, both CMS '18, shared experiences from their completed rotations.



Autumn Montville during the panel

On March 10, Chicago Medical School sponsored a Transgender Healthcare Mini-Symposium, presented by two CMS faculty members. **Frederic Ettner**, MD '75, family and preventive medicine lecturer, discussed transgender primary care, and **Loren Schechter**, MD, associate professor of surgery, discussed gender confirmation surgery.



Dr. Frederic Ettner



Dr. Loren Schechter

On March 1, the Family Medicine Interest Group organized a simulation lab where students performed a history and physical on a patient in a simulated case study of abdominal pain.



Students examine the "patient" in the simulation lab.

Other News

Starting July 1st, 2017, the Department of Nutrition will move from the College of Health Professions to Chicago Medical School. This change is in line with the new curriculum's increased emphasis on health and wellness.

The Liaison Committee on Medical Education (LCME) has approved Chicago Medical School's proposal for a new curriculum! We are still on schedule to implement the new curriculum in fall 2018. This accomplishment represents the combined efforts of many faculty, students and staff throughout the university. ■

Around Campus



On World Hijab Day (Feb. 1), RFU students, faculty and staff donned a hijab to promote understanding and solidarity in the RFU community. This event was sponsored by the Muslim Student Association.



Aaron Nehamkin, Collin Hanson, and Michiko Paschall, all CMS '19, perform in the the annual Red Lantern Show, a celebration of cultural acts from across Asia.



Preston Cannady Jr., MD, FACP, professor of medicine and program director for the internal medicine residency program at Centegra, gives a grand rounds lecture on "Community Acquired Pneumonia."



Student performers pose after the annual Black History Month Show, held on February 4. With this year's theme, "It's A 90's Thing," students paid homage to the music, sitcoms, and fashion of the 1990s. This event was sponsored by the Student National Medical Association (SNMA), the Student National Pharmaceutical Association (SNPhA), and the Student National Podiatric Medical Association (SNPMA).

We want to hear from you!

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



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CHICAGO MEDICAL SCHOOL