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COM Outlook June 2001

College of Osteopathic Medicine

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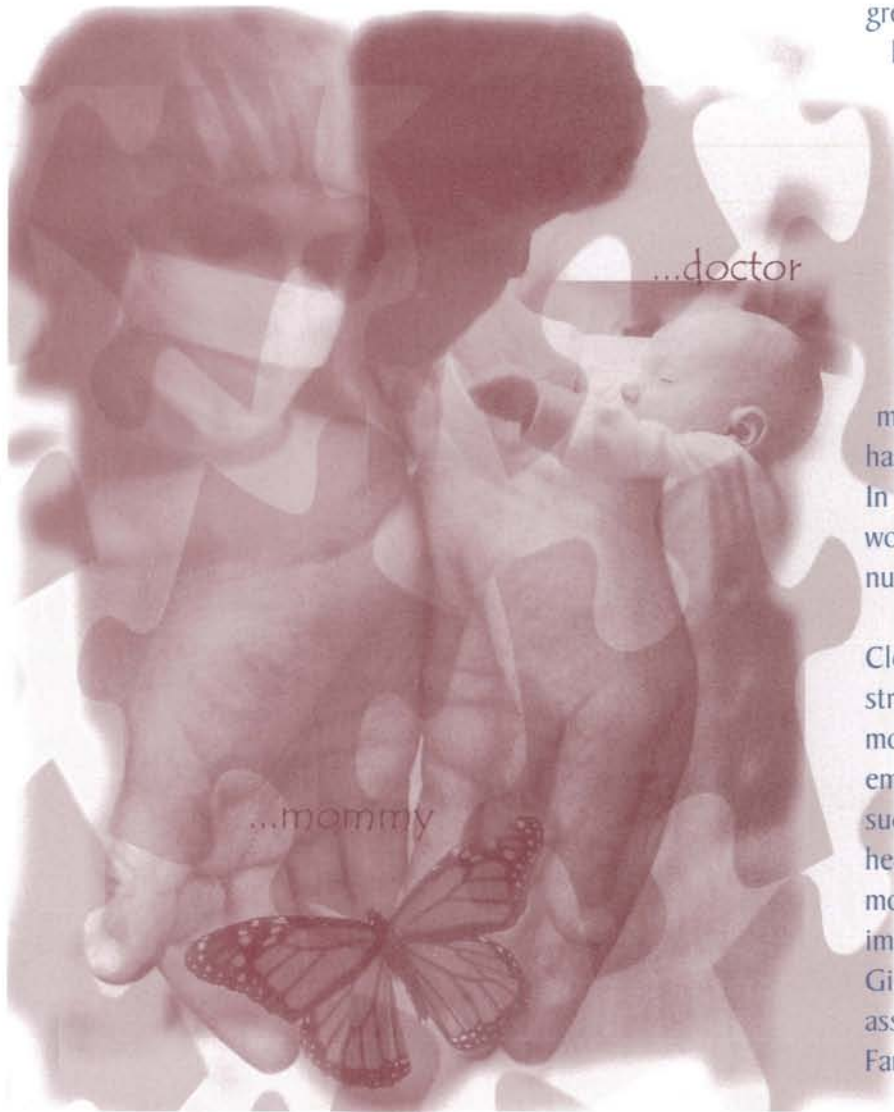
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Motherhood and Medicine: An Emotional Juggling Act

By Scott Colton

Director of Education Communications

As recently as the 1960's, women's roles in American society were fairly well defined, with members of the so-called "weaker sex" serving as an iconic mix of happy homemakers and family nurturers. The television landscape echoed that sentiment, as programs like *The Donna Reed Show* and *Leave it to Beaver* portrayed mom as a cookie-baking, house-cleaning figure whose sole aim was to cheerily greet her husband and children when they returned home from work and school.



Then came the powerful Women's Liberation Movement of the late 1960's and early 1970's that galvanized the nation and forever changed the way women were viewed—and the way they viewed themselves. According to recent U.S. Bureau of Labor Statistics, the proportion of women who work while they are married and during most of their mothering years has risen dramatically over the past four decades. In 1960, approximately 30 percent of married women comprised the workforce; today, that number has more than doubled to over 65 percent.

Clearly, women have made tremendous professional strides. But the demands of balancing marriage, motherhood, and career have created new and emotional challenges for those who strive to successfully juggle all facets of their increasingly hectic lives. The situation can be prickly enough for moms who work traditional nine-to-five jobs, so imagine the stress involved for a physician like Elisa Ginter, D.O., a mother of four who serves as assistant professor in NSU-COM's Department of Family Medicine.

Dean's Message

As the class of 2001 prepares to march boldly into the medical landscape, I felt it was an appropriate time to reflect on the changing curriculum and how it affects our graduates. Medical education is undergoing tremendous inspection internally as we strive to increase the dependability on outcomes as a measure and take the needs of the patients and their quality of life into a greater role within the physician/patient relationship. Coupled with the increasing science technology, it is clearly becoming a greater challenge for each class to meet the higher, more demanding standards.

It seems there is something new to learn and assimilate every day as medicine moves forward genetically and molecularly coupled with drugs becoming more complex. Technological advancements in both surgical and non-surgical areas are occurring on a continuum, and the desire for greater expediency in regard to obtaining results places additional demands on today's physician.

In addition, there are national challenges being posed in regard to graduate medical education (GME) funding. We all understand the vital importance of GME, which allows physicians to become competent in their craft before they go into practice. It's been a time-honored tradition that students, interns, and residents worked very closely with physicians in the care of patients and learned the ways to handle the intimacies and the technical difficulties involved in various procedures by participating with physicians. But that's becoming increasingly difficult because of new federal guidelines that limit a student's involvement with patient care.

Still, this brave new world is not such a bad place. It's not at all like the sad environment Aldous Huxley wrote about in his novel, coincidentally titled *Brave New World*. To me, medicine is still the noblest of the professions because physicians have the ability to intervene in people's lives and drastically improve a patient's quality of life. Our

students certainly epitomize all that is right with the medical profession based on their increased involvement in various local, national, and international humanitarian efforts and the upsurge in undergraduates pursuing dual degrees such as the master of public health degree.

Over the years, our students have showcased both a desire and a willingness to outreach to those in need as exemplified by our students paying their own expenses and participating in medical missions to Guatemala, Haiti, and Jamaica. On a continuum, they can be found donating their talents—and their weekends—at various health fairs and programs throughout the South Florida area, where they provide health screenings to individuals who frequently have little access to medical care. And then there are our student organizations like Sigma Sigma Phi, which are creating innovative projects like the DOctor's Bag Program to educate underserved children and make a positive difference in people's lives.



Despite the challenges our graduates will inevitably confront, they have been well prepared to focus on the positive aspects of medicine, such as creating a greater impact on quality of life and to work with patients in maintaining wellness. The medical horizon looks brighter all the time with the advent of gene therapy and DNA modification, which will lead to a cure for many life-threatening diseases. Today, we treat hypertension, we treat diabetes, we treat thyroid disease. With gene therapy, we may be able to remove the disease. The world is changing, and that is what makes life so interesting. It's not the sameness in life that makes you want to get up in the morning; it's the excitement of what today may bring.

A handwritten signature in cursive script that reads "Anthony J. Silvagni, D.O.".

Anthony J. Silvagni, D.O., Pharm.D.
Dean

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COM OUTLOOK

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The demands of balancing marriage, motherhood, and career have created new and emotional challenges for working women who strive to successfully juggle all facets of their increasingly hectic lives. In this revealing and poignant interview, Drs. Barbara Arcos, Camille Bentley, Elisa Ginter, and Sandi Scott-Holman share their experiences and extend advice to the next generation of female medical practitioners.
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Chancellor Morton Terry, D.O., Celebrates Significant Milestone

On March 23, Chancellor Morton Terry, D.O., whose vision and fortitude resulted in the birth of a South Florida medical education mecca called the Health Professions Division at Nova Southeastern University, notched a significant milestone when he reached the ripe young age of 80. To commemorate the occasion, over 200 of his closest friends, colleagues, family members, and business associates gathered at the Grand Palms Ballroom in Pembroke Pines, Florida, to applaud Dr. Terry and celebrate a life well-lived.



The Auxiliary to the Florida Osteopathic Medical Association recently made a \$1,500 contribution to support the Sigma Sigma Phi Xi Chapter's Doctors Bag Program, which was designed to alleviate fears of underserved children as they relate to seeking health care and create a better understanding of pediatric medical equipment.

On March 9, the Student Osteopathic Medical Association coordinated the Third Annual Faculty/Student Reception at the Sunrise Hilton in Sunrise, Florida. The event, which consisted of several informative lectures and discussions, centered on the theme "Geriatrics for the Student, the Clinician, and the Family." The three keynote speakers and their topics of choice were:

- Charlotte Paolini, D.O. - Geriatrics: Myths and Facts
- Bob Charmin - Jumping Geriatrics: Living Life to the Fullest
- Kate Callahan, Ph.D, M.P.A. - End of Life Care: What You Need to Know

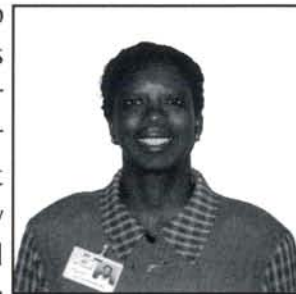


Charlotte Paolini, D.O.

Robert Ben Mitchell, D.O., a 1997 NSU-COM alumnus, recently opened a Miami Beach-based practice specializing in general medicine and pain management. His aim is to combine prescription medications with osteopathic manipulative medicine, acupuncture, therapeutic massage, dietary training, and exercise to produce a multidisciplinary, holistic treatment program tailored to the needs of those with chronic pain.

On April 6, the NSU-COM Area Health Education Center (AHEC) Program hosted a Health Resources and Services Administration (HRSA) Regional Workshop at the HPD campus. The meeting brought together HRSA representatives from the Atlanta Field Office and HRSA grant recipients from throughout the AHEC South Florida region to facilitate enhanced communication and provide a stimulus for future networking and funding project activities. Attendees included representatives from various NSU-HPD colleges and programs, Florida Atlantic University, regional community health centers, North Broward Hospital District, and other health care provider grantees.

Evelyn G. Walker, M.B.A., who spent the past seven years working as a programmer analyst/data archivist for the Center for Human Resource Research at Ohio State University, recently joined the NSU-COM professional staff in the role of director of data coordination and analysis.



Evelyn G. Walker, M.B.A.

Nova Southeastern University received yet another lofty accolade when it was named as one of the finest colleges in the United States in a publication entitled *The Best 201 Colleges for the Real World*. U.S. colleges and universities were evaluated in five summary areas:

- Opportunity for the general student body to get into and pay for college
- The relative success of previous classes in graduating in a timely manner
- The commitment made by the institution to develop career opportunities
- The overall college experience
- Recent market response to the college or university

NSU-COM's Sigma Sigma Phi Xi Chapter earned some much-deserved acclaim for its innovative D.Octor's Bag Program, which was named as the "Best Service Project" in *Florida Leader* magazine's 12th Annual Best of Florida Schools issue.

In March, Health Professions Division faculty and students participated in the City of Plantation's Senior Fest, where they performed health screenings and distributed patient education materials to the attendees.

Pictured (from l) are M-3 students Dan Brandenstein, James Roach, and Yu Huynh; Eric Beaudette, medical assistant, Sanford L. Ziff Health Care Center; Anjali Noble, D.O., assistant professor, Department of General Internal Medicine; Charlotte Paolini, D.O., chair of the Division of Geriatrics; and Nancy Gonzalez, director, Health Professions Division Rehabilitation Facility.



On April 18, the class of 2003 announced its Teacher of the Year selections and presented appreciation awards to Larry Newbree, M.S., director of student services, and Myint Myint Aye, M.B.B.S., director of systems. The M-2 students chose Kathleen M. Khin, M.B.B.S., and Maung M. Khin-Aung, M.B.B.S., to receive the Full-Time Faculty Award, while H. Murray Todd, M.D., was selected as Best Visiting Professor of the Year. The NSU-COM Student Government Association also revealed that Kasey Nelson, M-2 class vice president, was voted Student D.O. of the Year.



*Myint Myint Aye,
M.B.B.S.*

On April 25-26, approximately 90 students from William Dandy Middle School in Fort Lauderdale got their first exposure to osteopathic medicine when they visited NSU-COM and were taken on an interactive tour of the various labs housed throughout the Health Professions Division. During the field trip, the curious youngsters tried on various surgical clothing and were taught how to listen to their heartbeats and apply basic manipulative medicine techniques.

Osteopathic Facts and Figures

- D.O.s are one of the fastest growing segments of health care providers. By the year 2020, over 80,000 osteopathic physicians will be in practice in the U.S.
- More than 64 percent of all D.O.s practice in the primary care areas of family practice, internal medicine, obstetrics/gynecology, and pediatrics.
- D.O.s represent 6 percent of the total U.S. physician population and 8 percent of all military physicians.
- D.O.s represent 15 percent of physicians in small towns and rural areas.
- Each year, more than 100 million patient visits are made to D.O.s.

Research Recognized with Burnell Student Research Awards

In April, three industrious NSU-COM second-year students were selected to receive the inaugural Dr. S. Kenneth Burnell Student Research Awards, which were created in December 2000 when Dr. Burnell donated \$50,000 to NSU-



Featured at the presentation ceremony are Darren J. Sommer, S. Kenneth Burnell, Ph.D., John E. Sheppard, and Brian A. Bianco.

COM as an endowment to provide awards for student research protocols. John E. Sheppard, Brian A. Bianco, and Darren J. Sommer, the deserving awardees, were recognized for their work on bronchial gland hypertrophy in status asthmaticus. Their poster presentation, which previously earned the trio first-place honors at the Eastern-Atlantic Student Research Forum, has received nationwide acclaim from a variety of sources. The student trio also was invited to showcase its work at the 42nd Annual National Student Research Forum at the University of Texas Medical Branch in Galveston.

COM Outlook is sad to report that Glenn Bailey, D.O., a 1998 NSU-COM alumnus, passed away in February.

Hospital Day Activities Educate Students

In March, NSU-COM coordinated its annual Hospital Day, which affords first, second, and third-year students an opportunity to meet with representatives from various hospitals throughout the United States regarding future rotation, internship, and residency possibilities. Over 300 students attended Hospital Day, which attracted representatives from several dozen U.S. hospitals and organizations.



NSU-COM Consortium for Excellence in Medical Education



Palmetto General Hospital



Sun Coast Hospital



Ohio University College of Osteopathic Medicine

NSU-COM Hosts Osteopathic Heritage Health Policy Institute



Melvin Herring, Jr., director, Office of Equal Opportunity and Minority Health, Florida Department of Health; NSU-COM Dean Anthony J. Silvagni, D.O., Pharm.D.; Judith Edinger, M.S.Ed., program coordinator, Osteopathic Heritage Policy Institute; Steven Zucker, D.M.D., M.Ed., NSU-COM associate dean for community affairs and AHEC Program director; and Bruce Dubin, D.O., J.D., associate dean for information and planning, Ohio University College of Osteopathic Medicine.

In February, the NSU-COM AHEC Program, hosted twelve fellows from various osteopathic colleges and organizations throughout the United States for a three-day assembly that focused on cultural diversity and the implications of public health policy on disenfranchised populations. The participants visited NSU as part of the Osteopathic Heritage Health Policy Fellowship Program, which is designed for osteopathic physicians who are preparing for leadership roles in the profession

and positions of influence in health policy.

Program graduates join a cadre of health policy experts, which the profession can then draw from to staff committees and task forces at the federal and state levels, testify on issues relevant to osteopathic medical education, and develop policy positions. Over 20 HPD administrators, faculty, and staff contributed to the success of the weekend gathering along with personnel from the Florida Department of Health.



Larry Cherry, D.O.; Adela Gonzalez, M.P.A., vice president for strategic affairs, University of North Texas Health Sciences Center; Dr. Silvagni; Trudy Milner, D.O.; Paul Bruner, D.O.; Meredith Davison, Ph.D.; Alfred Phelry, Ph.D.; Bruce Dubin, D.O.; and Amanda Weaver, M.B.A.

Student Excellence Honored with Terry Scholarships



Pictured at the awards ceremony are (from l): Morton Morris, D.O., J.D., vice chancellor and deputy provost, Health Professions Division; Andrew Clark; Stanley Simpson, D.O., associate professor, Department of Family Medicine; Morton Terry, D.O., chancellor, Health Professions Division; and Adam Grunbaum.

In 1999, the Matthew A. Terry Scholarship Endowment was established to honor first and second-year medical students who epitomize virtues such as scholastic excellence, service to the school, empathy, and congeniality. This year's deserving honorees are Adam Grunbaum (M-1) and Andrew Clark (M-2). The award, which was the brainchild of the Department of Family Medicine, serves as a fitting tribute to students who embody the true spirit of an osteopathic practitioner.

An Academy Award-like atmosphere surrounded the March 26 presentation ceremony, mainly because the winners' names were not revealed until the event's conclusion. This year's honorees also received a \$450 cash award. Previous scholarship recipients were Yvette Klein and Uri Goldberg in 1999 and Chirag Shah and Lily Limsuvanrot in 2000.

Founding Dean Arnold Melnick, D.O., Honored at FOMA Convention

Arnold Melnick, D.O., founding dean of the College of Osteopathic Medicine, was honored with the Florida Osteopathic Medical Association's (FOMA) Lifetime Achievement Award at its 98th Annual Convention, held February 22-25 at the Hyatt Regency Pier Sixty-Six in Fort Lauderdale. Dr. Melnick, who served as NSU-COM dean from 1980 through 1989, was cited for playing a major role in the establishment of the College of Osteopathic Medicine and the other five schools that comprise the Health Professions Division at Nova Southeastern University.

The FOMA accolade was just the latest in a string of achievements Dr. Melnick has amassed throughout his eminent 56-year career, which includes 12 distinguished service awards, 10 organizational presidencies or chairmanships, 5 fellow designations, and 3 national honor lectures, including the American Osteopathic Association's Still Memorial Lecture in 1987.

Another symposium highlight was the NSU-COM Alumni Association reception, which attracted a diverse array of graduates and dignitaries. Pictured below are some of the individuals who stopped by the alumni reception.



Marcelino Oliva, D.O., FOMA legislative chairman; Arnold Melnick, D.O.; and Howard Neer, D.O., associate dean, Office of Alumni Affairs.



Isidro Pujol, D.O., Alumni Association president, class of 1994; Jeffrey Grove, D.O., Alumni Association president-elect, class of 1990; Dianna Silvagni, J.D.; Dean Anthony J. Silvagni, D.O., Pharm.D.; James Zini, D.O., president-elect, American Osteopathic Association; and Tamer Gozleveli, D.O., Alumni Association past president, class of 1987.



Joseph Stasio, residency program director; Gregory James, D.O., class of 1988; Lawrence Jacobson, D.O., associate dean for medical education; and Leonard Levy, associate dean, Office of Education, Planning, and Research.



William Silverman, D.O., immediate past president, Florida Osteopathic Medical Association; Robert Oller, chief executive officer, NSU's health care centers; Immacula Hamilton, administrative secretary, Office of Alumni Affairs; Morton Morris, D.O., J.D., vice chancellor and deputy provost, Health Professions Division; and Daniel McBath, D.O., Alumni Association past president, class of 1990.



A trio of 1992 NSU-COM graduates gathered for a commemorative photo: Ana Hernandez, D.O., Jean Dauphin, D.O., and Camille Bentley, D.O., interim chair, Department of Family Medicine.

Prevention Theme Pervades Tobacco Cessation Project



During the small-group sessions, NSU-COM staff and faculty members served as facilitators to assist the students with any questions. Facilitators featured in the photo gallery are Daniel Shaw, Ph.D.; Debra Cohn Steinkohl, M.H.S.A.; Paula Anderson-Worts, D.O.; Rita Silverman, M.P.S.; Leonard Levy, D.P.M., M.P.H.; Joseph Stasio, D.O.; Daniel Barkus, D.O.; Camille Bentley, D.O.; and Stanley Simpson, D.O.



In April, NSU-COM's Area Health Education Center (AHEC) Program coordinated the inaugural Tobacco Prevention and Cessation Project, which was offered to all M-I students. Through this initiative, 12 hours of preventive health instruction were provided by utilizing a variety of modalities, including group instructional technology in patient-oriented problem solving modules. The program also featured a day of community service in various Broward County middle-school classrooms, which impacted approximately 7,000 youths.

M-I students met in small groups to discuss tobacco use, the pharmacology of smoking, dependence/addiction, smoking prevention, and cessation techniques.

Camille Bentley, D.O., Receives Stuey Award



Camille Bentley, D.O., the "Julia Roberts of NSU-COM", cradles her well-deserved Stuey Award.

On April 24, Camille Bentley, D.O., brought additional esteem to the College of Osteopathic Medicine when she was honored as "Co-curricular Advisor of the Year" at the NSU Student Life Achievement Awards held at the Broward Center for the Performing Arts in Fort Lauderdale, Florida. Dr. Bentley, who serves as interim chair of the Department of Family Medicine, was one of five NSU-COM faculty members and students nominated for the prestigious "Stuey" Awards, which serve as a celebration of NSU's best in leadership, scholarship, service, integrity, commitment, involvement, and responsibility.

Other worthy NSU-COM nominees included:

- Academic Dean of the Year - Anthony J. Silvagni, D.O.
- Administrator of the Year - Steven Zucker, D.M.D., M.Ed.
- Professor of the Year - Ken Johnson, D.O.
- Student of the Year - Jeffrey Lebensburger
- Graduate Organization of the Year - D.O.C.A.R.E.



The "Fab Five" proudly display their nomination certificates at the awards ceremony. Pictured (from l) are: Jeffrey Lebensburger; Ken Johnson, D.O.; Anthony J. Silvagni, D.O., Pharm.D.; Dr. Bentley; and Steven Zucker, D.M.D., M.Ed.

Drs. Greiff, Noble Awarded Kenyon Cancer Grants



Two nieces from the Kenyon family graciously participated in the awards presentation. Pictured (from l) are Anjali Noble, D.O., Barbara Arbuckle, Diana Pattison, and Jeffrey D. Greiff, M.D.

On April 11, Anjali Noble, D.O., assistant professor in the Department of General Internal Medicine, and Jeffrey D. Greiff, M.D., clinical assistant professor in the Department of Family Medicine, received the first Kenyon Primary Care Cancer Research Awards, which were presented at a special ceremony held in the Terry Building. The endowment, which will be accorded annually, allows NSU-COM faculty to pursue vital cancer research in the primary care discipline. The award, totaling \$20,000 this year, is named as a posthumous tribute to Franklin Kenyon and Francis Kenyon Angeski.

Dr. Noble's winning proposal centered on "Breast Cancer Awareness of Female Prison Inmates." Her study, which will comprise 100 female inmates in the Florida correctional system, will target:

- Overall awareness of female prison inmates regarding risk for breast cancer.
- Whether female inmates perform breast self-examination.
- The frequency of receiving breast cancer services prior to and during incarceration.
- Whether female inmates understand and value breast cancer prevention programs and mammography.
- Factors that predict compliance with health recommendations.

Dr. Greiff's study will focus on "Recognition and Pharmacological Intervention for Depression in Cancer Patients in Primary Care". Objectives include:

- Assessing the prevalence of clinical depression in a cancer population in the primary care setting.
- Evaluating the degree to which cancer patients seek and/or accept professional treatment for depression.
- Measuring the effectiveness of pharmacological therapy for depression in cancer.
- Testing a newly derived instrument for psychological distress in cancer patients.



Kenneth Johnson, D.O.

In March, Kenneth Johnson, D.O., who serves as director of NSU's Women's and Children's Center and assistant professor in the Department of Obstetrics and Gynecology, was one of the experts quoted in a *Washington Post* article concerning "Women and Yeast: A Sensitive Subject."



Morton Morris, D.O., J.D.

During the Florida Osteopathic Medical Association's (FOMA) 98th Annual Convention, held February 22-25 at the Hyatt Regency Pier Sixty-Six in Fort Lauderdale, a number of NSU-COM faculty members took time out of their busy schedules to share their expertise with the conference participants. Morton Morris, D.O., J.D., presented a session on "Risk Management," while Arnold Melnick, D.O., discussed the topic "Domestic Violence and Child Abuse." Frederick Lewis, D.O., imparted data on "Teen Suicide," while Drs. Barbara Arcros, Lou Hasbrouck, Max Gilbert, James Fotopoulos, James Cox, and Arthur Snyder presented OMT workshops on "Counter Strain and Muscle Energy Techniques."



James Cox, D.O.

James Cox, D.O., assistant professor in the Department of Osteopathic Principles and Practice, was one of the experts interviewed for an article that appeared in the *South Florida Sun-Sentinel* on the diminishing use of cortisone in relation to sports injuries.



Alan Morrison, D.O.

In February, Alan Morrison, D.O., assistant professor in the Department of General Internal Medicine, provided two insightful and entertaining seminars on "Sexually Transmitted Diseases" for NSU's Department of Athletics Health Education. Dr. Morrison's humorous approach to presenting information on sexual responsibility was subsequently highlighted in an article entitled "Condoms, Condoms, Condoms" in NSU's newspaper *The Knight*. Over the past several

months, Dr. Morrison also established an inpatient internal medicine teaching service at Broward General Medical Center, attended the Governor's Diabetes Advisory Council Quarterly Meeting in Tampa, Florida, and participated in the Consortium for Excellence in Medical Education Meeting held in Fort Lauderdale, Florida. He also was appointed team physician for the Nova Southeastern University Department of Athletics.

Fred Lewis, D.O., who has served as chair of the Division of Psychiatry since 1996, is in the process of completing a series of national presentations for The Dannemiller Memorial Education Foundation and Purdue University. Additionally, over the past six months, Dr. Lewis has been a featured speaker at The Medical College of Georgia, The University of Louisville, and the Florida Osteopathic Medical Association. He also presented the keynote address at the Tennessee State Psychiatric Society Convention and spoke at events in North Carolina and Orlando.



Michael Patterson, Ph.D.

Michael Patterson, Ph.D., assistant chair and professor in the Department of Osteopathic Principles and Practice, contributed a chapter to a recently released textbook entitled *Model Systems and the Neurobiology of Associative Learning: A Festschrift in Honor of Richard F. Thompson*. Dr. Patterson's chapter targets "Classical Conditioning of Spinal Reflexes: The First Seventy Years." In April, Dr. Patterson traveled to Portugal to present several lectures to French and Portuguese osteopaths at the Lisbon Autonomous University. The course, organized by Angelo Lucas, D.O., was part of a series of postgraduate lectures given to an audience of about 20 European osteopaths. Dr. Patterson presented material on osteopathic manipulative techniques, the historical background of osteopathic medicine, and the neurophysiology of somatic dysfunction. The course participants spend four days a month over a three-month period to gain experience and master advanced osteopathic techniques that can be incorporated into their practices.

Debra Cohn Steinkohl, M.H.S.A., administrative director of the Interdisciplinary Generalist Curriculum (IGC)

Program, served as lead or co-author of three articles that appeared in the April 2001 supplement of *Academic Medicine*. Ms. Steinkohl was principal writer of the article entitled "The Interdisciplinary Generalist Curriculum Project at Nova Southeastern University College of Osteopathic Medicine" and co-authored "What Did We Learn about Early Clinical Experience?" and "How Did We Make the Interdisciplinary Generalist Curriculum Project Work?"



A. Alvin Greber, D.O.

In April, A. Alvin Greber, D.O., professor and chair of the Department of Internal Medicine, delivered a lecture on "Congestive Heart Failure Update" at the annual convention of the Association of Military Osteopathic Physicians and Surgeons in Las Vegas, Nevada.

NSU-COM is pleased to welcome two new faculty members to the osteopathic team. On May 1, Edward Packer, D.O., assumed the position of chair of the Department of Pediatrics; on May 3, Ronnie Martin, D.O., took over the reigns as chair of the Department of Family Medicine. Dr. Packer, who spent the past 20 years serving as chairman of the Department of Pediatrics at Mesa General Hospital in Arizona, earned his D.O. degree from Philadelphia College of Osteopathic Medicine in 1976. Prior to joining NSU-COM, Dr. Martin served as chairman of the Division of Primary Care at the Tower Clinic at Des Moines University Medical Society. He received his D.O. degree from Oklahoma State University College of Osteopathic Medicine in 1979.

Arnold Melnick, D.O., the founding dean of the College of Osteopathic Medicine, recently received the Certificate of Merit from the



Arnold Melnick, D.O.

Philadelphia College of Osteopathic Medicine Alumni Association, which reads, "In recognition of noteworthy contributions made to the Philadelphia College of

Osteopathic Medicine and the osteopathic profession, thus serving the welfare of the community and public health of our nation."

Alumni Association Executive Committee

2001-2002 Officers

Isidro Pujol, D.O., President - Class of 1994
 Jeffrey Grove, D.O., President Elect - Class of 1990
 Kenneth Johnson, D.O., Vice President - Class of 1991
 Robert Klein, D.O., Secretary - Class of 1991
 Glenn Moran, D.O., Treasurer - Class of 1988

Past Presidents

John Geake, D.O., President - Class of 1993
 Tamer Gozleveli, D.O. - Class of 1987
 Michael Gervasi, D.O. - Class of 1987
 Orlando Garcia, D.O. - Class of 1994
 Daniel McBath, D.O. - Class of 1990

Committee Chairmen

Jeffrey Grove, D.O. - Program Chair
 Daniel McBath, D.O. - Fundraising Chair
 Tamer Gozleveli, D.O. - Webmaster
 Michael Gervasi, D.O. - Editor

Upcoming Events

(For additional NSU-COM related information regarding the following events, please call (954) 262-1029 or e-mail immacula@nova.edu.)

Florida Society ACOFP Annual Convention

July 25-28, 2001

Hyatt Grand Cypress in Orlando, Florida
 An alumni reception will be held at this event, so please refer to the program for specific time and place. For hotel and convention information, call the FSACOFP.

The FOMA 2001 Mid-Year Seminar

September 14-16, 2001

Hyatt Regency Westshore in Tampa, Florida
 An alumni reception will be held at this event. Please refer to the program for specific time and place.

106th Annual AOA Convention and Scientific Seminar

October 21-25, 2001

San Diego Convention Center in San Diego, California
 An alumni reception will be held at this event. Please refer to the program for specific time and place.

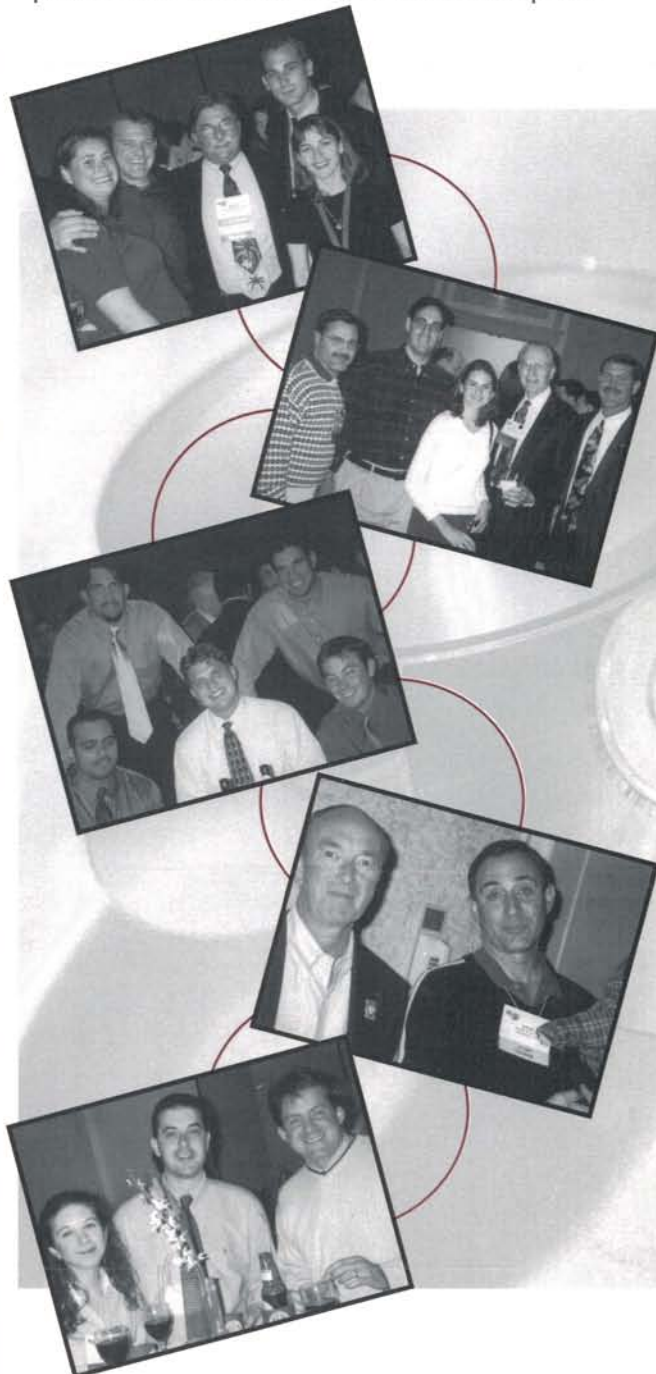
Alumni Web Page: <http://medicine.nova.edu>

Join our Listserv!

(listserv@list.nova.edu or nsucom_alumni@list.nova.edu). We are encouraging all alumni to post their addresses on Listserv to build an Internet directory. You may also access Listserv at the Alumni Web Page by clicking on the "Join Our Listserv" link.

Fun the Focus at ACOFP Alumni Reception

Approximately 100 NSU-COM students, alumni, faculty, and family members enjoyed an evening of camaraderie at the NSU-COM Alumni Reception, which was held in conjunction with the American College of Osteopathic Family Physicians (ACOFP) Annual Convention at the Pennsylvania Convention Center in Philadelphia March 27-April 1. Pictured below is a gallery of photos from the NSU-COM Alumni Reception.



In the spring of 1999, NSU-COM launched an alumni-based fundraising effort to generate dollars that would be used to create an endowment fund to reduce future tuition costs for NSU-COM students and produce a funding pool that would be utilized for discretionary purposes as determined by the Alumni Association Executive Committee. If you would like to learn more about the Alumni Association Fund, please contact the Office of Alumni Affairs at (954) 262-1029.

Following are the altruistic individuals who have contributed to NSU-COM's Alumni Association Fund since its inception:

Heritage Circle - represents donors who will make a significant deferred gift to the college via life-insurance policies, inheritances, or trusts. Additionally, friends of the osteopathic profession may choose to honor a D.O. by contributing to the fund. When this occurs, the contributors and the honoree will be appropriately acknowledged in the honor roll.

Chancellor's Council (\$5,000 or more)

Dean's Council (\$1,000-\$4,999)

\$2,000 Contributors

John Geake, Jr., D.O.

Jeffrey Grove, D.O.

\$1,000 Contributors

Tamer Gozleveli, D.O.

Gregory James, D.O.

500 Club (\$500-\$999)

Kenneth Johnson, D.O.

Isidro Pujol, D.O.

Joel Rush, D.O.

Stanley S. Zimmelman, D.O.

250 Club (\$250-\$499)

Joseph Corcoran, D.O.

Tyler Cymet, D.O.

Armando L. Hassun, Jr., D.O.

Robert Klein, D.O.

Gregory Serfer, D.O.

John H. Potomski, Jr., D.O.

Century Club (\$100-\$249)

Michael Baron, D.O.

Kenneth E. Bresky, D.O.

Charles Chodorow, D.O.

Richard Cottrell, D.O.

Alan David, D.O.

Bruce David, D.O.

John Gordon, D.O.

Thomas Green, D.O.

Jennifer Hayes, D.O.

Sharon Johnston, D.O.

Frances M. Mally, D.O.

Century Club (continued)

Merideth Norris, D.O.

Mitchell Pace, D.O.

Ronald J. Renuart, D.O.

Robert Sammartino, D.O.

Theodore A. Spevack, D.O.

Donald Teplitz, D.O.

Friends (\$99 or less)

John G. Allred, D.O.

Deirdra Bergman, D.O.

Andrew Biondo, D.O.

Alice F. Blavo, D.O.

David Brown, D.O.

Nai-li Chen, D.O.

Christopher Davis, D.O.

Maria Ruiz Harris, D.O.

Joseph Hodge, D.O.

James D. Landreau, D.O.

Steven and Carolyn Newman, D.O.

Hue Nguyen-Ngo, D.O.

██████████
 Lourdes Pelaez-Echevarria, D.O.

Marcos Rejtman, D.O.

Susan Sager, D.O.

Patrick Sayavong, D.O.

Lawrence Schwartz, D.O.

Sandi Scott-Holman, D.O.

Stuart Shalit, D.O.

Cindy S. Marika Srebnick, D.O.

Richard Thacker, D.O.

Linda Tripodis-Murray, D.O.

Todd Trites, D.O.

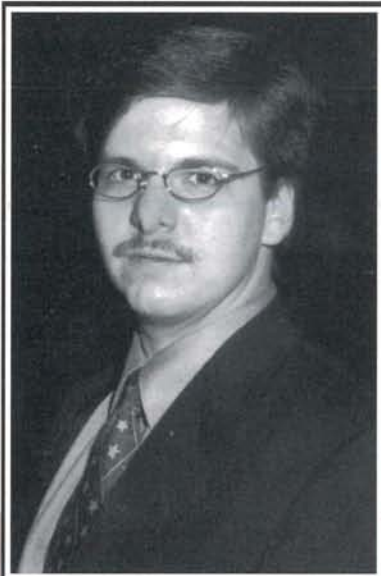
Alumni Spotlight

Isidro Pujol, D.O. - Class of 1994

President

Alumni Association Executive Committee

Isidro Pujol, D.O., the newly elected president of the NSU-COM Alumni Association, is a gentleman who knows how to achieve results without calling much attention to himself or his accomplishments. "Dr. Pujol is a very quiet, serious-minded man who is intensely interested in the practice of medicine and the osteopathic profession," said Howard Neer, D.O., professor and associate dean of the Office of Alumni Affairs. "He gets things done and will be a major asset to the Alumni Association of NSU-COM in his role as president."



Isidro Pujol, D.O.

Dr. Pujol, or "Izzie" as he is known to his friends, was born in New York and relocated to Florida at the age of six. After graduating as valedictorian of his senior high class at Champagnate High School in Miami, Dr. Pujol attended the University of Miami, where he obtained a bachelor of science degree and gained valuable experience when he worked for three years in a research program targeting diabetes mellitus. His affinity for medicine eventually led him to Nova Southeastern University College of Osteopathic Medicine, where he obtained his D.O. degree in 1994.

After completing his internship at Palmetto General Hospital, Dr. Pujol pursued a productive internal medicine residency at Mount Sinai Medical Center of Miami Beach, where he subsequently launched an internal medicine specialty practice with Federico Justiniani, M.D., the institution's longtime director of medical education. Dr. Pujol, who is certified by the American Board of Internal Medicine, also enjoys a thriving personal life with his wife, Raquel, and their three children—Nicholas, 6, David, 4, and Gabriella, who has yet to reach her first birthday.

Dr. Pujol's interest and expertise in medical education was kindled during his residency training at Mount Sinai, where the interns voted him Resident of the Year in 1996. Over the past five years, he has continued to indulge his passion for teaching osteopathic medical students, interns, and residents at Mount Sinai. Dr. Pujol is a member of the American Osteopathic Association, American College of Physicians, American Medical Association, Florida Osteopathic Medical Association, Florida Medical Association, Dade County Medical Association, and the Cuban Osteopathic Medical Association.

He currently serves as president elect of the Mount Sinai Medical Center Pan American Conference and has lectured as an adjunct professor on renal pathophysiology at the University of South Florida Institute for Instructional Research and Practice. Dr. Pujol also served as a consultant for and authored many of the questions featured in the Florida Foreign Licensing Exam and has volunteered for many Caribbean educational and medical care programs.

Dr. Pujol, who seeks to stimulate greater interest and more active participation by the alumni in the college and its various activities, should have no problem accomplishing his goals based on his prior successes as an Alumni Association officer. "When he served as program chair of continuing medical education for our 2000 alumni reunion, Dr. Pujol got things done in his usual, quiet, efficient manner and produced a very smooth-running, informative program that was enjoyed by all the attending alumni," stated Dr. Neer. "I know his performance as NSU-COM Alumni Association president will be just as outstanding."

"I have tremendous guilt because I get home late and there isn't much time to split between four children when you arrive home after 7:00 p.m.," admitted Dr. Ginter, whose children range in age from 7 to 16. "You're tired and hungry, and then you have one child who wants you to read to him and another who wants you to help him do his homework. I go grocery shopping between 9 and 11 at night several times a week. So I'm wiped out. And sometimes at 1:00 in the morning I'm typing things on the computer, which upsets my husband, Bernardo, who sometimes feels that enough is enough."

It is indeed a dicey dilemma for today's crop of working mothers who desire both career and personal fulfillment but also must contend with society's long-entrenched idea that it's the woman's role to cook and clean and raise the children. "It's not just doing what you traditionally feel you're obligated to, which is raising a family, providing for your husband in certain ways, or putting food on the table," explained Camille Bentley, D.O., interim chair of the Department of Family Medicine who has a 16-year-old son named Erik. "It's the idea of creating a home, not just a house."

Dr. Ginter reiterated Dr. Bentley's sentiments, adding that, "Society does believe that women should do it all. We have this idea that we are supposed to be at home and work and make a living and cook and clean. It's in my personality to not do for myself but to do for others. My husband calls me Superwoman, but I do get overwhelmed."

Sandi Scott-Holman, D.O., who gave birth to her first child, Emmy, last September, has experienced a flood of divergent feelings as she has struggled to merge professional ambition with overwhelming maternal emotion. "It's very hard to leave for work in the morning when you see that little face looking at you," admitted Dr. Scott-Holman, associate medical director at NSU's Sanford L. Ziff Health Care Center. "I'm carrying Emmy around the house, trying to dry my hair, and getting ready to be here for an important meeting. And then I feel guilty because I can't run home for lunch to be with her. I love the work I do at the clinic, but every day I say the same thing to myself, that life outside of here is more important, that Emmy's more important."

The guilt Dr. Scott-Holman harbors is especially palpable, mainly because she often sees herself as an absentee mother. "I normally get home around 7:00, and by then it's time for Emmy's bath and bottle. By 7:30 she's asleep for the night, so

what am I spending with her, 30 minutes a day?" explained Dr. Scott-Holman as she fought back tears. "My husband is a pilot, so I'm what you might consider a single parent three to four days a week. I'm fortunate that we have a full-time live-in nanny to help raise Emmy. Because I'm basically a single parent half the year, live-in help becomes really important."

Dr. Ginter, who eventually hired a live-in assistant Monday through Friday, empathized with Dr. Scott-Holman on the need to seek outside assistance in regard to raising children but also issued a cautionary warning to women in similar predicaments. "You always worry about who is watching your child," stressed Dr. Ginter. "I went through so many situations. I tried everything from traditional day care to depending on neighbors who were frequently watching more than one child. I remember picking up my son Daniel from a woman's house where she was providing day care for six children. When I walked in I heard a big boom and soon discovered that Daniel had fallen down the stairs off his walker. And I didn't even know where the woman was, which was extremely upsetting."

"Unfortunately, you never know what kind of care your child is receiving," added Dr. Ginter. "You don't know if your child is going to sit in a crib all day or if he is actually getting attention. You also worry about all the bad habits he could pick up and come home with. It ended up that the best situation for us was to have someone come in and live with us."

Dr. Bentley, whose husband David works at home, has the luxury of depending on her spouse to provide perpetual hands-on support to their son Erik. Yet she admits that having live-in help would provide welcome respite to her harried existence. "I wish I could afford to have a live-in person to keep the house going, someone I could depend on to do the laundry and the shopping and cooking every night," she admitted. "When I get home my husband is usually with Erik at hockey practice. I'm tired and it's late. And I feel guilty because it's too late to cook dinner. And then I feel guilty that if there's no milk in the house it's my fault, even though they can certainly go to the store and get it. I always feel like it's up to me to keep the house fully stocked with what they need so if I'm not there they can cook for themselves and not have to eat out all the time."

"I want to do more for my family, but I just don't have any reserves of energy most of the time," she added. "I meet them at the hockey rink when I can, but it's always a case of us going

in separate cars. Sometimes I feel guilty because Erik's in a public school and not a private school. Lots of times I feel I'm not giving him the attention he should have because my career is so demanding. I love working at the college, but this is a very demanding career. You have to constantly be producing, creating, and performing. I even work when I go home, and I frequently get up in the middle of the night because I always have new ideas to jot down. I'm constantly thinking about work, to the point where my family is not really my first priority, and I feel guilty about it. It is a tough juggling act. I know how difficult it must be for our husbands to put up with us. I've often kidded around with David and said, 'You need a wife. And guess what? So do I.'

Balancing career, marriage, motherhood as well as your own personal needs also can exact an exhausting—and potentially hazardous—toll as Dr. Bentley discovered late one night during her residency training. "When I came home this particular night my husband informed me that Erik was complaining of a severe stomachache. I went to check on him, and the poor kid was bending over in the bed and suffering from extreme right lower-quadrant pain," she tearfully recalled. "It was about 11:00 p.m. and my husband thought Erik was doing it just to get attention. Selfishly, because I was so tired, one part of me wondered if he was suffering from appendicitis while the other side of me was thinking, 'Oh, it's 11:00 at night. If you take him to the emergency room he will be there all night.' I was exhausted and had to get up early for work, so I gave him Tylenol and told him to go to bed. I sent him to school the next morning, but he ended up in the emergency room with what turned out to be a colon obstruction. I will never forget that because I was so tired, I actually risked my own child's life."

Barbara Arcos, D.O., assistant professor in the Department of Family Medicine, understands the tradeoffs that must be made to reach the highest rungs on the career ladder. But the divorced mother of 11-year-old Nicholas says raising her child takes precedence over all other personal and professional concerns. "I'm kind of unique because I've actually said to the administration here at NSU-COM that my son is more important, and if that hurts my career, then so be it," stressed Dr. Arcos, who was married for 17 years. "As much as my career is extremely important, my son has always been more important, which is why I've been willing to make sacrifices that have held me back professionally."

It's a tough call, knowing when to put your family's needs ahead of your own and vice versa. In many instances, the normal circumstances of life dictate when—or even if—any spare time can be utilized to indulge a working mom's own favorite pastime. "Being so busy, it's tough to find time for your own hobbies or interests," stated Dr. Bentley. "I'm not talking about having your nails done once in a while; I'm talking about hobbies like gardening or exercising. You need to have an outlet besides work and family. I had a very strong Catholic upbringing, so I joined the choir in my church. And every Wednesday night I leave work after I finish up my meetings and go straight to church."

For Dr. Ginter, the demands of raising four children who all still live at home leave little time for strictly pleasurable pursuits. "I love to write poetry and play the guitar and piano. However, as far as doing things for myself, there just isn't any time," she admitted. "I know I need to do something for myself, and sometimes I feel cheated. But I know my kids need whatever spare time I have available. You know how my kids communicate with me? They know I'm a doctor, and they know they can get attention from me by saying they have a backache or a sore neck. So I never know if they're really sick or just looking for attention. And I feel really guilty when that happens because I know it means I'm not spending enough quality time with them. A lot of times at night they'll ask if they can bake with me. And even though I'm wiped out, I'll make cookies with them because it's a bonding activity we can do together that they enjoy."

Unlike the others physicians interviewed for this article, Dr. Arcos' mindset toward raising her son is decidedly different, a fact which can be attributed in part to her being a divorced mother who is responsible for being the primary emotional and financial support system for Nicholas. "There are a lot of things I would have liked to have done in my career in the past few years, but I can't do them and do justice to my son," she said. "His dad does not play a big role in his life anymore, so I try to fill the void. He plays in Little League, and in the four years since the divorce, I've only missed two games because of work commitments. I put Nicholas first, then my patients and students, and then my career."

"I do a lot of work at home, but I don't let it interfere with Nicholas," stressed Dr. Arcos, who teaches Clinical Practicum 3 and 4 and imparts osteopathic principles and practice (OPP) techniques to the M-1 and M-2 classes. "It is hard for me

because I don't think many people truly understand how difficult it is to be a single parent. It's not until you have every single responsibility for years that you realize how tough it is dealing with a son, his health, the house, the constant bills, and problems with the car. There's nobody to turn to, which makes it very, very difficult."

Still, despite the challenges and everyday stresses that come with juggling disparate roles as mother, wife, doctor, and teacher, the physicians interviewed wholeheartedly agree their lives have been enriched by meshing motherhood and medical career. "I love every one of my children. They are absolutely wonderful," stressed Dr. Ginter. "And probably of everything that makes me the happiest, it's the kids. If I would die tomorrow, I know that I've done some good things and

enhanced the lives of my patients and students, but it's my children who are most important."

Dr. Arcos, whose devotion to her son supercedes all other concerns, summed up her feelings best by sharing a profound incident that validated all the sacrifices she had made over the years. "Nicholas always does extremely sweet things for me, but one night he totally surprised me after I made him dinner," she recalled. "He thanked me, which he normally does. But then he came over and took my face in both hands and said, 'Mom you're like a beautiful rose.' I don't know where that came from or where he heard the phrase, but it's things like that that mean everything to me. I can look back at the time I've already spent with my son and have absolutely no regrets because I know I have given him everything."

Working Moms Impart Insightful Advice

When it comes to offering pragmatic advice to the next generation of female osteopathic practitioners, Drs. Arcos, Bentley, Ginter,



*Elisa Ginter, D.O.,
Camille Bentley, D.O., and
Sandi Scott-Holman, D.O.*

and Scott-Holman stress there is no perfect scenario in terms of balancing career, marriage, and motherhood. However, because these four physicians possess a combined 65 years of experience in the marriage, medicine, and motherhood amalgam, each has a distinct viewpoint to pass along.



*Clockwise from left are
the Villanueva family,
comprising Bernardo,
Elisa, Daniel, Joshua,
Eli, and Alana.*

Dr. Ginter -

"You need to be accepting of situations. You can't always look for as much perfection as most doctors look for. If you're looking for perfection you will always be unhappy. You need to share and talk with your spouse ahead of time before you have kids and discuss how you can divide the workload."



*Dr. Barbara Arcos
with son Nicholas.*

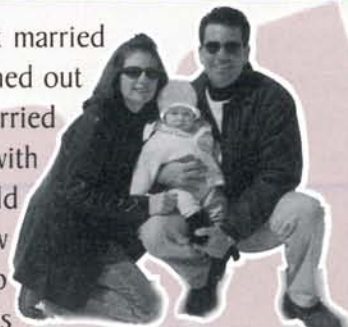
Dr. Arcos - "A number of women students have asked me about this very issue. And my advice is there is no perfect time to have children. There's always a barrier. Something may happen to your marriage or you may have a parent come to live with you who is in declining health. Another important consideration is the age factor because the difference between raising a child when you're 24 as opposed to 38 is considerable."



Dr. Bentley with husband David and son Erik.

Dr. Bentley - "If you're young and right out of college, I think if you want to be a physician, you need to work on your career first and get your schooling over with before you consider having children. Establish yourself and then have children, or make a conscious decision whether or not to have them at all. Put yourself in a situation financially where you can afford to get the help you need, be it a nanny or a live-in housekeeper."

Dr. Scott-Holman - "Things change as you go through different stages of life. I almost married someone when I was 20, but it didn't work out. I thank God every night that things turned out the way they did. I finished medical school and went through residency before I got married and started a family. It wasn't planned to work out that way. You do need time together with your husband to establish a marital relationship. If I could tell someone what to do, I would say wait until you're finished with medical school and residency. It also depends on how old you are when you enter medical school. Things are never going to be perfect. You also have to discuss how the husband feels if he doesn't make an equivalent salary. Regardless of what a man will say, it is a self-esteem issue. Men need to feel like they're the providers."



Dr. Sandi Scott-Holman with daughter Emmy and husband Brent.

Student Organization of the Month "American Medical Student Association (AMSA)"

*By Scott Colton
Director of Education Communications*

The American Medical Student Association (AMSA) is the oldest and largest independent association of physicians in training in the United States. Founded in 1950 to provide medical students an opportunity to participate in organized medicine, AMSA began under the auspices of the American Medical Association. Effective in 1960, the association refocused its energies on the problems of the medically underserved, inequities in the U.S. health care system, and related issues in medical education.

Today, AMSA is a student-governed, national organization comprising over 30,000 medical and premed students, interns, and residents from all sectors of the country who are committed to representing the concerns of physicians in training. The NSU-COM chapter of AMSA, which was founded in the mid-1990's, took little time to establish itself as an active organization in terms of its involvement with the national body. Currently, over 75 percent of NSU's College of Osteopathic Medicine's M-2 class are affiliated with AMSA,

while the M-1 class membership rate stands at 60 percent.

"Many of our members have gone on to be the regional trustee of Region 7, which encompasses most of the southeast," said Erik Lowman, who serves as president of the NSU-COM chapter. "Last year we hosted the regional workshop, which involves the areas east of Texas and south of Virginia. We had over 150 students from all over the country attend the workshop, which was very exciting."

The weekend conference—entitled "Dealienating the Physician: Immigrant Health Issues"—covered a range of incisive topics, including Practical Approaches to Communicating Across Cultures, Pursuing a Public Health Career, Connecting Community Service and Public Health Through AMSA, and Migrant Health Issues in Academic Medicine.

The educational aspects of AMSA also are illustrated by the ever-evolving activities that are being coordinated on a

continuum. "Last fall we started a monthly medical ethics roundtable lunch," said Lowman. "We have faculty team up with about four or five students and they have a case, which they discuss at length. Then each group shares its thoughts with the other groups. I'm happy to say we had a really nice turnout from both faculty and students. We've also teamed up with SOMA (Student Osteopathic Medical Association) to sponsor an alternative medicine club. To date, we've had speakers come in and talk about acupuncture. We also invited a midwife and a hypnotherapist to share their experiences with the students. From a faculty viewpoint, Dr. Elaine Wallace is doing a three-part series on spirituality in medicine."

In January, Lowman and 60 of his AMSA peers teamed up with the University of Miami School of Medicine to provide health care screenings at the Florida Keys Health Fair, which was held at sites in Marathon, Big Pine Key, and Key West. Over 1,000 patients who normally have no access to health care services were screened and treated for various ailments. "We tend to see a number of medical conditions that should have been diagnosed and treated a long time ago," explained Lowman, who witnessed an unexpected benefit from collaborating with the allopathic medical students. "They were truly impressed with our clinical skills, so I think it's definitely a good thing for M.D. students to work with D.O. students, just so they can see how proficient we are as a profession."

THE NSU-COM chapter of AMSA also cosponsors an annual student-faculty symposium that serves as a forum for discussing issues facing physicians in the 21st century. This year's gathering, entitled "Kaleidoscope 2001: The Other Side of the Mirror," was held in April at Tropical Acres Restaurant in Hollywood and centered on three intriguing themes:

- Music Therapy and the Geriatric Patient - Charlotte Paolini, D.O.
- Laser Ablation of Breast Cancer - Robert Donoway, M.D.
- The Clinical Approach to the Trans-gender Patient - Elisa Ginter, D.O.

Lowman, an M-2 student who plans to practice integrative medicine, says he was drawn to AMSA because of its liberal approach to medicine. "Because I want to go into integrative medicine, which means incorporating alternative techniques into my practice, I knew AMSA would be a good fit for me," he explained. "The most important thing about AMSA is its politics. Medical school can be a fairly conservative environment, and AMSA really advocates and celebrates diversity. We don't heal people as physicians; we facilitate healing. And so much of medicine now doesn't do that. Even in my limited experience, people get better who shouldn't, and people who should don't. There are things going on in the body that we can't even pretend to understand."

NSU-COM AMSA Chapter Officers

President - Erik Lowman

National Liaison - Erika Gromelski

Vice Presidents - Tal Klatchko, John Tole

Secretary - Dal Takahashi

Treasurer - Ben Chin



*John Tole, Ben Chin, Erika Gromelski,
Erik Lowman, and Dai Takahashi.*

Lawrence Jacobson, D.O., Makes an Indelible Mark in Medical Education

By Scott Colton
Director of Education Communications



Lawrence Jacobson, D.O.

Throughout a prolific osteopathic medical career that spans four decades, Lawrence Jacobson, D.O., NSU-COM associate dean for medical education, has amassed one of the most extensive backgrounds of all active osteopathic college administrators. The scope of his educational credentials, which includes vast experience in curriculum development and implementation as well as the establishment of progressive clinical teaching programs, has earned the respect of his peers locally and nationwide.

However, were it not for a well-timed epiphany that occurred during his undergraduate studies, Dr. Jacobson may well have become a world-renowned architect or mechanical engineer instead of a respected osteopathic physician. "I actually had a dream to be an architect because I thought I had artistic flair," he

explained. "I used to take a number of courses and go to art museums, but I soon discovered there were really talented people out there who could truly do artistic things, so I gave it up and decided to pursue an engineering career."

So how did medicine eventually win out in this vocational tug of war? "I wrestled with the decision for a long time," admitted Dr. Jacobson. "Quite a few of my friends back in high school wanted to be doctors, and there was always the thought lingering in my mind about pursuing a medical career. After one year of engineering school, I suddenly decided that all those technologic things weren't exactly my bag. So if there was any sort of epiphany, it took place in the midst of doing mechanical drawings, calculus, and physics. That's when I decided to shift majors and study premed at the University of Pennsylvania."

In 1953, after graduating from Ursinus College in Pennsylvania with a B.S. degree in chemistry, the appeal of a medical career still remained elusive, so Dr. Jacobson decided to bide his time by signing on for a two-year term of service with the U.S. Army Medical Service Corps. "When I graduated college, I still wasn't quite sure what I wanted to do for a living," he stated. "At that point, even though I had been premed, I was not as ambitious to pursue it, so I went into the service. But I did apply to several allopathic and osteopathic medical schools while I was in the army."

During his predoctoral training, he received a National Institute of Health (NIH) fellowship to concurrently participate in a Ph.D. program for experimental psychology at the University of Chicago. This provided Dr. Jacobson an invaluable opportunity to develop more expertise in neurophysiology and neuropharmacology as well as research methodology prior to earning his D.O. degree in 1962 from the Chicago College of Osteopathic Medicine. After completing a one-year rotating internship at Northwest Hospital in Miami, Dr. Jacobson returned to Chicago to participate in a residency and fellowship program in neurology at the University of Illinois Neuropsychiatric Institute and Chicago Osteopathic Hospital. In 1969, after a two-year stint as assistant professor in the Department of Internal Medicine and the Department of Physiology and Pharmacology at Chicago College of Osteopathic Medicine, Dr. Jacobson's career kicked into high gear when he joined the founding faculty at Michigan State University College of Osteopathic Medicine (MSU-COM).

"I had developed an increasing interest in the nervous system, so I was recruited as part of the initial faculty at MSU-COM, where I did clinical neurology practice and developed the neuroscience program," said Dr. Jacobson, who completed his postdoctoral training in 1967 and received his board certification in neurology in 1970. "That's where I really got thrown into medical education. They had a very prestigious office of medical education and research, and the university was doing things similar to self-directed learning and problem-based learning, which were coming into vogue at that time."

In addition to maintaining a clinical neurology practice during his nine-year MSU-COM affiliation, Dr. Jacobson was involved with several groundbreaking protocols, including the introduction and widespread use of standardized patients for teaching neurology to osteopathic medical students and the development of the first three-year osteopathic degree program ever offered in the United States. He also participated in the implementation of and supervised the first integrated organ systems curriculum in the profession and helped originate the spiral curriculum concept in medical education, which promoted the continued integration of basic science and clinical input throughout all four years of osteopathic medical training.

In 1978, the winds of change signaled another career shift for Dr. Jacobson, who decided to leave the world of academia and open a private neurology practice in the metropolitan Detroit area. The following eight years would prove to be productive ones, as he served as medical director of the brain trauma unit at Southfield Rehabilitation Center and associate director of electromyographic services at the Flint Diagnostic Center. However, in 1986, the continued allure of academia compelled Dr. Jacobson to reenter the medical education arena. "I told my wife Loretta that I really wanted to get back into education again," he explained. "So when I was offered an opportunity to become dean for academic affairs at

the University of Osteopathic Medicine and Health Sciences in Des Moines, Iowa (now known as Des Moines University Osteopathic Medical Center (DMU-OMC)), I accepted the position."

Over the next decade, Dr. Jacobson supervised DMU-OMC's educational programs and assisted in the development of numerous projects, including the institution's first ambulatory surgery center and an innovative three-year D.O. curricular track for graduate professionals. He also played a key role in establishing the state-supported Student Community Health Care Initiative Program, which focused on providing a continuum of education beginning in high school and extending through residency.

"During my latter years in Des Moines, I also assumed some general administrative responsibility over all university programs as the executive vice president for academic affairs," he stated. "My primary responsibilities were directing the four years of the predoctoral program working with faculty and clinicians. I also assisted in the supervision of all the clinic operations and the development of an HMO, which was certainly a new and instructive experience for me."

In 1995, Dr. Jacobson's life took yet another fortuitous turn when a former student contacted him with an intriguing offer. "I knew the former NSU-COM dean, Matthew Terry, very well because he had been a student of mine at Michigan State way back in the 1970's. And as he began climbing the administrative ladder, we stayed in touch at various national meetings. He was interested in developing a systems curriculum at NSU-COM, and so I came to Florida and joined the faculty. A year later, after the program was underway, Dr. Terry offered me another challenge. At the time, he was trying to establish clinical teaching programs at Miami Heart Institute, so he asked me if I would be willing to go down to Miami and help develop them.

"I accepted his offer and established a student-

training site at Miami Heart Institute," continued Dr. Jacobson, who is the proud father of Dana, a television sports anchor in Sacramento, California, and Mark, a military historian and Pentagon employee in Washington, D.C. "In 1997, we also initiated the internal medicine residency program. Then, when Dr. Silvagni (with whom Dr. Jacobson had worked in Des Moines in the late 1980's) came on board as dean in 1998, he asked me if I was interested in coming back to work at the NSU campus as the associate dean for medical education."

In his current role, Dr. Jacobson works under Dean Silvagni's direction to oversee, develop, and coordinate a spectrum of programs, including the predoctoral and—to a lesser extent—the postdoctoral education programs. "I direct the coordination of the first two years of the curriculum working with the assistant dean and the department chairs," he stated. "Secondly, I supervise the coordination of clinical training programs in the third and fourth year, working with key faculty and staff who have the operational responsibility—Dr. Joseph DeGaetano and Elaine Lefkowitz.

"My third responsibility is to serve as director of the Consortium for Excellence in Medical Education (CEME), which is our OPTI, and to work with Dr. Margaret Wilkinson, the associate director, to collaborate with the residency programs directors and assist them in meeting their training program needs. I also work directly with Dr. Leonard Levy's office to help promote educational planning and new programs, and with Larry Newbree, director of student services, to assist in select areas."

At this juncture of his life, Dr. Jacobson says he appreciates having the opportunity to conclude his career at such a progressive and productive university. "I feel fortunate that I can be a part of the development," he stated. "I think the personal attributes, experience, and energies that Dr. Silvagni has brought to the college are key factors. The dean has the ability to get everybody smiling and enthused. And in what is the wind-down part of my career, it's nice to have this rejuvenation, to be able to continue to do new and exciting things and have someone like Dr. Silvagni who understands educational needs supporting you."

Fulbright Offers Lecturing/Research Awards in 140 Countries

The Fulbright Scholar Program is offering lecturing/research awards in approximately 140 countries for the 2002-2003 academic year. Opportunities are available for college and university faculty and administrators, professionals from the business and government sectors, as well as artists, journalists, scientists, lawyers, independent scholars, and many others.

Traditional Fulbright awards are available from two months to an academic year or longer. A new short-term grants program—the Fulbright Senior Specialists Program—offers two to six-week grants in a variety of disciplines and fields. While foreign language skills are needed in some countries,

most Fulbright lecturing assignments are in English. Approximately 80 percent of the awards are for lecturing.

Application deadlines for 2002-2003 awards are as follows:

- August 1, 2001 - Fulbright Distinguished Chair Awards in Europe, Canada, and Russia
- November 1, 2001 - Spring/summer seminars in Germany, Korea, and Japan for international educators and academic administrators and for the summer German Studies Seminar
- Rolling Deadline - Fulbright Senior Specialists Program

For further information, contact:

Council for International Exchange of Scholars (CIES)
3007 Tilden Street, NW, Suite 5L
Washington, D.C. 20008-3009

Telephone: (202) 686-7877
Email: apprequest@cies.iie.org
Online application: www.cies.org

IGC Program Broadens Educational Horizons of NSU-COM Students

By Scott Colton
Director of Education Communications

For centuries, it seems first and second-year medical students have bemoaned the seemingly endless didactic lectures they must endure during their quest to earn that prestigious D.O. designation after their name. In 1996, NSU-COM addressed that concern by establishing the Interdisciplinary Generalist Curriculum (IGC) Program, a multi-level project that affords first and second-year students an opportunity to garner vital clinical experience early in their matriculation process.

"As bright and committed as medical students are, you can't expect them to sit through two years of lecture after lecture and not give them a basis for applying that knowledge as they go," stressed Debra Cohn Steinkohl, M.H.S.A., administrative director of the IGC Program. "The clinical experience definitely helps the information to stick, and it helps them to see the light at the end of the tunnel. They can go out and immediately put into practice what they learned in the classroom and in the small-group clinical courses."

The IGC Program, which has been wholeheartedly embraced by the students, helps to clarify and build upon many of the topics discussed in the classroom. The program's premise is that exposure to professional role models is a significant determinant of a medical student's career choice and that early clinical experience is an essential learning component for medical students to begin correlating classroom knowledge with actual patient encounters.

"Before IGC, there was no significant early clinical experience made available to our medical students with the exception of incorporating simulated patients," said Steinkohl. "The IGC concept was really part of a major movement that took place in the mid-1990's that incorporated clinical courses into the curriculum and moved toward a systems model of education for second-year students. I was excited to see such a significant innovation in the way medicine is taught in the formative 'pre-clinical years.' I've always been a strong advocate for professional mentors and for experiential education, whether we're talking about bakers, businessmen, astronauts, or physicians. I have long been a believer in the hands-on application of knowledge, and this has been a common thread in my professional career. This passion for 'real life labs' no doubt started as a teen in 1978 when I was involved in a pilot program with the City of North Miami. I had the opportunity to

rotate through the various city departments, which was an experience that changed my life. Your exposure as a kid to life is usually limited to what your parents introduced you to or what they are able to offer you in school. But that's a closed environment. It means different things to different people."

There are three components that comprise the overall IGC Program. The first element—the Physician Mentor Program—helps to develop students' interest in primary care by pairing them with a primary care physician mentor in general internal medicine, general pediatrics, or family medicine. During each semester, students accompany their assigned physician mentor and get to witness the day-to-day operations of a thriving practice. Each physician in the IGC network of over 135 physician mentors is affiliated and/or contracted with one or more managed care companies. During their visits, students are taught both patient care and administrative aspects of managed care. In addition, depending on the comfort level of the preceptor, students also perform patient histories and physical examinations within the limits of their ability.

"In their first year, students visit their physician mentor every other week. In the second year, it increases to weekly trips to the clinical office," Steinkohl explained. "It's there that the mentor works with the students by role-modeling, providing hands-on clinical experience, prompting the student with questions, assessing their ability, and challenging them according to their level of knowledge and skill. Secondly, the preceptors must allow all their decision making and thought processes to be effectively communicated to the students. In other words, doctors have to force themselves to think out loud. The most important thing a mentor will do with a student is to convey a contagious enthusiasm for what he or she does as a primary care physician. Consequently, when it comes time for the students to take their board exams, they are better able to clinically correlate their classroom information."

The second component—the IGC Managed Care Program—allows M-2 students to rotate at the headquarters (or affiliated provider sites) of an IGC partner managed care organization (MCO). During each academic year, students complete three MCO sessions, each of which is four hours in length. The Managed Care Program provides students an

Continued on page 22

invaluable opportunity to witness firsthand how a managed care organization operates by revolving through various areas and experiences such as medical operations, case/disease management, physician committee meetings, utilization management, quality management, and provider/practice management.

"We partner with HMO's, PPO's, and MSO's (management service organizations) that are committed to teaching our students the ins and outs of managed care," said Steinkohl, who always knew her destiny lay in the health care industry. "The reason we established this program was to increase the students' comfort level with managed care concepts and principles and to help them understand the challenges and opportunities that face physicians in managed care environments. I wish I had a nickel for every student who said, 'Oh, managed care, I want nothing to do with it. I want to practice dermatology in Alaska and have all non-managed care patients pay me out of their pockets.'

"We could very possibly lose the battle of having our students encouraged to go into primary care if we don't have them open up their minds and embrace the challenges of the business side of health care," she stressed. "We try to open up those doors in order for students to jumpstart their understanding of managed care so that it will not present a major obstacle in future decisions to be an owner of a solo or group practice. The program is not designed to make them necessarily love the managed care concept—it's to help them understand it so they will be a part of the evolution of the overall health care system."

The third aspect—the College of Osteopathic Medicine in Community Service (COM²Serve) Program—is the most recent addition to the IGC curriculum. In the COM²Serve Program, M-2 students rotate for a minimum of two four-hour sessions per academic year at COM²Serve partner organizations to fulfill the community service component of their IGC Preceptorship Course. This program helps students develop increased awareness of organizations that provide health care and other needed services to medically underserved and at-risk patient populations. COM²Serve is conducted in collaboration with the AHEC Program and the Department of Family Medicine, Division of Community Medicine.



Debra Cohn Steinkohl,
M.H.S.A.

"We match our students up with various community health centers, migrant farm-worker clinics, public health departments, disaster relief organizations, free volunteer clinics, public school-based clinics, and other community-based organizations," explained Steinkohl, who served as associate director of the NSU-COM AHEC Program before taking over the IGC administrative reigns. "There are some students who come to me after they have participated in the COM²Serve Program and they will say, 'I was dreading this and now I can't wait to go back because I see medicine as I've never seen it before. This experience personally touched me.'"

The growing list of COM²Serve Program sites includes:

- Broward Community and Family Medical Center
- Broward County Department of Health STD and family Planning Clinics
- Caridad Health Clinic (Migrant Association of South Florida)
- Good News Care Center
- Light of the World Clinic (La Luzdel Mundo)
- Palm Beach County Department of Health
- Urban Mercy Clinic
- American Red Cross

Like all successful administrators, Steinkohl is constantly looking toward the future—and contemplating ways to improve an already thriving program. "I would like to make COM²Serve available to the first-year students and try to focus more attention on underserved populations," said Steinkohl, who earned her M.H.S.A. degree from Florida International University. "However, my ultimate dream would be to add an intra-HPD interdisciplinary component and take full advantage of the fact that we're in a health professions mecca.

"We have a golden opportunity while our students are here to expose them to dentistry, occupational therapy, physical therapy, pharmacy, and optometry," she added. "Down the road they will



In February, NSU-COM students participated in the IGC Managed Care Program by visiting the PhyTrust offices in Plantation, Florida.

have to refer their patients to a wide range of health care professionals and be a part of a health care team. In the freshman year, I would like to add some hours to IGC so there would be two half-days where students would get to learn about the other NSU health professions disciplines."

Getting to Know: Laura Tokayer, M.P.A.

Assistant Director, Department of Data Coordination, Study and Analysis

Family facts:

Married to husband Barry for almost 15 years. They have four children: Esti Michelle, 12; Robert Mark, 9; Stefanie Sharon, 5; and Joseph Jordan, 6 months.

Date of hire: July 1995

Official NSU-COM responsibilities:

I have been responsible for developing and maintaining the online evaluation system for students throughout their four-year medical school experience. I also assist various NSU-COM departments with database needs and gathering data for assorted research studies and surveys. Essentially, my job is to capture, process, track, and summarize data in the most efficient and meaningful way possible.

I enjoy working at the College of Osteopathic Medicine because:

It's a dynamic environment that allows me to use technology to benefit and enhance the educational process. I also feel fortunate to have resources available throughout the university system that I can access to increase my knowledge of cutting-edge computer applications.

What did you do professionally before joining the NSU-COM staff?

I worked as a computer analyst at the Miami Heart Institute for over four years before joining the College of Osteopathic Medicine staff. When I read an ad in The Miami Herald classifieds about a computer analyst position at the college, I applied because it seemed like a challenging opportunity at a prestigious institution, which is exactly what it's turned out to be.

Greatest achievement:

Being a mom to my four wonderful children and having a career at the same time. Now, if I could only figure out a way to add a few more hours to each day!

My coworkers would be surprised to know that: I started reading the Harry Potter stories to my nine-year-old son, and before I knew it, I became a fan myself.

Favorite way to unwind when not at work:

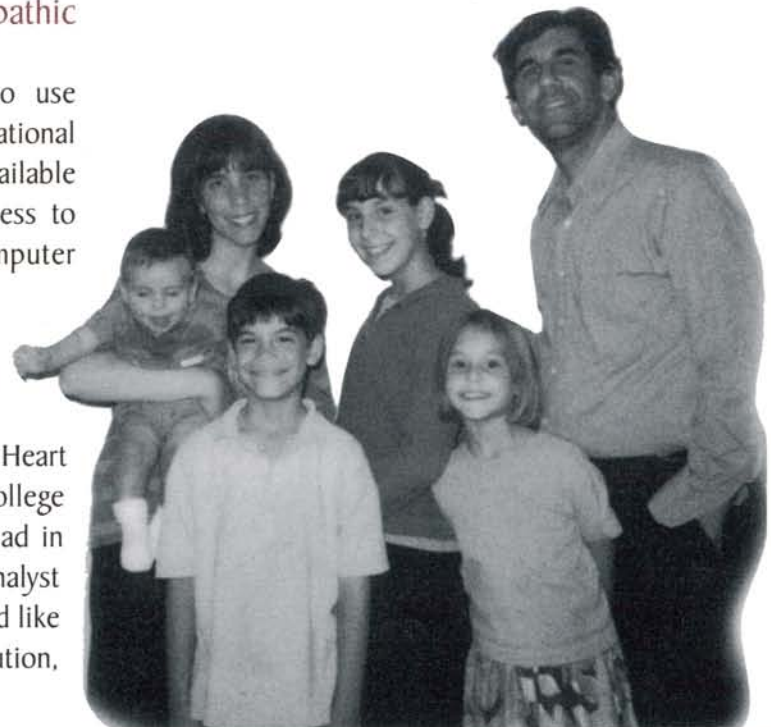
Who has time to unwind? Actually, I enjoy going for walks with my kids, shopping at a great sale, or watching a video...without falling asleep.

If I won the lottery, I would:

Spend less time with computers, devote more time to my kids, and travel the world with my family.

Three words that best describe me:

Ambitious, concerned, and busy.



*The Tokayer Family (clockwise from left):
Laura holding Joseph Jordan, 6 months;
Esti Michelle, 12; husband Barry;
Stefanie Sharon, 5; and Robert Mark, 9.*

Distinguished Dignitaries Visit NSU AHEC Program

On February 21, the NSU AHEC Program had the distinct honor of hosting Sam Shekar, M.D., and Louis Coccodrilli, M.P.H. Dr. Shekar currently serves as director of the Bureau of Health Professions, Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Services. Mr. Coccodrilli functions as national AHEC program branch chief for the Bureau of Health Professions.

Over 20 academic and community leaders as well as NSU-COM students participated in the visit, which provided a great opportunity for the AHEC team to discuss national public health policy issues with experts from the federal HRSA office.

HRSA leads the nation's efforts to open access to health care for all Americans, including poor, uninsured, and isolated individuals and families through an array of grants to state and local governments, health care providers, and health professions training programs. As head of HRSA's Bureau of Health Professions, Dr. Shekar is charged with strengthening the nation's capability to provide health care access for medically underserved Americans by improving the education and training of America's physicians, nurses, dentists, public health professionals, and other providers.



Steven Zucker, M.Ed., associate dean for community affairs and AHEC Program director; Sam Shekar, M.D., director, Bureau of Health Professions, Health Resources and Services Administration; Dean Anthony J. Silvagni, D.O., Pharm.D.; Fred Lippman, B.Sc., R.Ph., executive vice chancellor and provost, Health Professions Division; and Louis Coccodrilli, M.P.H., AHEC branch chief, Bureau of Health Professions, Health Resources and Services Administration.

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COLLEGE OF OSTEOPATHIC MEDICINE
HEALTH PROFESSIONS DIVISION

