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## News from the Department of Medicine at the University of Vermont



On behalf of the Department of Medicine, Mark Levine, M.D., at center, accepts the Silver Shovel Award from the Class of 2016 at Honors Night May 17, 2016. From L to R: Daniel Haddad, M.D.'16, Shravan Rao, M.D.'16, Merima Ruhotina, M.D.'16, Mark Levine, M.D., Emily Hadley Strout, M.D.'16, Mark Pasanen, M.D., and Tania Bertsch, M.D.

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### TABLE OF CONTENTS

- [News and Events](#)
- [Awards and Recognition](#)
- [Education News](#)
- [Research & Grants](#)
- [House Staff News](#)
- [Clinical News](#)
- [Publication Highlights](#)
- [In the Media](#)
- [Who Knew?](#)
- [Contact Information](#)

### CALENDAR LINKS

- [Grand Rounds Schedule](#)
- [UVM Medical Center Events](#)
- [UVM Events](#)

## NEWS & EVENTS

### DEPARTMENT OF MEDICINE GARNERS AWARD FOR TEACHING EXCELLENCE

The UVM College of Medicine Class of 2016 has honored the Department of Medicine with recognition as Clinical Department of the Year, also known as the Silver Shovel Award. The department was specifically commended for its teaching in the subspecialty and General Internal Medicine ambulatory and elective rotations, which in many cases proves to be formative in student career decision-making. "We are incredibly proud of our entire department," says Department Chair **Polly Parsons, M.D.** "Teaching is a core mission and it is exciting to be recognized for excellence."

### FACULTY PRESENT BRIEFING IN WASHINGTON D.C.



On May 18, 2016, **Charles D. MacLean, M.D.**, professor in the Division of Primary Care Internal Medicine (second from right), and **Amanda G. Kennedy, PharmD, BCPS**, associate professor in the Division of General Internal Medicine Research (third from right), presented "Getting the Medications Right: An essential ingredient in achieving the goals of H.R. 4878 – the Medicare Better Care, Lower Cost Act" at the U.S. House of Representatives Congressional Briefing. The briefing was hosted by the American College of Clinical Pharmacy and the College of Psychiatric and Neurologic Pharmacists.

### CVRI HOSTS GENETIC RESEARCH EXPERT MARIAN FOR LECTURE



The Cardiovascular Research Institute of Vermont hosted a lecture by CVRI Visiting Professor **Ali J. Marian, M.D.**, titled "'Ariadne Auf Naxos' and the Riddle of Arrhythmogenic Cardiomyopathy," on April 25, 2016. Director of the Center for Cardiovascular Genetic Research and the George & Mary Josephine Hamman Foundation Distinguished Professor in Cardiovascular Research at the Brown Foundation Institute of Molecular Medicine for the Prevention of Human Diseases at the University of Texas Health Science Center (UTHSC) at

Houston, Marian is an internationally recognized expert in the genetics of cardiomyopathies. He is a co-author of more than 100 manuscripts in peer-reviewed journals. [Read more about the lecture.](#)

### VERMONT LUNG CENTER SUPPORTS LUNG FORCE WALK

The Vermont Lung Center joined the American Lung Association's second annual LUNG FORCE Walk at Battery Park in Burlington, Vt., on June 23, 2016, helping to raise



\$47,000 for the cause. Presented by Green Mountain Electric Supply, LUNG FORCE is the American Lung Association's national campaign to raise awareness of lung cancer, the number one cancer killer of both men and women in the United States. Vermont Lung Center was an exhibitor, with a tent and information on asthma, COPD, idiopulmonary

fibrosis, and cystic fibrosis research studies. Department of Medicine participants included Vermont Lung Center Director **Charles Irvin, Ph.D.**, (at left), **David Kaminsky, M.D.**, and **Garth Garrison, M.D.**

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## Awards & Recognition



**Ralph Budd, M.D.**, professor in the Division of Immunobiology, was honored as a University Distinguished Professor during UVM's 215th Commencement Ceremony on May 22, 2016. An internationally recognized physician-scientist, his research on the mechanisms of autoimmunity has garnered him numerous awards and research grants totaling over \$60 million. A prestigious Pew Scholar in the Biomedical Sciences, Budd was elected in 2012 as a member of the Association of American Physicians. In addition, he is a

member of the American Society of Clinical Investigation and a past UVM University Scholar. [Read more](#) about the 2016 University Distinguished Professors.

The American Thoracic Society (ATS) Assembly on Respiratory Structure and Function (RSF) selected **Charles Irvin, Ph.D.**, professor in the Division of Pulmonary Disease and Critical Care Medicine, to be the inaugural recipient of the RSF 2016 Robert Crapo Lifetime Achievement Award for Pulmonary Diagnostics. The award recognizes individuals who have dedicated their life's work and achieved significant accomplishments in the field of pulmonary diagnostic testing. It is named in honor of the late Robert Crapo, M.D., a University of Utah and LDS Hospital pulmonologist and international leader in the study of pulmonary function diagnostics, who died on December 26, 2015.

**Majid Sadigh, M.D.**, associate professor of medicine and director of the UVM/Western Connecticut Health Network Global Health Program, was recognized as a 2016 Healthcare Hero by the Connecticut Hospital Association during the organization's 98th Annual Meeting held June 28, 2016. The award, created in 2002, celebrates the invaluable contributions of healthcare workers, both to their field and to the community at large.

**Peter Spector, M.D.**, professor in the Division of Cardiovascular Medicine, and **Jeffrey Spees, Ph.D.**, associate professor in the Division of Cardiovascular Medicine, were honored at the annual Invention 2 Venture conference for patent awards they received over the past year. The conference, hosted by UVM's Office of Technology Commercialization, was held April 7, 2016. Spector celebrated two patents related to his work using computer technology to identify and treat atrial fibrillation. Spees was recognized for his research that has isolated human epicardial progenitor cells, using the factors they produce to rescue cardiac tissue after heart attack.

**Renee Stapleton, M.D., Ph.D.**, associate professor in the Division of Pulmonary Disease and Critical Care Medicine, received the Department of Medicine Research Mentor Award in June of 2016.

### NATIONAL LEADERSHIP ROLES

- **Anne Dixon, M.D.**, is now a member of the Veterans Affairs Merit Review Pulmonary Panel.
- **Glenn Goldman, M.D.**, has been named chair of the International Travelling Mentorship Program for the American Society for Dermatologic Surgery. Along with surgery fellow Kendra Lesiak, M.D., he delivered an invited lectureship and served as a visiting professor for Poland Dermatology/Plastic Surgery trip to Wroclaw, Poland, in June of 2016.
- **Steven Lidofsky, M.D.**, serves as a member of the Hepatobiliary Neoplasia Abstract Review Committee, American Association for the Study of Liver Diseases.
- **Yolanda Mageto, M.D.**, has been named chair of the 2017 American Thoracic Society International Conference, with the theme "Global Health: The What, Where and Why in the 21st Century."
- **Mercedes Rincon, Ph.D.**, has been invited to serve as chairperson of the Cellular and Molecular Immunology-A Study Section, Center for Scientific Review, NIH, for the term beginning July 1, 2016 and ending June 30, 2017.
- **Renee Stapleton, M.D., Ph.D.**, is chair of the Critical Care Assembly Program Committee Meeting, and is Assembly Program Committee Chair of the International Conference Committee Meeting, American Thoracic Society.

### DEPARTMENT OF MEDICINE HOUSE STAFF AWARDS

Frank. L. Babbott, M.D., Memorial Award: **Katherine Menson, D.O.**  
Harriet P. Dustan, M.D., Research Award: **Sherrie Khadanga, M.D.**  
R.E. Bouchard Award: Jonathan Wilfong, M.D.  
E.L. Amidon Teacher of the Year Award: **Ryan Clouser, M.D.**  
Osler Teacher of the Year Award: **Florian Foerg, M.D.**

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### Education News



**Renee Stapleton, M.D., Ph.D.**, associate professor in the Division of Pulmonary Disease and Critical Care Medicine, and Amy O'Meara, Dr.N.P., clinical assistant professor of nursing, have been awarded a Frymoyer Scholar grant to create a biomedical research track for doctor of medicine and doctor of nursing practice students. The goal is to help students learn specific skills and explore potential careers in laboratory, or bench, research or clinical study of patient treatment and outcomes. Offered as an elective, the research track would involve a teaching component, as well as hands-on workshops and seminars and a long-term project with a faculty mentor.

**Laurie Leclair, M.D.**, professor in the Division of Pulmonary Disease and Critical Care Medicine, received a Teaching Academy Faculty Associate position for 2016-2017. She will be responsible for development, implementation, and evaluation of a clinical teaching program for clinical educators at College of Medicine teaching sites. She will also participate and contribute to activities sponsored by the Teaching Academy, including developing and facilitating sessions for faculty development retreats.

**Prema Menon, M.D.**, assistant professor in the Division of Pulmonary Disease and Critical Care Medicine, successfully defending her dissertation, which is the final step in earning the Doctor of Philosophy in Clinical and Translational Science degree. Her work on communication in the intensive care unit was accepted without revision.

**Amy Teleron, M.D.**, assistant professor in the Division of Primary Care Internal Medicine, was named a finalist for the Clinical Teacher of the Year Award from the UVM College of Medicine Class of 2016.

**Connie van Eeghen, DrPH**, assistant professor in the Division of General Internal Medicine Research, has been accepted into the highly-competitive Agency for Health Research and Quality Certificate Program in Practice-Based Research Methods, sponsored by the eight Centers of Excellence in Practice-Based Research and Learning. She will be mentored by Associate Professor of Family Medicine Rodger Kessler Ph.D., and Professor of Pediatrics Mort Wasserman M.D. The program will culminate at a convocation held prior to the North American Primary Care Research Group National Practice-Based Research Network Conference in Bethesda, Maryland, during the summer of 2017.

Nine faculty members are serving as mentors or co-mentors for students who have been awarded summer research fellowships from the UVM College of Medicine. The faculty/student pairs are:

- **Kim Dittus, M.D.** (Nicole Leonard '19)
- **Virginia Hood, M.D.** (Curran Upaluri '19)
- **Christopher Huston, M.D.** (Sebastian Franco '19)
- **David Kaminsky, M.D.** (Arjun Janardhan '19)
- **Matthew Kinsey, M.D.** (Rebecca Robbins '19)
- **Markus Meyer, M.D.** (Anita Li '19)
- **Mercedes Rincon, Ph.D.** (Margaret Johnston '19) (Alexander Marchese '19)
- **Peter VanBuren, M.D.** (Chantal Mendes '19)
- **Daniel Weiss, M.D., Ph.D.** (Christopher Bernard '19)

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## Research & Grants



**Katharine Cheung, M.D.**, post-doctoral fellow in nephrology and Ph.D. candidate in clinical and translational science, has received the \$50,000 Armin Grams Research Award from the University of Vermont Center on Aging. In collaboration with **Virginia Hood, M.D.**, professor in the Division of Nephrology, she will be studying trajectories of frailty and resilience in older adults with chronic kidney disease. Armin Grams came to UVM in 1970 to establish the Human Development and Family Studies Program. He developed and taught several courses on gerontology and was instrumental in establishing the UVM Center on Aging.

**David Kaminsky, M.D.**, professor in the Division of Pulmonary Disease and Critical Care Medicine, was awarded a Lake Champlain Cancer Research Organization and Vermont Cancer Center Pilot Project Award for "Ventilation Heterogeneity on CT Imaging and its Association with Lung Cancer" totaling \$25,760.

**Murtaza Bharmal '17**, under the mentorship of **Edward Leib, M.D.**, professor in the Division of Rheumatology and Clinical Immunology, was awarded a young investigator award at the annual meeting of the International Society of Clinical Densitometry held in Galway,

Ireland, in June. Bharmal's research, titled "Trabecular Bone Score in Kidney Transplant Patients," was presented by Dr. Leib.

**Renee Stapleton, M.D., Ph.D.**, associate professor in Pulmonary Disease and Critical Care Medicine, is principal investigator for a R01 grant totaling \$2.1 million, titled "Improving Palliative Care for Older Seriously Ill Hospitalized Patients and Their Families: A Randomized Trial of an Informed Assent Communication Intervention about CPR." The goal is to perform a multicenter randomized controlled trial of a novel communication technique about code status in seriously ill hospitalized patients and their family members.

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## House Staff News

**Maria Burnett, M.D.**, chief resident in internal medicine, presented an oral poster preview at ENDO 2016, the 98th Annual Meeting of the Endocrine Society held in Boston, Mass., April 1-4, 2016. Burnett was lead author on a poster presenting research on "Continuous Insulin Delivery Via Insulin Pump Versus Multiple Daily Injections in Type 1 Diabetes Mellitus: Patient Demographics and Clinical Outcomes at the University of Vermont Medical Center Endocrinology Clinic."

## NEW RESIDENTS AND FELLOWS

The Department of Medicine welcomes our new residents and fellows! Our talented group includes 15 fellows in nine specialties, and over 25 new residents, including eight from UVM.

### Fellows

- *Cardiology*: Christine DeStephan, M.D.; Jonathan Halevy, M.D.; Sherrie Khadanga, M.D.; Ashwini Sharma, M.D., MBBS
- *Dermatology*: David Chen, M.D.
- *Endocrinology*: Amanda Fernandes, MBBS
- *Gastroenterology*: Joseph Frasca, M.D.
- *Hematology/Oncology*: Daniel Douce, M.D.; Saranya Kodali, MBBS
- *Infectious Disease*: James Enser, M.D.
- *Nephrology*: Monica Zimna, M.D.; Nina Narasimhadevara, MBBS, M.D.
- *Pulmonary*: Marta Kokoszynska, M.D.; Katherine Menson, D.O.
- *Rheumatology*: Kateryna Bertuch, M.D.

### Residents

#### PGY-1 Categorical

Sean Bullis, M.D. (*University of Vermont*)

Alejandro Castro, M.D. (*University of Vermont*)

Gurpinder Gill, M.D. (*University of Vermont*)

Shah Khan, M.D. (*University of Texas-San Antonio*)

Elizabeth Levine, M.D. (*University of Texas-San Antonio*)

Julia Powelson, M.D. (*University of Alabama*)

Nehpreet Pandhair, MBBS (*JJM Medical*)

#### PGY-1 Preliminary

Kylie Abe, M.D., Neurology (*University of Queensland*)

James East, M.D., Radiology (*University of North Carolina - Chapel Hill*)

Robert Fuino, M.D., Neurology (*University of Rochester*)

Jeffrey Maneval, M.D., Neurology (*Sidney Kimmel Medical College*)

Katelyn Shea, M.D., Dermatology (*University of Vermont*)

Mutlay Sayan, M.D., Radiation Oncology

*College, India)*

Brennan Rigby, M.D. (*University of Utah*)

Avneet Singh, M.D. (*University of Toledo*)

Michael Stutzman, M.D. (*University of Minnesota*)

Kramer Wahlberg, M.D. (*University of Washington*)

Sasha Waldstein, M.D. (*University of Rochester*)

*(University of Vermont)*

Michael Theriault, M.D., Neurology (*New York Medical College*)

### **Preliminary Anesthesia Shared with Surgery**

Karl Hinrichs, M.D. (*New York Medical College*)

Virginia Horne, M.D. (*West Virginia University*)

Michael Kem, M.D. (*University of Colorado*)

Brandon King, M.D. (*SUNY Upstate*)

Alexa Pflaum, M.D. (*University of Minnesota*)

Russell Shults, M.D. (*East Tennessee State University*)

### **Dermatology**

Patrick Benson, M.D. (*University of Vermont*)

Patrick Dewitt, M.D. (*Dartmouth Medical School*)

### **Primary Care**

Gary Gilmond, M.D. (*University of Vermont*)

Emily Hadley Strout, M.D. (*University of Vermont*)

Elizabeth Stroehler, M.D. (*University of Washington*)

### **Chief Medical Residents**

Jacqueline O'Toole, D.O. (*University of New England, Osteopathic Medicine*)

Tara Scribner-Metcalf, M.D. (*University of Washington*)

Samuel Stoyak, M.D. (*University of Pittsburgh*)

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## **Clinical News**



### **NEW PROGRAM TO REDUCE VTE IN PATIENTS WITH CANCER**

The Division of Hematology/Oncology has instituted a new program aimed at preventing venous thromboembolism (VTE) without increasing bleed risk for patients with cancer. Led by **Chris Holmes, M.D., Ph.D.**, associate professor in the Division of Hematology/Oncology, VTE Prevention in the Ambulatory Cancer Clinic (VTE-PACC) launched in collaboration with the Jeffords Institute for Quality at the UVM Medical Center in October of 2015. Following a six-month implementation phase, the program is now fully operational and assesses risk for clotting and bleeding for all patients beginning chemotherapy or biologic therapy in the UVM Cancer Center clinic. The program's work was highlighted at the University of Vermont Cancer Center Clinical and Translational Research Symposium held April 29, 2016. Dr. Holmes served as the symposium chair with several members of the Department of Medicine, including **Mary Cushman, M.D., M.Sc.**, **Neil Zakai, M.D.**, **Steven Ades, M.D.**, and **Claire Verschraegen, M.D.**, contributing to the symposium's success.

## GENERAL INTERNAL MEDICINE/GERIATRICS LAUNCHES WEEKEND CLINIC

The Division of General Internal Medicine and Geriatrics has embarked on a new, collaborative venture with the Departments of Family Medicine and Pediatrics to provide patients of all ages from all of the primary care practices access to a patient-centered medical home throughout the weekend. The weekend clinics, held in Burlington and staffed by general internal medicine faculty who are on-call, eliminate the need for patients to visit an urgent care center on Saturdays or Sundays. The effort is led by GIM/Geriatrics Division Chief **Jennifer Gilwee, M.D.**, along with her peers in the Departments of Pediatrics and Family Medicine.

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### Publication Highlights

**Champagne DP**, Hatle KM, **Fortner KA**, D'Alessandro A, **Thornton TM**, Yang R, Torralba D, Tomás-Cortázar J, Jun YW, Ahn KH, Hansen KC, Haynes L, Anguita J, **Rincon M**. Fine-Tuning of CD8(+) T Cell Mitochondrial Metabolism by the Respiratory Chain Repressor MCJ Dictates Protection to Influenza Virus. *Immunity*. 2016 Jun 21;44(6):1299-311. doi: 10.1016/j.immuni.2016.02.018. Epub 2016 May 24. PubMed PMID: 27234056; PubMed Central PMCID: PMC4917451.

**Daurman HL**, Reardon MJ, Popma JJ, Little SH, Cavalcante JL, Adams DH, Kleiman NS2, Oh JK. Early Recovery of Left Ventricular Systolic Function After CoreValve Transcatheter Aortic Valve Replacement. *Circ Cardiovasc Interv*. 2016 Jun;9(6). pii: e003425. doi: 10.1161/CIRCINTERVENTIONS.115.003425.

**Gilbert MP**, Marre M, Holst JJ, Garber A, Baeres FM, Thomsen H, Pratley RE. Comparison of the long-term effects of liraglutide and glimepiride monotherapy on bone mineral density in patients with type 2 diabetes. *Endocr Pract*. 2016;22(4):406-411.

Sateriale A, Miller P, **Huston C**. Knockdown of Five Genes Encoding Uncharacterized Proteins Inhibits *Entamoeba histolytica* Phagocytosis of Dead Host Cells. *Infections and Immunity* Vol 84(4) April 2016

Balla A, **Pierson J**, Hugh, J, Wojewoda C, Gibson P, Greene L. Disseminated cutaneous *Curvularia* infection in an immunocompromised host; diagnostic challenges and experience with voriconazole. *J Cutan Pathol* 2016;43(4):383-387

**Spector, P.** (2016). *Understanding clinical cardiac electrophysiology: A conceptually guided approach* (1st ed.). Hoboken, NJ: Wiley-Blackwell. ISBN: 978-1-118-90549-4

Ubags NDJ, **Stapleton RD**, Vernooy JHJ, Burg E, Bement J, Hayes CM, Zabeau L, Tavernier J, **Poynter ME**, **Parsons PE**, **Dixon AE**, **Wargo MJ**, **Littenberg B**, Wouters EFM, **Suratt BT**. Hyperleptinemia is associated with impaired pulmonary host defense. *JCI Insight* 2016;1(8):e82101. doi:10.1172/jci.insight.82101

Ather JL, Chung M, Hoyt LR, Randall MJ, Georgsdottir A, Daphtary NA, Aliyeva MI, **Suratt BT**, **Bates JH**, **Irvin CG**, Russell SR, Forgione PM, **Dixon AE**, **Poynter ME**. Weight Loss Decreases Inherent and Allergic Methacholine Hyperresponsiveness in Mouse Models of Diet-Induced Obese Asthma. *Am J Respir Cell Mol Biol*. 2016 Apr 11. [Epub ahead of print]

**Toth MJ**, Callahan DM, Miller MS, Tourville TW, Hackett SB, Couch ME, **Dittus K**. Skeletal Muscle Fiber Size and Fiber Type Distribution in Human Cancer: Effects of Weight Loss and Relationship to Physical Function. *Clin Nutr*. 2016 Mar 8. pii: S0261-5614(16)



00087-X doi: 10.1016/j.clnu.2016.02.016 (Epub ahead of print) PMID: 27010836

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## PRESENTATIONS

Several Department of Medicine faculty hosted poster presentations and workshops at the Regional Society of General Internal Medicine meeting in New Haven, Conn., in March of 2016. They include:

- **Alison Landrey, M.D., Halle Sobel, M.D., Charles MacLean, M.D.**  
A Model for Panel Management Curricular Design in an Internal Medicine Resident Clinic
- **Marie Sandoval, M.D.**  
Workshop: VT Electronic Health Record Communication Skills or "How Can I Maintain the Patient Provider Connection While Using My Electronic Health Record During Office Visits?"
- **Halle Sobel, M.D., Isaura Menzies, M.D.**  
A Flipped Approach to Geriatrics Education in an Internal Medicine Residency Clinic

The Heart Rhythm Society (HRS) selected the DIRECT study as one of the top four notable clinical studies published in the Heart Rhythm Journal in 2015. **Daniel Lustgarten, M.D.**, was invited to present and discuss the study findings at a special session at HRS.

**Justin Stinnett-Donnelly, M.D.**, was invited by The Institute for Healthcare Improvement (IHI) to present at the 28th Annual National Forum on Quality Improvement in Health Care, to be held in Orlando, Florida December 4-7, 2016.

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## In the Media

**Virginia Hood, M.D.**, professor in the Division of Nephrology, and **Justin Stinnett-Donnelly, M.D.**, a hospitalist at Central Vermont Medical Center, were quoted in an article about cost-conscious care initiatives, titled "Agents of Change," which appeared in *The Journal of Healthcare Contracting* in June of 2016. [Read the article.](#)

The Vaccine Testing Center and director **Beth Kirkpatrick, M.D.**, professor in the Division of Infectious Disease, received widespread media attention for the results of the Dengue vaccine trial, completed in close collaboration with the Johns Hopkins University of Bloomberg School of Public Health. The vaccine was 100 percent effective in a small study, and may be key to helping developing a vaccine for Zika virus. Selected news stories include:

- [Reuters: March 16, 2016](#)
- [Washington Post: March 17, 2016](#)
- [Vermont Public Radio: March 21, 2016](#)
- [New England Cable News: April 7, 2016](#)

**Neil Zakai, M.D.**, associate professor in the Division of Hematology/Oncology, was featured in a story during the HealthWatch segment on WCAX-TV Channel 3, which focused on a study conducted by researchers in Salt Lake City, Utah, that linked a popular heart drug to dementia risk. [Watch the segment on WCAX-TV](#) from May 11, 2016.

More [College of Medicine Experts In the News.](#)

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## Who Knew?



**Gilman Allen, M.D.**, professor in the Division of Pulmonary Disease and Critical Care Medicine (pictured at center), volunteered at the Vermont City Marathon on May 29, 2016, the fifth year he has offered his services during the event. Unusually warm and humid weather prompted race officials to close the course early for the first time in its 28-year history. Allen recaps his experience: "Pretty exciting, and grueling day. I think we put a total of 10 people

into the ice bath this year....the most ever. I've gotten to know the local EMS squads really well over the years. A great group of people to work with. I ended up staying in an ambulance with my last patient until 4 p.m. after we had to evacuate the medical tent due to severe weather." He noted that **Haitham Nsour, M.D.**, assistant professor in the Division of Pulmonary Disease and Critical Care Medicine, ran a leg of the marathon before coming to the tent to help treat patients.

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