

VERMONTMEDICINE

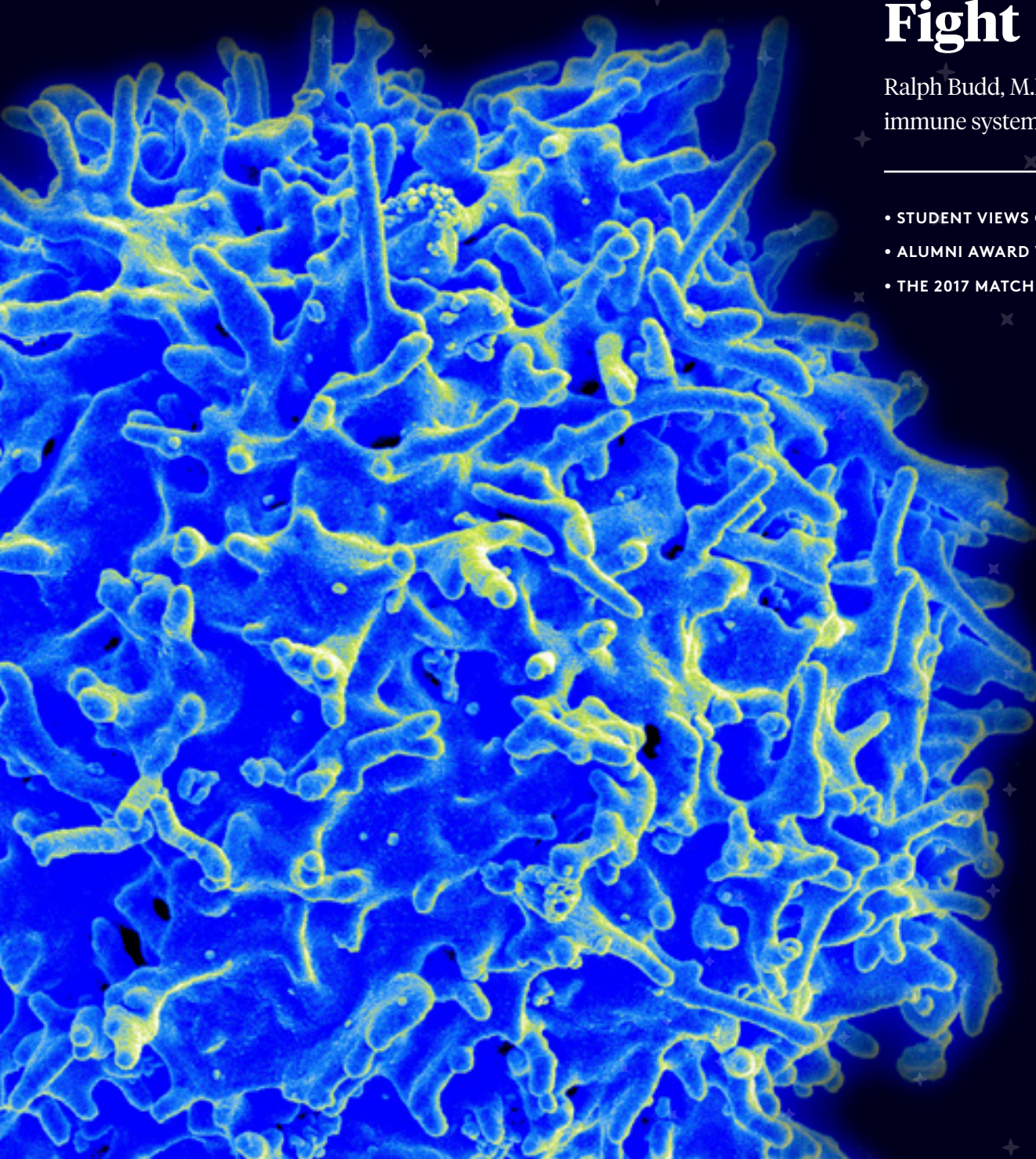
THE ROBERT LARNER, M.D. COLLEGE OF
MEDICINE AT THE UNIVERSITY OF VERMONT

SPRING 2017

An Excellent Fight

Ralph Budd, M.D., helps the
immune system in its battles

- STUDENT VIEWS ON GLOBAL HEALTH
- ALUMNI AWARD WINNERS
- THE 2017 MATCH



PROFILE IN GIVING

Seeler's Gift to Scholarship Fund Supports Students Specializing in Primary Care

Ruth Seeler, M.D.'62, continues her commitment to medical education at the UVM Larner College of Medicine with a \$150,000 gift to the scholarship fund she established 17 years ago, bringing its current value to \$500,000. The fund has a storied history of supporting students in achieving their dream of becoming a doctor. The Ruth Andrea Seeler M.D.'62 Scholarship, awarded annually to a third- or fourth-year student specializing in primary care, has to date awarded nearly \$160,000 to 22 recipients.

To ensure the fund meets that need into the future, in September of 2015, Seeler committed \$2 million in her estate plan to be added to the scholarship fund. The college estimates the bequest will enable it to increase scholarship awards to primary care students by approximately \$90,000 annually. Once the bequest is realized, the Seeler Scholarship will be in the top five largest scholarships for the Larner College of Medicine.

Seeler's commitment to her medical alma mater runs deep. She was president of the UVM Medical Alumni Association Executive Committee from 2008 to 2010, and was presented the Service to Medicine and Community Award in 1998. In 2007, she received the A. Bradley Soule Award, the highest UVM medical alumni honor. The only woman in the 1962 graduating class of medical students, she is currently emerita professor of pediatric hematology-oncology at the University of Illinois College of Medicine in Chicago.



Dr. Seeler with Dean Rick Morin

For information about how you can support the UVM Larner College of Medicine, please contact the Medical Development and Alumni Relations Office.

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The Campaign for The University of Vermont

THE UNIVERSITY OF VERMONT LARNER COLLEGE OF MEDICINE

Medical Development & Alumni Relations Office

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Renowned for his research in immunobiology, Ralph Budd, M.D., has also built a legacy of mentorships with the next generation of physicians and scientists.

BY SARAH ZOBEL

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◀ **SPECIAL**
View the Larner College of Medicine **2016 Philanthropy Report**

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The Robert Larner, M.D. College of Medicine at The University of Vermont

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The University of Vermont
LARNER COLLEGE OF MEDICINE

FROM THE DEAN

In the third week of April this College lost its namesake, Robert Larner, M.D., a member of the Class of 1942. A proud Burlington native — a product of the city’s Old North End — Dr. Larner was the first member of his family to go to college when he came “up the hill” to UVM in the fall of 1936.



“HE NEVER FORGOT HOW IMPORTANT THAT ASSISTANCE WAS IN COMPLETING HIS EDUCATION AND STARTING HIM ON HIS CHOSEN CAREER.”

Dr. Larner’s undergraduate and medical degrees were funded in large part by scholarships, and he never forgot how important that assistance was in completing his education and starting him on his chosen career.

For more than three decades, students at this College have benefited from Dr. Larner’s philanthropy. And the entire alumni community has benefited too. Bob was deeply committed to developing what he called “the culture of giving back.” He structured the Larner Loan Fund to encourage further giving from others, and to this date more than 1,500 alumni donors have joined in contributing to the fund, which has directly aided more than 1,300 medical students — a cycle of growth that will continue in the future.

In the last several years, Bob became increasingly interested in the changes taking place in medical education. He and his wife, Helen, gave us broad support in our efforts to incorporate “active learning” into our medical curriculum. This June, more than 600 medical educators from across the world will gather in Burlington as we host the annual meeting of the International Medical Science Educators. On our campus they will see firsthand the improvements in classroom and simulation facilities, as well as our new Learning Commons headquarters for our Teaching Academy — all made possible by the Larners’ philanthropy. All of us who worked so closely with Bob will miss his wise advice and counsel; but we are cheered by the knowledge that the school that now bears his name — the only medical school in the nation named for one of its own graduates — is set to continue to deliver a medical education to its students that is truly “second to none.”

In its clinical form, that education is available to our students in a wide range of settings. I am pleased to share the news that the State of Connecticut has approved our application for licensure of a branch campus in partnership with Western Connecticut Health Network (WCHN). Establishing an accredited branch campus with WCHN will allow a cohort of our medical students the option to complete their entire clinical experience (Clerkship and Advanced Integration) in Connecticut.

We greatly appreciate the efforts of our colleagues at WCHN, including the support and leadership of Dr. John Murphy, President and CEO, and Dr. Jonathan Fine, Director of Medical Education. The faculty at Danbury and Norwalk have been champions for medical education and our students, and we look forward to expanding the curriculum and student support systems already in place. In this issue you will find a collection of essays by students who have taken part in our Global Health program that is run in conjunction with WCHN by Dr. Majid Sadigh — just one eloquent indicator of the importance of this educational connection.

FREDERICK C. MORIN III, M.D.
Dean, The Robert Larner, M.D. College of Medicine at The University of Vermont

College Dedicates, Remembers Robert Larner, M.D.’42

Members of the University and Larner College of Medicine communities gathered in the College’s Hoehl Gallery on April 28 to formally dedicate the College. It was an occasion that also marked the passing of the College’s namesake, **Robert Larner, M.D.’42**, who died the previous week, on April 20, at his home in Woodland Hills, Calif., at age 99. Larner family members from across the country were also in attendance.

“Dr. Larner was a Vermont native who never forgot his roots, and never ceased being grateful for the start in life that he found at UVM,” said **Frederick Morin, M.D.**, dean of the College.

Robert Larner was born January 27, 1918 in Burlington, Vt., the seventh child of a Russian immigrant and his wife. He attended the public schools of Burlington, and became a state champion debater in high school. Scholarship money he won through debating allowed him to become the first member of his family to attend college. He entered the University of Vermont in 1936, and received his B.S. degree in 1939, and his M.D. from the UVM College of Medicine in 1942.

He served as a medical corpsman in World War II, and later built a successful internal medicine practice and a substantial real estate portfolio in the Los Angeles area.

“Here on this hill, we found our vocation in life. Our opportunity to have a rich and meaningful career caring for our patients,” said fellow alumnus **John Tampus, M.D.’54**, speaking at the dedication. “Bob knew that there were thousands of other alumni with that same experience. So he fostered the Larner Loan Fund, and structured it to encourage other alumni to get involved and contribute. Bob was keenly interested in nurturing what he called “the culture of giving back,” for he knew that we alumni owe so much to this place, and that the way to repay that debt was to pay it forward to the next generation of physicians. His generosity was extraordinary.”

“Dr. Bob Larner’s vision was always to support medical students through their important journey in medical school,” said **Tom Sullivan**, UVM president. “He wanted to ensure that his investment would help them achieve greatness in the practice of medicine. His financial support and personal relationships reached thousands of medical students here at UVM and well beyond. We will deeply miss Bob’s wonderful support of our medical students and his love of the University of Vermont.”

On September 23, 2016, in recognition of a commitment to supporting medical education that brought the Larner lifetime giving to the College of Medicine to \$100 million, the trustees of the University of Vermont announced the naming of The Robert Larner, M.D. College of Medicine at The University of Vermont — the only medical school in the nation named for an alumnus.



UVM President Tom Sullivan and Dean Rick Morin unveil the Larner portrait on April 28.

“HERE ON THIS HILL, WE FOUND OUR VOCATION IN LIFE. OUR OPPORTUNITY TO HAVE A RICH AND MEANINGFUL CAREER CARING FOR OUR PATIENTS... BOB WAS KEENLY INTERESTED IN NURTURING WHAT HE CALLED ‘THE CULTURE OF GIVING BACK,’ FOR HE KNEW THAT WE ALUMNI OWE SO MUCH TO THIS PLACE, AND THAT THE WAY TO REPAY THAT DEBT WAS TO PAY IT FORWARD TO THE NEXT GENERATION OF PHYSICIANS.”

— JOHN TAMPAS, M.D.’54

A key moment in the dedication was the unveiling of a new portrait of Dr. Larner and his wife, Helen, by American artist William Benson.

“To his wife, Helen, along with the entire Larner family, we extend our deepest sympathies,” said Dean Morin. “As his family has expressed to me, no matter how far away Dr. Larner was geographically, he always felt that he was a part of the life of this College of Medicine. His legacy of support for providing a medical education second to none will live on in the future of this institution.”



View photos and video from the Dedication. Go to:
www.med.uvm.edu/vtmedicine



Masons install a Vermont granite dedication plaque in the lobby of the UVM Larner College of Medicine in April.

Davidson Named Associate Dean for Graduate Medical Education

Dean **Rick Morin, M.D.**, and **Claude Deschamps, M.D.**, senior associate dean for clinical affairs and president and CEO of the UVM Medical Group, have appointed **Melissa Davidson, M.D.**, as associate dean for graduate medical education at the Larner College of Medicine and Designated Institutional Official at the UVM Medical Center. Davidson succeeds **Mark Levine, M.D.**, professor of medicine, who was appointed earlier this year to serve as the commissioner of health for the State of Vermont.

Davidson, who joined UVM in 2013, is an associate professor of anesthesiology and pediatrics. Prior to coming to Vermont, she served as associate professor and assistant dean for graduate medical education at Rutgers-New Jersey Medical School. At UVM, her leadership positions have included service as director of anesthesia education since 2014, and chair of the anesthesiology residency Clinical Competence

Committee, which has oversight for faculty development in the department. She is a member of the Larner College of Medicine's Teaching Academy Task Force, and was inducted as a Distinguished Educator of the Teaching Academy in 2015.

At the UVM Medical Center, Davidson created the Chief Resident Leadership Workshop, which is now in its fourth year and integrated within the Teaching Academy. She has worked to create a new evaluation system consistent with the Accreditation Council of Graduate Medical Education (ACGME) Milestones Project, which has been developed as an abstract and shared with other programs nationally. She has also been integrally involved in revising the curriculum for the medical student elective in anesthesiology.

Davidson's national service includes membership in The American Society of Anesthesiologists, and



Melissa Davidson, M.D.

involvement in The Society for Education in Anesthesia, where she has served on the Committee for ACGME Competencies and the Committee on Research in Education since 2005, and co-directs their Annual Workshop on Teaching. She is also associate editor of MedEdPORTAL, which has recognized her as an Outstanding Reviewer.

She received a medical degree and completed a residency in anesthesiology at the UMDNJ-New Jersey Medical School, after which she joined the Rutgers-New Jersey Medical School faculty as assistant professor of anesthesiology. Davidson was promoted to associate professor in 2004 and was appointed assistant dean for graduate medical education in 2007. For ten years, she served as vice chair of education and program director for the Department of Anesthesiology, and in 2002 and from 2010–2012, she served as interim chair.

Governor Appoints Levine Vermont Commissioner of Health

Vermont Governor Phil Scott announced in January the appointment of **Mark Levine, M.D.**, professor of medicine and associate dean for graduate medical education at the Larner College of Medicine, as Vermont's latest Commissioner of Health. Levine succeeds **Harry Chen, M.D.**, who has served as Commissioner of Health since 2011 under the Shumlin Administration.

An internal medicine specialist at the UVM Medical Center, Levine has held a number of leadership positions locally, statewide and nationally. In addition to his primary

academic roles, he has also served as the Designated Institutional Official at the UVM Medical Center and vice chair for education in the Department of Medicine. Levine was elected a member of the Board of Regents of the American College of Physicians (ACP) in 2015, has been a Fellow of ACP since 1992, and served as Governor of the Vermont chapter of ACP from 2007 to 2011. This past fall, Levine was also elected President-Elect of the Vermont Medical Society. Board-certified in internal medicine, Levine's clinical and research



Mark Levine, M.D.

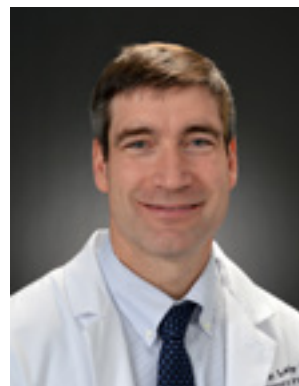
interests include health promotion and disease prevention, diagnostic problems, resident education and curriculum and teaching in the ambulatory setting.

Prior to joining the UVM faculty in 1992, Levine earned his medical degree from the University of Rochester School of Medicine, completed an internal medicine residency and served as chief medical resident at UVM, and also did a fellowship in general internal medicine and pediatrics at the University of North Carolina.

Leffler Named Chief Population Health and Quality Officer of UVM Health Network

The University of Vermont Health Network has selected **Stephen Leffler, M.D.'90**, as chief population health and quality officer. In this role, Leffler, who is currently chief medical officer and chief quality officer for the University of Vermont Medical Center, will oversee coordination of quality, patient safety and population health programs for the six hospitals in the UVM Health Network. This is the first senior leadership position created at the UVM Health Network since its formation in 2011, reflecting that enhanced coordination of care is critical to achieving federal and state reform goals.

"As we continue to move from a fragmented health care system that rewards quantity of care to one that focuses on the quality of care and overall health of our communities, we need an experienced, trusted leader like Dr. Leffler to make sure patients in the UVM Health Network are getting the full benefit of these promising changes," said **John Brumsted, M.D.**, president and CEO of the UVM Health Network and CEO of the UVM Medical Center. "He offers a powerful combination of vision and practicality that will help us achieve our goals of providing the support people need to be as healthy as possible,



Stephen Leffler, M.D.'90

improving the patient experience and working to control costs."

Among his many current leadership roles, Leffler is a board member for OneCare Vermont and the Vermont Care Organization, and serves on the Governor's Task Force for prescription drug monitoring. Leffler received his medical degree from UVM in 1990, and earned a Master of Health Care Delivery Science degree from the Tuck School of Business at Dartmouth College. He will continue to provide patient care in the UVM Medical Center's Emergency Department, and will spend much of his time at partner hospitals in the UVM Health Network.

LEWIS R. FIRST, M.D., RECEIVES 2017 KIDDER OUTSTANDING FACULTY AWARD

Lewis R. First, professor and chair of the Department of Pediatrics, has been named by the UVM Alumni Association as the 2017 recipient of its George V. Kidder Outstanding Faculty Award. The Kidder Award honors one full-time University of Vermont faculty member for excellence in teaching and extraordinary contributions to the enrichment of campus life. Established in memory of Dr. George V. Kidder, UVM Class of 1922 and former dean of the College of Arts and Sciences who served the university for more than 70 years, the prestigious award has been presented annually since 1974. First received his M.D. and M.S., and B.A. degrees from Harvard University and completed his internship (internal medicine) and fellowship (pediatrics) at Boston Children's Hospital. He joined the UVM faculty in 1994 and has also served as chief of pediatrics at the University of Vermont Children's Hospital since that time.



Lewis R. First, M.D.

LIAN AND STEIN RECOGNIZED AS AAAS FELLOWS

University of Vermont Cancer Center members **Jane Lian, Ph.D.**, and **Janet Stein, Ph.D.**, have been elected fellows of the American Association for the Advancement of Science (AAAS) in recognition of their contributions to innovation, education, and scientific leadership. The two Larner College of Medicine professors of biochemistry were presented with official certificates and pins at the AAAS Annual Meeting in Boston in February. Both Stein and Lian joined the UVM faculty in 2011. Stein's research focuses on the regulation of gene expression during the cell cycle and during the proliferation/differentiation transition. Lian's research involves several areas, including combinatorial control mechanisms for skeletal development; characterization of mouse phenotypes resulting from mutation of bone related genes; and cancer cell biology in the bone microenvironment.



Jane Lian, Ph.D.



Janet Stein, Ph.D.



Yvonne Janssen-Heininger, Ph.D.

JANSSEN-HEININGER RECEIVES INAUGURAL NHLBI OUTSTANDING INVESTIGATOR AWARD

Professor of Pathology and Laboratory Medicine **Yvonne Janssen-Heininger, Ph.D.**, has been named among the inaugural recipients of the Outstanding Investigator Award from the National Heart, Lung and Blood Institute (NHLBI). This prestigious award will provide more than \$900,000 in annual funding for a total of roughly \$6.3 million over the award's seven years. The NHLBI Outstanding Investigator Award is designed "to promote scientific productivity and innovation by providing long-term support and increased flexibility to experienced Program Directors (PDs)/Principal Investigators (PDs/PIs) who are currently PDs/PIs on at least two NHLBI R01-equivalent awards and whose outstanding record of research demonstrate their ability to make major contributions to heart, lung, blood and sleep research." Janssen-Heininger says this award will facilitate her vision to fully translate her research findings on antioxidant therapies into clinical care.

CUSHMAN NAMED EDITOR-IN-CHIEF OF NEW INTERNATIONAL SOCIETY ON THROMBOSIS AND HAEMOSTASIS-WILEY JOURNAL



Mary Cushman, M.D.'89, M.Sc.

On January 10, 2017, the International Society on Thrombosis and Haemostasis (ISTH), in partnership with John Wiley and Sons, Inc., announced the launch of the Society's new open access journal, *Research and Practice in Thrombosis and Haemostasis (RPTH)*, with its inaugural issue to publish in conjunction with the meeting of the ISTH 2017 Congress in Berlin, Germany in July. Professor of Medicine **Mary Cushman, M.D.'89, M.Sc.**, who is also director of the thrombosis and hemostasis program at the University of Vermont Medical Center, will lead the launch of the journal as its inaugural Editor-in-Chief. "RPTH epitomizes the current era of inter-disciplinary scientific discovery and new methods of knowledge dissemination," says Cushman. "Capitalizing on its open access and online-only format, RPTH will provide unrestricted access to scientific results from around the globe as a 'living journal,' serving as an important catalyst for digital discussion. In so doing, it will also provide the public with ease of access to research findings."

CARNEY RECEIVES CRYSTAL HEART AWARD AT VT GO RED FOR WOMEN LUNCHEON

Jan K. Carney, M.D., M.P.H., associate dean for public health, was honored as the recipient of the 2017 Crystal Heart Award at the American Heart Association's 10th annual Vermont Go Red for Women event in January. Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women. The Crystal Heart Award is presented annually by AHA affiliates across the country to a local resident who is an advocate, volunteer and role model for improving the health of the community and who works to further the AHA's mission "to build healthier lives, free of cardiovascular diseases and stroke."



Jan K. Carney, M.D., M.P.H.

Sadigh Named Inaugural Trefz Family Global Health Endowed Chair at Western CT Health Network

A personal experience with human suffering as a child in war-torn Iran instilled a passion for caring for people in **Majid Sadigh, M.D.**, who knew at a very young age he wanted to become a physician. In the 32 years since he came to the U.S. as a refugee, the associate professor of medicine at the Larner College of Medicine at the University of Vermont and UVM/Western Connecticut Health Network (WCHN) Global Health Program director has become an internationally recognized global health expert and humanitarian, impacting countless lives in resource-poor countries across the globe.

While his portfolio of accomplishments is chock-full, the extremely modest Sadigh, an infectious disease specialist who has dedicated much of his career to fighting HIV worldwide and provided care to Ebola patients in Liberia, is well-known for his humility and propensity to attribute successes to his colleagues. So when Sadigh was inducted this academic year as the inaugural Christian J. Trefz Family Endowed Chair in Global Health, he thanked his partners around the world, his students and trainees, and the patients and their families who make his work not only possible but meaningful. The endowed chair is the first-of-its-kind in the State of Connecticut and one of only a few hospital-based endowed global health chairs in the nation.

Established with a generous gift from Christian J. and Eva W. Trefz of Westport, Ct., the endowed chair advances the work of the UVM/WCHN joint Global



Majid Sadigh, M.D., speaking at a global health lecture at the College.

Health Program, launched in 2012 to provide medical residents, students and faculty with hands-on learning opportunities to experience global healthcare systems and to better understand public health issues and the impact of globalization on vulnerable populations. WCHN is the network organization for Norwalk, Danbury and New Milford Hospitals and affiliated organizations.

The Trefz Endowed Chair aims to promote an environment of learning and innovation that serves the needs of WCHN's very diverse community, according to Christian Trefz, vice chairman of the Trefz Corporation and owner of a number of Connecticut-based McDonald's restaurants and a member of the Norwalk Hospital

Foundation Board of Directors. He and his wife Eva are longtime Norwalk Hospital donors. The Trefz Endowed Chair in Global Health is the eighth endowed chair at WCHN.

The WCHN Global Health Program has expanded to include collaborative training opportunities for students and faculty at Norwalk Hospital, as well as the UVM Larner College of Medicine, for which WCHN serves as a clinical training partner. Thanks to Sadigh's tireless efforts the Global Health Program currently offers clinical training opportunities at partner sites in five countries, including the Dominican Republic, Uganda, Zimbabwe, Russia, and Vietnam.

Karen Leonard, M.D., Associate Professor, Pediatrics;
Sarah McCarthy, Ph.D., Assistant Professor, Neurological Sciences;
Stephen Merena, D.P.M., Assistant Professor, Orthopaedics and Rehabilitation;
Julie Phillips, M.D.'04, Assistant Professor, Obstetrics, Gynecology and Reproductive Sciences;
Constance van Eeghen, Dr.P.H., Assistant Research Professor, Medicine;
Richard Watts, M.D., Associate Professor, Radiology.

PROTÉGÉ

Tess Aulet, M.D., Resident, Surgery, UVM Medical Center, and Fellow, UVM Clinical Simulation Laboratory;
D. George Ormond, M.D., Resident, Surgery, Danbury Hospital, and Fellow, UVM Clinical Simulation Laboratory;
Lauren Pearson, D.O., Resident, Pathology and Laboratory Medicine, UVM Medical Center;
Mrinal Shukla, M.D., Fellow, Surgery, UVM Medical Center.



Some of the newest Teaching Academy inductees at the Snow Season Retreat.

Teaching Academy Inducts New Members

The newest members of the Teaching Academy at the Larner College of Medicine were inducted during a ceremony at the Snow Season Education Retreat in Burlington. A total of nine faculty members and four residents were recognized in three different member categories during the induction ceremony.

MASTER TEACHER

Lee Rosen, Ph.D., Assistant Professor, Psychiatry.

MEMBER

Sally Herschorn, M.D., Associate Professor, Radiology;
Robert Hieronimus, M.D., Assistant Professor, Anesthesiology;

NOVEL DIMENSIONAL APPROACH UNCOVERS BIOMARKER FOR INATTENTION

Diagnoses for attention-deficit/hyperactivity disorder (ADHD) occur in a reported 11 percent of U.S. school-aged kids. But clinicians still don't fully understand the underlying causes of this common condition. Now a brain marker may be on the horizon, thanks to a new approach that provides evidence of a relationship between brain structure and dimensional measures of ADHD symptoms. The study's results were first reported in an online article in *Biological Psychiatry* in March. Using data from the European-based IMAGEN study, researchers, including **Matthew Albaugh, Ph.D.**, from the Larner College of Medicine, took a multi-informant approach to investigate whether or not dimensional measures of ADHD symptoms and brain imaging data could shed new light on the root source of ADHD's symptoms, including inattention, hyperactivity and impulsivity. Their work represents the largest structural imaging study to date on ADHD symptoms in adolescents. In addition to Albaugh, study coauthors from UVM also include **Catherine Orr, Ph.D.**, postdoctoral associate in psychiatry; **Robert Althoff, M.D.**, associate professor of psychiatry; **Nicholas Allgaier, Ph.D.**, postdoctoral associate in psychiatry; **Nicholas D'Alberto**, neuroscience graduate student; **Kelsey Hudson**, clinical psychology graduate student; **Scott Mackey, Ph.D.**, assistant professor of psychiatry; **Philip Specbler, M.A.**, NIH predoctoral fellow in the Vermont Center on Behavior and Health; **Hugh Garavan, Ph.D.**, professor of psychiatry; **Alexandra Potter, Ph.D.**, assistant professor of psychiatry; and **Bader Chaarani, Ph.D.**, postdoctoral fellow in psychiatry.



Matthew Albaugh, Ph.D.



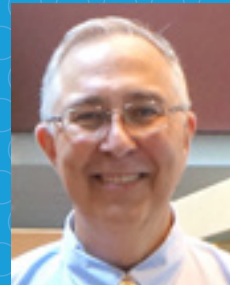
Iwona Buskiewicz, Ph.D., left, and colleagues, including Andreas Koenig, Ph.D., far right, in their lab in the Given building at the Larner College of Medicine at UVM.

STRESSED-OUT INTERFERONS REVEAL POTENTIAL KEY TO ALTERNATIVE LUPUS TREATMENT

Only one new drug has become available over the past 50 years for the estimated 1.5 million Americans and five million-plus people worldwide suffering from lupus; but new research has identified a previously unknown mechanism involved in the immune response that could provide an alternative therapy target. Lupus, a chronic autoimmune disease, is marked by elevated levels of type I interferon, a substance normally secreted by immune cells in response to viral infections. The origin of the interferon signature in lupus has remained a mystery for years. While working to solve this enigma, researchers, including **Iwona Buskiewicz, Ph.D.**, and **Andreas Koenig, Ph.D.**, assistant professors of pathology and laboratory medicine at the UVM Larner College of Medicine, uncovered an unexpected finding: a protein that normally signals an immune system pathway during viral infections was spontaneously activated in lupus patients, even in the absence of viral infection. Their results were published recently in the journal *Science Signaling*. Buskewicz describes her team's publication as "the first paper showing that the interferon pathway can be activated by something other than viral infection or nucleic acids." (Read more about this study on page 23 of this issue.)

LITTENBERG & CHOPAN'S STUDY FINDS ASSOCIATION BETWEEN EATING HOT PEPPERS AND DECREASED MORTALITY

Like spicy food? If so, you might live longer, say Larner College of Medicine researchers, who found that consumption of hot red chili peppers is associated with 13 percent reduction in total mortality — primarily in deaths due to heart disease or stroke — in a large prospective study published recently in *PLoS ONE*. The new study by Henry and Carleen Tufo Professor of Medicine **Benjamin Littenberg, M.D.**, and medical student **Mustafa Chopan '17**, used National Health and Nutritional Examination Survey (NHANES) III data collected from more than 16,000 Americans who were followed for up to 23 years, and examined the baseline characteristics of the participants according to hot red chili pepper consumption. "Because our study adds to the generalizability of previous findings, chili pepper — or even spicy food — consumption may become a dietary recommendation and/or fuel further research in the form of clinical trials," says Chopan.



Benjamin Littenberg, M.D.



Mustafa Chopan '17

SIGMON REPORTS ON STUDY OF WAITLISTED OPIOID-DEPENDENT ADULTS IN NEJM

Associate Professor of Psychiatry **Stacey Sigmon, Ph.D.**, an addiction research expert with the Vermont Center on Behavior and Health, has seen the opioid addiction problem firsthand as the director of the Chittenden Clinic Opioid Treatment Program based in Burlington. Vermont's largest methadone clinic, the Chittenden Clinic recently increased capacity from 400 to 1,000 patients, but waitlists for treatment persist. Sigmon conducted a study to test an "Interim Buprenorphine Treatment" (IBT) regimen for waitlisted opioid-dependent adults. The results debuted in the *New England Journal of Medicine* in December. Not only did IBT participants achieve far more illicit opioid abstinence, they also demonstrated greater reductions in their frequency of injection drug use and also in psychological symptoms, such as anxiety and depression.



Stacey Sigmon, Ph.D.

STUDENT LAUNCHES INNOVATION FUND

Medical students see a lot of the health care system — the good, the bad and the ugly — during their training, and their fresh perspectives sometimes lead to the identification of a need and a potential solution. But without sufficient support, an idea for an innovative technology to improve health care falls flat. Medical student **Al Marchese '19** has established a system for bringing these ideas to fruition — he's leading an initiative, called the Catamount Innovation Fund, which links innovation and entrepreneurship to the practice of medicine, among other industries.

During his first year of medical school, Marchese recognized a need to connect medical students with healthcare entrepreneurs and to foster a space for future medical professionals to think creatively about new, groundbreaking ideas that could significantly improve health care. This is where the idea for a student fund was born.

In the fall of 2017, the Catamount Innovation Fund will open its “doors” to UVM undergraduate and graduate students seeking to collaborate with and invest in current student entrepreneurs and inventors, as well as recent alumni. With approval from UVM President **Tom Sullivan** and Vice President for Research **Richard Galbraith**, and collaboration with numerous other students, including **Andrew Dazzo '17**, an undergraduate in economics, Marchese is now preparing to raise capital for the fund and to form an innovation team for the 2017-18 academic year. He notes that no previous finance or business experience is required to become a part of the team, just a willingness to think creatively about the future of innovative health care technologies.



Al Marchese '19



NEW THREADS ▲

After their Foundations Awards Ceremony, the members of the Class of 2019 picked out their new white coats, embroidered for the first time with the UVM Larner College of Medicine name.

Class of 2019 Celebrates Foundations Completion

Plaques, applause, Clerkship Survival Kits and the first official Larner College of Medicine white coats were among the highlights of the Class of 2019's Foundations Awards Ceremony this spring semester. The event — a welcome late-January break for second-year medical students busily studying for their U.S. Medical Licensing Examination Step 1 Exam — marked the completion of the Foundations level of the Vermont Integrated Curriculum and recognized the students' next phase of their education — clinical clerkships.

Foundations Director **Paula Tracy, Ph.D.**, led the event, where these awards were announced:

AMWA GENDER EQUITY AWARD

Pamela Gibson, M.D., Associate Professor of Pathology and Laboratory Medicine and Co-advisor, Gender and Sexuality Alliance (*This award honors a male or female faculty member who promotes a gender-fair environment for the education and training of physicians and gender diversity in the field.*)

THE DEAN WARSHAW INTEGRATION AWARD

Laurie Leclair, M.D., Associate Professor of Medicine and Course Director, Cardiovascular, Respiratory and Renal Systems (*This award recognizes the faculty member whose teaching best captured the spirit of the Vermont Integrated Curriculum.*)

THE SILVER STETHOSCOPE AWARD

Anya Koutras, M.D., Associate Professor of Family Medicine (*This award recognizes the faculty member who had few lecture hours, but made a substantial contribution to students' education.*)

ABOVE AND BEYOND AWARD

Ellen Black, Ph.D., Assistant Professor of Neurological Sciences (*This award recognizes the faculty member who went above and beyond the call of duty to help the students in their learning objectives.*)

OUTSTANDING TEACHING ASSISTANT AWARD

Jenna Bodmer, M.D.'16
Nicholas Field, M.D.'16
James Levins, M.D.'16

BEST SUPPORT STAFF (NON-TEACHING) AWARD

Kiersten Hallquist, Student Service Coordinator, Office of Medical Student Education

STANDARDIZED PATIENT AWARD

Deb Lyons

OUTSTANDING FOUNDATIONS COURSE AWARD

Nutrition, Metabolism and Gastrointestinal System

FOUNDATIONS COURSE DIRECTOR AWARD

Rebecca Wilcox, M.D., Associate Professor of Pathology and Laboratory Medicine and Director, Nutrition, Metabolism and Gastrointestinal System

FOUNDATIONS TEACHING AWARD

Ellen Black, Ph.D., Assistant Professor of Neurological Sciences (*The recipient of this award will be hooding the Class of 2017 at their graduation and will be recognized with other Teachers of the Year from the past.*)

Campaign News

THIS CAMPAIGN WILL BOLSTER UVM'S ABILITY TO MOVE MOUNTAINS NOW AND FOR YEARS TO COME — THROUGH THE STUDENTS WE EDUCATE, THE DISCOVERIES WE MAKE AND THE IMPACT WE HAVE ON VERMONT AND THE WORLD.



Martin Bloomfield, M.D.'60, at center, with members of the Cardiovascular Research Institute of Vermont's Board of Directors (from left) David Warshaw, Ph.D.'78, Mary Cushman, M.D.'89, CVRI Director David Schneider, M.D., Ira Bernstein, M.D.'82, and Mark Nelson, Ph.D.

Bloomfield Supports Early Career Investigators, Visiting Professorships

Martin Bloomfield, M.D.'60, (UVM '56) a retired cardiologist who practiced at Lenox Hill in New York City, has provided two grants to the Cardiovascular Research Institute of Vermont. The gifts — one to support creative careers in research and the other to bring leading cardiovascular thinkers to campus — honor both his lifetime of work at the front lines of heart health and the CVRI's mission to reduce the incidence, morbidity, and mortality of heart and vascular diseases through improving prevention, diagnosis, and treatment.

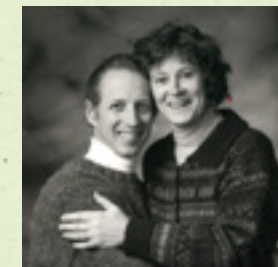
A \$1 million bequest will create an endowment to support early career investigators as they work to build a research program. The Martin Bloomfield, M.D.'60 Early Career Professorship is unique in its focus on faculty who are at the beginning stages of their career. In an increasingly competitive funding environment, this early support can be pivotal as faculty establish themselves and secure grant funding. The two-year award goes to a researcher at the assistant professor level and within the first five years of faculty appointment. Bloomfield has generously decided to provide the current funding of his future bequest, thus allowing the CVRI to bestow this \$45,000 award on a junior investigator in 2017.

A \$250,000 gift from Bloomfield supports two existing visiting professorships that honor beloved faculty connected to the CVRI. The Sobel Visiting Professorship pays tribute to Burton E. Sobel, M.D., the founding director of CVRI, and the Alpert Visiting Professorship is named for Norman Alpert, Ph.D., professor and chair of UVM's Department of Molecular Physiology and Biophysics from 1966 to 1995. Both professorships bring world-renowned researchers to campus for a distinguished lecture and multi-day series of interactions with trainees and junior investigators.

Faculty Bequest to Support Plastic Surgery Professorship

David Leitner, M.D., and his wife, **Linda**, have made an additional \$500,000 bequest, continuing their long-standing support of the institution where David spent over three decades of his career. This most recent bequest brings the Leitners total support to \$750,000.

With this extraordinary gift, the existing Green and Gold Professorship in Plastic Surgery, established in 2014 with a \$250,000 gift from the Department of Surgery, will now be named the Linda A. Leitner and David W. Leitner, M.D. Professorship in Plastic Surgery. Leitner, who retired in 2016, has been recognized by his peers as a skilled clinician and exemplary teacher to medical students and residents. He twice served as chair of the Division of Plastic and Reconstructive Surgery, from 1993 to 2007, and again from 2012 to 2016. He has also been a leader in clinical care for the state of Vermont. In 1985, Leitner founded the UVM Medical Center Microvascular Reconstructive Surgery and Replantation Service, and he played a key role in the Vermont Department of Health's Children with Special Needs program by staffing the Cleft Palate and Congenital Hand clinics. The Leitner's generosity in establishing a named \$1 million professorship provides key support for leading edge research and teaching in the Department of Surgery.



David and Linda Leitner

For information about how you can support the UVM Larner College of Medicine, please contact the Medical Development and Alumni Relations Office.



◀ View the Larner College of Medicine 2016 Philanthropy Report. Go to: www.med.uvm.edu/vtmedicine


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The Campaign for The University of Vermont

THE UNIVERSITY OF VERMONT LARNER COLLEGE OF MEDICINE Medical Development & Alumni Relations Office

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See Match Day photos and videos. Go to:
www.med.uvm.edu/vtmedicine



Match Day 2017

A huge celebration — and a couple of surprises and twists — were on the agenda for the Larner College of Medicine Class of 2017’s Match Day event on Friday, March 17. The festivities began just before noon in the Health Science Research Facility’s Hoehl Gallery, with “Pied Piper”/radiation oncologist **H. James Wallace, M.D.’88**, leading the more than 100 senior medical students to the stage where they learned their future fates — the locations for their residency training for the next three or more years. A video livestream made sharing in the day’s excitement possible for students, family and friends in remote locations across the globe.

“Class of 2017, you’ll face a lot of revelations in your career, though this certainly may be the most public of those,” said Dean **Rick Morin**. “This is a big moment for you, and a big moment for all of us at the College who have helped you prepare for it. We share your love of medicine — your dedication to your profession — and we wish you all the best as you take this next big step.”

Other speakers and special guests at the event included UVM Provost **David Rosowsky, Ph.D.**, Senior Associate Dean for Medical Education **William Jeffries, Ph.D.**, Professor of Medicine **Laurie Leclair, M.D.**, course director for Cardiovascular, Renal and Respiratory Systems, and Class of 2017 President **Mohammad Mertaban. Christa Zehle, M.D.’99**, associate dean for students, delivered the Match envelopes to the stage, where Class of 2018 students randomly selected

“THIS IS A BIG MOMENT FOR YOU, AND A BIG MOMENT FOR ALL OF US AT THE COLLEGE WHO HAVE HELPED YOU PREPARE FOR IT. WE SHARE YOUR LOVE OF MEDICINE — YOUR DEDICATION TO YOUR PROFESSION — AND WE WISH YOU ALL THE BEST AS YOU TAKE THIS NEXT BIG STEP.”

— DEAN RICK MORIN

envelopes and announced respective students’ names for reading in public or private.

A total of 110 senior students from the College participated in the main Match. Three students learned of their residency locations early through the Military Match and four students participated in separate matching programs for their specialties — two in ophthalmology and two in urology. After graduation, students in the Class of 2017 will begin residency orientation at locations across the country in mid-to-late June.

Residency Matches for the College of Medicine Class of 2017

ANESTHESIOLOGY

Leah Cipri	University of Michigan Hospitals
Justin Genziano	N.Y. Presbyterian-Columbia University
Daniel Ianno	University of Virginia
Benjamin Jorgensen	University of Vermont Medical Center
Danielle Leahy	University of Vermont Medical Center
Robin Leopold	University North Carolina Hospitals
Christopher Mayhew	University of Vermont Medical Center
Sargis Ohanyan	Yale-New Haven Hospital
Billy Tran	University of Washington Affiliated Hospitals

CHILD NEUROLOGY

John McLaren	Massachusetts General Hospital
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DERMATOLOGY

Benjamin Farahnik	UC Davis Medical Center
Amy Hopkins	Oregon Health & Science University
Jameson Loyal	SUNY HSC Brooklyn, N.Y.

EMERGENCY MEDICINE

Tabitha Ford	University of Utah Hospitals
Michael Grant	Baystate Medical Center
Lucas Grover	Baystate Medical Center
Nazey Gulec	NY Methodist Hospital
Erin Keller	University of Virginia
Mary Ledoux	Rhode Island Hospital/Brown University
William Manning	Greenville Health System/University of South Carolina
Ryan Nichols	University of Utah Hospitals
Christopher Williams	University of Rochester/Strong Memorial

FAMILY MEDICINE

Eric Bennett	Utah Valley Regional Medical Center
Meghan Breen	University of Alabama Tuscaloosa
Alexandra Brown	N.Y. Presbyterian-Columbia University
Joshua Cohen	Oregon Health & Science University
Eunice Fu	University of Washington Hospitals
Jamie Richter	Greater Lawrence Family Health Center
Kai Ping Wang	Riverside University Health System
Gwen Warren	David Grant Medical Center, Travis AFB
Angie Li	UC Riverside School of Medicine
Alissa Correll	University of Rochester/Strong Memorial
Michael Hudson	University of Rochester/Strong Memorial

GENERAL SURGERY

Bryce Bludevich	University of Massachusetts Medical School
Lillian Chang	University of Vermont Medical Center
Bridget Colgan	Tripler Army Medical Center
Trishul Kapoor	Mayo Clinic School of Graduate Medical Education
Sarah Kelso	University of Vermont Medical Center
Sarah Manning	Mountain Area Health Ed Center (North Carolina)
Isobel Santos	Case Western/University Hospitals Cleveland Medical Center
Amy Tefft	University of Kentucky Medical Center
Jacqueline Wade	Beth Israel Deaconess Medical Center
Laura Leonard	University of Colorado School of Medicine — Denver

INTERNAL MEDICINE

Murtaza Bharmal	University of Chicago Medical Center
Richard Carrick	Tufts Medical Center
Kyle Concannon	University of Washington Hospitals
Jani Kim	Kaiser Permanente — Los Angeles
Sarah King	Boston University Medical Center
Bharath Krishnamurthy	St. Elizabeth’s Medical Center (Boston)
Dale Lee	Winthrop-University Hospital
Marie Lemay	University of Rochester/Strong Memorial
Shannon Li	University of Wisconsin Hospital and Clinics
Syed Shehab	Boston University Medical Center
I-hsiang Shu	Kaiser Permanente — Los Angeles
Alexander Thomas	Yale-New Haven Hospital
Joseph Miller	Providence Health

MEDICINE — EMERGENCY MED

Alyssa Kwok	University of Illinois College of Medicine — Chicago
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MEDICINE — PRIMARY

Richard Smith	Yale-New Haven Hospital
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NEUROLOGY

Amy Yu	Yale-New Haven Hospital
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OBSTETRICS-GYNECOLOGY

Elizabeth Cochrane	Stony Brook Teaching Hospitals
Olivia Harris	Pennsylvania Hospital
Johanna Kelley	University of Vermont Medical Center
Melanie Ma	Kaiser Permanente — San Francisco
Sruthi Sakamuri	Pennsylvania Hospital
Amy Schumer	University of Minnesota Medical School
Margaret Seybolt	Western Pennsylvania Hospital
Matthew Shear	Beth Israel Deaconess Medical Center
Elena Siani	University of Tennessee — Memphis
Katherine Wang	Thomas Jefferson University

OPHTHALMOLOGY

Homer Chiang	University of Texas — San Antonio
Reid Feller	Brown University

ORTHOPAEDIC SURGERY

Curtis Adams	Albany Medical Center
Benjamin Albertson	University of New Mexico
Carl Nunziato	University of Texas at Austin Dell Medical School
Erin Pichiotino	Greenville Health System/University of South Carolina
Noah Quinlan	University of Utah Hospitals

OTOLARYNGOLOGY

Douglas Chieffe	University of Minnesota Med School
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PATHOLOGY

Laura Griesinger	University of Michigan Hospitals — Ann Arbor
Jonathan Hernandez	Oregon Health & Science University
Tristan McKnight	UC San Diego Medical Center
Jordan Taylor	UC San Francisco

PEDIATRICS

Hillary Anderson	University of Vermont Medical Center
Nicholas Bonenfant	University of Vermont Medical Center
Ayse Celebioglu	St. Christopher’s Hospital (Philadelphia)
Tracey DaFonte	University of Massachusetts Med School
Jiaxin Huang	UC Davis Medical Center
Chi An Liu	University of North Carolina Hospitals
Mohammad Mertaban	UC San Francisco
Colette Oesterle	University of Arizona at Tucson
Meredith Sooy	Duke University Medical Center
Catherine Suppan	University of Utah Hospitals
Alejandro Velez	Montefiore Medical Center/Einstein

PEDIATRICS/PSYCH/CHILD PSYCH

George Taylor	Icahn School of Medicine at Mount Sinai
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PHYSICAL MEDICINE & REHABILITATION

Pierre Galea	University of Alabama — Birmingham
Christopher Meserve	University of Minnesota Medical School

PLASTIC SURGERY

Mustafa Chopan	University of Florida — Shands Hospital
Andrew Tranmer	Carilion Clinic-Virginia Tech Carilion School of Medicine

PRELIMINARY SURGERY

Steven Coffin	Boston University Medical Center
Ilsley Colton	University of Vermont Medical Center
Dylan Devlin	Hofstra Northwell — Staten Island University
Gregory Frechette	Icahn School of Medicine at Mount Sinai

PSYCHIATRY

Dylan Hershkwitz	Butler Hospital/Brown University
John Whittier	University of Colorado — Denver

RADIATION ONCOLOGY

Halil Ikizler	Kaiser Permanente — Los Angeles
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RADIOLOGY-DIAGNOSTIC

Katherine Lantz	Dartmouth-Hitchcock Medical Center
Kiyon Naser-Tavakolian	Stony Brook Teaching Hospitals
Ryan Sofka	University of Wisconsin Hospital and Clinics

TRANSITIONAL YEAR

Imelda Muller	Naval Medical Center San Diego
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UROLOGY

Troy Larson	University of Florida College of Medicine
Caleb Seufert	Stanford University School of Medicine

Note: For two-part residencies, PGY-2 is listed

FEELING EMPATHY AT WORK THROUGHOUT THE WORLD



Global Health experiences broaden skills
and horizons for students and faculty



VULNERABLE. HUMBLE. SOMETIMES EVEN ANGRY.

These are some of the emotions medical students have expressed after returning to Vermont at the end of a global health rotation through the Larner College of Medicine's Global Health Program in partnership with Western Connecticut Health Network. It takes time, but these feelings often coalesce into a changed outlook on their chosen profession. Many come to a deeper understanding of how different health care systems and socioeconomic structures affect patients' lives. Most are changed by their experiences, and especially by the patients they care for, leaving them both awed and humbled by the responsibility inherent in becoming a physician.

The Larner College of Medicine/Western Connecticut Health Network Global Health Program, established in 2012, continues to grow in size and scope. It allows medical students, residents, fellows, and faculty from the Western Connecticut Health Network and the College to travel to five partner sites in Uganda, Russia, Vietnam, Zimbabwe, and the Dominican Republic. The program is unique in its emphasis on bi-directional exchange: Medical students and faculty from the U.S. travel overseas, but physicians and other health professionals from partner institutions come to the U.S. and visit other sites across the globe to experience medicine in different cultures as well.

Students are asked to reflect on their experiences in writing. Many talk about difficult situations they encounter, bringing up questions about power, privilege, and the role of the physician. Some write about experiencing the death of a patient — sometimes for the first time — and come to poignant realizations about their work. Many of these reflections are published on the College's Global Health Diaries blog. The following are excerpts from recent posts.



The Calling

BY MAJID SADIGH, M.D.

Dr. Sadigh, the Trefz Family Endowed Chair in Global Health, directs the UVM/WCHN Global Health Program and is a driving force behind its success. The following, which reflects the principles behind the global health program, was part of a speech he gave at the 2016 Global Health Celebration hosted by the College.

The practice of global health connects us to people of diverse perspectives and colors, and upon reflection, to ourselves and the lived experience. We learn to respect differences and recognize shared humanness. We cultivate pure human connections rooted in empathy, unhindered by superficial separations created by classism, racism, colonialism, and structural oppression. We are invigorated by the fortune of understanding others through their histories, strengths, weaknesses, fears, and failures. We learn about ourselves by reciprocating that vulnerability, by being exposed openly. In that openness we discover weaknesses, impurities, prejudices, and deficiencies in our own substance. We are then driven to improve our humanness — to become more caring, more compassionate, more aware, and more giving.

Tragedy and suffering born from human rights inequalities, particularly health inequality, social injustice, and poverty are illuminated on a grand stage under a beam of light. All that is usually hidden is revealed. We stand united on the stage to advocate for those who have been enshrouded behind the curtain. Their tragedies teach us something about resilience, and we find hope in their strength. Their stories tremble through the comfortable encasement of our privilege until it cracks. We learn to care about something outside of ourselves.

In discovering the roots of empathy, we rediscover what calls us to the field of medicine. In its essence, this profession is a calling. At the service of the underserved, we follow that calling.

Above, from left, Dr. Brian Beesiga, Dr. Sohi Ashraf, medical student Mary-Kate LaPiccolo '18, and Dr. Majid Sadigh examine a patient during clinical rounds at Mulago Hospital in the capital city of Kampala, Uganda.

Turning Vulnerability into a Great Inspirational Tool for Global Health

BY ROBERT KALYESUBULA, MBCHB, MMED, FISN

Uganda | August 5, 2016

Each of us has a point of vulnerability that is often heightened by an unfamiliar environment. What differs from one person to another is the level of resilience. Participant resiliencies vary and are often hard to predict before they face real life experiences. It is very important to be aware of, and appreciate, vulnerability when it surfaces. When the clinicians come to a foreign country for the first time they need to be patient and not too hard on themselves. They need to take time and be willing to learn not only the medicine but also the culture and environment where they have gone to work or study. They should be willing to be silent but curious observers who may not be able to contribute much at the outset. However, every lesson should be used to learn and be prepared to give back when the right moment comes. For the medical student, it may be going back to finish their residency so that they can gain more skills in order to return and treat the patients who enabled them to learn so much.

Great global health participants look at every patient as an opportunity to learn something new, not only in medicine but also in culture. They use their experiences as a platform for building empathy, which is the essence of medical practice. Vulnerability of patients and students should stimulate us to look deep in ourselves and draw from the inner strength to make ourselves and, more importantly, our patients better.



At left: Robert Kalyesubula, M.D., delivers a Community Medical School lecture at UVM Larner College of Medicine titled "Global Health: A View from Uganda."

This page: A surgical team at work at Parirenyatwa Hospital in Zimbabwe.

Opposite (L-R): The entrance to the medical school at the University of Zimbabwe; Larner College of Medicine student and global health participant Omkar Betageri '19.

Necessity is the Mother of Invention

BY OMKAR BETAGERI '19

Parirenyatwa Hospital, Harare, Zimbabwe | July 15, 2016

One of my first thoughts upon viewing the medical system was that I incorrectly thought that a system without money needed for an adequate number of resources could not maintain prompt and effective continuity of care necessary to treat patients. Though some of these limitations can be a barrier to care, what I have learned is that the word "adequate" is truly relative, a term that is redefined within the context of Pari. In the vein of "necessity is the mother of invention," the medical practice here at Pari has developed many ways to combat the limitations that they seemingly face. The medical system has evolved its strengths in a way unique to Zimbabwe, which is what I feel makes this system inherently special and a pleasure for international students and faculty to visit.



For example, the most common day-to-day patient presentations at Pari are respiratory, gastrointestinal, or neurological issues that might require extensive imaging (e.g. TB, COPD, strokes, etc). However, I was lucky to partake in a tutorial with fifth year medical students this week in which students practiced their respiratory exam on a patient to formulate a diagnosis. The instructor called upon the students one by one to practice a component of the exam, such as examining fingertips for asymmetry, general appearance for signs of respiratory distress, lymphadenopathy, etc. It was a meticulous process in which students were assessed on their ability to be specific and recall information with precision. The students ultimately progressed to diagnose the patient with a pleural effusion and its location, solely on the basis of auscultation, chest movement upon respiration, and tracheal shift. The professor emphasized to the class that there was really no need for imaging in this case if the physician had conducted a proper physical exam, upon which the diagnosis would essentially present itself.

This type of comment embodies the philosophy of the teaching system here at Pari, where students are indeed taught how to utilize and analyze imaging modalities when possible, but are taught first and foremost how to use their hands, eyes, and ears to conduct a thorough physical exam which guides their diagnostic thinking. Also noted and emphasized by numerous instructors is the value of thorough history taking, in that, along with the physical exam, it can often elucidate the diagnosis.

There are aspects of this approach that resonate with the clinical philosophy at the Larner College of Medicine. For example, we already know history taking to be a critical part of making a clinical decision. Nonetheless, throughout the next few weeks at Pari, I recognize that I have a unique opportunity to really build upon my ability to use my hands, eyes, and ears to understand patients, simply by acting as an astute observer of the skilled medical faculty.

The Vietnamese Family Unit

BY LYNN SIPSEY '18

Cho Ray Hospital, Ho Chi Minh City, Vietnam | December 1, 2015

Since returning from Vietnam, I have been unable to see U.S. hospitals in the same way. The halls here are clear, there are rarely more than two people to any room, no one is refused standard care based on their income, and visitors only populate the hospital during certain hours. While there is a noted difference in care, it is only a factor of resources and the system in which physicians are operating. What Vietnam's healthcare system lacks in resources, it makes up for in ingenuity, resourcefulness, and the cultural importance of family.

In Vietnam, the family is truly a unit, both inside and outside the hospital. I have seen family members function as an IV pole, a fan, a ventilator, and perform all the duties (and more) of a LNA. Family members serve as a strong patient advocate, something which is desperately needed in the crowded and busy hospital.

...One of the interns I spent much of my time with in the pulmonary unit left work early to take care of his mother who had woken up that morning with common cold symptoms. Her tonsils were inflamed, he reported, and he wanted to go home and collect a sample to run tests on. I was pleasantly surprised and told him that he was an extremely caring son. He, in turn, was surprised by my response, telling me that it was very common in Vietnam. "I am the doctor of my family and I must take care of them, so when they are sick, I am there." In the United States, I explained, everyone usually takes care of themselves, and it would be frowned upon if I called out of work with a mild illness, let alone someone else's. He looked at me in shock.



What Women Want During Labor: Cultural Competency in Uganda

BY JANEL MARTIR '17

Mulago Hospital, Kampala, Uganda | June 10, 2016

Conversations regarding women's global health rightly focus on reducing maternal mortality, family planning, and the provision of effective prenatal care. However, I find that these conversations are sometimes problematized by the notion that more developed countries think they know what is best for developing countries. This sort of medical elitism is dangerous and underlies the notion that global health is about the exportation of westernized values — namely and problematically — democracy and capitalism. This is unfortunate given that the discipline of global health was conceived within the ambitious idealism and self-determination spurred in the era of decolonization in the 1970s.

The practice of global health is not about the imposition of one's cultural values on another's as some sort of ideological imperialism. It is about keeping patients and communities healthy and safe, and recognizing that health is a right, not a luxury. Global health experiences are opportunities for learning, and it is important to remember that the exchange of knowledge and information ought to be bidirectional. Developed countries can learn just as much from what works in the developing world.



Mortality

BY RICHARD MENDEZ '18

Parirenyatwa Hospital, Harare, Zimbabwe | September 22, 2015

I was excited to work in a hospital in Zimbabwe as part of a medical team. I knew the conditions would be different, but I was unprepared for the severe ailments affecting the patient population at Parirenyatwa Hospital (Pari). Reality set in quickly as I saw a young HIV-positive stroke patient seizing in the hospital bed. The patient began seizing during morning rounds and the diazepam we gave did not stop the convulsions. No other intervention was available, so the seizures continued. As the patient's breathing became labored, the respiratory therapist came to the bedside and suctioned out the airway. As he worked, I noticed the tubing was filled with blood. I knew then that this patient was going to die. The death I was watching was not that of a quick trauma, but one of slow agony. It was a difficult death to witness.

...This new encounter with death reinforced my commitment to serving others. At the end of life, patients rely on physicians to relieve suffering and provide guidance for the social and spiritual issues at hand. The training we received at Pari went beyond the mere science of pathophysiology and treatment protocols; it provided us with insight into the very human experience of working with patients during their most precious moments. Through them, we learned something of the essence of mortality and grappled with the very real burden such an intimate experience with death can have on a person. VM



At left (L-R): Janel Martir '17 during a global health rotation in Uganda; Wandageya, Kampala. A street scene of Matatus, Boda-Bodas, and pedestrians.

Top: Larner College of Medicine students Lynn Sipsey '18 and Saraga Reddy '18 in Vietnam.

Above: Ruth Musselman, M.D., an internist at Norwalk Hospital, Stefan Wheat '18, Richard Mendez '18, and Stephen Winter, M.D., global health program director at Norwalk Hospital, in Zimbabwe.

To read more about the Global Health Program at the Robert Larner M.D. College of Medicine at The University of Vermont and the Western Connecticut Health Network, visit:

www.med.uvm.edu/globalhealth

Backing Into EXCELLENCE

**Renowned for
his research in
immunobiology,
Ralph Budd, M.D.,
has also built a legacy
of mentorships with
the next generation
of physicians
and scientists.**

**"IT ISN'T ABOUT
YOUR RESEARCH ...
IT'S ABOUT HOW YOUR
RESEARCH OVERLAPS
WITH SOMEONE ELSE'S"**

University Distinguished Professor Ralph Budd, M.D., fancies himself a late bloomer. He's almost apologetic for not having considered studying medicine till he was well into his junior year of college, and for not settling on a specialty until the final rotation of his clinical year of medical school. In his research, he thinks he's sometimes a little slower than he might be.

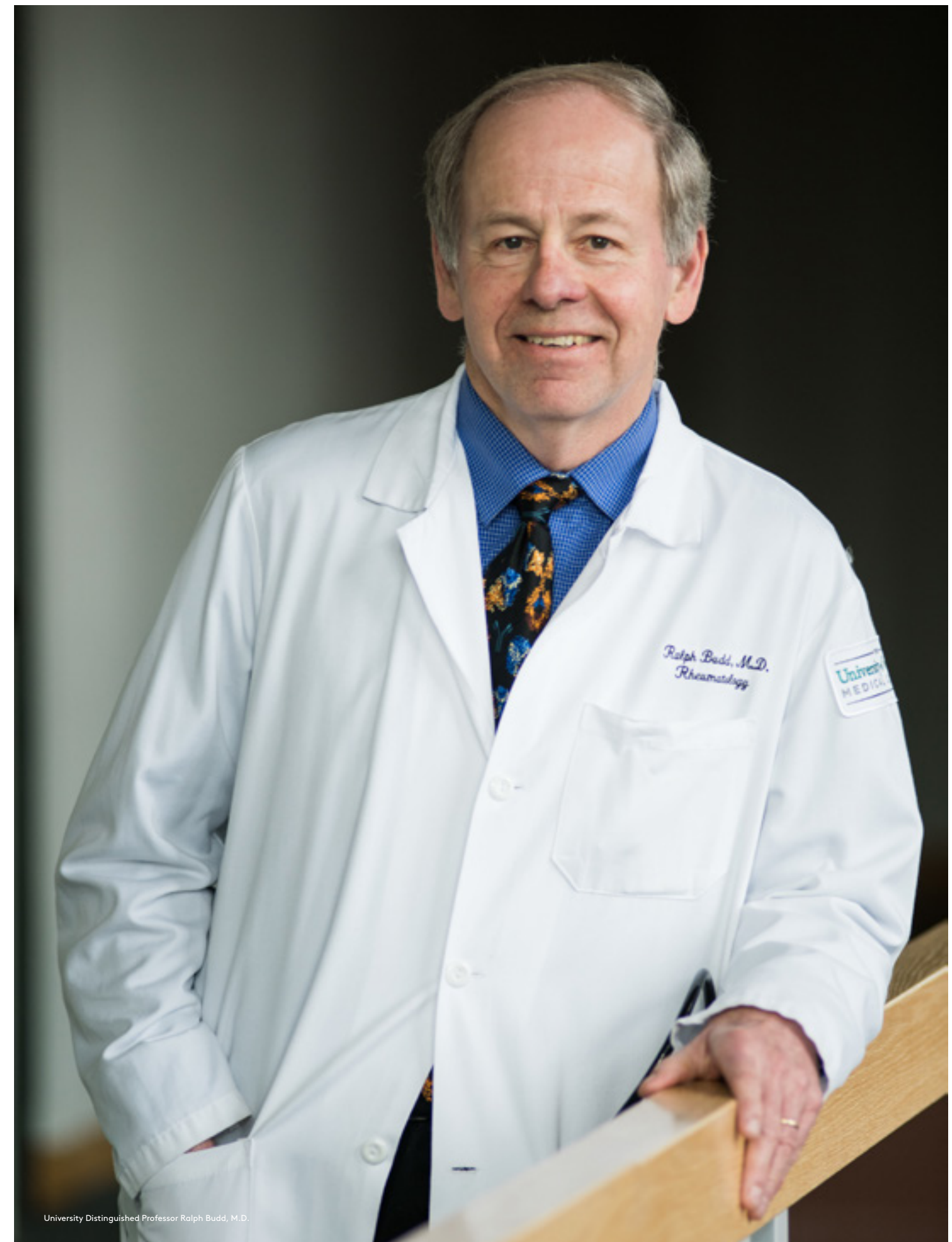
"It's my whole career, backing into everything," says Budd. Whether or not that's an accurate description, he makes an effort to recognize and nurture those who, like him, need time and encouragement. Indeed, this much-lauded physician and scientist has made a science of helping others to find their way.

"He's skilled at mentoring the whole spectrum of learner-faculty member-student," says Beth Kirkpatrick, M.D., professor of medicine in the Division of Infectious Disease. "He can mentor the basic scientist, the translational scientist, the physician, the basic researcher. He knows the critical thinking skills that develop folks into independent scientists. That's one of his real legacies in Vermont: how many people, and the broad spectrum of research strength they've had."

Budd was the force behind the establishment of the Division of Immunobiology in the Department of Medicine. He is also the founder and director of the Vermont Center for Immunology and Infectious Diseases (VCIID), a multi-department partnership that brings together work in immunobiology and infectious diseases, with faculty from the Departments of Medicine, Microbiology and Molecular Genetics, Obstetrics and Gynecology, Animal Science, Surgery, and Pathology, as well as students from the Cellular, Molecular, and Biomedical Sciences graduate program. In ten years, the VCIID has grown to include 26 faculty members who have published more than 400 articles and garnered more than \$92 million in grant support. It is supported by a twice-renewed National Institutes of Health (NIH)-sponsored Centers of Biomedical Research Excellence (COBRE) grant.

In May of 2016, Budd, the only member of the Association of American Physicians at UVM, received University Distinguished Professor status. Last November he was named Research Laureate of the Larner College of Medicine at the inaugural Dean's Excellence in Research Awards.

"He has done an enormous service within the College of Medicine in terms of building up the immunobiology program and then reaching out to and integrating the immunobiology research with the microbiology research going on around campus," says Gary Ward, Ph.D., professor of microbiology and molecular genetics and co-Principal Investigator with Budd on the COBRE grant. The grant has supported the recruitment and development of a number of junior



University Distinguished Professor Ralph Budd, M.D.

faculty, including Kirkpatrick, who went on to start the University’s Vaccine Testing Center and serves as its director; Christopher Huston, M.D., whose work on treatment of intestinal parasites caught the eye — and the funding — of the Bill & Melinda Gates Foundation; and Aimee Shen, Ph.D., whose work led to her being named a recipient of one of only 102 Presidential Early Career Awards for Scientists and Engineers as well as a prestigious Pew Scholar Award.

Budd has also made a point of encouraging undergraduates, including Katie Bashant, a former Goldwater Scholar, who graduated from UVM in 2016 and is now an NIH Cambridge Scholar using real-time deformability cytometry to characterize neutrophils within inflammatory disease states. She spent close to four years as an undergrad in Budd’s lab, where she contributed to research on how necroptotic dendritic cells activate gamma delta T cells, and says it was his genuine support of and interest in her work that gave her the confidence to tackle the challenging research she’s now engaged in — work that many people don’t get to until they are well into their doctoral program.

“Even though I was just an undergraduate student, I saw Dr. Budd every week when I was there,” says Bashant. “He’s not one of those professors who’s in his office and you don’t see them unless you go seek them out. He actually comes into the lab and says, ‘Hey, how are things going? Do you have some data to show me? Do you have any concerns?’”

Bashant is an example of how Budd nurtures independent learning, but at the same time, says Shen, now assistant professor of molecular biology and microbiology at Tufts, he has long “helped to initiate a lot of collaborations. Now that I’m in academia and trying to manage people, I appreciate how talented Ralph is at taking on these leadership roles and really helping to direct people. He’s selfless in it and he’s very, very good at it. He’s always thinking about how to stimulate research and how to get people to work together.”

It’s an approach that begins with mentoring, for everyone from students to postdocs to junior faculty — with the latter having two or three senior faculty mentors each to help them learn grant writing, how to run a lab, and the finer points of publication. Thursdays mean research-in-progress meetings, and junior faculty members in particular are encouraged to present their work.

“We tear it apart,” Budd says of the process, which is informally known by participants as a COBRoscopy. “We’re rigorous because if we’re not, they’re going to get it when their work is put before an NIH study section. As a result, our success rate is better than most medical schools.” Faculty also go on periodic retreats; Budd was particularly pleased with the outcome of the so-called challenge talks he initiated during one retreat early on in the COBRE grant. Individuals were asked to present their work, but not to enlighten their colleagues as to their research, since most already had at least some idea of what others were doing. Rather, they would show just one slide of a model, and explain how their research overlapped with the work of someone else in the group.

“So it isn’t about *your* research,” says Budd. “It’s about how your research overlaps with someone else’s — and it’s also to challenge them.” Some made better connections than others, he admits, adding that seed money was invested in those collaborations that showed the most promise.

If collaborating has been a theme for Budd as an administrator, its roots go back to his own early days as a researcher. After graduating from Cornell University Medical College, Budd began a residency in internal medicine at Dartmouth-Hitchcock Medical Center, with plans to go into private practice. But before that transpired, he met a rheumatologist who introduced him to the world of autoimmune diseases and the relatively new field of immunology.

“Clinically the diseases were fascinating because they’d present in all sorts of ways,” says Budd, listing skin rashes, heart disease, neurologic disease, and joint disease as some of those presentations. The challenge of diagnosing and treating them was exciting, and Budd settled on a rheumatology fellowship. But by the end of his first of two years, he’d grown disheartened by the fact that the only “treatments” were essentially aspirin and steroids, and decided instead to spend time behind the scenes, in an immunology lab, to hopefully discover more treatments. Two years later, he began a postdoc fellowship from the Arthritis Foundation, that allowed him to go to the Ludwig Institute for Cancer Research in Lausanne, Switzerland. It was



“WE TEAR IT APART. [BUDD SAYS OF THE PROCESS, WHICH IS INFORMALLY KNOWN BY PARTICIPANTS AS A COBROSCOPY.] WE’RE RIGOROUS BECAUSE IF WE’RE NOT, THEY’RE GOING TO GET IT WHEN THEIR WORK IS PUT BEFORE AN NIH STUDY SECTION. AS A RESULT, OUR SUCCESS RATE IS BETTER THAN MOST MEDICAL SCHOOLS.”

Ralph Budd, M.D., works in one of his two laboratory spaces in the Given Building.



THE BUDD FILE

Ralph Budd, M.D.

University of Vermont

2006–PRESENT Director, Vermont Center for Immunology and Infectious Diseases (VCIID), The University of Vermont

1997–PRESENT Professor of Medicine, Department of Medicine, UVM Larner College of Medicine

1995–PRESENT Associate Chair of Research Training, Department of Medicine, The University of Vermont College of Medicine

1995–PRESENT Director, Immunobiology Program, Department of Medicine, The University of Vermont College of Medicine

1992–1997 Associate Professor of Medicine, Department of Medicine, The University of Vermont College of Medicine

1989–1992 Assistant Professor of Medicine, Department of Medicine, The University of Vermont College of Medicine

1988–1989 Scientist, Division of Molecular Immunology, Genentech, Inc. Clinical Assistant Professor of Medicine, Stanford University School of Medicine

Education & Training

1973–1977 M.D., Cornell University Medical College, New York, N.Y.

1970–1973 B.A. (Biology), Cornell University, Ithaca, N.Y.

1969–1970 M.I.T., Cambridge, Mass.

2011–PRESENT

Member, Association of American Physicians

2016 University Distinguished Professor of Medicine and Microbiology & Molecular Genetics

2016 Research Laureate, Larner College of Medicine Dean’s Excellence in Research Awards

Selected Honors

2013 University of Vermont Medical Group — Senior Researcher of the Year

2009–2010 University Scholar, University of Vermont

1998–1999 Fogarty International Fellow, Institute of Biochemistry, University of Lausanne, Lausanne, Switzerland

1994–PRESENT Member, American Society for Clinical Investigation

1990–1994 Pew Scholars Program Award in the Biomedical Sciences

1989–1992 RJR Nabisco Research Scholars Award in Immunology

1983–1986 Arthritis Foundation Postdoctoral Fellow Member

1974–1977 Joseph Collins Foundation Scholar, Cornell Medical College

a conscientious decision Budd and his wife, Lenore, a wildlife biologist, made to experience life outside the United States (“New country, new language, new baby, new laboratory — piece of cake!” he laughs). It turned out to be transformative, the one period of his life Budd would live over, if given the opportunity. It’s also where the groundwork for his focus on collaboration was laid.

“It taught me a lot about how to make science work,” he says of the Ludwig. “It was a fairly small institution — probably about half the size of UVM. I had been at big places before and I went to big places afterward, but that place taught me that with the right people you can do top-rate science with a small group if they get along and they talk to each other.”

And it was there that Budd began his research on a mouse model of lupus. Although it didn’t teach him much about autoimmunity at the time, because it had a single gene mutation in a death receptor, working with it transformed his thinking around the immune system, specifically the role of memory in the system. Though the idea that the immune system can “remember” is a concept as old as Jenner’s smallpox vaccine, Budd’s lab was able to locate the genetic marker that arose when lymphocytes were activated. They then found a minor subset that had the marker and demonstrated that those cells housed immune memory. When he came to Vermont after a couple of years at Stanford and Genentech, he brought the lupus mouse model with him. Like Lausanne, Budd says, UVM was a “smaller place with very talented people.” In addition, UVM would allow him to work across departments in a way that was harder at a larger university.

“What appealed to me was that by talking to people in different fields you can make a connection to versus talking to 20 immunologists all looking at T-cell development,” he says. “It’s thinking laterally as opposed to vertically. That’s what happened back in Lausanne. We had a small group of cancer biologists next to us, a small group of biochemists next to us, but we all talked all the time and found interactions.”

In Vermont, Budd continued to look at the death receptor defect. In addition to lupus, the mouse had enlarged lymph nodes, but it took a couple of false starts in understanding where all the extra cells came from before Budd and his team had their lightbulb moment.



Dr. Budd leads a Monday morning laboratory group meeting.

“The reason we’d missed it is because it’s very subtle and slow,” he says, likening the lymphocytes to an engine in a firehouse, perpetually running just in case the alarm goes off. Approximately 3 to 5 percent of the lymphocytes in a human body are turned over every day, which doesn’t sound like much until you take into consideration what that looks like after a month — or six — of the body not ridding itself of them. Through microarrays, they found upregulation of a lot of cytolytic molecules, which in turn could cause significant damage if they were so abundant that they invaded the wrong tissues. Then, using flow cytometry, they moved the mouse model to humans and found the same upregulation. That suggests “that this process of homeostatic proliferation is going on in all of us, but when it gets accelerated, as possibly in lupus, it may well contribute to the inflammation we see here,” says Budd. Those studies are ongoing.

They also looked at what makes lymphocytes sensitive to the death signal, and through a now famous “failed” experiment (“As I tell students: ‘never come in my office and say the experiment didn’t work — usually it did, and it’s trying to tell you something you didn’t expect.’”), they determined that by simultaneously stimulating growth and giving a death receptor signal, the cell not only did not die, it actually grew faster. The graduate student went on to show that one of the molecules in the death signaling pathway was also required for cell growth. That finding was not initially well received in the field, but was subsequently confirmed by several other labs.

More recently, Budd contributed to a study that appeared in *Science Signaling* in which he and his co-authors (who included Assistant Professors of Pathology and Laboratory Medicine Iwona Buskiewicz, Ph.D. and Andreas Koenig, Ph.D.) examined a pathway through which the immune system detects foreign viruses. They observed that in lupus patients this pathway is activated in the absence of viral infection, and this is likely driven by oxidative stress in cells. They further found that an antioxidant that specifically targets mitochondria may serve a therapeutic effect in people with lupus, potentially significant news, given that exactly one new drug to treat the disease has been developed in the last half-century.

Despite these findings, of late, Budd has had to maintain a near-exclusive focus on the VCIID and his students and postdocs and junior faculty, which steadily impinges on the amount of time he can spend on his own research. But he has no regrets.

“Are you going to go for your own career your whole life or are you going, at some point, to devote a little bit of your time to help the junior folks? And I just decided it’s the right thing to do, to get them going,” he says, adding that he is more than okay with fewer personal grants and a

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YOU DIDN’T EXPECT.’”**

smaller lab. In life outside the lab Budd indulges in his love of chamber music. He is a former board member of the UVM Lane Series, and a pipe organist (he first studied it at college as a break from science, though until he convinces Lenore that there’s room in their house for an instrument, he’s making do with a piano).

The father of two and grandfather of one, Budd wouldn’t mind a little more down time. But not just yet. He’s keeping a window open for research and hoping that the antioxidant-related findings will lead to an adjuvant therapy for lupus.

“It would be fun, after all the years of research, to do one thing that really impacts human health,” says Budd. “So few people get to do that.” **VM**



**“WHO WE HAVE BROUGHT
WITH US” ARE THOSE WHO
HAVE INFLUENCED US,
THOSE WHO HAVE TAUGHT
US, THOSE WHO HAVE
SHOWN US THE WAY.**

I once heard a story about a young man who knocked on a monastery door. The monk, dressed in orange, opened the gate. “I have come to learn,” said the young man. “Can I learn here with you?” The monk in orange looked at the young man. “Who have you brought with you?” he asked. The young man looked behind him, “No one,” he answered. But the young man learns from his encounter with the monk that no one reaches any important goal in life all by themselves.

“Who we have brought with us” are those who have influenced us, those who have taught us, those who have shown us the way. All the important parts of my life as a physician — the caring, the sensitivity, the medicine, the quest to learn, to heal, to teach, all came from my years as a medical student at UVM. That is “who” I brought with me; that is “who” I have kept with me, through my years of practice, my time with the Lakota people, the medical missions I served in Peru and in the jungles of Ecuador. Over the years I have carried the same wonderment of those medical student years, in both the illnesses I have been asked to treat and the souls of the people I have come to know.

On Match Day, March 17, 2017, our students at the Larner College of Medicine began the next stage of their journey as physicians. They take with them the same heart, the same sensitivity, the same ability to listen and respond that we

all have found at our alma mater. Although, over time, the educational content may be different, the qualities of the practice of patient care are the same. This is the constant of this College of Medicine through all of our years.

I am sure most of us recall our own Match Day: That mixed feeling of leaving and moving on has not changed. I hope you would consider all of these shared feelings as a call to respond to the College of Medicine; a call to keep the College of Medicine’s medical education up to the moment and to continue to teach the heart of medicine; a call to view the changes on campus, perhaps during reunion, and return to a place where we know “who” we have brought with us to serve our patients and communities.

FREDERICK MANDELL, M.D. '64

President, UVM Medical Alumni Association

The University of Vermont Foundation

Medical Development & Alumni Relations Office

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Kevin McAteer

If you have news to share, please contact your class agent or the Development & Alumni Relations office at medalumni.relations@uvm.edu or **(802) 656-4014**. If your email address has changed, please send it to medalumni.relations@uvm.edu.

1960s

REUNION 2017: 1962 + 1967

'64 Marvin Feldman has “retired June 30, 2016 after 46 years in practice — plus six to seven years in the Army prior to going into practice — including one year in Vietnam. Enjoying life now — golfing, traveling, and watching my seven grandchildren alongside my wife.”

'66 Jeffrey Simons reports: “I have closed my practice of Pulmonary

Medicine and Critical Care and I am working part time as a medical director of a Hospice Organization. I moved to Carlsbad after my wife Susan died in September.”

1970s

REUNION 2017: 1972 + 1977

'71 Steven Lampert was appointed president of Lifespan Physician Group, Rhode Island’s largest multispecialty physician group, effective October 2016. He

joined the Lifespan group from Atrius Health in Newton, Massachusetts, where he was senior vice president and regional medical director. He previously worked at Harvard Vanguard Medical Associates, also in Newton, last serving as interim chief medical officer.

'72 Richard Houle reports that he has retired from Emergency Medicine, but is still working. “Wishing the best of the golden years to all my classmates.”

Charles Elboim is “still practicing as medical director of the St. Joseph Health Regional Cancer Care Breast Center in Santa Rosa, California. I am also a surveyor for the National Accreditation Program for Breast Centers of the American College of Surgeons.”

'76 Matthew Zetumer is “still in private practice of psychiatry and teaching at UC San Diego. Will gradually begin cutting back my hours to 30 hours in 2017. Plan on visiting Steve Lampert and Anita Feins with my wife, Lynn, early in the new year.”

'79 Alan Rogers writes: “30 years in Santa Fe. Solo private practice in Family Medicine. Loving it more than ever. Can’t believe it’s been nearly 40 years since we graduated!”

1980s

REUNION 2017: 1982 + 1987

'81 Elliot Rubin was selected by the New Jersey Chapter of the American Academy of Pediatrics as Pediatrician of the Year and was honored by them on April 19.

'82 David Wlody writes: “It’s been an interesting millennium. From 2003 to 2014 I served as Chair of the Anesthesiology Department at Long Island College Hospital (LICH), which was the major clinical affiliate of SUNY-Downstate Medical Center. I also served as Chief Medical Officer at that institution from 2008–2013. For reasons that are too tedious to recount, that institution was closed in 2014, and my clinical responsibilities were transferred to the main Downstate Campus. Since 2014, I have been the anesthesiology

COLLEGE EVENTS

AUGUST 7–11

Larner College of Medicine
Orientation Week
Class of 2021
UVM Campus

OCTOBER 13, 2:30 P.M.

Class of 2021 White Coat
Ceremony
Ira Allen Chapel,
Reception to follow in
Grand Maple Ballroom,
UVM Dudley H. Davis Center

For updates on events see:
www.med.uvm.edu/alumni

Larner College of Medicine
graduates are also members
of the UVM Alumni
Association. See those events
at: www.alumni.uvm.edu

residency program director, and in September 2016 I became the Designated Institutional Official and Associate Dean for Affiliations at Downstate. Outside the hospital, I served as President of the Society of Obstetric Anesthesia and Perinatology, ran the Annual Meeting of the New York State Society of Anesthesiologists, the second largest anesthesiology CME meeting held in the U.S., and in 2017 will run the Annual Meeting of the American Society of Anesthesiologists in Boston. Life is good!”

'83 Buffalo, New York’s Roswell Park Community Cancer Practice network of oncology physicians recently expanded with the appointment of **Frederick Hong** as a staff physician at Soniwala Hematology Oncology Associates in Williamsville, N.Y. He remains a clinical assistant professor of medicine at Buffalo’s Jacobs School of Medicine and Biomedical Sciences.

In early November, 2016, **John J. Orloff** was appointed executive vice president, head

CONTINUING '17 MEDICAL EDUCATION CONFERENCE SCHEDULE

FAMILY MEDICINE REVIEW COURSE

June 6-9, 2017
Sheraton Hotel,
Burlington, Vt.

TRANSFORMING PRIMARY CARE/BEHAVIORAL HEALTH

September 14-15, 2017
The Essex,
Essex, Vt.

PRIMARY CARE SPORTS MEDICINE CONFERENCE

September 27-29, 2017
DoubleTree Hotel,
South Burlington, Vt.

VERMONT INFORMATION TECHNOLOGY LEADERS SUMMIT 2017

October 4-5, 2017
Sheraton Hotel,
Burlington, Vt.

WOMEN'S HEALTH & CANCER CONFERENCE

October 6, 2017
Sheraton Hotel,
Burlington, Vt.

CRITICAL CARE CONFERENCE

October 12-14, 2017
Stoweflake Conference Center,
Stowe, Vt.

UVM MEDICAL GROUP (FIRST) HEALTH SYMPOSIUM

"PHYSICIAN INTEGRATION: LESSONS LEARNED"
October 15-17, 2017
Hilton Hotel
Burlington, Vt.

NORTHERN NEW ENGLAND NEUROLOGY SOCIETY ANNUAL MEETING

October 20-21, 2017
Stoweflake Conference Center,
Stowe, Vt.

NEUROLOGY FOR THE NON-NEUROLOGIST

October 20, 2017
Stoweflake Conference Center,
Stowe, Vt.

For information contact:

UNIVERSITY OF VERMONT CONTINUING MEDICAL EDUCATION

128 Lakeside Avenue, Suite 100
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SEND US YOUR STORIES — If you have an idea for something that should be covered in *Vermont Medicine*, please email: vmstories@med.uvm.edu.

of research and development, of Aegerion Pharmaceuticals, Inc., a biopharmaceutical company that develops innovative therapies for patients with debilitating rare diseases. John has nearly 20 years of global experience in drug discovery and development. Aegerion merged with a Canadian company later that month to become Novelon Therapeutics, Inc.

Stephen Russell Payne has published a new book, *Ties That Bind Us*, a collection of Vermont-themed short stories. It is available via Amazon.com.

'84 Brick Campbell wrote in to report that "en route to Bar Harbor, Maine, we met Jeff Darrow

and his lovely wife, Ellen, for lunch in Cambridge. He is currently catering to the wrinkled blue blood of Boston!"

'86 Paul Laprise was named Caregiver of the Year at Southern Maine Health Care (SMHC). He practices at SMHC's Biddeford facility. He was cited for being an integral part of the Biddeford Internal Medicine office for 24 years.

1990s

REUNION 2017: 1992 + 1996

'92 Paul Afek completed his Family Medicine residency

at Forbes Family Medicine in Pennsylvania. He worked for 13 years at a rural community health center near Tucson, Arizona through the National Health Service Corps, and has been a volunteer clinical faculty member at the University of Arizona. He recently moved to Albuquerque, New Mexico. He is working primarily at UNM Sandoval Regional Medical Center, and precepting residents at the North Valley Clinic. He enjoys outdoor activities with his wife and playing with his grandchildren, as well as fitness and amateur natural bodybuilding.

'93 Dennis Klein has been named state medical examiner for the state of Iowa. He has academic appointments with Des Moines University College of Osteopathic Medicine and the University of Iowa's College of Medicine.

'94 Maureen Phipps was interviewed for an article in *Ob.Gyn News*, titled "Women Reach for the Top in Ob.Gyn," published May 11, 2016. She is chair of obstetrics and gynecology and assistant dean at the Warren Albert Medical School of Brown University.

Michael Polizzotto joined the University of Illinois College of Medicine Rockford Family Medicine Residency Program. He is responsible for the clinical teaching in the family health center, inpatient family medicine service, and surgery rotations.

Diane Smith joined the Internal Medicine practice at Southwestern Vermont Medical Center in Bennington, Vt. With this appointment, she also joined the Dartmouth-Hitchcock Putnam Medical Group.

'98 Joyce Dobbartin writes:

"On July 29, 2016, I placed first in my division in the Eastern U.S. Regional Slalom Water Skiing Tournament, qualifying me for the National Slalom Water Skiing Championship in Idaho in August, 2016."

2000s

REUNION 2017: 1992 + 1996

'01 Bobbi Pritt was featured in an April 20, 2016, story in the *Star Tribune* titled "Mayo Clinic Parasite Researcher is Ticked Off by Her Work." She is associate professor of pathology and director of the Clinical Parasitology Laboratory at the Mayo Clinic.

'07 Gabrielle Jacquet has been named medical director of Child Family Health International, a non-profit organization providing more than 30 global health education programs in 10 countries. Jacquet, an attending physician and director of global health in emergency medicine at Boston Medical Center (BMC), and assistant professor of emergency medicine and assistant director of global health programs at Boston University School of Medicine, will assist with pre-departure training and research as well as curriculum development.

2010s

REUNION 2017: 1992 + 1996

'12 Piyush Gupta was named regional medical officer of CareMore Health System in Tucson, Arizona. Previously, he had served as a patient safety and quality improvement fellow and internal medicine attending hospitalist at Kaiser Permanente in Northern California.

Semeret Munie is co-author of a paper published in the August 2016 issue of *Polyhedron* titled "Reactivity of electrophilic Cp*Ru(NO) complex towards alcohols."

'15 Marissa Mendez writes: "Class of 2015 is finishing up intern year! I'm sure I speak for many of us when I say UVM prepared us well!"

Ph.D.s

'03 Historically Black University of Arkansas at Pine Bluff received a \$265,000 grant from the National Science Foundation to fund improvements to the university's Immersive 3-D Visualization, Teaching, Research, and Outreach Laboratory. The grant project is under the direction of **Sederick C. Rice, Ph.D.'03**, an assistant professor of biology at the university. Dr. Rice is a graduate of the University of Arkansas at Pine Bluff, where he majored in biology. He went on to earn a master's degree in biology from Delaware State University and a Ph.D. in cellular and molecular biology from the College of Medicine at the University of Vermont.

Flashback



NOT KIDS' STUFF

We know one person who appears in this unmarked photo from the UVM archives — **R. James McKay, M.D.**, seated in the center background. Dr. McKay was the first full-time pediatric faculty member when he arrived in Burlington in 1950. He was professor and chair of the Department of Pediatrics for 33 years. He died in 2012 at age 95. But where is this meeting taking place, and who are the students or residents in the room?

If you have a clue, send in your information to erin.post@uvm.edu and we will include it in the next issue of *Vermont Medicine*.

FROM THE PREVIOUS ISSUE ▶

The last Flashback received several responses, from Phil Lapp, M.D.'90, Michèle Gérin-Lajoie, M.D.'88, Jennifer Lawson, M.D.'90, Michael Butler, M.D.'90, and Mike Cross of the UVM custodial staff. Michael Butler noted "You make us sound so old in the flashback picture this month! It was anatomy class in 1986 and we were the class of 1990. In the picture from left to right is Jacquelyn (Jackie) Hedlund, Giulio Cavalli, Karen (Kari) Dittrich, John Berreen (with his face covered), Chris Bigelow, and Mike Butler. We all wore matching plain yellow shirts every day to the lab. We were a great team and learned a lot from each other. Thanks for the photo and the memories."



2017

Medical Alumni Association Awards

The MAA Awards for 2017 are presented every year at the Celebration of Achievements Ceremony. Full biographies of the awardees can be found at www.med.uvm.edu/alumni

A. BRADLEY SOULE AWARD:

Presented to an alumnus/a whose loyalty and dedication to the College of Medicine most emulate those qualities as found in its first recipient, A. Bradley Soule, M.D.'28.

DISTINGUISHED ACADEMIC ACHIEVEMENT AWARD:

Presented to alumni in recognition of outstanding scientific or academic achievement.

SERVICE TO MEDICINE AND COMMUNITY AWARD:

Presented to alumni who have maintained a high standard of medical service and who have achieved an outstanding record of community service or assumed other significant responsibilities not directly related to medical practice.

EARLY ACHIEVEMENT AWARD:

Presented to alumni who have graduated within the past 15 years in recognition of their outstanding community or College service and/or scientific or academic achievement.

ROBERT LARNER, M.D.'42 STUDENT AWARD

Presented to a current student(s) for his or her outstanding leadership and loyalty to the College and one who embodies Dr. Larner's dedication to not only supporting his medical alma mater, but to inspiring others to do so as well.



A. BRADLEY SOULE AWARD

James C. Hebert, M.D.'77

Surgeon, University of Vermont Medical Center. Albert G. Mackay, M.D.'32 and H. Gordon Page, M.D.'45 Professor of Surgery, University of Vermont Larner College of Medicine.

Dr. Hebert arrived in Burlington as a freshman medical student in 1973 and has spent his residency and entire career at what is now the Larner College of Medicine where he has supported the academic, teaching and clinical mission in many ways. Encouraged by his friend and mentor, Richard Gamelli, M.D.'74, he stayed to do a residency in surgery and was subsequently hired as an assistant professor of surgery in 1982. He established a laboratory based on work he had done as a surgery senior major at UVM and was able to secure NIH funding as a new investigator. A true general surgeon, Dr. Hebert was described by Dr. David Pilcher in his book *Catamount Surgeons* as "... a jack-of-all-trades and master of many. He never refused and assignment."

Dr. Hebert maintains an active surgical practice and has been the primary pancreatic surgeon for the past two decades. In 1983, he was asked to represent the department at a newly formed organization, the Association for Surgical Education, where he developed a passion for medical education. In 1997 he was appointed by Dr. Frymoyer to chair the Curriculum Task Force which developed the principles upon which the current Vermont Integrated Curriculum was built. Dr. Hebert has served

on many committees within the College including the Admissions and Instructional Improvement Committees and has had many leadership positions at the College including Division Chief for General Surgery, Vice Chair for Education in the Department of Surgery, Program Director for the Surgery Residency, and Associate Dean for Graduate Medical Education and Designated Institutional Official at Fletcher Health Care. Dr. Hebert was promoted to Professor in 1994 and in 2005 became the Albert G Mackay, M.D.'32 and H. Gordon Page, M.D.'45 Professor of Surgery.

Dr. Hebert is a past president of the Association for Surgical Education and the New England Surgical Society. He is currently the immediate past-president of the Vermont Medical Society and remains active on the VMS executive council. He has been an active member of the Medical Alumni Association as Class Agent and as a member of the Medical Alumni Executive Committee (MAEC) serving as president from 2010 to 2012. He also serves on the UVM Foundation Leadership Council. Dr. Hebert received the Distinguished Academic Achievement Award awarded by the MAEC in 2002.

2018
NOMINATIONS

Do you know a class member deserving of recognition?

Send in your nominations for the 2018 awards at:

www.med.uvm.edu/alumni

DISTINGUISHED ACADEMIC ACHIEVEMENT AWARD



Michael L. Cunningham, M.D.'87, Ph.D.
Professor of Pediatrics and Chief of the Division of Craniofacial Medicine at the University of Washington School of Medicine and the Jean Renny Chair of Craniofacial Medicine and Medical Director of the Children's Craniofacial Center at Seattle Children's Hospital.



Donald P. Goldsmith, M.D.'67
Director, Section of Rheumatology, St. Christopher's Hospital for Children, Philadelphia; Professor of Pediatrics, Drexel University College of Medicine.



Davidson H. Hamer, M.D.'87
Professor of Global Health and Medicine, Boston University Schools of Public Health and Medicine; Adjunct Professor of Nutrition, Tufts University Friedman School of Nutrition Science and Policy.



Elliott K. Main, M.D.'77
Chairman and Chief of Obstetrics, California Pacific Medical Center; Medical Director, California Maternal Quality Care Collaborative, Stanford Medical School.

SERVICE TO MEDICINE & COMMUNITY AWARD



Dora Anne Mills, M.D.'87 M.P.H.
Vice President for Clinical Affairs and Interim Vice President for Research, University of New England (UNE), Portland, Maine, and Director of UNE Center for Excellence in Health Innovation



William A. O'Rourke, Jr., M.D.'57
Retired; Internal Medicine and Infectious Disease physician, Rutland Regional Medical Center and Physician, Rutland Free Clinic



Kerry D. Solomon, M.D. '87
Co-Founder, Operation Sight; Private practice ophthalmologist; Former Chair of Storm Eye Institute at the Medical University of South Carolina, President of the American Society of Cataract and Refractive Surgeons.

EARLY ACHIEVEMENT AWARD



Joseph H. Dayan, M.D.'02
Plastic and Reconstructive Surgeon, Memorial Sloan Kettering Cancer Center, NYC; Director MSK Facial Reanimation Program; Assistant Professor of Plastic Surgery — MSKCC.



Kristen K. Pierce, M.D.'02
Infectious Disease Specialist, Department of Medicine, UVM Medical Center; Associate Professor, Larner College of Medicine



Mitchell Hon-Bing Tsai, M.D.'02
Anesthesiologist, Department of Anesthesia, UVM Medical Center; Associate Professor, Larner College of Medicine



Eric T. Schmidt
University of Vermont Larner College of Medicine, Class of 2018

Obituaries

'42 Robert Larner, M.D.
Dr. Larner died peacefully on April 20, 2017, at his home in Woodland Hills, California. He was 99 years old. He was born January 27, 1918 in Burlington, Vt., the seventh child of Russian immigrants Jehuda Likofsky, a roofer, and his wife, Rebecca. He attended the public schools of Burlington, and became a state champion debater in high school. Scholarship money he won through debating allowed him to become the first member of his immediate family to attend college. He entered the University of Vermont (UVM) in 1936, and received his B.S. degree in 1939, and his M.D. from the UVM College of Medicine in 1942. After a brief internship, Dr. Larner joined the U.S. Army Medical Corps and served throughout World War II in the Pacific Theater, treating wounded soldiers at Guadalcanal and Okinawa. After the war, he settled in Los Angeles in the late 1940s, where he built a thriving medical practice that spanned 40 years. Once established, he began making investments in California real estate, and in 1970 married the love of his life, Helen Hann. For the following 40 years they worked side by side, by using their real estate acumen to enable hundreds of tenants to start and maintain their businesses. By the 1980s, Dr. Larner began a fund to provide low-interest loans to UVM medical students to help foster the next generation of physicians. This fund has assisted

nearly 1,300 UVM medical students to afford their education. Dr. Larner and his wife, Helen, who survives him, made the advancement of medical education at UVM a key focus of their giving. Their support helped build the UVM Clinical Simulation Center, and the College's team-based active learning classrooms to revolutionize the teaching of medicine. In 2015, after providing the largest one-time gift in UVM history, Dr. Larner was recognized with the UVM Lifetime Achievement in Philanthropy Award for 2013, and in 2014 received an honorary Doctor of Science degree from UVM. On September 23, 2016, in recognition of Robert and Helen's further substantial financial commitment, the trustees of the University of Vermont announced the naming of The Robert Larner, M.D. College of Medicine at The University of Vermont — the only medical school in the nation named for an alumnus.

'43 Arthur D. Wolk, M.D.
Dr. Wolk died on November 17, 2016. Born in 1919 in Rutland, Vermont, he grew up in Rutland, attended Rutland public schools, UVM and the College of Medicine, and served his country as a first lieutenant in the U.S. Army Medical Corps. He practiced as a Rutland pediatrician for 42 years. Dr. Wolk lived for the past eight years at The Gables at East Mountain in Rutland Town with his wife, Florrie.

'47 William Flood, M.D.
Dr. Flood died on September 8, 2016 at Brookdale Fillmore Pond in Bennington, Vt. He was 94. After graduation from the College of Medicine, he and his wife, Shirlie, returned to North Bennington and built their home next door to Dr. Flood's parents. The Bank Street house served as his family practice office for many years. During the 1950s, Dr. Flood also worked as the regional Medical Examiner for southern Vermont. He loved his home town, but did leave in 1951 to join the U.S. Navy as a Medical Officer during the Korean War. After the war, he completed an OB/Gyn residency at Albany Medical Center in 1961, while continuing to work at his general practice at home. He opened an office in Bennington and continued to practice Obstetrics and Gynecology for several decades. He retired in 2003.

'50 Peter F. Esteran, M.D.
Dr. Esteran, died April 18, 2016. He was born in Barre, Vt. on May 17, 1923, the youngest of five children. He graduated from the University of Vermont and began attending medical school before being called to service in the U.S. Army. He served in General Patton's Third Army and participated in the invasion of France. After receiving a Purple Heart award, he was granted an honorable discharge and completed his medical training, then his residency in Wilkes-Barre, Penn. He married and moved to Southern California where he practiced

Urology at many Los Angeles area hospitals. In retirement, he moved to the Del Mar, Calif. area.

'51 Edward W. Jenkins, M.D.
Dr. Jenkins died at home in Tulsa, Oklahoma in September, 2016. He was 90 years old. Born in Springfield, Massachusetts in 1926, he graduated from Burlington High School and then served in the Navy in World War II in the V-12 Program and as an officer in the South Pacific. He graduated from UVM in 1948 before entering the College of Medicine. He began his medical practice in Tulsa, Okla. where he performed the first open heart surgery in the Tulsa area. He practiced in Tulsa until 1981. He then became certified in family practice and continued world-wide journeys to do medical missionary work.

'53 Richard N. Fabricius, M.D.
Dr. Fabricius, 87, died March 30, 2016 at the Vermont Veterans Home. Shortly after receiving his medical degree he entered the U.S. Navy as a medical officer. He served in the Korean Conflict aboard the U.S.S. *Buckner* and left the Navy a Lt. Commander. He served his surgical residency at the Albany Medical Center, then completed an orthopedic surgery residency at Ochsner Foundation Hospital in New Orleans and Monroe, Louisiana. He relocated to Bennington In 1961. He founded Orthopedic and Hand Surgery in Bennington, from which he retired In 1998. He was Past President of the New England Orthopedic Society.

'53 Emanuel Goldberg, M.D.
Dr. Goldberg died August 9, 2016 at New York City's Beth Israel Hospital after a brief illness. Born in 1926, he was an Army veteran of World War II. Dr. Goldberg was a graduate of Harvard University before entering the College of Medicine. Freedom Summer 1964 found him in Mississippi with the Medical Committee for Human Rights. He was the first chief of cardiology at Beth Israel in the 1960s. He built the cardiology division, cardiac cath labs, critical care units, and one of the first emergency department heart stations in New York City. He developed the cardiology fellowship program there. He conducted clinical research, publishing more than 60 papers and articles.

'55 Raymond L. Hackett, M.D.
Dr. Hackett died on September 11, 2016. He was 87. Following medical school Dr. Hackett did a rotating internship at Colorado General Hospital and went on to become a captain in the U.S. Army Medical Corp from 1956–58. He went onto a residency in Anatomic Pathology at the University of Colorado Medical Center from 1958–59 and was a research trainee at the Massachusetts Memorial Hospitals from 1961–62. Dr. Hackett then joined the University of Florida Department of Pathology in 1963 as an Assistant Professor. In the ensuing years, he became a departmental leader and rapidly rose to rank of Professor in 1972. Dr. Hackett was heavily involved in departmental administration and was the Acting Chairman from 1978–79 and Associate Chair from 1979 until he retired in 1998. He enjoyed an active research career as an NIH funded investigator.

'74 Thomas J. LaPlaca, M.D
Dr. LaPlaca died September 18, 2016, at home in Rutland, Vt., from cancer. Born in 1948, he was raised in Rutland. He practiced internal medicine in Rutland for five years then returned to UMass Medical Center for a two-year residency in anesthesiology, followed by a one-year fellowship in cardiac anesthesia and pain control. He then practiced anesthesiology at the Rutland Regional Medical Center for 20 years before moving to the Berkshire Medical Center in Pittsfield, Massachusetts, for more than eight years.

'79 David B. Gammon, M.D.
Dr. Gammon died unexpectedly on December 10, 2016. He was born on August 16, 1953, in Pawtucket, R.I. He grew up mostly in Maine, and graduated from Fair Haven Union High School, Fair Haven, VT, in 1971. He graduated magna cum laude from Texas Christian University in 1975. Dr. Gammon practiced medicine for more than 40 years in West Virginia, Minnesota, Vermont, North and South Carolina, Maine and New Mexico.

'70 Norman Snow, M.D.
Dr. Snow died February 9, 2017. He was 72. He was born in Providence, R.I., and grew up in Burlington, Vt., and graduated from UVM before entering the College of Medicine. After surgical internship at the University of Virginia, he was drafted by the U.S. Army and was sent to Cleveland, where he served as a Captain in the Army Medical Corps. He completed his residency in general and cardiothoracic surgery at Case Western Reserve University, then began his career at the University of Louisville. He returned to Cleveland as associate professor and director of cardiothoracic surgery for Cleveland Metro Health Medical Center. He served as the inaugural medical director of Metro Life Flight, one of the largest helicopter EMS programs in the country, winning the Distinguished Physician Award from the Association of Air Medical Services.

In 1999 he moved to Chicago, where he was professor of surgery at the University of Illinois and chief of thoracic surgery at UIC and the Jesse Brown Veterans' Administration Medical Center until his retirement in 2011, whereupon he returned to Vermont and joined the faculty of the Department of Anatomy at Geisel School of Medicine. In 2015 the UVM Medical Alumni Association awarded him the Distinguished Academic Achievement Award.

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'83 John P. Meserve, M.D.
Dr. Meserve died unexpectedly on November, 17, 2016 in an early morning car accident on his way to work. Born in 1955 in Gardiner, Maine, he received his bachelor's degree in 1977 from Cornell College in Mt. Vernon, Iowa. After college, he was an EMT in Cedar Rapids, Iowa. In 1979, he entered the College of Medicine. After graduating in 1983, he went on to a residency in Pittsburgh, Penn. at St. Margaret's Hospital. He received the Mead Johnson Award for Graduate Education in Family Practice, given

to the top 20 residents in the nation each year. He was also elected chairman of the Pennsylvania Family Practice Residency Council. He returned to Maine in 1986, where he practiced family medicine for over 30 years.

'98 David Park, M.D.
Dr. Park died September 29, 2016 at his home in Seattle, Wash. A pulmonary disease and critical care physician at Harborview Medical Center and Professor of Medicine at the University of Washington, he had waged a six-year battle with brain cancer. He was born in 1961 in Rochester, N.Y., and was raised on his family's farm in Williston, Vt. He graduated from Williams College before entering medical school, where he met his future wife, classmate Julie Ruggieri Park, M.D.'98. They both pursued residency and practice in Seattle. He was nationally recognized for his educational expertise in diagnosis and treatment of tuberculosis and was a founding member of the Firland Northwest Tuberculosis Center.

Faculty

John Craighead, M.D.

John Edward Craighead, M.D., noted physician, pathologist, and former Chair of the Department of Pathology at the College died at his home in Vero Beach, Florida on January 10, 2017. He was 86. Dr. Craighead's work in virology introduced the concept of a viral etiology for Type 1 diabetes mellitus. His pioneering clinical studies first identified cytomegalovirus as a major infectious complication of organ transplantation. His research in the later years of his professional career focused on the diseases of the lung resulting from occupational exposures to inorganic dusts, particularly asbestos. Dr. Craighead's early years were spent in the coal mining districts of southeastern Pennsylvania. He later moved to Utah where he obtained

degrees in botany and medicine. After training at Washington University in St. Louis, he moved to the National Institutes of Health, where he undertook studies in respiratory disease epidemiology before moving to the Canal Zone in Panama to work in tropical virology at the Middle America Research Unit, Public Health Service. In 1960, Dr. Craighead joined the staff of the Peter Bent Brigham Hospital in Boston to undertake training in pathology. He then joined the faculty of Harvard Medical School. In 1968 he moved to Burlington, where he became chair of the Department of Pathology, a position he held until 1991. Dr. Craighead's distinguished research career resulted in numerous published scientific reports in the medical literature and three books, the latest of which was entitled *The Pathology and Pathogenesis of Human Viral Disease*. He was the recipient of numerous scientific awards and lectureships. He was also an avid botanist and horticulturist who traveled extensively to study flora worldwide. One of his former students, David Novis, M.D.'74, shared his memories of Dr. Craighead's stern but caring demeanor as an educator, and his wide breadth of knowledge. Years after leaving UVM, Dr. Novis walked into a gardening store on the West Coast. "Quite by chance, my eyes alit on a book on gardening," recalled Dr. Novis. "Guess who the author was? It reminded me of the great Virchow, the father of Pathology who had three careers, all of which had nothing to do with each other and in all of which he was regarded as an icon."

A memorial service for Dr. Craighead was held May 20, 2017 at the Union Church Cemetery in Tyringham, Mass. The Craighead Family has requested that memorial contributions in his name may be made to the University of Vermont Foundation to support the Department of Pathology Student Fellowship Endowment c/o Meredyth Armitage, Sr. Director of Major Gifts, Larner College of Medicine, 89 Beaumont St., Burlington, VT 05405.





February 2, 2017

4:23 P.M.

Medical student **Rio Beardsley '20** high-fives a patient as Karen Lucas, R.N., looks on during a nurse-shadowing session at The University of Vermont Medical Center.

PHOTOGRAPH BY ANDY DUBACK



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