Supporting Future Physicians with the Gift of Education

Hyunsoo No ‘19 has found a constellation of mentors and ardent supporters in Larner College of Medicine alumni. A married father of two children, No worked for a decade in Boston and New York City in the field of radiation oncology as a dosimetrist; now he’s on the path to becoming a radiation oncologist. The mentorship of alumnus and faculty member H. James Wallace, M.D.’88, and the financial support of alumnus Arnold Goran, M.D.’58 and his wife Mariel B. Goran through their Medical Scholarship has provided the support he’s needed to achieve that goal.

“I’m grateful for The Arnold Goran, MD ’58 and Mariel B. Goran Medical Scholarship that has greatly reduced the financial burden of attending medical school,” No says.

“My family and I had the chance to meet Arnie and Mariel Goran, who welcomed us with open arms. My connection with them has provided not just financial assistance, but career and life advice as well. Arnie continues to remind me that ‘family comes first’ and that self-care is critical to being a care provider.”

Donors Mariel B. Goran and Arnold Goran, M.D.’58 (left) join Class of ’19 medical student Hyunsoo No and his children for a visit.

For information about how you can support the work of the UVM Larner College of Medicine and its affiliates, please contact the Medical Development and Alumni Relations Office.
FROM THE DEAN

I have now experienced the beauty of both fall and winter in Vermont since I began my deanship of the UVM Larner College of Medicine, and am looking forward to the spring that is just weeks away. Throughout these cold winter months, my wife Jeannie and I have been sustained by the warm welcome we have received from faculty, staff, students, alumni, and friends of the College.

I mentioned in my first “From the Dean” message that I looked forward to meeting many members of the Larner community; since that time, I have participated in several informal “town hall” gatherings, many formal meetings with students, chairs, center directors, and associated faculty, and hundreds of introductions to people from across the institutions in the course of daily life here on campus. As I mention in the interview in this issue, I have even enjoyed getting momentarily “lost” on the medical campus, and in the course of asking directions, meeting even more Larner community members and hearing about their work.

In addition, I’ve met many members of our alumni community as I’ve traveled around the country these past few months. It is a great strength of our College to have such active, engaged alumni who care so much about what is going on today at their alma mater, and who support our work to prepare the next generation of physicians and biomedical scientists.

As I look out at the year ahead, there is excitement and opportunity across all of our missions. Our educational program is receiving national accolades for our commitment to active learning as we prepare students for careers in medicine and science in a changing world. We have a new research complex planned to support our faculty scientists doing critical work unlocking new treatments for heart disease, cancer, addiction and more. Our clinical partners at the UVM Health Network are making a difference in the lives of more than a million people across our region, and are on the forefront of shaping healthcare policy that will meet the needs of our communities both today and tomorrow.

While advances in science and public policy are changing the face and practice of medicine, what has not changed is the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work. One of my first initiatives at the College has been to develop a statement of professionalism to serve as a reminder of the importance of the doctor-patient relationship and commitment to professionalism that are central to our work.

What it’s like to be in the top one percent?

In the world of scientific influencers, UVM biomedical scientists Mary Cushman, M.D., M.Sc., Richard Page, M.D., and Russell Tracy, Ph.D., have first-hand knowledge. They are among the most Highly Cited Researchers in 2018, according to a recently-released report compiled by Clarivate Analytics. Highly Cited Researchers are selected for their exceptional research performance, a status determined by the publication of multiple highly-cited research articles that rank in the top one percent for citations for their field in the Web of Science—a scientific citation indexing service maintained by Clarivate Analytics. Researchers are selected for their exceptional performance in one or more of 21 fields used in the Essential Science Indicators. Both Cushman, a professor of medicine and pathology and laboratory medicine, and Tracy, a professor of pathology and laboratory medicine, and biochemistry, conduct research and publish as key investigators on a number of longitudinal health studies, including the Reasons for Geographic and Racial Differences in Stroke (REGARDS), Multi-Ethnic Study of Atherosclerosis (MESA), and Cardiovascular Health Study, among others. Page, the dean of the Larner College of Medicine and a professor of medicine, has extensive research expertise in the areas of cardiac arrhythmias and sudden cardiac arrest and has published more than 200 research articles and book chapters.

Christa Zehle, M.D., ’99

Zehle named to interim post

Christa Zehle, M.D., associate dean for students, was named interim senior associate dean for medical education in January. She replaced William Jeffries, Ph.D., who became senior advisor to the dean.

A 1999 alumna of the UVM Larner College of Medicine, Zehle joined the faculty in 2003 as assistant professor of pediatrics and was promoted to associate professor in 2011. She successfully launched the Pediatric Hostipalist Program at UVM Medical Center, and has continued to have a clinical role at Vermont Children’s Hospital along with her responsibilities as associate dean. In her interim post, Zehle will oversee all operations of the Office of Medical Student Education.

UVM Medical Center President to Retire

In January, UVM Medical Center President Eileen Whalen, MHA, RN, announced her plan to retire in June after four years at UVM Medical Center and 38 years in health care. Stephen Leffler, M.D. ’90, will take on the role of interim president. Under Whalen’s leadership, the organization advanced key initiatives including construction of the new mother-baby unit and the Miller Building, implementation of a regional critical care transport system, and the development of innovative approaches to address the opioid crisis.

Cushman, Page, and Tracy Rank in Top 1% for Research Paper Citations in 2018

What’s it like to be in the top one percent? In the world of scientific influencers, UVM biomedical scientists Mary Cushman, M.D., M.Sc., Richard Page, M.D., and Russell Tracy, Ph.D., have first-hand knowledge. They are among the most Highly Cited Researchers in 2018, according to a recently-released report compiled by Clarivate Analytics. Highly Cited Researchers are selected for their exceptional research performance, a status determined by the publication of multiple highly-cited research articles that rank in the top one percent for citations for their field in the Web of Science—a scientific citation indexing service maintained by Clarivate Analytics. Researchers are selected for their exceptional performance in one or more of 21 fields used in the Essential Science Indicators. Both Cushman, a professor of medicine and pathology and laboratory medicine, and Tracy, a professor of pathology and laboratory medicine, and biochemistry, conduct research and publish as key investigators on a number of longitudinal health studies, including the Reasons for Geographic and Racial Differences in Stroke (REGARDS), Multi-Ethnic Study of Atherosclerosis (MESA), and Cardiovascular Health Study, among others. Page, the dean of the Larner College of Medicine and a professor of medicine, has extensive research expertise in the areas of cardiac arrhythmias and sudden cardiac arrest and has published more than 200 research articles and book chapters.

Christa Zehle, M.D., ’99

UVM Medical Center President to Retire

In January, UVM Medical Center President Eileen Whalen, MHA, RN, announced her plan to retire in June after four years at UVM Medical Center and 38 years in health care. Stephen Leffler, M.D. ’90, will take on the role of interim president. Under Whalen’s leadership, the organization advanced key initiatives including construction of the new mother-baby unit and the Miller Building, implementation of a regional critical care transport system, and the development of innovative approaches to address the opioid crisis.
Faculty Achievements Recognized by Vermont Medical Society

Four Larner College of Medicine faculty were honored at the Vermont Medical Society 2018 annual meeting.

Stephen Leffler, M.D., a professor of surgery at UVM and chief population health and quality officer for the UVM Health Network, was named president of the Vermont Medical Society (VMS). In his role as president, he is responsible for leading the Society’s public policy efforts in Montpelier and Washington, D.C.

Frank Ittman, M.D., a UVM professor of surgery in the division of cardiothoracic surgery, was awarded the Distinguished Service Award. He also serves as a faculty associate in development for the UVM Foundation and is a former director of the UVM division of cardiothoracic surgery.

UVM Professor Emeritus of Pediatrics Eliot Nelsen, M.D., was one of three recipients of a VMS Founders’ Award. He along with Governor Phil Scott and Senator Philip Baruth were recognized for their role in advancing landmark gun violence prevention legislation in Vermont.

On December 12, 2018, the University of Vermont celebrated the newest graduates of the Master of Public Health program and Master of Science in Medical Science program during a ceremony in the Allen Chapel. Master of Public Health graduates included Dana Bourne, Rajan Chawla, Kelly Clements, Valerie Devlin, Hannah Frothing, Ashley Greenfield, Megan Healy, Jillian Lelekouskas, and Ian McHale. Master of Science in Medical Sciences graduates included Rachel Carpenter and Nathan Dow.

On December 19, 2018, the University of Vermont celebrated the newest graduates of the Master of Public Health program and Master of Science in Medical Science program during a ceremony in the Allen Chapel. Master of Public Health graduates included Dana Bourne, Rajan Chawla, Kelly Clements, Valerie Devlin, Hannah Frothing, Ashley Greenfield, Megan Healy, Jillian Lelekouskas, and Ian McHale. Master of Science in Medical Sciences graduates included Rachel Carpenter and Nathan Dow.

Nearly Half a Century of Service

Pat Alberts has experienced a lot of change in her 48 years running the mail room at the Larner College of Medicine, both in technology and location. But, she says, there’s one aspect of her job that’s kept her here all these years. “The people.” Since she took on managing the mailroom in 1971, she has forged strong relationships with generations of medical students. Playing a part in one milestone in medical students’ lives—Match Day—was a beloved role for Alberts, who inserted Match letters into students’ mailboxes. She remembers the halls surrounding the mailroom filled with students, parents and children as students opened their letters. As she nears her last day before retirement in January, Pat said what she’d miss most is the same thing that anchored her to the College for nearly half a century—the people—and they’ll certainly miss her, too.

Heintz Awarded 2018 Distinguished Graduate Alumni Award

Nicholas Heintz, M.S., Ph.D., was awarded the 2018 Distinguished Graduate Alumni Award from the Larner College of Medicine. A respected leader in graduate education and within the College of Medicine’s Office of Diversity and Inclusion, Heintz and his lab have trained more than 30 postdoctoral fellows and one fellow in postdoctoral education. His lab has been a leader in research on molecular genetics and cancer biology, and has transitioned to professor emeritus in 2014.
Part of the Community

Larner medical students find new insights into patient care through experiences in rural medicine.

When Harshal Athalye ’20 began a pediatrics rotation at North Country Hospital in Newport, VT, in the upper reaches of Vermont’s Northeast Kingdom, he was worried the rural location would make him feel isolated, or that he wouldn’t see the diversity of patients he might in a more urban setting. The two weeks he spent in Newport during his third-year pediatrics clerkship changed his mind. Working alongside Alexandra Bannach, M.D., a clinical assistant professor of pediatrics, he found a complex caseload that required not only clinical skill, but an ability to build relationships with families over time. “It was an amazing experience to see her work,” says Athalye. “She has such a calm, optimistic, healing personality. Many of the patients we saw had a troubled history, and Dr. Bannach knew the idiosyncrasies of each patient.”

Athalye is not alone: William Raszkai, M.D., professor of pediatrics and director of the pediatrics clerkship, says students who spend time in a rural location often walk away with a newfound appreciation for the complexities and rewards of rural practice. During the seven-week pediatrics clerkship, most students have the opportunity to practice in rural settings across Vermont, as well as in northern New York and Connecticut.

“Physicians in rural environments provide home visits; they staff high school football games and school clinics; sometimes they go to hospitals for deliveries as there may not be a hospitalist service,” he says. “They learn how a physician is incorporated into the community.”

Primary care physicians equipped to practice in rural locations are in dire need across the country. According to the Centers for Disease Control, there’s a “striking gap” in health between rural and urban Americans. The causes are complex, but socioeconomic conditions and access to healthcare play a role. Rural Americans have higher rates of chronic conditions and access to primary care is limited. Patients may have to travel further distances to see a provider, and are more at risk for death from preventable causes as compared to their urban counterparts.

The family medicine clerkship at the Larner College of Medicine is designed to introduce students to these health disparities and prepare them to address unmet needs, says Candace Fraser, M.D., associate professor of family medicine and family medicine clerkship director. More than 50 preceptors across Vermont, northern New York, Connecticut, New Hampshire, Massachusetts, and Maine ensure students experience what it’s like to practice at a rural site with quick access to a tertiary care setting. No matter what specialty a student chooses, they benefit from this experience. But for some, it’s the beginning of a career they previously hadn’t considered.

“For students who say ‘I had no idea how important the family doctors are to the community and the extent of the care they provide,’” says Martha Seagrave, PA-C, associate professor of family medicine and family medicine clerkship director, “they are the relatives of people I know, the local businesses that I frequent, they are the neighbors, they work in or own the place.”

“Sometimes the people in the office are neighbors, they work in or own the place, and they know you,” says Jennifer Boccia ’20, with preceptor Sarah Abbot, M.D., during her family medicine clerkship at Mad River Medical Center.

According to the CDC, there’s a “striking gap” in health between rural and urban Americans. The causes are complex, but socioeconomic conditions and access to healthcare play a role. Rural Americans have higher rates of chronic conditions and access to primary care is limited. Patients may have to travel further distances to see a provider, and are more at risk for death from preventable causes as compared to their urban counterparts.

The family medicine clerkship at the Larner College of Medicine is designed to introduce students to these health disparities and prepare them to address unmet needs, says Candace Fraser, M.D., associate professor of family medicine and family medicine clerkship director. More than 50 preceptors across Vermont, northern New York, Connecticut, New Hampshire, Massachusetts, and Maine ensure students experience what it’s like to practice at a rural site with quick access to a tertiary care setting. No matter what specialty a student chooses, they benefit from this experience. But for some, it’s the beginning of a career they previously hadn’t considered.

“The people I see in the office are neighbors, they work in or own the place, and they know you,” says Jennifer Boccia ’20, with preceptor Sarah Abbot, M.D., during her family medicine clerkship at Mad River Medical Center.

EXCELLENCE IN RESEARCH EVENTS CELEBRATE FACULTY & TRAINEE ACCOMPLISHMENTS

Researchers from across the Larner College of Medicine were celebrated for their leading-edge work during the annual Dean’s Excellence in Research Awards ceremony in October 29-30, 2018. The two-day event included faculty and graduate student research presentations as well as recognition of research awards. The College awards include:

- Research Mentorship
- Rising Star Investigator
- Associate Professor of Medicine

A new study, published in The Journal of Neuroscience, shows that even a small amount of cannabis use by teenagers is linked to differences in their brains. Senior author and UVM Professor of Psychiatry Hugh Garavan, Ph.D., and first author and former UVM postdoctoral fellow Catherine Orr, Ph.D., say this research is the first to find evidence that an increase in gray matter volume in certain parts of the adolescent brain is a likely consequence of marijuana use. Few studies have looked at the effects of the first few uses of a drug, says Garavan. Most researchers focus on heavy marijuana users later in life and compare them against non-users. These new findings identify an important new area of focus. “Consuming just one or two joints seems to change gray matter volumes in these young adolescents,” Garavan says.

Hugh Garavan, Ph.D.

Graduate Student Posthumously Awarded Degree, Published in Leading Journal

Whose life was taken by a malignant melanoma on September 20, 2015, Edward ‘Ted’ J. Buggress was a doctoral candidate in the Cellular, Molecular and Biomedical Sciences Program. He had been posthumously awarded the Ph.D. from the University of Vermont in 2017 for his research in the lab of UVM Professor of Medicine Matt Peyster, Ph.D., which was focused on understanding the pro-inflammatory effects of Serum Amyloid A. In August of 2018, he was published as first author for a paper in the Journal of Immunology titled “Bacterial Lipopolysaccharide Enhances LPR: Enhancing Activity of Serum Amyloid A.”

Stephen Higgins, Ph.D.

THE RESEARCH TEAM FOLLOWED 1,420 PARTICIPANTS THROUGH CHILDHOOD AND INTO ADULTHOOD, FROM 1993 TO 2015.

Colleges News

In a new study, published in The Journal of Neuroscience, shows that even a small amount of cannabis use by teenagers is linked to differences in their brains. Senior author and UVM Professor of Psychiatry Hugh Garavan, Ph.D., and first author and former UVM postdoctoral fellow Catherine Orr, Ph.D., say this research is the first to find evidence that an increase in gray matter volume in certain parts of the adolescent brain is a likely consequence of marijuana use. Few studies have looked at the effects of the first few uses of a drug, says Garavan. Most researchers focus on heavy marijuana users later in life and compare them against non-users. These new findings identify an important new area of focus. “Consuming just one or two joints seems to change gray matter volumes in these young adolescents,” Garavan says.

Hugh Garavan, Ph.D.

Graduate Student Posthumously Awarded Degree, Published in Leading Journal

Whose life was taken by a malignant melanoma on September 20, 2015, Edward ‘Ted’ J. Buggress was a doctoral candidate in the Cellular, Molecular and Biomedical Sciences Program. He had been posthumously awarded the Ph.D. from the University of Vermont in 2017 for his research in the lab of UVM Professor of Medicine Matt Peyster, Ph.D., which was focused on understanding the pro-inflammatory effects of Serum Amyloid A. In August of 2018, he was published as first author for a paper in the Journal of Immunology titled “Bacterial Lipopolysaccharide Enhances LPR: Enhancing Activity of Serum Amyloid A.”

Stephen Higgins, Ph.D.

THE RESEARCH TEAM FOLLOWED 1,420 PARTICIPANTS THROUGH CHILDHOOD AND INTO ADULTHOOD, FROM 1993 TO 2015.

Colleges News

In a new study, published in The Journal of Neuroscience, shows that even a small amount of cannabis use by teenagers is linked to differences in their brains. Senior author and UVM Professor of Psychiatry Hugh Garavan, Ph.D., and first author and former UVM postdoctoral fellow Catherine Orr, Ph.D., say this research is the first to find evidence that an increase in gray matter volume in certain parts of the adolescent brain is a likely consequence of marijuana use. Few studies have looked at the effects of the first few uses of a drug, says Garavan. Most researchers focus on heavy marijuana users later in life and compare them against non-users. These new findings identify an important new area of focus. “Consuming just one or two joints seems to change gray matter volumes in these young adolescents,” Garavan says.

Hugh Garavan, Ph.D.

Graduate Student Posthumously Awarded Degree, Published in Leading Journal

Whose life was taken by a malignant melanoma on September 20, 2015, Edward ‘Ted’ J. Buggress was a doctoral candidate in the Cellular, Molecular and Biomedical Sciences Program. He had been posthumously awarded the Ph.D. from the University of Vermont in 2017 for his research in the lab of UVM Professor of Medicine Matt Peyster, Ph.D., which was focused on understanding the pro-inflammatory effects of Serum Amyloid A. In August of 2018, he was published as first author for a paper in the Journal of Immunology titled “Bacterial Lipopolysaccharide Enhances LPR: Enhancing Activity of Serum Amyloid A.”

Stephen Higgins, Ph.D.

THE RESEARCH TEAM FOLLOWED 1,420 PARTICIPANTS THROUGH CHILDHOOD AND INTO ADULTHOOD, FROM 1993 TO 2015.
It’s always bustling for students and faculty at the UVM Larner College of Medicine. Catch a few moments of the activity over the past several months:

1. Matt Tsai ‘21 discusses his public health project during the poster session in the Hasbrouck Gallery.
2. Francis Mtouk ‘22 shadows UVM Assistant Professor of Surgery Peter Holoch, M.D.’06, for a skills clinic hosted by the Department of Surgery and the Surgical Subspecialty Shadowing Program.
4. The Class of 2021 team scored an overtime 4-5 win against the Class of 2022 during the UVM intramural soccer championships.

GLIMPSES

A Holistic Approach to Medical Education

As a third-year student, Sunit Misra ’19 completed the Longitudinal Integrated Clerkship at Hudson Headwaters Health Network. He wrote this blog post about his experiences for Aspiring Docs Diaries, a blog from the Association of American Medical Colleges. In March of 2019, the Larner College of Medicine launches a second LIC at Central Vermont Medical Center.

Medical school is a journey of self-discovery. Between studying, clinical duties, and many long tests, it can be easy to lose sight of the bigger picture. I often pause to think about what I hoped to gain from becoming a doctor, and always return to the physician-patient relationship. We care for patients when they are in their most vulnerable state, and knowing patients trust me this way is what inspires me to be my best.

As I entered my third year at the University of Vermont Larner College of Medicine, I discovered the Longitudinal Integrated Clerkship (LIC). This program, developed with Hudson Headwaters Health Network, places an emphasis on building lasting connections with the patients we encounter. For 12 months, we serve as part of a healthcare team in one location, with a primary care practice as a home base, and we follow a panel of patients through all of their appointments and procedures. This allows us to see medicine from the patient’s point of view. We learn about our patients’ social struggles, ailments, and coping skills, seeing them as people, not just the disease they have that day.

Getting to know a patient over the course of an entire year changed my perspective. In the beginning of third year, my clerkship year, nearly every patient was a new face, but following my panel through the year, nearly every patient was a familiar face. In the beginning of third year, my clerkship year, nearly every patient was a new face, but following my panel through the year, nearly every patient was a familiar face. Knowing what a patient has been through, and where they are now, helps me to know where to focus my attention.

WE LEARN ABOUT OUR PATIENTS’ SOCIAL STRUGGLES,ailments, AND COPING SKILLS, SEEING THEM AS PEOPLE, NOT JUST THE DISEASE THEY HAVE THAT DAY.” — SUNIT MISRA ’19

Student Viewpoint

Sunit Misra’19

and his family, to create a more complete treatment plan. I felt like I was more than an interpreter of medical terminology; I felt I was becoming an important part of his life. It became clear to me that caring for someone in this manner sets them up for long term success. Adapting this holistic approach allows us to provide more comprehensive care to our patients, and as a LIC student I feel fortunate that I was able to have this experience.

I was also able to build valuable relationships with my educators through this program. We were directly observed, allowing our teachers to know where we struggle and our strengths. Personally, I struggled with presenting patients in an organized manner after seeing a patient. After understanding where I struggled, my mentor and I worked together to come up with a specific strategy to organize my thoughts while talking to a patient by changing the structure of my notes. A few months of persistent work got me compliments when presenting patients to physicians I just met. This is a feat that would be difficult to identify, let alone master, if I hadn’t had so much time with a mentor.

The LIC fosters an indescribable community that feels like home. Our commitment to the upstate New York area served by Hudson Headwaters allows us to root into our environment, build strong relationships with our healthcare team, and care for the patients in our community. This is not something that can be taught in any medical school lecture. It comes as a result of our values and goals changing throughout our education, shaping the kinds of physicians we will be one day. Participating in the LIC has allowed me to preserve and embrace the passion that inspired me to become a doctor.

As I entered my third year at the University of Vermont Larner College of Medicine, I discovered the Longitudinal Integrated Clerkship (LIC). This program, developed with Hudson Headwaters Health Network, places an emphasis on building lasting connections

Sunit Misra ‘19

As a third-year student, Sunit Misra ‘19 completed the Longitudinal Integrated Clerkship at Hudson Headwaters Health Network. He wrote this blog post about his experiences for Aspiring Docs Diaries, a blog from the Association of American Medical Colleges. In March of 2019, the Larner College of Medicine launches a second LIC at Central Vermont Medical Center.

Medical school is a journey of self-discovery. Between studying, clinical duties, and many long tests, it can be easy to lose sight of the bigger picture. I often pause to think about what I hoped to gain from becoming a doctor, and always return to the physician-patient relationship. We care for patients when they are in their most vulnerable state, and knowing patients trust me this way is what inspires me to be my best.

As I entered my third year at the University of Vermont Larner College of Medicine, I discovered the Longitudinal Integrated Clerkship (LIC). This program, developed with Hudson Headwaters Health Network, places an emphasis on building lasting connections with the patients we encounter. For 12 months, we serve as part of a healthcare team in one location, with a primary care practice as a home base, and we follow a panel of patients through all of their appointments and procedures. This allows us to see medicine from the patient’s point of view. We learn about our patients’ social struggles, ailments, and coping skills, seeing them as people, not just the disease they have that day.

Getting to know a patient over the course of an entire year changed my perspective. In the beginning of third year, my clerkship year, nearly every patient was a new face, but following my panel through the year, nearly every patient was a familiar face. Knowing what a patient has been through, and where they are now, helps me to know where to focus my attention.

WE LEARN ABOUT OUR PATIENTS’ SOCIAL STRUGGLES, ailments, AND COPING SKILLS, SEEING THEM AS PEOPLE, NOT JUST THE DISEASE THEY HAVE THAT DAY.” — SUNIT MISRA ’19

Student Viewpoint

Sunit Misra’19

and his family, to create a more complete treatment plan. I felt like I was more than an interpreter of medical terminology; I felt I was becoming an important part of his life. It became clear to me that caring for someone in this manner sets them up for long term success. Adapting this holistic approach allows us to provide more comprehensive care to our patients, and as a LIC student I feel fortunate that I was able to have this experience.

I was also able to build valuable relationships with my educators through this program. We were directly observed, allowing our teachers to know where we struggle and our strengths. Personally, I struggled with presenting patients in an organized manner after seeing a patient. After understanding where I struggled, my mentor and I worked together to come up with a specific strategy to organize my thoughts while talking to a patient by changing the structure of my notes. A few months of persistent work got me compliments when presenting patients to physicians I just met. This is a feat that would be difficult to identify, let alone master, if I hadn’t had so much time with a mentor.

The LIC fosters an indescribable community that feels like home. Our commitment to the upstate New York area served by Hudson Headwaters allows us to root into our environment, build strong relationships with our healthcare team, and care for the patients in our community. This is not something that can be taught in any medical school lecture. It comes as a result of our values and goals changing throughout our education, shaping the kinds of physicians we will be one day. Participating in the LIC has allowed me to preserve and embrace the passion that inspired me to become a doctor.
MEET A SCIENTIST

My work explores the relationship between thyroid cancer and breast cancer. Both cancers predominantly affect women and a link between the two diseases is emerging, women with breast cancer are at increased risk of developing thyroid cancer, and vice versa. Thyroid hormone signaling plays a role in cancer risk and development, and may be an important contributing factor to the relationship between thyroid and breast cancer. My project focuses on thyroid hormone receptor beta, a tumor suppressor, and uncovering the molecular mechanism by which it blocks tumor development in both tissue types. I hope to reveal common features that will provide therapeutic targets for both diseases.

— Eric Bolf, Cellular, Molecular and Biomedical Sciences Ph.D. student in the lab of Frances Carr, Ph.D., professor of pharmacology

Service to the Cancer Community

The community impact of two local businesses, Leunig’s Bistro & Café (led by owners Bob and Betsy Conlon) and Farrell Distributing, extends far beyond excellent service. The UVM Cancer Center, and the patients and families it serves, has been the grateful beneficiaries of decades-long fundraising efforts by these businesses whose leaders, employees, and patrons consistently strive to give back to their communities. Recognizing many personal and community ties to cancer, the two organizations initiated fundraising efforts over 17 years ago for breast cancer research and patient care at the UVM Cancer Center. In total, the two organizations and their many partners, through wine and beverage sales and successful events, such as Wine, Wellness and Song, have raised nearly $800,000 for ongoing cancer prevention and screening programs, cancer patient support, and research initiatives that include projects on advanced targeted breast cancer research.

Honoring Parents with Professorships

In honor of her parents, Elmer R. Huber and Blodwen S. Huber, Dr. Sally Huber, professor emerita of Pathology and Laboratory Medicine, has given an estate gift of $5 million to fund two endowed professorships for junior researchers in her department. In September 2018, Dr. Huber provided the funds to establish the Blodwen S. Huber Green and Gold Professorship which can be awarded to an assistant professor in 2019. These early career professorships support a promising assistant professor who in Dr. Huber’s words, “is likely to develop into a successful independent physician-scientist or basic scientist; thus alleviating some stress associated with finding grant support for themselves or their research project during this crucial time period of their career development.” Both of Dr. Huber’s parents were very involved with helping young people succeed. She continues Elmer and Blodwen Huber’s “spirit for the love of learning and knowledge and the love of helping others to make a success of their lives.”

Larner College of Medicine Fund Fueled by Alumni

The Larner College of Medicine Fund began as a grassroots effort led by alumni in the 1960s and 70s. John Tampas, M.D.’64, and John Mazuzan, M.D.’84, traversed the country rallying support for their medical alma mater. More than 60 years later alumni support is still strong, and the fund has blossomed into a key driver of excellence. Gifts to this fund have the most flexibility in helping the College fulfill its education and research missions, with a central focus on students. Every year, the Larner College of Medicine Fund provides important support for scholarships, wellness initiatives, and travel grants for medical and graduate students. The goal is to have a broad base of alumni support from across the class years. To contribute to the fund, visit go.uvm.edu/givemed

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

(802) 656-4014 | medical.giving@uvm.edu | www.med.uvm.edu/alumni

Campaign News

Children’s Hospital Receives $1 Million Gift

A $1 million donation from New England Federal Credit Union (NEFCU) has helped to launch a project to renovate the UVM Children’s Hospital’s Neonatal Intensive Care Unit (NICU). “We’ve come to understand the exceptional work that all of the professionals here perform, which has an impact that lasts the entire lives of these tiny patients,” said John Dwyer, president and CEO of NEFCU, at the Dec. 11 event announcing the gift. “When we heard that they were preparing to renovate their NICU, we wanted to kick off the fundraising for the project in a significant way.”

While still in the early planning stages, the renovation aims to improve efficiency of the NICU by moving it from two floors onto one floor, and provide a more welcoming environment for families.

In Loving Memory of Kathryn Tampas

Kathryn Tampas was beloved by many in the alumni community who knew her and her husband, John, Class of 1954 alumnus, emeritus professor of radiology, and longtime Alumni Executive Committee member. During Kathryn’s final battle with terminal cancer, a serious fall sent her to the UVM Medical Center. John recalls how hard the caregivers worked to get Kathryn well enough to leave the hospital. In the end, Kathryn’s wish was fulfilled: She died at home, surrounded by loved ones. The Kathryn H. Tampas room on the oncology floor of the new Robert E. and Holly D. Miller Building was named with a gift from her family, in her memory. Watch a video with Dr. Tampas titled “In Loving Memory of Kathryn Tampas” at go.uvm.edu/tampas