FIRST TAKE
A conversation with Richard L. Page, M.D., the College’s 18th dean

ALSO FEATURED: • STUDENTS & SOCIAL RESPONSIBILITY • STAPLETON RESEARCH
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 our alma mater, and who support our work to prepare the next generation of physicians and biomedical scientists. As I look 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 uncovering 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 on professionalism to serve as a reminder of our commitment to our core values. This will further guide our way as we commit to the care of our patients, scientific discovery and innovation in education.

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 Hospitalist 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, M.H.A., R.N., announced her plan to retire in June after four years at UVM Medical Center and 35 years in health care. Stephen Leffler, M.D., M.H.A., R.N., will take on the role of interim president.

Whalen’s leadership, the organization advanced key initiatives including construction of the new mother-baby center and 35 years in health care.

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 Pags, 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 by 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, 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.

Mary Cushman, M.D., M.Sc. (left) and Russell Tracy, Ph.D. (above)

VERMONT LARNER COLLEGE OF MEDICINE
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 Ittleman, M.D., a UVM professor of surgery in the division of cardiothoracic surgery, was awarded the Distinguished Service Award, the highest award VMS can bestow upon one of its members. Well-regarded for his decades of clinical service as an extraordinary cardiothoracic surgeon who saved the lives of countless Vermonters, 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 Nelson, M.D., was one of three recipients of a VMS Founders’ Award. He along with UVM Professor Emeritus of Pediatrics Robert Nelson and Senator Philip Baruth were recognized for their role in advancing landmark gun violence prevention legislation in Vermont.

Dougherty appointed Gender Equity Liaison

UVM Assistant Professor of Obstetrics, Gynecology and Reproductive Sciences Anne Dougherty, M.D., has been appointed Gender Equity Liaison in the UVM Larner College of Medicine’s Office of Diversity and Inclusion. In this new role, Dougherty is responsible for improving the experiences of women faculty. She will have oversight for the development and implementation of programs aimed at increasing the number of women faculty hired and promoted, as well as supporting retention and improving job satisfaction among women faculty. She will work closely with Faculty Affairs, the UVM Office of Institutional Research, and the national Association of American Medical Colleges to gather accurate data, and develop research to identify barriers to promotion, retention and promotion of women faculty.

Pat Alberts has experienced a lot of change in her 48 years running the mailroom 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 those 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 neared 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.

Celebrating Public Health and Medical Sciences Grads

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 Fratini, Ashley Greenfield, Megan Healy, Jillian Leikokuska, and Ian McHale. Master of Science in Medical Sciences graduates included Rachel Carpenter and Nathan Dow.

Nearly Half a Century of Service

Nicholas Heintz, M.S., Ph.D., was awarded the Physician of the Year Award for his exemplary service as a pediatrician. He established and led student health initiatives in the Burlington School District for decades, and created school-based health clinics.

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

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 Departments of Pathology and Laboratory Science and Microbiology and Molecular Genetics at UVM, he began his career at UVM in 1983, and transitioned to professor emeritus in 2014. His research has been published in over 100 peer-reviewed journal articles, book chapters and invited reviews, and he’s been an integral member of the UVM Cancer Center since 1987. In his lab, he has trained more than ten doctoral students, seven postdoctoral fellows and numerous undergraduate students. From 2013 to 2015, he served as the director of the Cellular, Molecular and Biomedical Sciences Graduate Program.

Kaminsky and Irvin Co-Edit Textbook

UVM Professor of Medicine and Molecular Physiology and Biophysics Charles Irvin, Ph.D., and UVM Professor of Medicine David Kaminsky, M.D., are co-editors of the new book titled Pulmonary Function Testing: Function and Practice. Published by Springer Nature and Humana Press in 2018, the book “serves as an ideal guide to pulmonary function tests for practicing pulmonologists, residents, fellows, and medical students.”
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 Ruszkia, 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 manage their own caseloads and to develop an understanding of the healthcare needs of patients in rural locations.

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 “practice gap” in the rural communities of many developing countries and in the rural areas of the United States. The causes are complex, but socioeconomic conditions and access to healthcare play a role. Rural Americans have higher rates of diabetes, smoking, high blood pressure, and obesity, according to the CDC. They also have higher rates of poverty, and are less likely to have health insurance. All of these translate into patients who are 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 the professionals who address them. The clerkship is an eight-week experience, and students must complete it to meet graduation requirements.

“I have 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. 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 without 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. “We have 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. 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 without access to tertiary care. 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.

During the six-week family medicine clerkship, along with caring for all age groups and diverse medical conditions, students complete a community health project focused on a range of topics that address a community need. Past topics have included access to dental care, transportation issues, and food insecurity. Despite the workload, students get thinking about how they can have an impact if they choose rural primary care.

“If we’re going to influence population health, we need to have physicians in these locations,” says John King, M.D., professor and vice chair of family medicine.

For Jennifer Boccia ’20, the call of rural medicine is strong. After completing her family medicine clerkship at Mad River Medical Center in Waitsfield, Vt., just down the road from where she lives in Moretown, she learned that practice in a rural community is right for her. “The people live in the office, the nurses, everyone. They work in or own the local businesses that I frequent, they are the relatives of people I know well,” she says. “It’s a very profound feeling to be trusted with the health and well-being of so many people in such a tight-knit community.”
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 I 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 made me realize 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.
reveal common features that will provide development in both tissue types. I hope to thyroid hormone receptor beta, a tumor and breast cancer. My project focuses on factor to the relationship between thyroid and may be an important contributing plays a role in cancer risk and development, and vice versa. Thyroid hormone signaling is emerging; women with breast cancer are women and a link between the two diseases cancer. Both cancers predominantly affect —

of pharmacology the lab of Frances Carr, Ph.D., professor Biomedical Sciences Ph.D. student in Eric Bolf, John Mazuzan, M.D.’54 led by alums: In the 1950s and ‘60s, John Tampas, M.D.’54 The Larner College of Medicine Fund began as a grassroots effort Fueled by Alumni Larner College of Medicine Fund and Blodwen S. Huber, Dr. Sally Huber

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 interested in helping young people succeed. The gift 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.”

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”: http://go.uvm.edu/tampas

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

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Larner College of Medicine Fund

The Larner College of Medicine Fund began as a grassroots effort led by alumni in the 1960s and 60s, John Tampas, M.D.’54, and John Mazuzan, M.D.’54, 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

Campagne News

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The Campaign for The University of Vermont

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

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OFFERS HIS INITIAL THOUGHTS AS HE BEGINS HIS LEADERSHIP

DEAN RICHARD L. PAGE, M.D., COLLEGE OF MEDICINE.

Any decision like this is made in partnership with my wife of 33 years, Jeannie. She looked into the cultural and lifestyle opportunities in Burlington and became enthusiastic about the idea. She’s from North Carolina, and I had originally never thought I would take her to a place as cold as Wisconsin! But when I was in training in Boston, and my wife and I were beginning to wonder what was next, what new adventure might be out there, what further impact we might have, I had already worked with Dr. Parsons (Larner Department of Medicine Chair Polly Parsons, M.D.). We were both leaders in the Association of Professors of Medicine, the national group of chairs of medicine. I contacted her and, as she always had in the past, she spoke very highly of the institution. I had already learned about the exciting things going on here in education, through a piece on NPR. The news of UVM’s extraordinary innovation with my wife of 33 years, Jeannie. She spoke of chairs of medicine. I contacted her and, as she always had in the past, she spoke very highly of the institution. I had already learned about the exciting things going on here in education, through a piece on NPR. The news of UVM’s extraordinary innovation traveled throughout the country a year or so before I ever dreamed I’d be considered for this job, and I found the idea of being part of it intriguing.

Any decision like this is made in partnership with my wife of 33 years, Jeannie. She looked into the cultural and lifestyle opportunities in Burlington and became enthusiastic about the idea. She’s from North Carolina, and I had originally never thought I would take her to a place as cold as Wisconsin! But over nine years there, she came to appreciate living in a place with four seasons; so she gave the green light for Vermont. Given our living in New England for three years together when I was in training in Boston, and my growing up in New England, there seemed to be a natural connection to explore.

When did you first learn that the deanship was open at the Larner College of Medicine?

RICHARD PAGE

I had been at the University of Wisconsin for about eight years when I first heard about this opportunity. I had loved my time in Madison, heading the Department of Medicine. At the same time, my wife and I were beginning to wonder what was next, what new adventure might be out there, what further impact we might have. I had already worked with Dr. Parsons (Larner Department of Medicine Chair Polly Parsons, M.D.). We were both leaders in the Association of Professors of Medicine, the national group of chairs of medicine. I contacted her and, as she always had in the past, she spoke very highly of the institution. I had already learned about the exciting things going on here in education, through a piece on NPR. The news of UVM’s extraordinary innovation traveled throughout the country a year or so before I ever dreamed I’d be considered for this job, and I found the idea of being part of it intriguing.

How has settling into this community been for you?

RICHARD PAGE

Any other standout moments so far?

Oh yes. High points have included meeting members of our local community, such as the chamber of commerce; and I’ve had the opportunity to meet Lieutenant Governor Zuckerman and our whole Vermont congressional delegation. I was honored to spend time with Senator Leahy at a reception at the Washington, D.C., home of our alumnus, Dr. David Reines, from the Class of 1972, and his wife, Nina Totenberg.

I’m very impressed by the enthusiasm of the alumni of UVM and its College of Medicine. People have a palpable love for this place. They give back in terms of their efforts on behalf of the College, their talking to prospective students, and their philanthropy. I’ve been inspired by the generosity and the way people stay in touch. The number of alumni who give back to the Larner College of Medicine, I believe, is among the top in the country. Our alumni recognize that their careers were launched by the opportunities they had here.

A high point in these first weeks was hosting a 100th birthday celebration for Dr. Gordie Page—no relation—a member of the Class of 1945, and a prominent surgeon and emeritus professor. To hear his stories from
I'm currently looking into how we might collaborate further with the College of Nursing and Health Sciences, the College of Engineering and Mathematics, the Grossman School of Business, and with other groups throughout the University.

By now you’ve probably also met many people across the University. Yes, and I’ve certainly learned to bring boots for trekking to the Waterman Building! I really enjoy walking across campus by Ira Allen’s statue. I have regular meetings with the president and the provost. And President Sullivan has been good enough to come over and visit with me at my office on a couple of occasions.

I’ve enjoyed getting to know my fellow deans. We have our unique challenges, but we have great opportunities for interaction.

Because there are so many deans who are MDs who step away from clinical practice. Right. Everyone chairs of medicine don’t stay clinically involved. Earlier in my career, I did invasive procedures that included ablations and implantation of pacemakers and defibrillators. Those are procedures that you must perform regularly or you can’t do them well. A number of years back, I took myself out of an invasive practice. So now mine is purely outpatient, noninvasive, specializing in heart rhythm disturbances. For me, in addition to the rewards of patient interaction, there are other advantages to maintaining a clinical practice. For example, as I’m talking with our clinical faculty, I can better understand their day-to-day challenges.

There are a few things you should know about our educational missions. Because of the commitment to active learning that has been undertaken at UVM, the education mission is internationally famous here. I find that to be very exciting. The Larner gift specifically focused on support of the College for medical education. It is a remarkable and unique gift, and it’s given us a unique opportunity. As Dr. Larner said, we want our College to be state-of-the-art, open-floor-plan research space that will enhance collaboration and cross-disciplinary research. That’s a very exciting opportunity.

You also have a keen focus on professionalism. And in thinking about the commitment to professionalism, that’s been only amplified here in Burlington and Vermont, where the community is especially tight knit. There are issues in every community that need attention—disparities in health care access. While we can’t fix all those problems within the College, we need to be part of the discussion and part of the solution. We need to help educate our students to the importance of the health of the community, and we need to continue to work on building this diverse community in an environment where everyone can feel welcomed and prided for success.

I’ve been deeply impressed by our students’ commitment to social medicine and social justice in medicine. We have an obligation: I consider health care a right, and inclusive, culturally humble health care is mandatory. We want all patients to feel comfortable and welcome here, and we need to ensure that we provide the best possible care for all patients. That has to do with all of us being aware. That work is ongoing, though a good deal has already occurred, including curriculum enhancements and modifications to address social issues. I’ve been encouraged by the commitment of the faculty to community engagement. It’s our obligation. We are embedded here, and we need to make a difference in the community in every way we can.

Dr. Page and Jeannie Page at the 2018 White Coat Ceremony reception.
After Jasmine Robinson ’20 experienced homelessness as a child, she turned her empathy for this population into action. Navigating the healthcare system as a transgender individual helped Eli Goldberg ’20 arrive at medicine as a career. Juan Conde ’21 came to the U.S. from Mexico as a child; now he wants to give back by treating patients with cancer.

Thanks in part to these diverse life experiences—and a hefty dose of passion for their chosen field—these students bring to the UVM Larner College of Medicine a deep-seated sense of social responsibility. They want to shine light on the systemic inequality that affects human health, and the physician’s role in addressing it. They question how we practice medicine and how we can do it better.

Larner medical student Juan Conde ’21 speaks at a 2017 press conference led by U.S. Representative Peter Welch, at right. Conde is a member of the DACA “Dreamer” program.
ON SEPTEMBER 11, 2017, with U.S. Representative Peter Welch and UVM President Thomas Sullivan at his side, Juan Conde ’21 talked about coming to the United States from Mexico with his mother when he was 9 years old. He told the crowd gathered for the press conference at the Larner College of Medicine that the Deferred Action for Childhood Arrivals (DACA) program—created by President Obama in 2012—allowed him to apply for medical school and pursue his dream to become an oncologist and cancer researcher. In the wake of President Trump’s announcement that the program would be rescinded, Conde pushed lawmakers for a solution that would allow the young people known as “Dreamers” to stay in the country and thrive.

“My story is not yet complete,” Conde said, flanked on both sides by classmates in their white coats, “but I rest with confidence knowing that it is the American people who will get to decide how it ends.”

Conde’s decision to speak out was rooted in a sense of kinship with his fellow Dreamers. Since the program began, he had been volunteering to help undocumented youth navigate the application process. As a medical student, he saw an opportunity to bring a human face to a politicized issue.

“When you think this is an issue that doesn’t affect you, it’s easy to put it at the back of your mind and not pay attention to it,” he said. “But when you start finding out that these are people who grew up here, that these are friends and family members, then we become more empathetic.”

His influence extends far beyond the floor of the U.S. Congress when House of Representatives Democratic Leader Nancy Pelosi invoked his words during her hours-long filibuster demanding action on immigration policy in February of 2018. She read a letter from Conde, in which he talked about the importance of the program to his education and career. Conde co-founded a campaign called #PUSHforPRONOUNS, which harnessed social media to raise awareness about personal pronouns. A reported 70 percent of trans patients experience discrimination when accessing medical care; as a result, this population suffers from higher rates of preventable illness. Asking for personal pronouns as a routine part of visits would create a welcoming, safe environment and lead to improved health outcomes.

Sacco also founded the TransForm Project through a two-week summer workshop that underrepresented individuals could attend. She mapped out the routes that each student would take and shared it with her colleagues in the medical community as well.

As a medical student, Sacco continues to advocate and educate. She co-founded a campaign called #PUSHforPRONOUNS, which harnessed social media to raise awareness about personal pronouns. A reported 70 percent of trans patients experience discrimination when accessing medical care; as a result, this population suffers from higher rates of preventable illness. Asking for personal pronouns as a routine part of visits would create a welcoming, safe environment and lead to improved health outcomes.

“I want to have the privilege to bring my then students and now patients to the table and say, ‘What do you need from the medical community to succeed in life and reach your highest potential?’”

MOLLY MARKOWITZ, M.D. ’18, harnesses social media as a force for positive change. As a medical student, she served as executive coordinator of medical student initiatives for the American Academy of Pediatrics (AAP) section on Pediatric Trainees, and joined the AAP’s Vermont chapter as a medical student representative. This work helped develop her voice as an advocate. She supported AAP campaigns on a range of issues affecting children’s health, and also wrote blog posts for the organization. It was clear early on that she had found her niche. “(AAP officials) were my mentors. They were my friends,” she says. “I would say probably one of the most transformative parts of my education was working with them on advocacy.”

Now, although she’s well into her first year as a pediatrics resident at Yale-New Haven Hospital, the pace has not slowed. In the lead-up to the 2018 mid-term elections, she supported through Twitter and blog posts an AAP campaign called #VoteKids, which included position statements on issues affecting children’s health. She’s currently focused on a project called Street Cred, which brings tax preparation specialists into Yale’s pediatric clinic to help families sign up for the Earned Income Tax Credit, which she describes as “one of the most powerful anti-poverty programs our government has.”

Growing up in rural Maine as the daughter of a pediatrician, Markowitz came to medical school with a deep understanding of the myriad factors affecting children’s health. One of her first online essays for the AAP was about how the opioid epidemic changed her hometown, highlighting the power of medical students to make a positive impact. She sees social media as part of the solution as it now plays an important role in homes, schools, and communities.

“We have to talk about how to use it with kids, how to use it safely, how to use it kindly, and effectively in the sense of advocacy,” she says.
challenges is what drew them to medicine. For many students in the group, their desire to tackle these structures of health,” says Goyal. This means grappling with issues physicians-in-training have a “deep understanding of the social justice and health equity issues into the Vermont Integrated Curriculum through the Social Medicine Theme of the Week. Some examples: A discussion on access to rural health care has been added to a session on primary care; race is brought up during a class on genetics. Students dive deeper into these conversations during Professionalism, Communication and Reflection. “If we’re doing a case study, we can talk about some of the socioeconomic determinants within it,” says Dawson. “We’ve activated a lot of the first-year students who are super interested in the social theme of the week.”

The coalition is also working with the Teaching Academy to analyze admissions and academic success data with a goal to identify intervention points to better support underrepresented minorities. They plan to publish research and present findings nationally. For Hauser, medicine is most effective when it encompasses the big picture. “Being a physician is about healing people, but it’s also about healing communities,” he says.

THE DIVERSE BACKGROUNDS of these student leaders belie a common purpose. Before medical school, Christina Dawson ’21 worked on indigenous policy for a think tank, while Raghav Goyal ’20 spent five years working for the National Park Service. Reed Hauser ’21 and Sam Epstein ’21 earned degrees in molecular genetics and public health respectively. Elizabeth Lynch ’21 studied traditional healing in Chile. Katrina Thornburgh ’21 worked in social services, providing needle exchange and safer sex education. They came together through a reading group in their first year as medical students, where they discussed social issues like preventive medicine, racial justice, queer justice, and women’s health. Now, they’re bringing these issues forward as leaders for the College’s new Social Medicine Theme of the Week. Some examples: A discussion on access to rural health care has been added to a session on primary care; race is brought up during a class on genetics. Students dive deeper into these conversations during Professionalism, Communication and Reflection. “If we’re doing a case study, we can talk about some of the socioeconomic determinants within it,” says Dawson. “We’ve activated a lot of the first-year students who are super interested in the social theme of the week.”

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“The great thing about the Here to Help clinic is it gives a lot of students who may not have had any exposure to this type of population the opportunity to engage,” she says. “It creates a bond that I think otherwise wouldn’t happen.”
ON HER TOES

AS A RESEARCHER, CLINICIAN, MENTOR, AND EDUCATOR, RENEE STAPLETON, M.D., PH.D., IS ALWAYS IN ACTION.

BY SARAH ZOBEL PHOTOGRAPHS BY ANDY DUBACK
Renee Stapleton, M.D., Ph.D., keeps a tidy mind in the corner of her office. But her colleagues, research collaborators, medical students and residents know that she hardly needs a machine to augment the effort she puts into all the dimensions of her daily work.

"People can't really be triple threats any more—it's just too hard," says Polly Parsons, M.D., E.L. Amidon Professor and Chair of Medicine. To Parsons, who is also the current president of the American Thoracic Society (ATS), a "triple threat" is someone who is simultaneously at the top of their field as clinician, teacher, and researcher. "It would seem impossible to be truly exceptional in all three areas. But Renee is."

Marc Moss, M.D., Roger S. Mitchell Professor of Medicine at the University of Colorado School of Medicine and immediate past president of the ATS, goes one notch further. "Renee Stapleton is a quadruple threat. She's a great clinician, teacher, researcher—and a great person. You would want Renee to care for your relative, treat the person who will be your future doctor, and perform studies that are funded with research dollars," Moss says.

There are plenty of accolades in support of that praise. Stapleton—a pulmonologist and critical care physician at UVM Medical Center and associate professor in the Department of Medicine—won the 2014 Jo Wright Award for Outstanding Science from the ATS, which recognizes a rising star among its members. Outgoing assembly chair John Kress, M.D., professor of medicine, University of Vermont Larner College of Medicine, and immediate past president of the ATS, says Stapleton is "the largest among its kind in academic pulmonary and critical care medicine, dedicated in roughly 10 percent of her time to seeing patients in the pulmonary clinic and the medical intensive care unit. She also puts in time on the pulmonary consult service and as an attending physician."

Her teaching duties are twofold: in addition to bedside instruction in the context of clinical rotations, Stapleton created and directs a special research emphasis for doctors of medicine and doctor of nursing practice students. "It's made up of a longitudinal series of seminars and workshops, and arose during Stapleton's time as head of the resident and fellow research committee for the Department of Medicine.

"When I took that role, I very quickly started getting asked a lot of questions from medical students who weren't formally in the department of medicine. They wanted to know how they could find a research mentor, what kind of projects were available—soup to nuts—and it became obvious there was a gap in those kinds of opportunities and organization for students," she says. "She brought her concern to medical education leaders; they agreed that having a point person for research activities would be beneficial. Stapleton also suggested more formal research education was needed and, partnering with Amy O'Meara, D.N.P., and a 2016 Frymoyer Scholar Award that allowed them to design "How the Hospital Works." Presently, Stapleton oversees students' summer research training, helping them find mentors, and submit applications and reports. That program has also grown significantly—when Stapleton became involved four years ago, 15 students had summer projects; this year, 31 did.

"She's committed to nurturing medical students, residents, and fellows, and is actively involved in the education of those groups," says Parsons. That commitment extended in a unique way to a special short-term course Stapleton and Parsons developed, an elective for fourth-year students called "How the Hospital Works." It offers exponential learning in all aspects of a hospital's functioning—administration, nutrition, pharmacy, central supply, and social work. "Renee saw an area of need, and put together an opportunity. She just looks for novel ways, and people benefit at multiple levels," says Parsons. "At the same time, she is approachable and compassionate, totally down-to-earth. In unlimited ways, she gives back. She's an incredible role model, just by being here."

Although Stapleton has mentored both men and women, she keeps a special eye out for novel ways, and people benefit at multiple levels," says Parsons. "At the same time, she is approachable and compassionate, totally down-to-earth. In unlimited ways, she gives back. She's an incredible role model, just by being here."

Although Stapleton has mentored both men and women, she keeps a special eye out for the following years. A quadratic paper she co-authored with Stanford University’s Ann Weitnaker, M.D., stated "Why Men Work, But Why?" and published in Critical Care, stated, "Women who have achieved promotion and leadership roles must take active and inclusive roles as role-models, mentors, and advocates for junior women in academic medicine. Women early in their careers need proof that there is light at the end of the academic tunnel."

"She's a fantastic mentor," says Jacqueline O'Toole, D.O., now a pulmonary and critical care fellow at Johns Hopkins University, who joined Stapleton in a study on the presence of attendings in the medical ICU overnight, and how that influences the perceived educational value of overnight shifts for medical residents and fellows, as well as how the nursing staff view their presence. Stapleton's guidance was invaluable to O'Toole.

"It takes a lot of patience when you're working with a novice researcher, and she was always wonderful—I never felt like I was wasting her time, and I know she has a lot of demands on it," says O’Toole. The paper was published in the Medical Science Educator in 2018.

Radhika Parikh, M.B.B.S., M.D., chose Stapleton to teach her throughout the three years of her fellowship at UVM in part to focus on her medical literature writing skills. "She is really a meticulous and wonderful person to work with," says Parikh. (Now a
Vermont was a natural fit for Montana native Stapleton. “We feel like we hit the jackpot—it’s a great place to live and work,” she says. Parsons, noting that Stapleton serves as a model to all of her mentees and colleagues who, like Parikh, juggle full work lives and parenting. Stapleton had her own model. “I’ve known since I was 10 that I wanted to go into medicine. That stemmed largely from my love of my childhood pediatrician. She was in the 60s when I was a kid seeing her, and I remember her telling me stories of going to medical school—everybody else in the ‘class was a man,” she says. After earning an undergraduate degree at the University of Montana, Stapleton took advantage of a reciprocal program for residents of northwestern states to attend the University of Washington program for residents of northwestern states. So Parikh could focus on preparing for her research career, she met my needs for being of service and fulfilling one’s civic duty, of observing her mentor’s model. “Renee has been a superstar,” says Parsons. “She brought her research program with her from Seattle and established a vibrant program in clinical translational research that’s been wildly successful.”

At present, that program, which occupies about 75 percent of Stapleton’s working hours—and will only increase in the spring as additional grants get going—addresses end-of-life issues and communication, novel therapies in critically ill patients including exercise and nutrition, and a new innovative restraint device. Stapleton’s most recent R01 application scored in the sixth percentile; she collaborates with not only colleagues locally, but researchers nationwide. She is principal or co-principal investigator on multi-center randomized trials. The just-underway NEXIS trial will look at the use of cycle ergometry and amino acid supplementation in people with acute respiratory failure who are on a ventilator. It’s a collaboration with researchers at Harborview, Johns Hopkins, and Wake Forest School of Medicine. Together with co-PIs Benjamin Suratt, M.D., and Michael Toth, Ph.D., from UVM, and Wake Forest’s Clark Flies, M.D., Stapleton has also received a separate R01 to work through the biologic mechanisms of the intervention, because there’s evidence exercise reduces inflammation not only at the local level, but systemically—even in the lungs. The cycling often happens passively, especially early in the hospital course, “but if you can follow patients days when the trend is to be more sedated, on an ergometer that fits around the foot of the bed, but there have been some surprises. “We have a whole algorithm we go through, and if patients cycle actively during enough of each increment, then we can ramp up the resistance and the speed,” says Stapleton. “If they do it passively, then we follow a separate part of the algorithm. It turns out that a large percentage of folks you think are not awake at all do end up cycling actively a fair number of minutes during a cycling session.” The next step may be a multinational study of four arms: usual care, amino acid supplementation, exercise, and supplementation plus exercise.

In another arena, Stapleton and colleagues at UVM, in addition to other two centers—Harborview and the Medical University of South Carolina—are looking at communication intervention in palliative care for older hospitalized patients and their families. They began recruiting participants in 2016, and are in the process of adding a fourth site because recruiting participants is challenging. Somewhat more offbeat for Stapleton is work she’s doing as part of an R42 grant, which supports research and development projects between small businesses and research institutions. Marie Pavini, M.D., F.C.C.P., a Rutland Regional Medical Center intensivist, approached Stapleton with a new restraint she developed for use in the ICU. Because the standard bilateral wrist restraints tend to make patients more agitated and in need of additional sedation, leading to longer ICU stays, Pavini came up with a restraint that uses an adjustable rod and a hand enclosure, so patients can move their arms but not reach their mouths or necks and put them at risk of self-removal of breathing tubes and large intravenous lines. That study has begun with a small pilot program at UVM to test the feasibility of the device: if it all goes well, Stapleton, Pavini, and Johns Hopkins’ Dale Needham, M.D., Ph.D., will begin a three-center trial next spring.

Her newest project is an examination of zinc as a potential therapy in the ICU; she’s a co-investigator and is collaborating with principal investigator Rebecca Baron, M.D., at Brigham and Women’s Hospital. Known to help reduce oxidative stress, zinc also plays a role in inflammatory cytokine production or inhibition and is a co-factor in myriad enzymatic reactions in most organisms, including the production of zinc in critically ill patients are ubiquitously low, although the reasons for this deficiency are not well understood. Stapleton and her team recently completed a phase I dosing study of zinc in the ICU; the next step is a cohort study of some 400 people at four sites to determine which patients would most benefit from therapeutic doses. Baron has data showing that lower zinc levels lead to a higher likelihood of developing ARDS, along with ventilator-induced lung injury, but that in mouse models, supplementation with zinc has resulted in a quicker recovery and better outcomes, including less injury from the ventilator. Though she’s so often the one in charge, Stapleton is quick to credit others. “Research like this takes a massive collaborative effort involving hard-working folks all over the campus including the IRB, the fiscal managers who help us budget our grants and manage funds correctly, the amazing research coordinators and lab staff who make day-to-day operations run smoothly, the fantastic ICU and ward nurses who care for our hospitalized research pharmacy, my incredibly supportive researchers nationwide. She is principal or co-principal investigator on multi-center randomized trials. The just-underway NEXIS trial will look at the use of cycle ergometry and amino acid supplementation in people with acute respiratory failure who are on a ventilator. It’s a collaboration with researchers at Harborview, Johns Hopkins, and Wake Forest School of Medicine. Together with co-PIs Benjamin Suratt, M.D., and Michael Toth, Ph.D., from UVM, and Wake Forest’s Clark Flies, M.D., Stapleton has also received a separate R01 to work through the biologic mechanisms of the intervention, because there’s evidence exercise reduces inflammation not only at the local level, but systemically—even in the lungs. The cycling often happens passively, especially early in the hospital course, “but if you can follow patients days when the trend is to be more sedated, on an ergometer that fits around the foot of the bed, but there have been some surprises. “We have a whole algorithm we go through, and if patients cycle actively during enough of each increment, then we can ramp up the resistance and the speed,” says Stapleton. “If they do it passively, then we follow a separate part of the algorithm. It turns out that a large percentage of folks you think are not awake at all do end up cycling actively a fair number of minutes during a cycling session.” The next step may be a multinational study of four arms: usual care, amino acid supplementation, exercise, and supplementation plus exercise.

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It’s Not Too Early to Be Thinking About Medical REUNION 2019, to Be Held This Year October 4-6, 2019.

At the Alumni Executive Committee meeting in October—my first one as your president—I had the opportunity to welcome Dean Page to the Larner College of Medicine. The gathering, which coincided with UVM’s alumni weekend and the Larner College of Medicine’s White Coat Ceremony, served as a fitting introduction to the alumni community that makes our institution so strong. Not only was it the largest meeting we’ve had in recent memory, with many new members and several past presidents in attendance, the group’s enthusiasm was contagious as we shared reasons why we continue to stay engaged with our Larner College of Medicine alumni!

Although here in Vermont the snow is still flying, we’re gearing up for a busy spring. Mark your calendars for several alumni receptions with Dean Page in locations across the country, including Park City, Utah, New York City, Philadelphia, Los Angeles, and Boston. If you’re in the area, we’d love to see you there. And it’s not too early to start thinking about Medical REUNION 2019, to be held this year October 4-6, 2019. Area hotels are offering discounts, so make your reservations early to take advantage of those good deals. Visit med.uvm.edu/alumni/reunion for more information about hotel discounts and reunion details. In the meantime, stay connected to UVM via your class agent(s). You’ve received information about this year’s Match Challenge, and how to make an annual gift, and to share your news for class notes to be featured in the next issue of Vermont Medicine.

As we get ready to wrap up the successful Move Mountains campaign, I want to highlight the continued importance of alumni giving. I hope you will consider a gift to the Larner College of Medicine Fund this year. Gifts made by March 15 will count towards this year’s Match Challenge. The Larner College of Medicine Fund provides key funding for student scholarships, student groups like the Wellness Committee, and education opportunity grants that allow students to present their research at prestigious conferences nationwide. You can learn more about annual giving at the College on page 11.

Thank you for all you do for the Larner College of Medicine!

**Betsy Sussman, M.D. ’81**

President
UVM Medical Alumni Association

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**50s**

James Dangeli says: “We have been living on a beautiful island called Oahu just outside of Honolulu, South Carolina, for 18 years. My wife, Cec, and I, celebrated our 58th anniversary this year. We enjoy good health and I play lots of golf. Cec does volunteer work and gardening. Our sons and families live in the San Francisco area and coastal Oregon, which we frequently visit. Matthew is an ER physician (MD’17) in Denver.

**60s**

Anthony Arthur Soleri, a neurological spine surgeon, joined Littleton Regional Healthcare in December of 2018. Dr. Soleri provides minimally invasive spine services. He joined LRF with more than 30 years of experience in this specialized field. Most recently Dr. Soleri served on the medical staff at Lake Region General Hospital in Wolfeboro, NH. He also has an advanced orthopedic fellowship in orthopedics, spine surgery, and neurosurgery.

**70s**

John F. Beamis, MD says: “Passed the 2017 Frank H. Loeb Award from Loeb Hospital & Medical Center for years of service to Loeb Clinic and commitment to values of Dr. Loeb. Also, the JF Beamis Honor Lecture was established at Loeb to be given during the annual international pulmonology conference. I retired in Santa Barbara, California, keeping busy with non-medical volunteering.”

Thomas Francis Boduch says: “I’m still in solo practice in Kingston, Tennessee. On February 1, 2019, I will have been in practice for 30 years! I am also starting my 25th year as our county’s medical examiner, averaging over 300 cases yearly.

**80s**

Stephen Shoof says that after retiring in 2015 as a deputy director for the Los Angeles County Department of Mental Health, he returned to direct patient care and now works part time at a clinic on Skid Row in Los Angeles, delivering mental health services to the homeless mentally ill. In April of 2018, he was named one of Los Angeles’ top doctors by Los Angeles Magazine.

**90s**

Steven O’Donnell, MD says: “I have been a member of Los Angeles’ top doctors by Los Angeles Magazine. October of 2018, he was named one of Los Angeles’ top doctors by Los Angeles Magazine.”

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If you have news to share, or updated contact information, you may submit it at go.uvm.edu/inforupdate. You may also contact your class agent or the Development & Alumni Relations office at med.alumni.relations@uvm.edu or (802) 656-4014.

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**COLLEGE EVENTS**

**MARCH 19, 2019**

March’s Big Match Challenge Challenge Noon

UVM Campus—Hotel Gallery

**MARCH 9, 2019**

Alumni reception in Park City, Utah, hosted by Karen and Scott Asdell; MD ’86

**APRIL 6, 2019**

Waldorf-Astoria Presidential Suite

**APRIL 3, 2019**

Alumni reception hosted by John Heday, MD ’79

**MAY 29, 2019**

Alumni reception hosted by Pramila Yadav, M.D. ’99 and Frederick Mandell, M.D. ’04

**MAY 30, 2019**

Alumni reception in Philadelphia, hosted by Omar Khan, M.D. ’13 and Selina Khan, M.D. ’13

**JUNE 12, 2019**

Alumni reception at the home of Vita Immobers, M.D. ’83 in San Francisco, Calif.

**JUNE 13, 2019**

Alumni reception in San Francisco, Calif. (location and host TBD)

**OCTOBER 4-6, 2019**

Alumni reception hosted by Dean Page at the Larner College of Medicine.
2000s
Mario Azizian, a general surgeon in private practice in Cape Cod, has created a philanthropy organization to address medical needs in rural Armenia, her birthplace. The long-term project, approved by the Armenian Ministry of Health, seeks to provide a continuous rotation of American physicians at the medical center in Vardenis. Her first medical mission was last year; the second mission begins in April. Dr. Azizian welcomes physicians from all specialties to participate, including mid-level providers. Email maria.azizian@yahoo.com for further info.

David Lisle has been appointed to associate professor of orthopaedics and rehabilitation family medicine at the UVM Larner College of Medicine. Dr. Lisle serves as head team physician and athletic medical director for St. Michael’s College Athletics, provides care for UVM athletes, and is team physician for the Vermont Lake Monsters. He has ten published articles and has participated in 38 regional and three national lectures.

2010s
Meghan Elizabeth Gunn says: "I am in my fifth year at Southwestern Vermont Medical Center in Bennington, Vermont, doing both inpatient, outpatient and newborn nursery care. I was recently appointed chair of pediatrics and medical director of SVMC Pediatrics. When not working, I enjoy spending time with my husband, Greg, and two children, James, age 5, and Sarah, age 2. I am hoping to get back to Burlington for a reunion at some point in the near future!"

David Harari has been named a 2019 Laughlin Fellow of the American College of Psychiatrists. One of twelve residents selected from the United States and Canada, fellows are “deemed likely to make a significant contribution to the field of psychiatry. Each candidate is considered on the following criteria: demonstrated leadership and unique qualities, clinical excellence, dedication to teaching, community service and research and scholarly attainment.” Dr. Harari is currently a psychiatry resident at UVM Medical Center.

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For more information see the Medical Development and Alumni Relations website at www.med.uvm.edu/alumni

2000s
2010s

For more information contact:
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For more information see the Medical Development and Alumni Relations website at www.med.uvm.edu/alumni

Make Your Gift Today! 15
Leavitt Selected for UMaine Alumni Achievement Award

Bruce J. Leavitt, M.D.’81, has been selected by the University of Maine Alumni Association to receive the Bernard Lown ’42 Humanitarian Award at the annual Alumni Achievement Awards dinner and recognition ceremony on April 5, 2019 at the UMaine campus in Orono. The award recognizes dedication to outstanding service and impact at the regional, national or global level through active engagement in saving lives, relieving suffering, and promoting human dignity.

A professor of surgery and division chief of cardiothoracic surgery at the Larner College of Medicine and University of Vermont Medical Center, Leavitt has traveled to Rwanda, Nigeria, Sri Lanka, Panama, Russia, and China to perform heart surgeries as a member of Team Heart, Doctors Without Borders, and other humanitarian aid organizations. He graduated from the UMaine in 1977.

Alum Publishes Book on Heart Health

Monique Tello, M.D.’01, is the author of a new book titled Healthy Habits for Your Heart: 100 Simple, Effective Ways to Lower Your Blood Pressure and Maintain Your Heart’s Health. Published by Adams Media in December of 2018, the book focuses on practical advice, and includes heart-related habits, exercises, and strategies to improve heart health and prevent disease.

Tello is a practicing primary care physician at Massachusetts General Hospital and an instructor at Harvard Medical School. She is a regular contributor for the Harvard Health Blog, reporting on clinical research, with a focus on diet and lifestyle studies. She also writes for MothersinMedicine.com and her own blog, GenerallyMedicine.

Alum Promotes Healing through Art Donation

In recognition of the healing power of art, and their long connection to UVM Medical Center, Howard Schapiro, M.D.’80, and his wife, Jan Carroll, M.S.N., M.P.H., FACHE, have donated two sculptures now displayed on the UVM campus and outside of the hospital. Schapiro, an anesthesiologist, has worked at the UVM Medical Center for over 35 years and is currently UVM Health Network Chief Clinical Integration Officer. Jan is the former UVM Medical Center Administrative Director of Nursing and current chief nursing officer of the St. Lawrence Health System in northern New York.

Both sculptures, created by Vermont artist David Stromeyer, show the couple’s commitment to UVM and to patients. “It is really important to have art around. It draws your attention away from daily humdrum and makes you think in different ways,” Schapiro says. “It is also great for patients and families to have that distraction and to have something that makes them look up and think. That’s helpful and, in some respects, healing.” “Clean Sweep” is located on the Hilton Wick Plaza; “Fugue” is outside of the Central Campus Residence Hall.

Celebrating 100 Years

On November 26, 2018, the Larner College of Medicine celebrated UVM Emeritus Professor of Surgery H. Gordon Page, M.D.’45 on the occasion of his 100th birthday. Page, a native of Groton, Vermont, earned an undergraduate degree in 1940 from UVM before going on to earn his M.D. in 1945. He completed his internship and residency at the former Mary Fletcher Hospital in Burlington. After serving as a U.S. Army Surgeon during the Korean conflict, Page returned to Vermont and practiced general surgery at the Medical Center Hospital of Vermont, now UVM Medical Center, and served as a professor of surgery, retiring in 1991. A longtime supporter of his medical alma mater, in 2005 Dr. Page established the Albert G. Mackay ’32 and H. Gordon Page M.D.’45 Professorship in Surgical Education to further the academic mission of the Department of Surgery.
LEARNING THE ROPES

FROM THE PREVIOUS ISSUE

One of the subjects of last issue’s Flashback, Colette Ossowski, wrote in to share her thoughts on her photo with fellow Office of Student Affairs staffer Ann Chauvin. “We were a team, Ann and I, and will always consider it a privilege to have supported the challenging journey our UVMCOM students were on learning to provide THE BEST medical care, wherever life took them!”

Flashback

George Frank Higgins, M.D.
Dr. Higgins, 85, died at his home in Presque Isle, Maine, on April 23, 2016. He was a Presque Isle native. He held his residency in OB/Gyn at Columbia University Medical Center in New York City. Then returned to Presque Isle to practice medicine for 30 years. He was an avid pilot and also served as an FAA Aviation Medical Examiner for 56 years.

William M. Sobyel, M.D.
Dr. Sobyel, who during his life was a Colonel in the Army, Commander in the Navy, internist, and lecturer in medicine, died November 11, 2018. He was 80. He attended the University of Chicago before earning his medical degree at UVM. He completed 25 years of active service and reserve duty in the medical corps of the Navy and the Army, eventually assuming command of the 309th Reserve Field Hospital at Hanscom Field and at Fort Devens, Mass. During his life he earned his pilot’s license and lived his fantasy of flying a World War I biplane. In retirement, he lectured at Boston University School of Medicine.

Donald N. Zehl, M.D.
Dr. Zehl, age 88, died on December 10, 2018. He received his Bachelor of Arts from the University of Connecticut, his Master’s Degree from Yale University, in addition to his M.D. from UVM. He spent two years in the Public Health Service in Washington, D.C. and then did an ophthalmology residency at the University of Rochester. He practiced medicine and surgery and was also chief resident and professor emeritus at the University of Rochester from 1965 until 1989.

Edward M. Austin, M.D.
Dr. Austin, of Mt. Lebanon, Pa. died October 6, 2018. He was born in 1955 in Berlin, Vermont. He graduated from the College of Medicine in 1972. After serving as a Second Lieutenant in the U.S. Navy Medical Corps, he did a residency in obstetrics and gynecology at Upstate Medical Center in Syracuse, N.Y. He began his private practice in Sayre, Pa. He went on to become the chief resident in obstetrics and gynecology at the College of Medicine in 1972. He completed his residency and became a chief resident and professor emeritus at the University of Rochester from 1965 until 1989.

Christa A. Hassiotis, M.D.
Dr. Hassiotis died at his home in Colchester on October 28, 2018. After earning his medical degree, he completed his surgical residency at Boston City Hospital where he served as Chief Resident. Dr. Hassiotis served as surgical intern at Mount Auburn Hospital, chief of surgery at Sanchez Medical Hospital, assistant clinical professor of surgery at Tufts Medical School, and clinical instructor at Harvard Medical School. He was a fellow of the American College of Surgeons and member of the Boston Surgical Society, American Medical Association, Massachusetts Medical Society, as well past president of the New England Hellenic Medical Society and past President of the Order of Ahepa Chapter 24.

Scott Jay Macdonald, M.D.
Dr. Macdonald died on October 30, 2018 at UCLAC Medical Center in Los Angeles after a brief illness. He was 66. He was born in Barre, Vt., and attended Spaulding High School before earning his bachelor’s degree at UVM before entering the College of Medicine. He completed his medical internship, residency and cardiology fellowships in Massachusetts. He first practiced as a cardiologist in Melrose/Wakefield Massachusetts from 1982 to 1986. He and his wife then moved to Las Vegas, Nevada, where he practiced until 2012. In 2017 he moved to the University of Nevada, Las Vegas, Nevada, where he practiced cardiology until 2017.

James Douglas Kindl, M.D.
Dr. Kindl died on October 26, 2018 in Greenbrier, N.C., from a rare cerebral vascular condition. He received his undergraduate degree from UVM and was a member of Phi Beta Kappa before entering the College of Medicine. He did a residency in family practice at Moses Cone Hospital in Greensboro. Upon completing his residency, he worked in the Emergency Room at Wesley Long Hospital, also in Greensboro. He later went into private practice from 1988 to 2010. Additionally, he spent over 30 years providing medical care to the employees of Syngenta. In 2015, he left private practice and worked at Moses Cone Urgent Care until 2018.

Obituaries

Faculty

Carol Lee Phillips, M.D.
Dr. Phillips died on November 20, 2018 at her home in Burlington. She was the director of the Department of Pediatrics at UVM from 1985 to 1994. Dr. Phillips came to Vermont in 1959 after earning her bachelor’s degree at Douglass College in New Jersey and her M.D. degree at Yale Medical School. She completed her internship in pediatrics and then returned to Vermont. She left Vermont in 1963 to do training in pediatric virology at Baylor University in Houston, and returned in 1966, when she joined Drs. James McVey and Jerald Lacey as the third member of the Department of Pediatrics. Dr. Phillips went on to contribute actively to the growth and development of UVM’s pediatrics department, rising to professor in 1976. She was Vermont’s only board-certified pediatric infectious disease specialist for many years, publishing over thirty peer-reviewed manuscripts related to immunization and virology. As a national leader, Dr. Phillips served on the American Academy of Pediatrics (AAP), Committee on Infectious Diseases (1985-1989) and was the associate editor for the 1988 and 1991 editions of the Red Book, the definitive infectious disease manual published by the AAP and used nationally and internationally by all pediatricians.

Dr. Phillips was the recipient of the Vermont State Chapter of the AAP’s Green Mountain Pediatric of the Year award as outstanding pediatrician in our state and earned the “Heart of the Community Award” in 2014 from the Lund Center for Pediatric Health in Burlington. She was Vermont Pediatrician of the Year in 2017 and in 2018. Dr. Phillips served on the Board for the New England Pediatric Society and was co-chair of the Vermont Pediatric Group. In 2017, she was named as one of the nation’s top 25 women in medicine by the National Academy of Medicine. She was a Fellow of the American College of Physicians and a member of the American College of Physicians.

Leann Hanx, M.D.
Dr. Hanx died on December 28, 2018 at the Mandarin House of the Hospice of the Chesapeake near Annapolis, Md. He was 83. He joined the faculty at the University of Vermont in 1976 as chair of the Department of Obstetrics and Gynecology, and as professor with tenure. Dr. Hanx was born and raised in Albany, New York. After obtaining his Bachelor of Science at Dartmouth College, he attended medical school at Albert Einstein College of Medicine, completed his rotating internship at Long Island Jewish Hospital, and then returned to Albert Einstein College of Medicine, for his Obstetrics residency. Subsequently, Dr. Hanx undertook research training within the Department of Physiology at Yale University, and at the National Institute of Child Health and Human Development, where he performed research within the fetal physiology section-behavioral biology branch. Before coming to UVM, Dr. Hanx held positions at Cornell University Medical College, was an attending obstetrics-gynecologist at New York Hospital, and Director of the Laboratory of Fetal Medicine at Cornell University. From 1973 to 1976, he was chief of the Department of Obstetrics and Gynecology at Nassau County Medical Center, and chair of the Department of Obstetrics and Gynecology at the State University of New York Medical Center Health Sciences Center in Stonybrook, New York.

At his time at UVM, Dr. Hanx worked at the University of Vermont, the University of New York Medical College, the University of Vermont, and the University of Connecticut. He was an avid researcher, with over 100 peer-reviewed publications and a focus on fetal behavioral development and metabolism related to deep sleep, hypoxia and acidosis.

In Memoriam

Denise Jeanne Lheureux, M.D., ’80

Do you recognize your own intense face in this photo, or those of your classmates? Share your memories of climbing, shimmying, and bonding with erin.post@uvm.edu and we’ll include them in the next issue of Vermont Medicine.
Ian McHale celebrates his graduation from the master of public health program during the UVM Graduate College hooding ceremony in Ira Allen Chapel. Nine students were the first to receive their MPH degrees from the UVM program, preparing them for a range of careers in public policy, advocacy, clinical fields, and research.

PHOTO: DAVID SEAVER
Reunion 2019 is Moo-ving!

SAVE THE DATE FOR MEDICAL REUNION
OCTOBER 4-6, 2019

You’ll experience special class celebrations, medical alumni awards, tours of the College and Clinical Simulation Lab, Nostalgia Hour, and the kind of autumn beauty that only Vermont offers!

BOOK YOUR HOTEL NOW

It’s foliage season, and rooms fill quickly. But the alumni association has reserved special blocks for you and your medical classmates. Visit med.uvm.edu/alumni for more information.

1974 classmates Caja Schumacher, M.D., and Kathleen Meyer, M.D. (above), reconnect at reunion 2009. They hope to see each other and many more classmates in October for their 45th reunion.

RALLY YOUR CLASSMATES

Medical alumni have two ways to connect online with classmates: A password protected, searchable alumni directory is available to alumni and current students of the UVM Larner College of Medicine. To access the new directory, you will need your 10-digit alumni ID. You can get your ID by emailing the alumni office at medalumni.relations@uvm.edu or calling (802) 656-4014.

Pairing nicely with the Medical Alumni Directory is UVM’s mentoring platform: UVM Connect. Everyone you interact with on UVM Connect has the unique experience of being a part of the UVM family. The UVM Larner College of Medicine has its own group within UVM Connect, making it the perfect place to network. Join UVM Connect today at: uvmconnect.org and be sure to join the College’s group once you’ve logged in.