BATTLEFIELD TO BENCH TO BEDSIDE

UC’s Institute for Military Medicine

Alumnus, College Hope to Encourage Primary Care

Shaping the Next Generation of Physician-Scientists

Environmental Exposure
Nearly every day I learn of accomplishments by faculty, students or alumni of the University of Cincinnati College of Medicine that give me great pride in being dean. Some happened earlier in our school’s storied 195-year history. Others occurred just this week. All make the work and effort we put toward the college very rewarding. It is these stories that I would like to share with you in our new publication, Cincinnati Medicine.

For our more than 8,000 living alumni, Cincinnati Medicine is a link to your alma mater. This replaces the College of Medicine Bulletin, which I trust you have enjoyed. Cincinnati Medicine, however, takes our stories in a different direction, expanding on them in new ways. Our crisply written feature articles are now more detailed and hopefully more enlightening. I think you will find them very enjoyable to read. The magazine has a substantially different design than the Bulletin and much more content, with the addition of more articles and several recurring columns, including one that profiles noted alumni.

For our friends and supporters, I hope you take a few minutes to leaf through Cincinnati Medicine to learn about and appreciate the many wonderful programs and people at the College of Medicine. You will read about prominent health leaders, researchers, educators and clinicians associated with our medical school to help you understand the important role we play in our regional and national community.

Our successes today and in the future are built on our past accomplishments, and we indeed have a sturdy foundation upon which to build.

On the ensuing pages you will read about Richard Becker, MD, an internationally respected cardiologist who recently returned to the college—he is a 1982 graduate—to further develop our already strong cardiovascular programs. Another article explains why Robert Schiff Jr., MD, a native Cincinnati and 1981 graduate of the College of Medicine, and his family established an endowment to provide much-needed scholarships for our medical students planning a career in primary care. The life of John Shaw Billings, MD, one of the college’s most celebrated graduates, is told in another article. If you’re not familiar with Dr. Billings, you will be fascinated by all that this 1860 graduate accomplished in his life. I found his career so impactful that last year I began honoring noted living alumni with the John Shaw Billings, MD, Distinguished Alumni Award.

You will also read about our medical scientist training program, which recently received expanded National Institutes of Health funding, and our highly respected Institute for Military Medicine, where faculty are developing improved acute care of injuries that not only will save the lives of soldiers on the battlefront but also help patients in America’s trauma units. Cincinnati Medicine is for you, to celebrate all that the College of Medicine has achieved, and to thank you for all you have done for the college and the University of Cincinnati as a partner in our success.

I encourage you to share your thoughts with me when have read this issue.

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UC Part of Multi-Institution Innovation Center

Burn Injury Research Funding Renewed

A UC professor’s pre-clinical research focused on restoring pigmentation in skin grafts for severe burns has been renewed through the second funding cycle of the Armed Forces Institute of Regenerative Medicine (AFIRM) program. UC will be one of 47 performance sites in the second cycle (called AFIRM-II), which is a five-year, $75 million, federally funded program. The mission of AFIRM-II is to accelerate regenerative solutions for the treatment of battlefield injuries by the use of regenerative medicine—the science of the body’s natural processes to restore damaged tissue to its unjured condition. Successful projects will develop novel therapies for clinical trials on wounded military members, and for patients in the civilian population. AFIRM-II involves basic and clinical research across both academic institutions and industry partners.

College Faculty Honored as Military Medicine Heroes

Four members of the College of Medicine faculty were honored as “Heroes of Military Medicine” at the United Service Organization’s 10th annual Tribute Cincinnati gala in October. They are: Kathleen Chard, PhD, associate professor of clinical psychiatry and director of the PTSD program at the Cincinnati VA Medical Center; Col. Warren Durlan, MD, associate professor of surgery; Jed Hartings, PhD, associate research professor of neurosurgery; and Col. Jay Johanningman, MD, professor of surgery.

UC Alum Richard Becker, MD, Named to Cardiovascular Post

UC College of Medicine alum and 2011 Daniel Drake Medal recipient Richard Becker, MD, has been appointed head of the newly renamed division of cardiovascular health and disease within the UC College of Medicine’s Department of Internal Medicine, and will hold the Mahel Stearns Stonehill Chair of Cardiology at UC. He is also director and physician-in-chief of the UC Heart, Lung and Vascular Institute, one of four institutes of UC Health and the UC College of Medicine.

Upon graduation from UC in 1982, Becker completed his internship, residency and hematology fellowship at the Cleveland Clinic. He joined the University of Massachusetts Medical School faculty after a fellowship in cardiology there and later founded the Cardiovascular Thrombosis Research Center and served as director of the Coronal Care Unit and Anticoagulation Services at the University of Massachusetts Medical Center.

Becker joined Duke University in 2003 as professor of medicine and director of the Duke Cardiovascular Thrombosis Center. He also served as co-director of both the Advanced Biomarkers Program at the Duke Clinical Research Institute and the Duke Comprehensive Center for Hemostasis and Thrombosis. Additionally, he directed the Duke University Health System’s Cardiogenetics Thrombosis Clinic.

Becker has served as a principal investigator and co-principal investigator of many National Institutes of Health-funded research studies and has been supported by industry, foundations and other government agencies for clinical and translational investigations on thrombosis, hemostasis, vascular biology and pharmacoanalytics. He is a prolific contributor to scientific literature having published more than 600 articles, textbooks, book chapters, invited reviews and editorials, abstracts and both national and international position papers.

He is a member of numerous professional societies, including the International Society on Thrombosis and Haemostasis and the American Heart Association, for which he is a national spokesperson.

Guan Named Cancer Biology Chair

Jun-Lin Guan, PhD, has been named chair of the University of Cincinnati Department of Cancer Biology. Previously a professor in the division of molecular medicine and genetics at the University of Michigan, Guan will serve as the Frances Brunning Endowed Chair and professor of cancer biology, associate director for research of the University of Cincinnati Cancer Institute and co-leader of molecular and cellular basis of cancer of the Cincinnati Cancer Center.

Guan studies cell signaling in the regulation of basic cellular functions in normal cell and developmental processes and works to determine how the disruption of normal signaling pathways lead to diseases such as cancer. He currently holds three NIH R01 grants, is the author of more than 140 peer-reviewed articles, reviews and book chapters and was editor of Signaling Through Cell Adhesion Molecules (1999) and Cell Migration: Developmental Methods and Protocols (2005).

Kissela to Lead Neurology and Rehabilitation Medicine

Brett Kissela, MD, has been appointed the Albert Barnes Voorheis Chair of Neurology and Rehabilitation Medicine at the UC College of Medicine. He replaces Joseph Boucherick, MD, who has stepped down from the chair position to focus on his research and clinical duties and to become overall director of the UC Neuroscience Institute, one of four institutes affiliated with the UC College of Medicine and UC Health.

New Undergraduate Minor Welcomes First Class

The College of Medicine’s first undergraduate program started in fall 2013, with 32 students enrolled in the new minor in medical sciences. Taught by faculty across the College of Medicine, the program includes 18 semester credits with courses in biochemistry, community health, molecular genetics, pharmacology, statistics and more. The selective program accepts junior and senior students at UC and aims to prepare them for professional programs in medicine, pharmacy, dentistry and doctoral and master’s programs in the life sciences. Led by Anil Menon, PhD, the program is structured to provide experiential learning through shadowing and research opportunities at the college. Menon says the ratio of mentors to students is particularly unique to UC’s program, providing one faculty mentor for every two students.

UC and Cincinnati Children’s Hospital Medical Center are among a group of Ohio institutions named by the National Institutes of Health (NIH) as one of three NIH Centers for Accelerated Innovations (NCAI). The Ohio multi-institution NCAI is led by Cleveland Clinic and also includes Case Western Reserve University and Ohio State University. NCAIs are funded through the NIH’s National Heart, Lung and Blood Institute and, according to NIH, will “target technologies to improve the diagnosis, treatment, management, and prevention of heart, lung, blood, and sleep disorders and diseases.”
Alex Lentsch, PhD, had been at UC’s Department of Surgery just a few years when he received his first research mission from the U.S. military by orders from his own department.

While serving as trauma surgeons at one of the military’s in-theater hospitals in Iraq, Jay Johannigman, MD, and Steve Barnes, MD, had the opportunity to care for a number of young soldiers who were subsequently transferred to Germany for ongoing care.

The military’s policy for the care of wounded soldiers provided for rapid transport from the point of wounding to military hospitals in theater, and then onward on a transcontinental flight—and medics and surgeons in the military wanted to ensure that process of rapid transport proved to be beneficial to the survival of the wounded soldier.

Johannigman, director of UC’s division of trauma and critical care and a Colonel in the U.S. Air Force Reserves, and Barnes, an Air Force Major and member of the Cincinnati Center for the Sustainment of Trauma and Readiness Skills (C-STARS) brought their question home with them to UC and proposed it to Lentsch. Do different evacuation practices affect wounded service members’ outcomes?

The subsequent study, combining Lentsch’s research design with the Air Force’s altitude chambers, led to the department’s first large-scale basic science funding from a military branch—and to the formation of the UC Institute for Military Medicine, which Lentsch directs.

The Institute, a collaboration among basic science and clinical researchers, trauma surgeons and Air Force members based at University of Cincinnati Medical Center, is focused on the complex traumatic injuries of warfare, and how the military and civilian care providers can change their practices to improve outcomes. It has a unique, multipart mission: to discover the scientific basis of severe injury and translate this knowledge to improved treatments of combat casualties, to develop new technology that can be applied in unique environments such as the combat theater, and to provide state-of-the-art training to develop the next generation of surgeon-scientists who will lead military and academic medicine in the future.

Since that first project, the Institute has partnered with all branches of the military, the Department of Defense and the National Institutes of Health to answer a range of questions facing the military today.

“What we have developed here at the Institute is a very responsive platform that is really the opposite of most modern scientific programs,” says Lentsch, who also serves as vice chair for research in the Department of Surgery. “Instead of devising our own ideas and then submitting them for funding, we’ve set up a model where an institution like the Air Force can come to us with their problems, and we offer a menu of...
capabilities that can be used to study them. We’re not coming up with the questions; we’re providing the means to answer them.”

In their first project on outcomes after evacuation, surgical resident Michael Goodman, MD, (Med ’05) found that early exposure to altitude hypoxia worsened the neuroinflammatory response in traumatic brain injuries—potentially putting patients at risk for a secondary brain injury. That discovery led to protocol changes in the timing of when troops with head injuries are flown from the combat theater to regional hospitals.

After a trauma fellowship under the former director of the U.S. Army Institute for Surgical Research, Goodman was recently recruited back to UC as a trauma surgeon and Institute scientist.

Years later, aeromedical evacuation remains a large focus of the Institute’s research. In 2010, the Air Force awarded the Institute a $24 million cooperative research agreement to fund multiple research projects focused on aeromedical evacuation and oxygen requirements at altitude.

One of those projects involves a self-regulating ventilator that has proven better than manual respiration. Developed by associate professor of surgery and registered respiratory therapist Richard Branson, the device uses computer algorithms to determine the patient’s oxygen needs on a second-by-second basis. In trials, the ventilator has outperformed manual respiration by a respiratory therapist.

Moreover, when coupled with an oxygen concentrator also developed by Branson, the ventilator can pull oxygen from the patient’s oxygen needs on a second-by-second basis. In trials, the ventilator has outperformed manual respiration by a respiratory therapist.

Instead of devising our own ideas and then submitting them for funding, we’ve set up a model where an institution like the Air Force can come to us with their problems, and we offer a menu of capabilities that can be used to study them. We’re not coming up with the questions; we’re providing the means to answer them.”

ALEX LENTSCH, PHD
Director, UC Institute for Military Medicine

When wounded service members need evacuation from the combat theater, the military calls upon specially trained teams of U.S. Air Force physicians, nurses and respiratory therapists. When the Air Force needs to train those Critical Care Air Transport (CCAT) teams, it sends them to University of Cincinnati Medical Center, as part of the Center for Sustainment of Trauma and Readiness Skills (C-STARS). Cincinnati’s C-STARS program is one of five such high-end training programs in the country, but the only one that trains teams to provide ICU-level care to patients during an eight-to-12-hour evacuation flight.

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At UC Medical Center, CCAT trainers are immersed in a two-week course of lectures, rotations at the hospital’s Level I trauma center and evaluation in the high-tech simulation center designed to mimic the loud, dark and cramped conditions of a transport flight.

Each simulation is focused on specific injury sets one or two in the warzone, continually updated with the latest operational trends. The training culminates in a five-hour training flight aboard a C-110 military transport plane.

Sessions, held throughout the year, are taught by a 15-member cadre of active Air Force personnel based at the medical center. Since its creation in 2007, Cincinnati C-STARS has trained more than 700 military medical professionals.
In 1985, Robert “Bob” Schiff Jr., MD, (Med ’81) was a graduate of the UC College of Medicine and a chief resident at Cincinnati Children’s Hospital Medical Center, working around the clock in the hospital’s intensive care unit.

But Schiff had started leaning toward primary care, and the final year of his residency clinched his decision. He went on to accept a position in the same pediatric primary care practice he went to as a child.

“I wanted to develop long-term relationships with my patients,” he remembers. “My pediatrician, Al DelGarmo (Med ’51), was a big influence for me in choosing pediatrics and it was because of that patient-doctor relationship.”

Twenty-eight years later, Schiff still sees children in the pastel rooms of his Blue Ash practice. But he says the field has changed dramatically since he was a resident—and he can’t see the same future for many of the current students hoping to go into primary care today.

“When I started medical school, tuition was $400 a quarter, and in the first year you had summers off,” he says. “So I was getting my med education for around $1,200 a year. It was the kind of tuition where, if you had a good summer job, you could do it. It was not going to be the financial burden it is today—and the opportunity to choose primary care was not prohibitive.”

In recent years, the cost of higher education has risen dramatically for students. Senior Associate Dean for Academic Affairs Andrew Filak, MD, says the average medical school debt for a UC student is $164,625—with 80 percent of students graduating with more than $100,000 of debt, just over the national average.

Addressing the College on medical education in 2013, Filak said “What really worries us is the percentage of students graduating with significant loans. Ten percent of our classes are graduating with more than $250,000 of debt.”

With more students arriving at medical school with debt from their undergraduate degrees, Assistant Dean for Student Financial Planning Daniel Burr, PhD, says he’s starting to see students graduate with $300,000 in education debt.

“Not only is the cost of tuition up, but the recession made it more difficult for parents to assist their children with college,” he says. “So there’s more
A COST BURDEN FOR STUDENTS

Facing such high levels of debt, a graduate must consider future income potential when choosing a specialty, practice location and practice focus. This can discourage otherwise motivated, talented students from pursuing training in medical research, or force students to focus on higher-paying specialties thus compounding the current physician distribution shortages in primary care. Federal student loans have also become more expensive. Most graduates who obtain loan can’t afford to begin repayment during residency so interest continues to accrue for several years, adding to a graduate’s long-term debt.

Total Educational Debt: $180,352
Interest Accrued During Medical School (4 years): $24,332
Interest Accrued During Residency (6 years): $56,027
Total Debt: $280,711

Help offset this burden. By supporting a UC College of Medicine scholarship fund, you can help the next generation of medical researchers, teachers, and clinicians turn their dreams into careers. Visit uc.edu/give to make a gift today.

trying to enrich their education in that area—and we hope that leads them to stay engaged with that population."

In an effort to enable more young physicians to follow an interest in primary care, Schiff has established the Schiff Family Foundation Endowed Scholarship in Primary Care. The $2.5 million fund will create scholarships for first-year students committed to pursuing a career in primary care, or award tuition assistance scholarships to third- or fourth-year students seeking residencies in primary care.

For Schiff, he hopes to encourage a style of care he’s both experienced and practiced as a physician—one where families see the same physician throughout their lives, building a strong, personal doctor-patient relationship.

“That’s our goal at the practice here,” he says. “I think that we could have possibly set up a more lucrative type of practice…but it’s not going to give the same personal satisfaction to us as doctors, and, I think, care to our patients. My own personal doctor and I have a relationship, and that’s just the way I want it to be.”

“Robert “Bob” Schiff Jr., MD (MED’81)

laUNCHING STUDENTS INTO PRIMARY CARE

Starting in January 2011, the College of Medicine created the Longitudinal Primary Care Clerkship (LPCC), pairing each first-year medical student with a community primary care physician. The experience begins in the second semester of students’ first year of medical school and extends through Year Two. In 2012, 130 Greater Cincinnati primary care physicians participated.

Chair of Family and Community Medicine Philip Diller, MD, PhD, directs the course, and says it helps students assess the clinical situation; giving them guidance on ways to interact with a patient, effectively diagnose and treat the patient and educate him or her about their care.

“It’s different than shadowing—we give them things to look for, like a checklist, and they directly observe the situation and surroundings so that they are made aware of what it takes to understand and design care for the patient,” he says.

Borrowing more than expected?

For students resisting the debt, the current debt burden can influence their financial decision-making, seeking out a more lucrative medical specialty to offset the debt. This can result in a shortage of medical practitioners in certain fields, a situation that can be detrimental to patient care and ultimately patient satisfaction.

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ROBERT “BOB” SCHIFF JR., MD (MED’81)
John Shaw Billings, MD
A Giant of Medicine, Military and Libraries

BY RICHARD PUFF

The term “Renaissance Man” is an extremely overused phrase that attempts to describe someone who is proficient at a number of things. So few truly reach the pre-eminence of the people it was originally meant to illustrate. Yet, one College of Medicine graduate potentially reaches this level: John Shaw Billings, MD.

In the medical profession have heard of Billings, even fewer in the general public know of him. But this 1860 graduate of the Medical College of Ohio—the forerunner of today’s UC College of Medicine—was a giant of medicine, military and libraries.

Billings played important roles in Civil War medicine, the National Medical Library, Johns Hopkins Hospital, the United State Public Health Service, Index Medicus, The New York Public Library and Peter Bent Brigham Hospital, among many others. And except for one building at Hopkins that bears his name, there are few outward signs recalling his extensive contributions. which have made him arguably the most illustrious alumnus of the College of Medicine.

Born in 1838 in Switzerland County, Indiana, Billings graduated from Miami University in 1857 before enrolling in the Medical College of Ohio in the fall of 1858. Perhaps the most distinguishing feature of his medical education was that during much of his time in school he subsisted on a diet of eggs and milk. He spent most of his time with his textbooks rather than attending lectures because he felt he could learn more. He showed special aptitude in the anatomy rooms and following his graduation in March 1860 he was asked to join the medical school’s faculty as a demonstrator of anatomy.

In the fall of 1861, Billings traveled to Washington to take the three-day test for appointment as an assistant surgeon in the U.S. Army. He finished first in the examination and soon was heading military hospitals in Washington, D.C., and Philadelphia. Billings later participated in the Battles of Chancellorsville and Gettysburg, treating hundreds of wounded soldiers, at times so close to the front lines that bullets whizzed by him. By 1864 Billings served as a medical inspector for the Army of the Potomac, responsible for ambulances and medical supplies while also collecting patient statistics, supervising the collection of pathological specimens and occasionally operating on difficult cases.

In the fall of 1865 Billings was placed in charge of the Library of the Surgeon General. At the time the library contained 1,800 books and pamphlets. When he left military service in 1885, Billings had grown the library to more than 308,000 volumes making it one of the greatest medical libraries in the world. For 20 years beginning in 1867, the library was located on the second floor of what had been Ford’s Theatre in Washington, D.C., site of President Abraham Lincoln’s assassination April 14, 1865. The building was purchased in 1866 by the government to store military documents and material of the Museum of the Medical and Surgical Department of the Army. In 1956 the library’s name was changed to the National Medical Library.

During his 30 years in the Surgeon General’s office, Billings marked numerous achievements. In 1869 he reviewed the country’s 27 Marine hospitals and his report and recommendations paved the way for the network of hospitals to evolve into today’s U.S. Public Health Service. In 1874 he issued a landmark three-volume catalog of more than 50,000 titles of books, pamphlets, articles and theses held by the Surgeon General’s Library, making it the first catalog of medical literature. The idea for a work of this type was germinated while he was a student at the Medical College of Ohio. While preparing his thesis Billings used sources from 51 authors, most of which were not available to him in Cincinnati. The effort to locate so much source material no doubt fostered his desire to create a catalog that would provide monumental assistance for physicians and researchers. In 1879 he began publishing monthly supplements called Index Medicus cataloging current medical literature. The following year he would publish the first of the 16-volume Index Catalog.

Billings also was an expert on the design and construction of hospitals. In 1878 his initial plans were accepted for the design of the Johns Hopkins Hospital. Billings would oversee construction of the hospital, which opened in 1889. His portrait hangs in the famed hospital’s rotunda, and the structure is appropriately named the Billings Administration Building. Shortly after the turn of the century, Billings would plan Peter Bent Brigham Hospital in Boston.

Billings was internationally known as a physician, medical librarian, public health innovator, educator and researcher. He advocated for changes in pre-, undergraduate and graduate medical education that are today standards of medical education. He participated in the 1880 and 1890 U.S. Censuses and his work in vital statistics resulted in the creation of biostatistics as a science.

He retired from the Army in 1895 and became the first director of the Institute of Hygiene at the University of Pennsylvania. That appointment lasted less than a year as in 1896 Billings was selected as the first director of the New York Public Library. He is credited with pulling together that city’s Lenox, Astor and Tilden libraries into a single library system and encouraging Andrew Carnegie to donate more than $5 million for the construction of 65 branch libraries in New York City. Billings also helped plan and led the construction of the library’s famed main branch on West Fortieth Street.

Billings would receive honorary degrees from Oxford, Dublin, Budapest, Yale and Johns Hopkins universities. He died in 1913 and is buried in Arlington National Cemetery.

A new addition to the annual College of Medicine’s Honors Day celebration began in 2013 with the awarding of the John Shaw Billings, MD, Alumni Leadership Award. Established by Dean Thomas Boat, MD, the award recognizes an alumnus for a career of extraordinary leadership and contributions to medical progress. The 2013 award went to Thomas Graham, MD (Med ’88), chairman of Cleveland Clinic innovation, vice chair of orthopedics and Justice Family Chair in Medical Innovation.

“Dr. Billings died precisely 100 years ago and I’m sure that he would be very pleased, Dr. Graham, that a century later you as a leader in health care innovation are extending the tradition of outstanding contributions to American medicine by one of our medical college graduates,” Boat said in honoring Graham.

Graham is widely recognized for his clinical expertise in hand, wrist and elbow surgery with special concentrations on complicated reconstruction after trauma, complex elbow disorders and congenital hand surgery. He also has a special focus on the care of hand and elbow disorders of elite athletes and entertainers. Graham holds 10 patents on implants and other devices and has started several medical device companies.

John Shaw Billings, MD, Alumni Leadership Award Established

The glass plate Billings Alumni Leadership Award presented in 2013 to Thomas Graham, MD (Med ’88)
On a September afternoon inside the UC Medical Center cafeteria, Rachael Mintz-Cole spoke of her past and her future. Just days away from the deadline for residency applications, she was dreaming of a spot in anesthesia, perhaps in San Francisco, to see patients and conduct research.
A Cincinnati Children's physician-scientist and MSTP graduate herself (completing the program at Washington University), Khurana Hershey, MD, PhD, knows well the experiences UC's students will have. That's why she's worked very hard since becoming program director in early 2012 to expand the number and diversity of participating program faculty and to ensure that MSTP leadership is better aligned with the needs of MD, PhD students. In fact, five MSTP leaders (with director, associate director or committee chair titles) are physician-scientists.

"Students are getting mentorship from top senior physician-scientists," says Hershey. "These changes haven't gone unnoticed. The MSTP was just re-funded by the National Institutes of Health (NIH) for the next 5 years. This is the third time since 2002 that the NIH has provided support for UC's MSTP. And, says Hershey, Cincinnati's application scored so well this round against peer institutions that it was recommended for expansion.

Currently, 46 students are enrolled and 79 have graduated since the program's founding in 1985 (with four pioneering MD, PhD graduates laying the foundation in the 10 years prior), the MSTP admits students through a single process into UC's College of Medicine for both medical and graduate training. Currently, 46 students are enrolled and 79 have graduated since the program's inception.

UC's MSTP is a 50/50 partnership between the university and Cincinnati Children's—where a number of graduate programs are based—and is an important one for the UC College of Medicine, says Hershey.

"If you are one of the medical schools to offer this opportunity, it sets you apart," she says. "It puts you on a different level," adding that programs of its kind train leaders in understanding how to collaborate and integrate research with medicine. "Research is the engine that drives innovation. We need people to understand both sides of the equation—research and clinical medicine—to advance medicine and discover new therapeutics and technologies. Graduates of these programs are leaders who can impact change and improve health."

"It's rigorous, but these students are really the 'best of the best,'" she says. "They are among the top of their class, almost uniformly." Mintz-Cole doesn't readily cozy up to that characterization when it comes to herself, but she's quick to point out that she's surrounded by the "cream of the crop," which, she admits, makes it quite easy to be hard on yourself.

And the nature of the program no doubt contributes. Officially formed in 1985 (with four pioneering MD, PhD graduates laying the foundation in the 10 years prior), the MSTP admits students through a single process into UC's College of Medicine for both medical and graduate training. Currently, 46 students are enrolled and 79 have graduated since the program's inception.

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Each phase of the MSTP brings new challenges, and the transitions between medical school to PhD training and back to medical school can be tough. Mintz-Cole, who's made it through both transitions, says each is hard in its own way, but leaving the lab to return to medical school is unique. "Returning for third year of medical school after completing my PhD … I was older than many of the first-year residents."

"On one level, she says, you feel like a peer—having both completed a higher degree. "But you know nothing yet about clinical management and third year is when you learn that skill," she says. "You really have to re-adjust to thinking clinically, rather than scientifically, and learn not to feel intimidated if you don't remember every single thing you learned in years one and two."

Hershey agrees. "When you become a doctor, you can help the patient you see—the one right in front of you," she says. "When you are a physician-scientist, you can still do that, but you can also help patients around the world. This program allows students to 'think big.'"
A New Class of Students

The College Medicine welcomed 173 students into its first year class this year, the largest class in recent history. Students from the class of 2017:

- Came from different states, with almost half from outside Ohio
- Have the highest MCAT score of recent classes
- Are the most diverse in recent years—13 percent come from underrepresented minority groups.

Trio Paves Own Path to Medical School

BY KATY COSSE

Today, Sara Stigler, Nicolette Barbour and Ashley Sutherland are three first-year medical students in the College of Medicine’s Class of 2017.

But two years ago, Stigler and Barbour were researchers and graduate students and Sutherland a U.S. Air Force captain—all trying to figure out how to apply to medical school while working 40-hour weeks, and handling their responsibilities.

To do that, they formed a unique partnership to help them study for the MCAT exam, apply for medical school and support and guide each other.

With Barbour and Stigler working as clinical research coordinators at Cincinnati Children’s Hospital Medical Center, and Sutherland stationed at Wright-Patterson Air Force Base in Dayton, Ohio, they utilized technology to their benefit. Through their study group, dubbed “the MCAT Slayers,” they reshaped the traditional MCAT study courses (designed for full-time students) to their own needs.

Most of their work was conducted through video chats, study binders and shared websites. During lunch breaks at work, they would gather with their books and laptops.

“We put our computers on silent and opened up Skype to study with each other,” says Stigler. “The idea was that if I see you on your phone texting, it doesn’t count as a study hour.”

When not together, they texted a “question of the day” and scheduled weekly online tests.

“It think it was the best thing to ever happen to me, honestly,” says Sutherland. “Being able to study with them and have that accountability, but also to understand our different strengths and weaknesses... we all learned a lot about ourselves.”

Not only were all three students accepted into the College of Medicine, Barbour and Stigler received both merit and need-based scholarships to assist with their tuition costs.

Stigler says that the Office of Diversity Affairs was a crucial resource for them within the College of Medicine.

“For many minority students, they are coming from single-parent, low-income households where they may also be first-generation college students,” she says.

“Offices like this are many times the only support system for minority students and they are an invaluable resource. UC Diversity has really taken great measures to ensure holistic application review and guidance for those who feel lost in the application process.”

Now entering their second semester of classes, they are already looking to the future—hoping to serve as advocates to recruit more minority students like themselves into medical school.

“Looking at the numbers of people who are matriculating, especially underrepresented minorities, from UC into the College of Medicine—it’s very small,” says Stigler. “We want to help be a liaison between the area high schools and colleges into the College of Medicine.”

Where Are They Now?

Scott Pomeroy, MD, PhD (Med ’82)

College of Medicine alum Scott Pomeroy mapped out his own six-year plan for a combined MD, PhD degree several years before the university launched its formal Medical Scientist Training Program.

This innovative thinking and drive might just be what led him to his current role as Bronson Crothers Professor of Neurology, director of the Intellectual and Developmental Disabilities Research Center at Harvard Medical School, and chairman of the Boston Children’s Hospital neurology department.

Pomeroy has built one of the world’s foremost laboratories focused on the biology of embryonal brain tumors. His group was among the first to use genomic methods to understand the molecular basis of tumorigenesis and to identify molecular markers of outcomes that can be used for risk stratification in clinical trials.

Over the past 20 years, Pomeroy has served on study sections for the National Institutes of Health and has reviewed grants for the Medical Research Council of Canada, Alberta Cancer Foundation, National Cancer Institute of Canada, Israel Science Foundation and March of Dimes. In 2000, he participated in the Brain Tumor Progress Review Group of the National Cancer Institute/National Institute of Neurological Disorders and Stroke and has served as a consultant to the Food and Drug Administration oncologic drugs committee.

He is an editor for the Nervous System volume of the Netter Collection of Medical Illustrations, recently updated for the first time since its original publication in the 1980s. He serves as associate editor of the Annals of Neurology, the top academic journal in the field of neurology.

A UC College of Medicine Daniel Drake Medal Recipient, Pomeroy, in his 2007 Drake Medal reflections, credited many at UC for teaching him “to practice medicine with excellence and compassion, to seek creative solutions to problems and to treat others with respect.”

The names he lists (Helen Berry, Beatrice Lampsin, William Schubert, Reginald Tsang and Clark West, among others) are regulars in similar reflections by those from Pomeroy’s era of training. And the honors and responsibilities bestowed upon Pomeroy since his graduation from UC reflect the best of the teachings of those beloved faculty.
Peter J. Stern, MD
BY ANGELA KOENIG

In the home office of orthopaedic hand surgeon Peter J. Stern, MD, there's a desk drawer chock-full of thank you notes written by grateful patients. Stern says he's the only person to have ever read the notes, adding: “These notes are a huge ego trip, and when I die and my wife is cleaning out the drawers maybe she’ll find and read these letters; they are a testimony as to why I enjoyed my career so much.”

Stern is expecting he’ll have more time now to spend with his family, which includes his three children, Kim, Joe and Rascal (Lisa), and four grandchildren. That’s because he stepped down in November from his position as chair of UC’s department of orthopaedic surgery, a post he held for 22 of his 35 years on UC’s department of orthopaedic surgery, November from his position as chair of UC in 1979. Since then, he earned a professorship and not only chaired the department but also served as the president of the American Orthopaedic Association, the American Board of Orthopaedic Surgery and the American Society for Surgery of the Hand.

The Stern family, including his parents, Mary and Joseph S. Stern Jr., is also well known for its generous financial support to Cincinnati Children’s Hospital Medical Center and the UC College of Medicine. “I am the first to admit that my life was not in balance, but I would still say that my single greatest accomplishment in life is my family,” Stern says.

Former College of Medicine Dean
Robert Daniels, MD, Dies at Age 86
BY RICHARD PUFF

Robert Daniels, MD (Med ’51), who served as dean of the University of Cincinnati College of Medicine from 1973 until 1986, died in New Orleans on Oct. 28. He was 86 and had been battling Parkinson’s disease.

A nationally known psychiatrist and medical educator, Daniels became the college’s 43rd dean in 1973 when he was appointed interim dean following the resignation of Clifford Gruelz Jr., MD. He was named permanent dean on Feb. 4, 1975, and served until 1986 making his deanship the fourth longest in the college’s nearly 200-year history.

Daniels led the planning for the move in 1974 into the new Medical Sciences Building. In 1981 he was named acting senior vice president of the UC Medical Center, retaining his position as dean of the College of Medicine. He was appointed permanent senior vice president in October 1982 and remained in that position until 1985.

Daniels declared 1985 as “The Year of Daniel Drake” to celebrate the bicentennial of the birth of the college’s founder. The Drake Medal was created to honor nine living physicians in 1985 who made major lasting contributions to the college and who gained national or international reputations in their fields. Daniels was among the second group honored with Drake Medals in 1987.

Born in Indianapolis, Daniels received his bachelor’s degree from UC’s College of Arts & Sciences in 1948. He graduated first in his class from the College of Medicine in 1951 and then completed his internship at UC, then on to an internship at Beth Israel Hospital in Boston. He stayed in Boston to complete his residency at the Harvard Orthopaedic Combined Program and then went on to a fellowship in hand surgery with Harold Kleimert, MD, at the Kleimert Clinic in Louisville, Ky.

His first faculty position was at UC in 1979. Since then, he earned a professorship and not only chaired the department but also served as the President of the American Orthopaedic Association, the American Board of Orthopaedic Surgery and the American Society for Surgery of the Hand.

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In many ways, Newman’s study served as a microcosm of the Center for Environmental Genetics (CEG), a sprawling operation that supports core facilities and technologies needed to conduct research focusing on how environmental agents interact with genetic factors to influence disease risk and outcome. Additional missions of the center are to attract new talents to environmental health sciences research and empower communities to impact public health.

The center, through its members, has a role in a host of research studies that seek to understand the complex relationships between genetic predisposition to disease and environmental exposures. Or, simply put: Why do people, when exposed to the same dose of an environmental toxin, have different levels of disease?

“Even as worldwide awareness of environmental chemicals and their potential health effects is rising, new issues with chemicals continue to proliferate,” says Shuk-Mei Ho, PhD, Jacob G. Schmidlapp professor and chair of the UC Department of Environmental Health and director of the CEG. “Look at the widespread use of computers and cellphones: Now electronic waste has become a pressing global concern, with unregulated e-waste recycling occurring in developing countries.”

(Aimin Chen, MD, PhD, an assistant professor of environmental health at UC, is part of a CEG team that is leading an international population study examining the human developmental effects of environmental exposure to the complex metal mixture found in e-waste.)

The CEG has been in existence since 1992 when it was founded by Daniel Nebert, MD, now a UC professor emeritus of environmental health, and its work will continue into 2018 thanks to an $8.7 million grant from the National Institutes of Health’s (NIH) National Institute of Environmental Health Sciences (NIEHS). The money will be disbursed in annual increments of about $1.74 million through March 31, 2018, to the center, one of 20 Environmental Health Sciences (EHS) Core Centers funded by the NIEHS. Ho is the principal investigator for the grant.

Newman, who served his residency in preventive medicine at the UC College of Medicine and received a Masters in clinical and translational science, is one of 91 researchers holding membership in the CEG, representing the UC College of Medicine and Cincinnati Children’s. Collectively, CEG members hold $350 million in funding for UC and Cincinnati Children’s. Newman’s research work serves as an example of the CEG’s reach, both at UC and in the larger community. Some of the CEG’s themes represented in his work—beyond the research itself—include:

Shuk-Mei Ho, PhD, chair of Environmental Health
Environmental Exposure

Collaboration: Newman, an assistant professor in the UC Department of Pediatrics, is based at Cincinnati Children’s, where he directs the Pediatric Environmental Health and Lead Clinic, but frequently collaborates with faculty and students from the Department of Environmental Health. CEG members also provide rapid and accurate point-of-care measurement of blood metals in susceptible pediatric populations.

Career Development: Newman was a 2008-09 CEG New Investigator Scholar, receiving funds and mentoring as part of its Career Development Program aimed at encouraging the next generation of environmental health science researchers to conduct transdisciplinary research. In the past five years, the CEG has provided over $1 million in pilot grants and career development awards through the New Investigator Scholars and Next Generation Biomedical Investigators awards and has helped directly generate nearly $22 million in additional funding support.

Community Outreach: The CEG includes a Community Outreach and Engagement Core (COEC), led by Haynes, with Newman serving as Project Leader. In the case of the Environmental Health and Lead Clinic, outreach includes family transportation to and from the clinic, bridge housing to provide families a safe place to stay while lead-safe housing is made available, the use of vitamin vouchers and creation of lead safety handouts translated into several languages. The Community Outreach and Engagement Core is also active on social media through Facebook and Twitter, and is particularly interested in translating environmental health information that concerns susceptible populations, including minority and underserved communities that are disproportionately affected by environmental contaminants and exposures. (A study called Marietta CARES, led by Haynes, is looking at air pollution and its effects on childhood health—particularly related to the heavy metal manganese—in southeastern Ohio communities.)

“There are more environmental issues going on in the community than people know,” Newman says. “It’s easy to rally around one person with an illness, but sometimes harder to wrap your arms around an entire community.

“The COEC can’t be everywhere for everybody, but I think we’re a unique connector linking public health to the clinical end at Cincinnati Children’s, to EPA and to University of Cincinnati and community resources to work on problems that concern the community.”

The CEG’s leadership team includes basic, translational and clinical investigators from the UC College of Medicine and Cincinnati Children’s. Susan Pinney, PhD, (Med ’90) professor of environmental health, serves as deputy director. Alvaro Puga, PhD, professor of environmental health, and Daniel Woo, MD, (Med ’94) professor of neurology and rehabilitation medicine and a UC Health neurologist, are associate directors. Members (33 full, 19 clinical, 35 affiliate and 14 associate) have access to collaborative resources in three service cores:

Biosciences Core: Helps researchers collect and organize data on how proteins function in the body and understand how that information might translate into new targets for drug development. The core also helps researchers design and analyze gene-expression experiments and understand the biological implications of results.

Integrative Technologies Core: Offers specialized services and expert consultation in facilities such as genomic and sequencing core, transgenic mouse construction, genotyping, proteomics, high-field magnetic resonance imaging and spectroscopy, flow cytometry and mass spectrometry-based detection of metal ions.

Integrative Health Sciences Facility Core: Guides CEG members through designing epidemiologic research studies, clinical trials and clinical databases as well as biopspecimen acquisition. Data files from biopspecimens include results from the Fernald Medical Monitoring Program, which from 1990 to 2018 provided legally mandated medical follow-up to people living near a former uranium processing plant, and the Breast Cancer Registry of Greater Cincinnati, a program designed to obtain information from and about women and men diagnosed with breast cancer.

“Thanks to the CEG and support from the NIH, state-of-the-art environmental research at UC’s Academic Health Center and Cincinnati Children’s Hospital Medical Center will continue for years to come,” Ho says.

CARES, led by Haynes, is looking for additional funding support.

Send us your updates! Let all your friends and colleagues know what you’ve been doing since you graduated. Submit your update with any photos, including your full name, degree and class year to comalu@uc.edu or Development/Alumni Affairs, College of Medicine, University of Cincinnati, PO Box 19970, Cincinnati, OH 45219.

1940s
George A. Curry ’44
Celebrating 69 years of marriage with wife Ethel

1950s
William J. Gerhardt ’54
Serving as President of Twin Towers Resident Council, Program Chair for several local organizations, and Historian and Director for Cincinnati Children’s Hospital Medical Center History Library

Frank Terada ’56
Retired and now taking groups on tours to Japan with his wife Puuanu

Jerry Shuck ’58, ’66
Retired as of January 1 and looking forward to concentrating on Bluegrass Banjo, fly fishing, reading, musical and sporting events, and time with family

1960s
Thomas E. Bell ’64
Working in Zoology Research at The Cincinnati Museum Center

Terry Cromwell ’64
Retiring after 40 years from his practice of plastic and reconstructive surgery

1970s
Braxton DeGarmo ’79
Released third novel titled “Looks That Deceive,” a medical thriller

Carl Greiner ’78
Named Distinguished Life Fellow of the American Psychiatric Association

Kenneth V. Isserson ’77
Published the eighth edition of “Isserson’s Getting Into a Residency: A Guide for Medical Students”

Mary Newport ’78
Published second edition of “Alzheimer’s Disease: What If There was a Cure? The Story of Ketones”

Luther K. Robinson ’74
Received the 2013 Excellence Award of the National Organization on Fetal Alcohol Syndrome

1980s
Anthony Conni ’82
Selected by the University of Cincinnati College of Medicine third-year class to receive the AOA Volunteer Teaching Award

Karen Gedney ’84
Serving as Senior Physician, Nevada Department of Corrections

Paul Guenther ’80
Serving as Lead Physician GI division at St. Elizabeth Physician Group in Kentucky

Robert C. Schill Jr ’81
Elected to the Vanderbilt University Board of Trustees

George Van Buren ’85
Received the Jesse Trice Distinguished Clinicians Award from the Florida Association of Community Health Centers

1990s
G. Allen Bryant, III ’94
Joined Lima Memorial Health Systems

Hillary Evans ’92
Appointed to McCullough-Hyde Memorial Hospital’s Board of Trustees

Steven Kleeman ’94
Spent two weeks in Moshi, Tanzania (near Arusha) recently, providing surgical and gynecologic care to underserved women at St. Joseph’s Hospital

Austin Wand ’72
Retired from the Radiology Department at the Cincinnati VA Medical Center and moved to Las Vegas

Ralph E. Watson ’79
Received the Lifetime Faculty Excellence in Teaching Award from the Michigan State University College of Human Medicine

Karen Gedney ’84
Serving as Senior Physician, Nevada Department of Corrections

Paul Guenther ’80
Serving as Lead Physician GI division at St. Elizabeth Physician Group in Kentucky

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IN MEMORIAM

The following individuals passed away between May 1, 2013, and December 31, 2013.

F. Jay Ach, MD 1950  Harriette Maranze, MD 1975
James J. Berens, MD 1945  Gerald M. Mastio, MD 1959
Jerome R. Berman, MD 1944  Don Harper Mills, MD, JD 1953
Howard G. Berninger, MD 1949  Nathan Polasky, MD 1953
Charles P. Bockenstette, MD 1963  William R. Puttmann, MD 1950
Richard P. Burkhardt, MD 1964  Robert R. Renner, MD 1953
Robert E. Burky, MD 1956  Charles F. Schiffer, MD 1970
Donald C. Cameron, MD 1959  Richard J. Snyder, MD 1957
Joseph M. Casper, MD 1950  Jeffrey Stuckert, MD 1981
Robert D. Crooks, MD 1947  Wilson Tong, MD 2012
Robert S. Daniels, MD 1951  James W. Vaughn, MD 1950
Roy Greenberg, MD 1992  William J. Witt, MD 1966
Amy B. Hickson, MD 1982  Harry B. Woods, MD 1964
William E. Hillard, MD 1951  Richard T. Wurzelbacher, MD 1953
Alvin A. Hursman, MD 1962  
Edward B. Jaffe, MD 1972
Michelle S. Kanuth, MS 1978
George H. Koepke, MD 1949
Bernard A. Krull, MD 1941
Paul E. Lyon, MD 1952

ClassNotes

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Foundation

Help the next generation of healthcare providers succeed. Support the IvaDean Medical Student Scholarship Fund today!
A special weekend of activities for UC Medical Alumni!

Reunion 2014 is a celebration for all MD alumni from class years ending with a 9 or 4. Renew old friendships, share memories and mutual experiences!

MARK YOUR CALENDARS

Thursday, April 10
Welcome Reception

Friday, April 11
College Tours, BBQ with Medical Students and Class Parties

Saturday, April 12
Campus Tours, Alumni Luncheon, and Night on the Town

More details to follow in coming months.