No Patient Left Behind
Chairs of neurology and neurosurgery share patient focus

New health system focuses on providing better care

Spotlight on 2013 accomplishments
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First-Year Medical Students Model the White Coats They Received during the Founders’ Day Celebration, Marking the Start of the New Academic Year. A Number of Alumni Contributed to the White Coat Fund for the Class of 2017. (See Story on Page 4.)

Quality is Job One
Krainc and Parsa Share Patient Focus as Chairs of Neurology and Neurosurgery

No Patient Left Behind
Krainc and Parsa share patient focus as chairs of neurology and neurosurgery

No Course Left Behind
New health system focuses on providing better care throughout all facilities

SPOTLIGHT ON 2013 ACCOMPLISHMENTS
A Whirlwind of Activity Continues

Northwestern Medicine Leadership
Ward Rounds transitions to Northwestern Medicine Magazine.

Campus News
Northwestern Medicine launches Heart Institutes and celebrates Founders’ Day

Research Briefs
New research on managing cholesterol levels, putting lupus in permanent remission, clues to controlling HIV virus, and predicting who will have chronic pain.

Features
Ward Rounds (Alumni) News
Alumni President’s Message
New mission and pillars of the National Alumni Board.

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Northwestern Medicine Leadership

If you are a regular reader of the medical school’s quarterly alumni magazine, known for the past 30 years as Ward Rounds, you will no doubt notice a few things have changed, starting with the publication name – now Northwestern Medicine Magazine. Rebranding this and many of the Feinberg School of Medicine and Memorial Hospital’s other joint activities under Northwestern Medicine means more than just adopting a new name, logo and color palette. These changes signal a fundamental shift in how we think about ourselves internally and present ourselves externally to our friends and alumni as new partners in an aligned academic health system. This shared identity includes speaking with one voice, working with unified goals and common culture, and developing new standards for outreach.

Northwestern Medicine embodies at its core the intertwined elements of our scientific, clinical, and education missions, and acknowledges that we can be stronger and more nimble as we work to collaborate across a complex environment that comprises our extended family. In 2014, we will be launching an aligned academic health system. This signals a change to patients and the national marketplace that we have a cohesive identity that brings together the hospital, medical practices, and the medical school. Consumers already think of the clinical, education and scientific endeavors underway at Northwestern as being completely linked; this new signage reinforces these relationships, leaving no room for doubt that we are all working together in support of an overarching mission to put “Patients First.”

We look forward to sharing more momentous events as we advance a stronger, more unified Northwestern Medicine.

With warm regards,

Eric G. Neilson, MD
vice president for Medical Affairs and Lewis Landsberg Dean, Northwestern University Feinberg School of Medicine

Northwestern Memorial HealthCare

Heart Institutes at Northwestern Medicine Celebrated with Launch

On October 1, the first of several Institutes at Northwestern Medicine was launched with much fanfare. Comprised of the Bluhm Cardiovascular Institute and the Feinberg Cardiovascular Research Institute (FCVRI), the Heart Institutes at Northwestern Medicine represent the comprehensive approach of the Feinberg School of Medicine and Northwestern Memorial HealthCare.

“World-class experts at Bluhm and the FCVRI personify our commitment to fulfilling the Northwestern Medicine vision,” said Eric G. Neilson, MD, vice president for medical affairs and Lewis Landsberg Dean. “Joining together, they will make the Heart Institutes at Northwestern Medicine a recognized leader in cardiovascular medicine through clinical excellence and the discovery of innovative new therapies.”

The evening began with a scientific poster session showcasing the research of nearly two dozen members of the Heart Institutes. Mazen Albagnadi, MD, a cardiovascular disease fellow, presented a groundbreaking biodegradable stent project he is conducting in the lab of Melina Kibbe, MD, Edward G. Elick Professor of Surgical Research. Stents, most commonly made of metal, are placed in the coronary arteries to keep them open. A number of biodegradable plastic versions are being tested across the country.

“This next-generation biodegradable stent releases nitric oxide, a natural restorative molecule in the body, to promote vascular healing.” Dr. Albagnadi said. “While this project is advancing through preclinical trials, I am also engaged in clinical work with Mark Ricciardi, MD, associate professor of medicine-cardiology, testing a stent that degrades over time and is ultimately completely absorbed by the body.”

The program featured presentations by Clyde Yancy, MD, chief of medicine-cardiology, who also served as emcee; Patrick McCarthy, MD, director of the Bluhm Cardiovascular Institute; Susan Quaggin, MD, director of the FCVRI; and Douglas Vaughan, MD, chair of medicine.

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vice president for Medical Affairs and Lewis Landsberg Dean, Northwestern University Feinberg School of Medicine

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“We are a Chicago-based institution and we make no small plans,” said Dr. Yancy, quoting famed architect Daniel Burnham. “We believe that Northwestern Medicine is ideally suited to make a difference in health and disease by developing, introducing and perfecting leading-edge technologies that will treat the most advanced diseases.”

A panel discussion featured faculty members Robert O. Bonow, MD, Charles J. Davidson, MD, Mark K. Eskandari, MD, Mark D. Huffman, MD, MPH, Donald M. Lloyd-Jones, MD, ScM, Vera H. Rigozin, MD, Neil J. Stone, MD, and Vaughan.

“We applaud the leadership of Drs. McCarthy, Quaggin, Yancy, Vaughan, and all of their colleagues for making the Heart Institutes at Northwestern Medicine a reality and ushering in a bold new era for Northwestern Medicine,” said Dean M. Harrison, president and chief executive officer of Northwestern Memorial HealthCare.
Founders’ Day Kicks Off 155th Academic Year

WRITTEN BY: Roger Anderson
PHOTOGRAPHY BY: Randy Belice

Founders’ Day 2013 video and slideshow online at magazine.northwesternmedicine.org

Carrie Wilson stood before family, friends and faculty during Founders’ Day on August 16 reciting a promise that will bookend her time at the Feinberg School of Medicine. “I solemnly pledge to consecrate my life to the service of humanity,” Wilson repeated with 161 peers in the Class of 2017. “The health of my patient will be my first consideration; my patient will be my first consideration; my patient will be my first consideration; my patient will be my first consideration; my patient will be my first consideration; my patient will be my first consideration; my patient will be my first consideration.”

The program was the culmination of a week-and-a-half’s events for new students, which included an Introduction to the Profession Module, overview of the curriculum, team-building activities, and dinners with the dean and faculty. Students will also deliver this modern equivalent of the Hippocratic Oath four years from now during the graduation convocation.

“You have opened a new portal to your life’s work that focuses on medicine and science very few are privileged to enter,” said Eric G. Neilson, MD, vice president for medical affairs and Lewis Landsberg Dean. “There are myriad exciting times ahead for you, not the least of which is working in a medical center, teaming with world-class hospitals.”

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You are no better, no different than your patients, but you have been blessed with opportunity.”

Following Schapiro’s remarks, Mary McDermott, MD, professor in general internal medicine and geriatrics and preventive medicine, delivered the keynote address. “You are no better, no different than your patients, but you have been blessed with opportunity.”

McDermott charged students to practice medicine with humility, make an impact on the lives of others, and tend to their own health and personal relationships throughout the journey.

“Standing alongside faculty mentors Farah Ali, MD, assistant professor in pediatrics-kidney diseases; Robert Golden, MD, assistant professor of clinical medicine-general internal medicine and geriatrics; Gary Martin, MD, vice chair of medicine; and Karin Ulstrup, MD, instructor of clinical medicine-general internal medicine and geriatrics, the first-year students were given their white coats by members of the Class of 2016. In a burgeoning tradition, the coats were sponsored by 76 medical school alumni. (For full list of donors, see online story at magazine.northwesternmedicine.org.)

“There’s definitely a connection with this moment, receiving our white coats, and the realization that we will now need to buckle down and really get ready to work hard,” said Jordan Robinson, an incoming student from the University of Wisconsin-Madison. “I understand that I am not a doctor yet and it’s easy to remain humble in that way, but there is definitely a sense of accomplishment in being at a prestigious university like Northwestern and slipping on the white coat for the first time.”

Founders’ Day also served as the backdrop for numerous student honors given to members of the Class of 2016 who have made a positive impact in the community and displayed a level of leadership commended by their peers.

Third-year student Paul Devlin, president of the Feinberg Student Senate, presented Addie Boone, Maggie Wright, KJ Hansmann, Allison Ducharme-Smith, and Maximilian Meyer with the Class of 2016 Student Senate Service Awards.

Afterward, members of the Feinberg community and invited guests attended the Nathan Smith Davis Founders’ Day reception. Sponsored by the Medical Alumni Association, the reception honors one of the medical school’s founders and its first dean.

The Class of 2017 comprises 162 MD candidates. Among the 20 students pursuing dual-degrees, 12 are entering the Medical Scientist Training Program (MSTP) and will receive both MD and PhD degrees. Six students will pursue an MD and Master of Public Health (MD/MPH), and two will pursue an MD and Master of Arts in Medical Humanities and Bioethics (MD/MA).

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Faculty Awards and Honors

Northwestern University nanoscien-
tist Chad A. Mirkin, PhD, has been named a 2013 Thomson
Reuters Citation Laureate in the
annual pre-Nobel Prize “Thomson Reuters
Predicts Nobel Laureates” study.

Mirkin, a world-renowned leader in nano-
technology research and its application,
is being recognized for his contributions to
DNA nanotechnology. He is a professor of
medicine at the Feinberg School of Medi-
cine and the George B. Rathmann Professor
of Chemistry in the Weinberg College of
Arts and Sciences, as well as a professor
of chemical and biological engineering,
bioengineering, and materials science and engineering. He is director of
Northwestern’s International Institute for
Nanotechnology.

One significant example of his work is
the invention of spherical nucleic acids
(SNAs), new globular forms of DNA and RNA often surrounding a nanoparticle core. These structures have enabled major advances in chemistry, materials science, biology, and medicine, and they form the
basis for more than 700 products commercialized by licensees of the technology. Mirkin has created the fundamental design rules for using such structures as artificial atoms and DNA as bonds to program the formation of matter comprised of nanoparticles.

Professor of Medicine and the medical
director of the Digestive Disease Center.

Hanauer most recently served as the
Joseph B. Kirsner Professor of Medicine,
professor of clinical pharmacology, and
chief of gastroenterology and nutrition at
University of Chicago Pritzker School of
Medicine. He also served as director of
the Logen Center for Gastrointestinal
Clinical Research and co-director of the
Inflammatory Bowel Disease Research
Center at Pritzker.

“We are delighted to welcome Dr.
Hanauer to the medical school and North-
western Medicine,” says Eric G. Neilson, MD, Feinberg’s vice president for medical affairs and Lewis Landsberg Dean. “His focus on
Crohn’s disease, ulcerative colitis, and
reputation as a leading scholar of digestive
diseases will greatly enhance our focus in
these complicated scientific disorders.”

Alfred L. George Jr., MD, a recognized
leader in the field of ion channel proteins,
has been named the Magerstaller professor of pharmacology and chair of the Depart-
ment of Pharmacology at the Feinberg
School of Medicine, effective March 1, 2014. George will also direct a new Center for Pharmacogenomics to advance North-western Medicine’s entry into personalized
medicine.

“AI is a superb scientist with a demon-
strated ability to lead and mentor the next
generation of investigators in pharmacol-
yogy,” says Eric G. Neilson, MD, vice
president for medical affairs and Lewis
Landsberg Dean. “Over the past several decades he has established his credentials in the fundamental science surrounding ion channel biology… I look forward to his
arrival at Feinberg and the expertise that he will bring.”

George was most recently the Hans
K. Liddle Professor of Medicine, professor
of pharmacology, chief of genetic medicine,
and director of the Institute for Integrative
Genomics at Vanderbilt University.

The awards, two from the National
Institutes of Health and one from the ALS
Association, will fund projects investigating the molecular mechanisms behind the
disease, further studying a gene crucial to
the lab’s most recent discovery, and
creating new mouse models.

“We have come to realize that there are
multiple genes involved in ALS,” says
Ozdinier, a member of the Robert H. Lurie
Comprehensive Cancer Center of North-
western University. “One of our goals is to
identify the pathways these genes affect.”

With more than $2.5 million in new grants,
P. Hande Ozdinier, PhD, assistant profes-
sor of neurology, is continuing to investi-
gate the development of amyotrophic lateral sclerosis (ALS).

Sharon A. Blattner, MD, PhD, director
of clinical education for the Feinberg School
of Medicine Physician Assistant Program,

The division will thrive under
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John E. Pandolfino, MD, has been
appointed the Hans Popper Professor and
chief of gastroenterology-hepatology in
the Department of Medicine. An internationally recognized gastro-
enterologist, Dr. Pandolfino specializes in esophageal disorders. He and his
colleagues in the interdepartmental
Esophageal Center have built one of the
pre-eminent gastroenterology programs in
the world for research and patient care.

“John has established himself as a
leader in the field of esophageal disorders,
and has also proven himself to be a terrific
collaborator and team player,” says Douglas
E. Vaughan, MD, chair of medicine. “I have
doubt that the division will thrive under
his leadership.”

Kathryn Radigan, MD, instructor in Medicine-
Pulmonary and Critical Care, has received an
Early Career Investigator Award from the
American Thoracic Society Foundation to aid her investigation into the relationship between a deficiency in the hormone leptin that regulates
appetite and obesity and an increased
susceptibility to influenza A-induced
lung injury.

“Patients with obesity experienced
significant mortality during the recent H1N1
outbreak,” Dr. Radigan says. “These studies
may identify novel targets for therapeutic
drug development in influenza A-infected
patients. I plan to employ sophisticated
genetic models to help answer mechanistic
questions about leptin signaling.”

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Winter 2013–14
Chronic throat infections used to be reason enough for kids to undergo adenotonsillectomies and enjoy a week or so of ice cream therapy. Nowadays, surgeons are more likely to remove enlarged adenoids and tonsils to treat sleep apnea and other forms of sleep-disordered breathing (SDB). Studies show that SDBs can result in learning and behavioral problems including ADHD, while many children often breathe easier and return to normal function after the procedure, some patients continue to experience significant cognitive difficulties.

It’s the latter group that intrigues researchers at the University of Michigan. Following children ages 5 up to 13 over three-hour one.”

Focusing on quick clinical assessment tools.

For example, our 30-minute cognitive battery is equivalent to the traditional three-hour one.”

A TOOL FOR THE AGES

Make it “quik, free, and easy to use” became the informal mantra of the NIH Toolbox team. Striving to enhance neuroscience research by improving data collection, the group of test development experts assembled by Gershon produced a compact yet powerful collection of for Neuroscience Research plan, the push to collect “big data” in clinical research will not get only bigger but also better thanks to the Toolbox.

“We need to make the most of our national investments by using the same testing instruments to help extract as much information as possible from a variety of research endeavors,” says Molly V. Wiegert, PhD, lead project officer for the NIH Toolbox study and chief of the NIH’s Behavioral and Systems Neuroscience Branch, Division of Neuroscience, National Institute on Aging. “Going forward, the Toolbox will help the NIH as well as others to do a better job of leveraging large studies.”

The NIH awarded its Toolbox project, in part, to Dr. Gershon for his expertise in computer adaptive testing (CAT). This advanced computer-based approach to test construction speeds up testing by reducing the number of questions while maintaining data collection reliability. CAT works by constantly adjusting questions to the test taker’s abilities, with the same or better accuracy. Now the complete NIH Toolbox can be administered within a speedy two hours, which is a result of paring down a number of traditional “gold standard” measurements from hours to minutes.

GAINING ACCEPTANCE

Across the country, the best minds in neuroscience came together via countless weekly conference calls over more than half a decade to create the contents of the Toolbox. Very much a homegrown project, Gershon tapped into the expertise of more than 30 Northwestern scientists and staff. Neuropsychologist Sandra Weintraub, PhD, professor of psychiatry and behavioral sciences at Northwestern, for example, chaired the NIH Toolbox Cognition Battery— to date, the most popular of the measurements. She’s not surprised.

“Assessing brain health is important to health in general,” says Weintraub, renowned for her work in the area of Alzheimer’s disease and dementia. “Often cognitive impairment is a hidden factor that can have a huge impact on clinical outcome variables. Did patients not take their medications because they forgot? Or did they take their meds and not remember they took them?”

So far the NIH Toolbox has piqued the interest of the research community and is being used in prominent studies. These include the National Children’s Study, co-led by Northwestern’s Gershon and Jane Holl,...
Managing Cholesterol in People at Risk for Heart Attacks, Stroke

A new national guideline for managing blood cholesterol in people at risk of heart attacks and strokes changes the focus from aiming for the lowest cholesterol levels to focusing on treating individuals based on their individual risk. "Some people want to put statins in the water; others don’t want anything to get a statin," says Neil Stone, MD, the Bonei Professor of Medicine at Feinberg School of Medicine and chair of the expert panel that wrote the guideline. "Our goal is to treat more people appropriately with the right intensity of therapy."

The cholesterol guideline to prevent atherosclerosis, hardening, and narrowing of the arteries, was published Nov. 12 by the American College of Cardiology and the American Heart Association. Moderate- or high-intensity statin therapy is recommended for the following groups:

- Patients with cardiovascular disease
- Patients with an LDL level of 190 mg/dL or higher
- Patients with type 2 diabetes between ages 40 and 75
- Patients with an estimated 10-year risk of heart attack greater than 7.5%
- Patients with an estimated 10-year risk of heart attack or stroke greater than 20%
- Patients with an LDL level of 190 mg/dL or higher who are between ages 40 and 75

The panel found that statins are the most effective cholesterol-lowering drugs with the lowest rate of safety issues. Focusing on a healthy lifestyle along with a higher dose of statins eliminates the need for additional cholesterol-lowering medications.

Putting Lupus in Permanent Remission

Northwestern Medicine scientists have successfully tested a nontoxic therapy that suppresses lupus in human blood samples, which may lead to a vaccine-like therapy that could keep the autoimmune disease in remission.

The study was published online in Clinical Immunology. Lupus is a chronic condition that causes the body to create autoantibodies that attack and destroy healthy tissue and cause inflammation, pain and damage to the vital organs. According to the Lupus Foundation of America, five million people worldwide have a form of the disease.

In past studies, Northwestern scientists showed that a nontoxic therapy (which uses synthetic peptides - small bits of protein - to generate special regulatory T cells) blocks lupus in mice. For this new study, the blood samples of 30 lupus patients (10 active and 20 in remission) and 15 healthy patients were cultured with low doses of the special peptides. "We found that the peptides could not only generate regulatory T cells, but also that they block and reduce autoantibody production to almost baseline levels...,” says Syamal Datta, MD, professor of medicine-rheumatology and microbiology-immunology at the Feinberg School of Medicine. "This shows that the peptides have the potential to work like a vaccine in the human body ... to keep the disease in remission."

Dr. Datta hopes to move forward with a phase one clinical trial in humans to show the efficacy of the peptide therapy.

Supported by funding from Alliance for Lupus Research (T1L grant R187305 to S.K.D) and the National Institutes of Health (National Institute of Allergy and Infectious Diseases grant, R01AI41985 to S.K.D, and National Institute of Arthritis and Musculoskeletal and Skin Diseases, P60 AR30562 to R.R-G)

Predicting Who Will Have Chronic Pain

A new Northwestern Medicine study is the first to show that brain abnormalities predispose patients to chronic pain after a lower back injury.

Based on MRI brain scans of people who had a new lower back injury, the scientists could predict with about 85 percent accuracy which patients’ pain would persist. The predictor was a specific irregularity in the axons, pathways in the brain’s white matter that connect brain cells so they can communicate.

“We’ve shown abnormalities in brain structure connections may be enough to push someone to develop chronic pain once they have an injury,” says A. Varina Aqparian, PhD, senior author of the study and professor of physiology, anesthesiology, and physical medicine and rehabilitation.

The findings provide a new view of treating chronic pain, which affects nearly 100 million Americans and costs up to $635 billion a year to treat.

Scientists Discover Clue to Controlling HIV Virus

Scientists have been trying to solve the mystery of why one percent of people with HIV - called “controllers” - have lasting control of the virus without medications, in some cases for life. The controllers’ early defense is quickly extinguished by the virus, so how do they have long-term immunity? Northwestern Medicine scientists have discovered a second line of defense, an extra helping of an immune protein that blocks HIV’s spread. This suggests a novel approach involving much earlier treatment that could potentially make every HIV-infected person into a long-term controller by protecting the reserves of this protein, APOBEC3G, or A3 as short. Currently, most HIV patients need to take powerful anti-retroviral drugs daily for life. If the medicines are stopped, the virus quickly reactivates to harmful levels.

"Preserving and even increasing this defense in cells may make more HIV-infected persons into controllers and prevent HIV from rebounding to high and damaging levels when the medications are stopped," says Richard D’Aquila, MD, director of the Northwestern HIV Translational Research Center. He is the senior author of the study published Oct. 16 in the Journal PLOS ONE.

Dr. D’Aquila, the Howard Taylor Ricketts Professor of Medicine at the Feinberg School of Medicine and a physician at Northwestern Memorial Hospital, is working with colleagues to develop a drug to boost A3. He began investigating AIDS in 1982, the first year it was identified, and was a key figure in the development of anti-HIV medicines and resistance testing for the virus.

Funding came from grant P30 AI 54999 from the National Institute of Allergy and Infectious Diseases, National Cancer Institute, Eunice Kennedy Shriver National Institute of Child Health and Human Development, National Heart, Lung and Blood Institute, National Institute on Drug Abuse, National Institute of Mental Health, and the National Institute on Aging. Other funding was from grant UL1 RR024975-01 from the former National Institute for Research Resource, which is now done by the National Center for Advancing Translational Sciences.

The research was supported by grant NS035115 from the NINDS of the NIH.
Over the last five years, A. Vania Apkarian, PhD, and his team - OCT. 7, 2013 WALL STREET JOURNAL
WHY DOES CHRONIC PAIN HURT medical students in an effort to combat the growing disease.
University that pairs Alzheimer's patients with first-year
student that pairs Alzheimer's patients with first-year
maintain optimal memory as we age. “So we're kind of trying to
shift our thinking a little bit and say, ‘Maybe it's possible to
but down as we aged,” said Emily Rogalski, PhD, a neuroscien-
tist at Northwestern University. “So we're kind of trying to
program designed to make a difference for these children,
but we're still in the early stages of it and need to grow the
community to help fund it.”
When Shameka Davis was diagnosed with epilepsy, she
became inspired to pursue a career in medicine. Today, she is
the city's leading stroke experts and top medical centers in an
premise that the city is not just a place to live, but an environment
where the city's leading stroke experts and top medical centers in an
Integrated approach to improving treatment of stroke and
reducing death and disability from the disease,” said Shyam
Prabhakaran, MD, MS, the principal investigator for the
CHICAGO TRIBUNE - DEC. 1, 2013
Their interest in medicine is mutual. Jared Worthington, 25, is
a first-year medical student at Northwestern University's
Feinberg School of Medicine. Daniel Winship, 80, is a retired
physician with a particular interest in medical education,
including a stint as dean of Loyola University Chicago Stritch
School of Medicine.
SMITHSONIAN - NOV. 25, 2013
HOW GROWING UP IN POVERTY MAY AFFECT A result in a work of beauty for the University and the community,”
said Gordon Segal, who chairs the educational properties commit-
tee of Northwestern’s Board of Trustees.
The building will be adjacent to and connected on a floor-by-
floor basis with the Robert H. Lurie Medical Research Center.
The generator from day one was the lab plan for the building.
It wasn't creating a sculpture and fitting in the plan. It's all about
the research and the labs and that's the generator of the idea,” said
Ralph Johnson, design director of Perkins+Will. “When you do that,
the shape of the building starts to happen.”
The new research pavilion will anchor the University's research
facilities and be the hub of a world-class research and development
time, and the University's research facilities and will be the hub of a world-class research and development
enterprise that attracts innovation and entrepreneurship. Thou-
sands of jobs will be created during the construction of the new
state-of-the-art center that will help fund tomorrow’s cures and
generate approximately $3.9 billion in economic activity in Chicago in the
coming decade.
Perkins+Will has designed a building that will be both very
functional and will also have great internal spaces that will
encourage collaboration among our researchers. It will support our
research mission and will help us attract the best faculty in the
country,” said Eric Neilson, MD, Northwestern’s vice president for
research mission and new cancer research center.
problem, these two different patient populations deal with very
different issues, their care involves the same team of special-
ists,” said Earl Cheng, MD, pediatric urologist at Lurie Children’s
and professor of urology at Northwestern University Feinberg
School of Medicine. Garofalo, MD.
ABC 7 CHICAGO - DEC. 2, 2013
"We created this unique combined program because although these two different patient populations deal with very
separate issues, their care involves the same team of special-
ists," said Earl Cheng, MD, pediatric urologist at Lurie Children’s
and professor of urology at Northwestern University Feinberg
School of Medicine who founded the program with Rob
Garofalo, MD. INCREASING MARIJUANA USE IN HIGH SCHOOL IS REPORTED THE NEW YORK TIMES - DEC. 18, 2013
A new Northwestern University study found what appeared to be
lasing brain alterations in people who smoked marijuana as
adolescents. Using brain imaging scans, researchers showed that
those who used it daily for about three years as teens had differences in the thalamus, globus pallidus and striatum.
These regions of the brain serve as working memory,
helping people to solve puzzles, remember a telephone
number or quickly process information for everyday tasks.
Working memory is also a strong predictor of academic
achievement, said Matthew J. Smith, an assistant research pro-
fessor in psychiatry and behavioral sciences at Feinberg.
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Paramedics used to routinely ignore do-not-resuscitate (DNR) orders for seriously ill or dying patients despite the protestations of family members. Even though end-of-life directives had been in place since the 1970s, they fell into a grey area outside hospital settings. In fact, a lack of legal clarity surrounding DNRs actually prevented, by each state’s policy, emergency medical services (EMS) professionals from honoring them. This ethical dilemma, in part driven by a flaw in the system of care, did not serve either patient or care provider well.

So in 1992, James Adams, MD, current professor and chair of the Department of Emergency Medicine at Northwestern University Feinberg School of Medicine, conducted a state-by-state study investigating the application of DNRs in nonhospital environments. This work helped clarify the national picture, improve quality of care by expanding the scope of DNRs through legislation, and gave him keen insight into the power of enhancing systems to achieve the best patient outcomes. This early-career experience set him on a course to focus on healthcare systems to improve quality. It has also made him uniquely qualified as the newly appointed chief medical officer (CMO) for Northwestern Medicine. His goal: To do everything better to ensure the highest quality of care.

“We can trust that the current standard of care delivered at Northwestern is the best that has ever been provided, but that’s not good enough,” says Dr. Adams, who has headed emergency medicine since 2000 and led its transformation from a division to a department of medicine in 2004. “This is an exciting time. We have the rare opportunity to create a high-quality, patient-centered, science-driven enterprise—Northwestern Medicine. Few institutions in the world are equipped to make the next research discoveries leading to improved therapies and apply them in one coherent healthcare organization, and we will be one of them.”
The health system formation is not about a trade-off of values,” he says. “The culture is one of Chicago’s largest medical practices, with more than 1,000 physicians and other healthcare professionals. As Northwestern Medicine (NMG), Adams and other leaders will put in place cohesive systems and structure to ensure that this aligned organization provides optimal care, from the outpatient to the acute-care settings.

Combining the clinical enterprise into one system follows the Northwestern Medicine strategic plan and was unveiled four years ago. The melding of the practice groups only further solidifies the common vision of the medical school and its affiliates moving forward. “The alignment is about becoming greater than we were as separate entities by improving quality, reducing inefficiency, and expanding the care we provide,” says Peter McCanna, named executive vice president and chief operating officer of Northwestern Medicine in September. “By forming a single health system, we truly believe one plus one can equal three, four, or even five.”

Formerly Northwestern Memorial’s chief financial officer, McCanna will now help to ensure that all divisions and affiliates operate at optimal performance: achieving patient satisfaction, employee engagement, reliability, and efficiency goals; and that Northwestern Medicine meets the challenges and opportunities of healthcare reform and other future trends.

SITTING ROOM ALWAYS
Deeply entrenched in the high-adrenaline environment of the emergency department (ED), Dr. Adams doesn’t need to theorize about the pressures of those who provide and receive care. He’s seen the chaos that can ensue when staff is short on time and patients wait in sometimes noisy and crowded conditions. At the frontlines of care, he has also benefited from process improvements. It’s this perspective that energizes other Northwestern Medicine leaders involved in the clinical formation. “He’s not just an ivory tower thinker—he knows how to get the job done,” says Julie Creamer, senior vice president, Northwestern Memorial HealthCare. “And that’s a rare combination of skills.”

Leading a number of transition activities for the new clinical enterprise, Creamer will work closely with Adams as the alignment process initially zeroes in on managing service to patients and humankind. “At Northwestern Medicine, we need to go beyond how we see ourselves in the everyday care of our patients, which is still vitally important and valued,” he says. “We’re dedicated to continuously improving processes and workflow to bring the health system to the forefront of care and ensure the best possible outcomes for our patients.”

He’s not an ivory tower thinker—he knows how to get the job done.

CULTURAL MIX
A primary care physician receives the results of a patient’s test: blood in the urine. Is it a contaminant? Repeat the test? Order a CAT scan? Involve a urologist? Which one? Today, these questions may arise for doctors practicing within the recently formed Northwestern Medical Group. In the future, as the health system alignment ramps up, quality systems will be implemented that will yield a much more efficient, best-of-care scenario. Based on quality models, that same physician might be advised to order a CAT scan and refer the patient to a specific clinic where an urologist who specializes in such abnormalities can quickly address the problem. At least, that’s what Dr. David Mahvi, MD, James R. Hines Professor of Surgery and chief of gastrointestinal and oncologic surgery, envisions in his new role as NMG president.

“Throughout all the practice groups, there was a bit of discoordination of services. It wasn’t always easy to figure out where the NMG. Now with one practice group on the same ‘best patient experience’ page, the work begins for him and other system leaders to encourage everyone to think about quality. From his experience helping to integrate Lake Forest Hospital’s surgeons and surgical services into the Northwestern Medicine family in 2010, Mahvi learned an important lesson. “As long as our missions are aligned, everything works out great.”

While cultural clashes might seem inevitable when bringing together what were once longstanding independent practice groups, Dr. Adams has no worries. “The health system formation is not about a trade-off of values,” he says. “The culture is really already where we want to go.”

The health system, he says, “is a combination of skills.”

At the end of the day, being at the top of industry performance will offer patients the latest diagnostic and treatment options. Examining inefficiencies and duplicated services will lead to more cost-effective, value-based care. (Already the wheels are in motion to implement one electronic medical records system, EPIC, in the ambulatory setting, which will allow for patients to receive one bill and facilitate communication among clinical care teams.) And truly listening to those who seek health services—from the routine checkup to the latest therapy for a complicated condition—will focus all clinical efforts toward patient-centered care.

But Dr. Adams wants to take this vision even further, delivering service to patients and humankind. “At Northwestern Medicine, we need to go beyond how we see ourselves in the everyday care of our patients, which is still vitally important and valued,” he says. “We’re dedicated to continuously improving processes and workflow to bring the health system to the forefront of care and ensure the best possible outcomes for our patients.”

His passion for healthcare system development as well active leadership with NMGH made Mahvi the right candidate to lead the evidence-based findings, and internal processes to develop standards to raise the quality bar. The ongoing feedback of patients, nurses, physicians and others involved in the clinical enterprise will provide reality checks.

JAMES ADAMS, MD, JULIE CREAMER, PETE MCANNA, AND DAVID MAHVI, MD, ARE MANAGING VARIOUS ASPECTS OF THE HEALTH SYSTEM ALIGNMENT.
Dimitri Krainc and Andrew Parsa had only heard of each other before they came to Northwestern Medicine. Now they share a vision as new leaders for the academic and clinical missions in neurology and neurosurgery.

With global acclaim, both men had other options before them, but came to Northwestern because the medical school and hospital share their drive to provide the best possible care. They emphasize that they really do come to work thinking about every patient—from people with common to rare disorders—whose only hope rests on novel thinkers who advocate for them and find treatments.

Dimitri Krainc, MD, PhD, is the new chair of the Ken and Ruth Davee Department of Neurology and Aaron Montgomery Ward Professor. Andrew Parsa, MD, PhD, chairs the Department of Neurological Surgery and is the Michael J. Marchese Professor. However, they think beyond Northwestern’s walls to improve care for patients throughout the world.

They are well aware that exemplary professionals made their departments among the top in the nation, well before they arrived at Northwestern. Both men say they want to give their people optimal conditions and support to move forward in research, student/resident education and patient care. Increasing collaboration between disease specialists and surgeons to find new therapies is one of the key initiatives they started at the Feinberg School of Medicine.

“We will expand our portfolio for research and patient care,” Dr. Krainc insists. “We will also focus on incurable diseases that have proven especially challenging from the standpoint of drug development. We owe this to our patients and their families.”
AN INTERNATIONAL OUTLOOK

It would seem that Krainc was at the top of his game after 21 years at Harvard Medical School, where he achieved international prominence in the field of neurodegenerative diseases. A native of Slovenia, he completed his research and fellowship, at Massachusetts and Brigham and Women’s hospitals. As a Harvard faculty member, he continued as a practicing neurologist at Massachusetts General, where he was named a 2013 DRS. ANDREW PARSA AND DIMITRI KRAINC UNDERSTAND THE IMPORTANCE OF NEUROLOGISTS AND NEUROSURGEONS WORKING TOGETHER TO SOLVE NEUROLOGICAL DISEASES.

He says the experience taught him to "listen first to understand their approach and their culture, then try to help him or her operate by to this day. "As a father of two wonderful teenage daughters, Talia and Maya, I have learned once again that listening is preferred to unsolicited advice," he adds.

HIT THE GROUND RUNNING

In his laboratory, Krainc investigates neurodegenerative diseases and is distressed by pharmaceutical companies downsizing or eliminating neuroscience programs because they are difficult business models. Meanwhile, the number of people with Alzheimer's disease, the most common form of dementia, is expected to dramatically increase in the next decade, creating a major problem to care for these patients. "You have some pharmaceutical companies bailing out, but patients are not bailing out. They want treatments now more than ever," he says. "As part of an academic medical center, I feel that we should step up and take the lead, increasing our efforts to find cures for these terrible diseases. We should also advocate for more collaborations between academic centers, NIH and industry to mobilize all available resources."

As part of this vision, Krainc will establish a Center for Rare Neurological Diseases, bringing together scientists and physicians to find targeted therapies by exploring links between rare and common disorders. He and others have observed that children who suffer from rare genetic disorders exhibit brain tissue pathologies resembling those found in common neurodegenerative diseases. Studying these similarities is essential for drug development. If investigations are successful, efforts could lead to treatments for rare conditions like neuropsychiatric Gaucher's disease, an often fatal children's disorder caused by an enzyme deficiency, and common diseases such as Parkinson's, in which the loss of dopamine cells in the brain affects the adult nervous system. Specifically, Krainc is studying brain pathology in children afflicted with rare genetic forms of diseases involving lysosomes, the "recycling centers" that rid cells of toxins and debris. When lysosomes weaken due to enzyme deficiency, nerve cells are unable to recycle correctly and brain function diminishes. A substantial portion of his research focuses on pinpointing methods to reactivate the enzyme, which could result in the first targeted therapy for these disorders, both in children and adults.

"This approach is different because we are focusing on the molecular targets that have already been validated in patients with rare and common disorders," he explains. "Using specific drugs, we are trying to activate these targets and measure molecular activity to see what works. This strategy will hopefully lead to less expensive clinical trials because we can quickly determine which drugs are effective."

Collaborating with teams of fellow neurologists and neurosurgeons, Krainc, with assistance from Parsa, has already enhanced care and laid the groundwork to improve treatment for stroke patients. Physicians from seven Chicago-area hospitals recently formed the Chicago Stroke Trials Consortium, with Northwestern Medicine as the regional coordinating center under the supervision of Shyam Prabhakaran, MD, assistant professor of neurology. Supported by a $2 million NIH grant, the consortium facilitates participation in national clinical trials for stroke prevention, treatment and recovery and fosters home-grown trials. In one initiative, PI Andrew Naidech, MD, MSPH, associate professor and medical director of the ICU, and his team proposes a clinical trial this spring for the drug desmopressin to control acute intracranial hemorrhage, an extremely debilitating stroke caused by a blood vessel rupture in the skull. No FDA-approved therapy exists to treat it.

I feel that we should step up and take the lead, increasing our efforts to find cures for these terrible diseases.
FEATURE: NO PATIENT LEFT BEHIND

“Many people are interested in contributing to research, but they are looking for innovative strategies. Philanthropists are not appreciative of approaches that have not worked in the past. They want novel solutions for patients at all levels, from very sophisticated and they do not appreciate approaches that have not been in the past. They want novel solutions for patients at all levels, from very sophisticated and strong doctor-patient bonds. “Students and residents tend to rely too much on technology and have less and less time to talk with patients!” he says. “I want to promote fundamental knowledge that brings doctors back to the patient’s bedside.”

INDEFATIGABLE SURGEON-SCIENTIST

Dr. Parsa’s management style is highly personal: he prefers face-to-face meetings rather than emails, and constantly acknowledges the good efforts of colleagues and staff. He prides himself on knowing the names of everyone he works with—from the security guards in his office building to the entire OR staff. He gives his cell phone number to patients so they can reach him if conventional channels fail. He’s at Northwestern seven days a week and even takes his daughters Julia and Micheline, 9, and son, Ismail, 6, on rounds to meet his patients and staff because he believes everyone benefits.

Prior to joining Northwestern, Parsa was professor and vice chair in the department of neurological surgery at the University of California, San Francisco (UCSF). “Coming here was an outstanding opportunity to grow a department that was already clinically excellent. When I looked at metrics such as patient volumes, growth capacity, research infrastructure and administrative support, there really was no place like Northwestern,” he says.

When it comes to top U.S. training programs and busy medical centers, Parsa has seen plenty. He earned his bachelor’s degree at Yale College in molecular biophysics and biochemistry. He returned to his birthplace, Brooklyn, for his medical degree and doctorate in immunology and cell biology from SUNY Downstate Medical Center, working at Kings County Hospital Center, one of the nation’s largest county hospitals.

During his residency at Columbia University, he met his wife, Charlotte Shum, MD, who was appointed associate professor of orthopaedic surgery at Feinberg last fall. She was a hand and upper extremity specialist for more than a decade at Brooklyn, for his medical degree and doctorate in immunology and cell biology from SUNY Downstate Medical Center. Working at Kings County Hospital Center, one of the nation’s largest county hospitals.

For instance, he supported expansion of the Telestroke program to remote Chicago-area hospitals outside the NMH network. (The network includes Chicago and Lake Forest hospitals and a free-standing emergency room in Grayslake.) Telestroke rapidly connects these institutions with NMH neurologists and neurosurgeons via the Internet for time-critical stroke assessment and treatment guidance, which are essential to prevent patients from becoming disabled. If needed, patients can be transferred to an NMH hospital. Richard Bernstein, MD, PhD, professor of neurology and director of the Stroke and Telestroke program, implemented the program last fall at Northwestern Memorial Hospital on Chicago’s West Side and at Northwest Community Hospital in suburban Arlington Heights this spring. Other locations are being considered.

In another neurology neurosurgery initiative, Dr. Parsa is working to increase use of stereotactic electroencephalography (EEG) procedures to pinpoint causes and locations of brain seizures. Stereotactic EEG is a potentially less-invasive and more precise method than traditional approaches to assess patients with epilepsy.

SWEATING THE SMALL STUFF

Since 2002, Parsa’s laboratory has focused on understanding how the immune system can be used to fight brain cancer. He is study chair for the largest randomized brain tumor vaccine trial ever funded by the National Cancer Institute. Coordinators plan to enroll more than 200 patients with recurrent glioblastoma that can be surgically removed. A vaccine made from the patient’s tumor is administered to induce an immune response that kills remaining tumor cells and extends survival.

The Phase II data supporting clinical trial was recently published in the journal Neuro-Oncology. Parsa plans to meet with the FDA in early 2014 to discuss the ongoing trials and submission requirements for drug approval.

“It has been 10 years since I started this, and my goal has always been to take it as far as I could,” he explains. “Moving something from the experimental phase to a standard of care is a complicated process that requires multiple teams of devoted scientists and clinicians. We are doing everything we can to facilitate approval of...
Moving something from the experimental phase to a standard of care is a complicated process that requires multiple teams of devoted scientists and clinicians.

surgically resecting them can be challenging. Parsa is pursuing an adaptive hybrid approach combining radiation with resection to minimize disease and maximize tumor control.

“I see many patients from all over the world with skull base tumors, and I think there is a great opportunity to develop a better understanding about the different pathophysiology, the best treatments, and the best management paradigms. It is important not to treat all tumors with one approach of only radiation or only aggressive surgical resection; the complications of the latter can be devastating,” he says.

In spring 2014, Parsa will be a lead PI in a multi-center trial for adaptive hybrid surgery using software that helps surgeons determine how much tumor they have removed and identify optimal radiation targets for what remains.

errors so others don’t repeat them.

Among his prime lessons: Don’t take on too much, too soon before infrastructure is set up. “Otherwise, what happens is that you do everything in an average way but not as well as you would like to. With so many great things going on at Northwestern, it is tempting to take on too much.”

His frank communication style earned him many teaching awards at UCSF. He was twice awarded the Harold Rosegay Resident Teaching Award in the department of neurological surgery. In 2010, he was named Mentor of the Year for the medical school. He continues to take pride in mentoring and speaks weekly with former residents and students.

However, he is not dogmatic about what his trainees should do in neurosurgery. As someone who performs about 300 surgeries annually while conducting research and clinical trials, he does not try to mold students and residents in his image. He seeks to understand what motivates them about neurosurgery and steers them to that interest.

“My philosophy for my residents is basically this: Tell me where you want to be in 10 years and we’ll get you there in a way that makes us very proud of what you do.”

STAING ON TOP

Drs. Krainc and Parsa are quick to say that neurological diseases cannot be solved unless neurologists and neurosurgeons work well together. And the chairs are resolute about maintaining Northwestern Medicine’s position among the nation’s top neurology and neurosurgery programs.

“If I have one clear message, it is that I am very patient-oriented and that’s what gets me up every morning,” Krainc says. “I want the best delivery of care, I want top-notch research. We should have a sense of innovation and collaboration. If we do all of these things, we have fulfilled our promise to the people we care for.”

As an in-demand surgeon who leads a high-powered department, a father of three young children, and a scientist, Parsa continues full-speed ahead with an unwavering focus.

“I don’t see much separation between my work and my family. My work is one continuous stream of people I care about,” he says. “I have been going this way since I was a resident in 1996. I don’t know any other way to do it than to be fully involved on both sides.”
During Dean Eric Neilson’s second full year as leader of the medical school, he continued to oversee progress on a number of different fronts. From the commitment of Northwestern Medicine entities to donate $1 billion to research at the University to the selection of an architectural firm to design the new biomedical research pavilion on the Chicago campus (see pages 12 and 13), in addition to many other education, clinical and research activities, the past year showcased an outstanding time of growth and success at the Feinberg School of Medicine.

“The medical school had an exceptional year in 2013,” said Eric G. Neilson, MD, vice president for medical affairs and Lewis Landsberg Dean. “We enhanced the strength of the Northwestern Medicine brand by integrating our clinical organization, established a number of innovative institutions and centers, made great strides in medical science and recruited more high-quality faculty. I anticipate another year of groundbreaking research, institutional growth and academic excellence as we begin 2014.”
investigate a frontier of medicine that Public Health and Medicine, the Center for
research that improves the health and healthcare of Chicago and beyond,” said center director Ronald Ackerman, MD, MPH.

Early-stage clinical studies of new anti-
cancer approaches to Chicago. This program aims to develop much needed new thera-
apies for cancer and other diseases based on Northwestern’s preclinical and translational research.

INSTITUTE WILL BOOST FIRST-IN-HUMAN AND EARLY-PHASE STUDIES FOR CANCER PATIENTS
Northwestern University established a major new initiative in May, the Developmental Therapeutics Institute, with an initial $10 million investment. Led by Frank Giles, MD, the institute brings more early-stage clinical studies of new anti-
cancer approaches to Chicago. This program aims to develop much needed new thera-
apies for cancer and other diseases based on Northwestern’s preclinical and translational research.

CANCER PATIENTS EARLY-PHASE INSTITUTE WILL LAUNCHED

NEW CENTERS/ INSTITUTES LAUNCHED

ACCLAIMED SURGEONS TO JOIN FEINBERG
Andrew T. Paras, MD, PhD, an internation-
ally renowned neurosurgeon specializing in complex tumors of the brain and spine, was named chair of the Department of Neuro-
ological Surgery. His wife, Charlotte Shum, MD, a hand and upper extremity specialist, was named associate professor of ortho-
paedic surgery. (See feature on pages 18 - 24.)

DISEASE SPECIALIST TO HEAD NEUROLOGY
Dimitri Krainc, MD, PhD, a distinguished investigator who has had an impact in the area of neurodegen-
erative diseases, was named chair of the Ken and Ruth Davee Department of Neurology and director of the newly
established Center for Rare Neurological Diseases. (See feature on pages 18 - 24.)

PANDOLFINO APPOINTED CHIEF OF GASTROENTEROLOGY AND HEPATOLOGY
In September it was announced that Deborah Clements, MD, nationally recognized for her contribu-
tions to education policy, was joining Feinberg as a professor and chair of the

LEADERSHIP/ ALUMNI APPOINTMENTS

CLEMENTS TO CHAIR FAMILY AND COMMUNITY MEDICINE
In February it was announced that Deborah Clements, MD, nationally recognized for her contribu-
tions to education policy, was joining Feinberg as a professor and chair of the Department of Family and Community Medicine. In this role, she leads the department in the creation of clinical and educational programs that will impact primary care nationally, including the development of a new Family Medicine resi-
dency program at Northwestern Lake Forest Hospital.

IPHAM LAUNCHES CENTER FOR COMMUNITY HEALTH
As one of eight centers in the Institute for Public Health and Medicine, the Center for Community Health facilitates multi-disci-
iplinary, partnered efforts to envision and investigate a frontier of medicine that integrates public policy and population
health. “The CCH offers a bold new vision for engagement that will enable North-
western to emerge rapidly as a national epicenter for research that improves the health and healthcare of Chicago and beyond,” said center director Ronald Ackerman, MD, MPH.

ION CHANNEL EXPERT TO HEAD PHARMACOLOGY
In October, Alfred L. George Jr., MD, an internation-
ally renowned gastroenterologist, Dr. Hans Popper Professor and chief of Gastroenterology-Hepatology. An interna-
tionally recognized gastroenterologist, Dr. Pandolfino provides citizens with the best scientific information available on how to improve their health. He also oversees the opera-
tions of the U.S. Public Health Service Commissioned Corps, the 6,700 uniformed health officers who serve around the world.

LUSHNIAK NAMED ACTING SURGEON GENERAL
Alumnus Boris Lushniak, MD ’83, MPH, became “The Nation’s Doctor” in July, accepting the role of acting surgeon general following the departure of Vice Admiral Regina Benjamin, MD, MBA. In his new position, Rear Admiral Lushniak provides citizens with the best scientific information available on how to improve their health. He also oversees the opera-
tions of the U.S. Public Health Service Commissioned Corps, the 6,700 uniformed health officers who serve around the world.

STATE & NATIONAL RANKINGS

LATEST RANKINGS KEEP FEINBERG AMONG ELITE MEDICAL SCHOOLS
The medical school strengthened its position among the top research-oriented institutions, while maintaining its spot at No. 18 on the 2014 U.S. News & World Report rankings. Among specialty rankings, women’s health is 11th, and AIDS and pediatrics are both 14th.

NORTHEASTERN MEMORIAL CLIMBS ON BEST HOSPITALS LIST
Northwestern Memorial Hospital climbed six places to land at No. 6 as part of U.S. News & World Report’s Best Hospitals 2013-14 Honor Roll. It was the only hospital in Illinois to make the list. NMH also was recognized for its high perfor-
mance in 14 of 16 medical specialties.

MANAUER TO HEAD DIGESTIVE DISEASE CENTER
In November it was announced that Stephen B. Hanauer, MD, a distinguished physician-scientist and international leader in the treatment of inflammatory bowel disease, would join the medical school as medical director of the Digestive Disease Center. (See page 6 for details.)

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HONORS DAY TRADITION BEGUN AT FEINBERG
Honors Day was created to recognize outstanding faculty and students. Seven-
teen awards were presented to students and faculty at the inaugural event in May.

FIRST-YEAR MEDICAL STUDENTS ARRIVE, JUMP INTO CLINICAL EXPERIENCES
In August, the Class of 2017 arrived on campus and before entering the classroom, learned about the curriculum, interviewed patients and shadowed healthcare professionals during the Introduction to the Profession Module. At week’s end, they attended the Feinberg Student-Faculty Dinner, to meet the professors and administrators they will be interacting with over the next four years.

SCHOLARSHIP GIVING
Nearly 1,100 friends of Feinberg donated more than $4.63 million in fiscal year 2013 for medical student scholarships. Of the total, nearly $974,000 was provided for current-use scholarships and more than $3.06 million for endowed funds. Seven-
teen new endowed scholarships were added in 2013. Dean Neilson announced his vision for “A Tuition-free Medical School,” to enable the very best candidates with diverse backgrounds and experiences to attend Feinberg without the burden of tuition. Over time, this will require $600 million in additional endowed funds.

TALENTED GROUP OF NEW PHD STUDENTS ARRIVES ON CAMPUS
More than 70 PhD students arrived on the Chicago campus to join the Driehl Graduate Program in the Life Sciences, Northwestern University Interdepartmental Neuroscience Program, Medical Scientist Training Program, Clinical Psychiatry PhD program, Doctor of Physical Therapy PhD program, and the Health Sciences Integrated PhD Program.

MAJOR FACULTY ACHIEVEMENTS

FACULTY ELECTED TO PRESTIGIOUS SOCIETIES AT JOINT MEETING
In May, Xunrong Luo, MD, PhD, associate professor in Nephrology, Microbiology- Immunology and Surgery-Organ transplantation; Gokhan M. Mutlu, MD, associate professor in Medicine-Pulmonary; and Puneet Opal, MD, PhD, associate professor in Neurology and Cell and Molecular Biology, joined the more than 3,000 physician-scientists elected to the
American Society for Clinical Investigation. Susan Quaggin, MD, Charles Horace Mayo Professor of Medicine, director of the Feinberg Cardiovascular Research Institute and chief of the Division of Medicine-Neurology, joined more than 1,200 active members in the Association of American Physicians.

NARAHASHI, FOUNDING FATHER OF MODERN PHARMACOLOGY, REMEMBERED FOR SIX DECADES OF RESEARCH

Known as a leader in neurotoxicology and the father of cellular neuropharmacology, Yoshio Narahashi, PhD, John Evans Professor of Pharmacology, joined more than 1,200 active members in the Association of American Physicians. In 1977, assuming the chairmanship of the Department of Molecular Pharmacology and Biological Chemistry. During 17 years in this role, he elevated the department to one of the most active in the country.

EXPANDED COLLABORATION

FEINBERG, RIC ANNOUNCE AFFILIATE NEWS

On July 1, RIC broke ground for a $550 million research hospital to be called the Ability Institute of RIC. Central to the new 1.2-million-square-foot facility, which is projected to open in early 2017, two blocks south of its current location, will be five Innovation Centers that leverage core expertise in brain, spinal cord, neuro-musculoskeletal, pediatric and cancer research and recovery. The hospital will have 242 beds with 900,000 square feet dedicated to clinical and research programs.

In March, the various hospital- and medical school-affiliated as well as associated private physician practices announced plans to integrate their clinical operations over one unified organization and branded as Northwestern Medicine. In September, the primary faculty practice for Feinberg, Northwestern Medical Faculty Foundation, officially joined Northwestern Memorial Physician’s Group and Chicago Lakeshore Physician’s Group. The academic health system will be able to leverage the scientific and clinical expertise of individual institutions. Newly developed clinical trials will be linked to molecular diagnostics, enabling researchers to understand what drives and what might be done to stop cancer growth. The consortium will also leverage geographical locations and existing relationships among cancer centers.

NEW METHOD FIRST TO PREDICT BRAIN CANCER OUTCOME

In January, Northwestern Medicine researchers developed a new method to predict an individual patient’s brain tumor growth. This tool could be used by physicians to quickly identify how well a tumor responds to a particular therapy. Senior author Kristin Swanson, PhD, professor and vice chair of research for Neurological Surgery, said the method will advance brain tumor treatment by helping to optimize treatment plans on a patient-by-patient basis. Researchers at Northwestern Medicine have developed a new, drug-like small molecules that target brain tumors without causing sterility in young women,“ said Teresa Woodruff, PhD, Gordon, MD, Abby and John Friend Professor of Oncology Research, showed that synthetic HDL nanoparticles killed B-cell lymphoma, the most common form of the disease, in cultured human cells and inhibited human B-cell lymphoma tumor growth in mice. The study was published in the journal Proceedings of the National Academy of Sciences.

BUILDING A HUMAN KIDNEY

Within the next few decades, a new kidney could be simple as having a doctor order an engineered organ that will be developed with a patient’s own cells. In April, international experts gathered at Feinberg for a brainstorming session on kidney regeneration. The conference, “Building a Kidney: From Stem Cells to Organ,” was sponsored by Northwestern University, the Simpson-Querrey Center for Regenerative Nanomedicine at IITIICAM and Cellular Dynamics International.

PROMISING NEW ALZHEIMER’S ‘DRUG’ HALTS MEMORY LOSS

A new class of experimental drug-like small molecules showed great promise in targeting a brain enzyme to prevent early memory loss in Alzheimer’s disease. Developed in the laboratory of Dr. Martin Wiedendorf, PhD, the study, published in the August issue of Neurology, was conducted by lead author Tasman Gates, a doctoral candidate in neuropsychology at the Cognitive Neurology and Alzheimer’s Disease Center.

NEW CHEMO DRUG FOUND TO BE GENTLER ON FERTILITY, TOUGH ON CANCER

In March, Northwestern Medicine scientists developed a new, gentler chemotherapy drug that is less toxic to fertility. Consisting of nanoparticle, this is the first cancer drug tested while in development for its effect on fertility using a novel in vitro test. “Our overall goal is to create smart drugs that kill the cancer but don’t cause sterility in young women,” said Teresa Kooiowndoff, PhD, a co-principal investigator of the study and chief of Fertility Preservation.

Leaders of Northwestern Medicine made a commitment of more than $1 billion toward creating a leading medical research enterprise on Northwestern University’s Chicago campus. Constructing additional research space and attracting top scientists to Northwestern will create more opportunities to discover breakthroughs in such areas as neuroscience, heart disease, diabetess and cancer.

SIGNIFICANT RESEARCH AWARDS/ DISCOVERIES

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OVERHAULING CONFUSING PRESCRIPTION MEDICINE INSTRUCTIONS

Northwestern Medicine, Vailgerns, the Alliance of Chicago community health centers and Merck collaborated on a study to provide clear instructions on prescription medicine labels to simplify daily medica- tions and decrease patient mistakes. Michael Woll, PhD, MPH, professor of Medicine, led the project. The results could help launch a new national standard in the way prescription labels are written.

BUILDING A HUMAN KIDNEY

Within the next few decades, a new kidney could be simple as having a doctor order an engineered organ that will be developed with a patient’s own cells. In April, international experts gathered at Feinberg for a brainstorming session on kidney regeneration. The conference, “Building a Kidney: From Stem Cells to Organ,” was sponsored by Northwestern University, the Simpson-Querrey Center for Regenerative Nanomedicine at IITIICAM and Cellular Dynamics International.

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SIGNIFICANT RESEARCH AWARDS/ DISCOVERIES

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Alumni President’s Message

Dear Fellow Alumni:

Welcome to the inaugural issue of Northwestern Medicine Magazine. You will note that the joint message from Eric Neilson, MD, and Dean Harrison establishes the rationale for a new branding that is consistent, with a firm integration foundation. There will still be ample space for an alumni section that is being named “Ward Round News.” I encourage each of you to read this and to contribute updates about your personal and professional lives.

Another disappointing Northwestern football game loss aside, your Alumni Weekend of activities Nov. 15 and 16. Our National Board had a congenial and fruitful meeting focusing on new directions. We observed that our by-laws planned gifts and emphasizing the potential for major gifts. This will be achieved by increasing present donor contributions, participation in planned gifts and emphasizing the need for dramatically expanded philanthropy to support the long-term goal of a Tuition-Free Medical School.

As a retreat follow-up and to help us realize our vision, Vice Dean Alan Krensky, MD, and staff presented new directions for our alumni that identified a construct of four pillars, which are taking the form of committees and subcommittees:

- **Engagement** headed by Paloma Toledo and co-chaired by Melani Shaum, will broaden the base of alumni involved in the life of the medical school, with a focus on diversity, specialty-targeted outreach and young alumni. Specific strategies will include hosting regional meetings, redesigning Alumni Weekend to increase attendance and utilizing our publications and website.

- **Fundraising**, chaired by Jim Hill and co-chaired by Gary Rusk, is charged with increasing alumni giving and identifying prospects with the potential for major gifts. This will be accomplished by increasing present donor contributions, participation in planned gifts and emphasizing the potential for major gifts.

- **Strategic Initiatives**, under Bruce Scharschmidt, will be challenged to determine and achieve volunteer buy-in for Global Health under Jeff Lawrence and Paul Bonucci; Support Our Students, co-chaired by Paloma Toledo, Bruce Scharschmidt and Jim Kelly.

I realize that this is an ambitious vision, but I am confident that with our Board’s leadership, our alumni’s outstanding talent and dedication, and with your support, we can succeed. We welcome participation from other alumni to help infuse our activities with new ideas and opportunities.

All the best,

David Winchester, MD 63 Alumni Board President

**PLEASE SEND US YOUR CURRENT E-MAIL ADDRESS AT MEDCOMMUNICATIONS.EDU SO WE CAN KEEP IN TOUCH**

Progress Notes

**’50s**

William P. Marineau, MD ’53, of Spokane, Wash., retired from insurance consulting in January 2013 and is now officially retired at the age of 85. Dr. Marineau writes, “I have had a wonderful life, both as a medical practitioner and as an insurance executive and consultant. I am sorry that my present physical condition does not permit me to travel to Chicago, as I really enjoyed the many reunions I was able to attend over the years. I send my heartfelt greetings to all my classmates and hope to see you on the other side sometime in the future!”

Edmond Eger, MD ’55, of Tiberon, Calif., along with two other anesthesiologists, edited a 944-page book, “The Wondrous Story of Anesthesia.” It contains the component and collective histories of anesthesia as told by Dr. Eger and 100 other authors. Published by Springer (copyright 2014), the book can be purchased through Amazon.

Ronald Coburn, MD ’57, of Philadelphia, is professor of physiology at the University of Pennsylvania School of Medicine. He is performing research and publishing papers while also working with human rights organizations.

Edwin Arthur Larson, MD ’58, is retired and lives at the Presbyterian Senior Homes in close to the Feinberg School of Medicine. He was doing surveys in Kansas recently, among them, the Via Christi Hospital in Pittsburg, Kan. The surgeon and chairman of their cancer committee is classmate Bob Huebner, MD ’67, GME ’73. Bob grew up in the area and came home after medical school and surgical residency in Chicago. Small world!”

**’60s**

Bernard Gore, MD ’64, is retired from his San Francisco OB-GYN practice after 35 years and is now living in Scottsdale, Ariz. His retirement activities include desert gardening, fly fishing, bridge, and traveling with his wife. Dr. Gore writes, “I am looking forward to our 50th reunion in April 2014!”

Stephen Seagren, MD ’67, GME ’68, of La Jolla, Calif., has been a cancer program surveyor for the Commission on Cancer for the past six years. Dr. Seagren writes, “The Commission and the National Cancer Database are located in the American College of Surgeons Building in Chicago, close to the Feinberg School of Medicine. I was doing surveys in Kansas recently, among them, the Via Christi Hospital in Pittsburg, Kan. The surgeon and chairman of their cancer committee is classmate Bob Huebner, MD ’67, GME ’73. Bob grew up in the area and came home after medical school and surgical residency in Chicago. Small world!”

Paul Young, MD ’67, is partially retired, working three days a week as professor of pediatrics at the University of Utah. Dr. Young writes, “I had a great lunch several months ago with Jay Mall, MD ’67, GME ’68; Harry Gennant, MD ’67, GME ’68; and Tom Winter, MD ’67, GME ’68, who are all doing great in the San Francisco Bay area. I made it to the top of Mount Kilimanjaro last year before spending six weeks teaching in a Physician Assistant program at the College of Health and Well being in Kintampo, Ghana.”

Kenneth Kaysen, MD ’67, recently moved to Clive, Iowa, and entered part-time practice in pulmonary and sleep disorders at the Unity Point Clinic in Ankeny. His wife, Joyce, is a practicing pediatric psychiatrist with the Mercy Health System in Des Moines. Dr. Wayne spends his free time at the YMCA playing racquetball, working out, reading, gardening, as well as taking care of “honey-do” tasks around the new home. Ken and Joyce enjoy domestic and international travel and are always trying to find time to visit four daughters and one grandson in such disparate places as New York, Arizona, and California.

After 38 years in the private practice of child psychiatry, Richard Merel, MD ’68, is retired. Dr. Merel and his wife, Ellen, live near the beach in Hermosa Beach, Calif., in a home they built 14 years ago. Dr. Merel writes, “Our four grandchildren aren’t far, in Seattle and Santa Monica. I am teaching at Harbor-UCLA, where I trained in psychiatry.”

保罗·杨，MD ’67，是部分退休，每周工作三天教授于犹他大学的儿科。保罗医生写道，“我上个月去盐湖城与贾伊·马尔，MD ’67，GME ’68；哈里·根南特，MD ’67，GME ’68；和汤姆·温特，MD ＇67，GME ’68，他们都在旧金山湾区做得很好。我去了坦帕的大学航空航天中心，然后在Kintampo，加纳任教两个月。”

肯尼斯·凯森，MD ’67，最近搬到了爱荷华州克里夫，开始了他的兼职实践在肺病和睡眠障碍在尤尼蒂点诊所安克尼。他的妻子，乔伊斯，是儿童精神科的儿科精神病医生与梅里特医疗系统德黑兰。温伊博士的空闲时间去YMCA打网球，工作，阅读，园艺，以及照顾“蜂蜜做”任务周围的新家。肯和乔伊斯享受国内和国际旅行，并总是试图找时间与四个女儿和一个孙子在如此相隔的地方在纽约，亚利桑那州，和加利福尼亚州。

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After 24 years as medical director, education and system initiatives, at Billings Clinic Oregon West Region.

Ada P. Kahn, MPH '82, PhD, is president of PeaceHealth Medical Group as vice president and medical director of the Oregon West Region.

Andrew Lazar, MD '82, GME '87, attended the Northwestern vs. Ohio State football game in October 2013 after a three-year absence and sat in the same row as Ed Traisman, MD '81, GME '84. Dr. Lazar writes, “It was great to see my friend and my children’s former pediatrician, though I did not enjoy the last 10 minutes of the game!”

Also sitting next to me was Arthur Veis, PhD with his daughter, Sharon. Dr. Veis’ late wife, Eve, was the point person for the HPME program."

Todd K. Rosengart, MD '93, is the Dellabek Bard Chair of Surgery at Baylor College of Medicine in Houston. Previously, he was the chair of surgery at Stony Brook University.

Mahlon Bradley, MD '95, recently began a new hospital-affiliated practiced called Central Vermont Orthopaedics at Central Vermont Medical Center in Berlin. Dr. Bradley writes, “It is a general orthopaedics practice taking care of the very active Vermonters and those that visit the beautiful mountains here. I have started, during the gorgeous ‘leaf-peeping’ season, to look forward to the winter outdoor activities of downhill and cross country skiing and snow shoeing. My wife and I plan to retire in the area so that our family center will become central Vermont where we can all appreciate the good life.”

William Yates, MD '85, of Oak Park, Ill., performs hair transplants robotically. Dr. Yates writes, “This method does not require a long scar and is minimally invasive.”

Peggy A. (Blitt) Mulcahy, MD '86, GME '90, is retired and lives with her husband, Tim, in Green Valley, Ariz. She has been busy touring the country with him and their cat, Rosie, in their RV. They recently traveled to Paris for their 25th anniversary. Dr. Mulcahy also enjoys spending time in the glass studio and painting.

Mark Johnson, MD '88, of Venice, Fla., writes that 2013 was a busy year. His elder son, Colin, who completed his undergraduate degree at Northwestern, is in his second year at New York University Law School and looking for internships. His younger son, Will, is graduating from Emory University and will be applying for admission to medical schools in 2014.

Bill Townsend-Pico, MD '90, completed his ophthalmology residency at University of California at Los Angeles/Jules Stein Eye Institute in 1994. He then completed a fellowship in vitreoretinal surgery at the Cleveland Clinic and a second vitreoretinal fellowship at the Kresge Eye Institute in Detroit, Mich. He is currently practicing in an all-retina group in San Juan, Puerto Rico. Dr. Townsend-Pico is married with two children: one is in high school and the other is a freshman at the University of Notre Dame.

Michael Safie, MD '91, GME '92, is currently the president of the Los Angeles Urologic Society and is certified in the new specialty of female pelvic medicine and reconstructive surgery. He lives in Los Angeles and practices reconstructive surgery in the San Fernando Valley. Dr. Safie and his wife, Robyn, have been married for 18 years and have two teenage children, Julia and Jack.

John McGuire, MD '93, GME '96, ’99, is associate professor of pediatrics and adjunct associate professor of pathology at the University of Washington. In July 2013, he was appointed as division chief of pediatric critical care medicine at Seattle Children’s Hospital and the University of Washington. His laboratory work is focused on improving the understanding of the mechanisms that regulate resolution of pulmonary inflammation and is funded by grants from the National Institutes of Health and the Cystic Fibrosis Foundation.

Jennifer Hobbs, PhD ’07, became the director of training grant support and postdoctoral affairs at Northwestern University in July 2013. In this role, Dr. Hobbs provides support of postdoctoral training through the Office of Postdoctoral Affairs (a population that includes 850 postdoctoral fellows across all disciplines; more than half of which work within the Feinberg School of Medicine). Dr. Hobbs writes, “Through the Training Grant Support Office, I will provide guidance and assistance with proposal development to faculty members leading training grants and programs, the majority of which are located within the Feinberg School of Medicine. Additionally, in 2013 I became a member of the board of directors of the National Postdoctoral Association, a member of the Post-doctoral Leaders Section Steering Committee within the Association of American Medical Colleges, and an Associate Board Member for the Brain Research Foundation. I also continue to serve on the editorial board for Ward Rounds.”

Seth Cohen, MD ’07, completed his surgical internship at the University of California, San Francisco in 2008. He anticipates completing his urology residency at the University of California, San Diego in June 2014. He will then start a two-year fellowship in female urology, reconstructive surgery, and urodynamics at the University of California, Los Angeles. He met his wife, Hadar, in San Diego, and they got married in 2011. Impressed with the number of Northwestern alumni who have played a local role in his specialty’s development, he recently authored a article about the history of urology in San Diego in the journal Urology.

Nora Roey, MD ’05, has joined a newly established collaborative practice of surgeons from the University of Iowa Hospitals and Clinics, who are now providing coverage for trauma, acute care, and elective general surgery at Mercy Medical Center in Cedar Rapids, Iowa. Dr. Roey writes, "My family and I love becoming part of the community here and growing this great practice. Our family has expanded to three children, now ages 0, 4, and 7."

Jennifer Lee, MD ’00, of Kirkland, Wash., is a physician with the Washington Pacific Eye Associates. She won first place for her entry, “One Girl and Two Boys” at the Jazz Dance Film Festival. Dr. Lee is the “One Girl” featured and helped choreograph the video. It can be viewed online.

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Seth and Josh Cohen visited Chicago with their wives during Homecoming.

Joshua Cohen, MD '07, completed his residency in obstetrics and gynecology at the University of California, San Francisco in 2011. He married Jaclyn Cohen, Medill '06, in 2009 in Pittsburgh and they now live in Los Angeles. Dr. Cohen is currently a gynecologic oncology fellow at the University of California, Los Angeles and Cedars-Sinai Medical Center. He completed his fellowship as well as a certificate program in the Clinical and Translational Research Institute at UCLA in June 2014.

Eleanor Ross, MD '07, GME '13, completed a fellowship in pediatric cardiology at Ann & Robert H. Lurie Children’s Hospital of Chicago in June 2013. She is now an attending cardiologist at The Heart Institute for Children at Advocate Children’s Hospital.

Eric Ferkel, MD '08, recently moved to Chicago. He completed a fellowship in pediatric cardiology at The Heart Institute for Children at Advocate Children’s Hospital in Valencia, Venezuela.

Virginia Bishop, MD, GME '89, is an assistant professor in preventive medicine at the Feinberg School of Medicine. Dr. Bishop writes, “This is the 10-year anniversary of the Taste of Clemente, a fundraiser for the Youth Empowering Strategies, or Y.E.S. Program in Chicago. This is a program I started that trains young urban youth to become health educators and advocates. We focus on violence, pregnancy prevention, nutrition, and physical activity education.”

Alan Zunamon, MD, GME '89, completed a master’s degree in medical informatics in June 2013 at Northwestern University School of Continuing Studies. Dr. Zunamon is the senior attending physician in cardiology at NorthShore University HealthSystem.

Sapna Patel Vaghani, MD, GME '07, '12, '13, completed her fellowship in pediatric dermatology at Ann & Robert H. Lurie Children’s Hospital of Chicago in June 2013 after completing prior residencies in pediatrics and dermatology at Northwestern. She is the first pediatric dermatologist for Advocate Children’s Hospital and is now practicing at their Park Ridge and Naperville, Ill. campuses. She lives in Naperville with her four-year-old daughter and her husband, Arkur Vaghani, MD, GME '10, who is the section head of neuroanatomy at Edward Hospital in Naperville.

Steven Brown, MD, GME '84, completed his 27th year in pulmonary, critical care, and sleep medicine in Milwaukee. Dr. Brown writes, “I’m looking to change it up in the future. I’ve played all the levels of this video game.”

Maria I. Welfer, MD, GME '84, is the chief of the neurology fellowship program at the University of California, Los Angeles and the University of California, Davis Medical Center.

Jennifer Normoyle, MD, GME '85, is a senior attending physician in neurology at Peninsula Medical School in the San Francisco Bay area. Dr. Normoyle writes, “I have one husband, two daughters, four cats, and 23 years later, I’m still at a practice mainly devoted to routine gynecology and urogynecology. I am passionate about helping my patients achieve healthy intimate relationships and getting them to appropriate resources when relationship abuse has impacted their lives and their health. I have retired from obstetrics but otherwise have no plans to retire.”

Nirmal S. Mann, MS '69, GME '69, of Sacramento, Calif., works full time as professor of medicine and gastroenterology and senior consultant gastroenterology/hepatology at the University of California, Davis Medical Center in Sacramento (UCDMC). He is also director, gastroenterology/hepatology at UCDMC-Folsom Campus. He was named a Master in the American College of Physicians in 2007. Master in the American College of Gastroenterology in 2011, and was recently named a Fellow of the Royal College of Physicians, Edinburgh and London. Dr. Mann and his wife, Surinder K. Mann, MD, FACP, FAGC, who is also a professor of medicine and gastroenterology at UCDMC, have two daughters. Neel K. Mann, MD, is a staff gastroenterologist at Cedars-Sinai Medical Center in Los Angeles. Sheel K. Mann, JD, also lives in Los Angeles.

PT

Kajal Patel Jindal, MPT '00, DPT '02, is a practicing physical therapist in Dallas. She keeps busy and entertained with her 20-month-old daughter, Alina.

GME

Roderic Eckenhoff, MD '78, is the principal investigator on a multidisciplinary, multi-institution research program at the University of Pennsylvania’s Perelman School of Medicine that is working to unravel the mysteries of anesthesia. The research team in September 2013 received $8.6 million over the next five years in renewed grant support from the National Institutes of Health.

GME

Diane Wayne, MD '91, of Wilmette, Ill., received the Leader in General Internal Medicine award from the Society of General Internal Medicine Midwest Region in Sept. 2013. The award recognizes research and education contributions to the field of general internal medicine. Dr. Wayne, the Dr. John Sherman Appleman Professor of Medical Education at the Feinberg School of Medicine, was recognized for innovative educational programs and mentorship of others in general internal medicine. She was nominated by Feinberg alumni, Jeff Barsuk, MD '99, GME '02, MS '11, and Asaash Didwania, MD, GME '06.

GME

Erik K. Alexander, MD ’97, associate professor of medicine at Harvard Medical School, has been elected to the Board of Directors of the American Thyroid Association.

GME

Julian D’Achille, MD '08, graduated from the Boston University School of Public Health in May 2013 with a master’s in public health with a concentration in health policy and management and a specialization in health policy. While at Boston University, he received the school’s Allan R. Meyers Memorial Prize for Excellence in Health Policy & Management as well as the Upsilon Phi Delta national honor society for students in healthcare management and policy.

Edward Moioli, MD '12, is a dermatology resident at the University of Chicago. He was named the 2013 Intern of the Year at MacNeal Hospital.

Deborah Gaebler-Spira, MD, GME '85, professor in physical medicine and rehabilitation at the Feinberg School of Medicine, was awarded the Pathways.org Pioneer Award. She was recognized for making a difference in children’s physical medicine and rehabilitation. Pathways.org works to empower health professionals and parents with knowledge of early detection for children’s sensory, motor, and communication development.

Harold L. Paz, MD, GME '85, '86, chief executive officer, Penn State Hershey Medical Center and Health System, Penn State’s senior vice president for health affairs, and dean of Penn State College of Medicine, was elected chair of the board of directors of the Association of Academic Health Centers at its annual meeting in Sept. 2013.

GME

Deborah Gaebler-Spira, MD, GME '85, professor in physical medicine and rehabilitation at the Feinberg School of Medicine, was awarded the Pathways.org Pioneer Award. She was recognized for making a difference in children’s physical medicine and rehabilitation. Pathways.org works to empower health professionals and parents with knowledge of early detection for children’s sensory, motor, and communication development.

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WARD ROUNDS® NEWS: PROGRESS NOTES

Progress Notes Awards and Honors
When the recession was in full swing, Shirley Chi, MD ’01, GME ’02, was giving talks in the Los Angeles community about how to save money on skincare products at the drugstore. Word got out to one of the evening news anchors and the medical producer at a local ABC News affiliate. They thought saving money on skin care was something of interest to their audience.

When they first called, Chi thought there had to be a mistake. “After all, I was just a clinical dermatologist focused on patient care,” she says. “My office was in Arcadia, a family-friendly community far from the glamour and cachet of Beverly Hills or Newport Beach.” But, they assured me that I was the one they were looking for.

Her first story, finding inexpensive yet effective over-the-counter acne treatments, ran in 2009.

Walking down the aisles of her local drugstore, Dr. Chi talked about what ingredients to look for and what to avoid in skin care products, ranging from acne treatments to shampoos and anti-aging regimens.

“I felt strange to be followed around by a camera crew with a microphone clipped to my clothes and discussing patient concerns with a reporter whom I had only seen before on television,” Chi explains. “Afterward I went back to work like any other clinic day, not knowing that the story would garner such a positive response from viewers, that we would tape more segments, and even do a 30-minute special down the road.”

Since then, this board-certified dermatologist and dermatologic surgeon has become an on-air advocate for patients, doing stories on topics ranging from sunscreen protection and bug bites to anti-aging regimens.

“I had the right background — Feinberg taught me not just how to be a physician, but also how to be a good communicator,” she explains.

During one of her favorite medical school courses, Patient, Physician and Society, she learned communication skills and ethical reasoning, as well as proper attitude and conduct in the physician-patient relationship.

“I can’t really explain it, but by being an outspoken advocate for my profession and in my community, not just through teaching young dermatologists, but by being an outspoken advocate for my patients, as well.”

Dr. Chi has also been an advocate for Northwestern: beginning to support the medical school’s scholarship program after completing her residency training. “In the past I’ve often directed my contribution to the scholarship fund, in the hopes that we can continue to educate the best and brightest future physicians, regardless of their economic background,” she says.
Laura R. C. Bailey

Journalism and Writing

...what goes around, comes around. When Roger E. Sheldon, MD '68, was applying for medical school, one of the staff who interviewed him at Northwestern University Medical School was Merrel D. Flair, EdD, then assistant dean and director of admissions. “Dr. Flair helped select me as a recipient of a full-tuition scholarship,” Dr. Sheldon recalls. The administrator also recruited the young man to lead the bass section of the Flair family’s church choir in Oak Park, for $10 a week.

Now, nearly 40 years later, Dr. Sheldon and his wife, Carol V. Sheldon, MD, have provided an endowment of $100,000 to the Feinberg School of Medicine for the McNicol Flair Sheldon Scholarship, in honor of his maternal uncle, Gordon McNicol, MD ‘34, who also received scholarships to attend medical school, but died a year after graduation from complications of an ear infection; and Dr. Flair, who also died relatively young.

Both men greatly influenced his path, each in their own way. Even though he never met his uncle, Dr. Sheldon considered Dr. McNicol a role model who “set an example of a possible career path that I might follow.” Similarly, Dr. Flair “was enthusiastic about my admission to Northwestern and eased my way by sincere friendship, while a freshman, I had dinner with his family on several occasions.”

SAVING BABIES

During his lengthy career, Dr. Sheldon practiced newborn intensive care or neonatology. The pediatric folks at Northwestern got me interested in pediatrics and the newborn folks at Boston Children’s Hospital (where he completed a three-year residency in pediatrics) got me interested in newborns,” he says. “I was particularly drawn to the field of neonatology because acute care could make such a vast difference in an infant’s life.”

He points out that “approximately 15 to 20 percent of the children who end up in the ICU will die, but nearly 100 percent would die if they were not treated in an ICU.”

“Neonatology is a life-saving specialty. It is also a lot of fun, plus there has been a huge increment in growth and knowledge,” he notes. “It wasn’t really a specialty in the early 1960s. I was fortunate to get in on the ground floor.”

After his residency, Dr. Sheldon spent two years in the Army as a pediatrician at William Beaumont General Hospital at Fort Bliss in El Paso, Texas. That was followed by a one-year fellowship in pediatric lung disease and a two-year fellowship in newborn intensive care, both at the University of Colorado in Denver.

Sheldon and his family moved to Oklahoma City in the summer of 1979, at which point he became a section chief for newborn intensive care at the University of Oklahoma, where he remained for 31 years until retiring in 2010.

IMPROVING CARE

Looking back, Dr. Sheldon is proud of the training he provided to expand the duties of neonatal nurse practitioners, both in Denver and Oklahoma City, due to a shortage of interns and residents. These nurses learned how to do tracheal intubations and insert umbilical catheters and chest tubes. He describes many of these procedures in a book he co-authored in 1983 entitled, “The Expanding Role of the Nurse in Neonatal Intensive Care.”

Through the years, the father of two also devoted a considerable amount of time to developing fast, efficient newborn transport, “a crucial part of care. These children are born all over the place and you need to move them to the various newborn ICUs in the region. Nurses would stabilize the patient for transport by helicopter or ambulance to the nurseries. “We prefer to move the mother, but sometimes you have to move the baby instead,” Dr. Sheldon says.

Besides attaining a full professorship in pediatrics, with an emphasis in fetal physiology and newborn intensive care, Dr. Sheldon served for more than 20 years as assistant dean of continuing medical education at the University of Oklahoma. He was also closely involved in teaching doctors and nurses at smaller hospitals around Oklahoma about newborn issues, including stabilization and transport.

“I always followed the rule: Don’t short-change the clinical care. That’s what keeps your juices flowing,” he asserts. Dr. Sheldon and his wife Carol were married during his sophomore year at Northwestern and this year they celebrate 48 years together. The couple now lives in Golden Valley, Minn., and has six grandchildren.

Carol earned her medical degree from the University of Colorado in 1979 and became a resident in radiology at the University of Oklahoma. “Carol put me through most of medical school in Chicago by doing computer programming, and I put her through school in Colorado,” he explains.

By creating the McNicol Flair Sheldon Scholarship, “Carol and I hope, in some small way, to repay the scholarship support that was given to us,” Dr. Sheldon says.
In Memoriam

Selim El-Attache, MD, GME ’62, of Mount Pleasant, Pa., died July 24, 2013.

Roy Arpad Earle Bakay, MD ’75, of Chicago, died September 5, 2013.

John W. Barnes, MD ’52, of Middletown, Ohio, died August 28, 2013.

William O. Beavers, MD ’44, of Greensboro, N.C., died August 10, 2013.

Martin L. Block, MD ’75, of Scottsdale, Ariz., died October 26, 2013.

Richard D. Liechty, MD ’45, of Tooele, Utah, died October 26, 2013.

Elwin W. Donnelly, MD ’54, of Iowa City, Iowa, died September 20, 2013.


Julius Wiebinger, unknown ’48, MD ’49, of Atlanta, died August 24, 2013.

Palmer H. White, MD ’63, of Novato, Calif., died September 4, 2013.


Richard D. Liechty, MD ’54, of Centennial, Colo., died September 12, 2013.

Vernon F. Lightfoot, MD ’46, of Santa Rosa, Calif., died October 31, 2013.

David A. Lucke, MD ’81, GME ’84, of Conifer, Colo., died October 16, 2013.

John H. Muehlestein, MD ’53, of Chicago, died August 30, 2013.

Wilbur A. Nimmer, Sr., MD, GME ’71, of Somers, N.Y., died September 20, 2013.

Terry D. Oberley, PhD ’73, MD ’74, of Madison, Wis., died October 15, 2013.


April 10-11, 2014

Pediatric Pearls: Hot Topics
For Managing In Rehabilitation
Rehabilitation Institute Of Chicago
345 E. Superior St., Chicago.
For More Information, Call 312-238-6042.

March 10-11, 2014

The Leadership And Operational Tool Box
For Managing In Rehabilitation
Rehabilitation Institute Of Chicago
345 E. Superior St., Chicago.
For More Information, Call 312-238-6042.

Upcoming Events

February 20, 2014

Pediatric Pearls: Hot Topics
For Managing In Rehabilitation
Rehabilitation Institute Of Chicago
345 E. Superior St., Chicago.
For More Information, Call 312-238-7432.

February 28, 2014

ASH Updates: Current Trends in Leukemia, Lymphoma and Myeloma
Prentice Women's Hospital, Conference Room L
250 E. Superior St., Chicago.
For More Information, Call 312-695-1391.

March 27, 2014

Pediatric Pearls: Infectious Disease
The Hilton Rosemont
5550 N. River Rd., Rosemont.
For More Information, Call 312-227-7432.

March 6-8, 2014

Vestibular Rehabilitation: Theory, Evidence, And Practical Application
Rehabilitation Institute Of Chicago
345 E. Superior St., Chicago.
For More Information, Call 312-238-6042.

March 7, 2014

Prentice Women's Hospital
250 E. Superior St., Chicago.
For More Information, Call 312-503-8533.

March 7, 2014

Gastrointestinal Malignancies: 2014 Update Of Clinical Care
Northwestern Memorial Hospital, Feinberg Pavilion
251 E. Huron St., Chicago.
For More Information, Call 312-695-1391.

March 10-11, 2014

The Leadership And Operational Tool Box
For Managing In Rehabilitation
Rehabilitation Institute Of Chicago
345 E. Superior St., Chicago.
For More Information, Call 312-238-6042.

March 20-21, 2014

Walk The Walk: Locomotor Training For Patients With Stroke Or Incomplete Spinal Cord Injury
Rehabilitation Institute Of Chicago
345 E. Superior St., Chicago.
For More Information, Call 312-238-6042.

April 10-11, 2014

Prognosis, Progress, And Practice In Stroke Rehabilitation: Adapting To Changes In Healthcare
Rehabilitation Institute Of Chicago
345 E. Superior St., Chicago.
For More Information, Call 312-238-4251.

April 22, 2014

Pediatric Pearls: Spring
The Hyatt Regency Schaumburg
1800 E. Golf Rd., Schaumburg.
For More Information, Call 312-227-7432.

Celebrating 35 Years of Student Sketch-Comedy Show – In Vivo

For more than three decades, Feinberg medical students have written, directed and acted in the annual In Vivo show, which has taken many forms as a venue to showcase their artistic talents. Singing, dancing, and acting are among the many skills exhibited while students also poke fun at medical school life. Ticket proceeds from the show are donated to a different charity each year. Special Collections librarian Ron Sims shares more In Vivo background (and photos!) in the Ward Rounds History Blog.

More at magazine.northwesternmedicine.org

Online Report Lauds Supporters of the Medical School

The medical school’s 2013 Nathan Smith Davis Recognition Program Report is available online at http://www.feinberg.northwestern.edu/nsdreport/2013. We are incredibly grateful for your support and service over the past fiscal year (Sept. 1, 2012, through Aug. 31, 2013). We hope you enjoy reading about six groups of inspiring supporters that have made philanthropic gifts and provided volunteer service to our school.

Please note that gifts made on or after Sept. 1, 2013, will be reported in next year’s Nathan Smith Davis Recognition Program report. If you have questions, please contact Rita Kisielius at r-kisielius@northwestern.edu or 312-503-3459.
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