

Roth Rounds... A Great Graduation Day



Elliot J. Roth, MD

"Teach your children well" – Graham Nash and David Crosby

On June 15, 2007, we held our Annual Resident Graduation Ceremony and Dinner, which included speeches by Dr. Sliwa and me, and presentations by Chief Residents and Junior Residents. What a great tradition these have become!

During the event, the residents also announced their selection of Dr. Paul Lento as Outstanding Teacher of the Year, and Dr. Steven Nussbaum ('92) as Mentor of the Year, both of which were awards that were very much deserved by both Paul and Steve. We admire their abilities, accomplishments, and commitment to teaching.

We were pleased to have so many family members join us. The pride that the faculty, Dr. Sliwa, and I experience for our graduating residents was exceeded only by the pride that the parents, siblings, spouses, significant others, and even children, displayed.

This also was an opportunity to make presentations of the winners of the resident awards and named residency positions, in recognition of donors. The ingredients that help to make our residency of such high quality are many in number, but include the important financial and spiritual contributions of our donors and other outside supporters. The awards and named residency positions that are presented at the annual end-of-year dinner not only allow us to recognize the achievements of residents for their performance and contributions, but also afford us an opportunity to acknowledge and thank our donors who helped to make the residency flourish. We appreciate the vision, generosity, and commitment that compelled each of them to make meaningful contributions to the Institute in support of our academic mission.

The following residents received named residency positions and awards for the 2007-2008 academic year:

■ **Christopher Janssen, MD, and Lauren Shapiro, MD**
The Walter E. Heller Chief Residents (made possible by

a contribution from the late Mrs. Alice DeCosta), for leadership ability and dedication to the field of physical medicine and rehabilitation..

■ **Sharon Gohari, MD**

The Joanne S. Crown Resident (made possible by a contribution from the Arie and Ida Crown Memorial Fund in honor of Mrs. Crown, a current long-time and committed member of the RIC Womens Board), for achievements and promise as a leader in the field of rehabilitation as demonstrated through understanding, compassion and appreciation of the quality of life issues for patients.

■ **Christina Sawhney, MD**

The Ike and Florence Sewell Resident (made possible by a gift of the estate of Florence Sewell, former member of the RIC Womens Board), for demonstrating the greatest potential for a career in academics or research.

■ **Shilpa Kasuganti, MD**

The Kovler Family Resident (made possible by a contribution from the Kovler Family Foundation), for demonstrated commitment to teamwork, interdisciplinary collaboration, quality patient care and the mission of RIC.

■ **Ai Mukai, MD**

The William Randolph Hearst Resident (made possible by an endowment from the William Randolph Hearst Foundation), for an individual whose participation in professional organizations and activities will make a national or regional impact in the field of physical medicine and rehabilitation.

■ **Ellen Casey, MD**

The Harris Resident (made possible by an endowment from the Harris Family Foundation; Mr. King Harris is former Chairman of the RIC Board of Directors); for demonstration of academic excellence through educational initiative and motivation for learning.

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■ **Kevin Carniero, DO**

The Meyer S. Gunther Award (made possible by a contribution from Dr. Meyer Gunther); given to the resident who best displays the art of listening, understanding, and interacting with patients.

■ **Hector Lopez, MD**

The Helen Cooper Outstanding Resident Teacher Award (made possible by a contribution from Dr. Elliot and Mrs. Renee Roth, in memory of Renee Roth's grandmother, Helen Cooper); given to the graduating resident demonstrating the greatest proficiency in teaching his/her peers through the course of the academic year.

This year's graduating class was a particularly strong class, and we were pleased to have the opportunity to recognize and congratulate them. We will miss every one of them.

All of us on the faculty thank all of our graduating residents for all that they contributed to the program and all that they meant to us, both personally and professionally. We wish them well. We look forward to their continued accomplishments and contributions in practice or in ongoing training, and we hope that they keep in touch with us. As always, we look forward to hearing from all of our alumni!

"Never can say goodbye"

- Jackson Five

With warm regards,

Elliot R. ('85)

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Bravo, Barbaro!

For every "good Kentuckian," the first Saturday in May is a major holiday: "Derby Day," referring to the running of the Kentucky Derby. It brings with it pride, the tradition of the playing of "My Old Kentucky Home," and plenty of pomp and circumstance.

Two years ago, a horse named Barbaro won the Derby by such a large margin that he was almost expected to win the Preakness and Belmont, the other two races of the Triple Crown. However, as most of us watched in horror, he broke his leg soon after leaving the gate in the Preakness. For true horse racing fans, we know that his injury was almost inevitably going to be fatal. However, Barbaro was no ordinary horse. He fought bravely through several surgeries and infections, and he did it with grace.

Barbaro's story captured my heart. I think it is a combination of the fact that I am from Kentucky and we love our horses here, but also I was very sick at the same time that Barbaro was sick. In fact, at times, we were in the intensive care units at the same time. I followed Barbaro's story closely. Unfortunately, his story has no "happy ending." Barbaro died about 9 months after he broke his leg.

By now, I am sure you are all wondering why I have told you Barbaro's story. The reason is quite simple – Barbaro was a champion. A champion, to me, is someone who perseveres over insurmountable odds and who does it with courage,

grace, and dignity. When you think about it, our patients are all champions. They are facing battles that most of us cannot even imagine, and they fight them with courage, grace, and dignity. They persevere over insurmountable odds to regain as much independence as possible.

In my opinion, each of us has a story. Some of us have had more tragedy in our lives than others. But, I think that all of us have had good times and bad, sadness and happiness, and each of us have faced challenges. Our patients are no different than many of us except that many of them have faced more challenges than have had to face in our lifetimes.

Barbaro had "no happy ending." But, with encouragement, our patients can still find happiness and be successful. For me, much like many of our patients, I am not exactly getting the life that I had planned for, but I still have happy times. I have faced challenges with my own health that have been difficult to deal with, especially since I have been a patient more than a doctor lately. But, I am not giving up, and we should make sure that we continue to encourage our patients not to give up either. We need to remind them that, although their lives may not be turning out like they planned, that does not mean that they cannot still have happy and successful lives. Sometimes they just need us to remind them.

Michelle Fosson, MD ('97)

“Our Common Thread”



James Sliwa, DO
The Regenstein
Medical Education
Director

It is that emotionally confusing time of the year when as faculty we say good-bye to residents who have spent years training in our department. We are happy to see them graduate but also sad to see them go. As mentors we have shared not only in their professional growth but also their personal lives. While training with us some residents were married, some became parents, some lost family members and all became competent physicians.

Those recently completing their residency are embarking on a wide spectrum of practice type and location, with graduates taking positions from California to New Jersey.

Some are beginning their practice while others are doing fellowships — some are in academic settings and others in private practice. While there is much variation in where they went and what they will be doing, they will always share one common experience: their RIC training.

It is the same common thread that binds us as alumni and one that we will always share.

Here are the 2007 graduates of RIC.

Eric Aitken, MD
Indianapolis, IN
Private Practice

Jean Lai, MD
Roseville, CA
Private Practice

Rhutav Parikh, MD
Park City, IL
Private Practice

Kavita Trivedi, DO
Ann Arbor, MI
Pain Fellowship

Daniel Heller, MD
Richmond, VA
Pain Fellowship

Joan Le, MD
Loma Linda, CA
Academic Practice

Scott Roberts, MD
Salt Lake City, UT
Pain Fellowship

Oscar Wille, MD
Chicago, IL
Pain Fellowship

Evan Kraus, DO
St. Louis, MO
Musculoskeletal Fellowship

Hector Lopez, MD
Jackson, NJ
Private Practice

Daniel Sipple, DO
York, PA
Pain Fellowship

Nicole Wysocki, MD
Chicago, IL - RIC
Academic Practice

With the departure of the seniors comes the arrival of the new PGY-1 and PGY-2's. They come from across the country with diverse interests to begin the RIC training experience and the melding into a cohesive group. They already have a common thread – they look much too young to be physicians! Their photos are below.

PGY-1



Kim Do



Sarah Eickmeyer



Kim Gladden



Kate Temme

PGY-2



Mary Chung



Sarah Fitzgerald



Shanti Ganesh



Seth Herman



Jeff Johnson



Robert Lee



Sara Meadows



Matt Oswald



Anthony Pellicane



Lisa Preston-Hsu



Larissa Ramaizel



Danielle Zelnik

RIC Alumnus Conquers His Mid-Life Crisis

There are many different ways that physicians approach their mid-life crises. Some buy sports cars. Some play more golf. Some look for younger women (and men!). RIC alumnus and former Chief *Resident Stephen Bloom, DO ('94)* found a novel approach to this common problem: he started a rock and roll band! And what better name could he give this band than *Mid-Life Crisis – The Band!*

Mid-Life Crisis (MLC) started on a whim six years ago on a cold Michigan Sunday when Dr. Bloom got together with a few friends from Grand Rapids in an empty warehouse to recreate the classic rock music from their not-so-distant youth. It started with just a few friends who were in bands in college, but gave up music to get married, have kids, and go to graduate school. Over the course of a couple months more musicians joined, and the Sunday night jam sessions turned into big parties celebrating the music of the 60s and 70s. From these Sunday night jam sessions came the band's first gig (a block party), and the band has not slowed down since. Today, the band averages about 40 shows a year. Most are large festivals, corporate parties and benefits. Mid-Life Crisis has performed in concert with such national acts as Eddie Money, Pure Prairie League, Three Dog Night, Edgar Winter, America, Blood Sweat & Tears, The Tubes, Mitch Ryder and many others. MLC has also performed on stage with the Grand Rapids Symphony Picnic Pops, and is regularly seen and heard on numerous West Michigan television and radio programs.

MLC is made up of eight close friends with a diverse history. In addition to the doctor, there is a lawyer, a banker, a secretary, a custodian, a plastics engineer, a kitchen designer, and a Polish butcher. MLC features a full horn section, along with 6 singers to produce rich harmonies. Loving music from the 60s and 70s they can vary their shows with covers of Chicago, Elton John and the Doobie Brothers, mixed with original hits of their own.

Last year, MLC released its first CD of all-original music called "It's All Good," and it is already on its second printing. It features songs written by all the band members from their middle-age perspective. Dr. Bloom and his wife Betsy wrote "The Worry Song" on the CD.

Dr. Bloom's day job as a Psychiatrist keeps him busy in Grand Rapids. He shares a six-member group practice, including RIC alumnus *Chris Vandenberg, MD ('88)* at Mary Free Bed Hospital. Along with general inpatient rehab, Dr. Bloom enjoys a busy outpatient musculoskeletal practice and is Medical Director of the Mild Brain Injury Program. As Assistant Clinical Professor at Michigan State University, he continues to regularly teach and have

students and residents rotate with him through Mary Free Bed. Dr. Bloom feels that regular exposure to the primary care teaching services helps educate them about the role and services that a Psychiatrist can offer.

So what is next for Mid-Life Crisis? They head into the studio this winter for their follow-up album. With their mid-life experiences growing daily, there is no lack of inspirational materials! You can learn more about Dr. Bloom's band, Mid-Life Crisis, at www.mlcband.com, where you can also hear clips of their music, along with videos and photos. The CD can be purchased at www.cdbaby.com, or through their website. You can also download songs or the entire CD on I-tunes, by searching "Mid-Life Crisis It's All Good."

Alumna Wins the Ironman Marathon!

The Badwater Ultramarathon, held on July 23-25, 2007, is a true "challenge of champions." This legendary foot race, in its 30th year, covers 135 miles non-stop from Badwater, Death Valley to Mt. Whitney, California in daytime temperatures running up to 130F degrees, dropping to a cool 93F at night. The course covers three mountain ranges for a total of 13,000 feet of cumulative vertical ascent and 4,700 feet of cumulative descent. It is the most extreme and demanding running race offered anywhere in the world.

This year's race produced two worthy champions in female winner *Lisa Stranc Bliss, MD ('03)* of Spokane, Washington, and male winner Valmir Nunes, from Brazil. They stood out from a field of 84 athletes from 15 countries and 21 American states.

Lisa came back from a long way behind in the women's field to turn the tables on her rivals and emerge as the winner with a time of 34 hours, 33 minutes and 40 seconds. At 72 miles into the race, Lisa was 3 hours 25 minutes behind the leader. About 24 hours before she crossed the finish line, 8,371 feet up the slopes of Mt. Whitney, Lisa was climbing Townes Pass and having grave doubts as to whether she would be able to finish. She had bad blisters but was able to overcome the pain. Lisa Bliss, who oversaw the assemblage of the race's 10-member medical team, realized that she was getting stronger as the race progressed. At Townes Pass, she was the 5th woman, and from there on she started passing her rivals one by one. At 122 miles into the race, Lisa passed the women's leader, with only 13 miles remaining, and went on to win the race.

The average finishing time was 48 hours, with the overall time limit set at 60 hours; 78 of the 84 runners finished the race within the 60 hour time limit.