

Expressing Our Pride Again

“Today is the greatest day I’ve ever known.”

— *Smashing Pumpkins*



Elliot J. Roth, MD

Once again, we were gratified on June 13, 2008, when we held our Annual Resident Graduation Ceremony and Dinner: **Dr. Jim Sliwa** ('84) gave his funny presentation showcasing each of the graduating Residents; we had an opportunity to recognize and honor the families and loved ones of the Residents; we were entertained by the Junior Residents; and we even had a chance to dance to the DJ's music. It was a great party!

At the event, the Residents honored two distinguished faculty members (who also happened to be Resident Alumni!), **Dr. Ki Alex Kim, MD** ('01) as Outstanding Teacher of the Year, and **Dr. Mark Huang** ('96) as Mentor of the Year. Congratulations to Alex and Mark for these recognitions! These honors are very much deserved by each of them as the two of them have made themselves favorites among the Residents for their teaching style, ready availability, patience, and time commitment. All of us appreciate their accomplishments and their commitment to teaching. In recognizing the selected faculty members, our entire faculty is honored as well.

As we do every year, we also had an opportunity to present the winners of the Resident Awards and Named Residency Positions. These are honors made to specific Residents based on their meeting certain specific criteria related to their accomplishments during Residency. By recognizing the Named Residents, we also recognize the donors who made each of the positions possible and without whom we would not be able to enjoy the high level of resources and support that we have been fortunate to have in our Training Program. We appreciate the vision, generosity, and commitment of each of our donors in supporting our Resident training.

The following Residents received Named Residency Positions and Awards for the Academic Year:

- **Ellen Casey, MD, Kevin Carneiro, DO, and Monica Rho, MD**

(NOTE: we now have three Chief Residents!)
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.

- **Leslie Rydberg, 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.

- **Katherine White, 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.

- **Patrick Barrett, 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 the RIC.

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• **Daniel Roth, DO**

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.

• **Jonathan Myers, 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.

• **Seth Herman, MD**

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.

• **Lauren Shapiro, 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.

We were pleased to have the opportunity to recognize the entire Resident Graduating Class. All of us on the faculty will miss you all, and we wish you well! We look forward to your continued accomplishments and contributions in practice, training, and research, and we hope that you keep in touch with us.

*“My people, no goodbyes to you,
I'm just gonna say good night”
— Kanye West*

With warm regards,

Elliot J. Roth, MD ('85)
ejr@northwestern.edu

Missing the Past, Enjoying the Present

Since the very beginning of my time at RIC in October 1984, there have been ongoing construction projects in and around the NU Medical School campus, and it continues to this day. I do like to see progress, and I don't mind crossing the street to avoid construction areas; however, I do miss some of the wonderful old buildings that have been torn down on campus to make room for modern new facilities. I enjoyed walking through the tall iron gates and across the little faculty parking lot at the NE corner of Superior and Fairbanks, next to the Ward Building. That space is gone now, replaced several years ago by NU's Tarry Research & Education Building. I loved Wesley Pavilion of NMH that used to sit at the NW corner of Superior and Fairbanks. I loved its tall, elegant, wood-paneled lobby, and the little café with stained glass windows. In winter, I liked being able to go through

the tunnel from RIC, go upstairs inside Wesley, and then walk through the long hallway to Chicago Avenue to stay out of the weather. I liked the Carriage House apartment building that sat next door to Wesley on Chicago Avenue and where many of you lived during your time at RIC and NMH. Eli's Restaurant in that building was one of my favorite places to eat in the neighborhood. I also liked Passavant Pavilion on Superior Street, and its quaint soda fountain restaurant on the 2nd floor. I realize that in time these buildings became outmoded and their usefulness was limited. These buildings are all gone now. Where the Wesley Pavilion used to be, is now the wonderful sprawling new Prentice Women's Hospital. Next door where the Carriage House used to be and spreading back to Superior Street is the new home of Children's Memorial Hospital, now under construction. Where Passavant and

Jennings used to sit is now the new Lurie Medical Research Center.

I have enclosed a recent map with this Newsletter, showing current buildings and changes within the medical center campus shared by NU, NMH, & RIC.

Many of you will remember these old buildings, while the rest of you will have come along after they were gone. All of you will remember the VA-Lakeside Hospital across Huron Street from RIC, which is now being demolished to make space for the new RIC/NMH shared facility. VA patients are now seen at the Jesse Brown VA Medical Center near the University of Illinois Hospitals on Chicago's West Side. RIC/NU residents now go there in rotations.

Vic Blakemore

Sliwa's Thoughts

Our Philosophy



James Sliwa, DO
The Regenstein
Medical Education
Director

A frequently asked question by students interested in training at RIC is, "What is your program's philosophy?" It is an important question since our philosophy should direct the decisions we make regarding the content of the residency. It is also an easy

question since the answer hasn't changed in twenty years.

Our philosophy is to provide a core of didactic information and clinical experience that will ensure competency to practice our specialty AND the opportunity to develop additional knowledge and expertise in areas of special interest. Accomplishing this does require a fine balance of clinical experiences that fit into our core, selective and elective rotations. Core rotations are those all residents must rotate through and represent the clinical exposure we feel all should experience. Selective and elective rotations allow residents to choose and design their own experience. If we are successful and true to this philosophy, our graduates should be competent in all areas of PMR. Furthermore, if interested in musculoskeletal, inpatient, or research, residents should have had the opportunity to spend additional time in these areas to develop these interests in hopes of facilitating their career development. How do we determine if this

philosophy is correct and what is our measure of success?

In June, we celebrated the graduation of twelve senior residents. They were a group with divergent interests that worked very hard and were competent in all areas of PMR. Their pursuits were also quite varied. Four pursued fellowship training (three in pain and one in brain injury), seven entered practice (one in outpatient and six in general rehabilitation), and one pursued research. Each developed their talents and strengths, and left RIC "functioning as they were meant to function." I guess that is the best and only true measure of success. Following is a list of graduating residents, and the new incoming group:

Class of 2008

Fellowship Training:

- Dr. Cherina Cyborski (Brain Injury, RIC)
- Dr. Christopher Janssen (Pain, UCLA)
- Dr. Ai Mukai (Pain, UCLA)
- Dr. Mila Mogilevsky (Pain, Beth Israel)

Practice:

- Dr. Sharon Gohari, (VA, Los Angeles)
- Dr. Shilpa Kasuganti (Carolinas Rehabilitation, Charlotte)
- Dr. Christina Sawhney (University of Michigan)
- Dr. Kelly Scott (University of Texas Southwestern)
- Dr. Lauren Shapiro (Johns Hopkins)

- Dr. Panjaporn Supanwanid (RIC)
- Dr. Michael Tracy (Colorado Rehabilitation and Occupational Medicine)

Research:

- Dr. Christopher Ramsden (University of North Carolina, Chapel Hill)

New Residents (started July, 2008):

- Dr. Gloria Hou (Harvard Medical School)
- Dr. James Huang (University of Illinois College of Medicine)
- Dr. Peter Hwang (The Chicago Medical School at Rosalind Franklin University School of Medicine)
- Dr. Rachel Kermen (University of Chicago, Pritzker School of Medicine)
- Dr. Frederick Bagares (Arizona College of Osteopathic Medicine at Midwestern University)
- Dr. Justin Burton (Washington University at St. Louis School of Medicine)
- Dr. Angela Lipscomb (Howard University College of Medicine)
- Dr. Vaibhav Maheshwari (Chicago College of Osteopathic Medicine)
- Dr. Lynette Santos (University of Missouri School of Medicine)
- Dr. Anjum Sayyad (Chicago Medical School)
- Dr. Bethany Stelnicki (Medical University of Ohio)

Jim Sliwa, DO

The Regenstein Medical Education Director
Chief Medical Officer

2008 Alumni Reception

As you know by now, the Alumni Reception this year will be in San Diego, on Friday evening, November 21, 2008, during the AAPM&R Annual Meetings. Our Reception will be held at the San Diego Marriott Hotel and Marina, 333 W. Harbor Drive, 7:00 until 10:00 p.m., Marriott Hall, Room 2, (lobby level, North Tower) There will be a cash bar, and light hors d'oeuvres will be available. Please note that this is not meant to take the place of the evening meal, but rather for snacks while you visit with other Alumni. Please provide a business card at the registration desk when you arrive at the reception. ■

Alumna Update: Michelle Alpert, MD

Michelle Alpert, MD ('95) is Director of Rehabilitation Medicine at Hebrew Rehabilitation Center and Clinical Instructor in PM&R at Harvard Medical School. Michelle was the founder and first director of the Spinal Cord Injury Program at Spaulding Rehabilitation Hospital. Michelle's husband, Saul Wisnia, is Senior Publications Editor/Writer at Dana-Farber Cancer Institute, and is the author of numerous books. Michelle and Saul have co-written a new book, *Spinal Cord Injury and the Family: A Guidebook*. Published by Harvard University Press, the book was released in May of this year, and is available in both hardback and paperback. The book was favorably reviewed in the April 15, 2008 issue of *Library Journal*. The following information is taken from that review, the journal editors' interview with Michelle and the press release from the Harvard University Press.

When writing this book, Michelle drew from her experiences, both as a patient and a physician. While in college, Michelle was hit by a car, and gained insight into the rehabilitation process. Michelle also utilized her clinical experiences in helping patients and families struggle to come back from injury. The authors showed that there is far more to recapturing full, independent lives than regaining movement, and that central to long-term success is mending the family unit.

Michelle spoke of waking up in the hospital after her accident, and not remembering the previous week. She had to learn to walk again, using two long casts and a walker. Having gone through the rehabilitation process herself, and observing the impact it had on her family and friends, Michelle has taken great effort to treat patients and their family members with respect, honesty and empathy.

In the book, Michelle and Saul have covered the causes of and prognoses for SCI through patients' own stories. In addition, they review common courses of rehabilitation, and answer the "what now" questions — from daily routines to larger issues concerning sex, education and employment, childbearing and parenting with SCI. Rich in clinical information and practical advice, the book shows how real patients and their families are living full lives after spinal cord injury.

Michelle was asked what she considered to be the most satisfying part of her work. She responded by saying, "Seeing how people who are initially devastated by an injury... can find their inner resolve and eventually move forward toward regaining a fulfilling life. When I know my team has played some role in this transition, it is especially satisfying. While it may seem that life will never be livable again after spinal cord injury, they can make it back — and be happy."

Let's Help One of Our Own!



Adam Foye was born in February of 2001 to **Patrick Foye MD (96')** and his wife Sarah. Several months after his birth, Patrick and Sarah noticed that Adam was not reaching his developmental milestones. Through genetic testing and muscle biopsy, Adam was diagnosed with Centronuclear myopathy (CNM). While the incidence of CNM is rare (1:50,000), CNM causes problems similar to those seen in Duchenne muscular dystrophy.

Adam is a wonderful 7-year old who loves dinosaurs, volcanoes, computers and playing with friends and family. He is a very bright individual who seems to take the medical

issues in stride. Due to his myopathy, he has ventilatory insufficiency, hearing loss, and scoliosis. He has adjusted amazingly well to his hearing aids, non-invasive nighttime ventilation, and spinal orthosis.

Research has been limited for CNM. To foster further research in this area, Pat and Sarah have created an endowment fund at Children's Hospital Boston. This institution houses one of a few laboratories in the United States performing cutting edge research with the goal of understanding and finding a cure for CNM.

Cruise for a Cure, a fundraising event to support research into CNM, was held on September 21st, 2008 on the Odyssey cruise ship at Navy Pier. Over 150 people attended, including RIC alumni and current medical staff. Cruise for a Cure proceeds go towards the endowment fund that Pat and Sarah have created at Children's Hospital Boston.

For those still interested in making a donation towards this cause, please make

your checks payable to "Cruise for a Cure" and mail to the address below. Children's Hospital Boston is 501c(3) not for profit organization and donations are tax deductible to the maximum extent allowable by law.

Cruise for a Cure
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