

Northwestern University Feinberg School of Medicine



2017–18

Nathan Smith Davis Society
Generosity in Action
Impact Stories



Nathan Smith Davis Society

An Overview

By honoring six distinct groups of supporters, the Nathan Smith Davis Society recognizes the generous contributions of Feinberg alumni, faculty, friends, and staff.

Benefactor Society

\$1 million or more in cumulative lifetime giving.

Lifetime Giving Society

\$35,000–\$999,999 in cumulative lifetime giving.

Northwestern University Leadership Circle (NULC)

\$1,000 or more in total annual giving to the medical school. Individuals who are honored through the Leadership Circle also receive all recognition and benefits associated with the University-wide NULC program.



Young Alumni Society

Feinberg MD alumni who graduated in the last nine years who have made gifts at the following levels.

5–9 years:

\$600/year or \$50/month

2–4 years:

\$240/year or \$20/month

0–1 year:

\$120/year or \$10/month

Henry and Emma Rogers Society

Individuals who have notified Northwestern and have documented an estate or deferred gift commitment to benefit the medical school.

Service Society

Members who are actively engaged in select volunteer activities benefitting the medical school.



Save the Date

SATURDAY
APRIL 27
2019

NATHAN SMITH DAVIS SOCIETY

ANNUAL COCKTAIL RECEPTION | THE ARTS CLUB OF CHICAGO



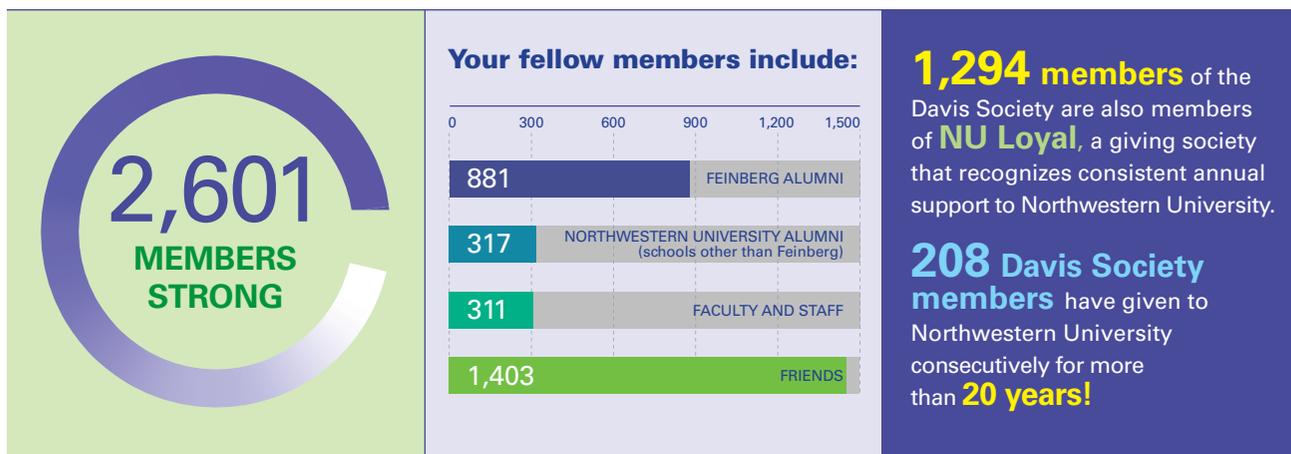
Your partnership impacts every aspect of our mission to improve human health through education and discovery.



Generosity in Action

Every day, the generosity of our Davis Society members is on display throughout Northwestern University Feinberg School of Medicine. In the following pages, you will find stories from members of our community who have benefitted from your philanthropy and your service. Our achievements in medical education, research, and care would not be possible without your participation and leadership. Thank you.

Who are our Davis Society Members?



What do Davis Society members do for Feinberg?

- You give to scholarships, bringing us ever closer to our goal to provide full tuition support to all of our medical students.
- You fund life-saving research in cardiology, cancer, neurology, and so much more.
- You invest in our faculty, bolstering our community of brilliant scientists, innovative educators, and dedicated clinicians.
- You support our annual fund, which, among other things, allows us to recruit and retain a diverse and talented community of students, faculty, and staff.
- In fiscal year 2018, you helped We Will. The Campaign for Northwestern Medicine reach our goal of \$1.75 billion. Northwestern Medicine is thrilled to announce our new campaign goal of \$2 billion.

Impact Story:

Department of Dermatology

Amy S. Paller, MD, '83 GME
Chair, Department of Dermatology,
Walter J. Hamlin Professor of Dermatology

In August 2018, Amy Paller, MD, celebrated her 30th year on faculty and 14th year as department chair at Feinberg. Her National Institutes of Health-funded basic and clinical research runs the gamut from novel nanotechnology approaches to topical drug delivery to strategies to enhance diabetic wound healing.

What sets the Department of Dermatology apart from its peers?

We are second in the nation for National Institutes of Health research funding awarded to a dermatology department. We're consistently ranked among the top 10 in the country based on the expertise of our faculty, the caliber of our residents, and the quality of our research efforts. *Everything* we do sets us apart.



Dr. Paller at the investiture of Roopal Kundu, MD, associate dean for Admissions, Jacob R. Suler, MD Professor of Medical Education, and associate professor of Dermatology and Medical Education



From left to right, Lee West, Dr. Dennis West, Vincent Foglia, and Patricia Foglia, at Dr. Dennis West's 2005 Investiture as the Vincent W. Foglia Family Research Professor of Dermatology

What are some noteworthy initiatives? What does the future hold?

Most of our faculty members conduct research, from cutting-edge genetic investigations and exciting microbiome studies of skin health to the development of new medications. In recent years, we have expanded our studies in the areas of immunotherapy and the effect of environmental toxins. We offer unique training programs not found at all academic centers, including our combined medicine-dermatology residency that prepares trainees to practice both specialties.

Our goals focus on continuing to grow our science, including research in inflammatory skin disease, skin cancer, and dermatoeidemiology, to name a few initiatives.

How does philanthropy make a difference in the work of the department?

We couldn't do half of what we do without philanthropic support. Endowments allow our physician-scientists to step away from clinical responsibilities to be highly productive in the laboratory. Donor funding has given many of our trainees their first experiences conducting research. Generous gifts have led to lectureships and visiting professorships, providing wonderful teaching and mentoring opportunities for residents and faculty.

For example, thanks to the tremendous support of the Foglia family, Dennis West, PhD, has catapulted our clinical trials unit to become one of the largest programs in the country. A dermatopharmacologist, Dr. West has been an exceptional leader in clinical research, advancing treatments for skin disease that have translated into great contributions to the care of our patients.

Benefactor Society

\$1 million or more in cumulative lifetime giving

108 MEMBERS

"We firmly believe that improving treatments and outcomes for patients only comes from advancing research. Supporting the Department of Dermatology and seeing it ascend to one of the nation's top-tier programs has been a very satisfying experience for both of us over the years. We are proud to support such a talented group of investigators."

—Vincent and Patricia Foglia, Benefactor Society members

Impact Story:

Breast Cancer Research

Ami N. Shah, '11 MD, '14 GMER, '18 GMEF
Assistant Professor of Medicine, Division of Hematology/Oncology



Dr. Ami Shah

While a high school student, Ami Shah, MD, saw a career in medicine as a perfect mix of advancing science, harnessing the power of technology, and working with people. She completed her MD, residency, and fellowship at Northwestern, and in October 2018, she joined the Feinberg faculty as an assistant professor. Her clinical and research interests focus on the area of breast cancer.

What are your current research interests?

I am very interested in developing novel therapeutic approaches for breast cancer patients using breakthroughs in technology and in the identification of critical biomarkers. Detailing the genomics of a patient's disease can help to better tailor treatments, lessening adverse side effects and maximizing outcomes.

How do you think breast cancer research will change in the next 10 to 20 years?

We will be able to further individualize therapy to help patients avoid toxic treatments that do not benefit them and utilize unique therapies targeted for specific disease findings. I hope this research results in greater prevention of breast cancer, curing more patients with cancer, and having better treatments for those we can't cure.

What are some challenges you face in your work?

In some situations, we have many treatment options but don't know exactly which ones a patient needs. In other situations, we have effective cancer treatments but individuals don't want to take them because of the side effects. In still other situations, we have patients who need treatment, but we don't have anything to offer them. These are the challenges that further research can hopefully address.

From your perspective, what role does philanthropy play in breast cancer research at Northwestern?

Donor generosity plays an essential role in developing unique ideas born from our institution. All levels of giving help small projects grow, help us to compete for large grants, and/or provide support for advocating ideas that otherwise would not receive the attention they deserve. Thanks to philanthropy, many fellows have been able to pursue research in cancer, which in my case has laid the important groundwork for a career dedicated to caring for and serving breast cancer patients.



ALSO GAVE AT THE
NSD-NULC LEVEL IN FY18!

Lifetime Giving Society

\$35,000–\$999,999 in cumulative lifetime giving

788 MEMBERS

“I felt so helpless in our fight against breast cancer. With all of the technical advances that previous generations have passed on to us, I couldn't prevent or stop the breast cancer that invaded my wife's body. I am determined to end this cycle of suffering. Since I don't have the skill set to do it myself, I have turned to the scientists and physicians at Northwestern to help me achieve my goal. My contributions are targeted to breast cancer research being conducted by the team under the direction of Dr. William Gradishar, including fellows and young physicians like Dr. Ami Shah. I take comfort that we are heading in the right direction with their initiatives.”

—Jim Gary, Lifetime Giving Society Member, on behalf of the Gary Family
(Jonathan Gary and Meredith Gary), in loving memory of Myra Gary

Impact Story:

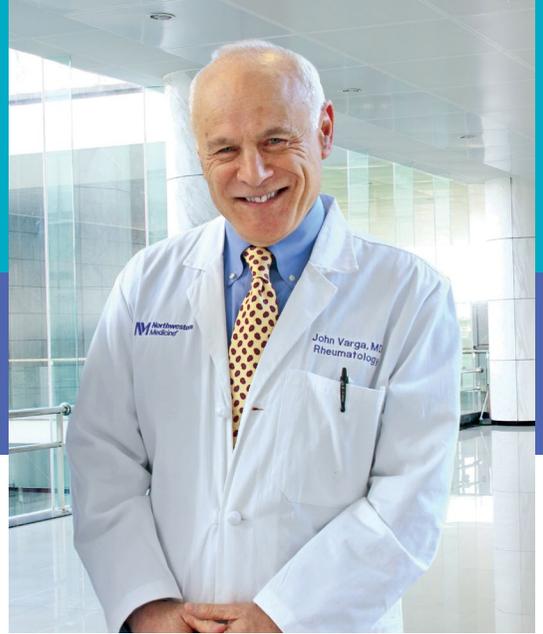
Scleroderma Research

John Varga, MD

Director, Northwestern Scleroderma

John and Nancy Hughes Distinguished Professor of Rheumatology

Professor of Medicine in the Division of Rheumatology and
Departments of Dermatology and Pharmacology



Dr. John Varga

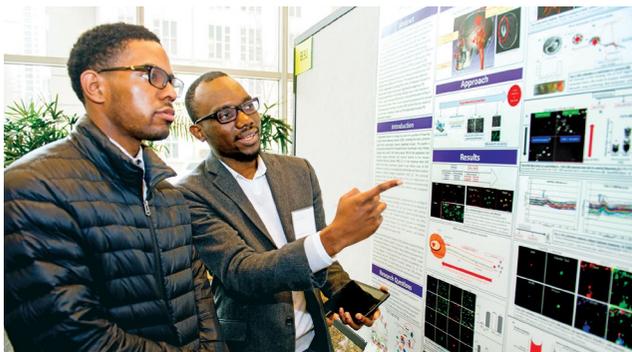
Dr. John Varga has spent more than a decade researching the cause and treatment of scleroderma, a rare autoimmune disease that leads to fibrosis, or scarring, of almost every organ in the body. In 2005, he joined Northwestern after serving as director of Rheumatology at the University of Illinois at Chicago. He directs the Northwestern Scleroderma Program, a clinical and research effort that follows 1,500 patients with this chronic disease.

What attracted you to Northwestern?

Northwestern is one of the rare institutions where superb patient care and cutting-edge research are equally valued. The medical school really allows me to try to be the best at both.

Why are these exciting times for the Scleroderma Program?

In the early days, our translational research efforts were limited by the tools available to us. In the infancy of whole genome sequencing, we became the first program in the country to collect DNA from our patients. Rapid advances are bringing us within two to five years of truly taking a precision medicine approach to treating scleroderma. In the future, we will have the ability to dramatically expand life expectancy and improve quality of life.



In July 2018, you and your colleagues published a paper on fibrosis in the *Journal of Clinical Investigation Insight*. What is the significance of these research findings?

This is a paradigm-shifting study. Working on the idea that the immune system is talking to fibroblasts, we have found a potential link between inflammation and fibrosis. Errant immune signaling could be promoting the development of fibrosis. We're investigating a novel small molecule to break the disease cycle.

What other exciting research are you and your team working on?

We've recently teamed up with the Mayo Clinic's Center on Aging to study scleroderma and accelerated aging. For example, a 40-year-old patient with fibrosis often has the poor tissue regeneration capabilities of a healthy 70-year-old.

What role does philanthropy play in your work and in the success of the Scleroderma Program at Northwestern?

Donor funding has been central to building our program. It has allowed us to explore new ideas and collect the preliminary data required to successfully compete for federal and other grants.

Northwestern University Leadership Circle (NULC)

\$1,000 or more or young alumni level in fiscal year 2018

1,779 MEMBERS
IN FISCAL YEAR 2018

“We have supported Dr. Varga and his research team for over 10 years knowing that a close relative, friends, and many others who suffer from this life-threatening disease will benefit from Dr. Varga's dedication, compassion, and his goal to find a cure for this terrible autoimmune disease.”

—Peter and Carol Goldman, Davis Society—NULC Members and supporters of scleroderma research

Impact Story:

Northwestern Simulation

Northwestern Simulation provides a safe environment for thousands of healthcare professionals to train without putting patients at risk. Faculty expertise and access to the latest simulation technology have made Northwestern Simulation an internationally recognized leader in the field of simulation-based training.



“Medical students are great at learning, but have less practice making actual decisions with their knowledge. Is this patient really having a heart attack? Do they need CPR? Do they need to be intubated? In these life-threatening scenarios, decisiveness is critical. There is no better (or safer) place to practice these decisions than at Northwestern Simulation. My simulation training has allowed me to help care for very sick patients with the confidence that I’ve done it before.”

—William Gibb, Class of 2019

“Our students participate in their initial simulation during the first week of medical school. Students interact with high-fidelity patient simulators to reinforce aspects of the physiology, pharmacology, pathophysiology, and management concepts learned in the classroom. Northwestern Simulation also plays a large role in the capstone course at the end of the fourth year. In this course, students have an opportunity to practice and ultimately demonstrate competency in a set of critically important skills for physicians as they transition into residency.”

—David Salzman, MD, MEd, Associate Professor of Emergency Medicine and Medical Education, Director of Simulation for Undergraduate Medical Education

“I visited the emergency room in February. The triage nurse attempted to insert an IV but was unsuccessful. It was painful. I warned you that I had two central lines as an inpatient because the doctors could not find a vein. You then wheeled in the ultrasound machine and, after about one minute, successfully inserted the needle. It was like a miracle! The central line procedure is like surgery and rather frightening. Thank you for being a maverick. You are doing good work!”

—Anonymous patient testimonial to her physician, who had been trained at Northwestern Simulation on ultrasound-guided IV insertions.

“Every day, we strive to expand our multidisciplinary and state-of-the-art approach to education and training. There is a growing need to investigate the most effective ways to teach clinical skills and assess patient-based outcomes. With your support, our ability to improve healthcare outcomes and reduce costs takes us one step closer to our ultimate goal: transforming medicine through exceptional education.”

—Elizabeth Wylie, MHA, executive director of Northwestern Simulation, director of operations for the Department of Medical Education

Northwestern University Leadership Circle

“Northwestern Simulation allows today’s students to use the latest technology to gain valuable clinical experience and refine medical diagnostic and treatment skills in a supervised environment, where a team of engineers and physicians are working together to continually advance the field of medical simulation. Feinberg students, and ultimately, their patients, benefit from this innovation in learning.”

—Sunil C. Shroff '94, '98 MD, '01 GME, Davis Society—NULC Member and supporter of Northwestern Simulation

Impact Story:

Scholarships

Risha Shah, MD Class of 2021,
recipient of the MD Endowed Scholarship

Tell us a little about your background.

I was born in Houston, Texas, but shortly after that, my family moved to Al-Khobar, Saudi Arabia, where I spent the first 15 years of my childhood. Growing up with a neonatologist for a father, I was aware of what medicine demanded from physicians: long hours, tons of paperwork, and a dedication to helping those in need. But, I also had seen the doggedness with which my father and the rest of the care team fought for the well-being of their patients. Even at the age of 15, I was in awe of what medicine could do to help people.

How did you become interested in medicine?

In addition to conducting electrophysiological research during undergrad at Washington University, I also had the chance to do service in St. Louis and East St. Louis. As a patient-playroom helper at St. Louis Children's Hospital, my seemingly irrelevant ability to tell over-the-top stories became useful in comforting young patients. I was attracted to medicine because it gave me the opportunity to channel my scientific curiosity into a profession that both challenged me and allowed me to serve others.



Risha Shah, Class of 2021

What was your most meaningful experience from this past school year?

In times of self-doubt and stress, I found myself reaching out to my Northwestern mentors. In talking to current doctors, I was reassured and given advice that has allowed me to not only survive at Feinberg but to thrive as well. I had already known that I would receive a great education at Northwestern. What I did not anticipate was the plethora of mentors that I would also obtain. People who were actively and truly invested in my well-being. And for that, I am incredibly grateful.

What does receiving the MD Endowed Scholarship mean to you?

I would not be able to attend such a notable institution without scholarship support. The donors who support my medical education mean more to me than they can ever know. Truly, having this scholarship has made the stress of financing my studies so much easier. Medical school is hard enough without having to worry about astronomical loans and debt. Thank you once again.



Northwestern University Leadership Circle

“Northwestern provided us with a myriad of opportunities both in our careers as well as in our lives. We remember our time at Northwestern as one of both personal and intellectual growth. We have continued to support Northwestern throughout our careers in the hopes that it will allow students to have access to all that Northwestern provides. It is our way of giving back and showing our appreciation for all that Northwestern gave us.”

—Tim Humes, '89 MD, '95 GME and Kerry Klegar Humes, '90 MD, supporters
of the MD Endowed Scholarship Fund and Davis Society—NULC Members

Impact Story: Legacy Gifts

“Individuals who choose to support our medical school through planned gifts are extraordinary and selfless. They are thinking about our future and our ability to have an impact on the health of humankind for future generations.

For example, in fiscal year 2018, Feinberg received an extraordinary \$1.25 million bequest from the estate of Daniel W. Johnston Jr., who passed away in 2016. Mr. Johnston directed this gift to support scholarships, helping us move ever-closer to our goal of providing full tuition support for our medical students. A graduate of Vanderbilt University and Harvard Business School, Mr. Johnston was a founding member of the Chicago Board Options Exchange and was also a long-time supporter of gastroenterology research at the medical school.

We are continually honored and humbled by the generosity our supporters, like Mr. Johnston, who enable us to pursue our boldest aspirations in teaching, training, and biomedical research.”

—Eric G. Neilson, MD, Vice President for Medical Affairs and Lewis Landsberg Dean



Rogers Society members James Monge, '55 MD, Evelyn Sanderson, and David Sanderson '55, '58 MD at the Nathan Smith Davis Society reception in April 2018.



Henry and Emma Rogers Society

Donors who have notified Northwestern and have documented an estate or deferred gift commitment to benefit the medical school

292 MEMBERS*

“When I finished my internship at Cook County Hospital in 1965, I was grateful for my continued education in the Northwestern/Cook County Orthopaedic Program. I got a great education from Northwestern’s Orthopaedic program, which defined my successful orthopaedic residency, followed by a very interesting and successful orthopaedic practice in Michigan City, Indiana, and now in Fort Lauderdale, Florida. Northwestern has a big name throughout the country, but especially here in Fort Lauderdale. I am pleased and happy to support their mission in medical school excellence and their training program for up-and-coming physicians.”

—LeRoy A. Smith, MD, '67 GMER, '71 GMER, member of the Henry and Emma Rogers Society

*111 Feinberg Rogers Society members are also members of one of our cumulative giving societies (the Benefactor and Lifetime Giving Societies).

Impact Story: Alumni Volunteer Programs

Sarah Talamantes, MD Class of 2020

Alumni Physicians of Feinberg and Dinner with a Doc programs offer students opportunities to learn about life as a physician. What made you decide to participate in the programs?

When I arrived on campus, I wanted to interact with students at all levels of training and get to know faculty and alumni. Alumni Physicians of Feinberg allowed me to get involved as a medical school society chair, a four-year position. Not only have I gained insight from the accomplishments of guest physicians, but I also help run and promote this invaluable resource for students. Dinner with a Doc offers smaller group settings where we can ask questions about careers in medicine, work-life balance, and personal matters—all in an open, casual forum.

What has been your greatest take away from these gatherings?

I have found a great mentor in alumnus and oncologist Dr. Ed Kim. Already thinking about oncology, I became even more interested in the specialty after hearing him talk at both programs. He was willing to share his experiences in training at MD Anderson, his likes about the specialty, and its challenges as well. He has been a terrific resource and mentor.



Dr. Ed Kim (right) with students Avni Bavishi (middle) and Kimberly Chow (left) at the April 2018 Nathan Smith Davis Society cocktail reception.



MD student Sarah Talamantes at the Welcome BBQ with fellow Class of 2020 students Tanner Hoke, middle, and Melissa Shaw, right

How did hearing from alumni impact the way you view your medical education and future career as a physician?

When you're in the grind of taking exams, it's reassuring to know that these alumni were once in our shoes and made it through medical school. It is great to see how they have molded their practices in ways that fulfill them and allow them to enjoy their lives outside of work. There is light at the end of the tunnel!

What message of gratitude would you like to share with the alumni who volunteered their time to these programs?

I'd like to thank the alumni volunteers for taking the time out of their busy schedules to return to Feinberg and share their experiences with us in such a candid and honest way. Learning the stories of alumni and what they have achieved is motivational. They give us a glimpse of what our futures in medicine hold for us.

Our 2017-2018 Service Society Members include:

Admissions Committee Faculty Interviewers
Alumni Physicians of Feinberg
College Mentors
Dinners with a Doc
Alumni Event Hosts
HOST Program volunteers
Lewis Landsberg Society Board Members
Medical Alumni Association National Board
MD Reunion and Class Representatives (Reunion 2018)
Physical Therapy Alumni Association Board of Directors
Problem-Based Learning, Faculty Program Leaders

Service Society

Dedicated to volunteers who support our medical school community

213 MEMBERS

“I am proud to be an alumnus of the medical school and HPME Program at Northwestern University. I was the first to pursue medicine in my family and many times found it challenging to make career decisions. My Northwestern experience was very special and has positioned me to succeed in my career in oncology and hospital administration. I believe in giving back to support our aspiring young medical students through mentored opportunities and guidance, as well as easing the financial burden of medical school education.”

—Ed Kim '92, '96 MD, member of the Service Society, Lifetime Giving Society, and Davis Society—NULC

Impact Story:

Asher Center for the Study and Treatment of Depressive Disorders

Katherine L. Wisner, MD, MS

Director, Asher Center for the Study and Treatment of Depressive Disorders

Norman and Helen Asher Professor in Psychiatry and Behavioral Science and Obstetrics and Gynecology



Dr. Katherine L. Wisner

The Asher Center, led by Dr. Wisner since 2012, offers leading-edge clinical research services that contribute to breakthroughs in the scientific understanding of mood disorders. An internationally recognized expert in the treatment of mood disorders across the female reproductive lifespan, Dr. Wisner has particular expertise in pregnancy and the postpartum period.

How are we doing at identifying and treating patients with mood disorders in the United States?

We need to do better. About 20 percent of women and 12 percent of men will have a lifetime episode of depression. Additionally, for half of the patients we treat in a psychiatric care setting, the drugs we have available are not uniformly effective. Our team is studying an intense diagnostic evaluation strategy to find inborn errors of metabolism (genetic errors) that present with psychiatric symptoms.

In your work on depression in women, how are you tackling some of these challenges?

Women are vulnerable to developing mood disorders, especially in response to reproductive-related events, like puberty, pregnancy, and perimenopause. At Prentice Women's Hospital, we have implemented a psychiatric collaborative care program so that patients can go to their OB/GYN's office and then walk down the hall and receive mental health care. We have developed effective models of identification and treatment for women across the lifecycle. We recognize the critical role of fathers and partners and have a clinic to address their needs.

What does the future hold for the research and treatment of mood disorders?

In the next 20 years, I see more interdisciplinary work between psychiatry, neurology, OB/GYN, and other disciplines as the key to better treatments. I predict that we'll move toward more aggressive study and use of

biological markers obtained from blood and cerebrospinal fluid, as well as MRIs of brain function, to guide selection of the most effective treatment for the individual patient. Treatments such as bright light therapy and circadian rhythm treatments, behavioral interventions, and immunotherapy hold promise for therapeutic advances.

How does philanthropy attract leaders such as yourself to Northwestern?

The wonderful resources provided by donors have allowed me to successfully recruit very good faculty to build a robust program. Philanthropy also has funded innovative pilot studies that are generally not supported by external sources. From the two faculty members I brought with me six years ago, we now have 12 faculty members conducting a significant number of prominent research projects.

Congratulations to...

William R. Green, '73 MD, Walter W. Huurman, '62 MD, John B. Nanninga, '63 MD, '70 GME, and Roger E. Sheldon, '68 MD, for their membership in four out of our six Nathan Smith Davis Giving Society groups! Drs. Green, Huurman, Nanninga, and Sheldon are each members of the Davis Society-NULC, Lifetime Giving Society, Henry and Emma Rogers Society, and Service Society. Thank you for your outstanding commitment to the medical school!

Benefits of Membership in Nathan Smith Davis Society

- Annual cocktail reception
- Dedicated Feinberg staff liaison
- Early bird registration to special events throughout the year
- Davis Society-NULC Members (\$1,000 or more given in a fiscal year) also receive the annual benefits of Northwestern University Leadership Circle
- Rogers Society members also receive the benefits of the Henry and Emma Rogers Society

You have invested in our shared mission to improve health worldwide.

Thank you.

WE WILL.

The Campaign for Northwestern Medicine

For more information about the Nathan Smith Davis Society, please contact Sarah Kalsbeek at 312-503-3459 or s-kalsbeek@northwestern.edu.

For information on the benefits of membership in the Nathan Smith Davis Society, please visit feinberg.northwestern.edu/nsds.

If you do not wish to receive fundraising materials from Northwestern University Feinberg School of Medicine, please call 312-503-8933.

