

NEWS RELEASES 2005

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Season**

December 21, 2005

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Indiana's 2005
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Breakthroughs in
Medicine**

December 15, 2005

**New national
center to
investigate sugar's
role in alcoholism,
cancer**

December 15, 2005

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Diversity Week**

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**Gender Plays Role
in Religious
Sensitivity For
Medical Students**

December 14, 2005

**This Week on
Sound Medicine:
Self Funded
Medical Research,
Changes in
Anesthesiology,
and The Patient
From Hell**

December 14, 2005

**Clinical Trial For
Prostate Cancer
Uses Ultrasound
Technology**

December 22, 2005

Give the Gift of Sight This Holiday Season

INDIANAPOLIS — This year, the gift to give is the gift of sight. The EyeCare America Seniors EyeCare Program may be the best gift a person can receive.

"By age 65, one in three Americans has some form of vision impairing disease," said Yara Catoira, M.D., assistant professor of clinical ophthalmology at Indiana University School of Medicine. "Unfortunately, many are not aware they have an eye disease, or believe their poor vision is a natural part of the aging process. We need to reach seniors with the message that proper eye care is a significant component of their overall health.

"EyeCare America bridges the gap between the senior community and the quality eye care they need. By increasing awareness of eye disease and its risk factors and connecting more people with exams and medical treatment, this program works to reduce preventable blindness in the U.S. thereby allowing our seniors to live more fulfilling and rewarding lives," said Dr. Catoira.

All U.S. citizens or legal residents, age 65 and over, who have not seen an ophthalmologist in three or more years, may be eligible for a referral by calling the helpline at 800-222-EYES (3937). This year-round program will match callers with an ophthalmologist in their area who will provide a comprehensive medical eye examination and up to one year of care for any disease diagnosed during the initial visit.

In Indiana, 149 volunteer ophthalmologists participate in the program. Those doctors have agreed to accept Medicare or other insurance as payment in full, resulting in no out-of-pocket expense to the patient. Seniors without insurance receive care at no charge.

The program, co-sponsored by the Knights Templar Eye Foundation, Inc. and Alcon, began nationwide in 1986. Since that time, 7,778 people from Indiana have been served through EyeCare America, a public service foundation of the American Academy of Ophthalmology.

(EyeCare America's program manager, Gail Nyman-York, can be reached at 415-561-8520, or by emailing gnyman-york@aao.org. Additional information is available at www.eyecareamerica.org.)

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December 12, 2005

Effective Hospital
Patient "Handoffs"
Require Better
Training for
Physicians

December 9, 2005

Medical School
Dean Named Vice
President of Life
Sciences at IU

December 7, 2005

This Week on
Sound Medicine;
Sleeping Pills in
America, Brain Re-
mapping, and the
Eugenics
Encyclopedia

December 6, 2005

Team Care More
Cost-effective Than
Usual Care for
Depression

November 30, 2005

World AIDS Day:
IU Takes Aim at
HIV/AIDS

November 29, 2005

Topics for This
Week's *Sound
Medicine* Include:
FDA
recommendations
on the Morning
After Pill, Impact of
Obesity on
Children, and a
Black Box Warning
for Strattera

November 28, 2005

Local Nurse Leader
Elected to
International Honor
Society

November 28, 2005

Father of
Echocardiography
Honored by Peers

November 22, 2005
General Assembly
Is Resolute in
Honoring IU
Cancer Physicians

November 22, 2005
Sidner Receives
Elwert Award in
Medicine

November 22, 2005
This Week On
Sound Medicine: IU/
Kenya Partnership
Update for World
AIDS Day; A
Resident's
Experience with
Kenya's AIDS
Orphans; The
Effect of Sleep
Deprivation on
Medical Student
Performance

November 21, 2005
Lemons Named
March of Dimes
2005 Medical
Honoree

November 21, 2005
Mark Kelley to
Serve as Associate
Director of Basic
Research at IU
Cancer Center

November 21, 2005
Elkas named
associate dean of
development for IU
School of Medicine

November 21, 2005
America's Top
Docs Recognizes
50 Indianapolis

Physicians

November 17, 2005

Former State
Health
Commissioner to
Direct
Developmental
Pediatrics at Riley
Hospital

November 16, 2005

Sound Medicine
Topics Include the
Future of Cox-2
Inhibitors, Adult
Vaccines, and
Antibiotic Resistant
Bacteria

November 10, 2005

Mathur Honored by
American College
of Chest Physicians

November 8, 2005

Sound Medicine
Topics Include
Accutane and the
FDA, Medicine In
the Workplace, and
When a Doctor
Apologizes

November 7, 2005

Autism Across The
Lifespan Focus of
Riley Hospital
Conference

November 7, 2005

ADHD Medication
May Be Effective in
Treatment of
Hyperactivity in
Autism

November 1, 2005

This Week on
Sound Medicine –
Flu Precautions,
Face Transplants,
and the Link

Between Exercise
and Our Brains

November 1, 2005

Lung-Sparing
Treatment For
Cancer Proving
Effective

October 31, 2005

Groundbreaking
Marks Giant Step
Toward School of
Medicine's
Research Goals

October 27, 2005

Lance Armstrong
Foundation
Establishes
Endowed Chair in
Oncology at
Indiana University

October 26, 2005

Fourth-year
Medical Student at
IU Dies

October 26, 2005

The I-WIN
Foundation, West
Nile Virus and
Transplants, Why
Breast Cancer
Returns, and
Monster Disorders
-- All on This
Week's *Sound
Medicine*

October 24, 2005

Indiana University
School of Medicine-
South Bend and
Notre Dame to
Dedicate Joint
Project

October 21, 2005

Riley Hospital
Surgeons Perform
Three Consecutive

Pediatric Heart Transplants

October 21, 2005

On This Week's
Sound Medicine:
Avian Flu, 100th
Anniversary of
Methodist Hospital,
Reclaiming Unused
AIDS Drugs and
Brain Injuries in
Iraq Vets

October 18, 2005

Columbia
University
Biochemist
Presents Beering
Lecture at IU
School of Medicine

October 18, 2005

Foroud Honored
For Genetics
Research With
Named
Professorship

October 14, 2005

Miyamoto To Lead
American Academy
of Otolaryngology

October 13, 2005

IU School of
Medicine Students'
Health Fair Serves
Indy's Underserved

October 13, 2005

Riley Hospital
Cardiologists
Produce, Share
Unique Teaching
DVD

October 12, 2005

On This Week's
Sound Medicine:
Domestic Violence,
Alternative
Medicine, and The

President's Fitness

October 6, 2005

This Week's Sound
Medicine Topics
Include: the CDC
Flu Outlook and
Recent Advances/
Changes in the
Field of Breast
Cancer

October 5, 2005

Bogdewic
Promoted to
Advance Faculty at
Medical School

October 4, 2005

Low-Cost
Alternative Drugs
Can Help Patients
With Problems
Controlling Blood
Pressure

October 3, 2005

Examining How
Medicine is Taught:
Reading and
Changing the
Culture

**September 29,
2005**

Glaucoma Study
Compares
Medication With
Laser Treatments

**September 28,
2005**

Genes, Drugs and
Breast Cancer
Basis of \$12 Million
Pharmacogenetics
Study

**September 28,
2005**

Abonour named to
new clinical
research position

**September 27,
2005**

This Week on
Sound Medicine;
New NIH
Guidelines and
Pesticide Testing,
Treatment for
Glaucoma, and a
West Nile Virus
Update

**September 22,
2005**

Expansion Will
Keep IU Cancer
Center at Forefront
of Care for Patients
and Families

**September 21,
2005**

On This Week's
Sound Medicine:
Indiana's Medicare
Drug Program,
Pancreatic Cancer,
and Questions
Women Under 40
Should Ask Their
Doctors

**September 15,
2005**

This Week on
Sound Medicine:
An Update on
Hurricane Katrina
Evacuees in
Indiana, A Possible
Link Between
Gingivitis and Heart
Disease, Smoking
Cessation Programs

**September 13,
2005**

INHealthConnect:
IU Medical
Librarians Link
Hoosiers With
Localized Health
Care Resources

September 12, 2005

Doctor Running Across Indiana to Bring Hope to Patients with Rare Cancer, Indiana University Cancer Center

September 8, 2005

Sound Medicine

Topics for this Week Include: Hurricane Katrina Special Report, a New Technique for Lung Cancer, and Deep Brain Stimulation

September 8, 2005

IU Cancer Center, Clarian Health Partners Specialists Recognized As 'Top Docs'

September 8, 2005

Medical Students Pitch In to Southside Home Repair Project

September 2, 2005

On this Week's *Sound Medicine*: Stem Cell Research in Indiana, "Return to Wellness" and Daycare for Sick Kids

August 24, 2005

This Week, *Sound Medicine* Guests Discuss Trouble in Cardiology, InShape Indiana – a New Statewide Health Initiative, and Nurses House

August 17, 2005

On This Week's
Sound Medicine:
Consumer Demand
for Advertised
Drugs; the
Emotional Health of
Children with Ill
Siblings; New
Therapy to Reverse
Brain Trauma

August 14, 2005

Parents, Teens
Equally Favor
Vaccination for
Curable and Fatal
STDs

August 12, 2005

This Week on
Sound Medicine: a
Vaccine for
Shingles, Pediatric
Hospitals, and a
Visit to the "Body
Worlds" Exhibit

August 12, 2005

Ceremony Marks
Start of Training To
Become Doctors

August 4, 2005

Wake Forest
Physician to Lead
IU Anesthesiology
Department

August 4, 2005

Mental Healthcare
Disparities and a
Visit to the Indiana
Black Expo Health
Fair

August 3, 2005

Indiana University
School of Medicine
Opens Two Lung
Cancer Clinical
Trials

July 29, 2005

Sound Medicine

Topics Include Kids
with Type II
Diabetes, Diabetes
Triggers, and
Recycling AIDS
Drugs

July 25, 2005

Volunteers Needed
For Inhaled Insulin
Study

July 22, 2005

Sound Medicine

this Week:

Generational
Differences toward
Personal Health
Care and
Shortages of Bone
Marrow Donors in
Minority Populations

July 19, 2005

IU Med Students
Placed in Family
Medicine Clerkships

July 14, 2005

This Week on
Sound Medicine:
Second-hand
Smoke & Kids,
Botox & Cerebral
Palsy, Grading MDs

July 8, 2005

Computers: Poor
Placement Does
Not Compute In
Medical Exam
Rooms

July 8, 2005

Clarian Hospitals
Only Indiana
Programs Ranked
By US News &
World Report

July 8, 2005

This Week On
Sound Medicine:
Pediatric
Melanoma, The
Artificial Spinal
Disc, and the
Vegan Diet

July 7, 2005
Device May Give
Some Emphysema
Patients Breathing
Room

July 6, 2005
Rudolph Navari to
lead IU School of
Medicine - South
Bend

July 1, 2005
This Week on
Sound Medicine:
Prostate Cancer
Mobile Screening
Unit and Future
Treatment of Cat
Allergies

June 24, 2005
This Week on
Sound Medicine:
The Future of
Family Medicine

June 23, 2005
Look to the Future:
Preparing for Baby
Boomer Dementia
Epidemic

June 16, 2005
This Week on
Sound Medicine:
Screenings for
Abdominal Aortic
Aneurysms and
Advice for Healthy
Traveling

June 9, 2005
Media Violence
Linked To

Concentration, Self-Control

June 8, 2005

This Week's *Sound Medicine* Topics:
Repairing Damaged Muscle from Heart Attacks and The Benefits of Swimming:

June 2, 2005

This Week's *Sound Medicine* to Look at a New Meningitis Vaccine and the Placebo Effect

June 2, 2005

Weaver Named Emergency Medicine's National Teacher of the Year

June 1, 2005

Rescorla Named Pediatric Surgery Chief

June 1, 2005

Colorectal Cancer Study Seeks Healthy Participants

May 27, 2005

This Weekend on *Sound Medicine*: the Ethics of Organ Donations from Condemned Prisoners, Hearing Loss, and Protecting Our Skin from the Sun

May 26, 2005

Self-Control May Be Affected By Violent Media Exposure

May 24, 2005

Study of
Compassionate
Care

May 20, 2005

This Week on
Sound Medicine:
New Guidelines for
Stem Cell
Research and a
New Breast Cancer
Drug

May 16, 2005

Advanced Breast
Cancer Drug
Appears Effective
On Multiple Targets

May 13, 2005

“Why A Potentially
Lifesaving Drug for
Stroke Victims Isn’t
Being Used”
Featured on *Sound
Medicine*

May 11, 2005

Younger is Better
When Implanting
Cochlear Implants,
IU Study Finds

May 9, 2005

Asthma Research
Earns IU Renewed
Support

May 6, 2005

This Week on
Sound Medicine:
Awareness in Brain
Damaged Patients;
Recovery from
Traumatic Brain
Injury; and When is
a Doctor Too Old?
Or Too Young?

May 4, 2005

Child Safety
Champs
Commended for

Work

May 2, 2005

Huntington's
Disease Program
Cited As Center of
Excellence

April 29, 2005

Esophagus
Disease: A
Different Pill to
Swallow

April 28, 2005

On this week's
Sound Medicine, a
New Treatment for
Paralysis and
Options for
Pregnant Women
Suffering from
Addiction

April 27, 2005

Math Master Beat
Odds to Succeed;
Now Encourages
Minorities

April 27, 2005

Medical Students
Receive Research
Scholarships

April 26, 2005

Applegate Named
Fellow of American
College of
Radiology

April 26, 2005

Docs and Stocks:
Students Earn MDs
and MBAs

April 26, 2005

Rita Hayworth
Award Honors IU
Alzheimer
Researcher

April 25, 2005

Running Dads,
Kids Promote
Prostate Cancer
Research

April 21, 2005

Sound Medicine

Topics Include the
Decrease of HIV/
AIDS in U.S.
Infants and the
Ineffectiveness of
School Smoking
Cessation Programs

April 21, 2005

Blood in Kids' Urine
Common, Still
Requires Monitoring

April 20, 2005

'The State of
Mental Health and
Addiction' Explores
Research,
Treatment

April 19, 2005

Virtual
Colonoscopy:
Virtually Promising

April 19, 2005

Sound Medicine

First Health-Talk
Public Radio
Program to Podcast

April 19, 2005

IU Team Takes
Aim at Curbing
Hoosier Violence

April 18, 2005

Women's Center to
Coordinate Local
Health Promotion
Event

April 14, 2005

Purdue licenses
paralysis treatment
to Indiana-based

Andara Life
Science Inc.

April 14, 2005

Sound Medicine to
Feature Special
Sound Ethics
Program on End-of-
Life Decisions

April 14, 2005

Medical Journal
Editors Condemn
Ghostwriting

April 12, 2005

Study Seeks Most
Effective Treatment
for Epileptic
Seizures

April 11, 2005

1,000 'Friends'
Needed During
Race For The Cure

April 7, 2005

Medical Degrees to
be Conferred on
Mother's Day

April 5, 2005

Riley Sleep Clinic
Gets National Nod
of Approval

April 5, 2005

Sound Medicine
Topics Include
Stress-related
Aging and a New
Form of Minimally
Invasive Breast
Biopsy

April 4, 2005

It Takes A Village
To Improve the
Health of Children

April 1, 2005

Broad range of IU
graduate programs

ranked by U.S.
News

March 31, 2005

Sound Medicine to
Feature New State
Health
Commissioner and
High School
Steroid Use

March 31, 2005

Med Students'
Community Project
Nets National
Honors

March 31, 2005

Med Students
Poised to 'Doctor'
Inner-City Houses

March 30, 2005

Former Faculty to
be Feted at Medical
Meeting

March 28, 2005

IU Researchers
Closer to Helping
Hearing-Impaired
Using Stem Cells

March 24, 2005

Sound Medicine to
Focus on Issues
Involving U.S.
Healthcare System

March 22, 2005

IU Scientist
Recognized For
Neuropsychiatric
Research

March 21, 2005

Center to Increase
Services to
Hispanic Women,
Families

March 17, 2005

Matchmaker,

Matchmaker Find
Me a Doc

March 17, 2005

Sound Medicine
Looks at a New
Form of
Mammography,
Depression and the
CEO

March 15, 2005

Determining the
Fate of Cells in the
Human Body

March 15, 2005

Riley Autism
Program Trains
Teachers to Help
Youngsters

March 14, 2005

Treating
Depression Helps
Slow Physical
Decline in Older
Adults, Study
Shows

March 14, 2005

Zhang to Lead
Biochem, Molecular
Biology Department

March 10, 2005

Sound Medicine
Topics Include
Infant Cord Blood
and Psychotropic
Drugs

March 9, 2005

Honor Society
Prepped to
Welcome New
Members

March 7, 2005

Students Take to
Stage to Help City's
Homeless, Poor

March 7, 2005

Portable System
Offers Dialysis
Patients 'Liberating'
Changes

March 7, 2005

Riley Cardiologist
Named a
Sagamore of the
Wabash

March 7, 2005

Hendrie Earns Peer
Recognition for
Geriatric Psychiatry
Research

March 3, 2005

School-Based
Smoking
Prevention
Programs
Ineffective

March 2, 2005

On This Week's
Sound Medicine:
Medical Stories
from the Tsunami
Relief Effort and
the Front Lines of
Iraq

March 2, 2005

Family Medicine
Chair Saluted by
State Health
Agency

February 28, 2005

Not Just Talk:
Seminar Gives
High School
Science Students
Hands-on Lab
Experience

February 23, 2005

Sound Medicine to
Feature New
Surgery Safety
Protocols, Tour of
Life Sciences

Startup Company

February 17, 2005

Cox-2 Inhibitors,
Tamoxifen Side
Effects Among This
Week's *Sound
Medicine* Topics

February 17, 2005

Sisters Mending
After Facial
Reconstructive
Surgeries

February 14, 2005

Cancer Center
Offers Summer
Research
Internships

February 10, 2005

This Week's *Sound
Medicine* Topics
Include Bipolar
Disorder, Heart
Disease

February 7, 2005

Risk Factors Affect
Parents' Attitudes
About STD
Vaccinations

February 7, 2005

Book Aids Families
of Children with HIV

February 2, 2005

Inflammatory Cells
Highly Promising
Target in NF 1

February 2, 2005

Tuberculosis
Outbreaks and
RSV Among this
Week's *Sound
Medicine* Topics

January 27, 2005

IU Scientists'
Research Success

**Puts Indiana in
New Stem Cell
Business**

January 27, 2005
IU Geriatrics
Programs Garner
National
Recognition

January 26, 2005
Sound Medicine to
Discuss Hospital
Ethics Committees

January 25, 2005
IU Clinic Addresses
Extra Needs of
Cancer Patients,
Families

January 24, 2005
Romance,
Responsibility and
Baby-Maybe
Options

January 20, 2005
Patients Sought
For Alzheimer's
Disease Clinical
Trials

January 19, 2005
Common
Antidepressants
Lower Effects of
Tamoxifen in Many
Women

January 19, 2005
Special Sound
Medicine Program
in Honor of IU
School of Medicine
Life Sciences Week

January 17, 2005
New Genetic
Mutation Linked To
Parkinson's Disease

January 17, 2005

IU Medicine Dean
Named to Olympic
Ethics Committee

January 13, 2005
Sound Medicine to
Feature Heart Scan
Pros and Cons,
Medical Maggots
and Medical Heroes

January 12, 2005
State Museum
Exhibit Highlights
IU Life Sciences
Week

January 11, 2005
Baby Talk: Infants
Have Much To Say
If Adults Will Only
Listen

January 10, 2005
Spinal Cord Injury
Patients Show
Improvement In
Early Device Study

January 6, 2005
Mini Medical
School: Of Mice,
Men and
Frankenstein

January 6, 2005
Sound Medicine to
look at Hospital
Medication Errors,
Breast Cancer
Support Groups,
and Hyponatremia

January 5, 2005
Diversity the Right
Rx to Serve
Medically
Underserved

January 4, 2005
Study Reveals High
Infection Rate in
Teens For Virus

Linked to Cervical
Cancer

December 22, 2005

Give the Gift of Sight This Holiday Season

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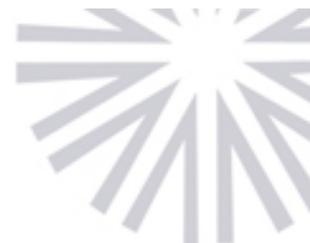
The program, co-sponsored by the Knights Templar Eye Foundation, Inc. and Alcon, began nationwide in 1986. Since that time, 7,778 people from Indiana have been served through EyeCare America, a public service foundation of the American Academy of Ophthalmology.

(EyeCare America's program manager, Gail Nyman-York, can be reached at 415-561-8520, or by emailing gnyman-york@aao.org. Additional information is available at www.eyecareamerica.org.)

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December 21, 2005

This Week on Sound Medicine: Indiana's 2005 Technological Breakthroughs in Medicine

INDIANAPOLIS — This weekend, December 24 and 25, Sound Medicine revisits interviews on some of the technological breakthroughs that either have happened or are about to happen in the practice of medicine here in Indiana.

First, Clark Springs, MD and Larry Thibos, PhD, explain how the adaptive optics and “wavefront” technology first developed in the space program are being used by visual researchers and ophthalmologists to improve eye diagnosis and the LASIK laser surgery. Dr. Springs is an assistant professor of clinical ophthalmology at the IU School of Medicine and Dr. Thibos is professor at the IU School of Optometry in Bloomington.

David Nolte, PhD, discusses a technology that uses a specially engineered CD instead of a test tube for blood tests. Dr. David Nolte is professor of physics at Purdue University's School of Science.

And for new medical technology already in use, we go back to a story by Sound Medicine's Meghan Freeman on a new device that is changing the way kidney dialysis is managed.

A study published this month in the Proceedings of the National Academy of Sciences found that when it comes to cochlear implants, earlier is better. Sound Medicine producer Nora Hiatt met a family in which not one, but two of the children are growing up with cochlear implants.

Sound Medicine contributor and essayist Eric Metcalf tells us of a medical “condition” that's being blamed on over-use of the popular blackberry.

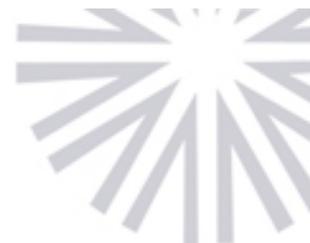
The program is hosted by Barbara Lewis. This week's co-host is Kathy Miller, MD.

Archived editions of Sound Medicine, as well as other helpful health information, can be found at soundmedicine.iu.edu.

###

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December 15, 2005

New national center to investigate sugar's role in alcoholism, cancer

BLOOMINGTON — The National Institutes of Health announced today (Dec. 15) it will provide Indiana University Bloomington chemist Milos V. Novotny and colleagues in the Department of Chemistry, the School of Medicine and the School of Informatics with \$3.2 million over three years to establish a new National Center for Glycomics and Glycoproteomics. The NIH award adds to an existing \$2 million grant in support of IUB glycomics research from the Indiana 21st Century Research and Technology Fund.

If all of this sounds pretty sweet, it's because sugar is involved. Many of Novotny's ongoing research projects investigate the attachment of sugars to large molecules inside the human body. These sugars perform a variety of functions. Some sugar chains add functionality to biological molecules or act as "tags" that put the body's immune system at ease. Other sugar chains even appear to play a role in alcoholism and some types of cancer.

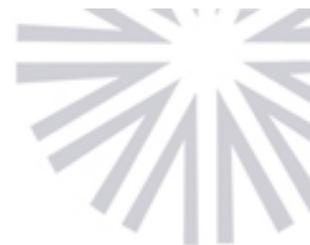
Glycomics is the general study of these sugar chains, while glycoproteomics examines differences in the way these sugar chains are attached to proteins.

Center staff will develop new technologies that improve the ability of scientists to investigate biological sugars, allowing a better understanding of sugar biology. Staff will also facilitate collaborative investigations of glycoprotein markers associated with cancer and alcoholism, endocrinology-centered studies including fertilization, and comparative research involving plants and animals.

The NIH grant is part of an \$18.2 million initiative by the National Center for Research Resources to create two "resource centers" for new biomedical technology. The IUB resource center will be more basic research-oriented, taking advantage of IU Bloomington's strengths in analytical chemistry, biochemistry, proteomics, glycomics and glycoproteomics. The other \$15 million will go to Brigham and Women's Hospital of Boston to establish a medical research and treatment center that specializes in medical imaging. NCCR is part of the National Institutes of Health.

Novotny is a distinguished professor of chemistry and holds the Lilly Chemistry Alumni Chair at IUB. Co-investigators include David Clemmer, James Reilly, Steve Jacobson, Randy Arnold and Yehia Mechref (IUB Department of Chemistry), Haixu Tang (IU School of Informatics) and Robert Hickey and Meei-Huey Jeng (IU School of Medicine). Collaborators include Linda Malkas, William McBride and J.-T. Zhang (IU School of Medicine), Thomas Kaufman (IUB Department of Biology), Karel Bezouska (Charles University, Prague, Czech Republic) and P. Pahlsson (University Hospital, Linköping University, Sweden).

To speak with Novotny and other center researchers, please contact David Bricker, IU Media Relations, at 812-856-9035 or brickerd@indiana.edu.



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December 15, 2005

Health-care disparities focus of Diversity Week

INDIANAPOLIS — Health-care disparities, a growing problem in minority communities nationwide, will be in the spotlight during the Indiana University School of Medicine Diversity Week activities, Jan. 15-20.

Speakers will discuss current issues as well as propose solutions to be integrated in health-care training and delivery. Presentations will begin each day at noon in the Emerson Hall auditorium, 345 Barnhill Drive, on the campus of Indiana University-Purdue University Indianapolis. All sessions are open to the public as space allows. Lunch will be provided.

Schedule of Speakers:

- Tuesday, Jan. 17 “Health Care Disparities for Women”
Haywood Brown, MD, chair, Duke University
Department of OB/GYN
- Wednesday, Jan. 18 “Medical Injustice”
America Baracho, MD, Los Angeles Latino
community leader
- Thursday, Jan. 19 “Access to Health Care”
Sandra Gadson, MD, president, National Medical
- Friday, Jan. 20 “Access to Health Care – A Patient’s Perspective”
Kem Moore, HIV/AIDS activist

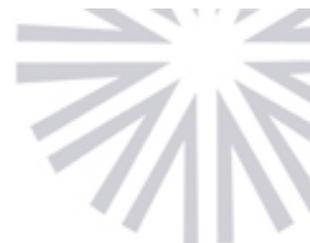
The week begins with the IUPUI 36th Annual Martin Luther King, Jr. Dinner Sunday, Jan. 15, in the ballroom at the Indianapolis Marriott Hotel-Downtown. The keynote speaker will be Dr. Mae C. Jemison, MD, the first African-American woman astronaut. For more information or to purchase tickets call 317-274-3931, or go to http://life.iupui.edu/culture/mlk_dinner.asp.

Diversity Week was launched at the IU School of Medicine four years ago. It is traditionally held during the week of Dr. Martin Luther King’s birthday, in honor of his legacy.

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December 14, 2005

Gender Plays Role in Religious Sensitivity For Medical Students

INDIANAPOLIS — Can sensitivity to the role religion plays in a patient's life positively affect physician bedside manner and care of the patient? Yes, for female physicians in training; no, for male physicians in training, according to a research letter published in the December issue of the *Southern Medical Journal*.

"Research has shown that patients want their physicians to be aware of their religious beliefs, values, and needs and to discuss religious issues with them, especially if they are preparing for death. At the same time, studies have documented physician avoidance of religious discussions due to discomfort and lack of training," said senior author Douglas Miller, M.D., professor of medicine at the Indiana University School of Medicine. "Other research suggests that medical students exposed to religion during medical training display more empathy and positive attitudes toward religion in the clinic.

"Our study found that religious awareness training improves medical student interpersonal behavior, but the effect is moderated by gender," said Dr. Miller, who also is a research scientist at the Regenstrief Institute, Inc. and the Indiana University Center for Aging Research.

Dr. Miller and co-authors John T. Chibnall, Ph.D., and Mary Ann Cook, Ph.D., report that female medical students who received religious awareness training in addition to communications training demonstrated superior interpersonal skills relative to those who received communications training only. No similar effect was found in male medical students.

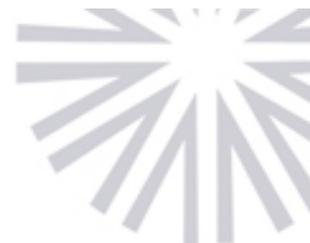
The findings were published in a research letter rather than as a research study due to the preliminary nature of the data and the small sample size.

Twelve medical students received patient supportiveness training and 15 medical students received supportiveness training plus religious awareness training. The study hypotheses and difference in training were not explained to the students, and they were unaware that the subsequent simulated patient interaction was related at all to religious awareness training.

HOPE, a teaching methodology that integrates spiritual assessment into patient interviews, was used to train the future physicians in spiritual and religious sensitivity. HOPE training is designed to assist physicians in comprehending the effects of a patient's spiritual and religious beliefs on medical care and end-of-life issues (hope, organized religion, personal spirituality, and effects on medical care).

The researchers want to expand the research to determine why the impact of training designed to the support patients' spiritual and religious needs differs in male and female medical students.

"Is this gender disparity related to cultural norms, the same norms that look down upon a male who cries in



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public? Or are women better communicators? Also, since both the communications trainer and the simulated patient were female, could the gender of these professionals have affected the outcome? We don't know the answers to these questions, but we want to find out," said Dr. Miller. "We are trying to train students to be nonjudgmental and supportive physicians. Increased spiritual and religious sensitivity may enable them to better understand and thus better care for their patients throughout their lives, especially when facing end-of-life decisions."

Dr. Chibnall is from the Department of Psychiatry at Saint Louis University School of Medicine; Dr. Cook is from JVC Radiology and Medical Analysis LLC, both of St. Louis, Mo. This study was supported by the Lutheran Foundation, and the Marchetti Jesuit Endowment at Saint Louis University.

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December 14, 2005

This Week on *Sound Medicine*: Self Funded Medical Research, Changes in Anesthesiology, and The Patient From Hell

INDIANAPOLIS — This weekend (December 17 and 18) *Sound Medicine* guests include Fred and Vicki Modell, founders of the Jeffrey Modell Foundation, a private organization that raises funds for and awareness of primary immunodeficiency diseases. The Modells will be discussing how, following the death of their son due to primary immunodeficiency disease, they started the foundation which funds research and clinical trials.

Robert Stoelting, MD, will be talking about the shift in anesthesiology practices to focus on patient safety. Dr. Stoelting leads the Anesthesia Patient Safety Foundation, which is located in Indianapolis. He is also the retired chairman of the anesthesiology department of the Indiana University School of Medicine.

Stephen Schneider, PhD, author of "The Patient from Hell: How I Worked with My Doctors to Get the Best of Modern Medicine and How You Can Too," will be explaining how he worked with his doctors to fight his cancer. Dr. Stephen Schneider is a professor of biological science and co-director of the Center for Environmental Science and Policy at Stanford University.

Sound Medicine is hosted by Barbara Lewis. This week's co hosts are Kathy Miller, MD, David Crabb, MD, and Stephen Bogdewic, Ph.D.

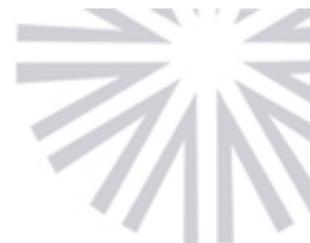
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at www.soundmedicine.iu.edu/.



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December 14, 2005

Clinical Trial For Prostate Cancer Uses Ultrasound Technology

INDIANAPOLIS — A minimally invasive procedure using sound waves to destroy the tissue of the prostate gland is being tested for men with recurrent prostate cancer at the Indiana University School of Medicine.

The clinical trial utilizes High Intensity Focused Ultrasound administered by the Sonablate® 500 to destroy the targeted tissue of the prostate gland without affecting surrounding healthy tissue. Tissue in the prostate gland is rapidly heated in a matter of seconds by delivering HIFU energy with an ultrasound probe. The treatment usually is performed as an outpatient procedure.

Principal investigators of the study at the IU School of Medicine are Michael Koch, M.D., professor and chairman of the Department of Urology, and Thomas A. Gardner, M.D., associate professor of urology.

Participants in the study must be between 40 and 80 years of age and have previously had radiation or brachytherapy to treat prostate cancer. To qualify participants must also have cancer stage T1 or T2 confined to the prostate gland and have a Gleason score of less than or equal to 7.

For more information about the clinical trial, contact the IU Department of Urology at 317-278-3434, or see www.ushifu.com/trials.asp.

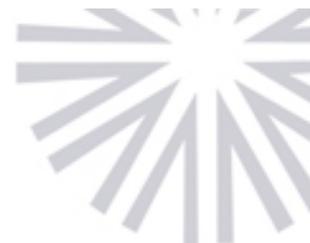
The study is sponsored by Focus Surgery, Inc.

The American Cancer Society estimates that more than 230,000 new cases of prostate cancer are diagnosed in the United States each year and that 30,000 men die from the disease annually.

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December 22, 2005

Give the Gift of Sight This Holiday Season

INDIANAPOLIS — This year, the gift to give is the gift of sight. The EyeCare America Seniors EyeCare Program may be the best gift a person can receive.

"By age 65, one in three Americans has some form of vision impairing disease," said Yara Catoira, M.D., assistant professor of clinical ophthalmology at Indiana University School of Medicine. "Unfortunately, many are not aware they have an eye disease, or believe their poor vision is a natural part of the aging process. We need to reach seniors with the message that proper eye care is a significant component of their overall health.

"EyeCare America bridges the gap between the senior community and the quality eye care they need. By increasing awareness of eye disease and its risk factors and connecting more people with exams and medical treatment, this program works to reduce preventable blindness in the U.S. thereby allowing our seniors to live more fulfilling and rewarding lives," said Dr. Catoira.

All U.S. citizens or legal residents, age 65 and over, who have not seen an ophthalmologist in three or more years, may be eligible for a referral by calling the helpline at 800-222-EYES (3937). This year-round program will match callers with an ophthalmologist in their area who will provide a comprehensive medical eye examination and up to one year of care for any disease diagnosed during the initial visit.

In Indiana, 149 volunteer ophthalmologists participate in the program. Those doctors have agreed to accept Medicare or other insurance as payment in full, resulting in no out-of-pocket expense to the patient. Seniors without insurance receive care at no charge.

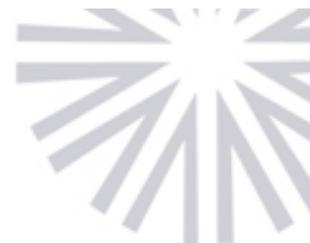
The program, co-sponsored by the Knights Templar Eye Foundation, Inc. and Alcon, began nationwide in 1986. Since that time, 7,778 people from Indiana have been served through EyeCare America, a public service foundation of the American Academy of Ophthalmology.

(EyeCare America's program manager, Gail Nyman-York, can be reached at 415-561-8520, or by emailing gnyman-york@aao.org. Additional information is available at www.eyecareamerica.org.)

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December 12, 2005

Effective Hospital Patient "Handoffs" Require Better Training for Physicians

INDIANAPOLIS — A study in the December issue of *Academic Medicine* asks: what happens when a hospital patient's physician goes off duty and another physician assumes responsibility for the patient?

The answer: An efficient and safe patient handoff often does not occur, probably because physicians, unlike air traffic controllers and others who perform vital handoffs, do not receive adequate training in how to communicate during these transfers of responsibility and across different information systems.

The solution: Teach physicians the handoff process using a model based on principles of adult learning, effective feedback and clinical experience.

Poor communication in medical practice is one of the most common causes of medical errors, according to the study's senior author, Richard M. Frankel, Ph. D., professor of medicine at the Indiana University School of Medicine, and a research scientist at the Health Services Research and Development Center on Implementing Evidence-Based Practice, Richard L. Roudebush Veterans Affairs Medical Center and the Regenstrief Institute, Inc.

"Our study poses two very basic questions. First we asked: 'Can we afford to spend the time, effort, and dollars involved in additional training of physicians? And then we asked: Can we afford not to?' said Dr. Frankel.

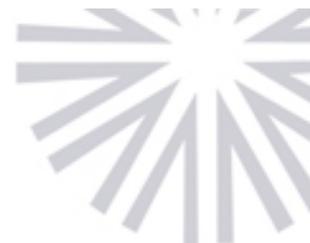
A precise patient handoff from one physician to the next is critical to patient safety and care, said Dr. Frankel, a medical sociologist who studies physician communication.

"The safest method of transferring responsibility for a patient is a face-to-face handoff in which the physician going off duty talks directly with the physician coming on duty," Dr. Frankel said.

"Computerized medical records can facilitate face-to-face handoffs. Body language and other crucial factors are lost when the handoff is done over the phone and a written handoff may be difficult to read -- doctors have notoriously poor penmanship -- errors especially in numbers or decimal places are easy to make, and written notes are open to misinterpretation or misplacement."

Co-authors of *Lost in Translation: Challenges and Opportunities in Physician-to-Physician Communication During Patient Handoffs* are Darrell J. Solet, M.D., J. Michael Norvell, M.D., and Gale H. Rutan, M.D., M.P. H.. The study was funded in part by the Health Services Research and Development Center on Implementing Evidence-Based Practice, Richard L. Roudebush Veterans Affairs Medical Center.

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December 9, 2005

Medical School Dean Named Vice President of Life Sciences at IU

INDIANAPOLIS — The Indiana University Board of Trustees on Friday expanded the responsibilities of IU School of Medicine Dean D. Craig Brater, M. D. As of Jan. 1, he also will serve as the vice president for life sciences, a newly created position at IU.

The appointment was made on the recommendation of IU President Adam W. Herbert, who has made strengthening and developing the life sciences at IU and across the state a top priority of his presidency.

"The life sciences area is now our highest university priority," Herbert told trustees at the monthly board meeting in Indianapolis. "Its overall leader, strategic thinker and spokesperson should be a senior officer of the institution."

Dr. Brater's new responsibilities will include coordinating the university's life sciences strategic plan in collaboration with the dean of the College of Arts and Sciences at IU Bloomington, the vice president for research and the chancellor of Indiana University-Purdue University Indianapolis.

"IU has established some very aggressive goals for the life sciences, and these goals will require more collaboration than ever before between scientists in our basic research laboratories in Bloomington and basic and medical researchers at the School of Medicine in Indianapolis," Dr. Brater said. "One of my goals will be to leverage these assets in such a way as to make IU one of the top medical research centers in the nation."

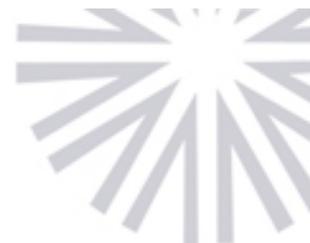
His responsibilities also will include working with university lobbyists to represent IU's life science interests within the Statehouse, in Washington and with potential private sector partners; serving as the primary liaison in health-related matters with Clarian Health Partners and representing IU with other life science organizations in Indiana.

Dr. Brater was appointed dean of the IU School of Medicine, the second largest medical school in the country, in 2000. As dean, he oversees an annual budget of approximately \$800 million, including more than \$200 million in research funding. He will continue reporting to IUPUI Chancellor Charles Bantz in this capacity. In his additional role as vice president for life sciences, Dr. Brater will report to Herbert.

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December 7, 2005

This Week on *Sound Medicine*; Sleeping Pills in America, Brain Re-mapping, and the Eugenics Encyclopedia

INDIANAPOLIS — This weekend (December 10 and 11) *Sound Medicine*'s resident sleep expert Brian Foresman, D.O., discusses the causes and treatments for sleeplessness. Dr. Foresman is the director of the Sleep Medicine & Circadian Biology Program at the Indiana University School of Medicine.

Kristine M. Mosier, DMD, Ph.D., professor of radiology and neuroscience at the IU School of Medicine, will be explaining her study about brain re-mapping that was presented at a meeting of the Radiological Society of North America. Brain re-mapping involves re-routing commands through healthy parts of the brain to help people recover motor skills or control artificial limbs.

Ruth Clifford Engs, Ed.D., R.N., will discuss the controversy of selective breeding she writes about in her new book, "The Eugenics Movement: An Encyclopedia." Dr. Engs is a health historian and professor in the IU Department of Applied Health Science.

Sound Medicine is hosted by Barbara Lewis. This week's co hosts are Kathy Miller, MD, and Stephen Bogdewic, Ph.D.

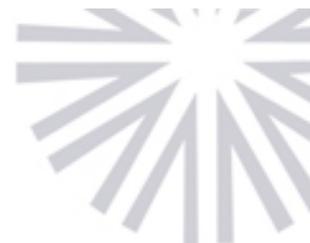
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at www.soundmedicine.iu.edu/.



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December 6, 2005

Team Care More Cost-effective Than Usual Care for Depression

INDIANAPOLIS — A team care model for treating depression in adults aged 60 years and older is more cost-effective than standard treatment options, according to a study published by researchers from the Indiana University School of Medicine, the University of Washington and 6 other institutions. The study appears in the Dec. 5, 2005 issue of the *Archives of General Psychiatry*. Cost-effectiveness is defined as the health benefits patients receive from medical care in relation to the cost of that care.

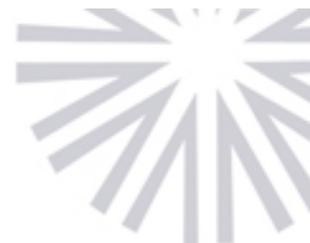
The team care model, which includes a case manager, primary care physician and consulting psychiatrist, results in better outcomes when treating clinical depression, which affects an estimated 3 million older adults in the United States.

Depression in late life is a major contributor to Medicare costs. It is associated with 50 to 70 percent higher health care expenses, mostly due to increased medical, not mental health, visits and treatment. As team care treatment for depression has proven to be more cost effective than usual treatment models, major health care organizations around the country are starting to implement the team treatment model.

The team care approach, called IMPACT (Improving Mood – Promoting Access to Collaborative Treatment for Late Life Depression), features a nurse, social worker or psychologist serving as a depression care manager who works with the primary care physician and a consulting psychiatrist to care for depressed patients in primary care clinics. Previous studies have shown the IMPACT program to provide powerful health benefits, including decreased depression and pain, improved physical functioning and better overall quality of life.

"As we have shown in earlier studies, not only does the team care model improve depression, it also improves pain, physical functioning, and quality of life. The most recent findings from IMPACT now reveal that the program is very cost-effective. In the first year, patients receiving this care consume more health care dollars. However, by the second year, these costs are recovered because the patient's health improves. We hope that these findings encourage more health care organizations to adopt this approach to care," said Christopher Callahan, M.D., Cornelius and Yvonne Pettinga Professor in Aging Research and professor of medicine at the Indiana University School of Medicine. He is also director of the Indiana University Center for Aging Research and a Regenstrief Institute, Inc. research scientist.

"For the same price as usual care, the IMPACT model provided an additional 107 depression-free days, a whole 'season of light,'" said Dr. Wayne Katon, University of Washington professor and vice-chair of psychiatry and lead author of the cost effectiveness study. "We found that health benefits persist even a year after completion of the IMPACT program, and our cost data suggest that there is potential for long-term cost savings."



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"The research also showed that in specific subgroups of patients, such as the nearly 25 percent of study participants with diabetes, there were even greater clinical benefits and more medical cost savings," said Dr. Jürgen Unützer, professor and vice chair of psychiatry at the University of Washington and director of the IMPACT Coordinating Center.

Based on its cost-effectiveness, several major health organizations have already implemented the IMPACT model for depression care, including Kaiser Permanente of Southern California, which serves more than 3 million members in its 12 regional medical centers.

The cost of using the IMPACT model of depression care treatment is only about \$580 per year for each patient – a modest investment compared to the total medical costs of about \$8,000 per year for an older adult with depression. When the cost of the IMPACT model is spread out over an entire population of older adults, the cost amounts to less than \$1 per month for each member.

According to the cost-effectiveness study, the costs of providing IMPACT care were offset by health care cost savings in the year following the program, suggesting potential long-term cost savings. The cost-effectiveness of the IMPACT model is better than the cost-effectiveness of several other commonly used medical treatments, such as hypertension screening and treatment, statin use, or coronary artery bypass surgery.

A more effective method of treating clinical depression in late life has become more important in recent years, as physicians have learned that the condition affects many older adults and helps drive up health care costs. Studies estimate that 5 to 10 percent of older adults seen in primary care suffer from clinical depression. The condition is associated with a bevy of other medical problems, including more suffering and physical pain, decreases in physical ability and self-care of chronic illnesses, and a high potential for suicide. It also can significantly increase medical costs.

Doctors and their patients often share the misconception that depression is a natural consequence of aging. Even when the condition is successfully diagnosed, patients often do not receive effective, evidence-based treatment with drugs, psychotherapy, or a combination of the two.

Background: IMPACT

The IMPACT study, which began in 1999, randomly assigned 1,801 depressed older adults from 18 primary care clinics affiliated with eight diverse health care organizations in five states to usual depression care or to the IMPACT program. In IMPACT care, a depression care manager (a nurse or psychologist) with consultation from a psychiatrist and an expert primary care physician helped patients and their primary care doctors treat depression in the primary care setting. The care managers helped educate patients about depression, closely tracked depressive symptoms and side effects, helped make changes in treatment when necessary, supported patients on anti-depressant medications, and offered a brief course of psychotherapy to help patients make changes in their lives.

The IMPACT program did not replace the patient's regular primary care physician, but instead supported these physicians to help them provide higher quality depression care. An independent evaluation of the study outcome was done at baseline 3, 6, 12, and 24 months to compare IMPACT to usual care.

The 18 study sites that were part of the IMPACT Project are located at Duke University, South Texas Veterans Health Care System, Central Texas Veterans Health Care System, San Antonio Preventive and Diagnostic Medicine Clinic, Indiana University School of Medicine, Health and Hospital Corporation of

Marion County in Indiana, Group Health Cooperative of Puget Sound in cooperation with the University of Washington, Kaiser Permanente of Northern California, Kaiser Permanente of Southern California, and Desert Medical Group in Palm Springs, California.

The IMPACT study was supported primarily by a grant from the John. A. Hartford Foundation with additional support from the California Healthcare Foundation, the Hogg Foundation, and the Robert Wood Johnson Foundation. The John A. Hartford Foundation (<http://www.jhartfound.org>) is dedicated to improving health care for older Americans.

The IMPACT Coordinating Center, where physicians and health care professionals can learn more about implementing the IMPACT model in their organizations, can be found at <http://www.impact.ucla.edu/>

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November 30, 2005

World AIDS Day: IU Takes Aim at HIV/AIDS

INDIANAPOLIS — Indiana University has added a weapon to its arsenal to combat the virus that causes AIDS. The Indiana University Center for AIDS Research (CFAR) will support multi-disciplinary research in the prevention, detection and treatment of HIV transmission and AIDS.

One of the most effective weapons will be the university's increased ability to secure federal research funding. Currently, investigators at IU have nearly \$9 million in National Institutes of Health grants for HIV/AIDS research.

By coordinating the efforts of researchers in medicine and the social sciences and providing administrative support, CFAR will increase opportunities to obtain grant money, said the center's founding director, Kenneth H. Fife, M.D., Ph.D. professor of medicine in the Section of Infectious Diseases at the Indiana University School of Medicine.

The NIH recognizes institutions with HIV/AIDS centers, he said. Matching grant support is available through the NIH to universities with CFAR centers, he explained.

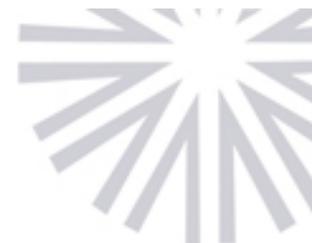
"Indiana University has more than 60 faculty members who have an active research interest in HIV and AIDS," said Dr. Fife. "CFAR will provide the infrastructure necessary to stimulate scientific collaboration and encourage communication among our researchers and those at other institutions dedicated to finding answers to how the virus is transmitted, how it mutates and how it best can be treated."

The clinical HIV/AIDS program at the IU School of Medicine for nearly two decades has supported research that has resulted in the development of the most effective HIV/AIDS medications available. Currently there are 16 clinical research trials open to patients with the virus. People interested in more information on the available trials can call 317-274-8456.

In addition to clinical treatment, IU research covers the breadth of the HIV/AIDS spectrum. Social scientists from psychiatry and the Kelley School of Business Indianapolis are assessing how to promote health messages through marketing and acceptance of vaccines for sexually transmitted diseases.

Researchers in adolescent medicine are studying how sexual behaviors affect transmission of the virus and factors affecting individuals' decisions to be screened for HIV.

Information about any disease is the weapon of choice for scientists, and the basic science research at IU for HIV/AIDS spans all aspects of the disease. Evaluations of cellular changes in the virus are being examined by researchers in cellular and integrative physiology. Microbiologists are evaluating the cancer-causing properties of some sexually transmitted diseases. Others are evaluating the effects and



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opportunities for treatment when the virus attacks the central nervous system, the lungs, the eyes, and the cardiovascular system, while gynecologists and pediatricians are concentrating on HIV in pregnancy.

Bioethicists are studying the ethics of AIDS-related research in developing countries. Others are looking at the effect of HIV infections on women in third world countries and the stigma associated with infection in Africa.

CFAR also will provide the support necessary to assist with technology transfer and development between IU scientists and industry, which will provide a boon to Indiana's growing life sciences momentum.

CFAR's missions include strengthening IU's capacity for HIV/AIDS research in developing countries. The School of Medicine is positioned as a leader in providing treatment and other services to HIV-positive adults and children in sub-Saharan Africa through a collaborative program with Moi University in Eldoret, Kenya. Twenty members of the Moi University Faculty of Health Sciences are collaborators in CFAR.

Through the Academic Model for the Prevention and Treatment of HIV (AMPATH), IU School of Medicine faculty and students and faculty from Moi University are developing a model program to care for Kenyans with HIV. The program provides education about transmission and has developed programs to provide food and economic security for infected individuals and their families.

Funding for such extensive programs is one of the armaments needed for success. To date, the program has received nearly \$17 million in funding from such agencies as the U.S. Agency for International Development and the President's Emergency Plan for AIDS Relief, which is administered by the Centers for Disease Control. For more information on AMPATH, see <http://medicine.iupui.edu/kenya/ampath.html>.

"AIDS is not just an African problem or just an American problem, it affects all people on the planet economically, socially, morally and absorbs research dollars that could be focused on cancer or other fatal illnesses," said Dr. Fife. "Indiana University is playing a role in discovering how to control and treat HIV and adding to the body of knowledge that can advance scientific discovery in other, related areas."

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November 29, 2005

Topics for This Week's Sound Medicine Include: FDA recommendations on the Morning After Pill, Impact of Obesity on Children, and a Black Box Warning for Strattera

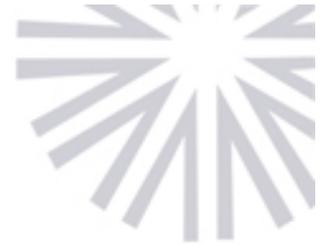
INDIANAPOLIS — This weekend (December 3 and 4) *Sound Medicine* guest David Dunn, MD, discusses Strattera and its FDA black box warning. Dr. Dunn directs the Child and Adolescent Psychiatry Clinic at Riley Hospital for Children in Indianapolis. He also directs the training program in child and adolescent psychiatry and is an associate professor of psychiatry and neurology at the Indiana University School of Medicine.

Ann Lagges, PhD, HSP, clinical psychologist and assistant professor of clinical psychology in the Department of Psychiatry at the IU School of Medicine, will talk about the physical as well as the emotional toll obesity can have on children.

Director of the IU Center for Bioethics and regular *Sound Medicine* guest Eric Meslin, PhD, returns to the show for his monthly medical ethics conversation. This time, Dr. Meslin will discuss the controversy surrounding the FDA decision on over-the-counter sales of the morning-after contraceptive known as "Plan B."

Sound Medicine is hosted by Barbara Lewis. This week's co hosts are David Crabb, MD, Stephen Bogdewic, Ph.D., and Ora Pescovitz, MD.

Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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November 28, 2005

Local Nurse Leader Elected to International Honor Society

INDIANAPOLIS — Nancy Kristine Lund-Boyle of Covington was elected Nov. 11 to the Honor Society of Nursing, Sigma Theta Tau International as a nurse leader through Alpha Chapter at Indiana University in Indianapolis.

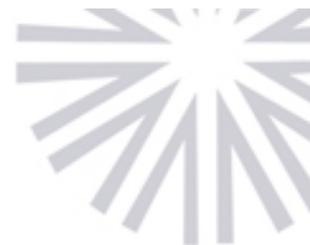
The Honor Society of Nursing, Sigma Theta Tau International, one of the largest international nursing organizations, works to foster, develop and connect nurse scholars and leaders worldwide to improve health care. The honor society promotes nursing excellence through its initiatives in research, leadership, an electronic library, programming and publications and develops and distributes nursing knowledge for use in practice.

Ms. Lund-Boyle is a nurse leader and was chosen to be inducted into the honor society as recognition of outstanding achievements and contributions to the community. She served as nurse leader from 1988 to 2000 for the Indiana University Hospital /Riley Hospital for Children (Clarian Health Partners) Liver Transplant Program. From 2000-2004 she managed the Johns Hopkins Hospital Solid Organ Transplant Programs in Baltimore, Md. In 2004, she returned to Indiana to manage the nursing aspects of the Indiana University Department of Otolaryngology, which includes the Clarian Cochlear Implant Program at Indiana University and Riley Hospital for Children.

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November 28, 2005

Father of Echocardiography Honored by Peers

INDIANAPOLIS — Indiana University School of Medicine cardiologist Harvey Feigenbaum, M.D., has been named a Distinguished Scientist by the American Heart Association at the organization's 2005 Scientific Sessions in Dallas. Dr. Feigenbaum is an Indiana University Distinguished Professor and professor of medicine at the Krannert Institute of Cardiology.

The AHA designation, created two years ago, recognizes members who have made major and independent research contributions that advance the understanding of heart disease and stroke.

In 1963, Dr. Feigenbaum led the development of echocardiography, a major advancement in cardiac care. The noninvasive diagnostic procedure uses ultrasound to visualize internal cardiac structures to detect heart disease.

In presenting the award, the AHA noted that "Dr. Feigenbaum shaped the face of echocardiography, as we now know it, and is regarded internationally as the 'Father of Echocardiography.'"

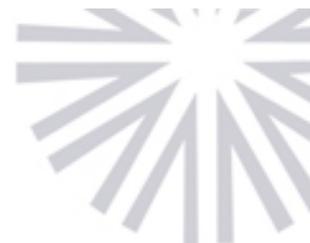
Dr. Feigenbaum was cited by the AHA as "a visionary" who expanded medical knowledge of pathophysiology of ischemic heart disease. His credits, as noted by the AHA awards committee, include training many early physicians and the first cardiac sonographers, writing the first textbook on the topic and founding the American Society of Echocardiography.

A native of East Chicago, Ind., Dr. Feigenbaum received his undergraduate and medical degrees from Indiana University. He completed an internship at Philadelphia General Hospital and returned to IU for his residency and fellowship in cardiology. In 1962, he joined the IU School of Medicine faculty and in 1980 was named a Distinguished Professor, the highest honor bestowed on an IU educator.

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November 22, 2005

General Assembly Is Resolute in Honoring IU Cancer Physicians

INDIANAPOLIS — Indiana lawmakers administered a dose of good medicine on Organization Day Nov. 22 by honoring outstanding Indiana University cancer doctors recognized this fall as among the nation's top specialists.

The concurrent resolution introduced by Sen. Thomas Wyss, R-Fort Wayne, and Rep. Peggy Welch, D-Bloomington, recognized leaders in cancer research and clinical care from Indiana University School of Medicine and Clarian Health Partners who were included in the first edition of *America's Top Doctors for Cancer*. Eighteen cancer specialists from Indiana University Hospital and Riley Hospital for Children were among the nearly 2,000 nationwide included in the referral guide.

The resolution notes that "better methods of preventing, finding, and treating the disease" continues to reduce the mortality rate for cancer.

"The Indiana General Assembly thanks Clarian Health Partners, Indiana University School of Medicine, and their dedicated doctors for their efforts to bring the citizens of Indiana the best possible cancer care and improved treatment capabilities and congratulates them on their well deserved recognition," the resolution states.

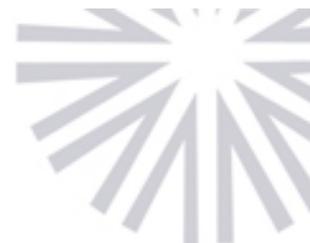
IU School of Medicine Dean D. Craig Brater, M.D., Indiana University Cancer Center Director Stephen D. Williams, M.D., and Daniel F. Evans Jr., president and CEO of Clarian Health, were invited to attend the General Assembly's Organization Day events and were present when all the Indiana senators asked to have their names added as sponsors of the resolution.

"There isn't one of us here who through a family member or constituent hasn't been served by this great institute," said Sen. Wyss.

Sen. Patricia Miller, R-Indianapolis, who chairs the Senate Health and Provider Services Committee, said she was grateful for the IU School of Medicine's service and leadership. "In the area of health care, IU is on the cutting edge of cancer treatment," she said.

"Being honored in this way is a humbling experience," said Dr. Brater. "We have a charge and that charge is to be the best medical school in the nation to treat you and your constituents."

"The School of Medicine is privileged to be able to attract and retain the talented faculty members that are represented by the 18 cancer specialists who have been specifically recognized. I know they would tell you that they are simply taking care of patients the best way they know how, and at the same time they are advancing our knowledge about this terrible disease with the ultimate goal of eliminating pain and suffering from it," Dr. Brater continued.



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The concurrent resolution names and congratulates the 18 "top cancer specialists" mentioned in the publication.

"I want to congratulate all of the doctors who were selected," said Evans. "It is tremendous to have so many of these great doctors recognized nationally and to have them practicing in our hospitals. The physicians recognized in *America's Top Doctors* are representative of the excellence in patient care that the entire staff at Clarian performs each and every day."

For additional information on the Indiana physicians included in *America's Top Doctors for Cancer*, see medicine.indiana.edu/news_releases/viewRelease.php4?art=371.

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November 22, 2005

Sidner Receives Elwert Award in Medicine

INDIANAPOLIS — Richard Sidner, Ph.D., assistant research professor of transplant surgery at the Indiana University Department of Surgery, is the recipient of the 2005 Elwert Award in Medicine.

Dr. Sidner, who joined the Indiana University School of Medicine faculty in 1988, will receive a one-year award of \$50,000 to pursue his research interests in B-cell immunology and transplant immunology. In addition to his research, Dr. Sidner is director of flow cytometry at the IU Center for Immunobiology.

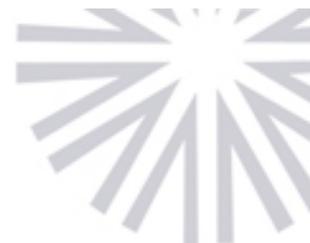
He received his Ph.D. from the University of Cincinnati and completed postdoctoral training at Vanderbilt University and Indiana University.

The Elwert Award in Medicine was established at IU in 1996 from the estate of Bert E. Elwert, an IU alumnus, to support medical and scientific research. Dr. Sidner is the award's third recipient.

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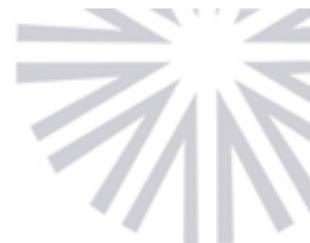
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November 22, 2005



This Week On *Sound Medicine*: IU/Kenya Partnership Update for World AIDS Day; A Resident's Experience with Kenya's AIDS Orphans; The Effect of Sleep Deprivation on Medical Student Performance

INDIANAPOLIS — This weekend (November 26 and 27) *Sound Medicine* welcomes back Joe Mamlin, MD, the current IU team leader of the IU-Kenya Partnership in Eldoret, Kenya. Dr. Mamlin will be giving an update on the IU-Kenya Program and the fight against AIDS; this program is in recognition of World AIDS Day on December 1st. Dr. Mamlin is a professor emeritus of medicine at the IU School of Medicine and a founding member of the IU/Kenya program.

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Rachel Vreeman, MD, chief resident in the Department of Pediatrics at IUSM, will be discussing what is being done for the 650,000 children orphaned in Kenya because of HIV/AIDS related deaths. Dr. Vreeman has spend time working with Dr. Mamlin in Kenya and next year she'll be completing a fellowship in Children's Health Services Research at IU with a focus on interventions for underserved children and families with adolescent patients.

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Brian H. Foresman, DO, MS will talk about his current research into the cognitive function of people who are sleep deprived. What happens to the performance of medical residents, shift workers, police and firefighters who need to make critical decisions under circumstances when they haven't had enough sleep? Dr. Foresman directs the Sleep Medicine & Circadian Biology Program at the Indiana University School of Medicine

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Sound Medicine is hosted by Barbara Lewis. This week's co host is Stephen Bogdewic, Ph.D.

Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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November 21, 2005

Lemons Named March of Dimes 2005 Medical Honoree

INDIANAPOLIS — James Lemons, M.D., has been named the 2005 March of Dimes Medical Honoree for the Indiana Chapter at the organization's annual award ceremony.

Dr. Lemons is the Hugh McK. Landon Professor of Pediatrics at the Indiana University School of Medicine and the director of the Riley Hospital Section of Neonatal-Perinatal Medicine.

The awards committee recognized Dr. Lemons for his contributions to perinatal medicine that have changed the lives of thousands of critically ill babies and their families through direct clinical care, his education of other health-care professionals, and the hundreds of thousands of lives his research in neonatal-perinatal medicine has and will continue to impact.

Since joining Riley in 1978, Dr. Lemons has served on numerous national committees as well as directing one of the largest neonatal-perinatal divisions in the country. He developed a nationally recognized newborn intensive care program at Riley Hospital, providing support and family-centered care for the families of intensive care newborns.

In the 27 years Dr. Lemons has been with Riley Hospital, the Section of Neonatal-Perinatal Medicine has grown to 38 faculty and 4 doctoral faculty and developed fetal and neonatal metabolism research programs supported by NIH funding.

Dr. Lemons is a graduate of Princeton University and Northwestern University Feinberg School of Medicine. Currently, he is working to establish a Riley/Kenya mother and baby hospital at the IU-Moi University program in Kenya.

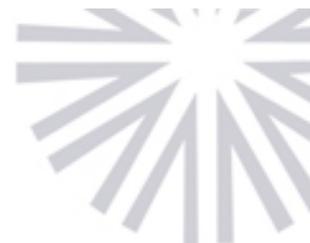
November is National Prematurity Awareness Month. In Indiana, one in eight babies is born prematurely, representing about 13 percent of all live births in the state.

"Prematurity is now the nation's leading killer of newborns," says Jennifer L. Howse, M.D., president of the March of Dimes. "It has now reached epidemic proportions – 499,008 babies were born premature in 2003, the most recent year for which we have final data."

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November 21, 2005

Mark Kelley to Serve as Associate Director of Basic Research at IU Cancer Center

INDIANAPOLIS — Mark R. Kelley, Ph.D., has been appointed associate director of basic research at the Indiana University Cancer Center. Dr. Kelley, the Jonathan and Jennifer Simmons Professor of Pediatrics, also serves as co-leader of the Experimental and Developmental Therapeutics Program of the IU Cancer Center and associate director of the Wells Center for Pediatric Research. In his new role at the IU Cancer Center, Dr. Kelley will have both cancer research and educational responsibilities.

As associate director of basic research, Dr. Kelley will oversee all basic science activities of the IU Cancer Center, including stimulating interdisciplinary research collaboration, evaluating new research opportunities and overseeing Cancer Center shared facilities. He will recommend basic research space assignments and also have a major role in mentoring young investigators.

Dr. Kelley's current research interests include the molecular biology and biochemistry of genes involved in DNA repair and their potential role in cancer chemotherapy. His work includes investigating how the DNA repair process could be targeted in order to enhance the killing of tumor cells, while not affecting normal cells.

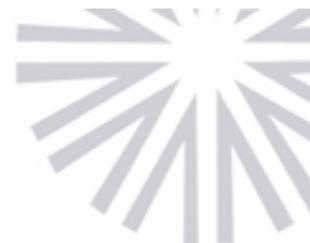
Dr. Kelley has numerous patents related to the use of DNA repair targets for cancer therapy.

Dr. Kelley received his doctoral degree in genetics from Louisiana State University in Baton Rouge, La. He completed a postdoctoral fellowship in molecular biology at Rockefeller University in New York prior to serving as assistant professor at Loyola University Medical School in Chicago. Dr. Kelley currently serves on the editorial boards of both the *Journal of Pharmacology and Experimental Therapeutics* and *Mutation Research: Molecular and Fundamental Mechanisms*. He chairs the cancer etiology National Institutes of Health study section. He has been continuously funded by the NIH and the Department of Defense for many years.

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November 21, 2005

Elkas named associate dean of development for IU School of Medicine

INDIANAPOLIS — Elizabeth A. Elkas has been named associate dean of development for the Indiana University School of Medicine.

Elkas, who joined the school and its Office of Gift Development in 1987, was named director of development in 1996 and assistant dean of development in 2003. In 2004, the school completed a capital campaign that raised \$375 million toward the \$1 billion realized through the Campaign for IUPUI. She succeeds J. David Smith, Ed.D., who retired in August.

"Philanthropy will continue to be a vital contributor to the IU School of Medicine as we build on our record of excellence in research, education and patient care," said D. Craig Brater, M.D., dean of the IU School of Medicine. "Liz brings the skills and experience we need to the leadership of the Office of Gift Development,"

Before joining the IU School of Medicine, Elkas was associate director for field operations for the Indiana University Foundation in Bloomington. She also is a member of the faculty at The Fund Raising School, which is part of the Indiana University Center on Philanthropy.

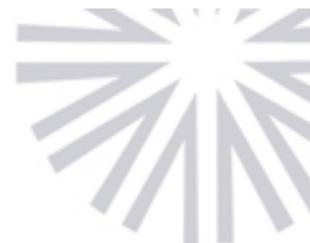
Elkas earned a bachelor's degree in English and fine arts from Bucknell University in 1980 and a master of fine arts degree from Indiana University in 1983.

Elkas' appointment was effective Nov. 1.

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November 21, 2005

America's Top Docs Recognizes 50 Indianapolis Physicians

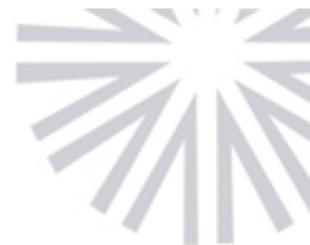
INDIANAPOLIS — Fifty Indiana University School of Medicine faculty physicians who practice at Wishard Health Services, Roudebush VA Medical Center and Clarian Health Partners – Methodist, Indiana University and Riley Hospitals – have been recognized as top specialists in their fields and included in the 2005 issue of *America's Top Doctors*.

Statewide, *America's Top Doctors* listed 64 physicians, of which 50 are affiliated with Clarian Health, IU School of Medicine, Wishard and Roudebush VA. The annual publication focuses on the top 1 percent of specialists and sub-specialists across the nation. Fewer than 1 percent of the hospitals in the United States have more than one doctor listed in the guide.

America's Top Doctors is published by Castle Connolly Medical Ltd. and is an authoritative consumer guide to the nation's top specialists. The list of physicians is generated based on nominations by their peers and extensive surveys.

The IU School of Medicine and Clarian Health physicians recognized in the 2005 edition of *America's Top Doctors* and their areas of specialization:

Sharon P. Andreoli - Pediatric Kidney Disease
Jerry Bergstein - Pediatric Kidney Disease
John W. Brown - Cardiothoracic Surgery
Randall Caldwell - Pediatric Cardiology
William Chernoff - Plastic/Reconstructive Surgery
John J. Coleman III - Plastic Surgery
Michael Econs - Endocrinology
Lawrence Einhorn - Hematology-Oncology
Erica Eugster - Pediatric Endocrinology/Diabetes
Robert Fallon - Pediatric Hematology/Oncology
Martin Farlow - Neurology
J. Dennis Fortenberry - Adolescent Medicine
Richard Foster - Urology
Robert Goulet, Jr. - Breast Cancer
Jay Grosfeld - Cancer Surgery
Matthew Johnson - Interventional Radiology
Young-Jee Kim - Pediatric Pulmonary
John Kincaid - Neurology
Martin B. Kleiman - Pediatric Infectious Disease
Paul Kwo - Gastroenterology/Hepatology
James Lemons - Neonatal-Perinatal Medicine
Keith Lillemoe - General Surgery



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Katherine Look - Ovarian Cancer
Thomas Luerksen - Pediatric Neurosurgery
Christopher McDougle - Child Psychiatry
Douglas McKeag - Family Medicine/ Sports Medicine
Alexander Mih - Hand and Microsurgery
Douglas K. Miller - Geriatrics
Richard T. Miyamoto - Otolaryngology
Jean Molleston - Pediatric Gastroenterology
David Moore - Gynecologic Oncology
John Mulcahy - Urology
Robert Pascuzzi - Neurology
Douglas Rex - Gastroenterology
Richard Rink - Pediatric Urology
Karen L. Roos - Neurology and Infectious Diseases
Scott Shapiro - Neurosurgery
K. Donald Shelbourne - Orthopedic Surgery
George Sledge Jr. - Breast Cancer
Rajiv Sood - Plastic and Reconstructive Surgery
Frederick B. Stehman - Gynecologic Oncology
Rosa Ten - Allergy and Immunology
Patricia Treadwell - Pediatrics
Mark W. Turrentine - Cardiothoracic Surgery
Thomas Ulbright - Pathology
Elisabeth von der Lohe - Interventional Cardiology/Women's Health
David D. Weaver - Clinical Genetics
Stephen Williams - Medical Oncology
Douglas Zipes - Arrhythmias

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November 17, 2005

Former State Health Commissioner to Direct Developmental Pediatrics at Riley Hospital

INDIANAPOLIS — Gregory Wilson, M.D., professor of clinical pediatrics at the Indiana University School of Medicine, has been named director of the Section of Developmental Pediatrics at the James Whitcomb Riley Hospital for Children.

Dr. Wilson has worn many hats during his medical career, all directed at improving the health of children. In 1979, at the start of his career, he founded the Indiana Poison Control Center and served as its medical director until 1983. He also has been a public health pediatrician in Appalachia, a general pediatrician at Riley Hospital, director of the Pediatric Intensive Case Management Program at Wishard Memorial Hospital and medical director of a Riley Hospital infant unit.

He was one of the first pediatricians at IU to be board certified in neurodevelopmental disabilities. Dr. Wilson was involved with the creation of the state's First Steps program, which emphasizes early intervention for handicapped, developmentally disabled and at-risk infants and toddlers. He also has served as president of the Indiana Chapter of the American Academy of Pediatrics.

In 2001, he was named state health commissioner at the Indiana Department of Health by then Gov. Frank O'Bannon.

A native of Farmland, Ind., Dr. Wilson is a 1975 graduate of the IU School of Medicine. He joined the IU medical school faculty in 1979.

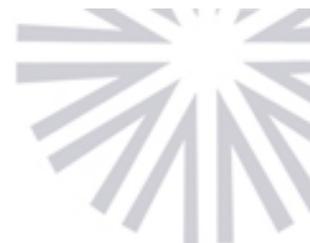
Dr. Wilson succeeds Marilyn Bull, M.D., the founding director of the Section of Developmental Pediatrics, which is the largest group of pediatricians in the nation board certified in developmental disabilities.

Dr. Bull, the Morris Green Professor of Pediatrics, will continue in her clinical role at Riley Hospital and pursue her ongoing interests in neurodevelopmental pediatrics, medical genetics, injury prevention and transportation safety. She is the medical director of the Automotive Safety for Children Program, which was launched in 1981 under her guidance.

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November 16, 2005

Sound Medicine Topics Include the Future of Cox-2 Inhibitors, Adult Vaccines, and Antibiotic Resistant Bacteria

INDIANAPOLIS — On this week's (November 19 and 20) edition of *Sound Medicine*, guests include David Flockhart, MD, PhD, who will discuss the status of medications known as cox-2 inhibitors one year after the removal of drugs like Vioxx and Bextra from pharmacy shelves. Dr. Flockhart is the division chief of clinical pharmacology at the Indiana University of School of Medicine.

Karen Roos, MD, will stress the importance of adult vaccinations in addition to flu shots. Dr. Karen Roos is a professor of neurology at the IU School of Medicine and a frequent contributor to this program.

Abigail Salyers, PhD, will discuss new research on antibiotic resistant bacteria strains and what we can do to stay well. Dr. Salyers is a microbiologist at the University of Illinois and author of *Revenge of the Microbes: How Bacterial Resistance is Undermining the Antibiotic Miracle*.

David McLaughlin, MD, and his patient Juli Hill will talk about a new form of gynecological surgery using the daVinci Robot. Dr. McLaughlin is the first surgeon in Indianapolis to use the daVinci Robot in a gynecological surgery. The medical director for the Follas Reproductive Center, Dr. McLaughlin performs daVinci- assisted surgeries at Community Hospital North in Indianapolis.

Sound Medicine is hosted by Barbara Lewis. This week's co hosts are David Crabb, MD, Ora Pesocvitz, MD, and Kathy Miller, MD.

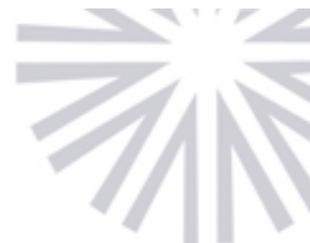
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November 10, 2005

Mathur Honored by American College of Chest Physicians

INDIANAPOLIS — Praveen Mathur, MBBS, FCCP, has received the Distinguished Fellow Award from the American College of Chest Physicians during the group's annual meeting in Montreal, Quebec earlier this month.

Dr. Mathur is a professor of medicine in Division of Pulmonary and Critical Care Medicine at the Indiana University School of Medicine.

The Distinguished Fellow Award was first conferred in 1976 to Alfred Soffer, M. D., a Fellow of the College of Chest Physicians. The honor is not an annual award but is conferred as appropriate to an ACCP Fellow who has held a leadership position in the ACCP and has led significant society achievements.

Dr. Mathur became an ACCP Fellow in 1983 and has held many leadership positions in the organization since that time. Currently, he is a CHEST Foundation trustee and serves on the foundation's humanitarian awards committee and pro bono committee; he is vice-chairman of the e-advisory network; and he serves as a member of the ACCP practice management committee and development committee.

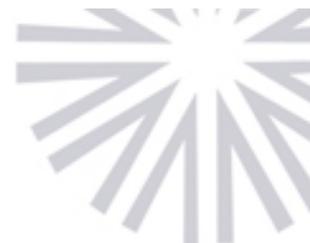
He has led the ACCP Governors as chairman of the U.S. and Canadian Council of Governors and served as an ACCP Governor for Indiana.

Dr. Mathur is a graduate of the GR Medical College in Gwalior, India, and did his residency at the University of Western Ontario, London, Ontario, Canada. He joined the IU medical school faculty in 1981.

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November 8, 2005

Sound Medicine Topics Include Accutane and the FDA, Medicine In the Workplace, and When a Doctor Apologizes

INDIANAPOLIS — This weekend, (November 12 and 13) *Sound Medicine* welcomes Stephen Wolverton, MD, to discuss the new Accutane enrollment plan for users, the doctors who prescribe it, and the pharmacists who sell it. The plan is designed to make sure that patients fully understand the drug's risks and its potential for birth defects. Dr. Wolverton is clinical associate professor of dermatology at the IU School of Medicine.

Deborah Allen, MD, will be talking about how, in downtown Indianapolis, the insurance firm "OneAmerica," has partnered with a doctors' group to provide a paperless, on-site doctors' office for their employees and others in the downtown area. Dr. Allen is the medical director of IU Family Medicine at OneAmerica Tower and a family practice physician.

Richard Frankel, PhD, medical sociologist and professor of medicine at the IU School of Medicine, will be discussing the increase in physicians' apologies to patients for medical errors; not only because they believe it will reduce malpractice claims but also because it is the ethical thing to do.

Sound Medicine is hosted by Barbara Lewis. This week's co hosts are Stephen Bogdewic, PhD, and Ora Pescovitz, MD.

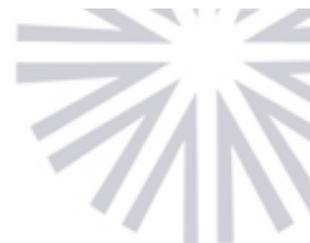
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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November 7, 2005

Autism Across The Lifespan Focus of Riley Hospital Conference

INDIANAPOLIS — The Christian Sarkin Autism Treatment Center at Riley Hospital will host “Autism: A Lifetime of Learning” Nov. 10 and 11 at the Riley Outpatient Center auditorium on the Indiana University School of Medicine campus.

The conference will focus on the adaptive needs of children, adolescents and adults with autism and the role schools, parents, physicians and other health care providers play.

Guest speakers will include:

- Sandra Harris, Ph.D., Board of Governors Distinguished Professor of Psychology at Rutgers University, who will present “Meeting the Needs of School-Aged Children and Adolescents with Autism: Reports and Model Programs” and “In Their Own Words: Siblings Talk About Autism.”
- Patricia Krantz, Ph.D., executive director, Princeton Child Development Institute, whose topics will be “Teaching the Social Dance: Using Script-fading Procedures to Promote Conversation.” And “Well Documented Procedures for Teaching Language and social-Interaction Skills.”

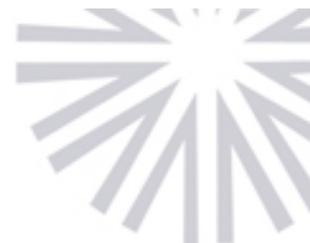
Indiana University faculty presenting at the conference include Christopher McDougale, M.D., Albert E. Sterne Professor and chair, Department of Psychiatry; Samuel Odom, Ph.D., Ed.S., Otting Professor of Special Education, Department of Curriculum and Instruction; David Posey, M.D., assistant professor of clinical psychiatry; and Kimberly Stigler, M.D., assistant professor of psychiatry. They will address diagnosis, pharmacotherapy interventions, early intervention and successful program in public schools.

For additional information or to register online, see www.iupui.edu/~psycdept/cme.htm.

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November 7, 2005

ADHD Medication May Be Effective in Treatment of Hyperactivity in Autism

INDIANAPOLIS — Children with autism may benefit from a drug commonly prescribed for attention-deficit hyperactivity disorder (ADHD), according to research published in the November issue of the *Journal of the American Medical Association Archives of General Psychiatry*.

In the largest study yet of a stimulant medication for autism, researchers at five centers associated with the Research Units on Pediatric Psychopharmacology (RUPP) Autism Network enrolled 72 children in a placebo-controlled study. The researchers were studying the effect of methylphenidate, better known by the brand name Ritalin, on hyperactive children with autism and other autism spectrum disorders associated with impairment of social interaction and functioning.

“This was an important study because to date there is no FDA-approved medication for autism spectrum disorders,” said the study’s corresponding author David J. Posey, M.D., associate professor of psychiatry and chief of the Christian Sarkine Autism Treatment Center at the Indiana University School of Medicine.

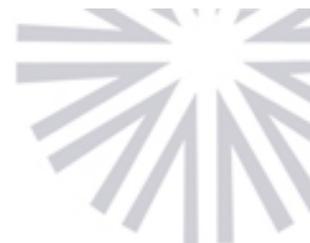
Researchers were interested in whether methylphenidate would be effective in reducing hyperactivity and impulsiveness in children with autism spectrum disorders. Each child participated in a one-week phase to test tolerance of three different dose levels of the medication.

That portion of the trial was followed by a four-week phase during which children were given one of the three doses of methylphenidate previously tested or a placebo. Children who had a positive response were treated for an additional eight weeks to ensure their response was stable.

There were no serious adverse effects, but 14 children withdrew from the study due to intolerable side effects. Of the 58 others completing the study, 35 responded well to methylphenidate and experienced a significant reduction in hyperactivity. However, the reduction in symptoms for the entire group of 58 was not as great as is typically seen when this medication is used to treat children with ADHD.

Additional analyses are underway to determine if there are any genetic predictors of response or tolerability, said Dr. Posey.

“This study shows that methylphenidate is a treatment option for children with autism spectrum disorder and hyperactivity,” said Dr. Posey. A therapeutic trial of methylphenidate may be indicated for children with autism and hyperactivity since some of these children may benefit and any adverse effects would be brief provided that both parents and practitioners are prepared to suspend treatment when significant side effects occur, he explained.



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The study was funded by the National Institute of Mental Health. Other sites in the RUPP Autism Network involved in this study are Ohio State University (principal investigators Michael Aman and L. Eugene Arnold), UCLA (principal investigator James McCracken), Yale University (principal investigator Lawrence Scahill) and Johns Hopkins University (principal investigator Elaine Tierney). Christopher McDougle, M.D., professor and chair of the IU Department of Psychiatry, was the principal investigator for the IU study.

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November 1, 2005

This Week on *Sound Medicine* – Flu Precautions, Face Transplants, and the Link Between Exercise and Our Brains

INDIANAPOLIS — This weekend (November 5th and 6th) Karen Roos, MD, returns to *Sound Medicine* to discuss flu precautions and answers some questions about the avian flu virus. Dr. Roos has been recognized as one of America's Top Doctors for her work with infectious diseases. She is professor of neurology and neurosurgery at the Indiana University School of Medicine.

Eric Meslin, PhD, *Sound Medicine's* resident medical ethicist, talks about the ethics of face transplants. Dr. Meslin is director of the IU Center for Bioethics, professor of medicine and assistant dean for bioethics at the IU School of Medicine, and a professor of philosophy at IUPUI.

Arthur Kramer, PhD, has been studying exercise and the brain for more than 10 years. He talks with *Sound Medicine* about the links between exercise and cognitive function. Dr. Kramer is professor in the department of psychology at the University of Illinois, Champaign-Urbana. He also is a member of the Beckman Institute for Human Perception and Performance.

A science correspondent and frequent contributor, Eric Metcalf sounds off on Blackberries, the electronic hand held devices that can lead to some painful hand ailments.

Sound Medicine is hosted by Barbara Lewis. This week's co hosts are Stephen Bogdewic, PhD, David Crabb, MD, and Ora Pescovitz, MD.

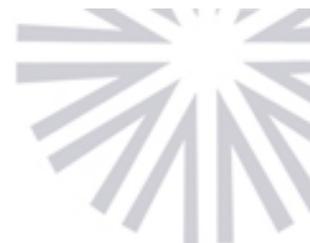
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November 1, 2005

Lung-Sparing Treatment For Cancer Proving Effective

INDIANAPOLIS — Lung cancer patients with extenuating health problems may have an alternative to traditional radiation therapy through a lung-sparing procedure pioneered at the Indiana University School of Medicine.

Patients with early stage non-small cell lung cancer responded well to high doses of radiation administered through extracranial stereotactic body radiation therapy, according to an article published in the Nov. 15 issue of the International Journal of Radiation Oncology, Biology and Physics.

The Phase I clinical trial, which looked at the safety and efficacy of the procedure, treated 47 individuals with early-stage cancer who normally would have received surgery and radiation therapy. These patients had extenuating health problems that made them poor candidates for surgery.

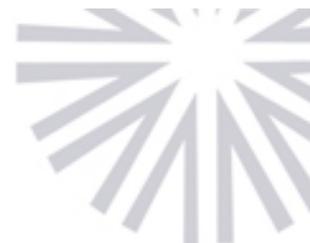
“Patients receiving the extracranial stereotactic body radiation were spared the trauma of surgery but were able to undergo higher doses of radiation for a shorter period of time than the standard treatment,” said Ronald C. McGarry, M.D., Ph.D., principal investigator of the study and an IU professor of radiation oncology. “I think of the treatment as a lung-sparing approach, and this study shows it is one of the most effective options for lung cancer patients for whom surgery is not an option.”

Using precision mapping of the tumor and a stereotactic body frame that keeps the patient virtually immobile, physicians escalated radiation dosages, directing it all to the tumor site and sparing health surrounding tissue. The mapping allows physicians to administer higher doses of radiation while safeguarding uninvolved tissue and organs.

Patients received three treatments in seven to 10 days versus standard therapy of 35 treatments over a six-week period. Physicians treated patients in this study with escalating doses of radiation therapy and were surprised that the careful planning resulted in patients tolerating very intense treatment with few long-term side effects. Only one patient in the higher dose groups had a return of the treated cancer, although 14 of the 47 patients developed spread (metastasis) of their lung cancer.

Using the high doses achieved in the first phase of the research, a second trial of more than 70 patients was completed over a year ago. A median follow-up of two years revealed only three of the patients had a cancer recurrence. These optimistic preliminary results of the second trial were reported at the October meeting of the American Society for Therapeutic Radiology and Oncology in Denver, Colo. Final analysis of this data will be completed in 2006.

Early cancer spread is not uncommon with lung cancer, said Dr. McGarry. As a pioneer in extracranial stereotactic body radiation therapy, the IU School of Medicine has developed a third clinical trial now underway. Patients with early stage lung cancer will receive the intense therapy to control their lung cancer



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followed by mild chemotherapy in an effort to control microscopic disease which can spread early in the process. Dr. McGarry said he is hopeful this trial will produce even greater cure rates.

“Stereotactic body radiation therapy is proving to be a safe and effective way to treat early stage lung cancer in medically inoperable patients,” said Dr. McGarry. “This treatment may become standard treatment for frail patients and an alternative to lobectomy for other patients who do not have the medical complications.”

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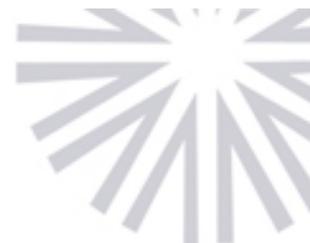
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October 31, 2005

Groundbreaking Marks Giant Step Toward School of Medicine's Research Goals



INDIANAPOLIS — It could be described as a great wall of science.

When Indiana University leaders break ground at 1 p.m. Wednesday, Nov. 2, for the Research III building at the IU School of Medicine, they will be officially starting construction of the school's latest research building – and so much more.

At 254,000 square feet, Research III will be the fourth, and the largest, research facility built since 2000 by the medical school as it pursues its goal of doubling the size of its research enterprise by early next decade. Moreover, when finished in 2008 the new structure will complete the transformation of the north side of Walnut Street on the Indiana University Medical Center campus into a three-building, 500,000-square-foot interconnected research complex, housing scientists and physicians focusing on the biology and chemistry of cancer, neurological diseases, immunological challenges, genetic disorders and blood-related diseases.

The groundbreaking for the \$83.3 million facility will be in the Morris Mills Atrium of the Van Nuys Medical Science Building. Remarks by IU President Adam Herbert, Ph.D.; IUPUI Chancellor Charles Bantz, Ph.D., IU School of Medicine Dean D. Craig Brater, M.D.; George Sledge, M.D., Ballve Lantero Professor of Oncology, and M.D./Ph.D. student Juan A. Jimenez will set the stage for the beginning of the project.

Research III will include as many as 118 laboratories, a 210-seat auditorium and a symposium center that can be used as two independent lecture rooms or to supplement the auditorium.

The elevated Clarian People Mover will connect to the second floor of the seven-level structure, drawing visitors to its two-story gathering space that includes the auditorium, the symposium rooms and a coffee shop. The exterior brick walls of the Research II building to the east and the IU Cancer Research Institute to the west will become the internal walls of Research III. Double doors will link the three buildings, creating an integrated research facility where scientists can interact to share their work and vision.

The primary focus of the scientists in Research III will be solving the puzzles of cancer and developing treatments specific to its various forms. Many will be engaged in translational research – turning the discoveries of basic science into treatments delivered at the bedside. Significant clinical efforts already underway in breast, prostate and ovarian cancer, as well as genetic and blood-related disorders, will benefit from the laboratory science support of this new facility.

Other specialized cancer research initiatives moving into the new building will include experimental and developmental therapeutics, the tumor microenvironment program and hematopoiesis and immunology.

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Research III also will be home to the Center for Immunobiology, an interdisciplinary group of faculty that studies organ transplant immunology, autoimmunity, innate and acquired immunity and the immunobiology of cancer. Scientists affiliated with the Stark Neurosciences Research Institute also will work in Research III.

Research III will house repositories that bank the vast array of human cells, tissues and DNA needed for research in cancer and many other human disorders, as well as the NIH-sponsored National Gene Vector Laboratory program, which provides services to scientists who conduct gene therapy trials.

Funding sources for constructing and equipping Research III include \$33 million in "fee replacement" bonding approved by the Indiana General Assembly in 2003, \$25 million in academic research facility bonds, \$10 million from the Riley Children's Foundation, \$9 million from the Indiana Genomics Initiative, \$3.7 million from a National Institutes of Health grant and \$2.6 million from the IU School of Medicine.

BSA LifeStructures is the primary architect of Research III, and A2SO4 Architecture designed the interior public spaces.

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October 27, 2005

Lance Armstrong Foundation Establishes Endowed Chair in Oncology at Indiana University

AUSTIN, Texas — When 25-year-old Lance Armstrong, already a world-class cyclist, was diagnosed with an aggressive form of testicular cancer in 1996, he sought the pioneering treatment developed by Lawrence H. Einhorn, M.D., a leading clinical oncologist at the Indiana University Cancer Center and an Indiana University Distinguished Professor.

The Lance Armstrong Foundation is honoring Dr. Einhorn and inspiring future innovations in cancer treatment through the establishment of the Lance Armstrong Foundation Chair in Oncology at Indiana University. Funded through a \$1.5 million endowment, the chair will support the research and scholarly needs of the named professor and provide seed money for program development and growth.

“This endowed chair provides permanent and visible recognition of Dr. Einhorn’s extraordinary contribution to cancer patients and the medical discipline of oncology,” said Mitch Stoller, LAF president and chief executive officer. “We are pleased to award \$1.5 million to Indiana University to aid in the efforts of researchers and clinicians to improve the quality of life of cancer patients.”

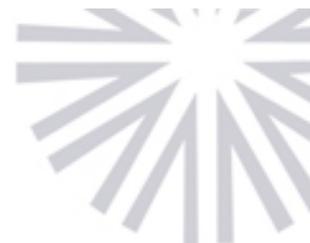
“Words cannot express the deep gratitude, joy and excitement I felt upon learning of the Foundation’s gift,” said Dr. Einhorn, who treats about 100 patients annually and conducts research on improving patient therapies. “Cancer is a scary diagnosis for anyone, but Lance, through his personal advocacy and the work of the Lance Armstrong Foundation, has given hope to millions of survivors. This extraordinary gift will enable us to transform that hope into real results for people battling cancer.”

Dr. Einhorn is most widely known for his 1974 work on a revolutionary new chemotherapy regimen that increased the testicular cancer cure rate from 10 percent to 95 percent. Testicular cancer affects one in 500 men. In addition to his work with testicular cancer, Dr. Einhorn is an internationally recognized authority on other types of urologic cancer, lung cancer and certain other tumors.

He has published hundreds of professional articles and has received numerous prestigious awards including the American Association for Cancer Research Richard and Hinda Rosenthal Award and the American Society of Clinical Oncology Karnofsky Award. He also has received the General Motors Kettering Award for Cancer Research and the American Cancer Society Medal of Honor.

About the Indiana University School of Medicine

The IU School of Medicine is home to the IU Cancer Center, one of 60 elite cancer research centers nationally as designated by the National Cancer Institute. Dr. Einhorn is one of 160 researchers and physicians who comprise membership at the center.



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About the Lance Armstrong Foundation

The Lance Armstrong Foundation (LAF) believes that in your battle with cancer, unity is strength, knowledge is power and attitude is everything. From the moment of diagnosis we provide the practical information and tools you need to live strong. We serve our mission through public health, advocacy, research and education, including the LIVESTRONG™ Resource for Cancer Survivors. The LAF was founded in 1997 by cancer survivor and champion cyclist Lance Armstrong and is located in Austin, Texas. For more information, visit livestrong.org.

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October 26, 2005

Fourth-year Medical Student at IU Dies

INDIANAPOLIS — Abigail Brinkman, a fourth-year student in the Indiana University School of Medicine, died this past weekend (Oct. 22-23) in Belize. She was there to participate in a senior year elective rotation in tropical medicine, which is arranged through Hillside Health Care International and approved by the IU School of Medicine. Ms. Brinkman was planning a career in pediatrics.

Ms. Brinkman's death occurred while she was on a scuba diving excursion in Belize.

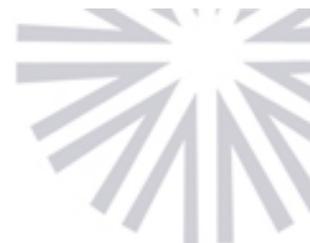
"We share the sorrow of her friends and family and grieve at the loss of this young woman who was so compelled to be of service to her community and aspired to be an outstanding physician," said Herbert Cushing, M.D., associate dean for Medical Student Affairs.

Ms. Brinkman received her bachelor's degree from Hanover College. Her hometown was Columbus, Ind.

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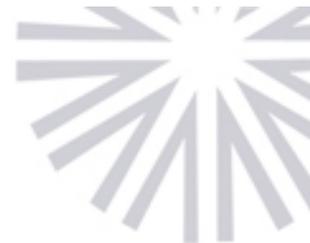
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October 26, 2005

The I-WIN Foundation, West Nile Virus and Transplants, Why Breast Cancer Returns, and Monster Disorders -- All on This Week's *Sound Medicine*



INDIANAPOLIS — On this weekend's edition of *Sound Medicine*, guests include Sue Clare, MD, PhD, breast cancer surgeon and assistant professor of surgery at the Indiana University School of Medicine. Dr. Clare will discuss her research into why breast cancer recurs, sometimes years after the surgical removal of the breast tumor.

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Nancy Shepard will be talking about her foundation, I-WIN, which stands for "Indiana Women In Need." The I-WIN Foundation was founded by Ms. Shepard to provide practical, low-tech assistance to Hoosier women who've been diagnosed with breast cancer.

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Karen Roos, MD, was asked to consult on the case of a transplant patient currently recovering from a lung transplant that also carried the West Nile virus. Dr. Roos, a neurologist at the IU School of Medicine and a frequent guest on *Sound Medicine*, will discuss the instances in which she's seen West Nile virus complicating organ transplants.

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In the spirit of Halloween, we revisit Robert Pascuzzi's interview on the possible neurological disorders that may have led to creations such as Frankenstein's monster. Dr. Pascuzzi is a professor and vice chairman of the Department of Neurology at the IU School of Medicine.

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Sound Medicine is hosted by Barbara Lewis. This week's co hosts are Kathy Miller, MD, Stephen Bogdewic, PhD, David Crabb, MD, and Ora Pescovitz, MD.

Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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October 24, 2005

Indiana University School of Medicine-South Bend and Notre Dame to Dedicate Joint Project

SOUTH BEND — A long-time partnership between the Indiana University School of Medicine-South Bend and University of Notre Dame will be visibly heightened on Tuesday, Oct. 25, when the two schools dedicate a new facility that expands their commitment to increased research and educational collaborations.

The IUSM-South Bend program serves twenty-eight first- and second-year medical students who will attend classes in a building that also will support 12 IUSM and 9 Notre Dame teaching and research faculty.

Formal ceremonies will begin at 1:30 p.m. in the auditorium of the new Ernestine Raclin and O.C. Carmichael Jr. Hall, located adjacent to the University of Notre Dame campus at the corner of Notre Dame Avenue and Angela Boulevard.

The nearly 68,000 (gsf) brick building was constructed at a cost of \$23 million which was shared by IUSM and Notre Dame. In addition to classrooms and common community facilities, it houses Notre Dame's W. M. Keck Center for Transgene Research, which concentrates on medical research. Areas of research collaboration for the two universities include cancer, infectious diseases, and orthopedic devices and materials.

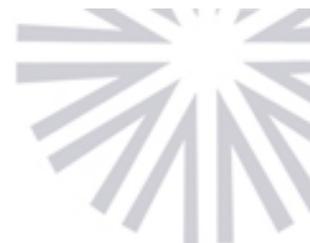
The ground floor of Raclin-Carmichael Hall features research space with modern gross-anatomy laboratories, classrooms and examination rooms where medical students learn to conduct patient exams under the tutelage of faculty. Also located on the first floor is an animal facility used jointly by researchers from both universities. The Keck Center for Transgene Research is located on the second floor.

The new facility includes a 250-seat auditorium providing a state-of-the-art forum for presentations by the faculty and community presenters.

Rudolph M. Navari, MD, director of Notre Dame's Walther Cancer Research Center, also serves as director of the Indiana University School of Medicine-South Bend and is assistant dean at IUSM. More than 80 physicians practicing in St. Joseph County, which includes South Bend, received their first two years of medical education at the South Bend campus.

Adam W. Herbert, president of Indiana University, will preside over Tuesday's dedication ceremonies. Other participants include Notre Dame President Rev. John I. Jenkins, C.S.C.; Rep. B. Patrick Bauer, D-South Bend who has played a significant role in acquiring the land and state funding for the new building.

Also participating will be Stephen B. Leapman, executive associate dean for educational affairs, IU School of Medicine; Cora Smith Breckenridge, Indiana University trustee; Katie Anne Ellgass, an IU School of



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Medicine-South Bend student; the Rev. Theodore M. Hesburgh, C.S.C., Notre Dame's president emeritus; Patrick F. McCartan, president of Notre Dame's board of trustees; and benefactor Ernestine Morris Raclin.

Raclin and her husband, Robert L. Raclin, have long provided leadership in both public and private sectors. She has served on the boards of numerous corporations and holds past directorships with many other organizations.

A supporter of higher education, she chairs the advisory board of Indiana University South Bend, serves on the IU Foundation Board of Directors and is a trustee emeritus of Notre Dame.

Raclin's late husband, O.C. Carmichael, better known as "Mike," died in 1976. An educator and business executive, he was a leader in civic, political and philanthropic endeavors and served as a trusted adviser to colleges and universities. He was a long-time supporter of both Notre Dame and Indiana University-South Bend. In 1956, Carmichael was elected president of Converse College, a position he held until 1960. At the time of his death, he was board chairman for FBT Bancorp, the holding company for First Bank and Trust Company, and numerous other financial firms.

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October 21, 2005

Riley Hospital Surgeons Perform Three Consecutive Pediatric Heart Transplants

INDIANAPOLIS — Indiana University School of Medicine cardiothoracic surgeons recently performed three pediatric heart transplants in a five-day period – the third of which was their 100th since John W. Brown, M.D., performed the first pediatric heart transplant in Indiana. That was in April 1989.

Since that time, heart transplantation has become less common with the advent of new interventional procedures and the use of alternative methods such as ventricular assist devices.

Performing three transplants in such a short period would have been rare even before the advent of the new technologies. The Clarian Transplant Center is a national leader in transplantation, but in 2004, a total of three pediatric heart transplants were performed. On average, two are performed each year at leading transplant centers.

The consecutive pediatric transplants were performed at Riley Hospital for Children on Oct. 11 on a 9-year-old boy from Washington, Ind., Oct 15 on a 7-year-old girl from Allendale, Ill., and Oct. 16 on a 5-year-old boy from Goshen, Ind.

The three transplant teams were led by Dr. Brown, the Harris B. Shumacker Professor of Surgery and chief of cardiothoracic surgery at IUSM. The three organ procurements were managed by Mark Rodefeld, MD, assistant professor of cardiothoracic surgery at IUSM.

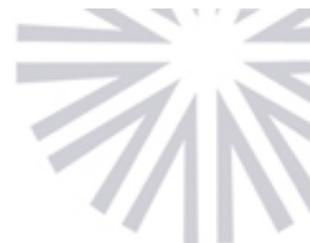
According to the Organ Procurement and Transplantation Network, Riley Hospital is the ninth hospital in the nation to perform 100 pediatric heart transplants. Riley and Indiana University hospitals are part of Clarian Health Partners.

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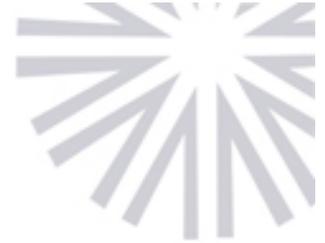
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October 21, 2005

On This Week's Sound Medicine: Avian Flu, 100th Anniversary of Methodist Hospital, Reclaiming Unused AIDS Drugs and Brain Injuries in Iraq Vets

INDIANAPOLIS — This weekend, (October 22 and 23) *Sound Medicine* guests include Raymond Strikas, MD, of the Centers for Disease Control. Dr. Strikas specializes in adult immunization. Dr. Strikas will be discussing avian flu and whether the U.S is prepared for an outbreak.

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Sam Odle, president and CEO for Methodist and Indiana University Hospitals, both Clarian Health Partner hospitals, will be talking about the 100th anniversary of Methodist Hospital.

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The show also will feature an encore of Kara Oehler's story on the use of maggots to treat wounds. Kara is a regular contributor to NPR programs such as "Day to Day" and "All Things Considered."

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In a story that first aired in May of this year, contributing producer Rupa Marya will be presenting a report on Traumatic Brain Injury; an injury two-thirds of wounded soldiers experience.

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317 274 7722

Science and health writer Eric Metcalf, a regular contributor, offers some thoughts about those tattoos you see, peeking out from under shirt sleeves and pant legs.

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317 278 8722

In addition, *Sound Medicine* features an encore of Shia Levitt's report on the growing number of organizations collecting HIV drugs from people in Indiana and dozens of other states and making sure they are not wasted by donating them to people living with AIDS in other countries. (This will air on all stations except WFYI because of the pledge drive.)

Joining program host Barbara Lewis will be co hosts Kathy Miller, MD and Ora Pescovitz, MD.

Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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October 18, 2005

Columbia University Biochemist Presents Beering Lecture at IU School of Medicine

INDIANAPOLIS — James E. Rothman, Ph.D., is the recipient of the 2005 Steven C. Beering Award for Outstanding Achievement in Biomedical Science, presented annually by the Indiana University School of Medicine.

Dr. Rothman is the Clyde and Helen Wu Professor of Chemical Biology in the Department of Physiology and Cellular Biophysics and the director of the Judith P. Sulzberger, M.D., Columbia Genome Center, at Columbia University.

He will present the Beering Lecture on "Principles of Cellular Membrane Fusion" at 8:30 a.m., Wednesday, Oct. 26, in the University Place Conference Center auditorium.

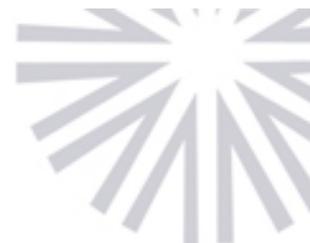
Dr. Rothman is internationally known for discovering the molecular machinery responsible for transfer of materials among compartments within cells.

The prestigious Beering Award was named in honor of Steven C. Beering, M.D., who served as dean of the IU School of Medicine from 1974 to 1983 when he accepted the presidency of Purdue University, a position he held until 2000.

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October 18, 2005

Foroud Honored For Genetics Research With Named Professorship

INDIANAPOLIS — Tatiana M. Foroud, Ph.D., has been named the first P. Michael Conneally Professor of Medical and Molecular Genetics at the Indiana University School of Medicine.

Dr. Foroud, who received her doctorate in population genetics from IU School of Medicine, joined the faculty as an instructor in 1994. She became an assistant professor in the Department of Medical and Molecular Genetics in 1996 and was named a full professor earlier this year. She was named director of the Division of Hereditary Genomics in 2003.

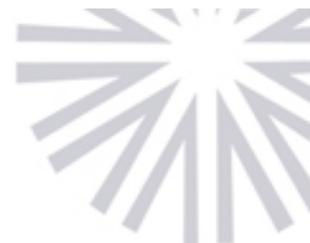
The P. Michael Conneally Professorship was established in 2001 by friends and colleagues of Dr. Conneally, who joined the IU medical school faculty in medical and molecular genetics in 1963. He was named a Distinguished Professor in 1988.

Dr. Conneally is an internationally recognized leader in population genetics and genetic analysis of hereditary neurological disorders. He was a member of the scientific team that isolated the genes that result in Huntington's disease and he has conducted groundbreaking research into the genetics of Parkinson's and Alzheimer's diseases.

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October 14, 2005

Miyamoto To Lead American Academy of Otolaryngology

INDIANAPOLIS — Richard T. Miyamoto, M.D., an international expert in the field of cochlear implantation for the hearing impaired, has accepted leadership positions in four national professional organizations.

Dr. Miyamoto is the Arilla Spence DeVault Professor and chairman of the Department of Otolaryngology – Head and Neck Surgery at the Indiana University School of Medicine.

In September, Dr. Miyamoto was elected president-elect of the American Academy of Otolaryngology – Head and Neck Surgery and its Foundation; he will assume the presidency at the organization's annual meeting in 2006. The Academy is the world's largest organization representing specialists who treat the ear, nose, throat and related structures of the head and neck. The Foundation advances the art, science and ethical practice of otolaryngology through education, research and lifelong learning.

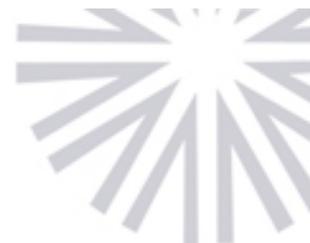
Dr. Miyamoto also is president of The Centurions of the Deafness Research Foundation, a nationwide group of nearly 1,000 prominent otolaryngologists, researchers, audiologists, medical societies and hearing-product manufacturers who financially defray administrative costs for the DRF, which funds basic and clinical research in hearing science.

Dr. Miyamoto is president of the Otosclerosis Study Group which was established in 1939 by many of the most well known microsurgeons of the ear. The focus of this organization is to investigate the causes and treatments of otosclerosis, a disease unique to the ear and a major cause of treatable hearing loss.

He also is the president-elect of the Association of Academic Departments of Otolaryngology – Head and Neck Surgery. Membership includes all academic otolaryngology departments who are represented by the chairmen of the respective medical schools and training programs. Dr. Miyamoto's two-year term as president of the AAO-HNS begins in 2006.

Recognized for his pioneering work and research of cochlear implants and treatment of profound deafness among children and adults, Dr. Miyamoto leads one of the major centers in the country receiving National Institutes of Health funding to research pediatric cochlear implantation. He is the principle investigator on two major federal grants investigating speech perception, speech production and language in children using cochlear implants and hearing aids.

A graduate of the University of Michigan Medical School, Dr. Miyamoto completed a residency in otolaryngology – head and neck surgery at Indiana University School of Medicine and a fellowship at the House Ear Institute and the University of Southern California. He joined the IU School of Medicine faculty in 1978.



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He is a fellow with the American College of Surgeons and a member of the Royal Society of Medicine (England), the Collegium Otorhinolaryngologicum Amicitiae Sacrum and the Institute of Medicine of the National Academy of Sciences.

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October 13, 2005

IU School of Medicine Students' Health Fair Serves Indy's Underserved

INDIANAPOLIS — For the eighth consecutive year, Indiana University School of Medicine medical students and other health care professionals will provide screenings and information at a health fair at the Westside Community Health Center.

The event, from 10 a.m. to 2 p.m., Saturday, Oct. 15, coincides with National Primary Care Week. The health center is at 2732 W. Michigan St., Indianapolis, in the Haughville area, just west of the IU Medical Center campus.

"The Westside Health Fair provides a unique opportunity for the IU medical and dental students, under faculty supervision, to provide basic health screening and information to members of the community with limited or no access to health care. This year members of the community also will get an opportunity to discuss problems they may have in communicating with their physicians through a town hall meeting," said Nkeiruka Nwoko, a medical student helping organize the fair.

The town hall meeting, from 11 a.m. to 1 p.m., will enable community residents to discuss their concerns with physician-patient communication, echoing this year's theme of National Primary Care Week: "Breaking Down Barriers: Health Literacy in Community Health."

Members of the panel fielding questions will include Judith Monroe, M.D., Indiana state health commissioner; Virginia Caine, M.D., director of the Marion County Health Department; Betty Routledge, M.D., medical director of the Westside Community Health Center, and Pat Kiergan, R.N., a nurse with the Indianapolis Public Schools.

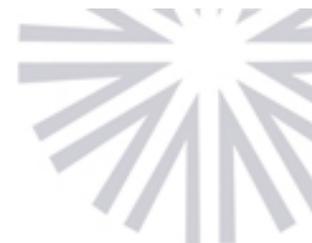
This year's event, which is sponsored by the Internal Medicine Student Interest Group, includes screenings for diabetes, cholesterol, osteoporosis, blood pressure, vision and dental health. Education and information sessions will be available on a variety of health and safety topics.

This year's fair co-sponsors include the Indiana University School of Medicine, Westside Community Health Center Advisory Council, IU Medical Group and Wishard Health Services.

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October 13, 2005

Riley Hospital Cardiologists Produce, Share Unique Teaching DVD

INDIANAPOLIS — Pediatric cardiologists at the Indiana University School of Medicine have produced a unique pediatric echocardiography training DVD for cardiologists in Indiana and across the nation.

This is the first interactive teaching video that uses real images to educate cardiologists on how to read and analyze echocardiograph images. It will be distributed free of charge to every pediatric cardiology program and every hospital in Indiana.

The DVD, "Atlas of Pediatric Echocardiography," is the first training video to use actual echocardiograph images.

"Before our video, cardiologists had to learn about echocardiography through textbooks and manuals," said Marcus Schamberger, M.D., assistant professor of clinical pediatrics at IU School of Medicine and a cardiologist at Riley Hospital for Children. "By using the live and real-time images, we are able to educate much more effectively and we believe that this method of instruction will have positive benefits for the quality of clinical care that is delivered."

The Riley Heart Center at Riley Hospital for Children has been able to deliver the highest quality of cardiac care to hundreds of children across Indiana and the world.

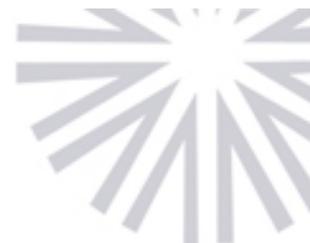
"Running a hospital is a business, and the business is patient care," said Eric Ebenroth, M.D., assistant professor of clinical pediatrics and a Riley cardiologist.

"In a time where it seems hospitals do not want to share resources because of competition, we are fortunate to have the support of the Riley administration, who understand it's not about dollars and buildings, but about children and families. With this support, we are distributing this video free of charge statewide."

The Riley Heart Center at Riley Hospital is the only cardiac inpatient unit in Indiana created exclusively for children. The pediatric cardiologists at Riley employ a variety of tests to evaluate cardiovascular defects beginning with EKG and X-ray. The cardiologists have other technologically advanced tools at their disposal such as ambulatory EKG, exercise testing, electrophysiologic testing, nuclear imaging, diagnostic catheterization and the echocardiogram. The center also uses telemetry monitoring for all the patients on the unit, a technology that allows patients to move around the unit with constant heart monitoring.

More than 7,000 echocardiograms are performed at Riley Hospital each year. Riley cardiologists also review and interpret more than 200 echocardiogram images from institutions throughout the Midwest.

"We are receiving calls from institutions across the nation about this video," said Dr. Schamberger. "We've just produced 1,000 more videos to be distributed to cardiology training programs nationwide. We take pride



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in knowing we are able to help children even if they are not our patients.”

In addition to Drs. Schamberger and Ebenroth, Timothy Cordes, M.D., associate professor of pediatrics, and Tiffanie Johnson, M.D., assistant professor of pediatrics and of radiology, shared their expertise in co-producing this teaching video.

To order the Atlas of Pediatric Echocardiography video, call 1-800-622-4989.

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October 12, 2005

On This Week's Sound Medicine: Domestic Violence, Alternative Medicine, and The President's Fitness

INDIANAPOLIS — This week's Sound Medicine guests include DaWana Stubbs, MD, a clinical assistant professor of medicine of the Indiana University School of Medicine who treats patients at the Westside Community Health Center in Indianapolis. Dr. Stubbs will be discussing how physicians recognize and prevent domestic violence.

Senior editor of Consumer Reports, Nancy Metcalf will be talking about her magazine's recent investigation into what works and what doesn't work in the world of alternative medicine. Ms. Metcalf specializes in medical, environmental, and health and fitness issues addressed by the magazine.

Dr. Rafat Abonour, associate dean for clinical research at the IU School of Medicine, will talk about his campaign to raise public awareness about multiple myeloma. Dr. Abonour treats patients diagnosed with multiple myeloma.

Sound Medicine contributor Eric Metcalf's essay addresses the president's fitness; a look at how President George W. Bush stays in shape on a busy schedule.

The program is hosted by Barb Lewis. This week's co hosts are David Crabb, MD, Stephen Bogdewic, PhD, and Kathy Miller, MD.

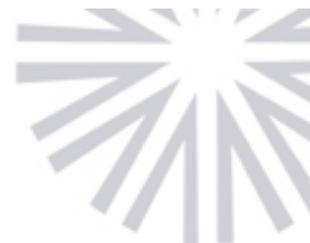
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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October 6, 2005

This Week's Sound Medicine Topics Include: the CDC Flu Outlook and Recent Advances/Changes in the Field of Breast Cancer

INDIANAPOLIS — This weekend, Sound Medicine guest Raymond Strikas, MD, will be discussing the new system for the distribution of flu vaccines for the upcoming flu season and the strategy to avoid repeating last year's flu vaccine debacle. Dr. Strikas is the associate director of the adult immunization program for the National Immunization Program of the Centers for Disease Control.

Neil Love, MD, and Kathy Miller, MD, will be talking about recent advances and changes in the field of breast cancer. Dr. Neil Love is a cancer specialist who provides continuing education to more than 11,000 medical oncologists and hematologists through his company Research to Practice. Sound Medicine co-host, Dr. Kathy Miller specializes in the treatment of breast cancer and is a member of the National Cancer Institute-designated cancer center at Indiana University.

Regular Sound Medicine co host David Crabb, MD, will be discussing what the phrase "evidence based medicine" actually means in a Doc Chat with host Barbara Lewis.

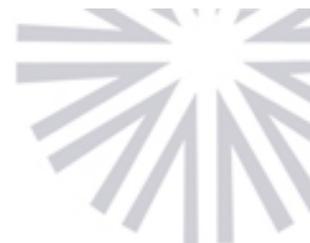
The program is hosted by Barbara Lewis. This week's co-hosts are David Crabb, MD, and Kathy Miller, MD.

Archived editions of Sound Medicine, as well as other helpful health information, can be found at soundmedicine.iu.edu.

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October 5, 2005

Bogdewic Promoted to Advance Faculty at Medical School

INDIANAPOLIS — Stephen Bogdewic, Ph.D., has been promoted to executive associate dean for faculty affairs and professional development in the Indiana University School of Medicine effective October 1, 2005. He has served as associate dean for faculty affairs and professional development since July 1, 2004.

"People are our most important resource and we need to be proactive in their development and advancement," said D. Craig Brater, M.D., dean of the medical school. "Steve has a national reputation in developing such programs and has amply demonstrated that skill with the different programs he has created and nurtured here. By elevating him and this responsibility to an executive associate dean position, we are signaling the importance of advancing all of our personnel, we are affirming our commitment to this important activity, and we are rewarding Steve's excellence."

Dr. Bogdewic also is professor and vice chair in the IUSM Department of Family Medicine. He also participates as a co-host and a member of the advisory board for the School's weekly program, Sound Medicine, co-produced with WFYI-public radio.

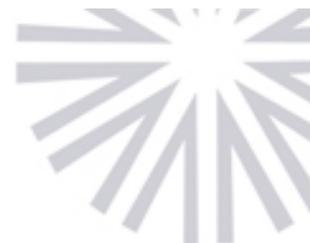
Dr. Bogdewic received his Ph.D. in adult education & organizational development from the University of North Carolina and his M.A. in marriage, family, and child counseling from Santa Clara University. He is past-president of the Society of Teachers of Family Medicine, and was a primary health care policy fellow with the U.S. Department of Health and Human Services in 2004 during which he developed a policy to define the role primary care providers can play in dealing with bioterrorism threats.

A nationally recognized lecturer, consultant, and educator, Dr. Bogdewic conducts workshops and presentations to various professional organizations. He is a licensed marriage and family therapist and maintains an active clinical practice. His scholarly interests include professional development, leadership development, clinical teaching skills, and the quality improvement of health care.

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October 4, 2005

Low-Cost Alternative Drugs Can Help Patients With Problems Controlling Blood Pressure

INDIANAPOLIS — Two inexpensive but widely overlooked drugs may help many patients who continue to have high blood pressure despite taking standard blood pressure medications, according to research by Indiana University School of Medicine scientists.

Howard Pratt, M.D., professor of medicine, and his colleagues studied two compounds -- amiloride and spironolactone -- in a group of African-American patients with high blood pressure. African-Americans are disproportionately affected by high blood pressure, and tend to retain more sodium in their bodies, which is linked to high blood pressure. Amiloride and spironolactone are diuretics, or "water pills," that have been available for many years but no longer get much attention from prescribing physicians.

In the study of 98 patients, some were given one of the two drugs, some were given both, some were given a placebo. All of the patients continued to take their standard blood pressure medication. On average, blood pressures of the patients taking either amiloride or spironolactone individually, or both drugs, dropped significantly. There were no side effects. The study was published in the September issue of the journal *Hypertension*.

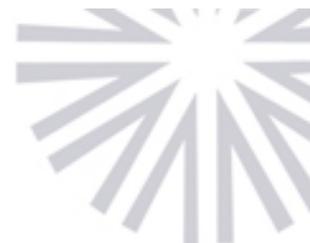
Uncontrolled blood pressure can lead to serious complications including heart attack, stroke, and kidney failure. According to some estimates, nearly one in three U.S. adults has high blood pressure.

The two drugs tested work by limiting the amount of sodium the kidneys reabsorb or take back into the body during the process of producing urine.

"The kidneys do an incredible job of holding on to sodium, which was important to the survival of our early ancestors who lived in a salt-poor world, but today there's so much salt in the food we eat that the kidneys end up holding onto too much sodium," said Dr. Pratt. The result, he said, can be high blood pressure — also known as hypertension.

The kidney retains sodium in two general regions. Traditional diuretics reduce the uptake of sodium at an early region, closer to where blood is filtered to produce urine. A region more "downstream" also takes back sodium from the urine. If too much is taken back in the first region, then the kidney adjusts by taking up less sodium in the second region. But such an adjustment doesn't always occur, with the result that the kidney ends up bringing too much sodium back into the body. This problem may worsen with age, Dr. Pratt said.

Amiloride and spironolactone work on the late or downstream region. By inhibiting the uptake of sodium there, "which is the last place in the chain of events for getting it right, you can restore blood pressure to normal levels in many patients when the drugs are used together with a standard diuretic," Dr. Pratt said.



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Dr. Pratt said that physicians with patients showing resistance to treatment — patients for whom standard therapy doesn't result in a normal blood pressure — tend to prescribe higher doses of the medicine already being used, or add in a new blood pressure drug that could be expensive and often is also ineffective. He said he expects that this and additional studies will convince physicians to try the amiloride or spironolactone alternatives instead.

Dr. Pratt said the study was conducted with African-American patients because they are on average more predisposed to retain sodium, but he believes the effectiveness of the two drugs likely would be the same regardless of ethnicity.

The study was funded by a grant from the National Institutes of Health.

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October 3, 2005

Examining How Medicine is Taught: Reading and Changing the Culture

INDIANAPOLIS — Rigorous course work, state of the art laboratories, relevant textbooks and demanding clinical rotations produce technically competent physicians. But surveys say that in addition to highly qualified care givers, we want doctors who are compassionate and know how to communicate well when caring for us and our loved ones, yet the environment in which medical students become physicians is often not conducive to producing these caring qualities.

Teams from eight medical schools across the United States and Canada met recently on the campus of the Indiana University School of Medicine for the nation's first conference focusing on assessing and improving the organizational environment and culture of academic medical centers. Their goal: to learn more about the social environment, also known as the "hidden curriculum" of medical schools, and how it can be enhanced to produce both technically competent and compassionate physicians.

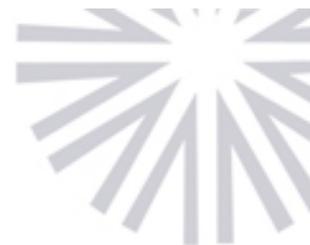
"Deans and other medical school leaders took advantage of this unique opportunity to use the Indiana University School of Medicine as a laboratory for exploration of the hidden curriculum, honing their capacity to see and hear with their own eyes and ears this critical aspect of physician education," said Thomas Inui, M.D. "They did not come to Indiana University because we are an ideal environment or exemplary environment but because we are at work on our own hidden curriculum and gave them a chance to immerse themselves in an organizational culture under transition."

Dr. Inui is president and CEO of the Regenstrief Institute, Inc. and associate dean for health services research of the IU School of Medicine. He is one of a team of educators leading the on-going efforts to transform the way future physicians are taught at the IU School of Medicine.

Teams from Baylor, Dartmouth, Drexel, McMaster, Southern Illinois University, University of Missouri-Columbia, University of North Dakota, and University of Washington medical schools shared their own experiences as they observed daily routines and faculty-student interactions at the IU School of Medicine. In addition to attending classes, joining faculty and students engaged in patient care and observing an admissions committee session, conference participants listened in as IU School of Medicine students, in a typical monthly session, read aloud narratives related to their perceptions of how professionalism is expressed in the social environment of the school.

"The issues that come up in these sessions are among the most complex and challenging ones we face as faculty physicians, and students can offer fresh perspectives on them," said Debra Litzelman, M.D.

"If we push information and suggestions at students as if we were preaching, we are less likely to be successful than if we let the students talk about their own experiences. The questions and thoughts that arise in these discussions are insightful, and we find that the students are pulling information from the



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faculty. They ask, 'What do you think about this? What do others think about this?' It's a really different teaching dynamic. We are in a dialogue that centers on their experiences and their questions," said Dr. Litzelman, associate dean for medical education and curricular affairs at the IU School of Medicine and a conference organizer.

Back home, on their respective campuses, meeting participants are beginning to test drive some of what they discussed as they examine their hidden curriculum. Some will be pursuing concepts they had before they gathered; others are exploring ideas garnered at the conference.

"Experimenting with some of these approaches is the way forward. We are not going to engage in long-term campaigns or rolling out big projects. We are, instead, going to try innovative approaches like the teaching from student stories. Little steps are more likely to succeed than big ones," said Dr. Inui.

"We know the public wants compassionate doctors, and the good news is that medical schools across the country and Canada are eager to make the changes needed to produce them. In this work we sense that we are joined with the public, because this is what the public wants of their doctors," he added.

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September 29, 2005

Glaucoma Study Compares Medication With Laser Treatments

INDIANAPOLIS — Fifty million Americans are at risk for vision loss from glaucoma, according to the National Eye Institute.

The second leading cause of irreversible blindness, glaucoma is called the silent killer of sight -- the loss of peripheral vision is gradual and can go unnoticed.

Louis B. Cantor, M.D., who specializes in glaucoma treatment, says public awareness is an important factor in increasing the number of people being screened and receiving early treatment. Expanding treatment options for glaucoma also is important, he says.

Currently, patients begin with a regimen of medicated drops. As the disease progresses, patients may graduate to laser treatments and, finally, surgery. Dr. Cantor, who is the Jay C. and Lucile L. Kahn Professor with the Indiana University School of Medicine Department of Ophthalmology and director of the IU Glaucoma Service, is participating in a multi-site clinical trial comparing medicated drops to laser treatment as the first line of therapy.

"There are advantages and drawbacks to both treatments in terms of convenience, compliance, effectiveness and expense," said Dr. Cantor. "Lowering the pressure in the eye is the goal of glaucoma treatment. This study should indicate which treatment is most effective for lowering the pressure in the eye for the longest period of time, thereby reducing the risk of vision loss."

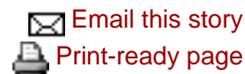
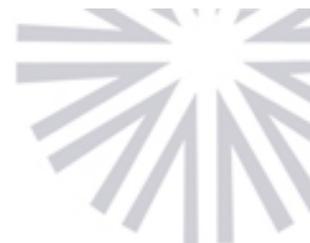
Individuals with open angle glaucoma may call Joni or Linda at 317-274-2745 for additional information on the trial.

October has been designated as Glaucoma Awareness Month by the American Academy of Ophthalmology.

Dr. Cantor said individuals need to be informed to protect themselves from vision loss. Those most at risk for glaucoma are:

- People over age 50
- African-Americans over age 40
- People with other health conditions, such as diabetes (exam every year)
- Individuals that have experienced a serious eye injury
- People with a family history of glaucoma

Initially, there are usually no symptoms, but as the disease progresses a person with glaucoma may notice his or her vision gradually failing with:



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- Blurred vision
- Loss of peripheral vision
- Difficulty focusing on objects
- Presence of halos around lights

Individuals at risk should have a complete eye exam every year or two, said Dr. Cantor.

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September 28, 2005

Genes, Drugs and Breast Cancer Basis of \$12 Million Pharmacogenetics Study

INDIANAPOLIS — It is known that genetics controls everything from a person's eye color to a predisposition to some diseases. Researchers also believe genetics control individual responses to medications, including various breast cancer therapies.

Researchers at Indiana University School of Medicine will study those variations with a \$12 million National Institute of Health grant aimed at exploring the pharmacogenetics of endocrine therapy for breast cancer.

Principal investigator David Flockhart, M.D., Ph.D., professor of medicine and director of the Division of Clinical Pharmacology at the IU School of Medicine, believes the research can lead to more effective breast cancer treatments for women.

Pharmacogenetics, as its name implies, is the science of how variations in genetics lead to individual responses to drugs. Eventually, the studies could lead to more personalized prescriptions.

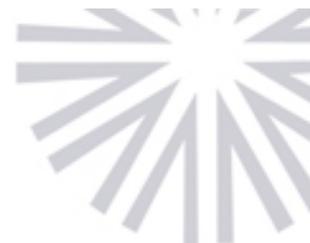
"Physicians are dedicated to finding more effective treatments and understanding an individual's genetic predisposition may be an effective way to improve treatments," said Dr. Flockhart.

This five-year study will enroll 500 women being treated for breast cancer with aromatase inhibitors such as anastrozole, letrozole or exemestane, drugs that reduce the amount of estrogen hormone in the body.

In some forms of breast cancer, estrogen feeds the tumors, allowing them to grow. These drugs lower the estrogen available to tumors, but removal of that estrogen may produce significant side effects, said Dr. Flockhart. The investigators will probe the possibility that genetics might predict both the efficacy and tolerability of these drugs. The study will explore the basic mechanisms of estrogen action that are of relevance to a large range of women's health areas and to the question of which women might be most vulnerable to the effects of environmental estrogens.

"Environmental estrogens are not well understood," said Dr. Flockhart. "One of the reasons they are such a hot topic is the rate of breast cancer is increasing and no one knows why."

Todd Skaar, Ph.D., associate director, General Clinical Research Center Pharmacogenetics Core Laboratory, will direct the effort to isolate genetic variances of women that might predict the effects these anti-estrogen drugs will have on their breast cancer. How the drugs are metabolized by different women also can provide insight to researchers on how effective the aromatase inhibitor treatments may be. That part of the study is directed by Zeru Desta, Ph.D., assistant professor of medicine and of pharmacology,



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Division of Clinical Pharmacology.

Women will be enrolled in the study at the Indiana University Cancer Center, the University of Michigan Cancer Center and Johns Hopkins Kimmel Cancer Center.

Directing this clinical phase of the study is Anna Maria Storniolo, M.D., professor of medicine at the IU School of Medicine. Women interested in participating in the study may get additional information by calling 317-274-7841.

The size of the study will provide the researchers with an opportunity to look at other female health issues possibly associated with the anti-estrogen medications, including their effect on cholesterol levels, which can affect heart health, and development of osteoporosis, a debilitating disease that is more common in women.

Many women treated with the anti-estrogen cancer drugs suffer symptoms usually associated with menopause, such as hot flashes. Janet Carpenter, R.N., Ph.D., associate professor of nursing and a member of the IU Cancer Center and Behavioral Oncology and Cancer Control Program, a nationally recognized expert on hot flashes, will use the genetic information and other resources to try to predict which women are most at risk for severe hot flashes when undergoing this type of treatment.

Dr. Carpenter will collect diaries from the participants and accurately monitor the frequency and severity of hot flashes with the use of electrodes placed on the breast bone of the women. The electrodes record increases in blood flow, one of the results of a hot flash.

“Many women grossly underestimate the severity and number of their hot flashes because they may occur when the woman is sleeping or preoccupied with the chores of daily living,” said Dr. Flockhart. “The electronic monitoring will eliminate the subjective nature of the diaries, which the woman also will be asked to keep.”

Scientific advances in the past few years have given researchers the tools to explore genetic variations in patients and the effects those variations may have on drug therapy.

“Studies like this will change the world of rational drug therapy,” said Dr. Flockhart.

This study is funded by the National Institute of General Medical Sciences, the Institute of Women’s Health and the Institute of Environmental Health, all part of the National Institutes of Health.

It is a renewal of an earlier grant that provided evidence that a class of antidepressants can reduce the effectiveness of tamoxifen, a common breast cancer chemotherapy. Dr. Flockhart and colleagues also pinpointed genetic types linked to the effect and published their results in the Jan. 5, 2005, issue of the *Journal of the National Cancer Institute*.

The universities conducting this research are members of the Pharmacogenetics Research Network, a nationwide collaboration of scientists supported by the National Institutes of Health to study how an individual's genes affect the way he or she responds to medicines. The goal of this research is to help tailor drug prescriptions to people's unique genetic make-ups.

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September 28, 2005

Abonour named to new clinical research position

INDIANAPOLIS — Rafat Abonour, M.D., has been named associate dean for clinical research at Indiana University School of Medicine, the first step in the School's expansion of its clinical research efforts.

As associate dean for clinical research, Dr. Abonour will oversee a new centralized clinical research office being created by the school of medicine to provide support for business services, marketing to enhance recruitment, services to study coordinators and education to new and existing investigators and other study personnel. His appointment became effective July 1.

Dr. Abonour is an associate professor of medicine in the division of hematology/oncology. He has extensive experience in patient care and clinical research in bone marrow and stem cell transplantation, gene therapy, treatment of multiple myeloma, Hodgkins disease and germ cell tumors. He is director of the IU Bone Marrow and Stem Cell Transplantation Program, and medical director of the Stem Cell Laboratory at Indiana University Hospital.

"Under his leadership, IUSM will consolidate its clinical research activities under a single administrative office," said Ora Hirsch Pescovitz, MD, executive associate dean for research affairs. "Our goal is to significantly expand translational and clinical research at the IU School of Medicine. Our initiative parallels the National Institutes of Health Roadmap emphasis and focus on clinical and translational research."

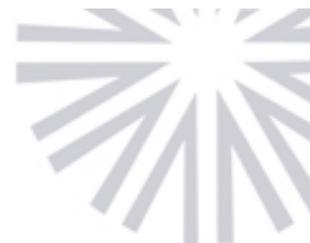
With translational research, investigators work to quickly move discoveries in basic science from the laboratory to the bedside to improve patient care.

Dr. Abonour joined the IU School of Medicine faculty in 1995 after completing a postdoctoral fellowship and serving as a clinical instructor in hematology at the University of Wisconsin. He received his medical degree at the University of Damascus, Syria.

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September 27, 2005

This Week on *Sound Medicine*; New NIH Guidelines and Pesticide Testing, Treatment for Glaucoma, and a West Nile Virus Update

INDIANAPOLIS — This week's *Sound Medicine* includes guests Eric Meslin, PhD, discussing two major issues involving bioethics and medical research: the new conflict-of-interest rules issued by the National Institutes of Health and the new EPA guidelines on how safety data for pesticides may be collected and used. Dr. Meslin is the director for the Indiana University Center for Bioethics.

Louis Cantor, MD, director of glaucoma services and professor of ophthalmology and glaucoma research and education at IU School of Medicine, will be talking about the best treatments for glaucoma. October is "Glaucoma Awareness Month", to raise awareness of the nation's second leading cause of irreversible blindness.

Andrew Zirkle, the spokesman for the Indiana State Department of Health, will be explaining what's being done both to detect and to prevent West Nile virus here in Indiana.

Sound Medicine contributor Eric Metcalf will be discussing Blackberries, not the fruit but the handheld electronic device, and whether they'll join the line-up of devices blamed for hand and wrist injuries.

The program is hosted by Barbara Lewis. This week's co-host is David Crabb, MD.

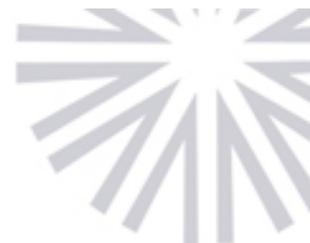
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September 22, 2005

Expansion Will Keep IU Cancer Center at Forefront of Care for Patients and Families

INDIANAPOLIS — The shovels may be ceremonial but the implications are concrete for cancer patients and their families as officials break ground Thursday for a major expansion of the Indiana University Cancer Center.

The center, a partnership of IU School of Medicine and Clarian Health Partners, now is under construction at the corner of West Michigan Street and University Boulevard.

The \$150 million structure, which will be connected to Indiana University Hospital on the IU Medical Center campus, will make the most advanced treatment facilities and modern, comfortable resources available at Indiana's only National Cancer Institute-designated Cancer Center providing clinical care. The 405,216- square-foot building is scheduled to open in 2008.

"The IU Cancer Center will extend and enhance the extraordinary cancer care already delivered at Indiana University Hospital," said Daniel F. Evans, Jr., president and chief executive officer of Clarian Health Partners. "It's a state-of-the-art facility that allows patients from Indiana and around the country to receive the most comprehensive and innovative cancer treatment in a family-focused environment."

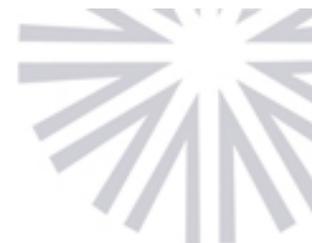
"The new IU Cancer Center demonstrates our commitment to providing both the finest patient care and investing in the cutting-edge research that will result in tomorrow's state-of-the-art treatments," said D. Craig Brater, M.D, dean of the IU School of Medicine. "The foundation of this new center is years of expertise in providing the best in cancer care."

"Construction of the new facility is part of a joint commitment to quality care for Hoosiers. It moves us significantly closer to our goal of becoming one of the nation's top five centers for cancer research, diagnosis and treatment," said Adam Herbert, Ph.D., president of Indiana University.

The cancer center project will build on the successful 8-year-old collaboration between the IU School of Medicine and Clarian. That collaboration is a key component to the biomedical research community that is growing in downtown Indianapolis, and to the state's life sciences initiative in partnership with BioCrossroads.

The new facility will have the capacity for 80 new cancer treatment beds, for both in-patient and out-patient care, facilities for up to 40 patients receiving chemotherapy, as well as many other patient and family amenities.

Patient and family-focused care has been a key aspect of planning for the IU Cancer Center, thanks to the



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involvement of members of a patient advisory board that provided input based on their experiences and those of their families in being treated for cancer.

Dr. Brater noted that cancer will be the primary area of research in the new Research III building for which the School of Medicine will be breaking ground in November. The new research building will result in a three-building complex of scientific research laboratories connected to the IU Cancer Center. Many of the scientists in the complex will be working to bring the results of basic scientific research to the bedside in new treatments for cancer patients.

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September 21, 2005

On This Week's *Sound Medicine*: Indiana's Medicare Drug Program, Pancreatic Cancer, and Questions Women Under 40 Should Ask Their Doctors

INDIANAPOLIS — On this weekend's *Sound Medicine*, guests include Cheryl St. Clair who will be discussing Medicare's new prescription drug discount program and how senior citizens and their families can prepare before enrollment begins on November 15. Ms. St. Clair directs the Senior Health Insurance Information Program for the state of Indiana.

Tom Howard, MD, will be discussing the symptoms, diagnosis, and treatment of pancreatic cancer, the fourth most frequent cause of cancer deaths in the United States. Associate professor of surgery, Dr. Howard is the founder of the Pancreas Research Group at the Indiana University School of Medicine.

Ann Zerr, MD, medical director of the Indiana University National Center of Excellence in Women's Healthcare, will be talking about questions women under 40 should ask their doctors. Dr. Zerr is a clinical associate professor of medicine at IU.

The program is hosted by Barbara Lewis. This week's co-hosts are Stephen Bogdewic, PhD, and David Crabb, MD

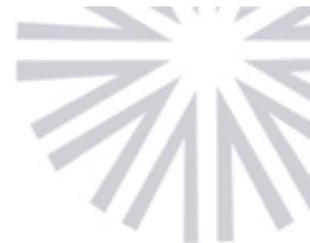
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September 15, 2005

This Week on *Sound Medicine*: An Update on Hurricane Katrina Evacuees in Indiana, A Possible Link Between Gingivitis and Heart Disease, Smoking Cessation Programs

INDIANAPOLIS — This weekend, September 17 and 18, *Sound Medicine* guests include Ann Zerr, MD, updating us on the status of Hurricane Katrina evacuees here in Indiana.

Michael Kowolik, BDS, PhD, will be discussing his study to determine whether there is a relationship between gingivitis and heart disease. Dr. Kowolik is the director of graduate research in periodontics at the Indiana University School of Dentistry.

Arden Christen, DDS, MSD, MA, will be in the studio speaking with co-host Dr. Stephen Bogdewic about smoking cessation programs. Dr. Christen is professor and director of Preventive and Community Dentistry in the Department of Oral Biology at Indiana University School of Dentistry.

Discussing the ramification of computers in exam rooms is Richard Frankel, PhD, author of "The Effects of Exam-Room Computing on Clinician-Patient Communication." Dr. Frankel is a professor of medicine and a medical sociologist at the Indiana University School of Medicine.

The program is hosted by Barbara Lewis. This week's co-hosts are Kathy Miller, MD, and Stephen Bogdewic, PhD.

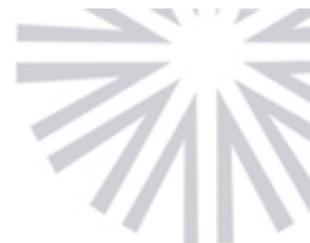
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September 13, 2005

INHealthConnect: IU Medical Librarians Link Hoosiers With Localized Health Care Resources

INDIANAPOLIS — Information on health-care services for Hoosiers is now readily available online county by county through INHealthConnect, a web site and database created by the librarians at the Indiana University School of Medicine Ruth Lilly Medical Library.

INHealthConnect, which can be found at <http://medlineplus.gov/inhealthconnect>, was created to provide organized, quality-filtered information on a wide range of health topics as well as links to community based services.

Local resources for clinical trials, medical specialists, health-screening programs, health-care educators, home health equipment, and other services are available at INHealthConnect. The web site provides a link with the IU School of Medicine librarians who will continuously update the information with new resources. Non-commercial health-care related web links can be forwarded to them for possible inclusion.

INHealthConnect is part of MedlinePlus Go Local, a service that will eventually provide local health-care related information for all 50 states. More than 6,000 records on health-related topic can be found on MedlinePlus, the National Library of Medicine's premier public health information site. It's on the web at <http://medlineplus.gov>.

INHealthConnect also can be accessed from a topic search on the MedlinePlus web site. For instance, individuals researching a topic such as diabetes on MedlinePlus, can click on the Go Local menu, select Indiana, then choose the desired county or city to obtain information on diabetes resources in that area.

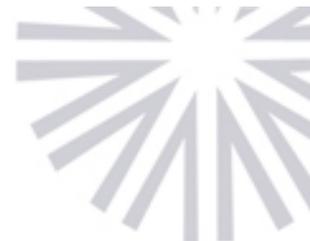
The official kickoff for INHealthConnect will be at the Ruth Lilly Medical Library at 3 p.m. Wednesday, Sept. 14. Speakers will include Indiana State Health Commissioner Judith A. Monroe, M.D., Marya Overby with the Indianapolis Office of Economic Development, and Julie McGowan, Ph.D., IU School of Medicine associate dean for information resources and educational technology.

Funding for the project is from The Library Partners of the Indianapolis Foundation, the Indiana State Library, and the Greater Midwest Region of the National Network of Libraries of Medicine.

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September 12, 2005

Doctor Running Across Indiana to Bring Hope to Patients with Rare Cancer, Indiana University Cancer Center

INDIANAPOLIS — Many doctors go the extra mile for their patients, but how many go the extra 120?

On Oct. 1, Indiana University Cancer Center oncologist and researcher Rafat Abonour, M.D., will embark on the first Miles for Myeloma. Over the course of two days, Dr. Abonour, who is an avid amateur marathon runner, will run and cycle the more than 120 miles between Indianapolis and Fort Wayne in an effort to raise awareness and funding to study multiple myeloma, a rare cancer of the plasma cell.

This event has been planned entirely by a group of Dr. Abonour's patients and their family members, who are grateful for the care he has provided for their rare disease and hopeful that funding generated through this event will lead to new scientific discoveries and a cure for multiple myeloma.

Dr. Abonour will depart Saturday, Oct. 1, at 9 a.m. from IU Medical Group at Carmel outpatient facility at 103rd and Meridian streets in Carmel. He will travel north on Ind. 37 through the Hoosier communities of Fishers, Noblesville, Elwood, Huntington and Marion. The event will conclude in Fort Wayne at 4:30 p.m. Sunday, Oct. 2, at Lutheran Hospital's Heart Pavilion.

Patients and others supporting this event are soliciting pledges and sponsorships from individuals as well as corporations to fund research at the Indiana University Cancer Center. Gifts to support Miles for Myeloma can be made by contacting Amber Kleopfer Senseny at 317-278-4510, or akleopfe@iupui.edu.

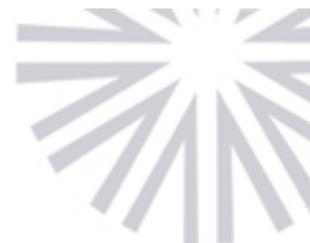
Sponsors for this event include Lutheran Hospital's Women's Cancer Center, Millennium Pharmaceuticals, Zimmer, the E. Lyn and Christine Plaster Family and the Tom and Arlene Scheer Family.

Multiple myeloma is an incurable but treatable blood cancer. It has afflicted several well-known individuals, including politician Geraldine Ferraro, columnist Ann Landers and actor Roy Scheider. More than 16,000 Americans are diagnosed with this disease each year. It affects slightly more men than women, and African Americans and Native Pacific Islanders have the highest reported incidence of the disease.

The Indiana University Cancer Center is a National Cancer Institute-designated cancer center. Dr. Abonour was recently named the Center's medical director for the Adult Clinical Research Office, and he also serves as director of the Adult Stem Cell Transplant Program.

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Detailed Miles for Myeloma Route Information:

Saturday, Oct. 1

Miles for Myeloma Send-Off Celebration – 8 – 9 a.m.

Sponsored by IU Medical Group at Carmel

Patients and their families will be present to wish Dr. Abonour well as he begins his trek to Fort Wayne.

IU Medical Group at Carmel (Springmill Center) located at 103rd and Meridian Streets on the north side of Indianapolis

Dr. Abonour will travel north on State Road 37 through Elwood

He will arrive in Marion at the Comfort Suites, 1345 N. Baldwin Avenue, at about 2 p.m.

Sunday, Oct. 2

Dr. Abonour will depart Marion at 7 am and travel north on Ind. 9 and then north on Ind. 24.

Miles for Myeloma Luncheon – 11:30 a.m. to Noon

Sponsored by Parkview Huntington Hospital

Patients and their families will join Dr. Abonour for lunch and cheer him on as he continues running toward Fort Wayne.

Parkview Huntington Hospital, 2001 Stults Road, Huntington on Ind. 24

Dr. Abonour will then continue to travel north on Ind. 24.

Miles for Myeloma Finish Line Celebration – 4 p.m.

Sponsored by the Fort Wayne Lutheran Hospital Women's Cancer Center

Patients and their families will be on hand to see Dr. Abonour cross the finish line and hear an announcement of the grand total raised by the event.

Fort Wayne Lutheran Hospital Heart Pavilion, 7950 W. Jefferson Blvd., Fort Wayne at the intersection at Ind. 24 and I-69

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September 8, 2005

Sound Medicine Topics for this Week Include: Hurricane Katrina Special Report, a New Technique for Lung Cancer, and Deep Brain Stimulation

INDIANAPOLIS — This weekend, *Sound Medicine* features a report by contributor Mary Hartnett, whose day job is the WFYI-FM news director, from a news conference with Michael P. Olinger, M.D., the medical services coordinator for the Urban Search and Rescue System of FEMA, who talks about their experience in New Orleans during the first week of the disaster. Dr. Olinger is assistant professor of emergency medicine at the Indiana University School of Medicine and medical director of emergency medical and ambulance services at Wishard Hospital in Indianapolis

Ronald McGarry, MD, PhD, associate professor of clinical radiation oncology at the Indiana University School of Medicine, will be talking about a new therapy that's showing some promise in the fight against lung cancer.

Also, Indianapolis-based science and health writer Eric Metcalf will be reminding us that even with the advances in medicine, the older forms of medicine have their appeal as well.

Independent producer Jessica Lockhart follows the journey of a patient receiving a treatment called Deep Brain Stimulation. It is a relatively new procedure being performed on patients with advanced Parkinson's disease.

Daniel Schoch, a senior at Indiana University studying Journalism and English, will be sharing his essay, and his own experiences, with human growth hormones.

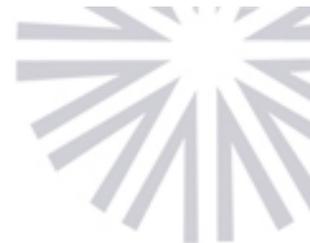
The program is hosted by Barbara Lewis. This week's co-host is Kathy Miller, MD.

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September 8, 2005

IU Cancer Center, Clarian Health Partners Specialists Recognized As 'Top Docs'

INDIANAPOLIS — Leaders in cancer research and treatment at Indiana University School of Medicine and Clarian Health Partners have been selected for inclusion in the first edition of *America's Top Doctors for Cancer*.

Eighteen specialists from Indiana University Hospital and Riley Hospital for Children, both Clarian Health Partners, are among nearly 2,000 of the nation's leading specialists profiled in the edition.

The book, published by Castle Connolly Medical Ltd., a recognized leader in the publication of health-care guides, contains detailed profiles of physicians from more than 40 medical specialties involved in the diagnosis and treatment of cancers in adults and children.

The doctors are selected by a physician-led research team based on comprehensive national surveys of physicians and medical leaders. The book also contains information on the nation's leading medical centers and specialty hospitals for the diagnosis and treatment of cancer. Castle Connolly publishes a number of other health-care guides, including *America's Top Doctors*.

"This and other national recognition of our cancer program and its physicians further demonstrates our commitment to enhancing cancer care in Indiana," said D. Craig Brater, M.D., dean of the Indiana University School of Medicine.

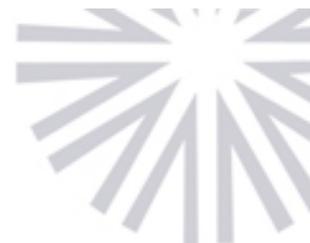
"Construction is set to begin this fall on the new cancer facility being created through the efforts of the IU School of Medicine and Clarian, providing further evidence of our commitment to delivering patient-and family-focused cancer care that is second to none."

"All of the doctors should be congratulated," said Daniel F. Evans, Jr., president and CEO of Clarian. "We take special pride in our cancer diagnosis and treatment capabilities. We are particularly proud of our affiliation with the IU School of Medicine, which contributes greatly to the field of cancer research and further enhances our ability to provide excellent care for our patients."

The recognition comes on the eve of Clarian Health Partners' and the IU School of Medicine's partnership in the expansion of the Indiana University Cancer Center on the IU Medical Center campus. The new center, with a full range of comprehensive in-patient and out-patient services, is scheduled for completion in 2008. The IU Cancer Center is a National Cancer Institute-designated research and treatment center.

Fifteen of the physicians named practice at IU Hospital and three practice at Riley Hospital. *America's Top Doctors for Cancer* include:

John J. Coleman, M.D.(Plastic Surgery)



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Lawrence Einhorn, M.D.(Medical Oncology)
Robert J. Fallon, M.D., Ph.D.(Pediatric Hematology-Oncology)
Richard S. Foster, M.D.(Urology)
Robert J. Goulet, M.D.(Surgery)
Jay L. Grosfeld, M.D.(Pediatric Surgery)
Valerie P. Jackson, M.D.,(Diagnostic Radiology)
Keith Douglas Lillemoe, M.D.(Surgery)
Patrick J. Loehrer, M.D.(Medical Oncology)
Katherine Look, M.D.(Gynecologic Oncology)
Richard T. Miyamoto, M.D.(Otolaryngology)
David H. Moore, M.D.(Gynecologic Oncology)
Scott A. Shapiro, M.D.(Neurological Surgery)
George W. Sledge, Jr., M.D.(Medical Oncology)
Frederick B. Stehman, M.D. (Gynecologic Oncology)
Thomas M. Ulbright, M.D.(Pathology)
Terry A. Vik, M.D. (Pediatric Hematology-Oncology)
Stephen D. Williams, M.D. (Medical Oncology)

Also included is **Allan F. Thornton Jr., MD** (Radiation Oncology) – Midwest Proton Radiotherapy Institute, Bloomington, affiliated with Indiana University and Clarian Health Partners.

Methodist Hospital otolaryngologist **Ronald C. Hamaker, M.D.**, who died in May, was recognized posthumously.

-30-

Clarian Health Partners, comprised of Methodist Hospital, Indiana University Hospital and Riley Hospital for Children, is an Indiana-based, private, non-profit organization, offering a broad base of tertiary services, specialized pediatric care and a Level 1 Trauma Center. Clarian is Indiana's largest, most comprehensive health center and is one of the busiest hospital systems in the nation. In 2004, Clarian became Indiana's first magnet hospital system. Clarian Health's mission is to improve the health of patients and the community through innovation and excellence in care, education, research and service. To fulfill its mission, Clarian uses the combined resources of its sponsoring institutions and its continuing affiliation with Indiana University School of Medicine, one of the nation's leading medical education and research centers. Clarian Health Partners, Inc. operates the Methodist Hospital, Indiana University Hospital and Riley Hospital campuses as a single hospital under Indiana law.

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The IU School of Medicine, the second-largest medical school in the nation, is dedicated to advancing health in the State of Indiana and beyond by promoting innovation and excellence in education, research and patient care.

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September 8, 2005

Medical Students Pitch In to Southside Home Repair Project

INDIANAPOLIS — More than 50 Indiana University School of Medicine medical students plan to join about 350 other community volunteers for the annual "Angels from the Heart Day" program that will bring repairs and improvements to 25 homes on the city's near-Southside Sept. 10.

This is the fifth year for the event, sponsored by Sacred Heart Church, 1530 Union St., which provides assistance to elderly, low-income and disabled homeowners in an area bounded by Madison Avenue and Morris, West and McCarty streets. The projects typically include such work as painting, installing new handrails, wheelchair ramps and steps, and repairing gutters and roofs, said Patricia Shepardson, business manager for the church. Keep Indianapolis Beautiful Inc. also is contributing to the program.

Daniel Sines, M.D., a 2005 IU School of Medicine graduate and an active resident of the neighborhood, helped organize the medical student involvement.

"This project was an ideal way to get medical students plugged into the community," said Dr. Sines, who is working as an intern at Methodist Hospital, a member of Clarian Health Partners, as part of his IU ophthalmology residency.

The medical students will be joining community volunteers and students from Roncalli High School who traditionally make up about half the day's work force, Shepardson said.

"We're thrilled to have a group of medical students involved this year," she said.

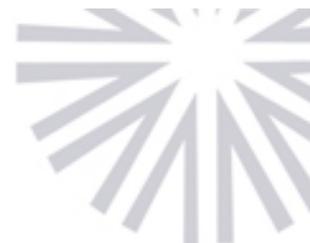
Such student-initiated service projects are a vital component of medical students' experiences, according to Patricia A. Keener, M.D., assistant dean of the School's Office of Medical Service-Learning and professor of pediatrics.

"These programs help students better understand their patients' lives, which helps them be better doctors when they see the patients in the clinic. The student also learns the important role of community service in the lives of physicians," Dr. Keener said.

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September 2, 2005

On this Week's *Sound Medicine*: Stem Cell Research in Indiana, "Return to Wellness" and Daycare for Sick Kids

INDIANAPOLIS — This weekend, *Sound Medicine* begins a new tradition. Eric Meslin, PhD, director of the Indiana University Center for Bioethics, will talk about emerging issues in the field of medical ethics on the first show of each month. Meslin is a professor of medicine and assistant dean for bioethics at IU School of Medicine, and professor of philosophy at the IU School of Liberal Arts. This week, he will be discussing the new bill on stem cell research in Indiana.

Also, *Sound Medicine* contributor Marje Albohm, a certified athletic trainer in Indianapolis and member of the Board of Directors of the National Athletic Trainers Association, will talk about ways to get fit without injury.

Sound Medicine co-host, Kathy Miller, MD, will discuss "Return to Wellness," a free ten-week program beginning later this month designed for breast cancer patients who've recently gone through a treatment regimen.

Sound Medicine's Meghan Freeman will be reporting from the field on a childcare facility for mildly ill children called "Sniffles 'N Such." This facility was opened by the Day Nursery/Clarian Health Partners Early Care and Education Center.

Health writer Eric Metcalf provides commentary on the way many diseases get their names.

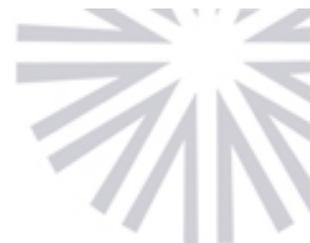
The program is hosted by Barbara Lewis. This week's co-host is Kathy Miller, MD.

Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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August 24, 2005

This Week, *Sound Medicine* Guests Discuss Trouble in Cardiology, InShape Indiana – a New Statewide Health Initiative, and Nurses House

INDIANAPOLIS — This weekend, August 27 and 28, *Sound Medicine* guests include J.D. Graham, MD, who will discuss the troubling revelations regarding defibrillators this summer. Dr. Graham is a cardiologist and medical director for the St. Francis Chest Pain Evaluation Center.

Judith Monroe, MD, Health Commissioner for the State of Indiana, will be talking about a new statewide health initiative known as InShape Indiana to help Hoosiers make healthier choices and improve their lifestyle.

Susan Fraley, will be discussing who cares for nurses in their time of need. Fraley is the executive director of Nurses House, a not-for-profit organization founded to aid nurses who have suffered personal hardships, injury, illness, or disability.

Anantha Shekhar, MD, professor of psychiatry at the Indiana University School of Medicine, will be talking with co host David Crabb, MD, about the relationship between doctors and hypochondriacs.

The program is hosted by Barbara Lewis. This week's co-hosts are Kathy Miller, MD, and David Crabb, MD

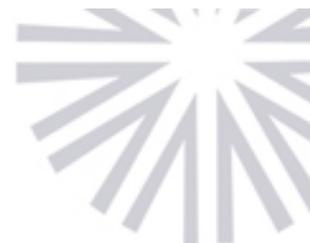
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August 17, 2005

On This Week's *Sound Medicine*: Consumer Demand for Advertised Drugs; the Emotional Health of Children with Ill Siblings; New Therapy to Reverse Brain Trauma

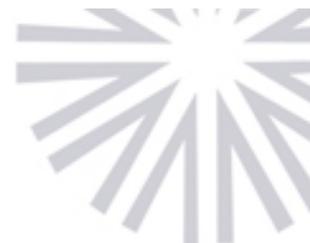
INDIANAPOLIS — This weekend, August 20 and 21, *Sound Medicine* guests include Richard L. Kravitz, MD, MSPH, director of the Center for Health Services Research in Primary Care at the University of California, Davis. Dr. Kravitz was the lead researcher on a study that looked at what happens when patients request specific drugs from their doctors.

Dennis Bumgarner, a licensed clinical social worker and psychotherapist, and director of Chapel Hill Center for Brief Therapy in Indianapolis, will be talking about the emotional well being of the siblings of sick children.

Richard Frankel, PhD, professor of medicine and a medical sociologist at the Indiana University School of Medicine, will be explaining the jist of "relationship centered care."

Alan Faden, MD, professor of neuroscience, neurology and pharmacology at Georgetown University Medical Center, will be discussing his recent study that showed how traumatic brain injury leads to loss of brain function and a drug that promises to stop the damage and promote recovery.

The program is hosted by Barbara Lewis. This week's co-hosts are Kathy Miller, MD, Ora Pescovitz, MD, and David Crabb, MD. Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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August 14, 2005

Parents, Teens Equally Favor Vaccination for Curable and Fatal STDs

INDIANAPOLIS — Parents in favor of childhood vaccinations for sexually transmitted diseases don't distinguish between those that are treatable versus those that are life-threatening.

That was one of the conclusions Indiana University School of Medicine researchers drew from a survey of 320 parents and their adolescent children in the September issue of the *Journal of Adolescent Health*. (The issue goes online Aug. 14. The text for this study can be found at <http://journals.elsevierhealth.com/periodicals/jah>.)

Gregory D. Zimet, Ph.D., and colleagues used a computerized behavioral health questionnaire to assess parental and adolescent views on STD vaccines. Although the vaccines are not yet available, the National Institute of Allergy and Infectious Diseases funded the IU research for 5 years to ascertain opinions on the topic.

Unlike earlier assessments by the IU researchers, this one focused on three specific diseases to create a STD vaccine acceptability scale. Parents and their adolescent children were asked their views on gonorrhea, genital herpes and HIV/AIDS vaccines. What they found is that opinions on acceptability of vaccination differed little from the treatable disease (gonorrhea) to an often fatal sexually transmitted disease (HIV/AIDS).

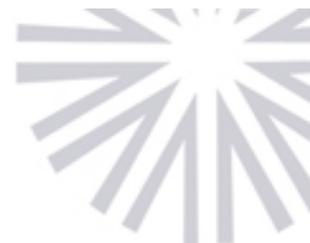
A majority of both parents and adolescents favored vaccination with all three STD vaccines. More than 85 percent of the parents and 87 percent of the adolescents agreed or strongly agreed that if a safe and effective vaccine for gonorrhea was available, they would get the vaccine. Ninety percent of parents and 89 percent of adolescents endorsed genital herpes and HIV/AIDS vaccinations.

Adolescents who had at least one friend who had sex were consistently more accepting of STD vaccination, as were parents who had had an STD.

"The majority of the parents and the adolescents found STD vaccination very acceptable, which suggests that many will be interested in getting vaccinated once the vaccines become available," said Dr. Zimet, a professor of pediatrics and clinical psychology.

The study evaluated parents and their children, who ranged in age from 12 to 17 years. All were recruited from urban adolescent health clinics and private practice pediatric offices.

The researchers surmised that since health care is largely viewed as a parental responsibility, adolescents will tend to look to their parents for guidance concerning STD vaccination.



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However, since parents and children were not given an opportunity to confer about the acceptability of STD vaccines, researchers found the similarity between parents' and adolescents' thoughts on the issue notable.

"Teens apparently take their lead from their parents when it comes to opinions about vaccinations for sexually transmitted disease," said Dr. Zimet. "A parent's attitude about STD vaccination was the best predictor of their child's attitude, probably reflecting similar views on health care in general."

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August 12, 2005

This Week on *Sound Medicine*: a Vaccine for Shingles, Pediatric Hospitals, and a Visit to the "Body Worlds" Exhibit

INDIANAPOLIS — This weekend, August 13 and 14, *Sound Medicine* guests include Karen Roos, MD, associate professor of neurology at the Indiana University School of Medicine. Dr. Roos will discuss a new vaccine for shingles that has been shown to reduce the incidence and severity of shingles by more than half.

Bernice Pescosolido, PhD, a professor of sociology at IU and director of the Indiana Consortium for Mental Health Services Research, will talk about the National Children's Study, the first long-term study of American children since the 1960s. Dr. Pescosolido serves on the study's federal advisory committee.

Richard Wasserman, MD, professor of pediatrics at the University of Vermont, will discuss his study of where children are treated when hospitalization is necessary. Dr. Wasserman conducts research for the American Academy of Pediatrics' Center for Child Health.

Sound Medicine correspondent Eric Metcalf will report on a tour he recently took of "Body Worlds," an exhibit at Chicago's Museum of Science and Industry.

The program is hosted by Barbara Lewis. This week's co-hosts are Kathy Miller, MD, Ora Pescovitz, MD, and David Crabb, MD.

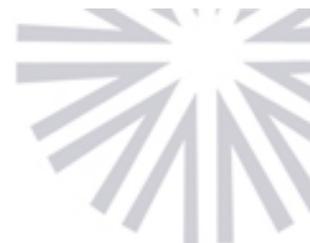
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August 12, 2005

Ceremony Marks Start of Training To Become Doctors

INDIANAPOLIS — One by one, they will step forward to receive their first white lab coats. Collectively, they will recite an oath promising to act professionally and compassionately.

Those are among the rites 300 first-year students will experience at the White Coat Ceremony of the IU School of Medicine. The event is 3 p.m., Saturday, Aug. 13, at the Murat Theatre, 502 N. New Jersey St.

With their families and friends looking on, the Class of 2009 will be presented with coats--symbolic of clinical service--and repeat a pledge whose origins are attributed to the Greek physician Hippocrates. The White Coat Ceremony has become a staple activity at the IU School of Medicine.

The IU School of Medicine was established in 1903 at the IU Bloomington campus with 25 students and only a few instructors. Since that time, the School has grown to become the nation's second-largest medical teaching institution with more than 1,200 students. First- and second-year students are divided among centers located in Indianapolis, Bloomington, Evansville, Fort Wayne, South Bend, Gary, Terre Haute, Muncie and Lafayette.

In their first year, students learn gross anatomy, histology, neurobiology, biochemistry, physiology, microbiology and immunology and introduction to medicine. The second year focuses on biostatistics, pharmacology, medical genetics, pathology and emergency medicine.

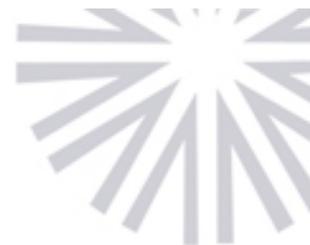
All IU medical students complete their final two years at the Indianapolis campus, where they receive clinical training and further classroom and laboratory studies. Students are required to master nine core competencies, including self-awareness, effective communication skills, lifelong learning, problem-solving, professionalism, moral reasoning and ethical judgment, social awareness and its relation to health care, using science as a guide for all aspects of health care and clinical skills.

For more information about the IU School of Medicine, visit its web site at www.medicine.iu.edu.

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August 4, 2005

Wake Forest Physician to Lead IU Anesthesiology Department

INDIANAPOLIS — John F. Butterworth IV, M.D., has been named the third chairman in the history of the Indiana University School of Medicine Department of Anesthesia.

Dr. Butterworth, who comes from Wake Forest University School of Medicine where he was an anesthesiology professor, will oversee the clinical, educational and research mission of the department.

IU anesthesiologists provide services to five area hospitals: Riley Hospital for Children, Indiana University, Richard L. Roudebush VA, Wishard Memorial and Methodist hospitals. In addition to adult operating room anesthesia, the physicians provide anesthesia for all age groups at Riley Hospital, pain management and surgical intensive care services, and obstetric anesthesia for high-risk patients.

As part of the department's education mission, medical students receive an introduction to anesthesia in their final two years of school and residents and fellows receive advanced training at the area hospitals.

Research interests within the department vary from reducing post-surgical pain to understanding the interplay between stress, coping, physiology and illness.

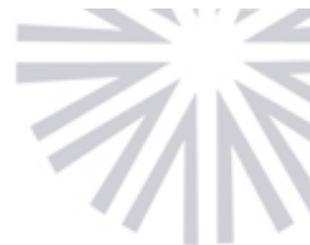
Dr. Butterworth, whose clinical interests are cardiovascular, regional and obstetric anesthesia, graduated with distinction from the University of Virginia with a bachelor's degree in chemistry. He received his medical degree from the Medical College of Virginia, where he also completed a trauma research fellowship. His residency training was completed in surgery at the University of Massachusetts Medical Center and in anesthesia at Brigham and Women's Hospital in Boston.

He succeeds Robert K. Stoelting, M.D., who resigned in July 2003 after 26 years as chairman. Dr. Stoelting succeeded his father, V.K. Stoelting, M.D., who founded the department in late 1940s as its first chairman. He retired in 1977 after 30 years at the helm.

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August 4, 2005

Mental Healthcare Disparities and a Visit to the Indiana Black Expo Health Fair

INDIANAPOLIS — This week's *Sound Medicine* guests include Shelvy Kegl, PhD, founder and president of the Midwest Psychological Center, and Joseph Slash, president of the Indianapolis Urban League, to discuss mental health issues and mental health care attitudes in the minority community.

Sound Medicine correspondent Eric Metcalf files a report from the Black and Minority Health Fair held at this year's Indiana Black Expo, where what he experienced was a cross between a doctor's visit and a large family reunion.

Malaz Boustani, MD, MPH, assistant professor of medicine at Indiana University School of Medicine and a Regenstrief Institute, Inc. research scientist, will discuss his research on dementia, screening and treatment programs, and the aging baby boomers.

The program is hosted by Barbara Lewis. Joining her this week are co-hosts Ora Pescovitz, MD, and David Crabb, MD.

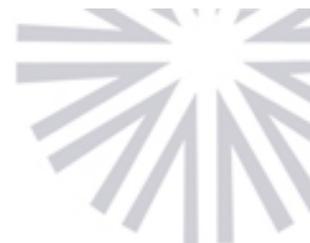
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August 3, 2005

Indiana University School of Medicine Opens Two Lung Cancer Clinical Trials

INDIANAPOLIS — Indiana University School of Medicine's success in the innovative treatment of lung cancer is expanding options for patients through two clinical trials.

Both studies are for individuals with non-small cell lung cancer.

One trial is a continuation of a treatment pioneered at IU using precision mapping and high-dose radiation. This portion of the clinical trial, building on the clinical success of the study at IU, is sponsored by the National Cancer Institute and will involve the IU School of Medicine and five other U.S. medical centers.

In the other study, patients with operable lung cancer will receive high-dose stereotactic radiation therapy followed by a new chemotherapy regimen. No surgery is involved. The addition of chemotherapy has been shown in recent medical literature to be effective at reducing recurrence. IU physicians will administer two cycles of a drug found to be less toxic but similarly effective as more established drugs.

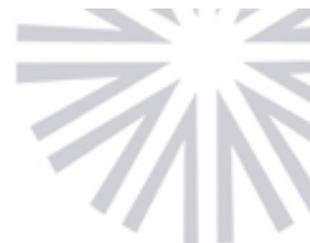
The Department of Radiation Oncology is at the forefront of research into treatment options for patients with lung cancer who are not candidates for traditional surgery due to medical complications.

IU physicians designed the first study of the use of extracranial stereotactic body radiation therapy for early stage lung cancer patients who were considered medically inoperable because of extenuating health problems. Enrollment of the initial 47 study patients began in February 2000 and was concluded two years later.

"I think of this as a lung sparing approach," said Ronald C. McGarry, M.D., Ph.D., principal investigator of the study and an IU professor of radiation oncology. "If we can treat early stage lung cancer without taking out a lung or a large part of one, it is to the advantage of the patient."

Early stage lung cancer typically is treated with surgery, conventional radiation, or both. What distinguishes the extracranial stereotactic body radiation treatment from more traditional radiation therapy is the sparing of healthy tissue from exposure to X-rays. Extracranial stereotactic body radiation is a minimally invasive therapy that uses 3-D planning to precisely target lung tumors, sparing the surrounding tissue. It uses a specially designed, lightweight body frame that limits mobility to ensure the precision of the photon beams aimed at the tumor.

By precisely targeting only the tumor, higher doses of radiation over a shorter period of time can be administered. Patients receive three treatments over seven to 10 days, versus standard therapy where patients receive 35 treatments over a six-week period.



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“The pioneering effort at IU and several other international centers from as far away as Japan and Germany is showing that stereotactic radiation therapy is another important treatment option for all patients who are in the early stages of lung cancer,” said Dr. McGarry. “The IU results have received national attention which has prompted the Radiation Therapy Oncology Group of the National Cancer Institute to fund clinical trials across the U.S. and Canada involving this therapy.”

For additional information on either trial, contact Kathy Tudor, R.N., research nurse coordinator, at 317-278-7267.

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July 29, 2005

Sound Medicine Topics Include Kids with Type II Diabetes, Diabetes Triggers, and Recycling AIDS Drugs

INDIANAPOLIS — This week's edition of *Sound Medicine* includes guest Henry Rodriquez, MD, who will discuss the increase in children diagnosed with Type II Diabetes. Dr. Rodriquez is the director of the pediatric diabetes clinical program at Riley Hospital for Children.

Also on hand will be Stephen Shoelson, MD, PhD, and head of the section on cellular and molecular physiology at Joslin Diabetes Center in Boston and a professor of medicine at Harvard Medical School. He will discuss his recently published findings on why overweight people are more at risk for developing diabetes.

Independent producer Shia Levitt's topic will be the growing number of organizations collecting AIDS drugs from people in Indiana and dozens of other states and donating them to people living with AIDS in other countries.

The program is hosted by Barbara Lewis. This week's co-hosts are Ora Pescovitz, MD, and David Crabb, MD.

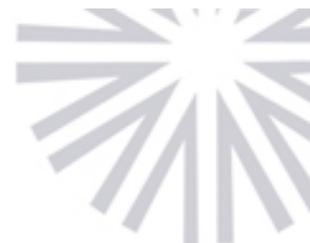
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July 25, 2005

Volunteers Needed For Inhaled Insulin Study

INDIANAPOLIS — Indiana University seeks volunteers with type 1 diabetes to participate in a clinical trial for inhaled insulin.

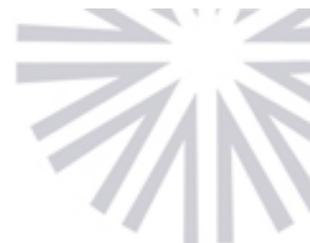
To qualify, participants must have had diabetes for at least 24 months and use at least two pre-meal insulin injections daily. Participants cannot be on an insulin pump, smoke, nor have asthma, COPD or cystic fibrosis.

All related care, including physical exams, laboratory tests, study insulin and diabetes testing supplies are provided. Call 317-274-3948 for additional information.

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July 22, 2005

Sound Medicine this Week: Generational Differences toward Personal Health Care and Shortages of Bone Marrow Donors in Minority Populations

INDIANAPOLIS — This weekend, *Sound Medicine* guests include Jeffrey Towbin, MD, chief of cardiology at the Texas Children's Hospital in Houston, who will discuss his research on cardiomyopathy in muscular dystrophy patients.

Perri Klass, MD, a pediatrician at Boston University School of Medicine, and her mother, Sheila Solomon Klass, will discuss generational attitude differences on personal health care. The duo teamed up to write "Every Mother is a Daughter," which is expected to hit bookstores next spring.

The shortage of bone marrow donors in minority populations will be the topic of a report from special correspondent Daniel Kraker of Arizona Public Radio.

The program is hosted by Barbara Lewis. This week's co-hosts are David Crabb, MD, and Kathy Miller, MD.

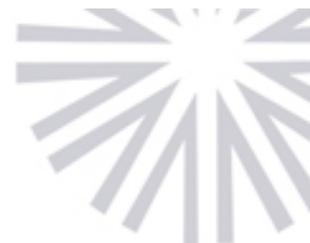
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July 19, 2005

IU Med Students Placed in Family Medicine Clerkships

INDIANAPOLIS — Thirty-four Indiana University School of Medicine first-year students are gaining real world knowledge and exposure this summer for their future by working with primary-care physicians throughout Indiana.

As part of the 2005 Primary Care Scholars' Consortium program, the students will spend eight weeks with a family physician in an Indiana area designated as medically underserved by the Indiana State Department of Health.

Currently, 63 of Indiana's 92 counties are designated as a health professional shortage area (HPSA) or as a medically underserved area (MUA). The Primary Care Scholars' Consortium program was designed to combat this shortage.

Consortium members include the Cinergy Foundation, Deaconess Hospital Family Practice Residency Program, Indiana University School of Medicine - Fort Wayne Center, the Indiana Academy of Family Physicians, the Midwest Center for Rural Health, St. Joseph's Medical Center, and the IU School of Medicine Department of Family Medicine.

Students are matched with physicians practicing in community-based Indiana clinics. The IU School of Medicine hopes that the eight-week program will positively influence career choice and practice environments, improving both the supply and distribution of primary care physicians throughout Indiana.

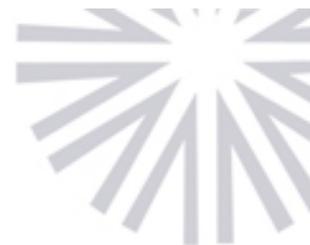
The consortium offers IU medical students the opportunity to train with primary care physicians in these underserved areas. Each student receives a stipend funded by program sponsors.

The Consortium, with its seven primary-care summer internships, was formed in 1999 and is coordinated by the IU School of Medicine's Department of Family Medicine.

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July 14, 2005

This Week on *Sound Medicine*: Second-hand Smoke & Kids, Botox & Cerebral Palsy, Grading MDs

INDIANAPOLIS — This week, *Sound Medicine* guests include Abigail Zuger, MD, a New York physician and regular contributor to The New York Times, who will discuss the pros and cons of "grading" doctors.

The dangerous impact of second-hand smoke on children is taken on by Howard Eigen, MD, IU professor of pulmonary pediatrics.

Sound Medicine special correspondent Kara Oehler reports on the use of Botox in treating children with cerebral palsy.

Consumer Reports senior editor Nancy Metcalf will shed light on the consumer magazine's rating of nine popular diet plans.

Joining program host Barbara Lewis this week are co-hosts Kathy Miller, MD, and Ora Pescovitz, MD.

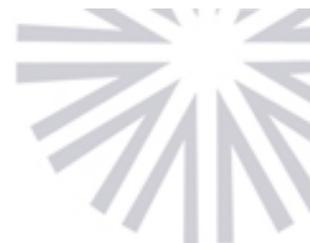
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July 8, 2005

Computers: Poor Placement Does Not Compute In Medical Exam Rooms

INDIANAPOLIS — Doctors “talking” to computer screens instead of patients during a physical exam is a problem easily cured, say researchers at the Indiana University School of Medicine and the Regenstrief Institute, Inc.

Their comprehensive study of the effect of exam room computer placement and the doctor-patient relationship appears in the August issue of the *Journal of General Internal Medicine*.

The researchers found that doctors with poor communications skills tended to get lost in the computer, interacting with it rather than the patient. Doctors with good communications skills used eye contact and posture to show interest even while working on the exam room computer.

“You may have a great diagnosis but if you can’t communicate it to the patient, he or she may not follow-up appropriately,” said Richard Frankel, Ph.D., author of the study. Dr. Frankel, Professor of Medicine and a medical sociologist.

Dr. Frankel notes that other studies, including many pioneering ones from Regenstrief researchers, have examined the effect of computers on patient outcomes and quality of care, but have not evaluated the impact of technology on doctor-patient communications. His study investigates the impact of technology on the professional interaction between patient and physician.

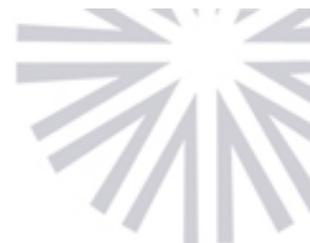
The placement of the computer in the exam room is critical to the communication process, the new study determined.

“If the computer is poorly positioned, it either gives you a really sore neck from turning around if you want to engage your patient or you wind up with the back of your head to the patient,” said Dr. Frankel. “This really created difficulties for a lot of the doctors we studied. They would do one of two things – they would either not use the computer or they would not pay attention to the patient.

“Other technology in the exam room has a known relationship to the ecology of the room. The blood pressure cuff is typically sitting next to exam table and its placement varies very little from room to room. But with computers, we found they could be anywhere in the exam room where it was convenient to drop the wires,” said Dr Frankel.

Ideally, the computer should be placed on a moveable arm that can be swiveled to a position that allows for eye contact between the doctor and patient, he said. Eventually, he hopes that medical school students routinely will be taught how best to use computers when interacting with patients.

The study was funded by Kaiser Permanente’s Garfield Memorial Fund.



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July 8, 2005

Clarian Hospitals Only Indiana Programs Ranked By US News & World Report

INDIANAPOLIS — Six clinical programs at Clarian Health Partners -- Methodist, Indiana University and Riley hospitals -- ranked among the top 50 clinical programs according to the *U.S. News & World Report's* "2005 America's Best Hospitals Guide." Clarian's programs were the only hospitals to be ranked in any category in the area.

Clarian, partnered with the Indiana University School of Medicine, received rankings in six clinical programs in the upcoming July 18, 2005, issue of *U.S. News & World Report*. The rankings can currently be viewed by visiting USNews.com. The programs that were ranked include cancer, cardiovascular, ear, nose and throat, kidney disease and urology.

Clarian and the IU School of Medicine perennially receive national recognition. Through the hard work of all staff, Clarian and the School of Medicine continue to share the national spotlight, and solidify their designation as the premier health-care system in the region.

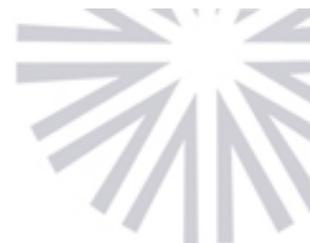
"We are pleased that our programs have been recognized in these rankings," said Craig Brater, M.D., dean of the Indiana University School of Medicine. "This reflects well on the Clarian Health partnership and the School of Medicine faculty. I also wish to extend my sincerest appreciation to all of the caregivers and support staff who made this possible."

"It is an honor for our programs to receive recognition," said Daniel F. Evans, Jr., president and CEO, Clarian Health Partners. "It is a reflection of the commitment and dedication the physicians and employees of Clarian Health Partners and the IU School of Medicine have to delivering patient care second to none. I want to commend all employees of Clarian and the IU School of Medicine for their continued excellence and commitment to quality care. It is their collective work that make our hospitals the best place for patients to receive care and the best place for staff to deliver care."

The programs and their numerical rankings are:

- Digestive Disorders 13th
- Urology 16th
- Kidney Disease 35th
- Cancer 44th
- Cardiovascular 45th
- Ear, Nose and Throat 48th

The rankings are developed by surveys of a geographical cross-section of board-certified specialists in



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each of 17 specialties. Hospital rankings are based on criteria related to reputation, mortality rates, and other areas such as advanced technology capabilities and nursing care.

In addition, hospitals must meet one of three requirements for eligibility for ranking: affiliation with a medical school, membership in the Counsel of Teaching Hospitals or having a minimum of nine of the 17 key technologies available.

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July 8, 2005

This Week On *Sound Medicine*: Pediatric Melanoma, The Artificial Spinal Disc, and the Vegan Diet

INDIANAPOLIS — This week's guests include Patricia Treadwell, MD, chief of pediatric dermatology at Riley Hospital for Children, who will discuss pediatric melanoma and the increase in the number of diagnosed cases. Dr. Treadwell is a professor of dermatology and pediatrics at the Indiana University School of Medicine.

Artificial spinal discs and the relief they provide to millions with chronic back pain is the topic of Scott Blumenthal, MD, who is a surgeon at the Texas Back Institute. He was the principal investigator on an FDA study of a spine disc implant.

Luigi Fontana, MD, PhD, professor of medicine in the division of geriatrics and nutritional science at Washington University School of Medicine in St. Louis, will provide insight on his recent research on the bone-health of raw-food vegetarians and its surprising results.

Sara Blackburn, DSc, RD, will walk listeners through the My Pyramid Food Guidance System. Dr. Blackburn is an associate professor of clinical nutrition in the nutrition and dietetics program at the IUPUI School of Health and Rehabilitation Sciences.

The program is hosted by Barbara Lewis. Co-hosts this week are David Crabb, MD and Ora Pescovitz, MD.

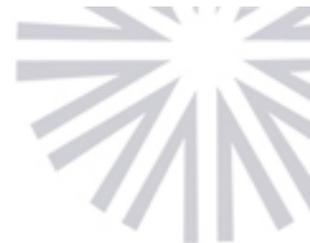
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July 7, 2005

Device May Give Some Emphysema Patients Breathing Room

INDIANAPOLIS — A tiny umbrella-shaped valve designed to improve pulmonary function for emphysema patients is under investigation by researchers at the Indiana University School of Medicine.

The study, which is being conducted at Indiana University Hospital and eventually at up to 14 sites around the country, is evaluating the safety and effectiveness of the Intra-Bronchial Valve, a device developed by Spiration Inc.

The minimally invasive procedure may be an option for emphysema patients who are not candidates for lung volume reduction surgery, which removes diseased areas of the lung.

The specialized valves, which range in size from 5-to-9 millimeters, are implanted near the area of the lung damaged by emphysema using a catheter inserted through a bronchoscope. When in place, the valves contract and expand, limiting ventilation to the diseased area and allowing the healthier portion of the lung to function more efficiently.

“Initial results are promising,” says Praveen N. Mathur, M.B.B.S., professor of medicine, who is leading the IU clinical trial. “Ideally, patients experience improved lung function, exercise capability and quality of life.”

Patients, who are sedated during the procedure, usually are discharged from IU Hospital within 24 hours. Typically, they experience increased activity within three months of the procedure, Dr. Mathur says.

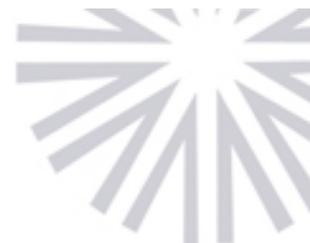
Three patients have undergone the IBV procedure at IU since the study got under way at the beginning of the year. IU researchers want to enroll more patients as the trial progresses, says Dr. Mathur.

Patients enrolling in the trial must:

- Have been diagnosed with severe emphysema
- Meet the goals of a preoperative pulmonary rehabilitation program
- Have abstained from smoking for the past four months

For more information or to enroll in the study, contact Sandy Guingrich at 317-278- 3166.

Emphysema is a progressive disease affecting 3 million Americans. It causes irreversible lung damage, and, over time, the elasticity of lung tissue is lost, causing air to be trapped in air sacs and impairing the exchange of oxygen and carbon dioxide. Smoking is the major cause of the disease.



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At present, the only treatments to prevent further damage wrought by emphysema are pharmacotherapy, oxygen therapy and lung transplantation or lung volume reduction surgery.

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July 6, 2005

Rudolph Navari to lead IU School of Medicine - South Bend

INDIANAPOLIS — Rudolph Navari, M.D., Ph.D., who has led the Walther Cancer Research Center at the University of Notre Dame, will now direct the IU School of Medicine-South Bend.

Dr. Navari, a professor of medicine, became the assistant dean and director of the South Bend center on July 1. He has served as the associate dean of the College of Science at Notre Dame since 2000.

Dr. Navari holds bachelor's and master's degrees and a doctorate in chemical engineering from the University of Virginia. After teaching chemical engineering at the University of Virginia and the American Institute of Chemical Engineers and working as a research scientist at the Union Camp Corp., he entered the Medical College of Virginia and completed his medical degree.

He completed his residency in internal medicine at the University of Alabama, Birmingham and a fellowship at the Fred Hutchinson Cancer Research Center in Seattle. Dr. Navari has directed the Walther Cancer Research Center since 1999 and was named to his position at the Notre Dame College of Science in 2000.

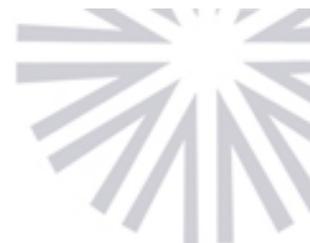
He succeeds John O'Malley, PhD, who has directed the South Bend center since 1993. Dr. O'Malley joined the IUSM faculty as an assistant professor of anatomy at the South Bend center nearly 34 years ago. He was named acting director of the center in 1993.

Thirty-five medical students receive their first two years of medical education at the South Bend center. As well as teaching, center faculty perform health-care research in the basic sciences.

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July 1, 2005

This Week on *Sound Medicine*: Prostate Cancer Mobile Screening Unit and Future Treatment of Cat Allergies

INDIANAPOLIS — This weekend on *Sound Medicine*, guests include Peter Albertsen, MD, program director at the Comprehensive Cancer Center, University of Connecticut Health Center. Dr. Albertsen will discuss his recent study that found that men with low-grade prostate cancer that hasn't spread would be better off delaying cancer therapy. Albertsen's study, "20-Year Outcomes Following Conservative Management of Clinically Localized Prostate Cancer," is one of the largest and longest studies focusing on prostate cancer.

Tanasha Anders, vice president of youth and family programs for Indiana Black Expo, discusses the Rev. Charles Williams Prostate Cancer Mobile Unit and The Race Against Cancer.

Promising news for cat lovers who suffer from feline-induced allergies comes from Christopher Kepley, PhD, assistant professor at Virginia Commonwealth University and a co-author of the report, "A Chimeric Human-Cat Fusion Protein Blocks Cat-Induced Allergy."

Getting this weeks' last laugh, *Sound Medicine* special correspondent Jean Parker reports on laughter therapy in India.

The program is hosted by Barbara Lewis. This week's co-host is David Crabb, MD.

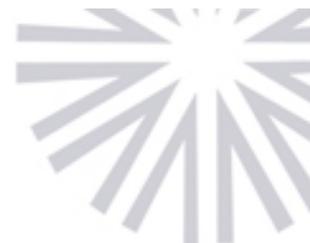
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June 24, 2005

This Week on *Sound Medicine*: The Future of Family Medicine

INDIANAPOLIS — This weekend's *Sound Medicine* program explores the future of family medicine. Guests are Larry Green, MD; Norman Kahn Jr., MD; and Walter Beaver, MD.

Dr. Green is a faculty member in the Department of Family Medicine at the University of Colorado Health Sciences Center, as well as a Senior Scholar in Residence at the American Academy of Family Physicians Robert Graham Center for Policy Studies.

Dr. Kahn is a corresponding author of the report, "Future of Family Medicine – A Collaborative Project," and is vice president for science education for the American Academy of Family Physicians.

Dr. Beaver shares his views on the plan for family medicine's future and how that plan translates to real-world practices. He is a family physician in Noblesville.

The program is hosted by Barbara Lewis. Joining her this week is co-host Stephen Bogdewic, PhD.

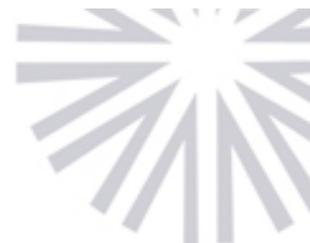
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June 23, 2005

Look to the Future: Preparing for Baby Boomer Dementia Epidemic

INDIANAPOLIS — How can the U.S. health-care system and more specifically, primary care doctors - the physicians from whom older adults receive most of their care - prepare for the huge wave of dementia patients expected to engulf us in 2010, the year the baby boomers begin to reach 65?

Researchers from the Indiana University School of Medicine, the Regenstrief Institute, Inc. and the Indiana University Center for Aging Research begin to answer this difficult question in a study published in the July issue of the *Journal of General Internal Medicine*, now available online.

The researchers conducted a dementia screening program on 3,340 older adults attending primary care clinics. They used the CSID, a highly regarded, culturally sensitive screening test. Screening results indicated that 434 were possibly or potentially suffering from dementia.

“Dementia is common and unrecognized in primary care,” said Malaz Boustani, M.D., M.P.H., the first author of the study and an assistant professor of medicine. “Since screening instruments alone have insufficient specificity to establish a valid diagnosis of dementia, all 434 were invited back for a diagnostic assessment.”

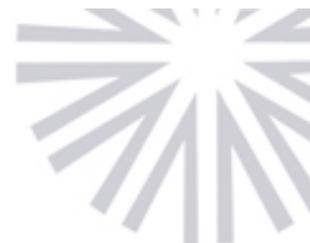
Unfortunately 50 percent of those in the study who screened positive for dementia did not return to evaluate their screening results. Such evaluation would have ruled-in or ruled-out the presence of dementia.

“That’s similar to half of female patients whose mammograms show possible cancers not returning for biopsies to determine whether they have a malignancy. Screening tools require confirmation and the primary care doctor who screens must be prepared to follow up with confirmatory testing,” said Dr. Boustani.

Of the 227 who did return for diagnostic assessment, only one-half received a diagnosis of dementia. Slightly less than one-third had mild cognitive impairment not severe enough to cause dementia. One-fifth did not have any type of cognitive problem.

Early diagnosis of dementia may allow individuals to plan for their future while they still have the mental capacity to make important care and end-of-life decisions. There are medications which may improve symptoms of dementia in some people.

The negative impact of unrecognized dementia on the management of other medical conditions is significant, noted Dr. Boustani. “Physicians typically are treating older adults for multiple chronic diseases such as hypertension, diabetes and high cholesterol and unless the patient presents with symptoms of dementia, the physician assumes the patient has the mental capacity to take medications appropriately and follow other directions. If we don’t detect and help older adults with asymptomatic dementia, they potentially



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will not benefit from the medical management of their other health problems and thus, become big users of health-care dollars.”

Additionally, dementia puts both the patient and others at risk. Individuals with advanced dementia are better off not living alone or driving.

The cost to society for care of individuals with unrecognized dementia is substantial. The cost of screening and, if indicated, diagnosing each older adult who participated in the study was \$130. If the total cost of the program is divided by the number of cases of dementia detected during the study, each confirmed dementia case would cost \$4,000.

The authors found the disparity between the number of patients screened and those that returned for diagnostic assessment disturbing.

“Our team thinks this may reflect the societal stigma of dementia,” said Dr. Boustani. “Patients may be scared that they will be discriminated against in the workplace or that they will be placed in a nursing home against their will.”

Co-authors of the study are Christopher Callahan, M.D.; Frederick Unverzagt, Ph.D.; Mary Guerriero Austrom, Ph.D.; Anthony Perkins, M.S.; Bridget Fultz, M.A.; Siu Hui, Ph.D.; and Hugh Hendrie, MB, ChB, DSc. The study was funded by a grant from the Agency for Healthcare Research and Quality.

The IU and Regenstrief researchers currently are conducting a collaborative study, the PRISM - US vs.UK, with British researchers from the University of Kent at Canterbury to learn whether such a stigma exists and, if so, its variation between the U.S. and the United Kingdom health-care systems.

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June 16, 2005

This Week on *Sound Medicine*: Screenings for Abdominal Aortic Aneurysms and Advice for Healthy Traveling

INDIANAPOLIS — This week, *Sound Medicine* hosts guest Ned Calonge, MD, chairman of the U.S. Preventive Services Task Force. Dr. Calonge will discuss the reasons behind the task force's recent recommendation all current and former male smokers between the ages of 65 and 75 receive an ultrasound screening for abdominal aortic aneurysms.

Want suggestions on precautions your family should take when vacationing in exotic locations? John Christenson, MD, medical director of the Pediatric Travel Medicine Clinic at the Riley Hospital for Children, will give advice on healthy travel.

On the lighter side, Eric Metcalf, author of a book on the business of medicine, will present an essay on America's all-consuming focus on health, and Doug Farrago, MD, a family practitioner in Auburn, Maine, and author of "The Placebo Chronicles: Strange but True Tales from the Doctor's Lounge," will share some humorous tales from the waiting rooms of physicians.

Joining program host Barbara Lewis are co-hosts Stephen Bogdewic, PhD; Ora Pescovitz, MD; and Kathy Miller, MD.

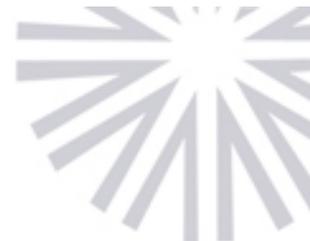
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June 9, 2005

Media Violence Linked To Concentration, Self-Control

INDIANAPOLIS — Our brains hold many of the mysteries of who we are and why we do what we do. Unlocking the mystery of how exposure to violent media affects our brains is the focus of Indiana University School of Medicine research published in the May/June issue of the *Journal of Computer Assisted Tomography*.

Investigators, led by Vincent P. Mathews, M.D., professor of radiology, concluded that media violence exposure may be associated with alterations in brain function whether or not prior aggressive behavior is involved.

This study builds on earlier research that showed exposure to violent media affects the brains of youths with aggressive tendencies differently than the brains of non-aggressive youths. The preliminary results, released in December 2002, showed less brain activity in the frontal lobe of youths with an aggression disorder as they watched violent video games.

In the current study, functional magnetic resonance imaging (fMRI) was used to show activity in the brain when study participants performed a concentration test called a counting Stroop task.

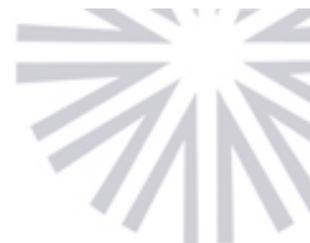
Participants were shown a number that is repeated and they are to respond to the number of times they saw the number. For example, if participants are shown "222" the correct answer would be "three" because the number "2" is shown three times. Previous research has shown that Stroop tasks require participants to concentrate by using the part of the brain responsible for decision-making and self-control.

Two groups each of 14 boys and five girls were involved in the study. All the members of one group had a chronic pattern of violent behavior and had been diagnosed with disruptive behavior disorder (DBD). The second or control group had no history of behavior problems.

Members of both groups had been exposed to different amounts of violent media in their everyday lives over the past year. Fifty-eight percent of the DBD group was determined to have high exposure compared to 42 percent of the control group. Media violence exposure was defined as the average amount of time per week that the adolescents watched television or played video games depicting human injury.

The fMRI brain images revealed that members of the control group with high prior exposure showed less activity in the frontal cortex of the brain, an area linked to attention and self-control. All of the DBD group, even those without high violent media exposure, showed a similar pattern of frontal cortex activity. Less activity in the frontal cortex has been linked to poorer self control and attention problems.

In contrast to the DBD group and the control group with high media violence exposure, the members of the control group without high violent media exposure showed more frontal cortex activity.



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“This observation is the first demonstration of differences in brain function being associated with media violence exposure,” said Dr. Mathews. “We found that individuals in the control group with high media violence exposure showed a brain activation pattern similar to the pattern of the aggressive group.”

William Kronenberger, Ph.D., associate professor in the Department of Psychiatry, who has collaborated with Dr. Mathews on these ongoing studies, cautioned that more research is needed before conclusions can be drawn that media violence exposure causes the brain activation differences.

He warned that any association between media violence exposure and brain functioning should be taken seriously while this additional research is conducted.

“We found high rates of exposure to violent television and video games in teens, but we are just beginning to explore the possible implications of this exposure for brain and behavioral development,” said Dr. Kronenberger. “There are myriad articles showing that exposure to violent TV especially causes individuals to be more aggressive. We are studying the neurological and self-control processes that underlie the aggressive behavior.”

The research was funded by the Center for Successful Parenting.

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June 8, 2005

This Week's *Sound Medicine* Topics: Repairing Damaged Muscle from Heart Attacks and The Benefits of Swimming:

INDIANAPOLIS — This weekend, *Sound Medicine* guests include Joshua Hare, MD, a professor of medicine and biomechanical engineering at the Johns Hopkins University School of Medicine and Heart Institute.

Dr. Hare found that the injection of adult stem cells will repair muscle damage in mice that had suffered a heart attack. The results of his trial were so promising that the first phase of a clinical trial in humans is now underway.

Jeanne Johnston will be discussing a recent Indiana University study showing that swimming may actually be even better for us than we thought.

Marge Albohm, a certified athletic trainer and a member of the National Athletic Trainers Association board of directors, will be talking about sports injuries. NATA is holding its annual meeting in Indianapolis in June.

In a special field report, *Sound Medicine* intern Meghan Freeman visits with the nurses, patients, and doctor involved with a new and gentler form of kidney dialysis.

Joining program host Barbara Lewis this week are Ora Pescovitz, MD and Kathy Miller, MD.

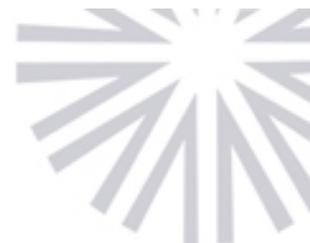
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June 2, 2005

This Week's *Sound Medicine* to Look at a New Meningitis Vaccine and the Placebo Effect

INDIANAPOLIS — This weekend, *Sound Medicine* guests include Phillip Barkley, MD, who will discuss the recently FDA-approved vaccine for bacterial meningitis and the Center for Disease Control's recommendation that all 11- and 12-year-olds be vaccinated before the start of the school year. Dr. Barkley is the director of the Student Health Care Center at the University of Florida, where he is also a clinical associate professor of community health and family medicine.

Howard Brody, MD, PhD, will shed light on the mysterious placebo effect. Dr. Brody is professor of family medicine and philosophy at Michigan State University and co-author of "The Placebo Response."

Concert pianist Andre Watts, an Indiana University School of Music faculty member, will talk about how a ruptured cervical disk nearly destroyed his concert career and how the surgery he underwent has allowed him to continue his career. Paul Nelson, MD, chair of the IU Department of Neurosurgery, successfully treated Watts earlier this year for his potentially career-ending condition.

In a special report, *Sound Medicine* special correspondent Jeremy Shere defines the term "Darwinian Medicine."

The program is hosted by Barbara Lewis. This week's co-hosts are Stephen Bogdewic, PhD, and Kathy Miller, MD.

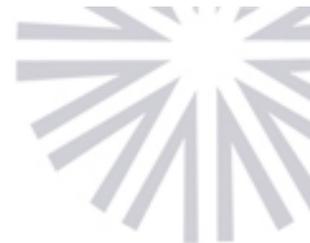
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June 2, 2005

Weaver Named Emergency Medicine's National Teacher of the Year

INDIANAPOLIS — Christopher S. Weaver, M.D., assistant professor of emergency medicine at the Indiana University School of Medicine, has been awarded the National Faculty Teacher of the Year Award by the Council of Emergency Medicine Residency Directors at the Society for Academic Emergency Medicine Annual Meeting in New York City May 23.

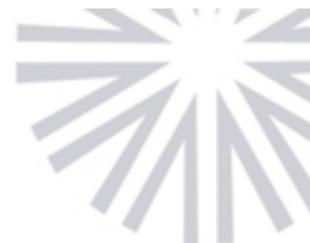
The award recognizes the contributions of a junior faculty member to the education of emergency medicine residents. Qualities considered include commitment to teaching, contributions to the residency program and involvement in state or national activities to promote resident education.

Dr. Weaver, who graduated from the IU School of Medicine in 2000, is the assistant residency program director and Wishard Memorial Hospital site coordinator for the IU School of Medicine emergency medicine residency, which is the second largest such program in the nation.

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June 1, 2005

Rescorla Named Pediatric Surgery Chief

INDIANAPOLIS — Frederick J. Rescorla, M.D., has been appointed director of the Indiana University School of Medicine's Section of Pediatric Surgery and surgeon-in-chief at Riley Hospital for Children.

Dr. Rescorla, who will assume his new duties in June, succeeds Jay L. Grosfeld, M.D., as surgeon-in-chief, who was the only director to hold that position following his appointment in 1972.

A graduate of the University of Wisconsin School of Medicine, Dr. Rescorla specializes in minimally invasive surgery and pediatric surgical oncology. He is expected to be nominated as the Lafayette F. Page Professor of Surgery upon Dr. Grosfeld's retirement; Dr. Rescorla currently holds the rank of professor in the IU Department of Surgery.

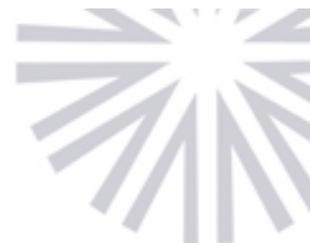
Dr. Rescorla, who joined the IU medical faculty in 1988, has been recognized many times by IU medical students as an outstanding teacher. He has received numerous other outstanding teaching awards and the IU Trustees Teaching Award.

A fellow in American College of Surgeons and the American Pediatric Surgical Association, Dr. Rescorla also has memberships in several surgical organizations including the Society of University Surgeons, the Central Surgical Association, the British Association of Pediatric Surgeons and the Association of Academic Surgeons.

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June 1, 2005

Colorectal Cancer Study Seeks Healthy Participants

INDIANAPOLIS — The Division of Gastroenterology at the Indiana University School of Medicine seeks participants for the final phase of a clinical trial screening for colorectal cancer.

Nearly 4,000 people have been enrolled at the 34 sites nationwide for the study which compares a non-invasive DNA-based stool test against colonoscopy, which is the accepted standard for colorectal cancer screening.

Colorectal cancer, which affects one in 17 people, is one of the most common cancers in the United States and one of the most preventable through screening tests.

“In our study, funded by the National Cancer Institute, we are evaluating a promising new DNA-based stool test that requires no bowel preparation or diet restrictions,” said Douglas K. Rex, M.D., IU professor of medicine and the principal investigator for the local study.

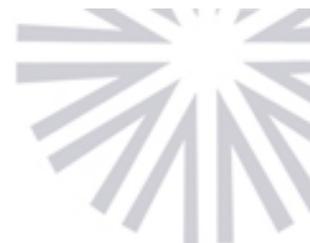
Participants must be healthy men and women between the ages of 65 and 80 years, who have not been screened for colorectal cancer within the past 10 years. Participation in the study involves collection of three stool samples, a blood draw and a colonoscopy procedure.

For additional information, call the 24-hour study line at 317-278-3806, or toll free at 1-866-860-7807.

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May 27, 2005

This Weekend on *Sound Medicine*: the Ethics of Organ Donations from Condemned Prisoners, Hearing Loss, and Protecting Our Skin from the Sun

INDIANAPOLIS — This weekend, *Sound Medicine* guests include Indiana University bioethicist Eric Meslin, PhD, and organ transplant surgeon Mark Pescovitz, MD, who will discuss the ethical and physiological considerations of organ donation when the proposed donor is a condemned prisoner. The issues became public when an Indiana death row inmate proposed donating his liver to his critically ill sister.

George Hicks, MD, medical director of the Indianapolis Midwest Ear Institute, will discuss hearing loss and demonstrate the sounds of varying degrees of hearing loss.

Co-founder and president of Outrun the Sun, Anita Day talks about melanoma. Her group aims to educate people on the risk factors associated with skin cancer and to fund research on this life threatening skin cancer.

Many people have questions about their skin...how to take care of it...how to tell if a mole should be removed. "Skin Revealed," a new documentary series debuting on many national public radio stations throughout the country, will be previewed on Sound Medicine. The documentary will air on WFYI-TV over the next three Sundays (May 29, June 5 and June 12) at 6 p.m.

The program is hosted by Barbara Lewis. This week's co-hosts are Ora Pescovitz, MD, and Kathy Miller, MD.

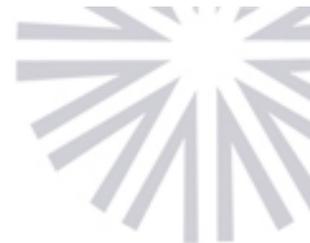
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May 26, 2005

Self-Control May Be Affected By Violent Media Exposure

INDIANAPOLIS — It could be a vicious circle – too much time watching violence on TV and in video games may impair a person’s ability to make sensible decisions about watching violence on TV and playing violent video games.

The final verdict to this quandary is still out, but several national studies are investigating potential links between violent media exposure and how the brain controls thoughts and behaviors. A new study published in the June 2005 issue of the *Journal of Clinical Psychology* by Indiana University School of Medicine researchers indicates that an association may exist.

Continuing their study of brain functioning and exposure to media violence, IU psychologists, psychiatrists and radiologists investigated the relationship between media violence exposure and executive functioning in a correlational study involving 54 boys and girls between the ages of 13 and 17 years. Executive functioning is a person’s ability to control and direct their thoughts and behavior. It involves such things as the ability to stay focused on a thought or task, the ability to plan, screen out distractions and to use experience to guide inhibitions.

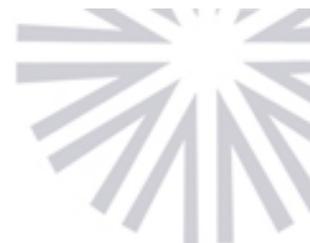
Results showed statistically poorer executive functioning among adolescents who reported more past exposure to violent media. The result was more dramatic in teens with diagnosed behavior problems.

“The adolescents in the study with the most media violence exposure had the weakest executive functioning,” said William G. Kronenberger, Ph.D., associate professor in the Department of Psychiatry at IU School of Medicine. “For one measure, a stronger relationship was found for teens who had a diagnosis of disruptive behavior disorder.”

The teens involved in the study fell into two groups: those with a disruptive behavior disorder (DBD) and those with no psychiatric diagnosis. The teens and their primary caregivers separately completed questionnaires evaluating the amount of time the adolescent spent watching violent television and playing violent video games. The teens then completed psychological tests measuring their concentration and ability to control behavior; their parents answered questionnaires about the adolescent’s focus and self-control in the real world.

As stressed by Dr. Kronenberger and the other study authors, David Dunn, M.D., associate professor of child psychiatry, and Vincent P. Mathews, M.D., professor of radiology, the study shows a correlation but it does not pinpoint the cause.

Possibilities the researchers think merit investigation are that the teens with poor executive functioning skills seek out violent media, exposure to violent media reduces executive functioning skills, or some unknown variable is at work.



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Although the research is preliminary, there may be a positive impact from the current results.

“Since disruptive behaviors often are characterized by poor self-control, these findings of a relationship between violent media exposure and executive functioning may affect how clinical evaluation and intervention programs are designed,” said Dr. Kronenberger.

In an earlier study, the IU researchers found that exposure to violent media affects the brains of youths with aggressive tendencies differently than the brains of non-aggressive youths. The results, released in December 2002, used functional magnetic resonance imaging (fMRI) to evaluate brain activity in youths with and without DBD, said Vincent P. Mathews, M.D., principal investigator of the studies. The scans showed less brain activity in the frontal lobe while the youths with DBD watched violent video games. The frontal lobe is the area of the brain responsible for decision-making and behavior control, as well as attention and a variety of other cognitive functions.

Studies on violent media exposure research are ongoing at IU, Dr. Mathews said.

The studies were funded by the Center for Successful Parenting.

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May 24, 2005

Study of Compassionate Care

INDIANAPOLIS — Patients approaching the end of life can significantly reduce their depression symptoms and improve their sense of spiritual well-being according to a study published in the current issue of the *Journal of Palliative Medicine*.

“Patients with serious medical conditions frequently suffer psychological, relational, and spiritual distress that is being inadequately addressed by modern health care,” writes first author Douglas Miller, M.D., Indiana University School of Medicine professor of medicine, Regenstrief Institute, Inc. research scientist, and associate director of the IU Center for Aging Research.

People facing their death may feel many pressures: Spiritually (What was the meaning of my life? Where will go in the afterlife?), socially (What is my illness doing to my family? How will my family deal with things after I die?), and emotionally (anxiety, depression and denial).

In the study, individuals with serious medical conditions who were expected to live more than six months but less than two years were divided into three groups. The first was patients with cancer or life-threatening heart, lung or diabetic diseases. The second was geriatric frailty accompanied by serious illness. The third those having HIV/AIDS related conditions.

Some were randomly assigned to support groups, which met monthly progressively discussing more difficult and challenging issues. They addressed topics such as recognizing and asserting needs, feelings and emotions, symptom control, living well while sick, intimate relationships, spiritual needs, end-of-life planning and decision making, hope and gratitude, and legacy.

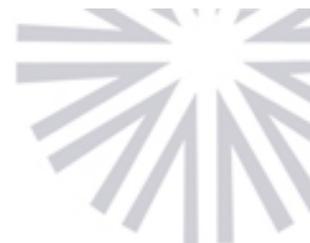
Other patients received what is called “usual care,” and received mailings of standard support materials related to their disease, many of which could be found in their doctors’ offices.

“We were able to improve depression symptoms and lessen death anxiety, which led to better spiritual well-being,” says Dr. Miller. “We consider this pilot work as a promising approach, but a lot of work needs to be done to fully meet patients’ needs at this most difficult time in their lives.”

The study was supported by a grant from Supportive Care of the Dying: A Coalition for Compassionate Care of Portland, Ore., and the Project on Death in America of New York City.

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May 20, 2005

This Week on Sound Medicine: New Guidelines for Stem Cell Research and a New Breast Cancer Drug

INDIANAPOLIS — This weekend, Sound Medicine guests include Eric Meslin, PhD, director of the Indiana University Center for Bioethics, who will discuss the guidelines for human embryo stem cell research recently proposed by the National Academy of Sciences.

Sound Medicine co-host Kathy Miller, MD, will discuss the development of the breast cancer drug Herceptin and what the new drug means in the fight against breast cancer. Dr. Miller was on the research team that just announced the results of a study on this therapy.

David Smith, DDS, a specialist in neuromuscular dentistry, will share information about a new tool to treat temporomandibular joint disorder or TMJ.

The program is hosted by Barbara Lewis and this week's co-hosts are Stephen Bogdewic, PhD, and Kathy Miller, MD.

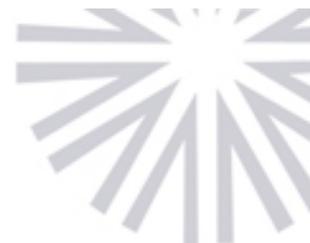
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May 16, 2005

Advanced Breast Cancer Drug Appears Effective On Multiple Targets

INDIANAPOLIS — An experimental breast cancer drug that simultaneously attacks five tumor targets has halted progression of the disease in a clinical trial for patients with advanced disease.

An Indiana University Cancer Center investigator will report the results at noon, Monday, May 16, at the annual meeting of the American Society of Clinical Oncology in Orlando, Fla.

The compound, SUTENT or SU11248, acts to inhibit the growth of blood vessels that feed tumors and to halt cell reproduction by interfering with two receptors on the surface of tumor cells, said Kathy Miller, M.D., assistant professor of medicine at the Indiana University School of Medicine.

“None of the current approved drugs inhibit this many growth factors related to cell development which makes this a very interesting drug,” said Dr. Miller.

The clinical trial involved 64 women with advanced disease who had not responded to other treatments. Early results for approximately 15 percent of trial participants indicate no progression of the disease or at least a 50 percent reduction in the size of their tumors.

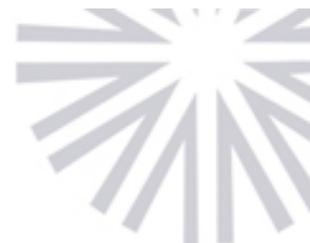
“These ladies have very advanced disease so this is very encouraging,” said Dr. Miller.

The drug, which is made by Pfizer Oncology, will be further tested in a Phase III trial for patients with advanced disease and a Phase II trial of other tumor types.

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May 13, 2005

“Why A Potentially Lifesaving Drug for Stroke Victims Isn’t Being Used” Featured on *Sound Medicine*

INDIANAPOLIS — This weekend’s edition of *Sound Medicine* includes guests Larry Goldstein, MD, director of Duke University Medical Center's stroke program, who will explain the benefits of the brain-saving drug, Tissue Plasminogen Activator, and why so few are receiving it after suffering a stroke.

Many of the sports related injuries that kids sustain today are more serious than those a generation ago. Marje Albohm, a certified athletic trainer and a member of the National Athletic Trainers Association, will discuss the possible life-long effects children can experience after suffering sports injuries.

Energy drinks have recently become a booming industry, but do they really do what they claim? Lynn Willis, PhD, Indiana University vice chairman of the Department of Pharmacology and Toxicology, will discuss energy drinks, what they are and how they affect the body.

Finally, *Sound Medicine* essayist Eric Metcalf will offer some thoughts about the tattoos we see peeking out from under shirt sleeves and pant legs.

The program is hosted by Barbara Lewis. This week's co-hosts are Kathy Miller, MD, and David Crabb, MD.

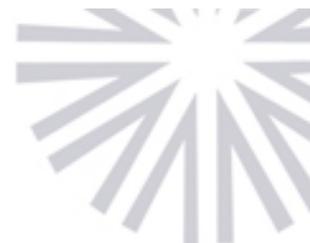
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May 11, 2005

Younger is Better When Implanting Cochlear Implants, IU Study Finds

INDIANAPOLIS — Deaf children who receive cochlear implants do better learning language and speech the younger they receive the implants, according to research by scientists at Indiana University School of Medicine.

However, it's not clear whether implanting children before they turn age one is worth the potential risks associated with such early surgeries, the researchers said. The work will be presented next week at a meeting of the Acoustical Society of America.

The study, by Mario Svirsky, Ph.D., professor of otolaryngology-head and neck surgery, and Rachael Holt, Ph.D., post-doctoral fellow in otolaryngology-head and neck surgery, also supports the theory that there is a "sensitive period" for optimal language development during the early years of life. In the study, the speed at which language was learned was greater for children who received cochlear implants earlier.

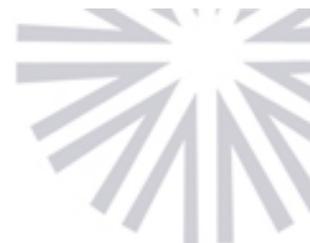
The implants provide congenitally deaf children with a sense of hearing, but the children must learn how to interpret the sounds the implants provide. The researchers studied 96 children who received the implants in their first, second, third and fourth years of life, evaluating their progress with language skills and speech perception every six months.

Those who received the implants earlier consistently performed better on tests of language skills -- learning vocabulary, grammar, and other such language rules -- and speech perception -- their ability to understand spoken words -- than did those who received the implants later.

"Not only is earlier better, but we found that language gains tended to be faster for children who received cochlear implants earlier in life," said Dr. Svirsky.

However, children implanted before they turned one year old did not appear to do any better than those implanted during their second year. Infants as young as six months old have started receiving the implants, but there are potential risks associated with such early treatment, including the use of anesthesia and the difficulties in accurately diagnosing profound deafness. The findings regarding the youngest patients may be due to sample size, Dr. Svirsky said, because only just six of the patients were in the six-to-12-month age group.

The children's language development skills were tested with the widely used Reynell Developmental Language Scales. Speech perception was tested using the Mr. Potato Head Task, a technique developed by IU School of Medicine researchers in which an instructor covers his face with an opaque screen and asks the child to do various tasks with the toy.



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The Svirsky and Holt study may help doctors and families decide when to proceed with a child's cochlear implant. It may also help answer a question that would otherwise require what Dr. Svirsky calls a "forbidden experiment" -- whether there's an age after which children have significantly more difficulty learning language and speech perception skills.

The experiment -- forbidden because it would be unethical -- would involve depriving children of all contact with language for different periods of time, then testing how well they were able to learn such skills afterward.

The study by Drs. Svirsky and Holt provides evidence that there's a sensitive period for language development that starts at about age two.

"It's not an exact model of development in children born with normal hearing. We restore imperfect hearing," said Dr. Svirsky. "This is an indirect way of exploring the issue of sensitive periods."

Although the younger children gained language development faster, Drs. Svirsky and Holt did not find a similar effect for speech perception skills. Gains in speech perception were more or less uniform for children implanted at any age before four. That suggests that if there is a sensitive period for speech perception, it may start later than age four, Dr. Svirsky said.

Drs. Svirsky and Holt will be presenting their findings Monday, May 16, 2005, at a joint meeting of the Acoustical Society of America and the Canadian Acoustical Association in Vancouver, Canada. Their research was funded by grants from the National Institutes of Health.

Additional information about their research and presentation in Vancouver can be found on the Acoustical Society of America web site:

<http://asa.aip.org/web2/asa/abstracts/search.may05/asa47.html>

<http://www.aip.org/149th/svirsky.html>

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May 9, 2005

Asthma Research Earns IU Renewed Support

INDIANAPOLIS — Living better with asthma may become reality for many through the efforts of Indiana University Asthma Clinical Research Center, one of 20 such centers located in the United States supported by the American Lung Association.

The focus at the IU center is not on investigational drug research, but on identifying better uses for currently approved medications. Patient education to help with management of the chronic disease and to avoid crisis situations and emergency room visits also is part of the ACRC's mission. Improving the quality of life for people with asthma is the ultimate goal of the ACRC.

The IU ACRC is a unique partnership between the IU School of Medicine, the American Lung Association of Indiana and the National Institute for Fitness and Sport, located on the Indiana University-Purdue University Indianapolis campus.

"Support from the American Lung Association and the ACRC's affiliation with a medically based fitness facility provides our researchers with unique opportunities to study asthma," said center director Michael Busk, M.D., M.P.H., associate professor of medicine at the IU School of Medicine and medical and research director of NIFS.

With its second five-year, \$750,000 grant, the IU ACRC will look at other significant studies such as an earlier one it published in the *New England Journal of Medicine*. That study allayed the concerns of parents and others with proof that influenza vaccinations do not trigger asthma attacks and are safe for children and adults.

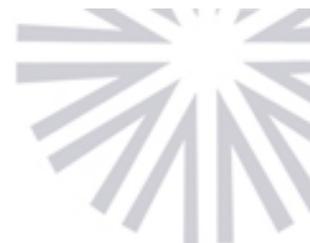
The IU Center is continuing research into the effects of a common asthma therapy, steroid inhalers. Other research is investigating a possible connection between asthma and gastric reflux disease, attempting to determine if acid overflow into the airways causes symptomatic inflammation.

It is estimated that asthma affects 20 million Americans, nearly a third of whom are children. For additional information on the IU ACRC, call 317-278-ACRC.

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May 6, 2005

This Week on Sound Medicine: Awareness in Brain Damaged Patients; Recovery from Traumatic Brain Injury; and When is a Doctor Too Old? Or Too Young?

INDIANAPOLIS — This weekend, Sound Medicine guests include Joy Hirsch, PhD, director of the MRI Research Center at Columbia University Medical Center. She will discuss her recent research on the ability of minimally conscious patients to recognize their loved ones' voices.

Independent producer Rupa Marya takes listeners into the life of soldiers who have suffered a traumatic brain injury. Marya follows Army Specialist Erik Castillo during his rehabilitation after being wounded last year when a roadside bomb exploded near his vehicle in Iraq.

New York physician Abigail Zuger will talk about the differences between young doctors and not-so-young doctors. Zuger's essay, "When is a Doctor Too Old; Or, Too Young," was recently published in the *New York Times*.

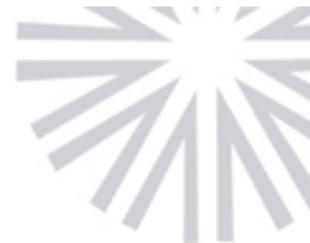
Joining program host Barbara Lewis this week is co-host is Kathy Miller, MD.

Archived editions of Sound Medicine, as well as other helpful health information, can be found at soundmedicine.iu.edu.

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May 4, 2005

Child Safety Champs Commended for Work

INDIANAPOLIS — Every day, more than 39,000 children require medical treatment because of unintentional injuries, many of which could be prevented. Fortunately, there are adults in Indiana who are committed to eliminating those grim statistics.

Their efforts were recognized by the Indiana SAFE KIDS Coalition and the Automotive Safety Program, located at the Indiana University School of Medicine, at a May 4 ceremony at the Marott, 2625 Meridian St., Indianapolis.

“Prevention of unintentional injuries is something in which every adult everywhere should fully participate,” says Keisha Nickolson, project manager for Indiana SAFE KIDS Coalition. “Many people and organizations in Indiana go above and beyond the call to protect children and our annual awards program is one small way to recognize their large efforts.”

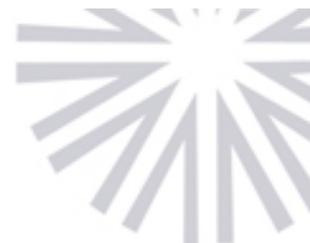
Recipients of the coalition's 2005 Child Safety Advocate Awards:

Michelle Herrell, Rochester – Herrell has organized a coalition of volunteers to help in events throughout her community such as the Round Barn Festival, sponsored by the local chamber of commerce. She also set up booths to display child passenger safety seats, smoke detectors, bicycle helmets and fire extinguishers.

Flanner and Buchanan Funeral Centers, Indianapolis -- Flanner and Buchanan Funeral Centers worked collaboratively with community partners in areas of Indianapolis surrounding the distribution sites for support, participation, and involvement in the *“Play it Safe, Life Awaits”* campaign. Local business partners were approached and contributed bicycles for children to use at various distribution sites. Flanner and Buchanan Funeral Centers staff worked with community partners such as the Indiana Black Expo to carry out bike helmet fittings in collaboration with bike rodeo events. At the 2004 Black and Minority Health Fair at the Indiana Black Expo, 1,500 bike helmets were distributed and children also participated in the accompanying bike safety course, led by the Indiana State Department of Health and the Indiana Governor’s Council for Fitness and Sports.

Cpl. Rebecca Childers, South Bend -- Childers is a member of the St. Joseph County Police Department. She is in charge of the child seat safety program, is a certified child passenger safety technician, and also developed and runs a program to educate teens on the dangers of drunken driving. She also has worked with Drug Abuse Resistance Education to educate students about the effects of drugs and alcohol.

Indiana Poison Center, Indianapolis -- The Indiana Poison Center of Methodist Hospital of Clarian Health produces a monthly news release focused on poison issues, which is distributed to all Indiana media. The center also produces a quarterly newsletter to relate the latest information about poison issues. Center staff routinely are interviewed by the media. The center provides information about current issues of importance to parents and day-care centers. The center is an active member in groups that advance the cause of



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childhood injury prevention. This includes membership with the Indiana State Department of Health Injury Prevention Advisory Council and the Indiana Emergency Medical Services for Children Advisory Council.

Washington Township Fire Department, Indianapolis – The department provides educational programs to reduce injuries to many audiences. A strong relationship exists between the firefighters and township schools. Prevention programs are available for children in area pre-schools, daycares, elementary, middle and high schools. The department uses the school classroom whenever possible.

Chris “Kook bird” Rice, Fort Wayne– This 17-year old has volunteered many hours to prevent needless injuries from happening to children in Indiana. Rice also has work with celebrities like PGA players Fuzzy Zoeller and Arnold Palmer to raise money for children’s charities and the Mace fire prevention team to teach fire safety and seatbelt safety. He has reached out to audiences in central and northern Indiana.

For more information about the Automotive Safety Program for Children and the Indiana SAFE KIDS Coalition at the IU School of Medicine, visit their Website at www.preventinjury.org.

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May 2, 2005

Huntington's Disease Program Cited As Center of Excellence

INDIANAPOLIS — The National Huntington's Disease Society of America will formally recognize the Indiana University Huntington's Disease Program as a Center of Excellence during a ceremony May 5.

The HDSA Center of Excellence designation ceremony will be from 11:30 a.m. to 1:30 p.m. in VanNuys Medical Science Building, room B-26 auditorium. A ribbon-cutting and candle-lighting celebration will follow in the atrium of the building.

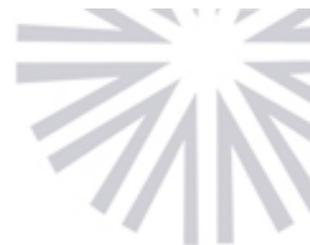
Speaking at the ribbon-cutting ceremony will be Indiana Lt. Gov. Rebecca Skillman and Judy Monroe, M.D., commissioner of the Indiana State Department of Health. The ceremony will be narrated by Ellen Quigley, assistant deputy mayor for policy with the City of Indianapolis.

An HDSA tradition, the candle-lighting ceremony brings together patients and family members of the Huntington's disease community, researchers, health-care workers and other individuals involved in research, care and treatment of the disorder. A dozen candles will be lit to represent the contributions of science, medicine, family and community. This portion of the program will be narrated by Barbara Boyle, executive director of the Huntington's Disease Society of America.

The IU Center of Excellence designation is one of only four such designations bestowed nationally this year by the Huntington's Disease Society of America. The designation includes funding support of \$50,000 a year for a multidisciplinary team of health-care professionals with expertise in Huntington's disease. The team provides comprehensive medical and social services, education, outreach and research opportunities to patients.

With the funding, the IU Huntington's disease team will augment its social and support services for patients and families. Patients are seen in the Huntington's Disease Clinic at the Mark L. Dyken Neurology Outpatient Center at IU Hospital on the first, third and fourth Fridays of each month. A goal of the HDSA Center of Excellence at IU is to offer the services of a social worker, genetics counselor and psychiatrist on clinic days. The newly designated Center of Excellence also will be expanding its education outreach through satellite telecommunication programs to be offered across Indiana.

Speakers at the designation ceremony will include National HDSA Executive Director Barbara Boyle, Mike Lewis, president of the HDSA, Indiana Chapter; Center Director Kimberly Quaid, Ph.D.; IU School of Medicine Dean D. Craig Brater, M.D.; IU Department of Neurology Chair Robert Pascuzzi, M.D.; IU Department of Medical and Molecular Genetics Chair Kenneth Cornetta, M.D.; Mark L. Dyken, M.D., founder of the Neurology Outpatient Center at Indiana University Hospital; P. Michael Conneally, Ph.D., IU Distinguished Professor and professor of medical and molecular genetics; Tatiana Foroud, Ph.D., director of hereditary genomics at IU; and Joanne Wojcieszek, M.D., center co-director.



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Huntington's disease is an inherited degenerative disease that progressively robs patients of their thinking, control of their emotions and their ability to perform coordinated tasks. It typically begins in mid-life, between the ages of 30 and 50.

Each child of an affected parent has a 50 percent risk for inheriting the disease. There is no effective treatment or cure for this fatal illness, which affects 30,000 Americans and places another 200,000 at risk.

IU School of Medicine has long been a leader in Huntington's disease research. In 1983, Dr. P. Michael Conneally, Ph.D., and his colleagues at IU, in collaboration with an international group of genetics researchers, located the first DNA marker for the disease on chromosome 4. In 1984, the IU Department of Medical and Molecular Genetics established the world's first DNA bank, which was created to store individual and family DNA samples for future genetic testing for Huntington's disease and other disorders.

IU, in collaboration with the National Institutes of Health, founded the National Research Roster for Huntington Disease Patients and Families, which is a nationwide registry and resource for research.

The Huntington's Disease Society of America is the only voluntary, non-profit health agency dedicated to both the care and cure of Huntington's Disease.

For additional information on the IU program and services, call 317-274-5744. For more information about Huntington's disease or HDSA, call 1-800-345-HDSA, or visit the web at www.hdsa.org.

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April 29, 2005

Esophagus Disease: A Different Pill to Swallow

INDIANAPOLIS — Pills commonly are used to cure headaches, reduce high blood pressure and treat diabetes, but now a pill exists to diagnose diseases of the esophagus.

PillCam™ ESO is a camera in a pill. It is about the size of a large vitamin tablet and is a non-invasive diagnostic alternative to traditional endoscopy for evaluation and diagnosis of diseases of the esophagus including gastroesophageal reflux disease (GERD) and Barrett's esophagus, a pre-cancerous condition.

Douglas Rex, M.D., professor of medicine and director of endoscopy at the Indiana University School of Medicine, believes the new technology will provide an option to patients who want to avoid traditional endoscopy to examine the esophagus. That procedure involves the use of a long, flexible tube or endoscope that is put into a patient's mouth and advanced down the throat into the esophagus. The patient is sedated during the procedure.

"We now have a revolutionary technology that offers an option to traditional endoscopy for patients needing diagnostic evaluation of the esophagus," said Dr. Rex. "PillCam may encourage more people to see their doctor and get checked for diseases that are much more treatable when diagnosed early."

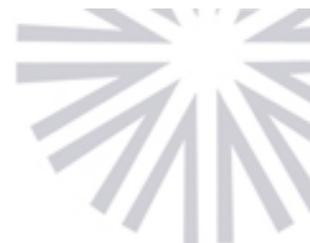
The PillCam ESO is swallowed with a glass of water. It then glides down the esophageal tract taking about 2,600 color digital images at the rate of 14 per second. After about 20 minutes, the physician usually has enough images to make a diagnosis. The photos or images are transmitted to a recording device and the physician then reviews the images on a computer screen.

Patients with swallowing disorders, pacemakers or with known or suspected gastrointestinal obstruction or fistulas are not candidates for the new diagnostic procedure.

Studies show that PillCam ESO is comparable in accuracy to traditional endoscopy for examination of the esophagus. It requires no sedation and patients can resume normal activity immediately. The disposable capsule is expelled usually within 24 to 72 hours.

Statistics show that most of the 19 million GERD sufferers do not monitor their condition despite that 5 percent to 15 percent may have Barrett's esophagus, a condition that increases the risk of developing esophageal cancer.

"Although GERD is usually successfully treated with prescription or over-the-counter antacids, patients still should be evaluated periodically since they are at higher risk for esophageal diseases," said Dr. Rex. "The PillCam is a diagnosis-only test so if esophageal disease is discovered a traditional endoscopy will still be



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needed to perform biopsies. However, if the PillCam study is normal, no other testing is needed.”

For additional information on the IU School of Medicine gastrointestinal program or PillCam ESO, call 317-274-2903.

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April 28, 2005

On this week's *Sound Medicine*, a New Treatment for Paralysis and Options for Pregnant Women Suffering from Addiction

INDIANAPOLIS — This week's edition of *Sound Medicine*, includes guests Scott Shapiro, MD, Indiana University School of Medicine professor of neurosurgery, who will discuss the preliminary results of a clinical trial on the safety and effectiveness of oscillating field stimulators in patients with spinal cord injuries. Shapiro is the lead investigator in the trial.

While common sense has it that drugs and pregnancy don't go together, the number of woman who abuse drugs or alcohol while pregnant is increasing. Treatment for pregnant women with addictions will be discussed by James Nocon, MD, IU associate professor of OB/GYN.

Sound Medicine, field reporter Jeremy Shere will give a special report on the life of an orthopedic surgeon.

The program host Barbara Lewis will be joined this week by co-host Kathy Miller, MD.

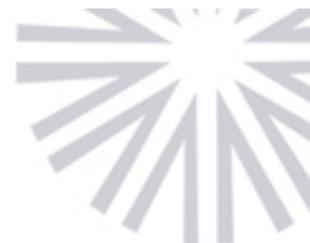
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://www.soundmedicine.iu.edu>



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April 27, 2005

Math Master Beat Odds to Succeed; Now Encourages Minorities

INDIANAPOLIS — In his youth, he cautiously roamed the barrios of Los Angeles. Today, Richard A. Tapia, Ph.D., freely probes the universe of algorithms for constrained optimization problems and interior-point methods for linear and nonlinear programming.

While he is internationally known for his work in applied mathematics at Rice University, among his greatest accomplishments are encouraging minorities and women to pursue higher education and careers. Dr. Tapia, the first native-born Hispanic to be elected to the prestigious National Academy of Engineering, will bring his expertise to the Indiana University School of Medicine.

The Texas academician is the featured speaker at the “Bridges to the Doctorate” Minority Mentoring Symposium Tuesday, May 24, on the Indiana University-Purdue University Indianapolis campus. The event will include workshops for graduate students, faculty and staff from the medical school, the IUPUI School of Science and IU-Bloomington.

“Even though I knew I was talented as a youth, there were a lot of times when if someone had not reached out to help me, I would not have pursued and achieved a good education,” says Dr. Tapia, who has won numerous awards for his work with underrepresented minorities and was appointed to the National Science Board by the Clinton administration.

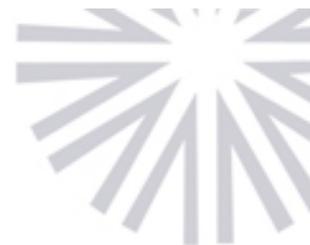
The “Bridges to the Doctorate” program at the IU School of Medicine seeks to increase the number of underrepresented ethnic faculty members at medical and graduate schools. The program, which partners the School with Mississippi’s Jackson State University, trains students in the biomedical sciences.

The day-long symposium is sponsored by the IU School of Medicine and the IU-based Indiana Genomics Initiative.

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April 27, 2005

Medical Students Receive Research Scholarships

INDIANAPOLIS — Nine Indiana University School of Medicine second-year students have received \$38,000 in scholarships during the annual Student Research Forum.

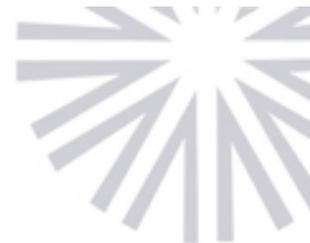
The awards were based on research presentations by the students in poster and oral competition earlier this year. The student, sponsor of their scholarship and award amount:

- Monica Khurana, Claude Smith Black Scholarship, \$14,000
- Michelle Braun, Marvella Bayh Memorial Scholarship, \$3,000
- Micah Smith, Hazel and Tommy Thompson Cardiac Research Scholarship, \$3,000
- Travis Clegg, William and Fern Groves Hardiman Scholarship, \$3,000
- Anna Burgner, William and Fern Groves Hardiman Scholarship, \$3,000
- Wayne Woodard, Hazel and Tommy Thompson Cardiac Research Scholarship, \$3,000
- Jonathan Dickens, William and Fern Groves Hardiman Scholarship, \$3,000
- Ahmed Sufyan, William and Fern Groves Hardiman Scholarship, \$3,000
- Domingo Maynes, Hazel and Tommy Thompson Cardiac Research Scholarship, \$3,000

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April 26, 2005

Applegate Named Fellow of American College of Radiology

INDIANAPOLIS — Kimberly E. Applegate, M.D., M.S., a pediatric radiologist at Riley Hospital for Children, has been inducted as a Fellow of the American College of Radiology.

She was inducted at a formal convocation ceremony April 10 during the ACR 82nd Annual Meeting and Chapter Leadership Conference in Washington, D.C.

Dr. Applegate is an associate professor of radiology and director of pediatric radiology research at the Indiana University School of Medicine and a research scientist at Regenstrief Institute Inc.

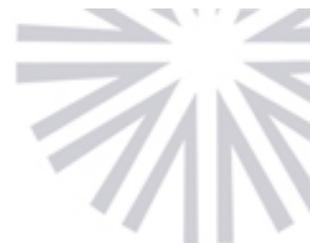
A resident of Zionsville, Dr. Applegate has been on the IU medical school faculty since 2001.

Fellowship is one of the highest honors conferred by the ACR. While all ACR members are expected to maintain high standards, only about 10 percent are selected for ACR Fellowships. Nominees are considered based on their service to organized medicine; their significant accomplishments in scientific or clinical research in the fields of radiology, radiation oncology, or medical physics; their exemplary performance as a teacher; and their outstanding reputation among colleagues and the local community.

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April 26, 2005

Docs and Stocks: Students Earn MDs and MBAs

INDIANAPOLIS — When Indiana University's medical and business schools speak, students listen.

When they graduate next month, four IU School of Medicine students also will have earned masters degrees in business administration from the IU Kelley School of Business. Their graduation marks the successful completion of a unique partnership forged between the schools nearly three years ago.

"The combined degree will give me the ability to recognize business-related issues and management opportunities in medicine," says Benjamin O. Henkle, who will join Emilie Powell, Timo Dygert and Steve Fountain when they receive their medical and M.B.A. degrees during IUPUI commencement Sunday, May 8.

Five years of full-time study are required to obtain the M.D. / M.B.A. instead of the minimum six years that normally would be undertaken if they were pursued separately. Typically, IU medical students spend three years in full-time study before they begin to integrate business courses.

"Although it required some strategic scheduling, juggling the two-year program was not a difficult task," Henkle says. "In fact, because my final year of medical school was stretched over two years, I was able to complete more medical electives and this put me in a better position to choose my medical specialty."

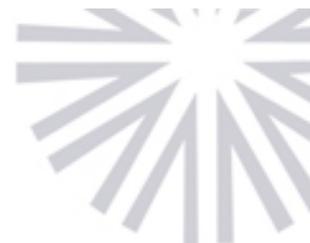
IU was among the first to establish an M.D. / M.B.A program in the nation. About 50 universities have a similar program.

"The M.D. / M.B.A. is a logical combination to have on the IUPUI campus where so much of life sciences, business, and entrepreneurship come together," says Roger W. Schmenner, associate dean and professor at the IU Kelley School of Business. "Management principles don't exist in a vacuum – the ability to apply business training to specific industries and occupations is critical."

Combining medical and business degrees is a natural partnership, says Robert C. McDonald, M.D., M.B.A., a volunteer associate professor at the IU School of Medicine who also serves as course director for the program's Physician-Leaders Forum. The forum brings together Indianapolis-area doctors and business leaders who share their experiences in training sessions with students.

"Medicine is 15 percent of America's overall economy and many of these companies are significantly large," says Dr. McDonald. "The average physician does not understand how to participate in these complex management processes. If you're practicing with several physicians, you are in a situation where management training (at the M.B.A. level) is entirely appropriate."

For more information about the combined degree program, see www.medicine.iu.edu/~gradschl/combined/



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[MDMBA/index.html](#), or <http://kelley.iupui.edu/evemba/JointPrograms.cfm>.

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April 26, 2005

Rita Hayworth Award Honors IU Alzheimer Researcher

INDIANAPOLIS — Hugh C. Hendrie, M.B., Ch.B., D. Sc., the former chairman of the Indiana University School of Medicine Department of Psychiatry, is the National Alzheimer's Association 2005 medical researcher honoree.

Dr. Hendrie will receive the award at the 2005 Chicago Rita Hayworth Gala May 7 at the Chicago Civic Opera House. He is being recognized for his dedication to Alzheimer's disease research. He has spent nearly 40 years studying the psychiatric issues of aging, including the epidemiology of Alzheimer's disease.

Among his many career distinctions is an ongoing, cross-cultural study showing that Alzheimer's disease is twice as prevalent in African-Americans in Indianapolis as those in Ibadan, Nigeria. He also is active in research on intervention strategies for depression and dementia for elderly primary-care patients. During his distinguished career, he has written more than 300 articles, book chapters and abstracts on various topics in psychiatry, particularly psychogeriatrics.

Dr. Hendrie is a professor of psychiatry and a research scientist in both the Indiana University Center on Aging Research and the Regenstrief Institute, Inc. He served as chairman of the IU Department of Psychiatry from 1975 to 2000. In March, his lifetime of research into the neurological diseases was acknowledged by the American Association for Geriatric Psychiatry when he was presented with the 2005 Senior Investigator Award at the organization's annual meeting.

Since 1985 the National Alzheimer's Association's Chicago Rita Hayworth Gala and its companion event held each fall in New York City have been hosted by Princess Yasmin Aga Khan, daughter of screen legend Rita Hayworth, who succumbed to Alzheimer's disease in 1987.

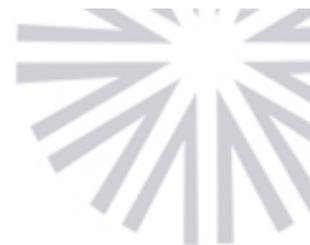
In the past 20 years, the galas have raised more than \$40 million to fund research in the causes, treatment and prevention of Alzheimer's disease.

An estimated 4.5 million Americans have Alzheimer's disease and that number is expected to soar as the Baby Boomer generation ages.

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April 25, 2005

Running Dads, Kids Promote Prostate Cancer Research

INDIANAPOLIS — When a man is diagnosed with prostate cancer, it's often a race against time to ensure he receives the most effective treatment possible.

On Saturday, June 18 – the day before Father's Day – runners and walkers will be in step on the Indiana University-Purdue University Indianapolis campus to promote prostate cancer research and public awareness of the disease. That is the day of the third annual Dad's Day 5K Run and Fitness Walk.

Registration/packet pick-up is from 6:30AM to 7:30AM at the Indiana University Cancer Center, 535 Barnhill Drive, due west of IU Hospital, and the run/walk starts at Vermont St. and Barnhill Dr. at 8AM. Participants will follow a course on the IUPUI campus and the nearby White River State Park.

But the Dad's Day 5K isn't just for adults. At 9:15AM, youngsters 8 years old and younger accompanied by registered adults can participate in the .7K Kid's Run just west of the Cancer Center.

Proceeds from the Dad's Day 5K will support public education about the disease, including fundamental prostate cancer research at the IU School of Medicine

Prostate cancer is one of the leading causes of death among men, but early detection and treatment can lead to a complete recovery, says Michael Koch, M. D., chairman of the IU Department of Urology.

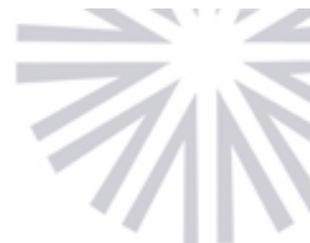
"Survival rates are 90 percent or higher if prostate cancer is caught and treated early," Dr. Koch says. "However, there are often no early warning signs or symptoms and the only way to detect the cancer is by a prostate specific antigen test and digital rectal exam."

PSA is a protein found in prostate cells. When the gland enlarges, PSA levels in the blood tend to increase and possibly indicate the presence of cancer or benign conditions. All male participants will be offered free PSA testing at the event.

Clarian Health Partners and Turner Construction are the generous anchor sponsors of this event to promote men's health.

For more information or to register for the Dad's Day 5K Run and Fitness Walk, call (317) 278-8790 or visit www.indydadsday5k.org.

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April 21, 2005

Sound Medicine Topics Include the Decrease of HIV/AIDS in U.S. Infants and the Ineffectiveness of School Smoking Cessation Programs

INDIANAPOLIS — This weekend, *Sound Medicine* guests include Peter Marcus, MD, who will discuss the benefits and risks of vaginal birth after Caesarean section or VBAC. Dr. Marcus is an associate professor of clinical obstetrics and gynecology at the Indiana University School of Medicine and is on the medical staff at Indiana University Hospital.

Elaine Cox, MD, IUSM associate professor of clinical pediatrics and on the Riley Hospital for Children medical staff, talks about the significant decrease in the number of infants born with HIV in Indiana and across the country.

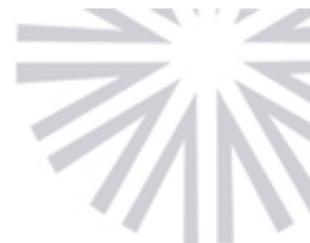
Sarah Wiehe, MD, IUSM assistant professor of pediatrics, will discuss why school-based anti-smoking programs aren't reducing teen smoking.

The study, published in the *Journal of Adolescent Health*, was conducted while Dr. Wiehe was at the University of Washington; she is now in the Division of Children's Health Research at Indiana University.

Sound Medicine Special Correspondent Lonny Shavelson reports on a new treatment for sight-impaired seniors.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis this week are co-hosts David Crabb, MD, and Stephen Bogdewic, PhD.

Archived editions of *Sound Medicine* as well as other helpful health information, can be found at <http://soundmedicine.iu.edu>



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April 21, 2005

Blood in Kids' Urine Common, Still Requires Monitoring

INDIANAPOLIS — Visible and microscopic traces of blood in children's urine are not uncommon, but youngsters with these conditions should be closely monitored, reports an Indiana University School of Medicine researcher.

"We suggest that, in otherwise healthy children, microscopic hematuria does not require a full evaluation because clinically significant abnormalities are rarely detected. However, long-term follow-up is mandatory," says Jerry Bergstein, M.D., principal author of an article appearing in the April issue of the *Archives of Pediatric and Adolescent Medicine*.

Microscopic hematuria is a condition where blood is visible only through magnification; asymptomatic gross hematuria is when the blood can be seen with the naked eye.

"On the other hand, children with gross hematuria deserve a thorough evaluation because the detection of clinically significant abnormalities is common," says Dr. Bergstein.

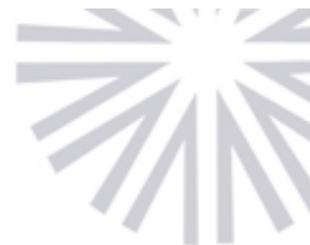
No cause was discovered in 274 of 342 children with microscopic hematuria. Of the 86 of 228 children with gross hematuria, the most common cause was hypercalciuria, or excessive urinary calcium excretion.

Sharon Andreoli, M.D., professor and director of the Section of Pediatric Nephrology at Riley Hospital for Children, and Jeffrey Leiser, M.D., Ph.D., assistant professor, were co-investigators of the study.

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April 20, 2005

'The State of Mental Health and Addiction' Explores Research, Treatment

INDIANAPOLIS — E. Mitchell Roob Jr., secretary of the Indiana Family and Social Services Administration, and State Representative Robert W. Behning will address families, caregivers and individuals interested in "The State of Mental Health and Addiction" at an annual symposium May 13.

Hailed as the only one of its kind, the eighth annual Indiana Mental Health Symposium provides individuals in recovery and their families, as well as caregivers, advocates and service providers with updated information on how research is positively affecting treatment for individuals with mental illness and addictive disorders.

Presented by the Indiana University School of Medicine Department of Psychiatry and the Mental Health Association in Indiana, Inc., the symposium will be from 7:45 a.m. to 5 p.m., Friday, May 13, at the Crowne Plaza Hotel, Union Station (Grand Hall & Conference Center), located at 123 W. Louisiana Street.

Roob will be the keynote speaker at the luncheon. Behning, who also will address the group at the luncheon, will relate his personal experiences as a family member of a child confronting mental health legal and treatment issues.

Symposium presenters will include leading researchers from the Indiana University School of Medicine. These medical professionals will discuss topics ranging from addictions to aging, and from bipolar disorder to infant mental health.

The Indiana Psychological Association will hold its annual spring conference at the same time and CE credit is available.

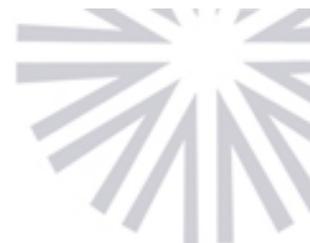
The costs are \$125 for full registration (includes breakfast and lunch, MHA annual meeting and symposium), \$100 for symposium registration only (does not include lunch and MHA meeting), or \$50 for MHA Annual Meeting registration only (includes lunch, but does not include symposium).

Deadline for registration and refunds is May 1. For more registration and education credit information, call the Mental Health Association in Indiana, Inc. at (317) 638-3501 or (800) 555-6424.

Sponsors for the symposium include Eli Lilly & Co., the IU School of Medicine Department of Psychiatry, The Institute of Psychiatric Research at IU, and Mental Health Association in Indiana.

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April 19, 2005

Virtual Colonoscopy: Virtually Promising

INDIANAPOLIS — In an editorial published in the April 19 issue of the *Annals of Internal Medicine*, Indiana University School of Medicine gastroenterologist Thomas Imperiale, M.D., says virtual colonoscopy may become one of the most valuable assessment tools available for colorectal cancer screening.

“I expect a lot from a screening test – zero risk, high sensitivity, high specificity, reasonable ease and convenience, and cost effectiveness,” said Dr. Imperiale, who is professor of medicine and Regenstrief Institute research scientist. “That may be a lot to ask, but I think CT colonography (also known as virtual colonoscopy) has the potential to meet all of these criteria, especially if the need to take a laxative preparation can be eliminated.”

“Colonoscopy is currently used as a screening test for colorectal cancer, but it didn’t start out as one,” he explained. “The cumulative potential for side effects from the laxative preparation, the need for conscious sedation, lost sleep, time lost from work, the need to arrange for someone to drive the patient home, and risk for perforation exceed my threshold for what a good screening test should be.”

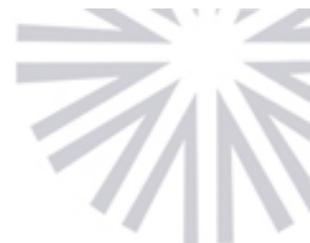
Colonoscopy became a common tool for screening primarily by default, he said. “Colonoscopy has evolved into an acceptable screening test in part because many people believe that there are no other good options.”

Although it is not yet ready to be used as a screening test, virtual colonoscopy may prove to be highly sensitive, highly specific, reasonably convenient, cost effective, and low risk, according to Dr. Imperiale.

Physicians have come to accept colonoscopy as “the best test” for colorectal cancer because it’s the most accurate test in a single application. Before the popularity of colonoscopy for screening, it was a diagnostic and therapeutic procedure. Unlike colonoscopy, most screening tests only screen for disease. Colonoscopy is a screening test, a diagnostic test and a therapeutic procedure all in one, which may be considered an advantage by some people; however the downsides must be considered.

There are a few examples of truly good screening tests for any cancer, according to Dr. Imperiale, who thinks that PAP smears are probably the best currently available screening tools because they are reasonably sensitive, specific, and inexpensive, and the test itself has no risk.

“To some extent, the absence of a truly good screening test for colorectal cancer has caused us to lower our standards for what a good screening test should be,” he said. “If there were a truly good screening test for colorectal cancer, screening rates would be higher than current rates, which are under 50 percent. We need better screening tests, and virtual colonoscopy has the potential to fill that need.”



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April 19, 2005

Sound Medicine First Health-Talk Public Radio Program to Podcast

INDIANAPOLIS — Dispensing health information through *Sound Medicine* is now more convenient.

Listeners now can subscribe to the show online and listen to individual segments at their convenience offline. *Sound Medicine* is the first health-talk public radio show to be broadcast specifically for iPods and other handheld devices that play MP3 files.

The program is leading the way; most mainstream news organizations have yet to offer podcasting services. *Sound Medicine* joins only a handful of public radio shows to podcast, and it is the first health-focused public radio program to do so.

According to a recent report from the Pew Internet & American Life Project, more than 22 million American adults own iPods or MP3 players and 29 percent of them have downloaded podcasts from the Web so they can listen to audio files at a time of their choosing. Podcast subscribers also can save audio segments on their PCs and e-mail them to friends. The audio is provided in the universal MP3 format.

By subscribing to the podcast, fans of the show can listen to *Sound Medicine* whenever they wish -- at the gym, driving home from work, or while mowing the lawn. Just as VCR users can record and replay television programs, podcast subscribers can download Sound Medicine segments as soon they are available online and then listen at their convenience.

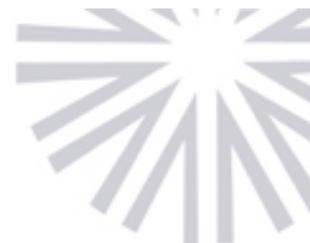
According to analysts at the financial education firm Motley Fool, podcasting will do for audio what TiVo® is doing for television: reinventing the field.

The podcast is based on technology called Real Simple Syndication, or RSS, which requires listeners to have an aggregator program installed on their computer. One such program is the free iPodder aggregator, found at www.ipodder.org/directory/4/ipodderSoftware. Users synchronize their iPod or MP3 player to their computer. And in the blink of an eye, they can slip *Sound Medicine* episodes into their purse or jacket pocket.

To subscribe to the *Sound Medicine* podcast, paste the following Web address into your aggregator: soundmedicine.iu.edu/smFeed.php. Now you're ready to roll!

Visitors to the *Sound Medicine* home page (www.soundmedicine.iu.edu) can click on the "subscribe" button and copy the same URL into their aggregator software.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and



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WFYI Public Radio (90.1 FM) in Indianapolis. The program host is Barbara Lewis; co-hosts are Ora Pescovitz, M.D., Stephen Bogdewic, Ph.D., Kathy Miller, M.D., David Crabb, M.D., and Eric Meslin, Ph.D.



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April 19, 2005

IU Team Takes Aim at Curbing Hoosier Violence

INDIANAPOLIS — A partnership has strengthened its ranks and set its sights on reducing violent injuries and deaths throughout the state.

The Indiana Partnership to Prevent Violent Injury and Death (formerly the Indiana Partnership to Prevent Firearm Violence) has formed collaboration with the William S. and Christine S. Hall Center for Law and Health at the Indiana University School of Law – Indianapolis and has a new name change.

This collaboration partnership will become the first project in the Center's Public Health Law Program to focus on public health research and scholarship.

"We do so much more than address firearm violence," said Marilyn Bull, M.D., medical director of the Indiana Partnership to Prevent Firearm Violence and director of Developmental Pediatrics, Riley Hospital for Children and Indiana University School of Medicine.

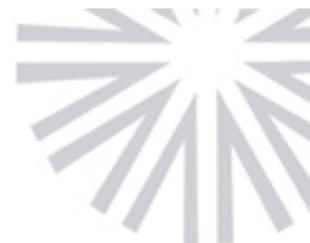
"Since its inception, the Partnership has served as a facilitator for a coordinated, long-term and multidisciplinary approach to address firearm violence as a serious public health concern," said Dr. Bull.

"As with any other public health issue, we must deal with the issue by assessment, policy development and assurance," said Dr. Bull. "By working toward a comprehensive data collection system, providing legal and policy research and evaluating intervention, the Partnership can work to provide information about lowering firearm injury and death in the State of Indiana."

"The Center's knowledge of public health law, as well as its ability to mobilize other professors and resources in the law school in several areas including criminal law and procedure, juvenile law and family law will enhance the research mission of the Partnership," said Eleanor D. Kinney, JD, MPH, co-director of the William S. and Christine S. Hall Center for Law and Health at the Indiana University School of Law - Indianapolis.

"Collaboration with the Partnership has very important benefits for the Center," said Kinney. "The Center has developed its reputation in part based on its unique tradition of empirical research on law reform issues and is working to develop its reputation for excellence in public health scholarship. By collaborating with the Partnership, we can build on the Center's tradition of empirical research while enhancing its efforts in public health scholarship."

"We look forward to a successful collaboration which will positively benefit both the Center and the Partnership," said Heather McCabe, director of the Indiana Partnership to Prevent Violent Injury and Death. "The Partnership is excited about this opportunity to expand both our data collection and programming beyond the work we have done in firearm violence to other causes of violence injury and death."



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The Partnership brings together more than 40 departments and programs at Indiana University Medical Center and Riley Hospital, professional medical associations, individuals, faith communities, and civic and government organizations from around the state. The Partnership takes aim at one main target; to reduce and ultimately eliminate violent injury and death.

The Partnership was established in 1999 by a grant from the Joyce Foundation, a Chicago-based philanthropy that supports public policies designed to improve the quality of life in the Great Lakes region.

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April 18, 2005

Women's Center to Coordinate Local Health Promotion Event

INDIANAPOLIS — When women take steps to improve their health, the results can be significant. That's the impetus behind a special event coordinated by the Indiana University National Center of Excellence in Women's Health.

Free medical screenings and other health-related information will be available to the public from 11 a.m. to 3 p.m., Wednesday, May 11, on the Indiana University-Purdue University Indianapolis campus.

The event coincides with the National Women's Health Week observances, May 8-14.

Among the participants:

- Clarian Health Partners – materials and other information about its Women's HeartAdvantage program
- The Office of Women's Health of the Indiana State Department of Health – bone density heel scans to assess the risk of osteoporosis
- IUPUI Student Health Services – blood pressure checks and screenings to measure carbon monoxide levels related to smoking
- IU Center of Excellence in Women's Health – information and brochures about clinic services, general women's health..

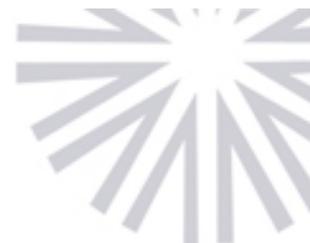
Other partners are the IUPUI Office for Women, IUPUI Work/Life and IUPUI Student Life and Diversity. The event will be located in the University College building, 815 W. Michigan Street

For more information, call 317-630-2243.

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April 14, 2005

Purdue licenses paralysis treatment to Indiana-based Andara Life Science Inc.

INDIANAPOLIS — An Indiana startup company will commercialize a Purdue University treatment for central nervous system injury and disease that has shown early promise in bringing quality-of-life improvements to patients with paralysis during clinical trials at the Indiana University School of Medicine.

At a news conference at Riley Hospital Outpatient Center in Indianapolis today (Thursday, 4/14), Purdue Research Foundation announced a license agreement with Andara Life Science, Inc. (an DAR a). The agreement grants the company exclusive commercial rights to a platform of treatment alternatives including a medical device, a combination medical device and drug, and a series of drugs, all targeting injury and diseases of the central nervous system. Purdue's patented oscillating field stimulator (OFS), which stimulates nerve regeneration and has shown initial results in human clinical trials, forms the foundation of the treatment.

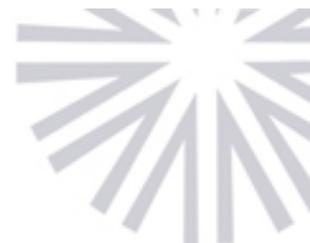
"My first thought when I heard about the OFS human clinical trials results was that this just might be the first meaningful treatment opportunity for people with spinal cord injuries," said Mark Carney, a health-care entrepreneur, Purdue graduate and Andara's president and chief executive officer. "Based on its advanced state of development, the OFS device may take only three years to commercialize. In large part, the timing will be determined by the results of current and future clinical trials and by the Food and Drug Administration."

At any given time, more than 250,000 people live with a debilitating spinal cord injury in the United States. Each year, more than 11,000 additional Americans suffer from a spinal cord injury.

"It's not about getting up and walking for these patients," said Richard Borgens, Andara's chief scientific officer and the Mari Hulman George Professor of Applied Neuroscience who led a team of researchers to this discovery at the Center for Paralysis Research in Purdue's School of Veterinary Medicine. "It's about quality of life, and that includes being able to generate enough sensory recovery to determine whether or not they have a medical problem, such as a bladder infection, before it causes them serious damage. It's about being able to experience those minor, but extremely important, bodily sensations that act as our protective communication matrix."

In January, results from Phase I-A Food and Drug Administration regulated human clinical trials of OFS were published in the *Journal of Neurosurgery — Spine*. In the study, the physician who conducted the clinical trials at Indiana University School of Medicine said the drug-device combination has shown promising results.

"We have never seen this type of response before," said Scott Shapiro, M.D., the Robert L. Campbell Professor of Neurological Surgery at the IU School of Medicine and the chief of neurosurgery at Wishard



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Memorial Hospital as well as Andara's chief clinical investigator.

"In our study, the OFS was surgically removed at 15 weeks, and patients were followed for one year and tested to evaluate their sensory recovery. Some patients who had no sensation below the level of their injury prior to the implantation of the OFS found their sensation in certain areas almost back to normal following the clinical study regimen," Dr. Shapiro said. "In addition, some patients did regain sensation and motor function in their lower extremities but not enough to stand unassisted."

The initial study was supported by a special appropriation by the Indiana General Assembly and charitable gifts.

As a health-care executive, Carney said he recognizes the significance of the treatment from both a quality-of-life standpoint and health-care industry cost perspective.

"Its importance is two-fold," Carney said. "Because most of these patients suffer these catastrophic injuries while in their 20s and require care for the rest of their lives, treatment costs can approach \$650,000 in the first year and \$120,000 every year thereafter. When you factor in lost wages, fringes and productivity, the overall expense can easily approach \$3 million."

"Andara has the potential to be the largest Purdue Research Park startup to date," said Joseph B. Hornett, senior vice president and treasurer for the Purdue Research Foundation, which has provided Andara with business development services.

Andara executives are now in the process of hiring additional members of the management team and implementing the business plan that has been developed.

"A huge benefit to growing a life science company in Indiana is the tremendous support system provided by central Indiana firms who specialize in regulatory affairs expertise, reimbursement strategies, intellectual property and life science-based capital formation," Carney said.

Several locations in Indiana are under consideration by Andara for office and laboratory space.

Established in 1930, the Purdue Research Foundation is a nonprofit corporation that is legally constituted to accept gifts, administer trusts, acquire property, negotiate research contracts and perform other services helpful to Purdue. As part of its holdings, the foundation owns more than 130 properties including the Purdue Research Park, named best research park in the country in 2004. The park is home to the greatest number of technology companies in Indiana as well as the largest university-affiliated business incubator in the country.

For more information about the research, see

<http://news.uns.purdue.edu/UNS/html3month/2005/050110.Borgens.OFS.html>

<http://www.iupui.edu/~neurosur/>

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April 14, 2005

Sound Medicine to Feature Special Sound Ethics Program on End-of-Life Decisions

INDIANAPOLIS — This weekend, *Sound Medicine* will feature the quarterly program, *Sound Ethics*. Eric Meslin, PhD, director of the IU Center for Bioethics, and Program Host Barbara Lewis focus their discussions on making end-of-life decisions in the United States.

Joining Meslin and Lewis is Richard Miller, Ph.D., director of the Poynter Center for the Study of Ethics and American Institutions at IU, who discusses the role of religion in end-of-life decision making.

The other participants are Robert Olick, PhD, associate professor at the Center for Bioethics and Humanities at State University of New York Upstate Medical University and a faculty member at the College of Law at Syracuse University, and Jeffrey Kahn, director of the Center for Bioethics at the University of Minnesota.

Drs. Olick and Kahn will discuss the political and legal ramifications of end-of-life decisions, and changes in how the decisions are viewed since the cases of Karen Ann Quinlan and Nancy Cruzan.

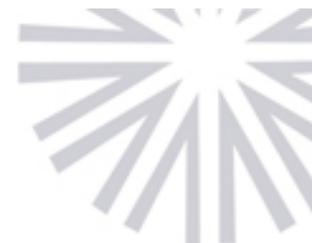
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://www.soundmedicine.iu.edu/>.



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April 14, 2005

Medical Journal Editors Condemn Ghostwriting

INDIANAPOLIS — Ghostwriting may be okay for tell-all celebrity books but the editors of a peer-reviewed medical journal draw the line when the veiled author is paid by a pharmaceutical company with a financial interest in an article's topic.

An editorial in the March issue of the *Journal of General Internal Medicine* examines the issue of drug companies commissioning medical education companies to ghostwrite scientific articles in support of the company's product.

In addition to the strongly worded editorial, the March *JGIM* includes an article detailing the incident that brought the issue to the editors' attention and a newly developed policy statement on ghostwriting by the World Association of Medical Editors.

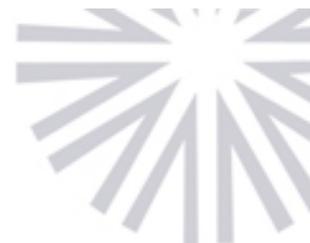
"This is an issue which involved an egregious case of unethical behavior by an author, a pharmaceutical manufacturer and a medical education company that has caused an international hue and cry and needs to be examined under a bright light," said journal co-editor-in-chief William Tierney, M.D., Chancellor's Professor, professor of medicine and chief of the Division of General Internal Medicine at the Indiana University School of Medicine and a Regenstrief Institute research scientist.

"Advancements in science, clinical care and medical education require a discourse among and between basic and clinical scientists, clinicians and medical educators," wrote the authors of the editorial, Dr. Tierney and co-editor Martha Gerrity, M.D., Ph.D., associate professor of medicine at the Oregon Health and Sciences University.

"Peer reviewed journals such as *Journal of General Internal Medicine* serve a critical service by providing a medium for such discourse. To be most effective in advancing medical science, care and education, published articles must have relevant content that pushes back the interface between what is known and what is yet to be discovered. Articles' content must be based on high quality and reproducible methods," they wrote."

The editors continue: "We had no problem with this manuscript's having been commissioned by a pharmaceutical manufacturer or that someone from the medical education company had performed a review of the evidence and written the draft manuscript. There were two substantial problems, though. First, the contribution of the initial manuscript's original author(s) was not recognized by co-authorship and taking direct responsibility for the work. Second, the financial relationship between that author and the pharmaceutical company was not acknowledged.

"It is important to mention that the author of the manuscript submitted to *JGIM* was not offered money in return for 'authoring' this manuscript. The medical education company preyed upon academicians' general



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need to 'publish or perish'.

"Not all interactions between the private sector and academia are necessarily unethical or biased. By encouraging appropriate management of acute and chronic conditions, pharmaceutical manufacturers can benefit to the degree that use of their products is encouraged by evidence-based guidelines established by independent bodies.

"This is not a new problem and will likely be with us as long as unscrupulous corporate officers care more about profits than the truth and don't realize the adverse effects on their profits that will result from an erosion of public trust," concluded Drs. Tierney and Gerrity.

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April 12, 2005

Study Seeks Most Effective Treatment for Epileptic Seizures

INDIANAPOLIS — Epilepsy experts at the Indiana University School of Medicine are joining colleagues around the country to determine whether medications or early surgery works best to treat and eliminate seizures.

Researchers at 18 sites are seeking patients to participate in the Early Randomized Surgical Epilepsy Trial, a five-year, \$30 million study sponsored by the National Institute of Neurological Disorders of the National Institutes of Health.

People with mesial temporal lobe epilepsy, the most prevalent form of the disorder, may be eligible for the trial. The malady can cause disturbances in brain function creating auras of fear, anxiety, nausea, odors, jerking, and difficulty in walking, moving or speaking.

“This study is comparing the safety and effectiveness of FDA-approved drugs with the safety and effectiveness of a surgical procedure in combination with FDA-approved drugs,” says Vicenta Salanova, M.D., IU trial site director.

For most, seizures can be controlled with just one medication; however, combined medications can exacerbate fatigue, changes in appetite and mental concentration. However, more than 30 percent of patients cannot control seizures with drugs.

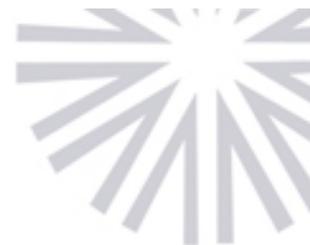
“Surgery remains an option,” says Dr. Salanova. “As many as 200,000 or more patients are potential candidates for surgery in the United States, but only 3,000 procedures are performed annually.”

Surgical removal of seizure-causing areas in the mesial temporal lobe is successful in as many as 80 percent of the patients. This type of surgery has been used for many years.

To be considered for the trial, patients must:

- Have disabling seizures six days per year or more for no more than two consecutive years since the onset, or after remission of six months or longer
- Have tried at least two antiepileptic drugs
- Be 12 years of age or older with a history of temporal lobe epilepsy

Patients accepted into the ERSET trial are randomly accepted to receive either medications or undergo surgery. The process ensures participants have an equal chance to receive either therapy.



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The follow-up period for patients in the study is two years. Those selected for the medication-only part of the study can choose to have surgery at that time. Patients receive exams four times a year at Indiana University Hospital where their progress is monitored.

More than 2.3 million Americans are diagnosed with epilepsy and it often affects children and young adults during the critical years of their development.

“Ideally, this study will help make treatment decisions easier and improve the quality of life for those with epilepsy,” says Dr. Salanova.

The principal investigator of the ERSET study is Jerome Engel Jr., M.D., Ph.D., of the David Geffen School of Medicine at the University of California-Los Angeles.

To enroll or learn more about the trial at IU, call 317-274-4974. Additional information about ERSET can be found at www.erset.net.

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April 11, 2005

1,000 'Friends' Needed During Race For The Cure

INDIANAPOLIS — Breast cancer researchers at the Indiana University Cancer Center are looking for 1,000 "Friends for Life," an ambitious undertaking planned for April 16 during the 2005 Susan G. Komen Race for the Cure.

The goal is for IU Cancer Center volunteers to draw blood from 1,000 women that day. Half of them will know first-hand what breast cancer is all about and the other half will never have had the disease, but all will be "Friends for Life."

Bryan P. Schneider, M.D., is spearheading the study, which is looking for subtle genetic changes that predispose people to breast cancer.

"With just two teaspoons of blood from the 1,000 Friends for Life, we hope to reveal some of the secrets that make one woman more susceptible than another to developing breast cancer," said Dr. Schneider, a fellow in the IU breast cancer program. "Cancerous tumors require a blood supply to grow; this study will focus on the bodily processes that feed those tumors."

To grow, all tumors need nutrients which requires the growth of new blood vessels. That process is called angiogenesis. Halting the growth of blood vessels to starve a tumor requires anti-angiogenic agents, which are a newer, successful method of treating breast and other cancers.

"Some people are naturally better at growing new blood vessels, a process that is important during pregnancy, for wound healing and other curative processes," said Dr. Schneider.

His research from the blood samples provided by the Friends for Life will isolate the genetic variants that allow some people to grow the vessels more readily and determine if those variants make women more at risk for breast cancer tumor growth.

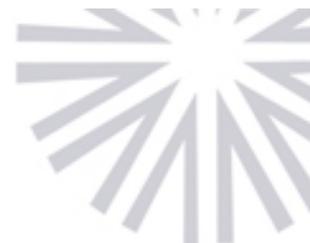
A later phase of the research will determine how responsive the different genetic variants are to anti-angiogenic drugs.

Dr. Schneider predicts that answers to some of his research questions could be available within a year of the Komen Race for the Cure.

All Friends for Life participants must be at least 18 years of age.

About 120 health care volunteers from the IU Medical Center will be on hand to handle the administrative functions and draw about two teaspoons of blood from each participant.

No appointment is necessary for women interested in becoming Friends for Life volunteers. The blood draw will take place from 7 a.m. until mid-afternoon April 16 at the Indiana Cancer Pavilion at the corner of



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Barnhill Drive and West Michigan Street on the Indiana University Purdue University- Indianapolis campus.

This research is supported by the Catherine Peachey Fund and the Breast Cancer Research Foundation.

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April 7, 2005

Medical Degrees to be Conferred on Mother's Day

INDIANAPOLIS — Four long years of lectures, labs and a busy schedule of clinical rotations will come to an end for 262 students when they receive their medical degrees from the Indiana University School of Medicine on Mother's Day.

Their graduation on Sunday, May 8, is a milestone as the students advance their medical education in specialty areas of their choice. They soon will begin residencies in 35 states with nearly half receiving training in hospitals and medical facilities in Indiana.

"When members of the Class of 2005 began their studies, they were challenged to understand the scientific underpinnings of the practice of medicine, to be compassionate and to maintain the honor and the dignity of the profession," says D. Craig Brater, M.D., dean of the IU School of Medicine. "Their graduation marks an important milestone as they continue to explore all facets of their profession and to better understand the altruistic nature of the doctor-and-patient relationship."

Immediately following the Indiana University-Purdue University Indianapolis commencement at the RCA Dome, the new physicians will reconvene for a special ceremony to receive their diplomas and distinctive green hoods, whose color and significance date back to medieval European universities. Then, in unison, they will recite the Physician's Oath – a pledge to the patients they will serve and to uphold the standards of their profession.

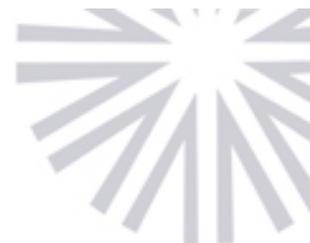
Some of the medical students also will receive other advanced degrees at the May commencement: one doctorate in a biomedical specialty and four masters in business administration. The School also will confer 18 masters in public health and nine masters of science in medical science.

The IU School of Medicine, the second largest medical school in the United States with more than 1,200 students, has nine medical education centers throughout the state for first- and second-year students. IU medical education centers are located in Gary (IU-Northwest), Bloomington (IU campus), Evansville (University of Southern Indiana), Terre Haute (Indiana State University), South Bend (University of Notre Dame), West Lafayette (Purdue University), Fort Wayne (Indiana University-Purdue University campus), Muncie (Ball Memorial Hospital), and Indiana University-Purdue University Indianapolis.

All IU School of Medicine students complete their final two years of study at the IUPUI campus. At that time, students receive clinical training, in addition to further classroom and laboratory studies.

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April 5, 2005

Riley Sleep Clinic Gets National Nod of Approval

INDIANAPOLIS — Indiana's only sleep disorders lab for youngsters has received full accreditation from the American Academy of Sleep Medicine.

The Children's Sleep Disorders Center at Riley Hospital for Children recently earned that status. The accreditation recognizes the Riley lab's comprehensive sleep disorders program, which provides top-notch care to the patients ranging in age from premature newborns to 18 year olds.

The Riley center, established in 1984, offers more fully computerized diagnostic equipment than is typically available in adult sleep facilities. The lab is staffed by a pediatric pulmonologist, behavioral pediatrician, neurologist, psychiatrist and other medical specialists.

"The physical and emotional needs of children are very different from those of adults," says center director Deborah Givan, M.D., professor of pediatric pulmonology at the Indiana University School of Medicine. "This is especially true in the area of sleep disorders, and an adult approach to evaluate and treat sleep problems often is inappropriate or successful for children."

For more information about the Riley's Children Sleep Disorder Center, call 317-274-9650, or visit www.rileyhospital.org/document.jsp?locid=183.

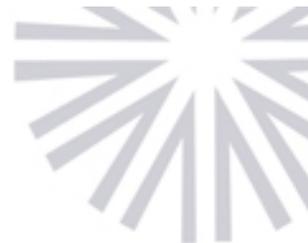
The *American Academy of Sleep Medicine* is a professional membership organization dedicated to the advancement of sleep medicine and related research. Its mission is to assure quality care for patients with sleep disorders, promote the advancement of sleep research and provide public and professional education.

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April 5, 2005

Sound Medicine Topics Include Stress-related Aging and a New Form of Minimally Invasive Breast Biopsy

INDIANAPOLIS — This weekend's edition of *Sound Medicine* will host guests including Elizabeth Blackburn, PhD, professor of biology and physiology at the University of California. One of this year's recipients of the prestigious Lasker Award, Dr. Blackburn will talk about the relationship of severe emotional stress and aging and the disruptive role that tiny bits of DNA, known as telomeres, play in that relationship.

A new diagnostic tool making minimally invasive breast biopsies quicker and more precise is the focus of Gillian Newstead, MD, associate professor of radiology and director of clinical breast imaging at the University of Chicago, and Joe Mark, co-founder and vice president of technology of Indianapolis-based Suros Surgical Systems.

Sound Medicine correspondent Eric Metcalf will present a special essay on out-of-date forms of medicine and the appeal they may still hold for many.

Sound Medicine co-host and breast cancer specialist Kathy Miller, MD, and special host Diane Willis will discuss a new breast cancer research that will be launched at the Susan B. Komen Race for the Cure April 16.

The program is hosted by Barbara Lewis. This week's co-hosts are Kathy Miller, MD, and Diane Willis.

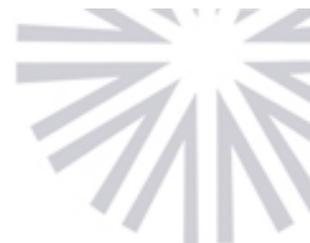
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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April 4, 2005

It Takes A Village To Improve the Health of Children

INDIANAPOLIS — Optimum health care to youngsters is far more than providing routine physical exams, making diagnoses, prescribing therapies, and charting appropriate treatment plans. The ever-evolving role of pediatric physicians requires a fuller understanding of children and adolescents' total environment.

A review article published in the April supplement of the journal *Pediatrics* outlines strategies for engaging physicians-in-training in this new approach to providing care and building strong community partnerships. Rigorous residency training in community health and child advocacy will help fight the increasing impact of social and environmental risk factors on the health of children and adolescents.

"Many of the health issues affecting our nation's children are problems which the whole community, not solely the individual family must address," says pediatrician and health services researcher Nancy L. Swigonski, M.D., M.P.H., associate professor of pediatrics at the Indiana University School of Medicine, coauthor of the study.

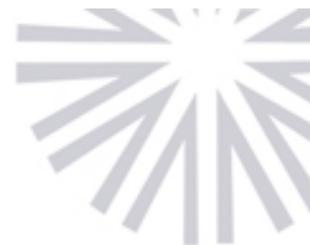
"Pediatricians see patients for 15 minutes a few times a year to treat such problems as asthma or lead poisoning, but for these illnesses, as for many others, treating the disease is not sufficient. We must alter the environment to get to the root of the problem and we must equip our physicians with the knowledge and skills to work in a community environment, says Dr. Swigonski.

Dr. Swigonski, Sarah Stelzner, M.D., IU assistant professor of clinical pediatrics, and other co-authors provided examples of training programs and strategies for involving pediatricians in community health issues. No single best-practice training model exists, nor should it, for each community and each residency training program is different in its resources and needs, the authors stress.

"For residents and medical students, this training provides an important reconnection to interests and passions that may have led them to a career in medicine, advanced competencies in working with communities and the acquisition of life-long leadership skills relevant to careers in both subspecialty and general pediatrics," the authors observe.

Rigorous training of young physicians in community health and child advocacy will help fight the increasing impact of social and environmental risk factors on the health of children and adolescents.

"Former Surgeon General Dr. David Satcher has warned that 21st century health problems will cause decreased life expectancy, diminished quality of life, lower productivity and increased costs to our society. Pediatricians must learn to partner with other disciplines and community based resources in order to fight problems such as obesity, violence and mental health disorders in our children and youth to stop this negative trend," said Dr. Stelzner. "



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This review article, which is co-authored by Laura Jean Shipley, M.D., Elisa Alter Zenni, M.D., Dana Hargunani, M.D., Julie O'Keefe, M.D. Carleen Miller, M.A. and Brian Alverson, M.D., appears in a supplement of the journal *Pediatrics* devoted to the training of future pediatricians.

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April 1, 2005

Broad range of IU graduate programs ranked by U.S. News

BLOOMINGTON, Ind. — Indiana University graduate programs in education, psychology, sociology, history, business, law and medicine received high rankings in the 2006 edition of U.S. News & World Report's "America's Best Graduate Schools."

"Overall, rankings by U.S. News and World Report are rather subjective, and the criteria change each year. Even so, we are pleased that IU consistently ranks in the top 20 in our major programs, with several in the top ten," Kenneth Gros Louis, IU senior vice president for academic affairs and chancellor of the Bloomington campus. "While we saw some programs drop we saw others make noteworthy gains."

The School of Education at Bloomington was ranked 15th, up three positions from last year. Four education graduate programs remained in the top 10 nationally -- counseling/personnel services, curriculum/instruction, elementary education and higher education administration. Higher education administration was the highest-ranked at sixth. Three other programs ranked in the top 20, including administration/supervision and secondary education, which were ranked 11th.

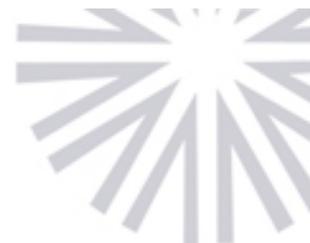
"Our faculty and I have been focused on implementing a strategic plan which among other things calls for enhancing graduate education and research. The U. S. News rankings are yet another indication that we're on the right track," said Gerardo M. Gonzalez, dean of the IU School of Education. "All of us in the School of Education are very proud to be recognized as one of the top graduate schools of education in the country."

Gonzalez said enhanced graduate education and research has been a strategic priority for the school. "We have invested in strengthening the infrastructure to support faculty in the pursuit of external contracts and grants for research," he said. "The result is the number of proposals that our faculty have submitted and the amount of research expenditures have more than doubled in the last five years."

"With regard to graduate education, in particular, we have allocated internal resources from endowments to support the recruitment of top graduate students," Gonzalez added. "Our doctoral students are involved in research very early on in their careers here at the school. We now have five comprehensive research centers that support many of our graduate students."

Several IU Bloomington programs in the humanities and social sciences were highly ranked. IU Bloomington's sociology program was ranked 11th and its specialty in social psychology was ranked second and its sex and gender sociology, ninth.

The history program was ranked 19th overall and its African history program was ninth and its Latin



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American history program, 10th. The English program was ranked 23rd, and two of its specialties -- 18th to 20th century literature and gender and literature -- were in the top 20. The political science program was tied for 25th and the economics program was ranked 34th.

The psychology program was tied for 22nd and its experimental psychology specialty was tied for sixth. Two specialties were recognized in the top 20 -- social psychology, which was tied for 14th; and the Cognitive Science Program, which was 15th. The criminology program was listed as 20th.

The School of Law at IU Bloomington broke into the top 40 first the first and was tied for 36th, compared with 40th last year. The School of Law at IUPUI was tied for 95th, and the IUPUI health care law program was ranked ninth.

"I am delighted to see that the Indiana University School of Law-Bloomington is ranked 14th among public law schools in the country. The ranking is a reflection of the quality of our faculty and students," said its dean, Lauren Robel.

The Kelley School of Business was tied for 27th with three other schools. It was ranked in the top 20 in every specialty area and improved in six of nine areas ranked by deans and MBA program directors. Its production and operations program was ranked highest at ninth.

"The Kelley School MBA Program remains a strong program despite a slight drop in our overall ranking this year," said its interim dean, Dan Smith. "We remain in the top 7 percent overall for the almost 400 accredited schools ranked. We were pleased to see our individual departments consistently ranked in the top 20 and that six of them improved over last year's ranking. This speaks to the strength of the programs we deliver to students; however, we will continue to work to improve all that we do for our graduate students."

The School of Medicine in Indianapolis was listed as 37th for primary care, up from 45th last year; and 45th in research, down from 39th a year ago.

The full rankings by U.S. News & World Report will be released to the public on Monday (April 4) in the book "America's Best Graduate Schools," and many of the rankings will appear in the magazine's issue that will go on sale that day. The full rankings will be posted on the magazine's Web site at <http://www.usnews.com>.

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March 31, 2005

Sound Medicine to Feature New State Health Commissioner and High School Steroid Use

INDIANAPOLIS — This weekend's *Sound Medicine* includes guests Judith Monroe, MD, who will discuss her objectives as the recently appointed health commissioner to the state of Indiana. Dr. Monroe is the first woman to ever hold this position in Indiana.

Gary Wadler, MD, will discuss the growing use of anabolic steroids in high school students, not all of whom are athletes. Wadler is a member of the World Anti-Doping Agency's Prohibited List and Methods Committee and has served as medical adviser to the White House Office of National Drug Control Policy. He is an internist and associate professor of clinical medicine at the New York University School of Medicine.

In a special segment, *Sound Medicine* correspondent Shia Levitt will take listeners into the world of a certified doula - also known as a childbirth assistant. Beginning this year, the Indiana Perinatal Network in Indianapolis plans to start training doulas to help assist women in communities with traditionally higher infant mortality rates.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis this week is co-host David Crabb, MD.

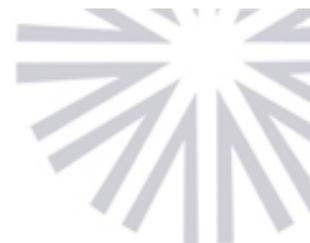
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March 31, 2005

Med Students' Community Project Nets National Honors

INDIANAPOLIS — An Indiana University School of Medicine student-organized program to help the needy has garnered national attention from the American Medical Student Association Foundation.

The foundation recognized IU medical students and residents for the Best Community Outreach National Primary Care Week Project for 2004. The award is presented annually to a U.S. medical school having the largest participation in activities and programs designed to serve the poor.

Last October, the IU Internal Medicine Student Interest Group organized a week-long series of presentations from community health-care experts. The week was capped with a community health fair at a downtown Indianapolis clinic. More than 100 medical students and residents provided free health screenings and offered health education and safety information to the needy.

"With the increasing number of uninsured patients and need for adequate health care in our country, it's important for future physicians to consider primary care careers," says fourth-year medical student Shannon Gearhart, who organized many of the week's activities. She said the support of the Indiana Area Health Education Center was instrumental in making the project a success.

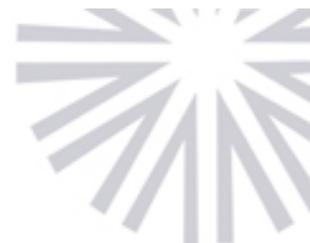
The health fair has become a staple program for IU medical students. It coincides with National Primary Care Week, which advocates the importance of medical care and brings health-care professionals together to better serve the poor and those with limited or no access to medical care.

The American Medical Student Association is the oldest and largest independent association of medical students in the United States.

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March 31, 2005

Med Students Poised to 'Doctor' Inner-City Houses

INDIANAPOLIS — Indiana University School of Medicine students will soon be making house calls on inner-city residents to spruce up their homes.

The student volunteers will conduct their annual Spring House Calls, April 16, an activity which matches the physicians-in-training with homeowners in the neighborhoods west and northwest of the downtown IU Medical Center. The students will gather early in the morning at Christamore House Community Center to pick up tools and supplies needed for the day's work, which includes minor house and property repairs, painting, yard work and planting flowers.

In the early afternoon, the students and community homeowners will return to Christamore House for a lunch catered by a neighborhood business.

"Spring House Calls is one of several student-initiated service-learning activities that provides them with an opportunity to interact with patients in the context of their daily rather lives rather than in an exam room," says Patricia A. Keener, M. D., assistant dean of the School's Office of Medical Service-Learning and professor of pediatrics.

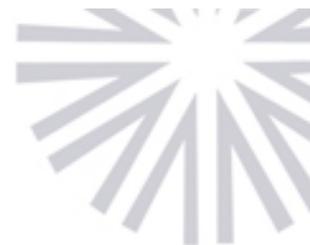
"These experiences enhance the students' ability to relate to patients when they do meet in a clinical setting," Dr. Keener adds. "That's particularly important because improved patient-and-doctor relationships lead to better patient compliance and results in better health outcomes, and that's what we want for everyone – especially the medically underserved."

Nearly 800 IU medical students have volunteered 6,000 hours for the Spring House Calls program since 1996. For more information about School's Office of Medical Service-Learning and its many projects, go to www.medicine.iu.edu/~omsl.

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March 30, 2005

Former Faculty to be Feted at Medical Meeting

INDIANAPOLIS — A forensic pathologist and pediatric anesthesiologist will be honored by their former colleagues at the 58th Spring Medical Alumni Weekend at the Indiana University School of Medicine.

John E. Pless, M.D., will be the recipient of the Distinguished Alumnus Award and Lynda J. Means, M.D., will receive the Glenn W. Irwin Jr. M.D. Distinguished Faculty Award at a May 14 luncheon for IU medical alumni from around the country. They also will gather for class reunions, educational seminars and other events that weekend.

Dr. Pless, the Clyde G. Culbertson Professor Emeritus of Pathology and Laboratory Medicine, currently serves as a consultant in forensic medicine. He's nationally known for his work and during his IU career supervised more than 300 postmortem examinations annually for coroners throughout Indiana and served as an expert witness in criminal and civil cases.

A Bedford, Ind., native, Dr. Pless served as associate chair of the Department of Pathology and directed the department's Division of Forensic Pathology. After earning his IU medical degree in 1963, he completed residencies in South Bend and was an officer in the U.S. Army Reserve.

Dr. Means is the former executive associate dean for academic affairs at the IU School of Medicine. In that role she was responsible for the supervision for faculty affairs, which includes school policies and procedure related to faculty, diversity and faculty development, and medical school admissions.

She also was professor of anesthesia and of surgery, and a critical care consultant at Riley Hospital for Children.

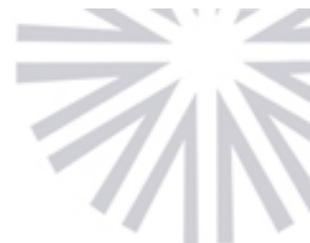
Dr. Means received her medical degree from IU in 1977 and completed pediatric and anesthesia residencies at the IU Medical Center. Currently, she serves as a lecturer at Harvard Medical School and is an anesthesiologist Children's Hospital in Boston.

The Glenn W. Irwin Jr. M.D. Distinguished Faculty Award is named in honor of the man who served as dean of the School from 1965 to 1973. Dr. Irwin also served as chancellor of the Indiana University-Purdue University Indianapolis campus until his retirement in 1986.

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March 28, 2005

IU Researchers Closer to Helping Hearing-Impaired Using Stem Cells

INDIANAPOLIS — Researchers at Indiana University School of Medicine are several steps closer to the day when a profoundly deaf patient's own bone marrow cells could be used to let him or her hear the world.

The IU group, led by Eri Hashino, Ph.D., was able to transform, in the laboratory, stem cells taken from adult bone marrow into cells with many of the characteristics of sensory nerve cells -- neurons -- found in the ear. The results suggest that these adult stem cells could be used to treat deaf patients in the future, said Dr. Hashino, an associate professor and Ruth C. Holton Scholar in the Department of Otolaryngology -- Head and Neck Surgery.

The cells used in the research are called marrow stromal cells -- a type of stem cell from which fat, bone and cartilage normally develop.

"We were interested in marrow stromal cells because of their potential for use in autologous cell-based therapy," said Dr. Hashino, referring to cell transplantation in which a patient's own cells are used in treatment. The cells can be collected easily and kept alive in the laboratory until needed, she said.

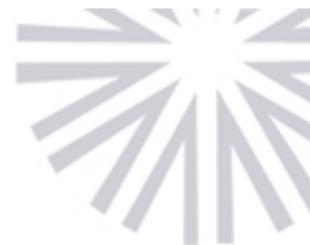
Other researchers had previously shown that the marrow stromal cells could be induced to transform into neuronal cells, but it wasn't clear whether, or how, the cells could be further transformed into useful specialized neurons.

In a two-step process, Dr. Hashino and her colleagues first cultivated mouse marrow stromal cells with chemicals known to encourage stem cells to change into primitive neurons. The bone marrow cells took the shape and other characteristics of neurons. Next, they exposed the cells to two molecules that are secreted from nearby tissues of the ear during embryonic development. The two molecules -- known as Sonic hedgehog and retinoic acid -- together caused the marrow stromal cells to further develop into cells with many of the characteristics of auditory neurons, such as the presence of specific genes and proteins.

Dr. Hashino said she and her colleagues are beginning new experiments to test the feasibility of marrow stromal cell transplantation to stimulate the growth of the nerve cells that are often missing from the inner ears of patients with profound hearing loss.

"Sonic hedgehog and retinoic acid are molecules found in embryonic tissues, but not in adult tissues," said Dr. Hashino. "This suggests that treating marrow-derived stem cells with these molecules before transplantation might greatly enhance the possibility that the process would result in development of specific sensory neurons."

The research was published March 18 in the online early edition of the Proceedings of the National Academy of Sciences, and is scheduled to appear in the print edition of the journal March 29.



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March 24, 2005

Sound Medicine to Focus on Issues Involving U.S. Healthcare System

INDIANAPOLIS — This weekend, *Sound Medicine* guests will weigh in on the state of health care.

Conrad Meier, senior fellow at the Heartland Institute in Chicago, will discuss how a free-market system in health care might work in the U.S.

Stephen Jay, MD, chair of the Indiana University School of Medicine Department of Public Health. Dr. Jay will review a recent Harvard University study that found more than half of U.S. bankruptcies are caused by illness and the inability to pay medical bills.

James Steele, editor-at-large for Time magazine and co-author of "Critical Condition: How Health Care in America Became Big Business-and Bad Medicine," will answer questions about what ails the U.S. health care industry.

Indiana State Rep. David Orentlicher, MD, JD, professor of medicine and law at IU, will offer his perspective on the issue of accessibility to affordable health care for all Americans.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis this week are co-hosts Steven Bogdewic, PhD and David Crabb, MD.

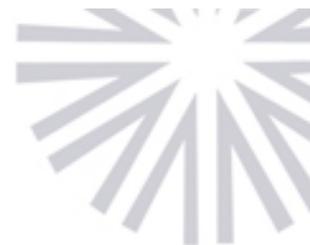
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu/>.



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March 22, 2005

IU Scientist Recognized For Neuropsychiatric Research

INDIANAPOLIS — Employing the latest in genomics technology to identify genes that may be responsible for mental illness has earned two prestigious awards for Indiana University School of Medicine neuroscientist Alexander B. Niculescu III, M.D., Ph.D.

Dr. Niculescu is the recipient of the American Psychiatric Association AstraZeneca Young Minds in Psychiatry International Award and the National Alliance for Research on Schizophrenia and Depression Young Investigator Award.

The AstraZeneca award, which includes a \$45,000 prize, will be presented to Dr. Niculescu May 24 at the annual meeting of the American Psychiatric Association in Atlanta. An assistant professor of psychiatry and a scientist with the Institute for Psychiatric Research, Dr. Niculescu is the U.S. recipient for research into bipolar disorders for 2005. Only three other awards are presented: one for a researcher outside the United States studying bipolar disorder and two (one in and one outside the U.S.) researching schizophrenia.

The NARSAD Award for 2005-2007 includes \$60,000 in funding for research. The Young Investigator Award Program provides support for promising young scientists conducting research into schizophrenia, major affective disorders or other serious mental illnesses.

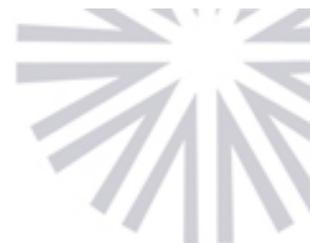
Trained as a clinician and a researcher, Dr. Niculescu is interested in translational research approaches to understanding psychiatric disorders. He has developed an approach, termed Convergent Functional Genomics, for identifying candidate genes, pathways and mechanisms for neuropsychiatric disorders.

The approach is based on the integration of gene expression profiling and his lab has applied this approach to bipolar and related disorders. He currently is pursuing collaborative studies using this approach in schizophrenia and alcohol abuse. He also is particularly interested in circadian clock genes as candidate genes for cycling and switching in bipolar disorders.

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March 21, 2005

Center to Increase Services to Hispanic Women, Families

INDIANAPOLIS — A \$100,000 award from a private trust will allow the Indiana University National Center of Excellence in Women's Health to expand its health outreach to local Hispanic women and families.

The Nina Mason Pulliam Charitable Trust recently made the award to the Center, which will enable it to hire a full-time bilingual outreach coordinator and to boost the growing program. The funding also will be used to develop publications, printing and educational outreach sessions for health education and social services to Hispanic women and their families.

It was the second consecutive year the women's health center received a \$100,000 grant from the trust.

"This generous gift enables us to continue to reach more Latino families in the Indianapolis area," says Center Director Rose S. Fife, M.D., associate dean for research at the Indiana University School of Medicine. "Further, few health-care providers or, indeed, lay people in central Indiana speak Spanish fluently if they are not of Hispanic heritage. The need to develop information tools and related resources in our area is paramount."

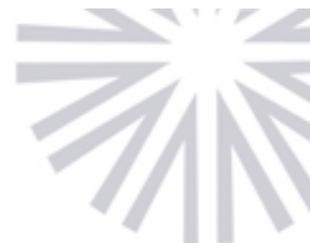
The trust is named for Nina Mason Pulliam, a journalist and philanthropist, and is designed to help women, children and families primarily in Indianapolis and Phoenix, Ariz.

The IU National Center of Excellence in Women's Health advocates state-of-the-art health care for Indiana women in multiple ways, including education, creation of clinical programs, research, community outreach and professional development. For more information about its programs, go to www.iupui.edu/~womenhlt.

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March 17, 2005

Matchmaker, Matchmaker Find Me a Doc

INDIANAPOLIS — Some celebrate St. Patrick's Day with shamrocks, parades and the wearing o' the green. The day was no less festive for 259 Indiana University School of Medicine students who discovered where they will be spending their residencies after graduation next month.

This year's IU School of Medicine students fared well on National Resident Match Day, March 17, a program that coordinates the preferences of thousands of medical students' and U.S. hospital programs.

During their senior year, students apply and interview for their preferred residency positions throughout the nation. Their selection is administered through the National Resident Matching Program of the Association of American Medical Colleges.

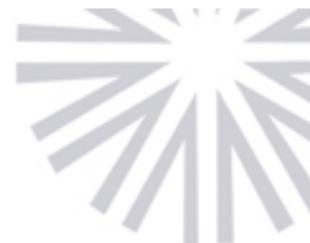
"As is always the case, a few students did not initially match with their preferred programs," says Dennis Deal, director of Academic Records-Medical Student Academic Affairs. "In the past few days, almost all of those students secured first-year residency positions. This speaks well of the caliber of IU medical students participating in the annual match."

The National Residency Matching Program, with the results released each year during the third week of March, is the main pathway by which most medical school graduates enter their residency training under the supervision of veteran physicians.

Students in the Class of 2005, who will receive their medical degrees on Mother's Day, May 8, accepted residency positions in 34 states, including Indiana. Among the Match Day highlights:

- 46 percent of the students will pursue at least part of their residencies within Indiana
- 79 students will be residents at IU Hospital, Riley Hospital for Children and other Clarian Health facilities
- 44 percent of IU School of Medicine graduates will enter primary-care programs, which includes internal medicine, family medicine, pediatrics, obstetrics/gynecology, primary and combined internal medicine-pediatrics

The IU School of Medicine, the second largest medical school in the United States with more than 1,200 students, has nine medical education centers throughout the state for first- and second-year students. IU medical education centers are located in Gary (IU-Northwest), Bloomington (IU campus), Evansville (University of Southern Indiana), Terre Haute (Indiana State University), South Bend (University of Notre Dame), West Lafayette (Purdue University), Fort Wayne (Indiana University-Purdue University campus), Muncie (Ball Memorial Hospital), and Indiana University-Purdue University Indianapolis.



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All IU School of Medicine students complete their final two years of study at the IUPUI campus. At that time, students receive clinical training in that time, in addition to further classroom and laboratory studies.

Additional information about the National Resident Matching Program can be found at www.nrmp.org.

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March 17, 2005

Sound Medicine Looks at a New Form of Mammography, Depression and the CEO

INDIANAPOLIS — This weekend, *Sound Medicine* guests include Daniel Kopans, MD, director of breast imaging at Massachusetts General Hospital and professor of radiology at Harvard Medical School who will be discussing a new form of mammography called digital tomosynthesis. Dr. Kopans was instrumental in developing this new diagnostic tool.

Philip Burguieres knows first hand that depression can affect anyone. Mr. Burguieres, once the youngest CEOs of a Fortune 500 company and currently CEO and chairman of as well as vice chairman of the Houston Texans football team, will discuss his personal battle with the disease.

Giving us insight on the work of a nurse practitioner, Ms. Holly Wyss talks about her unusual career path and setting up her own practice. She states that she provides the kind of health care once associated with the family doctor who made house calls.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis this week are co-hosts Steven Bogdewic, PhD, Ora Pescovitz, MD, and David Crabb, MD.

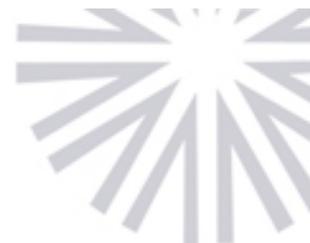
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March 15, 2005

Determining the Fate of Cells in the Human Body

INDIANAPOLIS — A study in the April issue (currently available online) of Nature Genetics establishes a model that may take scientists closer to understanding how cells in the human body determine their own fate.

Researchers, led by Anthony Firulli, Ph.D., associate professor of pediatrics and of medical and molecular genetics at the Indiana University School of Medicine, investigated the interaction of proteins responsible for Saethre-Chotzen Syndrome, a rare genetic disorder associated with limb abnormalities including webbed fingers and other developmental defects.

In the study, Dr. Firulli and colleagues studied how two proteins, Twist1 and Hand2, which are antagonists, couple to determine the number of digits on a hand, paw or wing, and whether these digits are webbed or not. In addition to limb abnormalities, these proteins are associated with cardiac and placental tissue defects. Twist1 mutations are encountered at high frequency in patients with Saethre-Chotzen Syndrome.

“By studying a disease in which things go wrong at the cellular level, we gain insight into how to correct these errors,” said Dr. Firulli, who also is a molecular biologist at the medical school’s Herman B Wells Center for Pediatric Research.

“From a pediatrics perspective -- there are many congenital defects - holes in the heart, cleft pallet, webbed hands -- which are outcomes of inappropriate molecular programs due to miscommunication at the cellular level. If we can understand what is going wrong, we may be able to correct these problems before birth,” said Dr. Firulli.

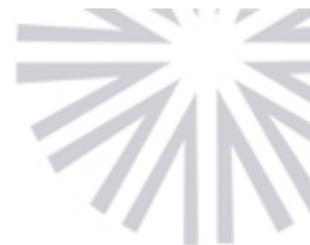
Co-authors of the study are IU School of Medicine investigators Beth A. Firulli, Dayana Krawchuk, Victoria E. Centonze, Neil Vargesson, David M. Virshup, Simon J. Conway, Peter Cserjesi and Columbia University’s Ed Laufer.

The study was funded by the National Heart, Lung and Blood Institute and the March of Dimes. Dr. Laufer’s work is supported by the Howard Hughes Medical Institute.

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March 15, 2005

Riley Autism Program Trains Teachers to Help Youngsters

INDIANAPOLIS — The state's only comprehensive pediatric autism program will teach Indiana educators and other professionals how to better support children having the disorder.

The Christian Sarkine Autism Treatment Center (CSATC) at Riley Hospital for Children recently launched Helping Answer Needs by Developing Specialists in Autism (HANDS in Autism). The program was established with a \$468,000 grant from the Centers for Disease Control and Prevention to the CSATC and Clarian Health Partners, creating an intensive training program that will initially be geared to teachers, administrators and other personnel in local school districts.

"Those completing HANDS in Autism training will receive intensive, hands-on experience in a mock classroom setting and will be better equipped to effectively teach these children," says Naomi Swiezy, Ph.D., clinical director of the Sarkine Center and associate professor of psychiatry at the Indiana University School of Medicine.

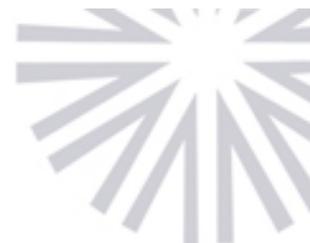
"Ultimately, we want to expand the program to reach caregivers in communities throughout Indiana and to raise awareness about this disorder," says Dr. Swiezy, adding the CDC grant will enable her and her colleagues to get the right resources and training to those who work regularly with children with autism in various environments.

The public will get a chance to learn more about HANDS in Autism at an open house 4:30 p.m. to 6 p.m., Wednesday, April 13, at the Ruth Lilly Learning Center in the lower level of the Riley Outpatient Center, on the Indiana University-Purdue University Indianapolis campus. The event will involve a brief presentation about the program and its philosophy as well as an opportunity to meet the staff and provide input about training needs.

The open house is for parents, educators and other professionals interested in learning more about the program and services available to families having children with autism.

An open house specifically geared to pediatric care physicians will be held the same day from 11:30 a.m. to 1 p.m. at the Ruth Lilly Learning Center. Information will be distributed to private pediatricians, libraries and all Clarian facilities in central Indiana, primarily at Riley Hospital, Indiana University Hospital and Methodist Hospital throughout the year.

Established in 2003, the CSATC – one of the largest of its kind in the nation – actively treats more than 800 children and is the only pediatric academic and research program in Indiana. It also provides consultation and services to patients from Illinois, Michigan, Ohio and Kentucky. U.S. Rep. Dan Burton of Indiana was instrumental in securing funding to establish the center.



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It is estimated that 38,000 Hoosier children have autism, according to a source at the Autism Society of Indiana. Nationally, more than 1.5 million children and adults are said to have the disorder, which affects the normal development of the brain.

Children and adults with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities.

For more information about the open houses, call 317-274-4887. To register online or to learn more about the Christian Sarkine Autism Treatment Center, go to www.iupui.edu/~psycdept/autism.

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March 14, 2005

Treating Depression Helps Slow Physical Decline in Older Adults, Study Shows

INDIANAPOLIS — Successful treatment of depression not only improves older adults' emotional health, but also helps them perform daily activities such as remembering to take medications, according to a study published by Indiana University School of Medicine gerontology researchers.

The study in the March 2005 issue of the *Journal of the American Geriatrics Society* is the first to report that successful treatment of depression in older adults also improves their ability to perform tasks critical to independent living.

Prior clinical trials of successful treatment of depression in this age group reported improvement in emotional functioning, but had not demonstrated that improved emotional health also translated into improved physical and mental health. Older adults with depression report persistent greater functional impairment than those without depression.

"This study is important for two reasons," said Christopher Callahan, M.D., Cornelius W. and Yvonne Pettinga Professor in Aging Research at the IU School of Medicine. "First, it shows that even older adults with failing physical health can be successfully treated for depression. Second, it shows that treating the depression also helps slow the physical decline."

Dr. Callahan is director of the Indiana University Center for Aging Research and principal author of the article.

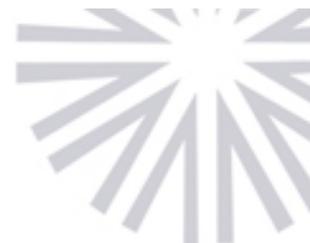
Study participants were placed randomly into two groups. One group received standard care for depression from their primary care physician. A depression clinical specialist (a nurse or psychologist) as well the patient's primary care physician co-managed depression treatment for those in the second group.

In both groups, patients whose depression improved were more likely to experience improvement in physical functioning than patients whose depression was not successfully treated, the study found.

Depression was more likely to improve in those who received treatment by collaborative care management than those who had usual care. One hallmark of the intervention was the "stepped care" approach or the ability to increase the intensity of the treatment over time if patients did not respond to initial treatments.

This study is part of Project IMPACT, which followed 1,801 patients age 60 and older with major depressive symptoms for 12 months. Participants in the IMPACT study, the largest clinical trial of late-life depression reported to date, were from 18 primary care clinics across the United States.

"Patients with late-life depression often experience a downward spiral of worsening depression and function," the study authors concluded. "Effective treatment of late-life depression by a collaborative



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stepped-care program in primary care may interrupt this downward spiral.”

In an accompanying editorial, Duke University’s Dan Blazer, M.D., Ph.D., noted the bench-to-bedside practicality of this research. “The findings of the IMPACT study are prime for translation into clinical practice changes that will improve the quality of life for many older adults. Primary care practices take note!”

The study was supported by grants from the John A. Hartford Foundation, the California Healthcare Foundation, the Hogg Foundation and the Robert Wood Johnson Foundation.

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March 14, 2005

Zhang to Lead Biochem, Molecular Biology Department

INDIANAPOLIS — Zhong-Yin Zhang, Ph.D., has been selected as the chair of the Department of Biochemistry and Molecular Biology at the Indiana University School of Medicine, pending university administrative approval.

He currently is a professor in molecular pharmacology and biochemistry at the Albert Einstein College of Medicine in New York City, where he also serves as an investigator at the college's cancer and diabetes centers.

Dr. Zhang replaces Thomas D. Hurley, Ph.D., who has served as interim department chair since IU Distinguished Professor Robert A. Harris, Ph.D., stepped down from that position in 2004.

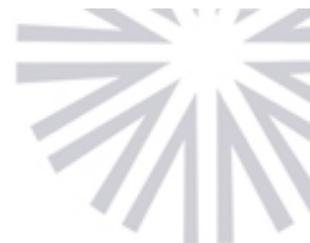
After earning his undergraduate degree and working as a chemist at Nankai University in the People's Republic of China, Dr. Zhang relocated to West Lafayette, Ind., where he earned a doctorate in biochemistry.

Dr. Zhang, who completed a fellowship at The Upjohn Company and was a research investigator at the University of Michigan, is a contributor to various professional journals and publications.

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March 10, 2005

Sound Medicine Topics Include Infant Cord Blood and Psychotropic Drugs

INDIANAPOLIS — This weekend, *Sound Medicine* will take you from infants to the elderly. Guests include John Cleary, MD, who will discuss the pros and cons of “banking” a newborn infant’s cord blood. Dr. Cleary is an Indianapolis obstetrician in private practice.

Psychotropic drug use among the elderly is the topic discussed by Stephen Rappaport, MD. These drugs, he says, may do more harm than good. Dr. Rappaport is a specialist in geriatric care and the founder of AGEWELL, a consulting company focusing on issues of health care for the elderly.

Frederick Unverzagt, PhD, associate professor of psychiatry at the IU School of Medicine, will discuss his research on mild cognitive impairment, a condition that may be a warning sign of Alzheimer’s disease.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis this week are co-hosts Ora Pescovitz, MD, David Crabb, MD.

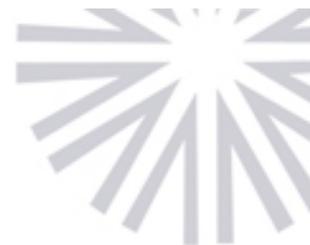
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March 9, 2005

Honor Society Prepped to Welcome New Members

INDIANAPOLIS — Forty-four Indiana University School of Medicine students have distinguished themselves and will be welcomed into the Indiana chapter of Alpha Omega Alpha honor medical society.

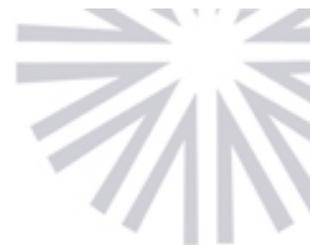
AOA is the only national honor medical society in the world and it elects outstanding medical students, graduates, alumni, faculty and others. The Indiana AOA chapter has 1,668 members.

The student inductees, along with a handful of IU physicians, will be honored at a ceremony Wednesday, April 6, at the Ritz Charles Conference Facility in Carmel. Richard B. Gunderman, M.D., Ph.D., president of the Indiana AOA chapter is the keynote speaker. He's also director of pediatric radiology and an associate professor at the IU School of Medicine.

Among the members of the classes of 2005 and 2006 elected and their hometowns:

Class of 2005 (graduating May 8)

Shawn Ahlfeld (Wabash)
Lora Alvey (Evansville)
Amanda Bohleber (Evansville)
Elizabeth Campbell (LaPorte)
Ann Church (Huntingburg)
Christopher Conrad (Kendaville)
Jason Dilts (Winimac)
Anthony Fama (Carmel)
Angela Fiege (Zionsville)
Robert Fish (Indianapolis)
Amy Guise (Indianapolis)
Stephen Harris (Crawfordsville)
Heather Higgins (Munster)
Laura Howell (Zionsville)
Christopher Hughes (Lowell)
Neel Jain (LaPorte)
Colleen Jay (Lafayette)
Kian Karimi (Indianapolis)
Grant McBride (Bloomfield)
R. Evan Nichols (North Manchester)
Trevor Oren (South Bend)
Jennifer Hayden Perryman (Floyds Knobs)
Emilie Powell (Fort Wayne)
Lindsey Reese (Waterloo)



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Tracy Rose (Carmel)
Catherine Ruffato (Zionsville)
Eric Snyder (South Bend)
Abbie Berryman Tolliver (Brownsburg)
Kevin Tolliver (Mitchell)
Charles Vanderpool (Warsaw)
Ryan Wetzel (Lyons)

Class of 2006

Katie Burdick (Terre Haute)
Adam Corson (Carmel)
Michelle Crone (Lakeville)
F. Eike Flach (Heppenheim, Germany)
Shannon Kraft (Indianapolis)
Anna Krauze (Indianapolis)
Aaron Moberly (Indianapolis)
Michael Sanford (Indianapolis)
Jason Voorhies (Fort Wayne)
Jennifer Whitaker (West Lafayette)
Katherine White (Iowa City, Iowa)

Honorary members to be inducted, all having affiliation with the IU School of Medicine: (Alumni) Donald Hawes, M.D, Abigail Farr Klemsz, M.D.; (Faculty) Lewis Jacobson, M.D., Stephen B. Leapman, M.D.; and (House staff) Lyle Fettig Jr., M.D., Hal Kipfer, M.D., and Kara Murphy Schmidt, M.D. The IU School of Medicine, the second largest medical school in the United States with more than 1,200 students, has nine medical education centers throughout the state with the main campus located in Indianapolis.

For more information about Alpha Omega Alpha, go to www.alphaomegalpha.org.

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March 7, 2005

Students Take to Stage to Help City's Homeless, Poor

INDIANAPOLIS — They're not performing cardiac surgery, yet the talent and effort Indiana University School of Medicine students put into helping city's homeless and needy touches their hearts.

The curtain will rise for the Evening of the Arts at 7 p.m., Saturday, April 2, at the University Place Conference Center auditorium on the Indiana University-Purdue University Indianapolis campus. The program features students displaying their vocal, instrumental and dance talents. IU School of Medicine faculty, residents and staff also perform.

Art work and photography produced by the medical students will be on display and sold that evening at a silent auction.

Proceeds from Evening of the Arts will help an estimated 1,000 people served by Wheeler Mission, Genessaret Free Clinic, St. Thomas Clinic and Indianapolis homeless programs.

"Many medical students say they were called to medicine because they want to serve and help others," says Micah Bhatti, who is coordinating the event with fellow students Jim Smith and Joe Frank. "Students who volunteer at homeless clinics have rewarding experience that really puts medicine and service into perspective."

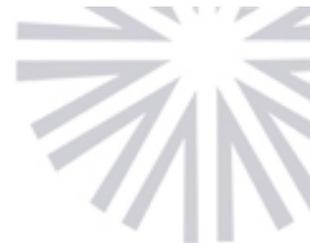
This year marks the 14th consecutive year the med students have staged Evening of the Arts.

Tickets for Evening of the Arts are \$15 for adults and \$10 for students and may be purchased at the door. They can be reserved by email at iusmeota@iupui.edu. More information about the program can be found at www.iupui.edu/~iusmeota.

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March 7, 2005

Portable System Offers Dialysis Patients 'Liberating' Changes

INDIANAPOLIS — A suitcase-sized machine tested at the Indiana University School of Medicine is making life easier for some patients undergoing rigorous dialysis for kidney failure.

A year ago, researchers at IU and across the country began testing the NxStage System One, a portable unit that allows patients to conduct their own dialysis at home or on the road. And the preliminary results are promising, says Michael A. Kraus, M.D., the study's principal investigator and medical director of IU's Continuous Ambulatory Peritoneal Dialysis and Acute Dialysis Units.

Dr. Kraus says patients treated with the System One therapy have more stable blood pressure and all of them have reduced or completely stopped their blood-pressure medications. Anemia rates seem to have declined and patients' appetites have increased. There has been a marked improvement in quality of life for the dialysis patients on daily treatments at Indiana University Hospital, a member of Clarian Health Partners.

"We've had mothers who didn't have the energy take care of their kids, people who had resigned themselves to never work or have a career, basically a lesser quality of life. Now their situations have reversed," Dr. Kraus says. "It has given patients back control over their lives."

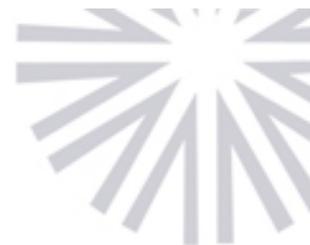
Currently, about 70 patients with kidney failure nationwide are treated with NxStage System One, a third of which of these treated at IU and Clarian Health.

Kidney failure, or end stage renal disease, affects some 400,000 Americans, which cause a person to experience a total and irreversible loss of kidney function, leading to the eventual need for dialysis or transplantation. It can be caused by a number of conditions such as nephritis, traumatic injury, diabetes, hypertension or genetic-related disorders.

For end-stage patients who do not have a match for kidney transplant or are not candidates for deceased donor transplantation, the only treatment is dialysis of which there are two types. Less common is peritoneal dialysis, where the patient's abdominal membrane filters out waste, a process usually performed at home.

The most common form of treatment is hemodialysis, which separates toxins and excess water artificially from the patient's blood. Hemodialysis usually takes place in clinics or hospitals, though some units have been adapted for home use. Traditionally, patients undergo four hours of "cleansing," three days a week. While effective, the process often leaves patients physically exhausted and unable to resume normal activities.

The NxStage System One delivers hemodialysis, hemofiltration, or ultrafiltration to patients with kidney failure or fluid overload. The system is compact and weighs about 70 pounds. It's portable because of its



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freedom from unique electrical requirements and water processing, and can be used not only in a person's home but also when traveling. Patients at IU have performed their dialysis in their homes, campers, hotel rooms and other locations far from their homes.

With this system, patients conduct daily dialysis (up to 2 ½ hours) to accommodate their schedules.

"NxStage trial participants at IU undergo extensive training before they are allowed to take the system home with them," Dr. Kraus says. "Training time is typically one to three weeks, and patients also must have trained partners who can assist with the set up and maintenance of the device and its components."

The system has given Indianapolis resident Angela Bunch, who is receiving in-center therapy at IU Hospital, a new lease on life. "I work full time night shifts. I would leave work in the morning, come into the hospital for dialysis three times a week, go home and rest and after that I would crawl into work.

"No pep, no get up and go whatsoever," says Bunch a postal worker who has been on dialysis since 2001. "Now, I can take those stairs at work and at home. The energy level I have now is so much higher. It's all so very liberating."

That freedom is what allowed Rick Skiles to go on his first extended vacation since starting dialysis in 1997. Last Christmas, the 51-year-old Indianapolis resident was able to cruise the Caribbean with his wife and visit relatives in Virginia. At the end of each day during the trip, Skiles would set up the portable system and conduct his own dialysis

"There's no comparison to what I was doing before," Skiles notes of his previous dialysis regimen. "This approach definitely has been life-changing for me."

For more information about the IU daily dialysis program, call 317-274-4428. More information about NxStage can be found at www.nxstage.com/

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March 7, 2005

Riley Cardiologist Named a Sagamore of the Wabash

INDIANAPOLIS — A history of service to Indiana's youngest heart patients was honored earlier this year when Donald A. Girod, M.D., professor of pediatrics at Indiana University School of Medicine, was named a Sagamore of the Wabash, Indiana's highest civilian honor, by former Indiana Governor Joe Kernan.

The Sagamore of the Wabash is a special award presented by Indiana governors to honor those who have rendered a distinguished service to the state.

Dr. Girod was director of pediatric cardiology at Riley Hospital for Children from 1967 until he stepped down from the administrative position in 2004. He has cared for thousands of children with congenital heart disease and was a pioneer in infant cardiac catheterization in the United States.

A native Hoosier, Dr. Girod received his undergraduate and medical degrees from Indiana University in the 1950s. He spent two years practicing as a general practitioner in Dunkirk, Ind., before studying pediatrics. In 1963, he completed his residency in pediatrics at Ohio State University and, the following year, completed his pediatric cardiology fellowship at the University of Minnesota.

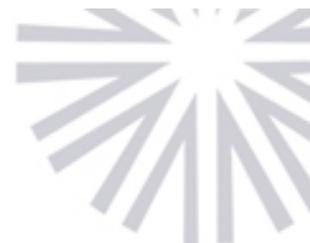
In 1964, Dr. Girod joined the IU School of Medicine faculty as a pediatric cardiologist at Riley Hospital for Children where he has trained more than 30 pediatric cardiologists many of whom currently practice in Indiana. Although he is no longer directing the Riley cardiology program, Dr Girod routinely sees patients at Riley Hospital.

His career also has included service to several professional organizations. He has served as president of the medical school's faculty council and has been president of the Midwest Society of Pediatric Cardiology and the National Pediatric Cardiology Study Group, as well as holding other leadership positions in the American Board of Pediatrics.

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March 7, 2005

Hendrie Earns Peer Recognition for Geriatric Psychiatry Research

INDIANAPOLIS — A lifetime of research into the neurological diseases of aging has earned Hugh C. Hendrie, M.B., Ch.B., the former chairman of the Indiana University Department of Psychiatry, national honors from the American Association for Geriatric Psychiatry.

Dr. Hendrie will be honored March 3 with the 2005 Senior Investigator Award at the organization's annual meeting in San Diego, Calif. The award recognizes his "vital contributions to the body of research which has advanced the field of geriatric psychiatry internationally," said AAGP President Anand Kumar, M.D.

"This is a fitting tribute to Dr. Hendrie from his colleagues within AAGP," said Dr. Kumar. "He has been a champion in his field and this is an award he richly deserves for his many years of splendid service and dedicated research in international comparative studies of dementia."

Dr. Hendrie has spent his career studying the psychiatric issues of aging, including the epidemiology of Alzheimer's disease. Among his many career distinctions is an on-going, cross-cultural study showing that Alzheimer's disease is twice as prevalent in African-Americans in Indianapolis as those in Ibadan, Nigeria.

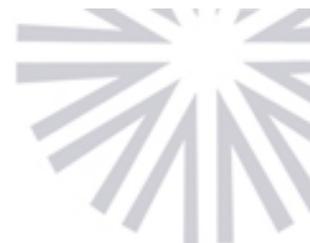
He also is active in research on intervention strategies for depression and dementia for elderly primary-care patients. During his distinguished career, he has written more than 300 articles, book chapters and abstracts on various topics in psychiatry, particularly psychogeriatrics.

In addition to leading the Department of Psychiatry at the IU School of Medicine for 25 years, Dr. Hendrie is a professor of psychiatry, a scientist at the IU Center on Aging Research, co-director of the Center for Alzheimer's Disease and Related Neuropsychiatric Disorders at the IU School of Medicine and a research scientist at the Regenstrief Institute, Inc., which is affiliated with the medical school.

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March 3, 2005

School-Based Smoking Prevention Programs Ineffective

INDIANAPOLIS — Smoking prevention programs in junior high or high school have little influence on whether teens choose to light up or not, according to a study published in the March issue of the *Journal of Adolescent Health*.

“Our study shows there is little evidence to suggest that existing school-based smoking prevention programs produce long-term reductions in smoking prevalence among youth,” says the study’s first author, Sarah Wiehe, M.D., M.P.H., assistant professor of pediatrics, Division of Children’s Health Services Research at the Indiana University School of Medicine.

The researchers reviewed eight randomized, controlled smoking prevention trials with follow-up smoking data through at least 12th grade or age 18. Data from the popular Project DARE (Drug Abuse Resistance Education) program were included in the final analysis.

Seven of the studies, including Project DARE, showed no statistically significant difference in smoking prevalence between students enrolled in school based smoking prevention programs and students not enrolled in this type of program. Only one program, Life Skills Program, had fewer smokers at long-term follow-up than in control schools.

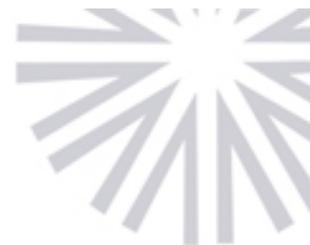
The Centers for Disease Control and Prevention currently recommends a comprehensive tobacco-control program, which includes a school-based component. In addition, Congress mandates that schools seeking Title IV funds use research-based prevention programs.

The March issue of the *Journal of Adolescent Health* includes an editorial by faculty of the Center for Tobacco Control Research and Education at the University of California, San Francisco. The commentary discusses the larger implications of the study’s findings and offers some potentially more effective anti-smoking strategies such as use of the media, tax levies, and smoke-free environments.

The school-based programs studied by Dr. Wiehe and colleagues shared certain characteristics. Most targeted middle-school students, although some focused on high school students and one addressed both age groups. Most of the programs followed the social influences model of behavior change.

None of the smoking reduction programs reviewed included community or media programs, which have been shown to negatively influence adolescent smoking. There were wide variations in study populations, type and intensity of intervention, and outcome measures.

Along with Dr. Wiehe, the study was authored by, Michelle M. Garrison, M.P.H., Dimitri A. Christakis, M.D., M.P.H., Beth E. Ebel, M.D., M.Sc., M.P.H., and Frederick P. Rivara, M.D., M.P.H.. At the time of the study, all authors were at the University of Washington.



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The study was funded by a grant from the Robert Wood Johnson Foundation.

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March 2, 2005

On This Week's *Sound Medicine*: Medical Stories from the Tsunami Relief Effort and the Front Lines of Iraq

INDIANAPOLIS — This weekend, *Sound Medicine* focuses on medicine's role and the experiences of health care workers in emergency relief efforts. Guests include:

Robert Fuller, M.D., emergency department medical director at the University of Connecticut Health Center. Dr. Fuller will share his experiences in Banda Aceh as a tsunami relief volunteer with International Medical Corps.

Suzanne Conklin, an emergency-care nurse who leads medical response teams for the Veterans Health Administration, will discuss medical needs in the immediate aftermath of a weather disaster in the United States. Ms. Conklin is the Division 11 Area Emergency Manager for the Veterans Health Administration.

Capt. Teresa Morell-Riech, M.D., will discuss her experiences in Iraq as a flight surgeon with the Air National Guard. When Dr. Morell isn't serving in the armed forces, she is on staff at Wishard Memorial Hospital where she specializes in internal medicine and pediatrics.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis this week are co-hosts Kathy Miller, M.D., David Crabb, M.D., and Diane Willis.

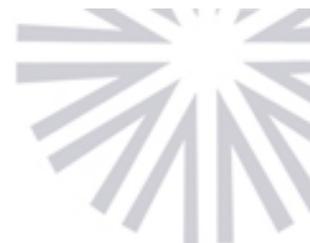
Archived editions of Sound Medicine, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu>.



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March 2, 2005

Family Medicine Chair Saluted by State Health Agency

INDIANAPOLIS — The chairman of the Indiana University Department of Family Medicine is the recipient of the Indiana State Health Commissioner Award for Excellence.

Douglas B. McKeag, M.D., the OneAmerica Professor and director of the IU Center for Sports Medicine, was cited for his active role and accomplishments in public health, particularly his leadership of the Indiana University Arthritis Initiative.

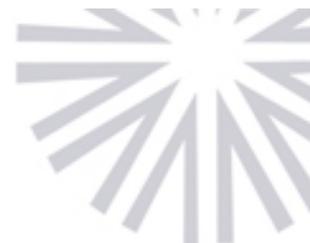
The award is given to those who are leaders in promoting, protecting and providing for the health of Hoosiers.

Before his IU appointment in 1999, Dr. McKeag was interim chairman of the Division of Family Medicine at the University of Pittsburgh. He was on faculty there beginning in 1995 and held many positions including director of Primary Care Sports, vice chairman of the Department of Family Medicine and vice chairman of the Department of Orthopedic Surgery, as well as the Arthur T. Rooney Jr. Endowed Chair of Sports Medicine.

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February 28, 2005

Not Just Talk: Seminar Gives High School Science Students Hands-on Lab Experience

INDIANAPOLIS — Forty-eight of Indiana's top high school science students will gather Sunday at Indiana University School of Medicine for a two-day immersion into scientific laboratories and technologies that could produce tomorrow's cures for disease.

The sixth annual Molecular Medicine in Action program March 6-7 will enable the students to work alongside some of the nation's top researchers from the Herman B Wells Center for Pediatric Research, the Indiana Center for Biological Microscopy, the IU Center for Bioethics and the IU Cancer Center.

"Our program gives students an opportunity to work with our scientists to get hands-on experience with the new tools and avenues of research that have come from the genomics revolution," said program director Mark Kelley, Ph.D., associate director of the Wells Center.

Under the supervision of IU researchers, the students will rotate through workstations to isolate DNA, learn how to identify mutations in chromosomes, how to sort cells for research, and how to insert genes into cells. Students also will use the latest microscopic imaging equipment and learn about cutting edge research in cardiology. And they'll get a solid grounding in the basics of bioethics.

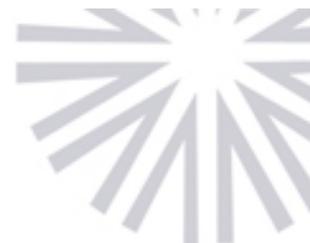
Organizers want the Molecular Medicine in Action Program to build students' enthusiasm for science careers and demonstrate that they can pursue those careers in Indiana. The program also is meant to build closer ties between the IU School of Medicine and Indiana's science teachers and students. For the fourth consecutive year, a portion of the laboratory work -- DNA isolation -- will be made available to high school students across the state through an interactive television network.

"Our goal is to share the excitement of biomedical research and the life sciences," said Dr. Kelley, the Jonathan and Jennifer Simmons Professor of Pediatrics.

Support for this year's program comes from the Riley Children's Foundation, Herman B Wells Center for Pediatric Research, Pathology Multimedia Education Group and Information Resources & Educational Technology, IU School of Medicine, Indiana University-Purdue University Indianapolis, Indiana Association of Biology Teachers and the Hoosier Association of Science Teachers.

For information about Molecular Medicine in Action on the Web:

- Molecular Medicine in Action program: [http:// www.iupui.edu/~wellsctr/MMIA/index.htm](http://www.iupui.edu/~wellsctr/MMIA/index.htm)
- Molecular Medicine in Action animations: <http://www.iupui.edu/~wellsctr/MMIA/htm/animations.htm>



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Students participating in the 2005 program are:

Kayla Antrim (Union County High School, Liberty)
Patrick Blachly (North Central High School, Indianapolis)
Sasha Broadstone (Floyd Central High School, Floyds Knobs)
Angela Brown (Griffith High School, Griffith)
Andrew Buesking (Northwestern High School, Kokomo)
Mary Elizabeth Campbell (Zionsville Community High School, Zionsville)
Elizabeth Carr (Heritage Hall Christian School, Muncie)
Emily Carrington (Wawasee High School, Syracuse)
Jimmy Clark (Brebeuf Jesuit Preparatory School, Indianapolis)
Summer Drake (North Central Jr./Sr High School, Farmersburg)
Amy Dreischerf (Chesterton High School, Chesterton)
Jaylyn Durham (Brownstown Central High School, Brownstown)
Amanda Dykes (George Rogers Clark High School, Whiting)
Margaret Early (Southwood High School, Wabash)
Scott Fites (Cardinal Ritter High School, Indianapolis)
Alyssa Fleenor (Salem High School, Salem)
Susanna Foxworthy (Hamilton Southeastern High School, Fishers)
Dylan Friesner (Bishop Dwenger High School, Fort Wayne)
Laura Garman (DeKalb High School, Waterloo)
Erin Hendricks (Marian High School, Mishawaka)
Amanda Julian (Hagerstown Jr./Sr. High School, Hagerstown)
Melinda Keller (Lewis Cass Jr./Sr. High School, Walton)
Jillian Koziel (Eastern High School, Greentown)
Betsy Krause (Avon High School, Avon)
Kaitlyn Kroeger (Boonville High School, Boonville)
Rachel McHenry (Terre Haute South Vigo, Terre Haute)
Natasha Morgan (Frontier Jr./Sr. High School, Chalmers)
Jessica Mull (Whiteland Community High School, Whiteland)
Jacklyn Neumann (North Posey High School, Poseyville)
Leslie O'Neill (Frankfort High School, Frankfort)
Pankita Pandya (Arsenal Technical High School, Indianapolis)
Daniel Panyard (Homestead High School, Fort Wayne)
Morgan Petty (Mooresville High School, Mooresville)
Lauren Roller (Highland High School, Anderson)
Brett Sanders (Frankton Jr./Sr. High School, Frankton)
Jennifer Schulz (Brownsburg High School, Brownsburg)
Tom Seto (North High School, Evansville)
Vrutant Shah (Seeger Memorial Jr./Sr. High School, West Lebanon)
Jessica Singleton (Union Jr./Sr. High School, Dugger)
Naoko Sugama (Penn High School, Mishawaka)
Abby Thomas (Restoration Christian, Sellersburg)
Sarah Thompson (Marion High School, Marion)
Didem Tunc (Greenfield Central High School, Greenfield)
Jenna Walls (University High School, Indianapolis)
Audrey Wells (FJ Reitz High School, Evansville)
Melisa Willis (Brown County High School, Nashville)
Jay Wolverton (Pike High School, Indianapolis)
Karen Zheng (Carmel High School, Carmel)

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February 23, 2005

Sound Medicine to Feature New Surgery Safety Protocols, Tour of Life Sciences Startup Company

INDIANAPOLIS — This weekend, *Sound Medicine* guests include Paul Calkins, MD, medical director of operating room services, and Kathryn Rapala, director of risk management and patient safety, at Clarian Health Partners. They will explain the new surgery safety protocols implemented by the Joint Commission on Accreditation of Healthcare Organizations and how those protocols affect hospitals and patient safety.

Mervin Yoder, MD, associate professor of biochemistry and molecular biology at Indiana University School of Medicine, will take listeners on a tour of his new life sciences startup company, located in Indianapolis. The goal of the new firm is to supply progenitor cells found in the lining of the blood vessels to companies doing research on medical conditions that could be treated through the regeneration of healthy blood cells.

Diane Elliot, MD, professor of sports medicine at Oregon Health & Science University in Portland, will discuss eating disorders and other high-risk behaviors sometimes found in young, female athletes and provide information on where they can get help.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis this week are co-hosts Stephen Bogdewic, PhD, and Kathy Miller, M.D.

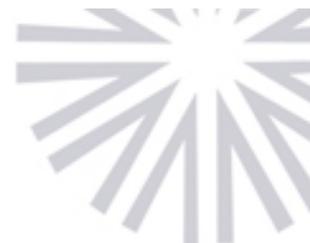
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu>



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February 17, 2005

Cox-2 Inhibitors, Tamoxifen Side Effects Among This Week's *Sound Medicine* Topics

INDIANAPOLIS — This weekend, *Sound Medicine* guests include David Flockhart, MD, director of the IU Division of Clinical Pharmacology. Dr. Flockhart talks about his research showing that some antidepressants given to treat side effects of the breast cancer drug tamoxifen can limit the effectiveness of that treatment.

Kenneth Brandt, MD, IU School of Medicine professor emeritus of rheumatology, sheds light on the Cox inhibitors, including those known as Cox-2 inhibitors. This category includes drugs such as Vioxx, taken off the market by the manufacturer, Celebrex, and Bextra.

Author of a soon-to-published book on the history of aspirin, Eric Metcalf gives listeners a quick history of aspirin, its side effects and how research continues to find new applications for it.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis this week is co-host Kathy Miller, M.D.

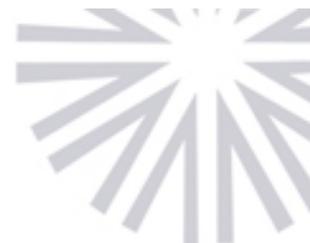
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February 17, 2005

Sisters Mending After Facial Reconstructive Surgeries

INDIANAPOLIS — Two sisters are recuperating after undergoing arduous surgeries to repair facial and jaw deformities caused by a rare genetic disorder.

Kelly and Alexandria Cantello of Princeton, Ind., are in stable condition and recovering from surgeries performed by Indiana University plastic surgeons at Riley Hospital for Children. The procedures were performed Feb. 15 and 16.

Both suffer from craniofacial cherubism, a disorder causing significant swelling of the face because of unchecked bone growth. It also can cause the lower jaw to grow to nearly three times its normal size. The condition usually occurs at the age of 3 or 4 and eventually goes away on its own as the child ages, but not so in the sisters' case.

"Our goal with these procedures was to reduce the size of the lower jaw, remove the tumors and give the girls a more normal appearance," says Barry Eppley, M.D., D.M.D., who led the IU surgical team. "Their jaws were reduced to about half of their original sizes."

Each procedure took about five hours.

The girls may return for further reconstructive work in about a year, Dr. Eppley said, but it remains uncertain if they will require additional surgeries.

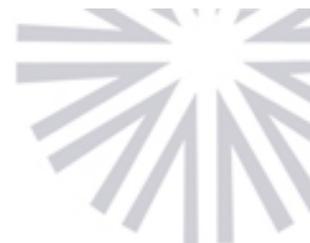
Kelly, 14, and Alexandria, 12, underwent their first surgeries last October. Dr. Eppley removed excessive bone and tissue growth near their eyes, noses and upper jaws and used a special bone coating to prevent future growth and facial disfigurement.

Those surgeries were the first of their kind in Indiana and one of the few ever performed in the world. No two family members had ever undergone surgery of this kind before, let alone on the same day as did the Cantello sisters.

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February 14, 2005

Cancer Center Offers Summer Research Internships

INDIANAPOLIS — High school and undergraduate students planning cancer research careers have a hands-on opportunity to work with physicians and researchers at the Indiana University Cancer Center.

Applications are being accepted for the IU Cancer Center Summer Research Program, June 7 to Aug. 6. The program seeks to increase the number of cancer researchers among underrepresented groups.

Students are assigned mentors affiliated with the center. Participant selection is based on interest in biomedical or behavioral science, grades and personal interviews.

Information about the program and applications are available through the center's Web site at <http://iucc.iu.edu/srp/>. The deadline for submitting applications is March 1. Applicants will be notified by April 1.

"It's a unique opportunity for students to experience the latest developments in cancer research care," says IU Cancer Center Director Stephen Williams, M.D., H.H. Gregg Professor of Oncology. "They also attend workshops related to gaining admission to graduate and professional programs of study."

The center, affiliated with the IU School of Medicine, is the only National Cancer Institute-designated clinical cancer center in Indiana.

High school students applying must have completed at least their junior year and have maintained a grade point average of at least 3.0 on a 4.0 scale. Undergraduates applying for the program must have completed 24 hours of college credit, be majoring in a biomedical or behavioral science and have maintained a grade point average of 3.2.

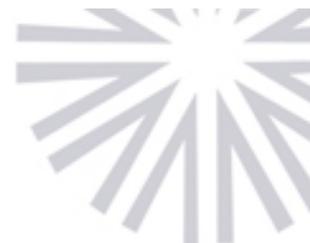
Members and collaborators of the IU Cancer Center are on the faculties of the IU schools of medicine, nursing, dentistry, health and rehabilitation sciences, as well as the science departments at IU and Purdue University.

For more information, contact Gwendolyn L. Johnson, Ph.D., program administrator, IU Cancer Center, at iuccsrp@iupui.edu.

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February 10, 2005

This Week's *Sound Medicine* Topics Include Bipolar Disorder, Heart Disease

INDIANAPOLIS — This weekend, *Sound Medicine* guests include Mary Norine Walsh, MD, discussing heart disease and how it affects African-Americans. A cardiologist, Dr. Walsh is vice president of the American Heart Association-Indianapolis Board of Directors, and is director of nuclear cardiology and of congestive heart failure at St. Vincent Hospital in Indianapolis.

John Nurnberger, MD, PhD, professor of psychiatry and director of the Institute for Psychiatric Research at Indiana University School of Medicine, will explain the complexities and variations that make bipolar disorder difficult to diagnose.

Co-host David Crabb, MD, discusses today's practice of medicine with Barron Lerner, MD, PhD, associate professor of medicine and public health at Columbia University, New York City. Recently, Dr. Lerner published an essay in the New York Times in which he explored the changing role of the physician.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis this week are co-hosts Stephen Bogdewic, PhD, and David Crabb, MD.

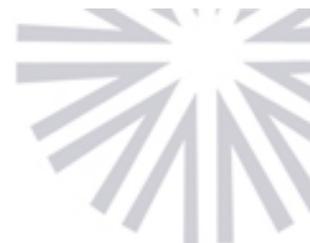
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu>



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February 7, 2005

Risk Factors Affect Parents' Attitudes About STD Vaccinations

INDIANAPOLIS — The severity of possible infection and the effectiveness of a vaccine weighed heavily in the decision-making process for parents reporting their views on childhood vaccination for sexually transmitted diseases.

The analysis of 278 parental views on STD vaccination for children was reported in the Feb.7 issue of the *Archives of Pediatrics and Adolescent Medicine* by researchers from the Indiana University School of Medicine.

In an ongoing series of studies, lead author Gregory D. Zimet, Ph.D., professor of pediatrics and clinical psychology, and his colleagues are evaluating parental attitudes toward adolescent vaccination for STDs in anticipation of availability of vaccines that are currently in various stages of development.

"Health professionals have expressed concern that many parents will be resistant for a variety of reasons to vaccinating children or adolescents for sexually transmitted diseases," said Dr. Zimet. "Our research is proactive and we hope to provide physicians with an understanding of the issues parents may have about STD vaccines by the time they are on the market."

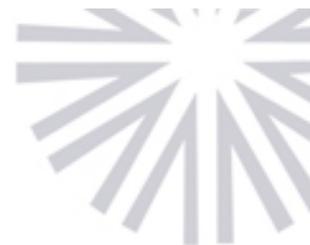
The participants, who were parents or guardians accompanying a child between the ages of 12 and 17 years to a pediatric clinic visit, completed a survey to test their reaction to nine hypothetical vaccine scenarios. Variables included the mode of transmission (sexually transmitted or not sexually transmitted); severity of infection (curable with antibiotics, chronic and incurable, or usually fatal); vaccine effectiveness (50 percent, 70 percent or 90 percent); and availability of behavioral methods for prevention (yes or no).

The scenarios mixed the variables to present a clear picture of preferences and concerns about STD vaccination.

Parents expressed little difference in their willingness to accept a vaccine whether it was for an STD or an infection that is not sexually transmitted. However, parents showed a preference in the scenarios for vaccines:

- that prevented a potentially fatal infection
- were 90 percent effective
- provided protection for an infection that could not be avoided through behavioral modification

"The most surprising result was that parents did not distinguish between STD and non-STD vaccines, but were equally favorable in their assessments regardless of the sexually transmissibility of the infection," said Dr. Zimet.



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The results are relatively consistent with preliminary research indicating that most parents are focused on protecting their children's health and not as concerned with the source of infection, he said.

Only 6 percent of the parents expressed an aversion toward STD vaccines in general. Dr. Zimet said future studies will focus more specifically on this group of parents to better understand the source of their reluctance.

The study was funded by a grant from the National Institute of Allergy and Infectious Diseases.

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February 7, 2005

Book Aids Families of Children with HIV

INDIANAPOLIS — An Indiana University physician and nurse at Riley Hospital for Children have written a book containing both medical and practical everyday advice for families who have children who are HIV positive.

Elaine Cox, M.D., clinical assistant professor of pediatrics, and Denise Shalkowski, R.N., collaborated on *A Family's Guide to Living with HIV*, a 76-page book that includes a wide range of helpful information. Free copies of the book have been sent to pediatric HIV programs around the country.

"It's important to remember that there is more to the child in our clinic than just his or her disease," says Dr. Cox, who sees virtually all children in Indiana afflicted with HIV at the Ryan White Center for Pediatric Infectious Disease at Riley Hospital.

Dr. Cox and Shalkowski detail medical information about the disease, clinic visits, psychological concerns, how medications work and their side effects, a glossary of terms and a listing of helpful resources. The publication also focuses on lifestyle issues for HIV patients and their families, including nutrition, school activities, sports, travel and sexuality.

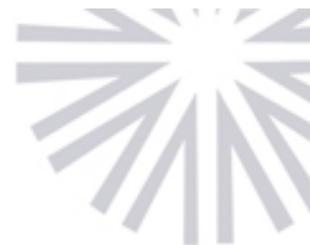
"We wrote the book so that our patients and their families could have the information written in a way they could understand," Dr. Cox says. "This is a very complicated illness and makes for a complicated lifestyle."

Every family with a patient having HIV who visits the Ryan White Center receives a free copy of the book. Children's hospitals and the general public requesting the free guide can obtain a copy by contacting the Riley Infectious Disease Department at (317) 274-7260. It also can be downloaded at www.clarian.org/pdf/hivguide.pdf.

The Ryan White Center for Pediatric Infectious Disease is named in honor of Ryan White, whose high-profile battle against AIDS captured the attention of the world. White, who was treated for his disease at Riley Hospital by IU physicians, died in 1990.

In his Feb. 2 State of the Union address, President George W. Bush called for the reauthorization of the Ryan White Comprehensive AIDS Resources Emergency Act, which provides federal support for health and social services for individuals living with HIV.

An estimated 900,000 people in the United States are living with HIV, including up to 200,000 who do not know they are infected, according to the Centers for Disease Control. During 2003, an estimated 32,048 new diagnoses of HIV infection were reported. Of these, 72 percent of patients were adult or adolescent males; 27 percent were among adult or adolescent females; and less than 1 percent was among children under 13.



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A Family's Guide to Living with HIV was funded, in part, by an educational grant from Roche Laboratories and the IU Department of Pediatrics.

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February 2, 2005

Inflammatory Cells Highly Promising Target in NF 1

INDIANAPOLIS — Scientists at the Indiana University School of Medicine are closing in on potential treatments for neurofibromatosis, a genetic disease that afflicts 100,000 Americans with nerve tissue tumors, some of which become cancerous.

Neurofibromatosis can leave its patients miserable and debilitated with chronic itching or pain from disfiguring tumors. Infants affected by the disease face possible paralysis or damage to the brain and other organs.

The disease frustrates doctors because there's no effective treatment even though the responsible gene was identified more than a decade ago. Currently little can be done to treat a disease that affects more people than cystic fibrosis, hereditary muscular dystrophy, Huntington's disease and Tay Sachs combined.

Now, however, research by IU School of Medicine scientist D. Wade Clapp, M.D., and his colleagues David A. Ingram, Jr., M.D. and Feng-Chun Yang, M.D., Ph.D., have identified a promising target to treat the symptoms of neurofibromatosis. They hope to begin preliminary testing in humans by the end of this year, and are experimenting with potential drug compounds now.

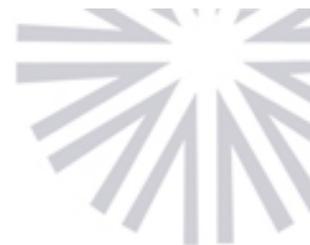
Dr. Clapp, professor of pediatrics and of microbiology and immunology, said one target of their efforts will be mast cells, which are immune system cells that are involved in asthma and allergic reactions. Mast cells play a role in neurofibromatosis because they also are involved in blood vessel formation -- and tumors need blood vessels in order to grow.

"We are beginning to have a better understanding of cell to cell interactions that lead to the development of tumors and are poised to answer some of the most perplexing questions that underlie neurofibromatosis," said Dr. Clapp.

"Our work may well be applicable to other types of tumors such as breast and ovarian cancers, because inflammatory cells play an important role in tumor formation in these malignancies."

Neurofibromatosis results from mutations in a gene called NF 1. In humans, NF 1 mutations resulting in neurofibromatosis occur in one in 4,000 births, equally affecting both sexes and all races and ethnicities. It is the most common neurological disorder caused by a single gene. Some NF 1 mutations are inherited, but the NF1 gene is so large that many mutations occur spontaneously rather than being passed from parent to child.

Everyone has two copies of the NF 1 gene, which produces a protein called neurofibromin that controls cell division. If both NF 1 genes are defective, not enough neurofibromin is produced, cell division takes off and tumors develop.



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“It’s like an engine being driven at full speed,” said Dr. Clapp.

To encourage development of the blood vessels they need, the tumors emit chemical signals that cause the mast cells to congregate in tissues surrounding the tumors. The mast cells create chemicals called growth factors that enable the creation of blood vessels.

The IU investigators now are identifying drugs that can disrupt the function of mast cells and their proteins in ways that they believe will starve the tumors.

“It’s much easier to develop targets against a non-malignant cell than it is the malignant cell itself,” said Dr. Clapp. That’s because the biological activities of non-malignant cells are stable, while malignant cells are constantly changing due to the genetic instability common to tumors.

By using drugs that target the mast cells’ ability to promote blood vessel growth, Clapp and his colleagues hope to prevent tumors from getting larger. Eventually, with continuing treatment, they hope the tumors will shrink or die from lack of blood vessel support.

Neurofibromatosis gets its name from neurofibromas, the disfiguring and often painful tumors that grow along nerve coverings and form on or under the skin. In most patients, the tumors begin to appear in adolescence or adulthood. A patient may develop hundreds of neurofibromas over a lifetime.

Some NF 1 patients also develop numerous light brown (café-au-lait) spots on the skin, enlargement and deformation of bones and curvature of the spine (scoliosis), and in many instances, learning disorders. Occasionally, tumors may develop in the brain, on cranial nerves, or on the spinal cord.

However, a rare form of the disease occurs in infants and young children, with tumors growing on major nerves, such as the sciatic nerve that connects the spinal cord with the leg and foot muscles. The tumors can interfere with the function of the brain and other organs, or prevent patients from walking.

“Those are particularly tough problems. They’re very challenging to treat surgically, and radiation and chemotherapy don’t help,” said Dr. Clapp.

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February 2, 2005

Tuberculosis Outbreaks and RSV Among this Week's Sound Medicine Topics

INDIANAPOLIS — This week, *Sound Medicine* welcomes Deborah McMahan, MD, health commissioner for Allen County. She will update listeners on the tuberculosis outbreak in Fort Wayne and other areas of Allen County.

Connie Weaver, PhD, Distinguished Professor of Foods and Nutrition at Purdue University will explain the new USDA Dietary Guidelines and what they mean to Americans. Weaver sat on the 2005 Dietary Guidelines Advisory Committee for calcium and bone-related nutrients.

Howard Eigen, MD, professor of pediatrics and respiratory therapy at Indiana University School of Medicine, will discuss respiratory syncytial virus or RSV, and its symptoms, treatments and prevention.

Kelly Gallagher-Kiley, *Sound Medicine* correspondent, contributes the Essay, "Internal Critic." Gallagher-Kiley is a clinical social worker in Indianapolis.

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Joining program host Barbara Lewis are co-hosts Ora Pescovitz, MD, and David Crabb, MD.

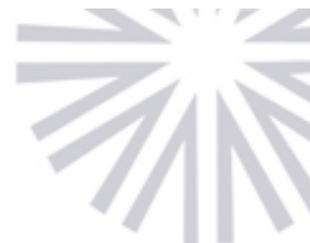
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu>



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January 27, 2005

IU Scientists' Research Success Puts Indiana in New Stem Cell Business

INDIANAPOLIS — Scientific discoveries by two Indiana University School of Medicine researchers have led to the creation of a Hoosier life sciences company whose products could someday repair the blood vessels of heart attack victims and diabetics.

Working with the Indiana University Research and Technology Corp. and BioCrossroads, Mervin C. Yoder Jr., M.D., and David A. Ingram Jr., M.D., have created EndGenitor Technologies Inc., which will begin operations Feb. 1 at the Emerging Technology Center in downtown Indianapolis.

Local venture capital executive Ronald D. Henriksen has joined the firm as chief executive officer. Carlos Lopez, Ph.D., a retired Eli Lilly & Co. executive director, is the chief scientific officer of the company. Dr. Yoder, who is the Richard and Pauline Klingler Professor in the Department of Pediatrics, and Dr. Ingram, assistant professor of pediatrics, will remain members of the IU School of Medicine faculty. They have ownership positions in the company and will serve as consultants to the firm.

EndGenitor's goal is to take advantage of Drs. Yoder and Ingram's discovery, reported last year, of the "ancestor" cells that enable the body to create endothelial cells, which make up the crucial inner lining of the body's blood vessels and internal organs. Using those ancestor cells, called endothelial stem cells and progenitor cells, they hope to create cell therapy products to treat people with circulation problems in their arms and legs, those who have heart disease, or those with other problems involving blood vessels and circulation.

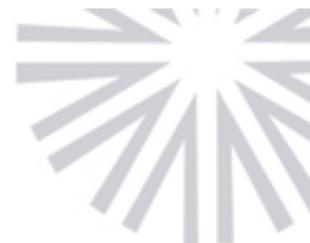
The ability to detect and measure the endothelial precursor cells is a "landmark discovery" on par with earlier discoveries of the precursors of blood cells, known as hematopoietic stem cells, Yoder said.

"It is our firm belief that the therapeutic use of adult stem cells will revolutionize the practice of medicine and that EndGenitor Technologies, Inc. will play a leading role in the discovery and development of cell therapies for treating chronic degenerative diseases associated with aging," Yoder said.

While the company works toward that long-term goal, it plans to market test kits for researchers that will enable them to determine whether their samples contain the endothelial stem and progenitor cells.

Such test kits should be of interest to scientists testing compounds they hope would block the growth of blood vessels, which in turn could block the growth of tumors, said Ingram. Similarly, cardiovascular specialists would be interested, hoping to find compounds that promote the growth or repair of blood vessels, Ingram said.

The origin of these endothelial cells, which play a vital role in the body's circulatory system and internal



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organs, had been uncertain. But by extracting and comparing cells from adult blood and infant umbilical cords, the IU team was able to isolate the parents -- the progenitors -- of the cells and explain how they differ from related cells.

The progenitor cells the researchers identified are adult type stem cells, but they proliferate much like embryonic stem cells, and they can be grown in large quantities in the laboratory, said Dr. Yoder.

The research appeared in the November issue of *Blood*, the journal of the American Society of Hematology.

The Emerging Technology Center, 351 W. Tenth St., is a life sciences business incubator owned and operated by the Indiana University Research & Technology Corporation (IURTC). The IURTC, which provides technology transfer assistance to IU faculty, has taken an ownership position in EndGenitor.

Officials of IURTC and BioCrossroads provided assistance in putting together a business plan for the new company, and helped the founders arrange financing. The primary source of startup capital came from an "angel" investor who does not wish to be identified, Yoder said.

For more information about Dr. Ingram's and Dr. Yoder's research on endothelial cells, go to the IU School of Medicine web site at http://medicine.indiana.edu/news_releases/viewRelease.php4?art=132

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January 27, 2005

IU Geriatrics Programs Garner National Recognition

INDIANAPOLIS — Indiana University's geriatrics education and research missions have been recognized as top tier programs by the National Institute on Aging and by a foundation whose sole mission is to improve the quality of care for the aging population.

The John A. Hartford Foundation has recognized the IU Geriatrics Program as a Center of Excellence. There are 24 Hartford Centers of Excellence and the IU center is one of three in the Midwest, including the University of Michigan and University of Chicago.

The CoE initiative supports advanced training in geriatric medicine for academic physicians to teach and conduct research. The three-year, \$450,000 matching grant, along with support from the IU School of Medicine, Wishard Health Services, the Roudebush VA Medical Center and Clarian Health Partners, will allow the IU Geriatrics Program to increase the number of geriatric specialists trained from four to seven each of the next three years.

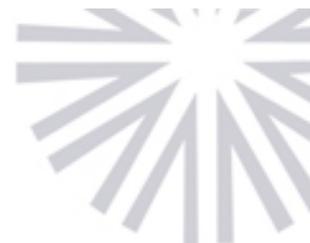
"This recognition is important to the aging population in Indiana," said Steven R. Counsell, M.D., the Mary Elizabeth Mitchell Professor of Geriatrics and director of the IU Geriatrics Program. "We currently lag behind many other states in the number of geriatricians available to treat the specific problems of aging. The senior population is expected to nearly double in the next 25 years and demand will be even greater for geriatricians."

The IU Center for Aging Research, the research arm of the IU Geriatrics Program, is one of six newly established Edward R. Roybal Centers for Research on Applied Gerontology. The National Institute on Aging designation has been awarded to only 10 centers in the United States.

The Roybal Center award includes a five-year, \$1.25 million grant, said Christopher M. Callahan, M.D., the Cornelius & Yvonne Pettinga Professor in Aging Research and director of the IU Center for Aging Research. "This grant is a tribute to the progress our program has made in geriatric health services and behavioral research," he said.

By facilitating collaboration, Roybal Centers nationwide expedite transformation of beneficial social and behavioral research ideas into useful programs, policies and practices to improve the lives of senior citizens. The IU Roybal Center's concentration will be to develop methods for patient self-management in a vulnerable, older population with a focus on doctor-patient interaction.

"'Bench to bedside' has become a catch phrase in medicine for applying new research to patient care," said Dr. Callahan. "With the recognition and assistance from the Hartford Foundation and the NIA, the IU Geriatrics Program and its Center for Aging Research now are better positioned to positively influence the care given to our aging citizens."



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For additional information on the John A. Hartford Foundation, see www.jhartfound.org, or the Roybal Centers for Applied Gerontology, see www.nia.nih.gov. For more information on the IU programs, see <http://iucar.iu.edu/> or <http://iucar.iu.edu/news/IUGer21.pdf>.

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January 26, 2005

Sound Medicine to Discuss Hospital Ethics Committees

INDIANAPOLIS — Guests on this week's *Sound Medicine* will be Paul Helft, MD, director of the Charles Warren Fairbanks Center for Medical Ethics at Clarian Health Partners, and Mary Hill, JD/RN, ethicist at St. Vincent Hospital in Indianapolis.

These special guests will join Eric Meslin, PhD, director of the Indiana University Center of Bioethics, and *Sound Medicine* host Barbara Lewis for Sound Ethics.

During the one-hour program, the panel will discuss hospital ethics committees—what they are and how they work.

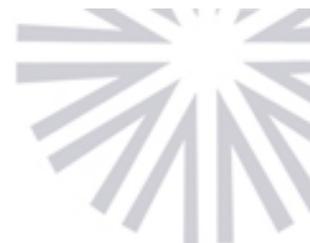
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January 25, 2005

IU Clinic Addresses Extra Needs of Cancer Patients, Families

INDIANAPOLIS — The Indiana University Cancer Center's newest clinic seeks to administer hope for the mind along with cancer treatment for the body.

Beginning this month, all patients with colon or other gastroenterological cancers or with cancer of the thorax will be screened to determine if they need social, psychological or psychiatric services. While psychological and social services already are available to all patients, the new clinic will utilize a special screening method to identify a specific group of patients with special needs earlier in the treatment process. All IU Cancer Center patients soon will have access to the screening process.

These services will be available through the Psycho-Social Oncology Clinic which integrates adjunct services for cancer patients and their families. This clinic is an extension of the Center's Complete Life Program.

"The medical literature indicates that physicians do not recognize the signs of depression and other mental health problems in cancer patients or tend to wait too long after diagnosis of the cancer to refer patients for mental health services," said Caroline Carney Doebbeling, M.D., director of the new clinic. "With the opening of the Psycho-Social Oncology Clinic, the IU Cancer Center will provide integrated comprehensive physical and mental care for cancer patients and their families."

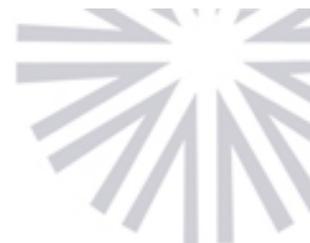
Cancer patients will complete brief measures of social needs, depression and anxiety to determine if they meet the criteria for the clinic's social work, psychological or psychiatric services. If assistance is needed, the patient or a family member will be contacted by a clinical staff member.

"Problems encountered by cancer patients or their loved ones can be as easily solvable as difficulties finding transportation to radiation therapy appointments or as difficult to manage as suicidal thoughts," says Dr. Carney Doebbeling. "Catching these problems early on and throughout the course of treatment not only diminishes the distress; it influences the course of cancer treatment."

Jane Powers, L.C.S.W., and Jessica Connor, L.S.W., provide social work services including help with the many things someone going through cancer therapy may not have the energy or knowledge to handle, including applying for disability or arranging for child care.

Shelley Johns, Psy.D., is the staff psychologist who counsels patients in many areas including changes in family dynamics and grief brought on by cancer.

Dr. Carney Doebbeling, who is a psychiatrist and internist, sees cancer patients with depression and other mental illnesses.



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Screening of breast cancer and other cancer patients will begin later this year. For more information or to schedule an appointment with the Psycho-Social Oncology Clinic call 317-278-2507.

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January 24, 2005

Romance, Responsibility and Baby-Maybe Options

INDIANAPOLIS — The creation of "the pill" in the early 1960s has given birth to a variety of innovative contraception options which may make it difficult for women to choose what works best for them.

That's the basis for *Romance & Responsibility: Making Conscious Choices* at the Indiana University-Purdue University Indianapolis campus on Feb. 8. The event will be 11:30 a.m. to 1:30 p.m. at the Lilly Auditorium in the lower level of University Library, 755 W. Michigan St.

"Despite access to so much information, young women today remain misinformed about menstrual periods and birth control," says Jeffrey M. Rothenberg, M.D., assistant professor in the IU Department of Obstetrics and Gynecology. "Many are unaware of the health benefits associated with oral contraceptives."

Dr. Rothenberg will discuss new research findings and contraceptive developments, such as extended-cycle birth control pills, and other relevant issues. The program is open to the public.

"We tend to believe that especially college-age women already know about their contraceptive choices by the time they reach this age, but we are finding the opposite to be true," says Rose S. Fife, M.D., director of the National Center of Excellence in Women's Health at the IU School of Medicine. "With this lecture, we hope to clarify the facts and dispel the myths surrounding birth control."

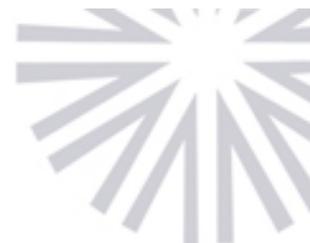
The event is co-sponsored by the National Center of Excellence in Women's Health, IUPUI Office for Women, IUPUI Human Resource Work/Life Program and IUPUI Campus and Community Life office.

For more information, contact Tina Darling at 317-630-2243.

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January 20, 2005

Patients Sought For Alzheimer's Disease Clinical Trials

INDIANAPOLIS — The Indiana University Alzheimer Disease Center is seeking participants for two studies of medications.

In one trial, participants may be eligible if they are 50-90 years of age, have been diagnosed with Alzheimer's disease and have a family member or caregiver available to attend the required 11 clinic visits. Patients in this study will receive all study medication, tests and exams free and will be compensated for their time.

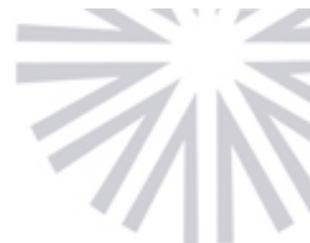
In the other study, participants must be at least 50 years old and have been diagnosed with or suspect they have Alzheimer's disease. Study medication and assessment are free and patients will be compensated for transportation costs.

For additional information, contact Scott Herring at 317-274-9903, or sherring@iupui.edu.

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January 19, 2005

Common Antidepressants Lower Effects of Tamoxifen in Many Women

INDIANAPOLIS — Additional evidence that a class of antidepressants can reduce the effectiveness of tamoxifen has been published by researchers from the Indiana University School of Medicine, the University of Michigan and Johns Hopkins University.

Results of the trial are published in the Jan. 5 issue of the *Journal of the National Cancer Institute*.

The large clinical trial confirmed data from an earlier study showing that selective serotonin reuptake inhibitor antidepressants may hinder the effectiveness of tamoxifen, a drug commonly administered to breast cancer patients. The study also reports that researchers now have pinpointed genetic types that are linked with this effect.

Led by David Flockhart, M.D., Ph.D., an IU professor of medicine and director of the Division of Clinical Pharmacology, the researchers examined the effects of SSRIs in women who were prescribed tamoxifen to treat the common side effects of breast cancer therapy which include depression and hot flashes.

More than a fourth of the women enrolled in this study were prescribed SSRIs. The study showed that the various SSRIs taken by the women have different effects on the amount of active tamoxifen byproducts in their blood.

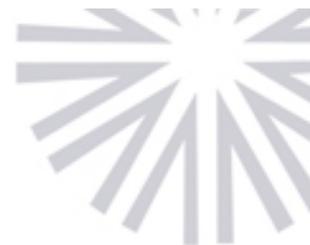
“This is important because previous studies have shown that when tamoxifen is broken down, the resulting molecules are extremely powerful at blocking estrogen receptors and thereby exert a cancer-inhibitive effect,” said Dr. Flockhart.

“We have withheld clinical recommendations, because at this point we don’t have final data,” said Dr. Flockhart. The study makes clear that knowledge of a drug’s ability to inhibit CYP2D6 enzyme activity may help clinicians anticipate important drug interactions. Genetic testing may help identify a group of women who may experience greater benefit from tamoxifen or those who may benefit more from one SSRI than another, he said.

This study is the first large-scale clinical trial to determine the influence of multiple genetic variations and drug interactions on the plasma concentrations of tamoxifen and its active metabolites.

“We can see the light at the end of the tunnel,” said Dr. Flockhart. “Using our pharmacogenetic tool kit, we are very close to being able to identify which women should be given which drug to treat her depression or hot flashes.”

This study was funded by the Pharmacogenetics Research Network of the National Institutes of Health.



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January 19, 2005

Special Sound Medicine Program in Honor of IU School of Medicine Life Sciences Week

INDIANAPOLIS — In recognition of the life sciences at Indiana University, this week's *Sound Medicine* (Jan. 22 & 23) will feature four pieces on emerging research at the IU School of Medicine. These include:

Mervin C. Yoder, Jr., M.D., co-director of the IU-Purdue Center for Comparative Sciences and an associate professor of pediatrics, biochemistry and microbiology at the IU School of Medicine, tells us about a new venture based on his research on progenitor cells, a type of stem cell that lines the vessels and arteries that carry blood throughout our bodies and determines when we might develop cardiovascular disease.

[Listen here.](#)

Linda Malkas, PhD, the Vera Bradley Cancer Professor and co-leader of the Indiana University Breast Cancer Center, explains that a test for breast cancer that only needs a drop of blood from a finger prick may soon be possible based on her research on proteins within cancer cells. She talks about how she plans to outsmart the cells she used to think were “dumb”.

[Listen here.](#)

Martin Farlow, M.D., professor of neurology and co-director of the Alzheimer's Disease Clinic at IU, talks about the potential for a vaccine for Alzheimer's disease and the most promising treatments he sees in patient trials. A member of a family stricken with the hereditary form of Alzheimer's disease talks about her and her siblings have struggled to understand the illness when their father was stricken with the disease.

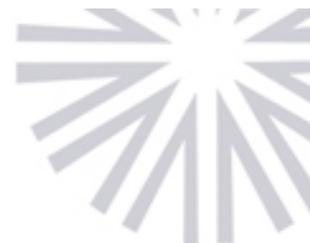
[Listen here.](#)

David Crabb, M.D., chairman of the department of medicine and director of the Indiana Alcohol Research Center, and Tatiana Foroud, Ph.D., director of the Heredity Genomics Division and associate professor of medical and molecular genetics at the IU School of Medicine, talk about the roles genes play in the metabolism of alcohol and what they're learning from one of the nation's largest studies of families with alcoholism.

[Listen here.](#)

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Barbara Lewis has produced and hosts this special program.

Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://www.soundmedicine.iu.edu>



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January 17, 2005

New Genetic Mutation Linked To Parkinson's Disease

INDIANAPOLIS — A mutation in a recently discovered Parkinson's disease gene is believed to be the most common genetic cause of inherited forms of the disease, according to a Parkinson Study Group study appearing in *The Lancet* in January.

Researchers say the mutation on the LRRK2 gene is responsible for 5 percent of inherited Parkinson's disease cases.

Tatiana Foroud, Ph.D., associate professor of medical and molecular genetics at Indiana University School of Medicine and principal investigator on the multi-site study, said the discovery has a broad implication for genetic screening for the disease.

"Our results suggest that the mutation we have studied is the most common cause of Parkinson's disease identified to date," said Dr. Foroud. "While a great deal of work remains to be done, it is clear that any future genetic testing for Parkinson's disease must include studies of the LRRK2 gene."

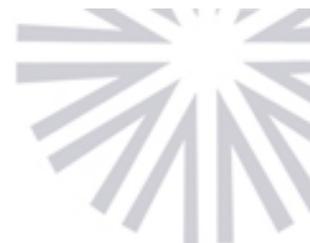
The patients in the Indiana University study who had the mutation had longer disease duration but less severe symptoms when they were participating in the trial. That suggests that the mutation may be associated with slower disease progression, said Dr. Foroud.

The Indiana University paper published in *The Lancet* is one of three Parkinson's studies to appear in the upcoming edition. The second study is by Nicholas W. Wood, M.D., of the Institute of Neurology in London. The third paper is by Vincenzo Bonifati, M. D., Ph.D., of Erasmus MC in Rotterdam, Netherlands. The studies will be available in the Jan. 18 online edition of *The Lancet* and the Jan. 29 edition of the journal.

The IU study focused on 767 Parkinson's disease patients from 358 families. The patients were recruited by specialists from 59 medical centers associated with the Parkinson Study Group, a non-profit, cooperative group of Parkinson's disease experts from the United States, Canada and Puerto Rico. The molecular studies were performed at Cincinnati Children's Hospital Medical Center under the direction of William C. Nichols, Ph.D., the paper's first author. This study found that 5 percent of the patients carried the same LRRK2 mutation.

The Wood report focuses on Parkinson's disease patients without a known family history of the disease. Dr. Wood found the same LRRK2 gene mutation in eight of 482 study participants.

The Bonifati study identified the same LRRK2 gene mutation as the Cincinnati Children's study. Bonifati found the mutation in four of 61 families with a history of Parkinson's disease.



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“When we began, we really didn’t know how frequent this mutation in the LRRK2 gene would be, but to find the same single mutation in the genome in Parkinson’s patients is pretty dramatic,” said Dr. Nichols, a geneticist at the Cincinnati medical center.

The LRRK2 gene, which is on a region of chromosome 12 called PARK8, is one of five Parkinson’s disease genes in which mutations have been identified. LRRK2 was isolated by Andrew Singleton, Ph.D., of the National Institute on Aging at the National Institutes of Health, during a study of five families with a history of Parkinson’s disease.

Parkinson’s disease is a progressive disorder caused by the degeneration of nerve cells in the portion of the brain that controls movement. When certain nerve cells die or become impaired they no longer produce dopamine, a brain chemical that controls tremors, rigidity, stiffness of limbs, impairment of coordination and other symptoms associated with Parkinson’s disease.

For years it was believed that environmental factors were the primary cause of Parkinson’s disease. It wasn’t until 1997 that the first gene associated with the disease was identified.

The multi-site study under the direction of Dr. Foroud is an \$8 million grant from the National Institute of Neurological Disorders and Stroke designed to identify the genes causing Parkinson’s disease.

Families with at least two living members affected by Parkinson’s disease may obtain more information about the IU study at <http://progeni.iu.edu>, or they may call 888-830-6299 to enroll.

(To speak with Dr. Nichols, contact Amy Reyes at 513-636-9684, or amy.reyes@cchmc.org. To speak with Dr. Singleton, contact Doug Dollemore at 301-496-1752, or dollemod@nia.nih.gov. During Monday’s holiday, he can be reached at 301-980-8307.)

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January 17, 2005

IU Medicine Dean Named to Olympic Ethics Committee

INDIANAPOLIS — The United States Olympic Committee has appointed Indiana University School of Medicine Dean Craig Brater, M.D., to its five-member Ethics Committee, created as one of the final elements of the most sweeping transition in the history of the organization.

Other appointees to the committee are Harold Shapiro, Ph.D., committee chair; Leslie Caldwell of New York City; Lisa Fernandez of Long Beach, Calif.; and Thurgood Marshall Jr. of Washington, D.C.

Under the direction of Dr. Shapiro, the Ethics Committee will be responsible for assisting the board of directors and other management to ensure the USOC maintains the highest standards of ethical conduct and integrity in all business matters.

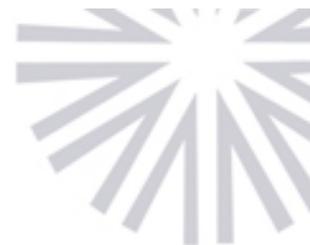
Dr. Brater said he is excited to have a role in launching the USOC as a role model for ethics in sports.

“I have always been a sports fan and am one of those people who has had modest ability at many sports, true skill in none, and loves spectating many,” said Dr. Brater. “I have always been Pollyanna-ish in believing that sports, in many ways, are a metaphor for life and, as such, should adhere to high values and be a form of role modeling. I am excited about being invited to serve on USOC’s Ethics Committee, because it is my fervent desire that the committee exerts national, if not international, leadership in re-establishing the values in sports.”

Dr. Brater has served as dean of IU School of Medicine since July 2000. He joined the faculty in 1986 and was named chairman of the IU Department of Medicine four years later. As dean, he oversees the medical school on nine campuses, which includes more than 1,200 full-time faculty and more than 2,200 physicians who serve as volunteer faculty.

He plays an integral leadership position in the school’s partnerships with Wishard Health Services, Roudebush VA Medical Center, LaRue Carter Hospital and Clarian Health, which includes Riley Hospital for Children, IU and Methodist hospitals

A member of the USOC Board of Directors, Shapiro is president emeritus of Princeton University and former president of the University of Michigan. A New York attorney, Caldwell served as director of the U.S. Department of Justice Special Task Force investigating the Enron corporate scandal. Fernandez was a member of the 2004 U.S. Olympic Softball Team that won the gold medal at the Athens Games, the 2000 Olympic Games in Sydney, Australia, and the 1996 Olympic Games in Atlanta, Ga. Marshall practices in the government affairs group and is a partner in the Washington law firm of Swidler Berlin Shereff Friedman. He has served in the White House senior staff, holding the position of assistant to the president and a cabinet



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secretary from 1997 to 2001.

Four members of the Ethics Committee were appointed by the USOC Nominating and Governance Committee, which is chaired by Justice Theodore R. Boehm of the Indiana Supreme Court. Dr. Shapiro's appointment as chair of the Ethics Committee was made by the USOC Board of Directors, which is chaired by Peter Ueberroth of Laguna Beach, Calif.

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January 13, 2005

Sound Medicine to Feature Heart Scan Pros and Cons, Medical Maggots and Medical Heroes

INDIANAPOLIS — William Davis, MD, medical director of Milwaukee Heart Scan and author of "Track Your Plaque" and Thomas Graboys, MD, associate professor at Harvard Medical School and chairman of the Lown Cardiovascular Research Foundation will be discussing the pros and cons of heart scans.

To make possible the use of maggots as a medical device, Ronald A. Sherman, MD, has started a group called the Bio-Therapeutics Education and Research Foundation or the "BETTER" Foundation, to help cover the cost of maggots for people who cannot afford the treatment.

Julie Fenster, the author of "Mavericks, Miracles and Medicine, The Pioneers Who Risked their Lives to Bring Medicine into the Modern Age", will join us to discuss her book, a series of fascinating stories of the medical heroes, geniuses and eccentrics who advanced the boundaries of medicine by challenging the conventions of their day, sometimes at great personal risk.

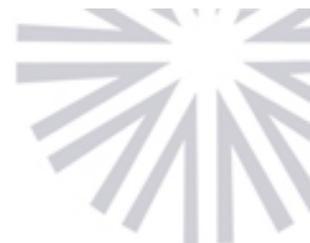
Mi>Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Barbara Lewis is the program's host. Co-host this week is David Crabb, MD.

Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu>.



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January 12, 2005

State Museum Exhibit Highlights IU Life Sciences Week

INDIANAPOLIS — The 21st Century has been hailed as the dawn of the “genetics revolution,” an era when scientists from a variety of fields are exploring and explaining the complex universe of the building blocks of life.

In many important ways, Indiana University researchers have been on the frontlines of that revolution. That is the basis for the institution’s observances of Life Sciences Week, Jan. 22-29.

One of the most visible ways IU will convey its message to Hoosiers is through an interactive exhibit it designed for the Indiana State Museum, *Genes and Your Health*, which opened at the museum in late December. It is on display through May, after which it will be displayed at science museums throughout the state.

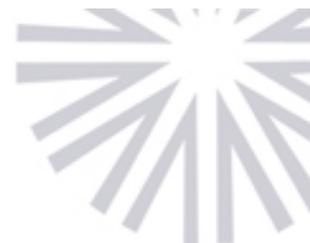
“Indiana University has a long and distinguished history of research in molecular biology, genetics and analytical chemistry, the foundations of modern advances in the life sciences,” says IU President Adam W. Herbert, Ph.D. “The university also has established world-class core facilities in genomics, imaging, proteomics, protein expression, animal models, medical informatics and bioinformatics. We are home to the state’s only medical school, whose research funding has more than doubled within the past five years. We also are positioned to become a national leader in life sciences research and education.”

Life Sciences Week highlights the many ways IU researchers and educators prepare tomorrow's health care professionals, teachers, business leaders and researchers on its eight campuses and nine medical education centers. About 6,350 IU employees are involved in research across the state.

“Genomics, proteomics, the informatics sciences – all of these research fields and technologies have changed forever the way life sciences research is done, and they’ve permeated the IU School of Medicine,” says Ora Pescovitz, M.D., executive associate dean for research affairs, and president and CEO of Riley Hospital for Children.

Genes and Your Health details how university researchers at the School of Medicine and the Bloomington campus are making use of new information and technology to understand the genetics of diseases such as cancer and Alzheimer’s.

A particular focus of the exhibit is the Indiana Alcohol Research Center, which was created in 1987 and has been funded continuously by the National Institute on Alcohol Abuse and Alcoholism, a unit of the National Institutes of Health. Ting-Kai Li, M.D., distinguished professor of medicine emeritus and former director of the Indiana Alcohol Research Center, currently heads the NIAAA. The center has produced a large amount of research on drinking behavior, its causes and the effects of heavy drinking.



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IU researchers, joined by other experts from Methodist Research Institute and Hooks Discovery and Learning Center, also will lead workshops on genetics for students and groups visiting the museum. Other activities include a forensic foray. Crime Scene ISM will give participants an up-front seat to how crime scene investigators probe homicides. John Pless, M.D., professor emeritus of pathology and laboratory medicine and former director of the IU Division of Forensic Pathology, was a major collaborator on the project.

The university has had rock-solid support to develop its life sciences research and discoveries. Last year, IU attracted \$413 million in externally funded research grants, including \$214 million to the School of Medicine at the Indiana University-Purdue University Indianapolis campus. The university-wide total represents a three-fold increase since 1990.

Since 2001, it has received \$155 million in grants from the Lilly Endowment to establish the School of Medicine-based Indiana Genomics Initiative, which has greatly expanded biomedical research and will enable IU scientists to make revolutionary discoveries to cure diseases and improve human health.

Last December, the endowment awarded IU-Bloomington \$53 million to broaden and intensify its life sciences research, retain its distinguished scientists, attract new world class scientists – particularly in the neurosciences – and contribute to the state's economic development by transferring technology to new and existing life science businesses. The grant establishes the Indiana Metabolomics and Cytomics Initiative (METACyt), which will significantly complement life sciences research currently under way at Bloomington and the School of Medicine.

As research grows in Indiana so too do opportunities to cultivate the economy. For example, the IU Emerging Technologies Center functions as a business incubator and accelerator for life sciences, biotechnology and bioinformatics companies. The IUETC promotes partnerships between IU and the private sector to stimulate economic growth. The companies' business ventures must support health and life sciences technologies that will ultimately lead to economic gains and employment opportunities in Indiana.

Another way IU is helping develop the Hoosier economy is its role with the Indianapolis-based BioCrossroads, which seeks to promote new business opportunities, intellectual property and capital to the life sciences industry. IU leaders and scientists have partnered with corporate, government, economic development and other academic institutions to make Indiana a national and international life sciences center.

Former chairman of IU's Department of Medicine August Watanabe, M.D., now serves as chair of BioCrossroads board of directors. Also on the board are President Herbert; D. Craig Brater, M.D., dean of the IU School of Medicine; and Daniel Evans, president and CEO of Clarian Health Partners.

A Web site also is being created and will focus on life sciences research activities at IU.

"In labs, communities, hospitals and clinics throughout the state, life scientists at Indiana University are at work, searching for better ways to fight disease, protect the environment, develop new business and create a stronger economy for Indiana," says Herbert. "Advancing Indiana is the business of Indiana University."

Information about Genes and Your Health and Genome: The Secret of How Life Works can be found at www.in.gov/ism/MuseumExhibits/SpecialExhibitsDetail.asp?ExhibitID=29

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January 11, 2005

Baby Talk: Infants Have Much To Say If Adults Will Only Listen

INDIANAPOLIS — A baby's first sounds, other than crying, may baffle parents. Is that soft "coo" the sound of contentment? Boredom? Nothing more than a reflex?

Little is known about baby's talk and just as little is known about how babies perceive and process words and sounds from adults and the world around them. It is through understanding how infants and toddlers develop life-long language skills that researchers at the Indiana University School of Medicine hope to help deaf infants with cochlear implants understand the audible world around them.

The Infant Language Lab at the James Whitcomb Riley Hospital for Children is studying language development of hearing infants and toddlers to establish a yardstick for toddlers who have received cochlear implants.

Among the answers the IU otolaryngology researchers seek: What do normal hearing babies actually comprehend? Can a child with a cochlear implant discriminate sound in the same manner as normal hearing infants? How do infants learn to process what they hear in relation to what they see?

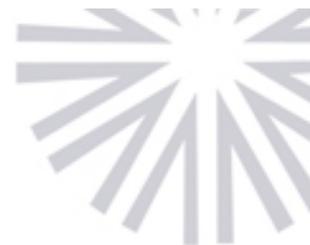
With answers to these questions, researchers can track the progress of infants who use cochlear implants and provide speech therapists a means to assess the progress of individual infants and their language perception.

"Working with infants and toddlers presents unique challenges," said Derek M. Houston, Ph.D., Infant Language Lab director and assistant professor of otolaryngology-head and neck surgery. "Progress has been made in developing techniques to evaluate language perception in children over the age of two. Measuring these skills in infants too young to follow instruction requires the development of innovative testing techniques."

Dr. Houston and his colleague Tonya R. Bergeson, Ph.D., assistant professor of otolaryngology and co-director of the Infant Language Lab, are developing new techniques for evaluating language perception in an age group where "goo-ing" and "ga-ing" are intense communication.

"Since this was the first lab in the world to research speech and language development in hearing-impaired infants with cochlear implants, we have paved the way for much of the ongoing research," said Dr. Bergeson. "We are constantly striving to improve our methods and are in the process of developing a laboratory setting that has equipment capable of following the eye movements of the children. This will enhance our data collection tremendously."

By recording how the babies respond to different stimuli, researchers are able to evaluate how they differentiate and respond to sounds and learn language. Much of the response is based on when or how long the child looks at a particular object.



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The testing appears simple; a parent and child sit in a small, darkened room facing a large-screen television set. Hidden above the TV is a video camera that records the movements and attention span of the youngsters involved in the studies.

For example, in one of the studies, 5- to 13-month-old infants see a duplicate image of a woman's face and each is mouthing a different word. The woman on the left says "judge" while the one on the right says "back." After the infants have seen the each woman "speak," the audio track changes and plays only one of the words. What researchers want to know is if the infant will match the audible word with the correct lip movement. The answer is in the baby's eyes.

In another test, the length of time an infant focuses on a red and white checkerboard pattern while hearing various words or hearing no sounds tells researchers that normal-hearing infants are interested in speech sounds and can discriminate between sounds. The same test administered to young children with cochlear implants indicated they show the same discrimination in speech after only one month of cochlear implant use.

Using varying images, sounds and stimuli, the researchers hope to gain a more in-depth understanding of how language is learned and why children who hear from birth respond differently to noises and speech from children who were born with severe hearing impairments.

"When a normal hearing infant hears a sharp, sudden noise, the baby looks in the direction the sound came from," said Dr. Houston. "Children born deaf who receive cochlear implants do not respond to sound in the same way – the same sudden noise may not produce a response of any kind. We want to understand issues like this, as well as how infants learn speech."

How much influence parents have on infant speech perception is another area of study at the Infant Language Lab.

"In one of our projects, we are trying to determine why mothers instinctively talk baby talk to infants," said Dr. Bergeson. "Interestingly, we are finding that mothers of children with cochlear implants adjust their pattern of talking to the hearing age of the child." The hearing age is determined by how long the child has had a cochlear implant, so a 20-month-old who received an implant 12 months prior would have the "hearing age" of a one-year-old.

Through their research, Drs. Houston and Bergeson are listening intently to what infants and toddlers have to say. They want to tell the world what they learn because, as they both know, it's much more than just baby talk.

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January 10, 2005

Spinal Cord Injury Patients Show Improvement In Early Device Study

INDIANAPOLIS — Treatment for spinal cord injury leading to paralysis continues to stymie physicians but a clinical trial at the Indiana University School of Medicine reported in the January issue of the *Journal of Neurosurgery - Spine* may point researchers in a positive direction.

Ten patients with complete motor and sensory spinal cord injury were implanted with an experimental device designed to regenerate nerve fibers, promoting some degree of functional recovery. The device, an oscillating field stimulator or OFS, creates an electrical field in the area of injury.

All 10 trial participants implanted with the OFS showed some improvement in sensation at six months and the nine patients who remained in the trial also showed improvement one year post surgery, although the degree of improvement varied by patient.

Two of the patients recovered some lower extremity function, and one man had restored sexual function. All patients participating in the trial had sustained complete motor and sensory spinal cord injury within 18 days of the surgery.

“This isn’t a home run, but it warrants additional investigation,” said Scott Shapiro, M.D., professor of neurosurgery at the Indiana University School of Medicine. “The big question was whether the procedure, which is very invasive and requires two surgeries, is efficacious and the initial results indicate that it is.”

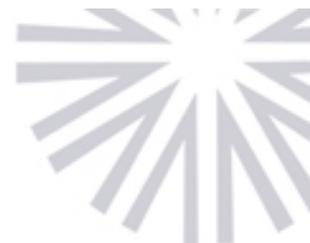
The cigarette lighter-sized oscillating field stimulator was developed at Purdue University and first tested in more than 100 dogs crippled by naturally occurring spinal cord injuries. The prognosis for severely injured paraplegic dogs, even with current treatment techniques, remains poor.

“The results of these various animal studies were positive and somewhat mirrored what was later observed in humans, including recovery of sensation and other important functions,” said Richard Borgens, Ph.D., professor of biomedical engineering in the Center for Paralysis Research at Purdue.

In the IU School of Medicine study, the OFS was surgically removed at 15 weeks and patients were followed for one year.

Three tests were used to evaluate sensory recovery: pinprick sensation, light touch sensation and motor function. Patients recorded a net improvement at one year of 20.4 points (maximum 112) pinprick sensation, 25.5 points (maximum 112) light touch sensation, and 6.3 points (maximum 100) for improved motor function.

The patients had no sensation below the level of their injury prior to the implantation of the OFS, said Dr. Shapiro. Afterwards, the patients' sensation was almost back to normal in the immediate area affected by



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their injury where nerve regeneration occurred.

“This was a pilot device trial,” said Dr. Shapiro, the lead author of the journal article and chief of neurosurgery at Wishard Memorial Hospital. “Some patients did regain sensation and motor function in their lower extremities but not enough to stand unassisted. However, the improvement experienced by the patients is encouraging and deserves more study.”

The Food and Drug Administration has approved a second clinical trial involving 10 additional patients with severe spinal cord injuries. It is expected to begin at the IU Medical Center in early 2005. This trial will again explore the efficacy of the OFS device and could lead to a larger randomized trial for spinal cord injury patients.

The initial study was supported by a special appropriation by the Indiana General Assembly.

(Dr. Shapiro can be reached through the IUSM Office of Public and Media Relations at 317-274-7722. Dr. Borgens can be reached through the Center for Paralysis Research at Purdue at 765-494-7600.)

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January 6, 2005

Mini Medical School: Of Mice, Men and Frankenstein

INDIANAPOLIS — Did you know that you and the ordinary, pesky fruit fly share 70 percent of the same kinds of genes, that IU scientists think salamanders' ability to regrow severed limbs might one day be possible for humans, and that a new breed of mice might help mend broken hearts?

Those are among the many issues and topics to be explored during the Indiana University School of Medicine Mini Medical School, Feb. 15 through March 22. This series, which meets 7 p.m. Tuesdays, is designed to tell the public what IU researchers are doing to better understand the human genome and to develop therapies for genetic disorders.

At the first session, participants will have the special opportunity for a guided tour of a nationally touring exhibit at the Indiana State Museum. *Genome: The Secret of How Life Works*. The exhibit, created by Pfizer Inc. and sponsored locally by IU, its School of Medicine and Clarian Health Partners, will be housed at the museum from Jan. 22 through May 8.

While there, Mini Medical School attendees also can visit *Genes and Your Health*, housed in "Tomorrow's Indiana" gallery. The exhibit, developed by IU in partnership with the state museum, gives visitors a look at what IU researchers are doing to solve the problems of alcoholism.

The remaining five sessions of Mini Medical School will be held in the lower-level auditorium at the Riley Outpatient Center on the Indiana University-Purdue University Indianapolis campus. Among the topics and speakers:

Feb. 15 - Education Coordinator Alicia Stewart of the Indiana State Museum and volunteers will guide visitors through the genome exhibits.

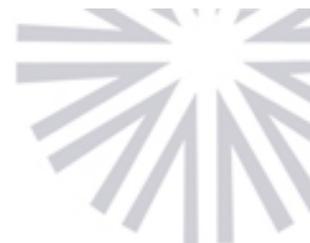
Feb. 22 - *You, I and the Fly* Thomas C. Kaufman, Ph.D.

March 1 - *Genetic Disorders and Aging* Tatiana Foroud, Ph.D., and Martin Farlow, M.D.

March 8 - *Mending Broken Hearts and A Hello To Arms?* Loren Field, Ph.D., and David Stocum, Ph.D.

March. 15 - *From the Lab to Patients* Stephen Trippel, M.D., and Linda Malkas, Ph.D.

March 22 - *Growing Issues With Stem Cell Research* Eric Meslin, Ph.D.



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One of the main goals of the twice-annual Mini Medical School is to introduce and explain to the public – in everyday language – the latest developments and topical issues in health care and research.

Cost to attend the six-week series is \$40 per person and advanced registration is required. For information or to register, call 317-278-7600. When registering, refer to Course No. 051N01A00.

IU Mini Medical School is partially sponsored by the IU Medical Group and Indianapolis radio station WIBC-1070 AM and is offered by the IU School of Medicine Faculty Community Relations through the IUPUI Division of Continuing Studies.

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January 6, 2005

Sound Medicine to look at Hospital Medication Errors, Breast Cancer Support Groups, and Hyponatremia

INDIANAPOLIS — Roger Resar, M.D., will be discussing the reduction of hospital medication errors. Dr. Resar, senior Institute for Healthcare Improvement fellow, Mayo Health System, Eau Claire, WI, is co-creator of a strategic plan to reduce medication errors in U.S. hospitals.

Discussing breast cancer support groups are Karen Thompson, clinical program director for The Wellness Community of Central Indiana, and Becky Emerson, a breast cancer survivor and a former breast cancer support group member.

Arthur Siegel, M.D., director of internal medicine at McLean Hospital in Belmont, Mass. and an assistant clinical professor of medicine at Harvard Medical School, will be discussing the dangers of hyponatremia (water intoxication).

Sound Medicine is the weekly radio program co-produced by Indiana University School of Medicine and WFYI Public Radio (90.1 FM) in Indianapolis. Barbara Lewis is the program's host. Co-hosts this week are Kathy Miller, MD, and Steven Bogdewic, MD.

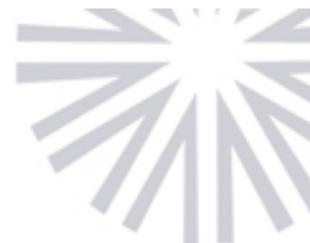
Archived editions of *Sound Medicine*, as well as other helpful health information, can be found at <http://soundmedicine.iu.edu>



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January 5, 2005

Diversity the Right Rx to Serve Medically Underserved

INDIANAPOLIS — A racially and culturally diverse physician workforce is the right prescription to help those who need it most – a diverse population that has limited access to medical care.

That will be among the many issues tackled by health-care professionals participating in Diversity Week activities, Jan. 11-14, at the Indiana University School of Medicine. Speakers will make their remarks each day at noon before IU medical students, faculty and staff, and is open to the public as space allows.

Each session will be at Emerson Hall, 345 Barnhill Drive, on the Indiana University-Purdue University Indianapolis campus. Among the speakers:

- Winston Price, M.D., president of the National Medical Association
- Chris Obeime, M.D., an Indianapolis physician and co-founder of the Mercy Foundation, which provides medical supplies and assistance to Nigeria
- Virginia Caine, M.D., director of the Marion County Health Department and president of the American Public Health Association
- James P. Comer, M.D., professor of child psychiatry at the Yale Child Study Center and associate dean at the Yale University School of Medicine

Diversity Week was launched three years ago at the IU School of Medicine. It seeks to bring together medical student groups to explore issues of diversity in medicine. The week-long observance occurs the second week of January and serves as a celebration of the life and legacy of the Rev. Dr. Martin Luther King Jr.

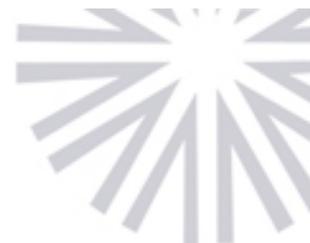
"We seek to bring all different groups together and find ways to deal with the rampant disparity issues in the access and distribution of adequate health care in the United States, and the lack of underrepresented minorities studying and practicing medicine," says Robert D. Patterson, a fourth-year medical student who help organize Diversity Week activities. "Our goal is to develop culturally competent physicians."

Diversity Week at the medical school is a part of other activities related to observances of King's birthday at IUPUI. For more information, go to http://www.life.iupui.edu/diversity/mlk_dinner.asp.

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January 4, 2005

Study Reveals High Infection Rate in Teens For Virus Linked to Cervical Cancer

INDIANAPOLIS — More sexually active adolescent females than previously thought may be infected with a virus linked to cervical cancer and genital warts, according to a study published in the Jan. 15 issue of *The Journal of Infectious Diseases*.

The research, reported by Darron R. Brown, M.D., and colleagues at the Indiana University School of Medicine, found four out of five sexually active adolescent females infected with the human papillomavirus. The study said the rates observed among the 60 study participants from three primary care clinics in Indianapolis exceeded the HPV rates reported in previous research.

Human papillomavirus is a common sexually transmitted infection and its effects may range from no symptoms to genital warts to cervical cancer.

In the current study, 95 percent of the participants, ages 14 to 17 years, were sexually active, and the median number of sexual partners was two. Eighty-five percent were African American, 11 percent were Caucasian and 3 percent were Hispanic.

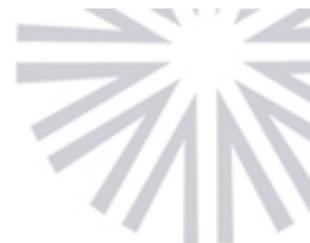
Participation in the study involved quarterly visits to a primary care clinic for a cervical swab test and up to five 3-month diary collection periods, during which the adolescents recorded their sexual behavior daily and performed self-vaginal swabbing weekly.

Each woman participated in the study for an average of two years. Brown and colleagues collected a total of about 2,100 swab specimens adequate for analysis of HPV infection.

During the study, 49 of 60 participants tested positive for HPV infection. In addition to an 82 percent prevalence rate, the investigators identified several characteristics of the HPV infections detected.

Many of the HPV-positive study participants were infected with not just one, but multiple, HPV types. The mean number of types per participant was about five. Among these different types, a substantial number were those associated with an increased risk for cervical cancer: 39 percent of the swab specimens were classified as high-risk types and 20 percent as low-risk. Thirty-seven percent of the study participants had at least one abnormal result for cervical examination during the study period.

Dr. Brown and colleagues hypothesized that relative to earlier research, the high cumulative prevalence of HPV infection in their study was primarily a result of the high number of swab specimens obtained from each study participant. Many infections were detectable for only a few weeks and might have been missed had specimens been obtained at longer intervals of time.



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They also attributed the high prevalence to their use of a test that detects more HPV types than some other tests do, and to the at-risk nature of this particular study population.

"We hope the results of our research increase our understanding of HPV infection in this population and help others design effective interventions to prevent infection in adolescent women," said Dr. Brown.

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