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► M&M: Mindfulness in Medicine

Comforting Words

Below is an excerpt from a note sent by the family of "Joseph," a Riley Children's Cancer Center patient who beat cancer. Although he had not been an inpatient for 15 years, he was still followed by the outpatient clinic. In 2007, Joseph passed away as result of a car accident. He was approaching his 20th birthday.

To the Riley Child Life Department:

I wanted to send you a thank you email to tell you how blessed my family and I were by the card that was sent by Riley Hospital. I can't even tell you how it made me feel. At first, I was afraid to open it, because I was afraid that it was a birthday card TO Joseph. So, I was afraid to open it. God comforted me though, and let me know in my heart that I should open it.....and when I did, and I saw that it was actually a card to us for Joseph's birthday, my eyes immediately filled with tears.

It means so much to us to know that Riley, a place he knew so well and for all of his life, basically, would take the time to now acknowledge our pain through this very difficult first birthday without him, and to wish us happy memories of him on his blessed birthday. It means the world to us; I want you to know that.

Your words were so comforting, and I felt the genuine concern jumping from the page. We have SUCH huge respect for Riley Hospital, and are so very grateful for what you have always done for Joseph. Riley was a part of who Joseph was, and we will never forget that. Thank you so much for your thoughts and prayers. We appreciate them immensely, and will definitely need them through this difficult week, as well as in the future.

Many of God's blessings to Riley Hospital and the entire staff!!!

In Christ's love,
Joseph's Family

"Give sorrow words; the grief that does not speak whispers the o'er-fraught heart and bids it break." ~William Shakespeare

M&M: Mindfulness in Medicine is an editorial collaboration among the Teacher-Learner Advocacy Committee, the Relationship-Centered Care Initiative, and the Office for Medical Education and Curricular Affairs. Each column features true stories, letters, poetry or art from members of the IUSM campus community. Comments, questions, submissions or ideas for columns may be sent to meca@iupui.edu.

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› **Library renovation continues**

There have been many changes at the Ruth Lilly Medical Library recently with preparation for the renovation of the second and third floors scheduled to begin in May.

Nearly 80,000 bound journal volumes have been removed from the library in order to make room for additional instructional space for IUSM. The journals that have been removed from the physical library are available online through the virtual library. They may be accessed through our A-Z list, the online catalog ([IUCAT](#)), and via direct links from article citations in databases such as Ovid Medline and PubMed.

The library's remaining print journals are located on the first floor in new stacks that have been put up in the old reference collection area or in the movable shelving on the east wall. The movable shelving has recently been refitted with hand cranks that are much more reliable than the previous electronic system. IUSM librarians are in the process of updating journal locations in the catalog, so please go to the main desk and ask for assistance if you can't locate a title.

During the first week of April, workers from Better World Books dismantled and removed most of the shelving on the second and third floor. On Monday and Tuesday, April 20-21, they will be back in the library to finish the job. Due to the noise and disruption expected over the next few months, several of the study carrels and computers from the library have been set up in the Daly Center for the use of students needing a quiet place to study during the renovation (room 179, Study Lounge). For the latest news on the library renovation, check the library's website at library.medicine.iu.edu/.

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› **Cytogenetic lab adds CGH analysis**

The Cytogenetic Laboratories at IUSM has added comparative genomic hybridization (CGH) microarray analysis to its laboratory testing menu. This analysis utilizes a targeted and whole genome distribution of clones including coverage for more than 150 syndromes and extensive density of the pericentric and subtelomeric regions.

CGH array testing is effective in detecting genomic abnormalities in patients with:

- Mental Retardation
- Developmental Delay
- Dysmorphic Features
- Congenital Anomalies

If chromosome analysis is normal, the American College of Medical Genetics supports CGH testing as the next step in patient care for the evaluation of unexplained mental retardation or developmental delay.

Additionally, CGH microarray testing will advance the laboratory's cytogenetic technology and provide physicians with an opportunity to advance the diagnosis and treatment of their patients.

Requests for information concerning CGH testing or questions about other available testing are welcomed by phone at 274-2243 or via e-mail at ghvance@iupui.edu.

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› **Treating HIV/AIDS in Kenya**

Eunice Kamaara, PhD, associate professor of philosophy and religious studies at Moi University, Eldoret, Kenya, and international affiliate of IUPUI, will discuss "Tradition, Complementary and Alternative Medicine: Managing HIV/AIDS in Western Kenya" at 7 p.m. Saturday, April 18, in Weicamp Hall, room 1001, on the Notre Dame campus.

The free lecture is sponsored by the University of Notre Dame's Department of Psychology, the Religious Studies Committee and the Social Psychology of Religion Laboratory with a grant from the John Templeton Foundation.

Products from Kenya's Imani Workshop will be available for purchase.

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› **FDA regulations topic of Life Sciences Lunch Series**

The next in the Life Sciences Lunch Series, presented by the Indiana Health Industry Forum, Barnes and Thornburg LLP and Commissioning Agents Inc., will be from 11:30 a.m. to 1 p.m. ET Tuesday, April 21. The formal presentation begins at noon.

"Weathering the Regulatory Tsunami: What changes have occurred and what we can expect from the FDA" will be presented at Barnes & Thornburg, 11 S. Meridian St., Indianapolis. The series is simulcast at Barnes and Thornburg offices in South Bend, Fort Wayne and Elkhart, and in cooperating facilities in Muncie, Terre Haute, West Lafayette, Evansville, Bloomington and Richmond.

Box lunches are provided or those attending can bring their own lunch. There is a \$10 fee to attend the Indianapolis location and no charge for the remote sites. Registration is requested. Register at www.ihif.org/conference/register/14, or by calling 231-7356.

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› **Sawaya to present Merritt Lecture**

The IU National Center of Excellence in Women's Health will host George Sawaya, MD, as the Ninth Annual Doris H. Merritt, MD Lecturer in Women's Health. Dr. Sawaya will speak about "Applying Best Evidence to Women's Health: An Insider's View of the U.S. Preventive Services Task Force" on Tuesday, April 21.

Lunch will be served at 11:30 a.m. with Dr. Sawaya's lecture immediately following from noon to 1 p.m. in the IU Cancer Research Institute auditorium (R4 101). Continuing education credit is available. All are welcome; RSVP is requested to Tina Darling at 317-278-2264 or tdarling@iupui.edu.

Dr. Sawaya will also lecture on "Cervical Cytology and HPV" at OB/GYN grand rounds on Tuesday, April 22, from 8:15- 9:15 a.m., also in the IU Cancer Research Institute auditorium.

Dr. Sawaya is associate professor of obstetrics, gynecology and reproductive sciences, and epidemiology and biostatistics, at the University of California-San Francisco School of Medicine. His research focuses on cervical cancer prevention including an objective take on the benefits and risks of HPV testing, liquid based cytology, and the HPV vaccine. He recently rotated off the U.S. Preventive Services Task Force and is very familiar with the evidence on a wide variety of screening tests.

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› **LGB Patients in Primary Care panel discussion**

A panel discussion on "Experiences of Lesbian, Gay and Bisexual Patients in Primary Care" will be from noon to 1 p.m. Friday, April 24, in the VanNuys Medical Sciences Building, room B 26.

During this panel discussion, individuals who identify as lesbian, gay, or bisexual will share their experiences with primary care physicians. These discussions will include positive interactions as well as those that were challenging. As will be discussed, there are many different components to creating an environment welcoming to LGB patients, including outreach, office space, intake forms, and the patient interview.

Despite known biases against LGB populations, little training is provided to medical professionals on how to overcome biases or

gain cultural competency-based skills in treating LGB populations. In a future session discussion will center on the experiences of transgendered individuals in the health care system.

See www.glna.org/data/n_0001/resources/live/HealthyCompanionDoc3.pdf for the Healthy People 2010 document.

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› **Autism Awareness Fair for health care professionals**

Autism spectrum disorders information will be provided, including a list of available services and organizations, will be the focus during the Autism Awareness Fair for medical professionals Friday, April 24, from 11 a.m. to 2 p.m. at the Riley Outpatient Center Ruth Lilly Learning Center.

Information also will be provided on issues related to adolescence and adulthood, answers about medications and other questions will be answered by psychiatrists from the Christian Sarkine Autism Treatment Center.

Questions: Contact hands@iupui.edu or 278-7839.

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› **Team IU MS Center seeks walk participants**

For more than 50 years, the National MS Society has been dedicated to its mission of ending the devastating effects of multiple sclerosis. The Indiana State Chapter of the National MS Society provides *help for today*—through numerous programs for families living with MS, and *hope for tomorrow*—through national research to find a cure.

The annual Indianapolis Multiple Sclerosis Walk will be held Saturday, April 25, on the IUPUI campus. To join the Indiana University MS Center walk team and/or to make a donation please contact Lee Hayward at 278-7293.

As an added incentive to actively participate in the fund drive and walk, David Mattson, MD, PhD, professor of neurology and director of the neuroimmunology/ multiple sclerosis program, has pledged to wear an orange (MS Society color) kilt during the walk if the IU Team raise \$5,000.

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› **Master of Public Health info session**

Interested in learning more about the master of public health (MPH) program or graduate certificate in public health? An information session to discuss educational programs offered in the IUSM Department of Public Health will be from 4:30 to 5:30 p.m. Wednesday, April 29, at 714 N. Senate Ave.

Free parking is available in the lot north of the building. To RSVP contact Leah Jansen at lwissel@iupui.edu or 317-278-0765. Can't attend in person? Log on to breeze.iu.edu/mphinfosession to attend from your pc.

The department's website is at www.pbhealth.iupui.edu.

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› **Biostatistics for Health Care Providers: A Short Course**

On May 12, 13, and 14 (Tuesday, Wednesday, Thursday, 1 pm - 5 pm), the Division of Biostatistics will offer a short course on basic concepts of statistical methods commonly encountered in health care literature. The course will be open to faculty, fellows, and residents, as well as other interested students and staff. Enrollment will be limited to the first 30 registrants.

See www.biostat.iupui.edu/Teaching/ShortCourse/ for a detailed brochure and registration form.

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› **Mark your calendar for May 19 Spring Faculty Meeting**

The IUSM Spring Faculty Meeting will be from 3:30 to 5 p.m. Tuesday, May 19, in the Riley Outpatient Center auditorium.

Speakers:

Daniel F. Evans Jr., Chief Executive Officer, Clarian Health

Topic – Clarian’s Strategic Plan and Current Economic Challenges

John F. Fitzgerald, M.D., Executive Associate Dean for Clinical Affairs

Topic – Indiana Clinic Update

Robert M. Einterz, M.D., Associate Dean for International Programs

Topic – IU-Kenya Project Update

Can’t attend in person?

To view this via a web stream, see mms://wms.indiana.edu/iusm_spring_faculty_mtg.

The stream will go live 5 minutes prior to the start of the meeting.

To view this via video conferencing for a site to participate they must dial into video bridge 116.

For additional information, contact Kelli Diener at kas1@iupui.edu.

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› **Vital Signs online**

Vital Signs, a newsletter for alumni and supporters of IUSM, features six stories of interest involving research, faculty, students, programs and others in the spring 2009 issue.

View the current issue at vitalsigns.medicine.iu.edu. Archived issues can be found at vitalsigns.medicine.iu.edu/archives.htm.

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› **FAQ for NSF Recovery Act**

Updates and other information about the National Science Foundation American Recovery and Reinvestment Act (Recovery Act) can be found at

www.nsf.gov/pubs/2009/nsf09038/nsf09038.jsp?govDel=USNSF_25.

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› **Gennesaret Art for Beds fundraiser**

The 10th annual fundraiser for the Gennesaret Free Clinics will be from 4 to 7:30 p.m. Sunday, April 19, at the Indianapolis City Market, 222 E. Market Street, in downtown Indianapolis.

Details about the “Taste of the Market” Art for Beds fundraiser can be found at www.artforbeds.org.

The [Gennesaret Free Clinics](#) is an organization which has been providing medical and dental care to the homeless and working poor in central Indiana since 1988.

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› **Grants and Awards - March 2009**

PI	Agency	Type	Project Title	Begin	End	Total
Peng-Sheng Chen	Mayo Clinic	New	Obesity and Atrial Fibrillation	10/1/06	9/30/09	12,500
Kimberly Quaid De Cordon	Univ Of Rochester	New	Prospective Huntington At Risk Observational Study (PHAROS) - CHDI Foundation	7/1/07	6/30/09	64,086
Yansheng Du	Purdue University	New	Beta-Amyloid Clearance by Mammalian Choroid Plexus: Effect of Lead	3/1/09	2/28/10	113,250
Jeffrey S. Elmendorf	National Institute Of Diabetes & Digest & Kidney	New	Mechanisms of Membrane-Based Insulin Resistance & Therapeutic Reversal Strategies	3/15/09	1/31/10	334,950
Tatiana M. Foroud	Univ Of Rochester	Contin/ Competing	Cooperative Huntington's Disease Observational Research Trial	7/1/08	6/30/09	121,777
Dianna L. Fox	Am Acad Pediatrics	New	Continuing Preventative Health Care for Homeless Children	2/1/09	8/31/09	3,000
Richard N Hellman	Dialysis Clinic Inc	New	Prevention of Radiographic Contrast Agent Induced Reduction in Renal Function by Carbonic Anhydrase Inhibitor (acetazolamide) in High Risk Patients Unable to Receive N-Acetylcysteine or Bicarbonate Infusion Prophylaxis (Rescue Protocol)and	1/1/09	12/31/09	68,813
Roberta A Hibbard	First Candle	New	Bedtime Basics for Babies	2/1/08	6/30/14	497,871
Takako Kondo	National Organization Hearing Research Foundation	New	A novel stem cell therapy for the inner ear	3/1/09	2/28/10	20,000
Yunlong Liu	Univ Calif, Santa Cruz	New	Genomic Analysis of RNA Binding Protein Target Specificity	9/1/08	6/30/09	62,723
Sherry F Queener	Hauptman-Woodward Medical Research Institute	Contin/ Competing	Structural Studies of AIDS-Responsive Drugs	1/1/09	12/31/09	51,623
Peter J. Roach	National Institute of Neurological Disorders & Stroke	New	Glycogen Metabolism and Lafora Disease	3/1/09	2/28/10	335,486
Michael P Ryan	Clarian Health	New	Peer Assessment of Clinical Teaching	5/1/08	4/30/09	39,979
Christian Maximilian Schmidt	National Institute of Health	New	Mechanisms of Alcohol/Alcoholism-induced liver neoplasia	1/1/09	12/31/09	179,906
Stuart Sherman	Univ of Pittsburgh	New	North American Pancreatitis Study 2 (NAPS2)- continuation	5/1/08	4/30/09	16,059
William J Sullivan Jr	Phrma Foundation	New	Elucidating the role of TgGCN5-B histone acetyltransferase in	1/1/09	12/31/09	20,000

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> Honors

Aaron Abarbanell, MD, Jeremy Herrmann, MD, and Brent Weil, MD, residents in the Department of Surgery, each received the NIH National Research Service Award. Dan Meldrum, MD, associate professor of surgery, will serve as mentor for each of the awards during the two-year award period.

Marshall Anderson, PhD, professor of biochemistry and molecular biology and associate director of the IUSM – Northwest, was the recipient of their Laureate Award for his leadership and scholarship activities in support of the Central Group on Educational Affairs. The CGEA is one of the four regional groups on educational affairs of the Association of American Medical Colleges. It consists of members from more than 37 medical and osteopathic schools in the midwest U.S. and Canada.

Benjamin Bauer, MD, is the recipient of the first "Meds-Peds Attending of the Year" award. All current medicine-pediatrics residents are eligible to vote for the person who best exemplifies what it is to be a physician in breadth of knowledge, versatility, compassion, patient care and in being not only a life-long learner, but also a life-long teacher. Dr. Bauer, an IUSM graduate, is the director of the Pediatric Hospital Medicine Fellowship Program and a pediatric hospitalist at both Riley and Methodist hospitals.

Amber Brannan, MS3, has been selected by the IU trustees to receive a John H. Edwards Fellowship for the 2009-2010 academic year. The Edwards Fellowship is one of the highest distinctions for a graduate student at IU. The fellowship includes a \$20,000 stipend and is awarded on the basis of "good citizenship, character, especially attitude toward public service and the likelihood of future usefulness to society, scholastic ability, (and) intellectual capacity."

Suzanne Bowyer, MD, IUSM professor of pediatrics and director of the Section of Pediatric Rheumatology at Riley Hospital, was honored with the 2009 Humanitarian Award by the Indiana Chapter of the Arthritis Foundation. The award is not given annually, but is awarded when the Arthritis Foundation identifies a person who has greatly contributed to the quality of life for persons with arthritis.

Darron R. Brown, MD, professor of medicine in the Division of Infectious Diseases and professor of microbiology and immunology, has been named as one of three recipients of the 2009 PhRMA Clinical Trial Exceptional Service Award. The award honors Dr. Brown's work as a researcher in the development of Gardasil, the Merck and Co. vaccine against infection by the human papillomavirus, which can cause cervical cancer. Dr. Brown played a key role in the pre-clinical research into Gardasil, including demonstrating the effectiveness of a prototype vaccine, as well the clinical testing of Gardasil. Worldwide, about 370,000 new

cases of cervical cancer are diagnosed annually, with a 50 percent mortality rate. The award was presented to Dr. Brown April 4 by the Pharmaceutical Research and Manufacturers of America.

Paul Crisostomo, MD, **Troy Markel**, MD, and **Nathan Novotny**, MD, all residents in the Department of Surgery, were each named to a three-year term on the editorial board of the *Journal of Surgical Research*, the official journal of the Association for Academic Surgery.

Alexander M. Djuricich, ME, has been named president-elect of the Medicine-Pediatrics Program Directors Association. Dr. Djuricich, who is the program director for the IUSM meds-peds residency program and an associate professor of clinical pediatrics, will serve one year as president-elect before serving a year as president. After serving a year as immediate past president, he will serve a final year as past president.

David Ingram, MD, in the Section of Neonatal–Perinatal Medicine, has been elected to the American Society for Clinical Investigation, which comprises more than 2,800 physician scientists from all medical specialties. Each year ASCI members nominate those who have made significant accomplishments at a relatively young age – 45 years or younger. Dr. Ingram is an associate professor of pediatrics and molecular biology and biochemistry and associate director of the Section of Neonatal-Perinatal Medicine.

Richard J. Kovacs, MD, assumed the position of chair-elect of the American College of Cardiology Board of Governors at the ACC Annual Convocation in Orlando, Fla., on March 31. Dr. Kovacs was elected by his peers. He will join the ACC Board of Trustees, as well as the College's Executive Committee. The ACC represents 35,000 Cardiologists in the U.S. and advocates for Quality Care, Education and Research.

The University of Missouri School of Medicine presents a 2009 Outstanding Young Physician Award to distinguished alumni age 45 or younger. This year's recipient was **Antoinette L. Laskey**, MD, a forensic pediatrics specialist and an assistant professor of pediatrics at IUSM and Riley Hospital.

Kevin Rodgers, MD, professor of clinical emergency medicine, was honored at the recent Annual Scientific Assembly of the American Academy of Emergency Medicine as the Joseph Lex Educator of the Year. This award recognizes an individual who has made an outstanding contribution to AAEM through work on educational programs.

Mervin Yoder, MD, has been elected to the Association of American Physicians. Election is extended to individuals with outstanding credentials in biomedical science, and is limited to 60 people per year. The goal of the association is the promotion of professional and social interaction among biomedical scientists, the dissemination of important information related to biomedical science and teaching, the recognition of outstanding scientists through membership, and the establishment of role models to kindle new generations of high achievers in medicine and medical science. Dr. Yoder is the Richard and Pauline Klinger Professor of Pediatrics, and director of the Herman B Wells Center for Pediatric Research and associate chair for basic science research in pediatrics.

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› **This week on *Sound Medicine***

Tune in at 2 p.m. Sunday, April 19, or 8 p.m. Tuesday, April 21, to *Sound Medicine*, the award-winning weekly radio program co-produced by IUSM and WFYI Public Radio (90.1 FM) in Indianapolis. The program is hosted by Barb Lewis.

This week, Aaron Carroll, MD, MS, associate professor of pediatrics and director of the Center for Health Policy and Professionalism Research at Indiana University School of Medicine and the Regenstrief Institute, will address the role of private health insurers in healthcare reform.

Sound Medicine reporter Sandy Roob visited several community health clinics that are receiving federal recovery funds and will share people's thoughts about the benefits from this initiative.

Revisiting an interview we aired last summer, Ezekiel Emanuel, MD, PhD, will explain his proposal for universal health care which he laid out in his book, *Healthcare, Guaranteed*. Emanuel is now a special advisor for health-care policy to the director of the White House Office of Management and Budget.

Author Joan Carson Breitung, RN, MSN, will discuss her new book, *Forgetting: When to Worry, What to Do*, a guide that defines the kinds of memory problems that have straightforward explanations and remedies, as well as those that are more complex like dementia.

Also this week, *Sound Medicine* will air the second installment of "Grace Notes," a series of first-person essays about end-of-life issues written and read by Larry Cripe, MD, associate professor of medicine and an oncologist at the IU Simon Cancer Center.

In this week's *Sound Medicine* "Checkup," Jeremy Shere, PhD, will explore a "Recession Healthcare Toolkit," an online resource for remaining healthy during this recession even if healthcare plans have been lost.

Archived editions of *Sound Medicine*, as well as other helpful information, including when and where the program airs around the state, can be found at www.soundmedicine.iu.edu.

Sound Medicine is underwritten by the Lilly Center for Medical Science, Clarian Health, and IU Medical Group. Jeremy Shere's "Check-Up" is underwritten by IUPUI.

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› **Continuing Medical Education at your fingertips**

The Continuing Medical Education office launched a new and improved website at cme.medicine.iu.edu. In addition to online registration and listings of grand rounds, conferences and courses, the site provides in-depth tools and information for presenters and program developers. Included are forms, tips, links, contacts, maps, and a host of other handy resources to make it easier to participate in CME events, prepare a presentation or plan an event.

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› **Scientific Calendar online**

A comprehensive listing on IUSM seminars, lectures and Grand Rounds can be accessed at the new [Scientific Calendar](#) website. To place items on the Scientific Calendar, please forward them to Kelli Diener at kas1@iupui.edu.

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› **Scope submission guidelines**

Scope wants your news items.

The deadline for submission is 8:30 a.m. on Thursdays. *Scope* is published electronically and sent to faculty, staff, students, and residents on Fridays (except on holiday weekends when it is published on the following Monday).

There are three easy ways to submit story ideas or information to *Scope*:

- e-mail the information to mhardin@iupui.edu
- mail the information to Mary Hardin, Z-7, Ste. 306, IUPUI
- fax your information to (317) 278-8722

Contributions submitted by e-mail should be forwarded in 12 point, plain text format. Word document attachments in lieu of fliers are encouraged.

In the interest of accuracy, please do NOT use:

- acronyms
- abbreviations
- campus building codes (use full, proper name of building and include the room number)
- Dr. as a preface before names (designate MD or PhD)

To keep the electronic version of *Scope* as streamlined as possible, only seminars and lectures of general or multidisciplinary interest will be included.

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