A Message from Dean Richardson

Health care is entering an era of significant change and enormous potential. At OHSU, we are working hard to accelerate the translation of scientific knowledge, especially genetics, into a new era of personalized medicine. In partnership with our community, we are also focused on developing transformative models of health care delivery responsive to the needs of contemporary society. We are investing in educational infrastructure and expertise to develop innovative programs so that our students are prepared to engage in this evolving health care world and to help shape its future. This, and so much more, is our response to the changing environment.

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Update from Marquam Hill

OHSU Recruits “Dream Team” Scientist

When Joe Gray, Ph.D., joined the School of Medicine and the OHSU Knight Cancer Institute in January, it marked a significant recruitment for OHSU. Dr. Gray serves as the Gordon Moore Professor and Chair of the OHSU Department of Biomedical Engineering, Director of the OHSU Center for Spatial Systems Biomedicine, and a lead scientist in the OHSU Knight Cancer Institute.

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Alumni Profile

Sima Desai, M.D., Reflects on Umbrellas, Uniforms and Dwelling-Time

The decision hit home after the umbrellas began to arrive. Very serious, large practical ones, playful colored pocket versions and a compact, efficient traveler’s umbrella. “My friends at medical school gave me an assortment of umbrellas as parting gifts but I learned quickly that

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Building Out Portland’s South Waterfront

During the next three years, a strip of land on the west bank of the Willamette River, which for more than a century has reverberated with the sounds of lumber mills, ship building and dismantling yards, secondary smelting plants and a multitude of other industries, will enter a new era as a home for healing, teaching and discovery.

OHSU and the Oregon University System are poised to break ground on the Collaborative Life Science Building, an innovative education and research center made possible, in part, by philanthropy;

(continued on page 4)
A Message from Dean Richardson (continued)

However, with great change comes uncertainty. As I shared with the Class of 2011 at our recent Hooding and Commencement, no matter how great the change ahead of them, the core of knowledge and expertise provided by the faculty, the learning environment and their own hard work as students and passionate individuals will enable them to accomplish great things. I know they will meet and exceed their own goals and become the leaders our communities need.

The professional achievements of our School of Medicine alumni community provide the greatest evidence of my remarks to the graduating class. Every day, I am amazed by the important and inspirational contributions of our alumni. It makes me proud to hear how you excel not only in the expected areas of health care and research, but also as policymakers, filmmakers, community advocates, educators, philanthropists and much more. The benefits you bring to your community, state, nation and the world are immeasurable. This is truly the OHSU effect at its finest.

During your years at OHSU, we focused on your education and training. Now, combined with your accumulated experience, every one of you is a change agent, a leader and an innovator. I want you to know the School of Medicine continues to serve as a resource for you now. There are traditional ways we do that — reunions, invitations to campus events, and Continuing Medical Education offerings — but I want to move beyond the traditional. I think OHSU should continue to serve you by facilitating your ideas and helping to maximize your contributions to your communities. Our mission areas extend far beyond the boundaries of our campus and we want to make sure we are upholding those missions by supporting you.

I know that some of you, for instance, have participated in our disaster relief training programs as a means of extending your reach. How can we become more engaged in that? How can we help share information about your books, lectures or other activities to maximize the exchange of knowledge? How can we help you explore the potential of a research study based on data or trends you observe in your patient population, or help bring to fruition your idea for a public health initiative?

You may have left the OHSU campus, but you remain a vital part of our community. We want to support your efforts for the good of all. Please keep in touch.

Mark Richardson, M.D., M.B.A.
Dean

A Message from School of Medicine Alumni Association President
Robert J. Laird, M.D. ’68

Welcome to the Summer 2011 edition of Bridges.

In the past year I have attended many events, meetings and other activities on Marquam Hill and have heard an increasing emphasis on teamwork and transprofessional education in the teaching and training of 21st century health care professionals.

These important skills were not part of the curriculum when I attended medical school, but I found myself needing them in ever-increasing quantities as I pursued my medical career.

Whether it is in the medical student classroom, the physician assistant’s clinical rotation or the graduate student laboratory, the ability to work as a team member will be an important and necessary skill for tomorrow’s professionals to cultivate.

We are equally conscious of this evolution as we shape the School of Medicine Alumni Association Council to meet the demands of the 21st century.

Just as health care professionals need to be on the same team for the good of their patients, so does the Council need to adopt a similar approach for the benefit of its alumni constituents. Our primary mission – to enhance the educational experience for all of our students – is as relevant today as ever and it will take all of us working together to make that mission a reality for the students of the 21st century.

I hope you enjoy this edition of Bridges. The School of Medicine is pursuing innovative approaches to training scientists and health care professionals for the next century and there is plenty to be excited about in these pages. Thank you for your support over the past year and I encourage you to participate in our own “team” – led by 2011-2012 President John W. Kendall, M.D. R ’62 – as we seek to connect and re-connect all of our alumni with developments at the School of Medicine.

Robert J. Laird, M.D. ’68
Researchers at the OHSU Vaccine and Gene Therapy Institute (VGTI) have developed a vaccine candidate in non-human primates that may eventually lead to a vaccine against Human Immunodeficiency Virus (HIV). Details were published in the journal *Nature*. The research received worldwide media attention.

The research team, led by Louis Picker, M.D., Professor, OHSU Department of Pathology, Associate Director, VGTI and director of VGTI’s vaccine program, produced a vaccine candidate that programs the immune system of non-human primates to respond more swiftly to the presence of a primate version of HIV than it normally would. The team included researchers from the National Cancer Institute-Frederick and the International AIDS Vaccine Initiative.

“The next step in vaccine development is to test the vaccine candidate in clinical trials in humans.”

— Louis Picker, M.D.

The VGTI researchers tested their vaccine candidate in rhesus macaque monkeys at the Oregon National Primate Research Center using a monkey form of HIV called Simian Immunodeficiency Virus (SIV). Of the monkeys that received the vaccine candidate, more than half controlled replication of the virus to the extent that even the most sensitive tests could not detect signs of SIV.

To date, the vast majority of these animals have maintained control over the virus for more than a year, gradually losing any signs that they had ever been infected. In contrast, the macaques in the unvaccinated control group developed the monkey form of AIDS.

The researchers say that their work suggests that the immune responses elicited by this new vaccine candidate might completely clear SIV from animals that were initially infected. In comparison, antiretroviral therapy is able to control the disease, but cannot clear the virus from its hiding place within the immune system’s own cells.

The VGTI team has been working for more than ten years on its vaccine candidate, which is unique in using Cytomegalovirus (CMV) as the transport system to introduce the vaccine into the body. CMV was chosen because it is believed that most people are already infected with CMV, but for the majority the virus causes little or no symptoms. In addition, once a person is infected with CMV, the virus remains in the body for life. Dr. Picker and his team hypothesized that if such a persistent virus were used as a vector, it could create and maintain resistance against HIV by programming a portion of the body’s immune system called effector memory T-cells to be constantly on the alert for the virus.

“The next step in vaccine development is to test the vaccine candidate in clinical trials in humans. For a human vaccine the CMV vector would be weakened sufficiently so that it does not cause illness, but will still protect against HIV,” said Dr. Picker.

*The National Institutes of Health and the International AIDS Vaccine Initiative provided funding for this research.*
Building Out Portland’s South Waterfront (continued)

approximately 26 acres of land donated to OHSU by Schnitzer Industries in 2004, a $40 million gift made by an anonymous donor in 2008, and more than $27 million in contributions from the dental community to launch a $43 million fund raising initiative that will ensure the construction of a new School of Dentistry building on the waterfront. In addition, the State of Oregon is contributing $110 million in bond funding.

The design of the 510,000 square-foot building reflects the evolving needs and collaborative focus of the 21st century curriculum: a single simulation lab will serve as a site for team-based learning; larger classrooms and innovative use of technology will accommodate an increase in student numbers to support the need for more health care professionals; and flexible space will allow all types of tomorrow’s health care professionals to learn and practice in tandem.

OHSU students will rub shoulders with those in programs from Portland State University and Oregon State University. They will also share the new light rail line, streetcar, lunch tables and the commons with scientists from the OHSU Center for Spatial Systems Biomedicine, which will occupy 20,000 square feet of laboratory space in – and under – the new structure.

“"The Collaborative Life Science Building will be a clear example of the close partnership that exists between OHSU, Portland State, Oregon State and the other OUS institutions,” said President Joe Robertson. “It is an effective way for us to work together to develop the needed workforce and the new knowledge that will improve Oregonians’ health and the economic vitality of our community. This will also be a symbol of the importance of philanthropy.”
Let the Evidence Speak

A woman whose mother died of breast cancer is concerned about her risks of developing the disease. She reads about drugs that can be taken for primary breast cancer prevention and visits her primary care provider to ask for advice. In turn, clinicians look to national societies and independent panels for guidelines on such health interventions. When national health leaders look for methods to construct guidelines, they look to Mark Helfand, M.D., M.P.H., M.S., F.A.C.P.

"If you practice medicine – and I do – you realize every day that you don't have the evidence that is as pertinent to the real-life situations as you need," said Dr. Helfand, Director of the Oregon Evidence-Based Practice Center (EPC), a Professor in the OHSU Departments of Medicine and Medical Informatics & Clinical Epidemiology, and a staff physician at the Portland Veterans Affairs Medical Center.

Thanks to the Oregon EPC’s 2009 report, written by Heidi Nelson, M.D., M.P.H., Professor, OHSU Department of Medical Informatics & Clinical Epidemiology, and colleagues,* this woman’s clinician would know that tamoxifen and raloxifene – the two medications approved by the Food and Drug Administration for primary breast cancer prevention – had similar effects on breast cancer outcomes regardless of age and family history of breast cancer in a head-to-head trial. With that evidence in mind, the provider could speak with the patient to determine which medication would be best for her. This is just one example of the impact of comparative effectiveness research (CER) and systematic reviews of health interventions.

“If you practice medicine – and I do – you realize every day that you don’t have the evidence that is as pertinent to the real-life situations as you need.”

– Mark Helfand, M.D., M.P.H., M.S., F.A.C.P.

CER is a topic not immune to controversy, which surfaced during the health care reform debate prior to the passing of the Affordable Care Act. Skeptics have tried to equate CER with limiting services, but Dr. Helfand approaches the matter differently. "I've never believed that bringing evidence to bear on a question makes it easier to make decisions entirely based on cost or restricting things for financial reasons. In fact, in my experience, CER makes bad decision-making hard.”

Informed decision-making is at the heart of Dr. Helfand’s work on the IOM Committee on Standards for Systematic Reviews of Comparative Effectiveness Research, which released its recommendations in the March 2011 report, “Finding What Works in Health Care: Standards for Systematic Reviews.” In the report, Dr. Helfand and his colleagues emphasized the need for greater collaboration between stakeholders of all kinds – government agencies, professional societies, researchers and patient interest groups – in order to improve systematic reviews and, ultimately, aid clinicians who wish to integrate research into their daily practices.

Dr. Helfand was appointed as a member of the Methodology Committee for PCORI.

“The methodology committee’s role is to work with policy makers and to inform their agenda with independent scientific advice and judgments,” said Dr. Helfand. “Since I came to OHSU, we've always tried to engage with policy makers. There are some researchers who find that difficult. We decided long ago that the work we do needs to inform real health care decisions.”

Dr. Helfand has devoted the last 30 years of his career to research in medical decision-making, and his expertise is sought after by prominent organizations such as the Institute of Medicine (IOM) and the new Patient-Centered Outcomes Research Institute (PCORI). PCORI is the country’s first nonprofit institute dedicated to outcomes research and was established by The Patient Protection and Affordable Care Act of 2010.

“Mark and his group's work is among the most recognized health services work at OHSU,” said John McConnell, Ph.D., Associate Professor, OHSU Department of Emergency Medicine and noted health care economist. “When I go to conferences and speak to the big names and national leaders in health services research, once they learn I’m from OHSU, the first thing they often mention is the value and importance of Mark Helfand’s work.”

*Comparative Effectiveness of Medications To Reduce Risk of Primary Breast Cancer in Women. Comparative Effectiveness Review No. 17. Rochelle Fu, Ph.D., Associate Professor, OHSU Department of Public Health & Preventive Medicine; Linda Humphrey, M.D., M.P.H., Professor, OHSU Department of Medical Informatics & Clinical Epidemiology; Marian "Beth" Smith, D.O., Assistant Professor, OHSU Department of Medicine; Jessica Griffin, M.S.; Peggy Nygren, M.A.
Oregonians don’t bother with them. I took one from my collection to the Rose Festival a few days after I arrived and opened it when the inevitable rain fell. I was the only person carrying an umbrella and, prone as I am to peer pressure, immediately closed it. Now, I am rarely without my Oregon uniform – a waterproof jacket.”

The daughter of a family that migrated from a small village in the Indian state of Gujarat, Sima Desai, M.D. R ’98, Associate Professor, OHSU Department of Medicine, was born, raised and educated in New Mexico, obtaining her medical degree from the University of New Mexico. When the time came to choose a Graduate Medical Education (GME) program, she decided it was time to move on. But where to land?

“I crossed the country, east to west,” she said. “OHSU was thirteenth of the 14 programs I visited. I particularly remember the impact the lush green environment made on me after a lifetime in the desert,” she said.

But it would take more than a lush landscape to lure Dr. Desai to Oregon. She found it in an immediate camaraderie with Tom Cooney, M.D., Professor, OHSU Department of Medicine and, at the time, the Internal Medicine Residency Program Director, along with the quiet but forceful drive of the residents. “They were easy-going people but I could see they still expected a great deal from themselves,” she said. “Casual conversation flowed easily into enthusiastic sharing of the latest information from academic journals.”

While decisions about a medical residency are often difficult to make, Dr. Desai decided on the spot that OHSU was the place for her. “I knew right away that this was a place that would challenge me and help me to grow. OHSU was my first choice and I was fortunate to match here.”

The decision was clearly the right one. “Residency at OHSU was one of the most moving and pivotal experiences of my life,” she said. Now, 16 years later, Dr. Desai will take on the leadership of the Internal Medicine Residency Program herself during a time in which the GME model is rapidly evolving. Among the changes – beyond new duty hour requirements – is the overall environment of teaching hospitals and their community of patients. “The good news is people are living longer. The bad news is their diseases can be more complicated.” At the same time, technology advances have sharply decreased length of stay. Dr. Desai believes that no matter how advanced the technology, the simplest maneuvers such as having a conversation about a patient’s life or performing a detailed physical exam are the core essentials of medicine.

“Today, it is harder for residents to see and participate in these types of learning experiences,” she said. “We used to have a great deal of dwell-time with patients so our time spent on disease management was longer. The challenge for education programs is that the dwell-time is shortened but the complexity of disease and its management has grown. As educators, we are very mindful of how we teach in this new environment.”

Dr. Desai concludes that part of the solution is the national trend toward a stronger integration of the undergraduate and the GME experiences, softening the boundaries that have traditionally separated medical school training from residency training.

“It’s a fascinating time to be involved in residency education, and I am proud to have this opportunity to help shape the future through education,” said Dr. Desai. “And yes, I still love the rain.”
Mitchell Heinemann, M.D. ’44, is one of the oldest members of the School of Medicine alumni community. Recently, he recalled details from his life, including where he was the day Pearl Harbor was bombed. “I was in the path lab,” he said, “studying microscopic slides. Almost everyone in the lab at the time knew that we were in the army now.”

Following the raid on Pearl Harbor, medical school terms were rescheduled to continue through the summer and the class graduated in September, 1944. After military service, Dr. Heinemann began practice as a general physician in the Oregon communities of Florence and Milton-Freewater.

It was then that he was able to winnow his future professional choices down to either pathology or radiology. “Pathology won out because it was a chance to learn about a subject I knew so little about,” he said. He was accepted as a pathology resident at Good Samaritan Hospital in Portland and followed this with a two-year fellowship at Columbia Presbyterian in New York. After a final year at Mercy Hospital in San Diego, Calif., he returned to Portland in 1952 as assistant pathologist at Good Samaritan Hospital, where he spent the rest of his career. During his tenure he also supervised an accredited Pathology Residency Program.

Throughout his career, Dr. Heinemann witnessed and participated in a significant change in pathology as the discipline and its practice were revolutionized by computer technology. “Spectrophotometry was just coming in at that time and we acquired the first chemistry analyzer in Portland,” he said. “Things are much more sophisticated now, but I still remember what a change it made for us to be able to perform about a dozen different chemical analyses from a single sample of blood.”

When Dr. Heinemann reflects back on his education, he thinks in part about the struggles to pay tuition. “There were no scholarships then,” he said. “At least, if there were, someone else knew about them and I didn’t.” To cover the $600 tuition per term, Dr. Heinemann worked as a night librarian in the OHSU Library and unloaded box cars at the Front Street railway station on weekends. These early experiences shaped his rationale for giving. Dr. Heinemann is a member of the School of Medicine’s 1887 Society and a supporter of the Dean’s Fund for Excellence.

“As I see it, everyone should give something. Part of my success is due to the education I have had, and I’d like to give some of that back. And so I do. Our libraries, which I love, and other student resources always need our support. And as we all know, tuition is no longer only $600.”

For more information about giving opportunities, email sm-alum@ohsu.edu.

Donor Profile: Because Medical School Tuition is No Longer Only $600

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Maybe it’s the 80-hour weeks, maybe the feelings of being an “imposter,” maybe the stress of caring for the ill and dying, or perhaps it is the shorter winter days. Whatever it is, it happens to nearly all new residents and it happens like clockwork about midway through their first year. They begin to question their choice of careers. The altruism that drew them to the medical profession begins to compete with a growing sense of cynicism. They begin to feel sad, irritable, undervalued and isolated. For some, tragically, it has even led to suicide.

This phenomenon has troubled Donald E. Girard, M.D. R ’73, J.S. Reinschmidt Professor of Medical Education and Associate Dean for Graduate Medical Education and Continuing Medical Education, who began conducting studies three decades ago in an effort to get at the root of the problem.

“Residency is a time of growth, but undesirable emotional states including depression and anger can occur. We have found that most residents, but not all, begin struggling and doubting their decision to be a doctor in the middle of the first year,” Dr. Girard explained. “It’s not the rain, it turns out, and it’s not even necessarily the work hours. Australian residents, who are limited to 55 hours, encounter the same problem.”

Seven years ago, Dr. Girard developed a proactive program designed to help residents recognize and cope with this experience.

The suicide of an OHSU resident was the “sentinel event” which impelled OHSU to build a comprehensive program to reach out to troubled residents, said Mary Moffit, Ph.D., a clinical psychologist who joined Dr. Girard in 2004 and later recruited another psychologist, Sydney Ey, Ph.D., and Mark Kinzie, M.D., Ph.D. ’99, a psychiatrist with expertise in treating PTSD.

“We have found that most residents, but not all, begin struggling and doubting their decision to be a doctor in the middle of the first year.”

– Donald Girard, M.D. R’73

“The focus is on keeping people well,” said Dr. Girard. “Our program is free and highly confidential. No information is disclosed unless patient safety is at risk. Our purpose is to prevent the distress and isolation that can lead to impairment and to advocate for our faculty within a very challenging environment.”

One of the biggest emotional drains on residents – and even some senior faculty – is the anxiety associated with the “imposter phenomenon,” a private fear that others will find out that we are not competent. “Extremely competent faculty leaders have experienced these fears,” said Dr. Kinzie. “By all objective measures they should no longer feel this way, yet they still worry.”
The imposter phenomenon is closely related to perfectionism, explained Dr. Ey. The team addresses these anxieties by educating and coaching residents and faculty about techniques for calming physiological reactions. “For example, we encourage new residents to pair up with a faculty mentor or a

“We’re focused on the here and now – we work together to identify effective ways to deal with anxiety and tap into natural resilience.”
– Mary Moffit, Ph.D.

senior resident and just practice a given procedure so many times in a safe place that they overcome performance anxiety,” said Dr. Ey.

The wellness staff teach cognitive behavioral strategies and mindfulness interventions which focus on the present. “We don’t spend a lot of time talking to people about what happened in their childhood,” said Dr. Moffit. “We’re focused on the here and now – we work together to identify effective ways to deal with anxiety and help them tap into their natural resilience.”

The Resident and Faculty Wellness Program offers all OHSU physicians and faculty a “sanctuary” where they can learn effective strategies for coping with burnout and stress. At every level of training and practice, it is still possible to thrive and to experience greater career satisfaction.

OHSU Recruits “Dream Team” Scientist (continued)

Under Dr. Gray’s leadership, the OHSU Center for Spatial Systems Biomedicine will develop the teams and infrastructure necessary to create next-generation cancer “assembly manuals” describing how molecular aberrations in cancer cells function as a system.

“Research in the past several decades has been focused on understanding the molecular components of cancer,” he said. “The next phase of research will determine how the parts work together. Once you know how the parts work together in individual patients, it will be easier to understand how to develop more effective and durable treatments.”

Dr. Gray, a physicist, is a highly regarded scientist in the field of cancer research. He is known for breakthroughs that have changed clinical practices for cancer patients including aspects of flow cytometry, a technique for counting and examining microscopic particles, such as cells and chromosomes. He also was a key participant in the development of the widely used fluorescence in situ hybridization (FISH) and comparative genomics hybridization (CGH) tests that map the genetic material in breast cancer patients’ cells.

Cancer research is just one of the fields that will benefit from the work of Dr. Gray and his colleagues in the OHSU Center for Spatial Systems Biomedicine. “Spatial systems biomedicine is needed to functionally interpret genomic aberrations in a spatial and temporal context,” he said. The Center will provide technology and processes to support this “second step” research for multiple scientific endeavors, and its multi-disciplinary, collaborative framework will help nucleate a necessary culture change toward team-based science.

“Dr. Gray’s recruitment and associated investment reinforce OHSU’s commitment to collaboration as an essential strategy to address the complexity of contemporary scientific questions,” said Dean Mark Richardson.

Dr. Gray has played a leadership role in the Cancer Genome Atlas Project, a collaboration of scientists whose objective is to map the genomic characteristics of 20 different types of cancer. He also leads one of the five “Dream Teams” of scientists associated with the nonprofit Stand Up To Cancer initiative.

“Dr. Gray will build on the Knight Cancer Institute’s momentum in working to better understand how cancer grows so that we can find therapies that target the specific cells driving the disease and, ultimately, save more lives,” said Brian Druker, M.D., Director of the OHSU Knight Cancer Institute and Associate Dean for Oncology.
The Context for Change: Dean Mark Richardson’s Annual State-of-the-School Address

In his address titled “The Context for Change: Meeting the Needs of 21st Century Society,” Dean Mark Richardson described how the 100-year anniversary of the Flexner Report provided an opportunity for reflection on the past, present and future for medical schools across the country.

Gleevec’s 10th Anniversary Celebration

On May 10, 2001, the FDA approved Gleevec (STI571, Imatinib) for patients suffering from Chronic Myeloid Leukemia (CML). Fast-forward a decade to the very day: almost 300 patients, supporters, staff and community leaders came together in the atrium of the OHSU Center for Health & Healing to celebrate Gleevec’s anniversary, the hundreds of thousands of lives it has touched and the revolution it started in cancer research and care.

President Joe Robertson, OHSU Knight Cancer Institute Council Chair Rob Shick, OHSU Knight Cancer Institute Director Brian Druker, M.D., and Portland Mayor Sam Adams inspired the crowd with short speeches, including a mayoral proclamation declaring May 10, 2011, “OHSU Knight Cancer Institute Day.”

Rob Shick, who is a CML patient, shared his story of being diagnosed at age 44, learning initially that he had a few years to live, and then finding Dr. Druker and Gleevec. But he also said that his story pales in comparison to many others out there; he asked that all those who are alive today because of Gleevec step forward. The result was a line that stretched across the room, spanning all ages, smiling back at the standing ovation.

OHSU President Joe Robertson (at podium) welcomes guests. Behind him (l to r): Portland Mayor Sam Adams, Rob Shick and Brian Druker, M.D.
Bringing together students and faculty from across OHSU, the 28th Student Research Forum, held May 12 and 13, featured 48 oral presentations and 43 poster presentations representing the breadth of research at OHSU. Elizabeth Martin, MD/MPH candidate, was one of 12 first-place winners in the oral presentation sessions. Her research, titled **Femoral Volumetric Bone Density and Dimensions in Relation to Serum 25-Hydroxy Vitamin D Levels Among Elderly Men**, evaluated variation in femoral neck volumetric bone mineral density (vBMD) and size in 888 men ages 65 years and older. The results of her study suggested that higher serum vitamin D levels may inhibit endosteal resorption.

“Our findings of associations between vitamin D levels and specific areas of the bone are important because other studies using Osteoporotic Fractures in Men Study data have found different hip fracture risks in men depending on what area of the bone is changing in size,” she said. “Usually with aging, the inner part of the bone expands and the outer layer thins. If future studies can show that vitamin D acts to prevent these changes, it would provide more information on how vitamin D might prevent fractures.”

“The Student Research Forum is an important mechanism to help faculty and students find future scientific partnerships,” said Dean Mark Richardson, speaking at the awards reception. “Human health, literally, depends on these connections and our ability to collaborate.”

Anonymous $10 Million Scholarship Creates “Enormous and Far-Reaching” Impact

An anonymous donor pledged $10 million to endow a scholarship fund for medical students at OHSU. “This transforming philanthropic investment directly supports one of OHSU’s primary goals to develop physician leaders for Oregon,” said Dean Mark Richardson. “This is a wonderful opportunity to support students who have unique skills, life experiences or talents that will enrich OHSU’s student body and Oregon’s physician workforce in important ways.”

The scholarship fund was designed to provide financial support to “high-impact” medical students – those with the greatest potential for contributing to Oregon’s future as health care professionals, mentors and community leaders. The inaugural group of scholars will, each year, be joined by new recipients of this prestigious award, thus multiplying its impact throughout the state over time.

“The real-world impact of these scholarships is likely to be both enormous and far-reaching,” said Dean Richardson. “We are very grateful for this support for medical education and for the extraordinary vision of the generous donor.”

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**Above left: Josh Waggener, M.D. ’14, discusses his research into an alternative pericardiocentesis approach. Above center: Drew Dunatchik, Pharm.D. ’11, (r) discusses his research on wax-matrix niacin formulation with Dean Mark Richardson. Above right: (l) Rebecca Sauerwein, M.D. ’13, and (c) Katie Ringer, M.D. ’13, presented their research on Maternal and Reproductive Health Care in West Wollega, Ethiopia. Their Principal Investigator was Rahel Nardos, M.D., Instructor, Department of Obstetrics & Gynecology (r).**
Dispelling the Myths of Rural Practice
Training health care professionals where they are most needed

One of the most pressing – and intractable – challenges in the Oregon health care delivery system is physician shortages in rural communities. As part of its commitment to Oregon, the School of Medicine is working hard to unravel and reverse the intertwined trends creating this situation.

“There is no single solution,” said Dean Mark Richardson. “There are multiple factors in play including changing lifestyle expectations of new graduates and their need to pay off an enormous debt that can often be accomplished more quickly in an urban setting.”

Typically, about 50 percent of a graduating M.D. program class from OHSU will eventually choose to practice in Oregon. Currently, one-third of all practicing Oregon physicians received all or part of their training at OHSU. While OHSU’s role in Oregon’s physician workforce is significant, the School of Medicine continues to evaluate and develop new approaches that will support health care delivery in rural settings. Fundamental to these tactics is ensuring that students and trainees have the opportunity to experience rural practice.

“There’s kind of a myth that students won’t want to go into primary care and that they won’t go to rural areas,” said Lisa Grill Dodson, M.D. R ’91. “If we challenge these assumptions during their education, many students will find this kind of practice unbelievably rewarding.”

Dr. Dodson, Associate Professor, OHSU Department of Family Medicine and Director of the Oregon Area Health Education Centers, led a rural practice for many years in John Day and is, thus, uniquely positioned to support physicians currently in rural practice as well as train those who aspire to follow in her footsteps.

Dr. Dodson founded the Oregon Rural Scholars Program (ORSP) to help make a dent in rural provider shortages. The ORSP seeks out students who may be interested in, or are already committed to, rural practice and nurtures their interest through the four tough years of medical school. Part of the program immerses them in rural and frontier sites for three months.

While all OHSU M.D. students are required to participate in a five-week rural rotation, what the ORSP offers, Dr. Dodson said, “is the experience of working side by side for a prolonged period of time with family doctors, general surgeons and other rural health professionals.”
Expanding Graduate Medical Education (GME) capacity in areas in Oregon experiencing physician shortages could also have an impact on reversing these trends. Studies show a strong correlation between where a new physician completes GME training and where they end up practicing. OHSU has two such rural training programs in Oregon, one in Klamath Falls and the other in Grants Pass.

“One of our biggest successes is the fact that most of our graduates have decided to practice in Health Professional Shortage areas,” said Rob Ross, M.D., Associate Professor, OHSU Department of Family Medicine and Director of the Cascades East Family Medicine Residency Program in Klamath Falls. “One of the reasons this program started was because the Klamath Falls area was in such desperate need of primary care physicians.” Of the eight graduates from the program’s Class of 2011, six have found placements in rural Oregon communities.

Jinnell Lewis, M.D. ’11, is one of eight graduates from the Class of 2011 who matched to a residency at the Klamath Falls program this year. “I’ve always wanted to practice in a rural area,” she said. “Now I can train as I intend to practice, in an area where resources are more limited and the relative lack of access to specialists offers a much broader scope of care for the family practitioner.”

For residents entering a surgical career, training in the specialized environment of a tertiary-level care facility does not always equip a surgeon with the breadth of experience and skills needed in rural practice. To address this, OHSU’s Department of Surgery’s partners with the Three Rivers Community Hospital in Grants Pass so that OHSU general surgery residents live, learn and work in Grants Pass for one of the five years of a surgeon’s residency training.

“This is an immersion experience for the residents,” said Karen Deveney, M.D., Professor and Vice Chair of Education, OHSU Department of Surgery. “Their tool boxes of skills are greatly expanded. It’s also important because a hospital is a major economic engine of a small community, but it requires a surgeon to keep it open.”

What Do Our Students Really Think?

Our new blog, OHSU StudentSpeak, invites students to tell it like it is. And, in the process, it helps educate prospective students about what it is really like to be a M.D., Ph.D. or other health and science professions student.

“Contributing to the blog has been such a cool experience for me. Not only does it allow me to tap into a different part of my brain now and then but it has also connected me to the larger OHSU community outside of my graduate program,” said blog contributor Katy Van Hook, a Ph.D. candidate in the OHSU Department of Cell & Developmental Biology. “I hope that through the blog we can make the decision process a tiny bit smoother for prospective students and provide a resource and outlet for them once they arrive.”

Join in the conversation and follow our talented student writers as they post their thoughts and experiences at www.ohsu.edu/studentspeak.

(l to r): bloggers Kyle Ambert, Katy Van Hook, Rachel Seltzer, Andy Dworkin and Yassar Arain.
I am excited to see today’s masters and Ph.D. graduates join their professional colleagues in science, industry, education and health care. I look forward to hearing about their contributions to improving world health in years to come.

– Allison Fryer, Ph.D., Associate Dean for Graduate Studies

We are very proud of each one of you – not just for what you have learned and achieved up to today, but also for who you are and what you will become, what you will learn and achieve tomorrow and every day thereafter.

– Molly Osborne, M.D. R ’83, Ph.D., Associate Dean for Student Affairs and Interim Associate Dean for Undergraduate Medical Education

2011 Hooding and Awards Ceremony

Class of 2011 joins distinguished community of men and women who dedicate their lives to health and healing.

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– Allison Fryer, Ph.D., Associate Dean for Graduate Studies
“We are still young. Right now we are the fresh eyes. We have few presumptions, few political alliances. We are still mostly unfettered free agents, able to explore, question and conjecture with relative immunity.”

– Jennifer Redig, Ph.D., Class of 2011

“I am a strong believer that we are the future of the medical profession. Our generation of doctors will shape what the health care system is going to look like over the next 20 years.”

– Jessica Carlson, M.D. ’11, President, M.D. Class

“Generously share your knowledge – with your patients, with your colleagues, with the world. Collaboration is more than a buzzword; the future of health care and biomedical research hinges on collaboration.”

– Mark Richardson, M.D., M.B.A., Dean

Graduates in the Master of Science in Healthcare Management program prepare for the processional.
Alumni Profile: Emmy-winning Physician Redefines “Patient Focused”

Gretchen K. Berland, M.D. ’96, started medical school at OHSU one day after accepting her second Emmy award.

A graduate of Wilson High School in Southwest Portland and Pomona College in Claremont, Calif., Dr. Berland moved to Boston after obtaining her undergraduate degree to work on the NOVA series at WGBH – first as unpaid intern, then as production assistant and finally as associate producer. She picked up her first Emmy at the age of 23, for a NOVA program on the race to build the first superconductor. A 1991 series on the health care crisis, this time for MacNeil/Lehrer Productions, resulted in her second Emmy. She was 28, and a career as a filmmaker looked secure.

Security is not, however, the essential ingredient in Dr. Berland’s life. “Parts of my life have really been about taking risks and learning to feel comfortable with uncertainty,” she said.

Health care was in her genes through her father, John Berland, M.D. ’68, and she had never fully ruled it out for herself. Despite serious misgivings about her formal qualifications, she decided to apply to OHSU – the nearest medical school to her family home. “OHSU focused primarily on my abilities and motivation for medicine,” she said. “They believed in me and accepted me.”

It turned out to be a good match. “I loved OHSU,” she said. “I loved every single rotation: I loved surgery, I loved pediatrics, I loved psychiatry. I loved medicine. Instilling a genuine love of medicine is a great gift that OHSU gives to its medical students – and in my experience, it is not at all that common.”

Her background as a filmmaker would prove to be a gateway to better understanding the needs of her patients. One of her rotations involved psychiatric assessment of troubled teens in a juvenile justice program. “I realized that I had no idea how they lived, what their lives were like outside of the exam room,” she said. “I needed those insights in order to treat them properly, but they could not share freely and openly in the clinical environment.”

Dr. Berland’s background as a filmmaker would prove to be a gateway to better understanding the needs of her patients.

Instead, she gave them video cameras to record their daily experiences. “Institutions tend to define people in one dimension,” she said, “and there is sometimes a discord between how the system sees them and how they see themselves. Looking at the footage they shot gave me three-dimensional insights into their lives. For example, one very troubled teen took the camera through his entire house and all that he videotaped were the pictures of him and his family when they were children. That told me a lot.”

She continued to build on this experience with participant-filmed video through her residency at Barnes Hospital in St. Louis, Miss., and her appointment as Associate Professor, Department of Internal Medicine at Yale University School of Medicine. Her approach reached its widest audience with her 2004 documentary, Rolling, which tells – sometimes in uncomfortably intimate detail – the stories of three individuals who use wheelchairs. The film was shown on PBS as well as in national and international film festivals and garnered awards from the Film Society of New York and the Lake Placid Film Festival. It also brought her to the attention of the MacArthur Foundation, which recognized her as one of 24 MacArthur Fellows that year.

Now with teaching responsibilities at Yale, she continues to encourage her students and residents to find ways to probe deeper in search of a better understanding of their patients’ situations. But it’s not a role she finds easy to adopt.

“It’s very hard to be a good mentor: a good role model to your residents, to your medical students, to your staff, to your patients,” she said. “I draw on all the memories of mentors I had at OHSU to help me try to do this in my life as a physician now.”
Alumni Go Back To School

The second-year class made a little room in their morning lectures to welcome nine alumni of the School of Medicine who were returning to see what was similar and what had changed since their days as students.

The curriculum for the morning was wide-ranging and covered a review of the autonomic nervous system, the reward mechanisms in the brain, the pharmacology of substance abuse and a classroom laboratory on the hypothalamus and the limbic system. The day finished with lunch and a discussion with Dean Mark Richardson.

“It was great fun being back and seeing the advances in the teaching environment, the audio-visual capabilities and the gender balance in the class,” said Joanne Jene, M.D., who was one of only four women to graduate in the Class of ’60. “What was especially fascinating was to see the advances in knowledge that have occurred since we were students, particularly in the pharmacology of substance abuse. We really didn’t fully understand the role of dopamine then, nor the neurological connections that drive habituation and the process for reversing the effects of heroin abuse.”

Want to come back to school? Contact the Alumni Relations office at sm-alum@ohsu.edu

From the Archives: Mackenzie Hall’s Missing Mural

How did the University of Oregon Medical School (predecessor of OHSU) lose an entire mural? For 16 years, a monumental work of art by the painter Darrel Austin (1907-1994) graced the entrance of Mackenzie Hall. And then it disappeared.

As part of the economic recovery effort during the Great Depression, the federal Works Progress Administration (WPA) commissioned artists across the country to create artwork, primarily for government buildings. In 1936, the WPA engaged Darrel Austin, then a struggling young artist, to create The Evolution of Medical Education for the University of Oregon Medical School. The mural consisted of four panels, each measuring six by eight feet, and representing Ignorance, Doubt, Revolt and Triumph. Influenced by Mexican muralists such as Diego Rivera, the brightly colored panels featured vigorous, symbolic human figures that represent the triumph of education over ignorance. The completed mural was installed in the entryway of Mackenzie Hall.

After his work for the WPA, Austin went on to success as an artist in Los Angeles and New York. As his reputation grew, so did interest in his early work. But when art connoisseurs inquired about The Evolution of Medical Education, it was too late. The panels had been removed from the walls of Mackenzie Hall during a 1952 building renovation, and have never reappeared. The mural is now considered lost, though it’s not known whether it was destroyed, given away, or forgotten in storage. Black-and-white photographs of each of the four panels have survived.

Other pieces by Darrel Austin are at Timberline Lodge, Grant High School, the Portland Art Museum, and the Oregon Historical Society. His work is also held in national collections including the Metropolitan Museum of Art, the Museum of Modern Art, and the Museum of Fine Arts, Boston.
Mark Your Calendar:
Upcoming Events

Welcome Barbeque
Sept. 23
Marquam Hill Campus

Medical Specialty Speed Dating
Nov. 16
Student Center, Marquam Hill Campus

Marquam Hill Lectures
Oct. 20, Nov. 17, Feb. 16, April 19

Holiday Reception
Dec. 4
Waverley Country Club

For further information about these events, email us at sm-alum@ohsu.edu.

Upcoming CME

7th Annual Dermatology for Primary Care
Sept. 23
Governor Hotel, Portland

6th Annual NW Regional Hospital Medicine Review
Sept. 29 - 30
Governor Hotel, Portland

35th Annual Pacific NW Update in Obstetrics, Gynecology & Women’s Health
Nov. 3 - 4
Governor Hotel, Portland

For more information on these and other continuing medical education activities, please visit www.ohsu.edu/som/cme or call 503 494-8700.

Reunions

Class of ’61 Celebrates a Golden Milestone
Thirty-two members of the Class of ’61 received their Golden Circle pins at their 50th reunion, held May 6, 2011 at the Multnomah Athletic Club in Portland. Reunion Chair George Caspar, M.D., updated the group on those unable to be there, and those present took turns at the podium describing a wide variety of careers and experiences since graduation. Dean Mark Richardson acknowledged the achievements and contributions made by class members over the past half-century and noted the large number of class members who were represented in the School of Medicine’s giving circles. The following morning a group of class members and spouses toured the Marquam Hill Campus and rode the Portland Aerial Tram.

Class of ’80
The Sunset Athletic Club in Portland was the venue for an Aug. 11, 2010 reunion of the Class of ’80. Reunion Chair Lauretta Young, M.D. arranged a lively poolside event that included remarks from Molly Osborne, M.D. ’83, Ph.D., Associate Dean for Student Affairs and Interim Associate Dean for Undergraduate Medical Education, describing the curriculum and daily lives of current medical students.

Class of ’70
Forty-three members of the Class of ’70 met at the Waverley Country Club on July 24, 2010, to share memories of classes and teachers, prompted by a presentation assembled by reunion chairs Scott Miller, M.D. and Larry Rich, M.D. A large number also braved the summer heat to tour Marquam Hill, visit their former classrooms and take a ride on the Portland Aerial Tram.

Missed your reunion? View photos from these and many other alumni events at www.facebook.com/ohsusom.
Dean Emeritus John Benson Receives Abraham Flexner Award

John A. Benson Jr., M.D., Professor and Dean Emeritus, School of Medicine, was recognized with the 2010 Abraham Flexner Award by the Association of American Medical Colleges (AAMC) at its annual meeting in Washington, D.C. Harry R. Kimball, M.D., American Board of Internal Medicine President from 1991-2003, shared this honor.

“Sharing the AAMC’s 2010 Flexner Award for Distinguished Service to Medical Education with my successor at the ABIM was extraordinary recognition, particularly as I reflect on the previous awardees,” said Dr. Benson. “My long, happy career at OHSU grounded me in teaching, for which it deserves credit too and for which I remain very grateful.”

The Flexner Award recognizes the highest standards in medical education and honors individuals whose impact on medical education is national in scope. It is the AAMC’s most prestigious honor.

In Memoriam: Tana Grady-Weliky, M.D.

The School of Medicine is deeply saddened by the passing of Tana Grady-Weliky, M.D., Associate Dean for Undergraduate Medical Education and Professor in the OHSU Department of Psychiatry. She died on Jan. 18, 2011. A memorial service mass was held on Jan. 25, at St. John Fisher Parish in Portland. A tribute to honor Dr. Grady-Weliky was also held at OHSU in March.

“Tana was uniquely generous of spirit and had a truly special way of connecting with people,” said Dean Mark Richardson. “She was a dedicated and influential leader in this School of Medicine and her absence is profoundly felt.”

Born Nov. 19, 1962, in Wuerzburg, Germany, Dr. Grady-Weliky earned her medical degree from Duke University School of Medicine and completed her residency in General Psychiatry at McLean Hospital/Harvard Medical School in Belmont, Mass. She was appointed Associate Dean for Undergraduate Medical Education in the School of Medicine in February 2009. In this position, she oversaw the education of OHSU’s approximately 500 M.D. students.

Dr. Grady-Weliky is survived by her husband, Michael Weliky; father, Charles S. Grady; daughter, Maya B. Weliky; and stepmother, Terri Grady.

In May, the American Psychiatric Association posthumously awarded her its Special Presidential Commendation in recognition of her outstanding contributions to American psychiatry as a leader, an educator, a mentor and a role model.

Dr. Grady-Weliky’s family established a scholarship fund in her memory and honor. Memorial gifts can be made to the Tana Grady-Weliky, M.D. Scholarship Fund in care of OHSU Foundation, 1121 SW Salmon Suite 100, Portland, OR 97205, or at www.ohsufoundation.org.

"A Book of Songs" by Merrit Linn, M.D. ’61, is a novel set in a German forced labor camp during the Holocaust.

“Reflections of a Country Doctor” by Jimmie Lee Ashcraft, M.D. ’74, is a compilation of the experiences of a physician in rural practice.

"Retire Right” is co-authored by Frederick Fraunfelder, M.D. ’60 and James H. Gilbaugh Jr., M.D. ’62, and describes eight key traits shared by the happiest retirees in a study of over 1,000 patients.
Today's decisions can become tomorrow's opportunities for the School of Medicine

Extension of the IRA Charitable Rollover through 2011 renews an opportunity to support health care, research and the education of tomorrow's physicians, researchers and other medical professionals. If you qualify, you can direct your contribution to support a scholarship, research advancement fund, new medical school curriculum for the 21st century, or other areas of focus in the School of Medicine that are most important to you. These gifts also count toward your required minimum distribution and may lower your tax liability.

- Valid through 2011 tax year
- Minimum age is 70.5 years
- Must come directly from an IRA
- Maximum rollover is $100,000 per year

Our gift planners are available to assist you in exploring the possibilities.

www.giftplanning.ohsufoundation.org
503 228-1730 (ask for a Gift Planning Officer) or email pginfo@ohsu.edu