Alumni Society bites on healthy proposal cooked up by med student

Calorie-laden burgers and fries, greasy pizza slices, skipped meals. “Is this a good way to eat the week before exams? Probably not,” medical student Amber Beery asked (and answered) in her funding proposal to Ohio State’s Medical Alumni Society.

Since 1978, the Medical Alumni Society has offered support for one-time projects to enrich the academic, cultural and artistic environment and programs of the College of Medicine.

With visions of med students crammed in campus libraries, sustaining themselves on high-calorie, low-nutrition take-out orders, Beery proposed to the Alumni Society this recipe for success: “Fun, Fast and Healthy: Medical Student Cooking Series.”

“I propose that the medical school offer a monthly or bi-monthly cooking class that focuses on smart and healthy cooking and eating, with special attention to easy and fast meals with fresh and local ingredients,” wrote Beery. “Some of the classes would be geared more toward beginners and participants would learn very basic methods and techniques, while other classes would provide an opportunity for those a little more seasoned in the kitchen to be exposed to new and healthy ideas,” she added.

With funding from the Alumni Society, administrative support from the College and the teaching resources of Local Matters, classes were offered in autumn 2011 to all Ohio State medical students. Local Matters is a community-based non-profit dedicated to increasing the availability and consumption of wholesome, local foods. Students paid $10 per class and ate what they cooked.

“The classes filled in less than an hour, and there was a waiting list. We hope to be able to offer more classes in the future,” says Eileen Mehl, director of Student Activities in the College of Medicine.

Although focused on nutritious foods that are reasonably priced, easy to prepare and taste good, the cooking classes have much more to offer.

“If we as future physicians are better equipped with healthy and easy options, we will be much more prepared to counsel our patients and give them practical ideas for changing their own habits,” says Beery.

“We cannot overlook the cultural and artistic aspects of this project either. The cooking classes can be a fabulous way for students to learn a new skill or go beyond the basics. They would leave classes with several recipes to get them started in their own kitchens. Furthermore, it would expose them to new cuisines and ingredients that they might not have tried on their own.”

The cooking classes have left medical students hungry for more, so Mehl says she and Beery will evaluate the program, blend in a few new ideas and serve up new classes in the coming year.

Learn more at local-matters.org/blog/laura-robertson-boyd/culinary-boot-camp.

America’s Best — # 36 Orthopaedics

Since 2008, Ohio State’s Department of Orthopaedics has more than doubled in size, increasing the number of faculty, expanding its research initiatives, offering new education and training opportunities, and ultimately providing patients with a wider range of expertise and services. This growth is good news for patients, who are assured they will receive the same level of excellent care and greater continuity of care throughout the OSU Health System.

Jason Calhoun, MD, FACS, chair of the Department of Orthopaedics since Jan. 1, 2009, and holder of the Frank J. Kloenne Chair in Orthopaedic Surgery, explains that an influx of expertise has occurred in several services and that the expansion is notable in hand, shoulder, foot and ankle, spine and adult reconstruction surgery. In addition, the Department most recently added the Division of Hip Preservation. While the majority of patient services are located at University Hospital East and CarePoint East, the multidisciplinary hand surgery center, led by Michael Ruff, MD, offers ambulatory care in the OSU Eye and Ear Institute, 915 Olentangy River Road.

Adult reconstruction surgery, once considered surgery of the hip. For some patients a total joint arthroplasty, where both joint surfaces are replaced with artificial materials, can treat the patient’s disease and improve health and quality of life by reducing pain and increasing function.

On Dec. 1, Ohio State opened an urgent orthopaedic clinic for OSU Health Plan members only at CarePoint East, 543 Taylor Ave. The Clinic operates from 8 a.m. to 4 p.m. weekdays. Patients are asked to call ahead at 293-BONE (2663).

Learn more about Ohio State Orthopaedics at ortho.osu.edu.

The US News & World Report 2011 rankings of “America’s Best Hospitals” included 11 Ohio State University Medical Center services among the nation’s best. These are: Cancer; Cardiology/Heart Surgery; Diabetes/Endocrinology; Ear, Nose and Throat; Gynecology (Women’s Health); Nephrology; Neurology and Neurosurgery; Orthopaedics; Pulmonology; Rehabilitation; and Urology. Seven services ranked in the Top 25 nationally.

Ranked among “America’s Best” for 19 consecutive years, Ohio State was also chosen by US News as the top hospital in the central Ohio metro region.

In addition, Ohio State’s Medical Center has earned a spot among the Top 10 academic medical centers in the nation for delivering the highest quality of care, based on the results of a study commissioned by the University HealthSystem Consortium (UHC). The UHC’s Quality & Accountability Study ranks Ohio State 9th in its 2011 survey of more than 100 academic medical centers.
Medical Briefs

Facilities recognized for BIM project

The Facilities Information and Technology Services and Facilities and Material Management team was recently awarded the 2011 Public Sector CAD award for the implementation of a Building Information Modeling (BIM) project to improve the visual presentation of Medical Center facility floor plans and conduct energy modeling. Floor plans, now available in 3D, dramatically improve how information is presented. BIM also helps improve decision making related to space utilization. Additionally, these models provide the foundation for improved wayfinding for patients and visitors that can help reduce stress during their hospital stay.

Croce receives AMP Award for Excellence

Carlo Croce, MD, who is chair of the Molecular Virology, Immunology, and Medical Genetics and is director of Human Cancer Genetics, received the Association for Molecular Pathology (AMP) Award for Excellence in Molecular Diagnostics. This award, the highest AMP recognition, identifies lifetime innovative and extraordinary achievements by professionals in the fields of molecular biology, molecular pathology, pathology, genetics, microbiology and basic medical sciences. Croce’s renowned career in research has uncovered early events involved in the pathogenesis of leukemia, lymphoma, lung, nasopharyngeal, head and neck, esophageal, gastrointestinal and breast cancers. More recently, he discovered the novel role of microRNAs in the genesis of various cancers.

Neurotransmitter could aid cancer treatment

Doses of a neurotransmitter might offer a way to boost the effectiveness of anticancer drugs and radiation therapy, according to a new study. The study, which was conducted by researchers at the Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC–James), used animal models of human breast and prostate cancers, the researchers found that injections of the neurotransmitter dopamine can improve blood flow to tumors and improve delivery of an anticancer drug, doubling the amount of the drug in tumors and increasing its effectiveness. The increased blood flow also raised tumor oxygen levels, a condition that typically improves the effectiveness of both chemotherapy and radiation therapy. The findings are published online in the Proceedings of the National Academy of Sciences. The principal investigator is Sujit Basu, PhD, of Pathology and of the Experimental Therapeutics Program.

Team examines chemotherapy’s effect on heart

Ohio State’s cancer and heart researchers are teaming up to find a better way to assess early cardiac injury from a class of chemotherapy drugs commonly used to treat breast cancer. While doxorubicin has proven to be effective, it has also been shown to cause heart damage in a small percentage of patients many years after completing treatment. As part of a clinical trial, researchers are using high-definition cardiac MRIs along with frequent blood tests during treatment to determine if they can identify heart damage much earlier in the process, at a time when it is most likely to be treated effectively.

Study aims to aid post-transplant patients

A $1.5 million grant from the National Institute of Allergy and Infectious Diseases will fund an Ohio State study of the formation and regulation of alloantibodies after a patient receives a transplant. Alloantibodies are proteins produced naturally in response to antigens from donors. Ginny Bumgardner, MD, PhD, FAC, of Ohio State’s Comprehensive Transplant Center, and colleagues are interested in cells, molecules and signals involved with the formation of alloantibodies, which damage transplanted cells and organs. Bumgardner explains that findings will help in the development of strategies and therapeutics to preserve graft function after transplant.

Scientists discover second-oldest gene mutation

An OSUCCC research team led by Stephan Tanner, PhD, has identified a gene mutation estimated to date back to 11,600 B.C., making it the second-oldest human disease mutation known. The mutation was described in people of Arabic, Turkish and Jewish ancestry. It causes a rare, inherited vitamin B12 deficiency. The researchers also determined that this is a “founder mutation.” That is, the mutation originated in a single, prehistoric individual and was passed down to that individual’s descendants. The discovery should permit reliable genetic diagnosis of suspected cases of Iermslund-Gräbeck Syndrome.

Personalized Care respects cultural diversity

Abdi Abdulkadir | The Ohio State University Medical Center Interpreter Services

I have been a medical interpreter for many years, and for almost five years I have been working here at The Ohio State University Medical Center. As a medical interpreter, my job is to facilitate communication between a patient who has limited English proficiency and his/her healthcare provider. The work of a medical interpreter is much more than simply rendering spoken words from one language into another. It often requires that the interpreter also serve as a bridge between different cultures. This is very important in meeting the needs of the patient, as well as helping the provider to determine the proper diagnosis.

Facilitating cultural understanding is not an easy task, and I take great pride in doing it. At times, accurate expression of the spoken word from one language to another may be very easy or it may be very difficult. The exact word needed may not exist in another language, so it may be necessary to use additional words to describe a disease or a procedure. For this reason, very often an interpretation is not a word-for-word exchange from one language to another. Instead, the interpreter will use words and expressions that convey the correct meaning and maintain the essence of what is being said. For example, in Somali the word “diabetes” doesn’t exist. So instead, with the clinician’s permission, I describe the disease.

Most of the Somali people in central Ohio have come here in the last 15 years. Many came here to escape the civil war that has plagued Somalia for the last 20 years. These immigrants were looking for affordable housing and a good place to raise a family and to experience economic opportunities, religious freedom and political freedom.

Some of the Somali immigrants may have been in a refugee camp for the last 20 years. I have interpreted for people more than 60 years old who stated that they have never had a vaccination or that they have suffered from the same problem for many years without ever going to a doctor. Clearly, if people are struggling each day to find a meal, then health care is a luxury.

In other cultures, people may have very different ideas of how to treat a disease. These ideas may run contrary to the plan of treatment recommended by healthcare providers in the United States. Sometimes, the patient’s expectations are very different from those of the provider. A Somali patient may have a hard time accepting a surgery even though it is necessary. I have seen many patients who are in pain and yet they will insist, “I am trying to avoid surgery.” Through the interpreter, the medical provider tries to give the patient as much information as possible. In the end, however, the final treatment decision rests with the patient.

The medical power of attorney is another concept that may not be familiar to patients from another culture. The interpreter has to find a way to explain the purpose of the document to the patient. Many patients believe the provider is telling them to write a “will” in case they do not survive. This is the last thing a patient needs to hear when he or she is already nervous about an upcoming surgery. Nearly all Somalis are Muslim. For those of Muslim faith, it may even seem inappropriate for a clinician to tell them there is a risk of death, as only Allah has that knowledge or power.

The Department of Interpreter Services at Ohio State’s Medical Center goes above and beyond simply meeting the patient’s language needs. Under the leadership of this department, Interpreter Services has expanded greatly in the last few years to serve patients in every appointment where assistance is needed. I enjoy doing this job, and I have the opportunity to meet many people in the process. But most of all, when I go home, I know that I have done my best.
But for Ohio State... Artistic vision

Christina Stetson | The Ohio State University Department of Ophthalmology

The art of Virginia Krause Hess can be seen around the world. Her sculptures and paintings are displayed at the Pro Football Hall of Fame, the Smithsonian and even at the Epau Abbey in Le Mans, France. But at age 60, the artist who had created so many beautiful sights for others was in danger of losing her own vision. After Hess began noticing gradual loss of vision in her right eye, she was diagnosed with low-tension glaucoma, a chronic condition that can cause peripheral vision loss.

A visit to her local Dayton, Ohio, ophthalmologist began a six-year quest for treatment that took her across the nation and, ultimately, back to central Ohio.

While at Stanford University, Hess was encouraged to seek care at Ohio State. “You have the best doctor in the world in Columbus,” Hess was told.

Today, Hess offers great praise for that doctor, Paul Weber, MD, and for the care provided at Ohio State. “Thank God for Dr. Weber. If it hadn’t been for him, I would have been blind years ago. I can’t imagine not being able to see and enjoy life,” she says.

Hess has faced multiple surgeries, eye drops and additional ocular problems, but she states that Weber was with her every step of the way. “I’ve never met anyone like him and not just a person but, of course, a doctor like him. He is just so generous with his talents and his abilities. He is a marvelous person. He takes the time to explain, and you never feel that you were being rushed. He always makes you feel like you are his most important patient. He’s just one of a kind.”

Now 86, Hess still works on her art every day. To express her gratitude for the vision she came so close to losing, Hess is supporting Ohio State Ophthalmology research to end glaucoma.

Learn more about Ophthalmology services at eye.osu.edu.

OHSN extends Medical Center caring

Berger Health System in Circleville has become the newest member of the Ohio State Health Network. Founded in 1995 by The Ohio State University Medical Center, the network provides cost savings and educational and professional networking opportunities to member hospitals. In addition, network hospitals have access to many OSU Health System resources.

Berger Health System membership in the network will enable an exchange of ideas and resources with other hospitals and healthcare systems that can ultimately improve the medical care of Pickaway County residents, according to Tim Colburn, CEO of Berger Health.

“Berger Health System continues to explore partnerships that enhance the value and quality of health care for our community. We are excited about the opportunity to partner with The Ohio State University Medical Center and look forward to maximizing the benefits of this collaboration for our community and all of the communities served by the Ohio State Health Network,” adds Colburn.

Hospitals in the network take advantage of group purchasing programs that can reduce costs on medical equipment, supplies and services. Representatives from the member hospitals meet regularly to exchange information and best practices. Physicians and other medical professionals can participate in educational programs offered through Ohio State’s Medical Center.

“We welcome Berger Health System into the network, and we are looking forward to their partnership to help strengthen this valuable statewide resource,” says Peter Geier, CEO of Ohio State’s Health System. “The efficiencies of hospitals working together ultimately benefit the patients.”

Joe D’Ettorre, CEO of Wyandot Memorial Hospital and chairman of the Ohio State Health Network board, agrees: “I believe Berger Health System’s membership will help support the wonderful service they provide their community, and help them further the mission and vision they have established for their organization. I look forward to their involvement.”

Berger Health System, a full-service community healthcare system, has been serving the residents of Pickaway County and south-central Ohio for more than 80 years. It includes the main hospital campus in Circleville, two ambulatory care centers in northern and southern Pickaway County, a medical staff of nearly 200 physicians, and Berger Health Foundation.

Faces

Guido Marcucci, MD
Professor of Internal Medicine, Division of Hematology
Professor of Pharmaceutics, College of Pharmacy
Associate Director for Translational Research, OSU Comprehensive Cancer Center

What do you like best about practicing medicine at Ohio State’s Medical Center?

For a physician-scientist like myself, this Medical Center is an ideal place to work because the academic, research and clinical missions are regarded as fundamental and equally important for pursuing a society free of deadly diseases such as cancer.

What excites you most about the future of medicine?

Advances in technology and epidemiology will enable us to do a better job of predicting and preventing both injuries and illness.

How do you think P4 Medicine will change your specialty over the next 10 years?

It will revolutionize our approaches to prevent, diagnose and treat cancer by allowing us to design treatment regimens based on the molecular features of individual patients and to develop rational strategies for preventing recurrence.

Name one of your medical career mentors and tell us what you learned from him or her.

Dr. Clara D. Bloomfield has been my mentor and collaborator for more than 15 years. She is a world-renowned expert in acute myeloid leukemia (AML). I learned from her a disciplined approach to problem-solving and to the relentless search for novel concepts that shift scientific paradigms. I cannot thank Dr. Bloomfield enough for being a role model for me and for teaching me the importance of knowing the details in order to understand the whole.

What advice do you have for young physicians early in their careers?

To do their work with passion and in the sole interest of their patients, 24 hours a day, seven days a week.

Who in history would you most like to meet and why?

Albert Einstein. He revolutionized our perceptions of reality using only the power of his mind and creativity. His scientific predictions could not be demonstrated during his days, but since then they have been proven right as adequate technologies have become available.

What are your hobbies or volunteer activities?

My hobby is learning things that are not directly related to medicine, but that one day may show new ways to approach biological and medical problems. For example, I am learning some basic elements of quantum mechanics that disclose probabilistic rather than deterministic aspects of reality. It is fascinating how physics can describe true features of our world that are so different from how we perceive them. My greatest accomplishments outside of medicine are my seven children. I must thank my wife, Michelle, for this.

Rising star: Ramiro Garzon, MD, assistant professor of Hematology, is an inquisitive, intelligent and, most importantly, passionate young physician-scientist who focuses on the role of microRNAs in acute myeloid leukemia (AML). His perseverance in discussing with me the possible role of microRNAs, a newly discovered category of genes, in AML has persuaded me to pursue this line of research in my lab with very interesting results that could lead to new ways of classifying and treating this disease.

Read about those who are creating the future of medicine to improve people’s lives at wuworks.wordpress.com/faces-of-osu-medical-center.

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College students and other young adults who are balancing the stresses of adult life for the first time often forgo follow-up care for chronic medical conditions such as asthma. Pulmonologists say this break in care often opens the door to added complications.

Ohio State clinicians are working to reverse that problem with the development of a new program to help young adults transition from their pediatric pulmonary specialists.

“I started this program because we see a number of young patients fall through the cracks. They might move away or outgrow their pediatric doctor, and they’re not sure how to find an adult specialist for their ongoing condition,” says Stephen Kirkby, MD, a pulmonologist at Ohio State’s Medical Center and Nationwide Children’s Hospital.

Kirkby is among approximately 15 physicians in the country who are specially trained to bridge the transition, with board certification in both pediatric and adult pulmonary and critical care.

Young adults who discontinue care for ongoing lung conditions, like asthma, can develop more serious symptoms that can require hospitalization or become life-threatening. Asthma affects nearly 34 million children and adults in the United States and is responsible for nearly one-half million hospital stays each year. Symptoms, often brought on by environmental triggers, include coughing, shortness of breath, wheezing and tightness in the chest. Triggers that young people in a new environment might face include stress, dust, mold, tobacco smoke and unfamiliar chemicals in the air or in food.

Young adults with asthma and other lung diseases can seek care at the new Congenital Lung Disease Clinic within Ohio State’s Lung Center, located at the Martha Morehouse Medical Plaza, 2050 Kenny Road.

Appointments can be made by calling 293-4925.

In 1958, Ohio State’s Bertha Bouroncle, MD, along with coauthors Bruce Wiseman, MD, and Charles Doan, MD (nation-ally famous Ohio State hemotolo-gists now with namesake Medical Center buildings), published a landmark paper in the journal Blood. The Ohio State faculty described a relatively rare and almost always fatal disease that they called leukemic reticuloen-dotheiosis. A few years later, the disease picked up a more colorful name – hairy cell leukemia (HCL). The common name referred to the malignant cells’ ragged edges, which display fine, hair-like projections under the phase-contrast microscope.

“The paper was talked about across the country because it provided the first comprehensive description of the disease,” explains Michael Grever, MD, chair of Internal Medicine and co-leader of The Ohio State University Comprehensive Cancer Center’s Experimental Therapeutics Program. “Many hematologists and oncologists had seen one or two of these cases during their career, and this report helped them understand what it was.”

Ohio State’s expertise made it a center for the study of HCL, including clinical trials that led to the development of effective therapies that can put the disease in remission. That’s lifesaving news to approximately 500 people in the United States each year who are diagnosed with HCL and account for about 2 percent of all leukemias. “This has been a remarkable success story. We changed the natural history of this disease in our lifetime,” Grever says, explain-ing that Ohio State cancer experts continue to lead the nation in the study and development of new and better therapies for HCL and other blood-related cancers.

Read more about Ohio State’s nationally ranked cancer program at cancer.osu.edu.

Hairy cell leukemia derives its name from the ragged edges of the malignant cell.

BUT FOR OHIO STATE, CONVENIENT CARE WOULDN’T BE THIS AFFORDABLE.

FastCare clinics provide convenient, quality care for common illnesses for less than the cost of urgent care visits.

No appointment necessary, with evening and weekend hours available. Visits start at $59 and when applicable, we can bill your insurance.

Locations
Gahanna Giant Eagle
1250 N. Hamilton Road

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Hours
Monday-Friday: 8:30 a.m. to 8:30 p.m.
Saturday: 9 a.m. to 6:30 p.m.
Sunday: 10 a.m. to 4:30 p.m.
medicalcenter.osu.edu/go/fastcare