MSU-COM student spoke
IHP Represented at World Health Day Conference in Washington

MSU-COM student Marianne Soden, director of the MSU student-run International Health Project, was invited by the World Health Organization to speak about the efforts of MSU medical students at the World Health Day Conference in Washington, D.C. on Friday, April 7.

This is the first time the organization has asked a university student to speak. Soden prepared a video presentation, which the WHO may use as a prototype for other universities to begin international health programs.

IHP was formed by students of the MSU College of Osteopathic Medicine to promote international health experiences in developing countries for medical students. It is open to students of osteopathic medicine, human medicine, veterinary medicine and nursing.

The theme for World Health Day 1989 was "Health for All: Pass it On." Soden believes IHP's emphasis on education and communication earned its place on the conference agenda.

IHP activities have included forming a speakers' bureau to promote health awareness at Lansing-area elementary schools, participating in a university-wide food drive and a fun run and pet walk. In addition, IHP hosts speakers on a monthly basis who can relate personal experiences in international health issues. Past speakers have included MSU President John DiBiagio and Vladimir Shlapentokh, Russian emigree and professor of community health science.

IHP has created a scholarship fund to send medical students overseas as part of their medical training. Several IHP members have served in African nations.

Recently IHP members began a voluntary service project at the Spartan Village Clinic run by the Gateway Clinic. The students take weights, temperatures and blood pressures and assist in history-taking. They also help assure that patients understand the doctor's instructions.

World Health Day is an international observance of global health issues that takes place in 166 countries and the United States each year. In the U.S., the American Association for World Health sponsors the event in conjunction with the Pan American Health Organization and the U.S. Department of Health and Human Services.

The American Association of Colleges of Osteopathic Medicine planned a press conference in Washington for Soden, following her speech.
Animal research: Is it in the public interest?

"...I know that physiology cannot possibly progress except by means of experiments on living animals, and I feel the deepest conviction that he who retards the progress of physiology commits a crime against mankind..."

So said Charles Darwin, more than 100 years ago.

Today, voices would be raised in support of his statement--and there would probably be just as many who would shut him down. Animal rights advocates have made headline news out of an old ethical dilemma--how do the rights of animals balance with the fruits of inquiry into human health problems?

Most physicians don't need to be reminded of the kinds of medical advances that have been based, to some degree, on animal research. Vaccines for measles, diphtheria, polio, tetanus; treatments for cancer, diabetes, high blood pressure, heart disease; new surgical techniques--all resulted from the research conducted on live animals at some point in their development.

And the future? Research currently underway on AIDS, Alzheimer's disease, cancer, cystic fibrosis, multiple sclerosis, Parkinson's disease, muscular dystrophy and scores of other diseases depends on the use of animal models.

At MSU-COM, animal models are used in a wide variety of research projects.

- Immune-deficient mice are transplanted with human breast cancer, and the effects of dietary fats and of caffeine on the cancer cell growth are carefully monitored. Researchers believe knowing how the type or amount of dietary fats or of caffeine affects cancer growth could play a significant role in preventing this serious disease.

- An investigation into the effects that certain types of fats and carbohydrates have on blood pressure involves controlling the diets of laboratory rats. Researchers are looking for possible links between nutrient-induced high blood pressure and obesity. They hope to determine how nutrients exert effects on blood pressure--looking at possible effects on hormonal and/or neural systems. This study may have applications to human obesity and hypertension.

- Research with a herd of goats is helping researchers understand why and how a certain gene causes production of a certain enzyme in the brain to cease--with severe mental retardation as the result. Beta-mannosidosis, the disease, occurs when a goat kid is born without the gene that the body needs to make beta-mannosidase. The long-range goal of the project is to isolate and clone the gene, and to use today's knowledge of genetic engineering to help the fetus while still in the womb.

These examples scratch the surface of the research projects underway, at the College and across the MSU campus, that rely on animal models for progress.

While conducting this research, investigators must comply with federal, state and university regulations. Research facilities are inspected--during scheduled and unscheduled visits--and high standards for animal housing, care, feeding and hygiene must be maintained.

At MSU, the Laboratory Animal Care Service provides animal care staff, veterinary services and help for investigators to meet guidelines.

But to the ardent animal rights activists, no list of cures, vaccines or transplants is long enough to justify the torture they say animals endure. In its extreme form, this argument is based on "species-ism," or the belief that one species is superior to another--the moral twin of racism. Some proponents of animal rights think the use of animals for sport, food or research is morally wrong.

Researchers counter by inviting animal rights activists into labs to see for themselves what happens. Some frustrated researchers, weary of arguing their point, have invited animal rights activists to accompany them on hospital rounds to talk to patients waiting for treatment.

Indeed, one of the newest groups to step into the animal rights vs. researchers debate is a group comprising people with certain conditions and diseases--muscular dystrophy, cystic fibrosis, kidney disease and others--who try to help the public understand the need for

Continued on page 4
Michigan faces a shortage of "country doctors"

Articles by Bethany Thies of Capital News Service which appeared in the "South Bend Tribune" made up the majority of this report.

If current trends continue, a shortage of doctors in Michigan and particularly in rural areas may well be one of the major health problems to be faced in the 1990s, say some state officials.

According to the Michigan Hospital Association, in southeast Michigan there is one licensed doctor for every 387 people. In the northern lower part of the state there is only 1 doctor for every 636 people. Meanwhile, in the Upper Peninsula the ratio is 1 to 743.

In the midst of the declining numbers, MSU-COM graduates continue to practice in Michigan, many in these underserved areas. Of the College's 1,284 alumni, 72.5 percent are practicing in the state. This figure is up 7.2 percent from last year. Of these alumni in Michigan, 48.8 percent practice outside of metropolitan areas.

Traditionally, D.O.s have fulfilled a need for primary care physicians in rural areas as their M.D. counterparts began to turn to specialty training and urban areas, said Douglas Wood, associate dean.

"We should be proud of that tradition," he said. "The College is committed to continuing to follow that mission."

James Tarrant, president of the Michigan Health Council, said that although there is a shortage of physicians in all areas in Michigan, the impact is much greater on a rural community.

"In general," he said, "rural communities have fewer physicians available to them. Consequently, if they lose a single doctor, they are greatly affected."

One reason why doctors are leaving or not starting practices in rural areas, Tarrant said, is the longer work week they face there.

"They end up working a lot more hours in rural areas because they are usually the only physicians there," he said. "Many physicians don't want to work 80 hours a week."

Another reason for the decline, he said, is that many physicians' spouses have difficulty finding jobs in the smaller communities.

"Primarily, what is happening right now," Tarrant said, "is that there are so many opportunities for physicians, they are not choosing the rural area."

According to a recent survey by the Michigan State Medical Society, 60 percent of physicians in resident training plan to leave Michigan once their program is completed. An additional 10 percent are uncertain if they will stay in Michigan.

The two top reasons for deciding to leave, the survey found, were the high costs of malpractice insurance and the malpractice climate in Michigan. The resulting higher demand for doctors, however, makes it easier for those in the state to pick and choose where they would prefer to be.

Wood agreed that the malpractice issue is a major problem with keeping physicians in Michigan. He believes that state legislators have a responsibility to control the problem.

He noted that some rural hospitals are trying to provide extra incentives to lure doctors, such as an office or special hours.

The Michigan Department of Public Health is also working on ways to get doctors into shortage areas. Although five areas in the state were recently studied, said Raj Wiener, acting director, no solutions have been developed.

In a related development, nurses are also in great demand in Michigan, said Linda Brown, communications director for the Michigan Nurses Association.

In a recent survey, Brown said, 76 percent of all Michigan hospitals questioned indicated they had a nurse shortage. In rural hospitals, 15 percent said they had to limit the number of patients admitted because of the shortage.

"The demand for nurses has expanded immensely," Brown said. "However, on the other end of the spectrum, enrollment in nursing schools is also down."

Brown said the federal government is aware of the problem. Recently, she said, Congress passed a program that will forgive up to 75 percent of a nurse's federal student loan if he or she works in a shortage area.

Tarrant noted that the problem of physicians leaving the state sends ripples throughout the whole health care system.

"We're at a crisis point, and we are all going to suffer," he said.

Traditionally, D.O.s have fulfilled a need for primary care physicians in rural areas as their M.D. counterparts began to turn to specialty training and urban areas, said Douglas Wood, associate dean.

"We should be proud of that tradition," he said. "The College is committed to continuing to follow that mission."

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Alumni receive pledge calls

Development opportunities at MSU-COM

Early in April, MSU-COM alumni received phone calls and letters as part of a university-wide telemarketing fund drive. In last year's campaign MSU-COM's alumni donations exceeded $8,000. Allocations from the University's general fund budget meet only 60% of the College's needs, said Susan Piper, development officer.

She noted that unrestricted gifts are always important to meet areas of greatest need. Significant new curricular changes, new programs to meet the crisis in graduate medical education for the profession, and maintaining excellence in research are areas of vital importance to the College, she said.

The following facilities and programs represent special gift opportunities that might carry the name of the donor and at the same time provide assistance for the College.

- **An Interactive Learning Resource Center**, planned to bring new educational technologies to osteopathic education, and to implement the College's new curricular emphasis. The present learning center will be relocated, renovated and expanded to include 30 computer workstations, interactive video, software, support personnel, furnishings, audiovisual media, and expanded study space. Gifts of $500 to $2,500 will purchase medical carrels, computer terminals or furnishings. Each piece of equipment purchased with a donation can be identified with the donor.

- **Loans and scholarships** for medical students, particularly for those from disadvantaged backgrounds. The availability of financial aid, and on the average, graduate nearly $60,000 in debt for their education. MSU-COM maintains a pooled scholarship fund that allows donors who wish to invest less than $20,000 the honor and privilege of a named scholarship.

- **The Medical Scientist Training Program**, a dual-degree D.O./Ph.D. program to develop an elite corps of educators, administrators and researchers to support osteopathic medical education in the future. Approximately fifteen students are enrolled in the program each year and receive stipends ranging from $13,000 to $19,000. Gift support is needed for specific research projects or student stipends. (The MSTP is featured on pages 6-7 of this issue of 'Communique'.)

- **Initiatives in international health**, offering both service and educational opportunities. Gifts can assist students in the International Health Program to study and practice in Third World nations, support the work of MSU's Institute for International Health, or support basic research relevant to diseases affecting developing nations.

A gift to MSU-COM can be tailored to the interests and giving ability of each person, Piper said. She can assist in determining whether a cash donation, deferred gift, pledge, or annual support might best meet each individual's needs.

She can be contacted by writing or calling:

Susan Piper, Development Officer
MSU College of Osteopathic Medicine
A310 E. Fee Hall, E. Lansing, MI 48824-1316
(517) 355-8355

In last year's campaign, about 73 percent of MSU-COM's alumni were not reached by telephone. The calls--made by MSU undergraduate students--were conducted in early April. Those who we're not reached will receive a follow-up letter.

Animal Research continued from 2

Animal research. Their poignant argument is based on the belief that a cure for their own conditions rests on continued, uninterrupted animal-based research.

The irony is that both sides feel the public is the ultimate loser. The animal rights advocates feel the public loses through lack of knowledge about the moral injustice of animal research; the researchers feel the public loses important health benefits.

With so much at stake, efforts to educate the public will continue; which side will prevail has yet to be determined.
MSU-COM's Continuing Medical Education recently reported another successful year.

With nearly 200 programs offered in the 1987-88 fiscal year, the courses attracted more than 2,000 registrants and provided more than 1,000 CME credits.

Manual medicine courses were especially successful with nearly 400 registrants for 16 courses.

Why are MSU-COM's CME courses so popular?

Sandy Kilbourn, CME director, attributes it to the reputation of the College.

"Our courses are well received because of the College's recruitment of excellent faculty and because of the College's reputation in general," she said.

Kilbourn noted that the increasing pool of MSU-COM alumni will also impact the number of registrants and courses offered.

"We now have well over 1,000 graduates with strong ties to the College," she said.

Many alumni enjoy the chance to combine learning with social activities such as Big Ten football games, she said.

Starting in the fall of 1987, the Office of CME began to realize 100 percent of their profits. In the past, MSU's Lifelong Education program had shared administration and profits. The CME office recently began sharing the profits with the College's solely administered departments which provide some faculty for the courses.

The success of the programs has resulted in less dependence on MSU's general fund money and more on course tuition, Kilbourn said.

Kilbourn's goals for the office of CME include developing more one-day programs.

"The health care environment doesn't allow doctors many days off and the longer programs are impractical for some people," she said.

Kilbourn pointed out that the overall emphasis of the Office of CME is to be sensitive to the educational needs of our alumni and the osteopathic profession.

CME participants and programs, 1972-1988
MSU-COM's Medical Scientist Training Program

Meeting a need in biomedical research training

When some MSU-COM students graduate they might be called "Doctor Doctor."

Since 1980 MSU-COM has offered a dual degree program for students to obtain both the D.O. and Ph.D. degrees.

Students in the program are trained for careers in academic medicine as university faculty, particularly in osteopathic medical schools, or as physician scientists in clinical settings involved with patient care as well as research.

"It is more important now than ever to recruit and train physician scientists as there is a severe shortage for this distinctive type of clinician," said Veronica M. Maher, associate dean for graduate studies. "In order to see osteopathic medical education keep in step with the progress in the medical sciences, more physician scientists are needed as faculty."

The program is designed for highly motivated students with excellent academic and research potential. The competition for entrance is keen.

Dual degree candidates are a very select group of students with high grade point averages and MCAT scores and a dedication to a research career, said Bethany Heinlen, who helps screen MSTP applicants.

Students accepted must apply to medical school and to graduate school.

The program maintains fourteen students, adding new students as others graduate.

Outstanding applicants may receive an honors stipend from the MSU general fund. All other student funding comes directly from the College.

By entering the program a commitment is made to six to seven years of rigorous medical study and scientific research. The students work on both degrees simultaneously to learn the skills of keeping the life of a physician/scientist in balance. They alternate their program between laboratory research and academic study. Summers are devoted completely to laboratory research. After completing the requirements for the Ph.D. degree including dissertation, students undertake hospital clerkships to complete their training for the D.O. degree.

The students each have a major professor and create their own research projects. The major professors are externally funded, allowing the student to become affiliated with a nationally or internationally recognized researcher, said J. Justin McCormick, associate dean for research.

The program, which is distinguished as the oldest and largest D.O./Ph.D. program, was begun by Philipp Gerhardt, former associate dean for research and graduate studies.

MSU-COM is one of only a few osteopathic colleges to offer the dual degree program.

"Students may chose MSU-COM over other possibilities because of the personal attention they receive from the academic staff," Maher said.

Heinlen noted that many students are attracted to MSU-COM's program...
due to a commitment to the D.O. philosophy.

The MSU-COM program offers 11 graduate programs from which they may do research.

Maher believes MSU-COM is unique in that the basic medical science departments are shared by the medical colleges.

"We are able to offer students more developed research programs and a stronger curriculum," she said.

Among past graduates of the MSTM, one just finished a residency in internal medicine at Henry Ford Hospital and is beginning a pulmonary fellowship at Johns Hopkins University. Another completed a neuropsychiatry residency at the University of Michigan and has joined the faculty at MSU. Three dual degree candidates are expected to graduate in 1989.

An emphasis is placed on helping graduates gain acceptance in programs where the research is outstanding.

The following are the current members of the MSTM, their research departments and major professors:

- Andrea Amalfitano, Department of Microbiology and Public Health, with Michele Fluck.
- Julia Frei, Department of Pathology, with Adalbert Koestner and Kathryn Lovell.
- John Goudreau, Department of Pharmacology and Toxicology, with Kenneth Moore.
- Allan Kennedy, Department of Microbiology and Public Health, with Paul Magee.
- Kenneth Lock, Department of Physiology, with Ching-chung Chou.
- Devchand Paul, Department of Pathology, with Adalbert Koestner and Keiji Marushige.
- P. Ann Ryan, Department of Microbiology and Public Health, with McCormick.
- Lizabeth Smith, Department of Anatomy, with William Falls.
- Kenneth Smithson, Department of Physiology and the Neurosciences Program, with Glenn Hatton.
- Bryan M. Spann, Department of Anatomy, with Irena Grofova.
- John VandeWaa, Department of Microbiology and Public Health, with James Jensen.
- Timothy Weichert, Department of Microbiology and Public Health, with Richard C. Schwartz.
- Jeremy Wray, Department of Microbiology and Public Health, with James Jensen.
- Robert Schilz, a December graduate, Department of Microbiology and Public Health, with McCormick.

Pictured above: Julia Frei of the Department of Pathology. More on page 8.
Clockwise from upper left: P. Ann Ryan, Jeremy Wray (right) and James Jensen, Ken Lock, John Goudreau.

MSU-COM's Medical Scientist Training Program tomorrow's researchers...today
Meeting challenges in adolescent medicine

Before starting medical school, Ruth Worthington, associate professor of pediatrics, served as a high school teacher in inner-city Detroit one year and another in suburban Bloomfield Hills. Both schools provided tremendous challenges, she said.

She found it rewarding to be in a position to help. Her experiences made her medical specialty an easy choice—adolescent medicine. A residency at MSU-COM and a fellowship at Georgetown University caused Worthington to think seriously about becoming a professor.

Chairperson Bernard Kay approached her about joining the faculty. At that time no one in the department was concentrating on adolescent medicine, she said.

There are no regrets about her decision. "It is nice to be able to fit into something I really enjoy," she said.

As she started out in the field of adolescent medicine, Worthington says her goals were naive.

"I thought a good heart and some basis of knowledge would take me a long way," she said. "My goal now is to make a difference."

Worthington serves as medical director for MSU-COM adolescent programs, including the adolescent substance abuse program at the St. Lawrence Dimondale clinic.

There she finds many adolescents badly in need of services.

"These are people who don't readily have a lot of resources—whether emotional or financial," she said. "It is disturbing to me when adolescents are in places that are non-productive such as on the street."

In the past Worthington has also served as medical director at the Ingham County Juvenile Facility and the Barry-Eaton County Family Planning Clinic.

She believes that the issues adolescents must face have increased.

"Sexual issues are thrown at kids today," she said. "There is glorification of drugs and alcohol by the media. Kids have very little ammunition available."

Many of the patients Worthington sees in her clinics are given confidential service.

"The kids often have a perception that the family won't be supportive or approving," she said.

Worthington hopes that when adolescents don't see the system as something they can trust, at least they can come to the clinics for help.

Worthington recently became involved with providing services at a sexual abuse evaluation clinic at E. W. Sparrow Hospital.

"When I go to the child abuse clinics, I hope to hear the same names but there are always new ones," she said.

Worthington concentrates on the successes to find the inner strength to continue.

"I have seen kids who have made real progress," she said. "I have seen kids graduate from high school that when I first saw them no one would have thought they would."

In addition to her clinical duties, Worthington is active in teaching. Her goals are to help medical students understand the adolescent age as a separate entity and to understand the pressures adolescents are under.

A mother of two adolescents herself, Worthington says she is extremely lucky to have the children that she does.

"I obviously have two creative and independent children!" she said.

Living in Okemos, Worthington says she enjoys the area and being connected with the University.

"This community has a lot to offer," she said. One of her favorite offerings is singing with the MSU Choral Union.

"MSU, both personally and professionally, has given me opportunities and the support and encouragement to do things I never even thought about doing," she said.

Undoubtedly Worthington and MSU have achieved a mutually beneficial relationship.
June 12-16
Tutorial on Level II Manual Medicine Techniques
(Below Diaphragm)

This course is designed to review and expand previous training in manual medicine. This includes supervised practice of the hands-on skills of palpatory diagnosis and manipulative treatment; discussion of anatomical and/or physiological characteristics which increase the capability of dealing with complex problems, often of traumatic origin; consideration of connective tissues expanded list of illustrative manipulative techniques.


June 14
Fetal Monitoring:
A Symposium for Physicians

The purpose of this symposium is to provide the physician practicing obstetrics with a review and update of Fetal Heart Rate Monitoring. Faculty includes Trudy Eck, R.N., B.S.N.; Jon M. Hazen, M.D., F.A.C.O.G., F.A.C.S.; Melanie Hazen, R.N.C., R.D.M.S.; Susan L. Hendrix, D.O.; Bonnie McClure, R.N.C., B.S.N.; Roy H. Petrie, M.D.; and George W. Russian, D.O. 7 hours Category I credit. Cost is $70, $30 for physicians in training.

June 19-23
Principles of Manual Medicine

Principles of Manual Medicine is a combination of didactic lectures and hands-on experience sufficient to understand the principles involved in the diagnosis and treatment of musculoskeletal disorders amenable to manual medicine methods.

Emphasis will be placed on the integration of manual medicine into total health care. Principles of Manual Medicine is the prerequisite conference for all other postgraduate manual medicine courses offered by MSU.

Enrollment currently filled. Faculty includes John Boudmillon, F.R.C.S.; Mark Bookhout, M.S., P.T.; Todd Holmes, M.D.; Allen Jacobs, D.O., Ph.D., chair; and Edward Isaacs, M.D. Sponsored by MSU-COM, MSU College of Human Medicine and The North American Academy of Musculoskeletal Medicine. 40 hours Category I credit. Cost is $800.

July 7-8
Care of the Elderly;
Issues in Cardiovascular and Respiratory Medicine


August 4-6
Tutorial on Level II Myofascial Release Technique

Myofascial II continues to build on concepts covered in Myofascial I. Along with review of basic material, emphasis is placed on mechanics and myofascial problems above the diaphragm. Introduction of myofascial relationships to bone and joint mechanics are introduced and covered in some depth.

The chairperson is Robert Ward, D.O., F.A.A.O. Co-sponsored by MSU-COM and MSU College of Human Medicine. 24 hours Category I credit. Cost is $400 or $200 for physicians in training. Will be held at The Homestead Resort, Glen Arbor, MI.

For more information or to register for any of the courses contact the Office of Continuing Medical Education, MSU-COM, A306 E. Fee Hall, East Lansing, MI, 48824-1316. Or call (517) 353-9714.

Unless otherwise noted, the courses are held at the MSU Kellogg Center for Continuing Education on Harrison Road in East Lansing.
News/Briefs
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activities.

The Center, which will be directed by Howard Brody, M.D., Ph.D., of the Department of Family Practice, will continue the activities of the Medical Humanities Program by offering teaching on ethical and other humanistic aspects of the health professions to students in all four professional colleges, and to practicing professionals.

In addition, Center faculty will be collaborating with the newly-formed Interdisciplinary Program in Health and Humanities in the College of Arts and Letters, as well as with individual departments in the College, to increase opportunities for undergraduate and graduate study of health policy and practice from the perspective of the humanities disciplines. As resources permit, the Center will also establish links for teaching and research with Anthropology, Sociology, and Natural Science.

The Center Director will report to the Vice Provost for Human

Health Programs, Harvey Sparks.
AOA-credit by viewing videotape: "Special Approaches to the Elderly Patient"

A video presented at the 1988 AOA convention will entitle viewers to four hours of category 1B CME credit.

Entitled "Special Approaches to the Elderly Patient," the program consists of the four-hour joint session of the 1988 AOA Annual Convention and Scientific Seminar.

Rental of the tapes costs $15. For more information write: the AOA Order Department, 142 East Ontario, Chicago, IL., 60611 or call 312/280-5855 or 800/621-1773.

Kingry joins Pediatrics faculty

Margaret Jo Kingry, Ph.D., R.N., is a new assistant professor in the Department of Pediatrics. Her responsibilities will include coordination of the Ambulatory Care Program for the College and work as an adolescent nurse practitioner in the department. She has been an assistant professor in the College of Nursing. She has also served as a

research assistant and teaching assistant at the University of Michigan School of Nursing.

She obtained her B.S.N. degree from Nazareth College and her M.S. in medical surgical nursing from Boston University. She received family health nurse clinician certification from the University of Rochester and her Ph.D. in nursing from the U of M.

She has published numerous papers and has been involved in research in the health beliefs of pregnant women and the adolescent's decision to seek prenatal care.

Financial Aids Office Hours Change

The Fee Hall Financial Aids Office was closed from March 10 through April 10 and reopened on Tuesday, April 11. The new spring term hours will be Tuesday, Wednesday and Thursday from 12:15 to 4:15.

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