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Dean’s Column

Suppose the livelihood of hundreds of people, the pride of your community and state, and the investment of multi-millions of dollars depended on one thing: the physical and functional condition of your body.

Many of us, rolling our eyes, would confess that would be a sorry state indeed! But for elite athletes, especially those playing professionally, the stakes at risk for their health and fitness are far more than personal.

It’s no coincidence that teams and players — both professional and amateur — are choosing osteopathic physicians to provide the care needed for stellar athletic performance (see page 4-11). They’ve found that osteopathic manipulative medicine and osteopathic health care are extremely important for both the prevention and treatment of athletic injuries. That’s no surprise, of course, to those of us in the osteopathic profession.

It’s not just manipulation, however, that makes osteopathic physicians particularly adept at sports medicine. There are skills that are difficult to quantify or demonstrate, but that profoundly impact the manner in which we perform care. How do we perceive patients? What data do we gather? How do we approach clinical decision-making? Because of the ways in which we educate DOs, these skills are different than those of other health care providers.

■ We see patients as holistic systems — people — including not only their physical health, but their environment, social structure, activities, and values. Because of the way in which we perceive patients, the sports medicine physician can help athletes find the most healthy way in which to achieve his or her goals.

■ We assess the interrelationship of structure and function, helping athletes to fine-tune sports technique to best utilize body structures that can’t be changed. In addition, through diet and exercise, we can help athletes to significantly alter their structures to best meet the functional demands and requirements of their sports.

■ We’re experts on the musculoskeletal system, understanding how bones, muscles, tendons, ligaments, joints, and cartilage all work together in an integrated system in each athlete’s body. We have a unique understanding of body physics which allows for enhanced care for elite athletes.

In this issue of Communiqué, you can learn about MSU’s sports medicine physicians — DOs who treat elite collegiate, Olympic and professional athletes — plus articles on sports medicine research, alumni, concussions in athletes, and much more. Enjoy!

Allen W. Jacobs, DO, PhD
Dean
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MSUCOM faculty are conducting creative sports medicine research. Roger Haut, PhD, studies athletic shoes and osteoarthritis while Douglas Dietzel, DO, develops new orthopedic surgical techniques.

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Learn about the team behind the team: the DOs who support MSU athletics and make MSU one of the premier sports medicine universities.

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Larry Nassar, DO, has distinguished himself at the international level for his work with American world-class gymnasts.

FROM THE DEAN

MSUCOM RANKED 9TH IN U.S. FOR PRIMARY CARE!

At press time we received word that MSUCOM was ranked ninth in the nation for primary care education among all medical schools — DO and MD— by U.S. News & World Report. I'm delighted that the college and our partners have received this recognition, and celebrate the primary care and specialty care physicians who contribute to our success. Thank you!

All data appear in the guidebook and magazine that went on the newstands April 3. Further information is available at www.com.msu.edu/pub-rel/wn/pc_usnr.html

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MSUCOM appreciates the generous and continuing support for COMMUNIQUE offered through the Michigan Osteopathic College Foundation. Thank you!

ON THE COVER
Jeff Kovan, DO, and Charlie Bell, member of MSU's NCAA/Big Ten Championship basketball team.
Sports Medicine

Collaborations Aid Weekend Warriors, Elite Athletes

by Pat Grauer

Dr. Dietzel examines the leg of MSU tennis player Molly Hood with the assistance of Staci Galarawicz-Villarruel.

Douglas Dietzel, DO: New Techniques for Joint Health

From treating unstable shoulders to giving patients more control over their pain, Douglas Dietzel, DO, is actively developing important collaborations in research relevant to sports medicine.

An orthopedic surgeon and assistant professor of osteopathic surgical specialties, Dr. Dietzel works actively in MSU's Sports Medicine Clinic and is coordinator of the May 12-13 "Sports Medicine 2000" conference offered by MSUCOM (see page 19).

He's participating in the following research initiatives:

- A completed pilot study on thermal capsulorrhapy of the shoulder has led to $15,000 funding from the Arthroscopy Association of North America for further research. Working with Steven Arnowczyk (Veterinary Medicine) and Lee Bennett (Radiology), Dr. Dietzel uses heat probes to shrink the capsule of the shoulder with scar tissue to remedy joint instability.
- The effect of knee braces in preventing football injuries is being studied with Jeffrey Monroe (head athletic trainer) and John Powell (assistant athletic trainer).
- Dietzel is investigating the use of a patient-controlled analgesic device to inject pain medication directly into the affected joint, particularly for use after anterior cruciate ligament repairs.
Roger Haut, PhD: Eclectic Studies to Keep People Moving

What do heel doughnuts, an over-the-counter joint remedy, and swine intestines have in common?

They’re all part of the daily work of MSUCOM researcher Roger Haut, professor of osteopathic surgical specialties, osteopathic manipulative medicine, and materials science and mechanics, College of Engineering.

Dr. Roger Haut is a man with passions that are reflected in all of these departmental appointments. He maintains several research projects, the common theme of which is their importance to human biomechanics and health.

Among his projects are

- Ten years of research on running shoes, hiking boots and work boots, including comparative studies for companies such as Wolverine World Wide, Nike and Reebok. His work has included measuring shock absorption of heel inserts and elastic recoil after flexion of the sole. In addition, he’s been evaluating factors such as increase in friction inside a shoe, causing blisters, when heat builds up and water is retained by new synthetic materials.

- Ten years of work with the Centers for Disease Control, funded in excess of $2.5 million, on the mechanics of osteoarthritis. Dr. Haut has found that if loads are too high on joints, microdamage to cartilage and bone can cause osteoarthritis, and that this damage can be identified by biochemical markers in urine. In addition, Dr. Haut is evaluating the effect of injecting polysulfated glucosaminoglycan, (akin to the popular non-prescription remedy glucosamine), into damaged joints and is finding it, at least at eight months’ assessment, “surprisingly effective” in preventing degeneration.

- Six years of work with DePuy Orthopaedics, a division of Johnson & Johnson, on an engineered material made of swine intestinal submucosa. This material, which is woven, is primarily collagen and has the property of attracting cells which are needed for the remodeling of tissues in the body. Initial studies in goats, for example, are showing that this material, when used to replace a ligament in their “knees,” is highly promising. It may also have applications in other soft tissue procedures, such as rotator cuff tears and bladder suspensions.
Mary Hughes, DO, has seen her share of banged heads. No, she’s not a bouncer, a professional wrestler, or even a heavy metal musician.

On the contrary, Dr. Hughes has spent a good deal of her time working in emergency rooms in the Lansing area, first as a resident in emergency medicine after graduating from Michigan State University College of Osteopathic Medicine in 1982, and currently as part of the staff at both Sparrow Hospital and Ingham Regional Medical Center. Over the years, Dr. Hughes, professor of internal medicine at MSUCOM, has seen dozens of athletes from the Lansing area with brain concussions. Depending on the season, these included football, basketball, hockey, baseball and soccer players, and wrestlers.

Of particular interest to Dr. Hughes were the athletes’ prior histories of concussions. Just by virtue of what they do, athletes are particularly susceptible to second impact syndrome, a rare but potentially deadly complication of repeated minor concussions. Second concussions, even minor ones, can produce brain swelling, coma, and sometimes death if the trauma from prior concussions has not healed sufficiently.

Because second impact syndrome is not well known or understood, Dr. Hughes realized that athletes were largely unaware of the risks that they were taking.

"After reading the literature [I] decided to put together an educational sheet that we could use in the [Emergency Department] for parents and patients to help them understand the risks and recommendations," Dr. Hughes explained when asked about the origins of her study.

Drawing on the latest research and convinced that the athletic community at large was unaware of its findings, Dr. Hughes mailed 600 surveys to area coaches, asking them questions about different concussion scenarios. After discovering that most coaches were likely to return their players to the game much too soon, Dr.
Hughes contacted the Michigan High School Athletic Association (MHSAA), confirmed that it had no official concussion guidelines, and submitted her recommendations in the hope that they could be adopted statewide.

The MHSAA incorporated Dr. Hughes’ work, along with contributions from other Lansing area physicians, and is in the process of publishing laminated cards for all its coaches and trainers. The proposed guidelines include criteria for evaluating the severity of the concussion along with return-to-play recommendations.

Dr. Hughes is also recommending changes in the current sports physical form, changes which will allow schools to track the athlete’s history of prior concussions—and not just those which are sports related.

"Right now there are no questions about concussions from sports or other sources on the form," Dr. Hughes explained, "I think this is a minimal standard. All schools should have access to concussion histories of their athletes, because it dramatically impacts what the return-to-play instructions are."

Thanks to Mary Hughes and the MHSAA, area athletes and their coaches will soon be better informed about the risks of multiple concussions. With her work in second impact syndrome, it is safe to say Dr. Hughes has made her own impact on the area’s sports community.
Hands Behind the Headlines

by K. Friday

Michigan State University sport teams seem to have an advantage over other Division I schools. The football team knocked off 10th-ranked Florida at the Citrus Bowl. The women’s basketball team surprised defending champion Purdue. The men’s hockey team is always in the hunt for the CCHA title, and as for men’s basketball, well, what accolades haven’t been given to them?

Michigan State has a solid reputation for sports excellence, but behind the scenes is another first-rate team which does not usually make the headlines: MSU Sports Medicine.

Faculty and fellows from the Colleges of Osteopathic Medicine and Human Medicine and team athletic trainers provide MSU athletes with a potent combination of orthopedic, primary care, and osteopathic manual medicine. These providers are truly a team themselves. Head Team Physician Jeffrey Kovan, DO, emphasizes “Our network of orthopedic consultants, primary care physicians, and athletic trainers all work very closely together at the clinic, in the training rooms, and in the community.”

Head Orthopedic Consultant Herb Ross, DO, agrees. “Like the basketball team, our providers are unselfish and will find just the right specialist for an athlete’s injury.”

This is the team responsible for treating acute injuries, rehabilitation, and—most importantly—injury prevention. With the high level of competition among Division I sports programs, there is enormous pressure to keep athletes healthy and get them back into playing form as soon as possible after an injury.
A crucial component is osteopathic manual medicine, which is ideally suited to meet this challenge. As Allen W. Jacobs, DO, PhD, dean of MSU's College of Osteopathic Medicine, explains, "Osteopathic manual medicine is the best approach to athletic management and injury we have."

Because DOs are trained to look at muscular imbalances and restrictions, along with structure and alignment issues, they are uniquely qualified to assess the often complex needs of athletes. "One of our pitchers was experiencing chronic shoulder pain," explains fellow Ryan O’Connor, DO. "By breaking down the biomechanics of the pitching motion, we were able to develop a comprehensive rehabilitation plan for him that strengthened the requisite muscle structures involved." After his rehabilitation, the pitcher's chronic problems subsided—all without medication or surgery.

According to Sally Nogle, an MSU athletic trainer and instructor in the Department of Kinesiology, the team trainers have seen the value of this approach. She explains how most of the trainers have learned basic manual medicine skills from working closely with the DOs, and she believes that this partnership with the College of Osteopathic Medicine "gives our athletes an advantage compared to other schools."

According to Orthopedic Consultant Douglas Dietzel, DO, no Division I school uses manual medicine for its athletes as extensively as MSU, and few Division I schools have as many osteopathic physicians working in conjunction with athletic trainers and athletic department personnel. For both the athletes and their health care providers, MSU is truly a very special place.

**MSU is able to provide quality care for more than 700 student athletes. Twice a day, every day, the athletic department offers its athletes two training room clinics staffed by sports medicine DOs, orthopedic consultants, and athletic trainers. Athletes' needs are quickly assessed, and they are referred to the appropriate professional.**
PERPETUAL MOTION

Nassar at Work

by Pat Grauer

When Lawrence Nassar, DO finished high school he had ten varsity letters, including those in football, basketball, track and women's gymnastics.

Women's gymnastics? It was a portent for a man who is now the national medical coordinator for USA Gymnastics and the USA Gymnastics Women's National Team physician.

All of Dr. Nassar's letters were for his work as a student athletic trainer in high school, an activity he carried on as a kinesiology student at the University of Michigan, serving the track and field, tennis and football teams there.

By age 23, only six years out of high school, he had invented several products for his patients, including a patented ankle brace for gymnasts which is now used in all 50 states and on five continents.

His discovery of osteopathic manipulative medicine was a turning point for him. After working with a physical therapist at Harper Hospital who knew muscle energy techniques, he said, "I saw the value of hands-on medicine, and I knew for sure it was all I wanted to do."

He came to MSUCOM as a student in 1988, but had to extend his program because he already was in high demand for his care. He had to take his first semester exams two weeks early to participate in the post-Olympic gymnasts' tour.

That level of dedication paid off. Before he graduated from MSUCOM in 1993, he was voted as the national contributor of the year for the sport of gymnastics. He's received the Elite Women's Gymnastic Program award, chosen by coaches nationwide, five times in the last seven years.
Those who’ve seen him at work around a gym can understand this level of appreciation. He’s in perpetual motion—advising, bandaging, splinting, training, cajoling, running, teasing, getting on the floor to demonstrate a movement, and yes—providing osteopathic manual medicine.

At the 1996 Olympics, Dr. Nassar served as the USA Gymnastics physician for the team, and this year will be attending the games in Australia in the same capacity. He’s maintained his links. In 1999, the American and Australian national teams both trained and received testing through MSU and the local Gedderts’ Twistars USA under Dr. Nassar’s leadership.

Never one to rest, Dr. Nassar also is a member of the MSUCOM faculty and works as an MSU sports medicine physician. He conducts research. He serves as team physician for the MSU men’s and women’s gymnastics, crew, and track and field teams, all sports at Holt High School and Gedderts’ Twistars USA, and organizes weekly injury screenings at Soccer Zone. He also serves as a Eucharistic minister at St. Johns Catholic Church.

Faculty
- Jeffrey Kovan, DO, MSUCOM Class of 1987, head team physician
- Douglas Dietzel, DO, Philadelphia College of Osteopathic Medicine Class of 1991
- Allen W. Jacobs, DO, Ph D, Texas College of Osteopathic Medicine Class of 1983
- Lawrence Nassar, DO, MSUCOM Class of 1983
- Herbert Ross, DO, Kirksville College of Osteopathic Medicine Class of 1964
- Kenneth Stringer, DO, MSUCOM Class of 1974

Sport Medicine Fellows
- Gregory Cappola, DO, Philadelphia College of Osteopathic Medicine Class of 1996
- Jennifer Gilmore, DO, MSUCOM Class of 1995
- Brian Hood, DO, MSUCOM Class of 1994
- Ryan O'Connor, DO, Nova Southeastern University, Class of 1995

Other Consultants
- Lynn Brumm, DO, Philadelphia College of Osteopathic Medicine Class of 1953
- John Downs, DO, MSUCOM Class of 1973
- Philip E. Greenman, DO, Philadelphia College of Osteopathic Medicine Class of 1952
Who says everyone can’t win? For ten years osteopathic students at MSUCOM have been providing physical examinations for athletes in the Michigan Special Olympics. The athletes receive free physicals, individual care, and the opportunity to compete in organized sports. The first-year medical students gain valuable experience and practice community outreach. In this event, no one leaves the field unhappy.

In February, students from Dean Allen W. Jacobs’ OST 502 class, Clinical Skills II, met the Special Olympians on campus for a round of physicals before the athletes played basketball at the IM West. Students Paul Brown, Crista Kubinski, Anthony Marl, Jennifer
Nichols, Funmi Onowu, William Rittinger, and David Terry conducted the examinations with Dean Jacobs acting as preceptor. Most students jump at the opportunity to participate, recognizing that many athletes and their families cannot afford physical exams. For most of these first-year medical students the event also provides their first hands-on experience with real athletes. According to Jacobs, "Our college has long prided itself on providing early clinical experience for our students."

As the partnership with the Special Olympics moves into its 11th year, it is clear that this is an event where everybody wins.
Advantage, MSU:
THE ATHLETIC TRAINERS PROGRAM

by K. Friday

In Fall 2000, a unique program will officially begin at Michigan State University.

While many schools have athletic training certification programs, only MSU's teaches what many trainers consider vital to the profession: knowledge of osteopathic manual medicine.

According to Jeffrey Kovan, DO, director of sports medicine at MSU, more and more athletic trainers are seeing the advantages of the osteopathic approach to preventing and rehabilitating sports-related injuries.

"Although osteopathic and allopathic physicians treat the acute symptoms largely the same," Dr. Kovan explains, without osteopathic training physicians often miss "a huge portion of the biomechanics of the injury and its rehabilitation."

According to Dr. Kovan, this knowledge becomes vital in the second stage of treatment, when the athletes are given exercise prescriptions, stretching routines, and strengthening goals. Because osteopathic manual medicine often looks at muscular imbalances, structural dynamics, and alignment issues, it is ideally suited for helping athletes.

Sally Nogle, one of MSU's athletic trainers, agrees. She has seen the advantages of manual medicine first hand, and she explains how such knowledge, for instance, has helped trainers here at MSU understand the relationship among pelvic structure, muscle alignment, and the groin pulls commonly suffered by athletes.

Starting this fall, students entering MSU's athletic training program will be exposed to manual medicine techniques and therapies. Administered jointly by the Department of Kinesiology in the College of Education and MSUCOM, the program is taught by faculty from both areas, including Lynn Brumm, DO; Douglas Dietzel, DO; Jeffrey Kovan, DO; Jennifer Gilmore, DO; and Lawrence Nassar, DO.

Undergraduates pursing a degree in kinesiology with a certification in athletic training will have to complete 24 credits of coursework and then register for three credits of clinical training. Designed to offer practical, hands-on experience, the clinical hours offer semester internships with MSU sports teams.

The only one of its kind in the nation, the program will build on the strength of the long-standing partnership between MSU's athletic trainers and the College of Osteopathic Medicine. For Sally Nogle, who also teaches in the Department of Kinesiology, it is this close partnership that "gives our athletes at MSU an advantage over other schools" in terms of the quality of health care they receive. With the advent of the athletic trainer certification program, the advantage continues.
Movement in Health

A PHILOSOPHY OF LIVING

by K. Friday

The benefits of physical activity are well known, but for the founders of MSUCOM's Movement and Health program, activity is a philosophy of living. Literally.

Conceived by Celia Guro, PhD, director of personal counseling and advising at MSUCOM, the Movement and Health program grew out of her efforts to resist the effects of systemic scleroderma, a rare autoimmune disease which hardens the skin and tissues and immobilizes the body and internal organs. As her scleroderma painfully consumed more and more of her body, Dr. Guro quickly realized that to move again would be to reclaim her life.

By 1999, Dr. Guro had difficulty even walking, until third-year MSUCOM student Claudio Carvalho persuaded her to exercise as part of her rehabilitation and treatment. He even took it upon himself to meet Dr. Guro at the gym and work with her himself. Carvalho, who holds a master's degree in sports medicine, reasoned that regular exercise would improve Dr. Guro's cardiovascular health and her response to rehabilitation.

He was right. Not only was Dr. Guro able to improve her strength and endurance (she can now do the treadmill for 30 minutes after starting at a minute and a half), but more importantly, the exercise helped her control pain and improve her quality of life. Dr. Guro hasn't had an aspirin in two to three months, and she firmly believes that the activity is saving her life.

To share her faith in the benefits of movement, Dr. Guro envisioned a Movement and Health program for the College of Osteopathic Medicine community.

Not strictly an exercise class, the program consists of monthly sessions which explore what Dr. Guro calls "different modalities of health we can integrate into our lives." Facilitated by volunteers from the college, the one-hour sessions emphasize movement as a way of managing physical and mental stress. Topics have included seated stretches for students and office personnel, stress and immune control, yoga, tai chi, and aerobic dance.

The sessions are free, and according to Norma Baptista, PhD, director of minority student services at MSUCOM, they encourage laughter and well-being in a "safe, relaxing, and fun atmosphere."

The program draws on the strength of its primary facilitators. Both Claudio Carvalho and Dr. Baptista have seen the therapeutic value of movement. Carvalho has worked in functional rehabilitation for ten years, and he plans on entering physical medicine when he graduates from MSUCOM. Dr. Baptista, who has her doctorate in education administration, has been a dance and fitness instructor at Lansing Community College since 1984. From 1984 to 1987 Dr. Baptista even ran a dance therapy program for abused and neglected children through the Ingham County Probate Court.

Under the supervision of Carvalho and Dr. Baptista, the program has been a success. More importantly, it has allowed Dr. Celia Guro an opportunity to share her philosophy of living with others.
The Spartan Touch

Introducing Jennifer Gilmore, DO

by K. Friday

Some people find their calling at an early age. Sports Medicine Fellow Jennifer Gilmore, DO, is one of those people. Dr. Gilmore’s uncle and father both graduated from the Chicago College of Osteopathic Medicine, and partly because of them, Dr. Gilmore says she knew she “was going to be a DO no matter what.”

Early in her medical career Dr. Gilmore found a home at Michigan State University, earning a master’s degree in exercise physiology before enrolling in the MSU College of Osteopathic Medicine. Graduating in 1995, she stayed in the area, beginning a family practice residency at St. Lawrence Hospital and an OMM residency at MSU.

Interested in sports medicine since her days as an exercise physiologist, Dr. Gilmore found her niche in osteopathic manual medicine. She found the holistic philosophy attractive and still believes there is no better approach to treating athletes.

“Manual medicine is huge in sports medicine because most injuries are musculoskeletal in origin,” she explains. She says she uses OMM to treat everything from ankle sprains to chronic low back pain.

Dr. Gilmore’s skills have not gone unnoticed by her peers. Lisa Vredevoogd, DO, assistant professor of osteopathic manipulative medicine, recommends her as an exceptional OMM physician. Sports Medicine Fellow Gregory Coppola, DO, agrees. “Jennifer is one of those people who really has a gift,” he muses. “She can touch and examine patients and see things that others might miss.”

As an instructor at the OMM clinic and a current sports medicine fellow, Dr. Gilmore has plenty of opportunities to practice her skills. She provides coverage for a wide variety of MSU sports teams, and she is a regular presence in the training room clinics on campus. Despite all this hands-on experience, Dr. Gilmore feels as though she has more to learn. She wants to continue teaching manual medicine while studying its uses in athletics.

Having studied at MSU, practiced at MSU, taught at MSU, and even married MSU hockey goalie Mike Gilmore ('87-'92), Dr. Gilmore’s credentials are solidly green. She is a strong addition to the team.
Back to Basics

NEUROMUSCULAR IMBALANCE IS A COMMON PROBLEM IN ATHLETES
LISA VREDEVOOOGD, DO

by K. Friday

After years of weightlifting without incident, my luck finally ran out when I injured my back in 1999 at the age of 30.

To make matters worse, it was clear that my diagnosis and treatment would vary according to the physician I was seeing. When I first went to urgent care, the physician told me that I had “strained” my back. He prescribed painkillers and muscle relaxants and advised me to stop lifting for three weeks. I was then referred to a physical therapist, who, after asking a few questions about the injury, told me I had a bulging disc. After showing me a model of the spine and explaining its mechanics, the therapist explained the importance of good posture, and he showed me the “McKenzie” stretch designed to correct the problem.

With my symptoms persisting, I visited the Student OMM Clinic here at MSUCOM. It was soon apparent that students Lisa Rummel and Greg Esmer were not going to jump to conclusions about my injury. After a long, somewhat tiring conversation about my back and my daily routine, Rummel and Esmer did what the other two health care professionals had not done: they removed my shirt and examined my bare back. I moved, I stretched, I assumed different positions as they took turns examining my spine and its musculature.

With the help and supervision of Lisa Vreeendevoogd, DO, Rummel and Esmer concluded that my problems stemmed from a neuromuscular imbalance. Unlike my physical therapist, who wanted to isolate a single cause in my vertebrae, my healthcare providers at the clinic looked at my back as a system of interdependent muscles which were responding to my daily routine. Because I had lifted weights excessively without adequate stretching and because I was under a fair amount of stress, my postural muscles had become hyperactive and stiff, effectively shutting down the dynamic muscles used in complex movements. As a result, the weaker muscles in my lower back were compensating and had become fatigued.

This diagnosis came as good news. I didn’t have a disc problem, nor was I facing the debilitating prospect of back surgery. On the other hand, it was clear I was going to have to make some changes in my lifestyle to increase my flexibility—a strategy none of my other health care providers had considered or suggested as a possible remedy. Rummel and Esmer showed me a few stretches I could perform at home, each day. After a week of stretching, my back felt much better and some of my strength had returned.

Dr. Vreeendevoogd told me that neuromuscular imbalance is a common problem in athletes but one which is widely unrecognized. “Athletes usually train for strength and power, but flexibility is seldom emphasized,” she told me.

Because a lack of flexibility can, in the long run, inhibit power, athletes and their trainers need to be more conscious of the body as a holistic system of complementary muscles. It was clear from my case that such a way of thinking was more helpful for my condition than any single treatment I received. After visiting the OMM clinic and its fine staff, I now have the knowledge to treat myself.
Alumni in Action

Sauchuk Goes the Distance

by K. Friday

John Sauchuk, DO, still believes in the old-fashioned house call. He is known for visiting his patients following their surgeries and says he has never failed to follow up, at the very least, with a phone call. “That’s just how I like to practice medicine,” he explains.

Although it might seem a little unusual for a busy orthopedic surgeon to have the time for personal calls, Dr. Sauchuk (MSUCOM ’89) has deliberately created a practice which allows him to spend more time in the community and with his patients. He says he could do regular rotations in emergency rooms and spend more time on-call, but he really enjoys on-site visits as the best way to develop the physician-patient relationship. “For me, that’s what the osteopathic ‘Art of Caring’ is all about,” he said.

Dr. Sauchuk estimates that about 80% of his practice is sports medicine, and he extends his personal touch to a wide variety of community athletes. He is a consultant to MSU’s athletic department but also works with athletes from smaller schools such as Alma, Albion, and Lansing Community Colleges, and Madonna University in Detroit. He is active in Williamston High School athletics, doing training room evaluations for the football and volleyball teams. He regularly attends high school and college sporting events, and he enjoys seeing former patients in action. After performing surgery on three starters for Fowlerville’s women’s basketball team, for instance, Dr. Sauchuk made sure he was there for the home opener this fall.

According to Dr. Sauchuk, this approach to medicine was inspired by his early mentor, Bob Mandell, DO. When Dr. Sauchuk was a high-school football player, Dr. Mandell operated on his knee and later supervised his residency at Botsford General Hospital in Farmington. “I admired his practice and the way he went the extra distance for his patients,” Sauchuk explained.

Because of this role model, Dr. Sauchuk knew that he wanted to be an active, community-based physician. After graduating from MSUCOM, he stayed in the area to be close to family, and like his parents, he is an active supporter of the Boys and Girls Club of America. Last year, Dr. Sauchuk established a scholarship fund, supported by physicians and other professionals, for the Lansing chapter.

Looking at Dr. Sauchuk’s career, it is safe to say that Dr. Mandell would be proud.

Fun in the...

Sun

With the arrival of spring, I wanted to take a few minutes to review some of the great things your Alumni Association has been doing. Seventy-five members have recently returned from “Seminar in the Sun” in Playacar, Mexico. Glowing reports are pouring in from an excellent educational program and a beautiful, sun-drenched resort. Watch your email and please consider joining us next year.

Closer to home, our annual Silverfest celebration keeps getting bigger every year. This fall the event will honor the classes of 1975, 1980, 1985, and 1990.

The dates are September 21-23 and coincide with the Notre Dame football game. Your alumni association secured 200 tickets, so mark your calendars. Remember, alumni association members receive a discount for some of these events. For more information call MSUCOM’s alumni office at 877-853-3448 (toll free) or 517-432-4979.

Sincerely,

Dan Hunt
President, MSUCOM
Alumni Association
SPORTS
MEDICINE

For the Latest in
Sports Medicine...

May 12-13 at Michigan State University will be the
place to be. "Sports Medicine 2000," a continuing
medical education conference, will provide a current
review of both new ideas and standard practice in sports
medicine. Sponsored by the College of Osteopathic
Medicine in conjunction with Michigan State
University Sports Medicine, the conference features
presentations from the athletic trainers, orthopedic
consultants, and primary care physicians who work
closely with MSU athletic teams.

Silverfest Alumni Weekend

Mark Your Calendars Now For The Annual

Silverfest Alumni Weekend

Come to the Silverfest Alumni Weekend and join us in celebrating the
25th anniversary of the Class of 1975 as well as reunions for the
classes of 1980, 1985 and 1990!

Thursday, September 21, to Saturday, September 23, 2000

Activities include: Thursday Osteopathic Golf Open, Friday evening dinner/dance, Saturday CME
course, pre-game tailgate, and the MSU vs. Notre Dame football game, and fun, fun, FUN!

Watch your mail for further details!

If you have questions or desire further information, please contact
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MARK CUMMINGS

Up for the SCS Challenge

by Tom Oswald

When you talk with Mark Cummings, PhD, the words “challenge,” “good fit” and “commitment” tend to surface a lot in the conversation.

And in a lot of ways, those words sum up his reasons for joining the College of Osteopathic Medicine team as the newly appointed associate dean for the Statewide Campus System.

“I consider this an outstanding educational challenge for me personally and a good fit based on my professional background and interest in postdoctoral education,” Dr. Cummings said.

In his new role, Dr. Cummings will do just what the title says – oversee the college’s postdoctoral educational endeavors throughout the state.

“One of my major tasks is to improve the effectiveness of the Michigan Osteopathic Postdoctoral Training Institution (OPTI) and the quality of its educational programs,” he said.

OPTI is the American Osteopathic Association’s graduate medical education initiative. The AOA mandates that all of its approved internships and residencies must be located within an OPTI, which is composed of a college of osteopathic medicine and health care facilities sponsoring AOA-accredited postdoctoral programs.

Dr. Cummings said one of his many reasons for coming to MSUCOM is the reputation that the Statewide Campus System’s OPTI enjoys.

“SCS OPTI is already the leader in postdoctoral education within the osteopathic profession, and several benefits are already evident for students, interns, residents and member institutions,” he said.

Among his goals
- To assist in the process of creating a seamless transition between pre- and postdoctoral education at MSUCOM
- To increase SCS commitment to faculty development in community hospitals
- And, to facilitate the development of activities that provide shared benefits through cooperation and mutual assistance.

Dr. Cummings said another reason for coming to East Lansing was the opportunity to work for the recognized leader in the field.

“MSUCOM has the largest and most advanced system of educational cooperation in the osteopathic profession,” he said, “and I’m very happy to be here.”

Prior to his arrival in East Lansing, Dr. Cummings served as associate vice president for administration at Midwestern University in Chicago. Prior to that, he held posts at the Chicago College of Osteopathic Medicine, the New York College of Osteopathic Medicine, the American Osteopathic Association, and Brandeis University.

Dr. Cummings earned a BA from Quincy College (Illinois) and an MA and PhD from the University of Colorado, Boulder.
DOs & Athletics: A Perfect Marriage

by Dennis Paradis

In our world of diversity, each profession possesses a unique set of physical, psychological and social stresses that challenge the body's ability to function properly. Fortunately, many talented osteopathic physicians have used their skills to enhance the lives of individuals in almost every profession through their unique approach to patient care.

One of the most perfect marriages between the practice of osteopathic medicine and a profession is the relationship between DOs and athletes. For athletes, daily stresses are often magnified by the need to push their bodies to new levels of speed, strength and endurance. Consider this:

- Athletes strive to reach their optimum ability without sustaining injuries. Osteopathic physicians understand the body's capabilities and can provide the training and medical treatment to allow these athletes to safely reach their goals.
- Injuries are a common occurrence for athletes,

particularly those involving the musculoskeletal system. Osteopathic physicians understand the effects of injuries on all areas of the body and its unique healing abilities.
- When injured, athletes need to recover quickly. Osteopathic physicians have the tools, including osteopathic manipulative medicine (OMM) to help the body repair itself.

In Michigan and throughout the nation, DOs have made a career in sports medicine and found success for themselves and the athletes who rely on their skills as osteopathic physicians. Among the many athletic teams benefiting from expertise of DOs are the Detroit Red Wings, Cleveland Indians, Phoenix Suns, Detroit Pistons, Lansing Lugnuts and various Spartan teams. From football to ballet, DOs are helping athletes reach their goals.

It seems fitting that athletes, who rely on their bodies as the tools of their trade, would rely on physicians who understand the structure and function of the body—especially its ability to heal itself.

A perfect example is the history of the 1996 U.S. Women's Olympic Gymnastics Team. These athletes not only benefit from the expertise of their team physician, Larry Nassar, DO, of the MSU College of Osteopathic Medicine's Department of Family Medicine, but also the skills of their osteopathic family physicians with whom some of them began their careers.

In addition to the many DOs who help these athletes succeed, MSU and the College of Osteopathic Medicine have made a solid effort in developing valuable research in sports medicine and rehabilitation. Whether professional or amateur, many will benefit from this new level of understanding.

The next time we marvel at the capabilities of our favorite athletes, whether it's our favorite Spartan, Red Wing or perhaps a Michigan Special Olympian, we can be proud of the DOs who help make it a healthy season. It is the osteopathic profession that will assist athletes in achieving the Olympic motto: "Stronger, higher, faster."
COMMITMENT

WHEN "THANK YOU" ISN'T ENOUGH

by K. Friday

After the symptoms have disappeared, the stitches removed, and the soreness forgotten, most former patients pay little attention to their physicians.

Not Walter and Phyllis Dell. They did not want to forget the DO who had helped them, so they decided to do something about it.

The Dells' involvement with osteopathic medicine began when Mrs. Dell was diagnosed with cancer. As serious as the diagnosis was, the Dells firmly believe that things could have been much worse without the efforts of Timothy McKenna, DO. Through perseverance and a devotion to quality care, Dr. McKenna's efforts paid off: Mrs. Dell's cancer went into remission, and she survived without having to suffer the debilitating effects of chemotherapy or radiation.

Grateful for Mrs. Dell's second chance and impressed with Dr. McKenna's approach to health care, the couple decided that a "thank you" wasn't enough. Instead, they would show their gratitude by supporting the profession which had done so much for them and which promised to help so many in the future. "We don't have any children," Mr. Dell explained, "and we wanted to do something for humanity."

Since Dr. McKenna had learned his skills at Michigan State's College of Osteopathic Medicine, the Dells decided to help the college continue its commitment to quality care. In 1996 they founded the Phyllis K. and Walter P. Dell Endowed Scholarship, a scholarship given annually to second or third year students enrolled in the Medical Scientist Training Program.

For the 1999-2000 academic year, two students were awarded the scholarship: Jennifer Ballew and Jackie Dao. As is fitting for a scholarship connected to surviving cancer, this year's recipients both work in MSUCOM's Carcinogenesis Laboratory under the supervision of Justin McCormick, PhD, and Veronica Maher, PhD.

For several years, the scholarship has helped talented students concentrate on their education and gain valuable research experience, and each year, the Dells have had lunch with the recipients to learn more about their studies. Impressed with the students and their work, and heartened by the impact of the scholarship, the Dells decided that they wanted to help MSUCOM, its programs, and its students even more.

In 1999 Mr. and Mrs. Dell decided to include a bequest in their will on behalf of MSUCOM. The Dells will donate a portion of their assets to continue the endowed scholarship, but the remainder will be used as a research fund for both the College of Osteopathic Medicine and the College of Human Medicine. This new endowment, which will be administered by MSUCOM, will provide funding for basic and clinical research at the colleges.

Having seen first hand what the profession and its students can achieve, the Dells can be confident that their commitment to research will help the physicians of tomorrow and their patients. MSUCOM, for its part, can be confident that the Dells have a very special way of saying "thank you."
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Hooding Ceremony for Class of 2000 graduates. Wharton Center.

12-13
Sports Medicine 2000. Michigan State University. 12 hours of Category 1A credit. Tuition is $180, $90 for residents, $25 for students. Call CME at (517) 353-9714 or (800) 437-0001.

18
Campus Day in conjunction with MOA annual convention. Hyatt Regency, Dearborn.

19-21
"Exercise Prescription as an Adjunct to Manual Medicine: Level II." Kellogg Center, East Lansing. 20 hours Category 1A credit. Tuition is $625, $450 for residents. Call CME at (517) 353-9714 or (800) 437-0001.

24

2-4
"Functional Indirect Technique: Level I." Kellogg Center, East Lansing. 24 hours Category 1A credit. Tuition is $750, $450 for residents. Call CME at (517) 353-9714 or (800) 437-0001.

14
COM Awards Ceremony for faculty, staff, and students. 3-5 p.m. Patenge Room, C102 East Fee Hall.

14-18
"Muscle Energy: Level I." Daeman College, Amherst, New York. 40 hours Category 1A credit. Tuition is $1250, $900 for residents. Call CME at (517) 353-9714 or (800) 437-0001.

24-28
"Muscle Energy: Level II." Kellogg Center, East Lansing. 40 hours Category 1A credit. Tuition is $1250, $900 for residents. Call CME at (517) 353-9714 or (800) 437-0001.

21-23

For a complete listing of MSUCOM events
check out our Web calendar: http://www.com.msu.edu/calendar
MSUCOM Distinguished Alumni Award Nomination

The MSUCOM Alumni Association wishes to recognize alumni who have distinguished themselves by their contributions to their profession, community and alma mater. Alumni, staff, faculty, students and friends of MSUCOM are encouraged to submit a nomination letter.

Nomination letter should include
- Personal attributes that distinguish the nominee
- Community service
- Professional accomplishments
- University involvement.

Selection Criteria for Distinguished Alumni Award
- Commitment to the osteopathic profession exemplified by the practice, teaching or research of osteopathic principles and techniques
- Commitment to public service demonstrated by active leadership in the community
- Meritorious achievements including those leading to better understanding of key clinical issues in the practice of medicine.

Nominee's Name ________________________________ Year of Graduation __________________
Home Address ________________________________________________________________
Office Address ________________________________________________________________
Daytime Phone ________________________________________________________________
Name of Nominator __________________________ Year of Graduation (if alumni) __________
Address __________________________________________ Telephone ________________

Nomination letters should be returned before July 1, 2000 to:
Alumni Programs, Michigan State University College of Osteopathic Medicine, A310 East Fee Hall, E. Lansing, MI 48824-1316
If you have any questions, please call the Alumni Office and ask for Kim Camp toll-free at 1-877-853-3448.