INSIDE:
William D. Strampel, DO, is named MSUCOM’s fourth dean

Osteopathic Manual Medicine: The Heart of our Profession
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Dear Colleagues:

It's with a great sense of humility that I assume the leadership of the MSU College of Osteopathic Medicine as its fourth dean. Our unexpected tragedy has moved me to a position that I did not foresee, but I view my role as one of working for all of you. Over the last three decades, Deans Magen, Wood and Jacobs have set the standards that have made MSUCOM the premier institution it is today, and it's my goal to continue to strengthen, enhance and enlarge the reach of this college and university.

For the past three years I have worked with everyone here to ensure that our house is in good order and for all that support, I thank you. I cannot promise to never make a mistake, but I can promise you my best efforts. I am in a fortunate position because I know for a fact that our people are positive, proactive and innovative as demonstrated by a number of creative projects underway.

This issue of Communiqué spotlights some of these, particularly in the areas of enhancing osteopathic manipulative medicine and promoting diversity.

- With the appointment of world-renowned researcher Malcolm Pope to the Walter F. Patenge Endowed Chair, MSUCOM is developing a neuromusculoskeletal research center (p. 3)
- We’ve deepened and broadened our teaching of OMM, doubling the predoctoral curriculum and expanding postdoctoral instruction through the Statewide Campus System (p. 4)
- Cranial-sacral therapy is still controversial, but the expertise of our faculty in using and studying it is helping it to gain credibility (p. 12)
- Our Visiting Minority Faculty Program – “From Slavery to Freedom: An American Odyssey” – won MSU’s Excellence in Diversity Award (p. 8)
- One of our clinical faculty, William G. Anderson Sr., DO, has received an honorary doctorate degree from MSU (p. 11)

We have some high standards to meet and some significant challenges over the next several years, but I’m confident that with the strong support of faculty, staff, students, alumni and friends of MSUCOM, we will be able to write compelling chapters in the history of our college. I hope you’ll join us!

William D. Strampel, DO
Dean
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by K. Friday

In a profession that historically has focused on clinical care, how do you create an equally vibrant medical research culture?

According to Justin McCormick, PhD, associate dean for research at MSUCOM, closely monitor the National Institutes of Health and their funding priorities.

“The NIH has an annual budget of approximately $27 billion, McCormick explains. “It’s the largest medical research entity in the world, and because of that it sets the agenda.”

With an understanding of the kinds of programs and studies that receive NIH funding—including the top NIH recipient, Harvard University, with over $730 million a year—McCormick has helped MSUCOM create a new research center for the kinds of studies that will be competitive for NIH grants.

Headed by the new Walter F. Patenge Endowed Chair in Osteopathic Medicine, Malcolm Pope, DrMedSc, PhD, DSc, this new center will be devoted to neuromusculoskeletal research—especially the underlying mechanisms of manual medicine. It will be interdisciplinary in its approach, drawing on researchers and clinicians in a variety of departments and fields, and it will have as a resource a new, cutting-edge vertical MRI machine. To be housed in the radiology department in a new building slated for completion in 2003, the machine, which can image subjects standing upright—in their natural weight-bearing position—will be an invaluable asset in studies involving manual medicine, the spine, and the back.

The vertical MRI will enable the center for neuromusculoskeletal research to expand the possibilities of research at MSUCOM, and the center’s new director, Dr. Pope, has the research expertise to identify and develop the most competitive projects.

"Malcolm Pope is an extraordinarily talented researcher," Dr. McCormick explains. “He has spent his entire career in research. He will be able to compete at the NIH level because he’s competed there before. I expect that he will use his budget at the center as seed money for research projects that can then attract NIH-level funding.”

The research credentials of the new occupant of the Walter F. Patenge Endowed Chair are certainly formidable. A bioengineer with expertise in ergonomics and spinal biomechanics, Dr. Pope is currently the chair of safety and health and the director of the Liberty Worksafe Centre at the University of Aberdeen, Scotland. He has more than 300 peer-reviewed publications and has served as president of the International Society of Study of the Lumbar Spine and the American Society of Biomechanics.

But perhaps most importantly, Dr. Pope understands the research priorities of the NIH
STRAMPHEL NAMED MSUCOM'S FOURTH DEAN

by Tom Oswald

William D. Strampel, DO, is the new dean of the Michigan State University College of Osteopathic Medicine. With the appointment, which was approved by the MSU Board of Trustees at its April 12 meeting, Strampel becomes the fourth dean to lead the college. The appointment was effective April 15.

Strampel, who is a professor of internal medicine, has served as the college’s acting dean since December 2001. Prior to that he was the college’s senior associate dean, a position he held since 1999. He also remains the lead medical director of MSU HealthTeam.

“I’m delighted that someone of Dr. Strampel’s caliber can step in and assume leadership of the College of Osteopathic Medicine,” said MSU Provost Lou Anna K. Simon. “He brings to the job the perfect balance of clinical and administrative experience. I join the faculty and the College Advisory Council in being confident that he’s the right person to lead this college.”

Strampel notes that he will emphasize educational excellence, research and the expansion of endowments to increase financial flexibility as initial priorities.

Before coming to MSU, Strampel was a special assistant to the U.S. Surgeon General for operations and readiness, and served as chief medical officer for the Tricare Management Activity, which made him responsible for a managed care budget of more than $8 billion. He also served as director of quality management in the Office of the Secretary of Defense.

From 1996 through 1997 Strampel was commander of the Brooke Army Medical Center and Great Plains Regional Medical Command, where he was responsible for eight community hospitals and a medical center. From 1994 through 1996 he was director of medical education at Brooke.

From 1991 through 1994 he was chief of the Quality Assurance Division, Department of the Army, Office of the Surgeon General. Prior to 1991 he served in a number of capacities at hospitals in Colorado, Kansas and Korea.

Strampel earned a bachelor’s degree from Hope College in 1970 and a D.O. from the Chicago College of Osteopathic Medicine in 1976.


because he helped the NIH establish its Center for Alternative and Complementary Medicine over eight years ago. The NIH spends approximately $80 million annually funding studies on complementary and alternative medicines and procedures, and it has expressed specific interest in research into osteopathic manual medicine.

With his background, Dr. Pope certainly understands that the NIH is, in the words of Dr. McCormick, “extremely interested in osteopathic manual medicine.” As an experienced researcher, Dr. Pope also understands that the NIH will be more interested in studies that attempt to identify the underlying mechanisms—and not just outcomes—of manual medicine. Traditionally, studies into the latter have dominated the profession. The new neuromusculoskeletal research center will attempt to change that, Dr. McCormick asserts.

Although Dr. Pope will bring to the center what Dr. McCormick calls “a nucleus of research experience,” the research will involve all kinds of clinicians and researchers—including those outside of the osteopathic profession. The center will also bring together the diverse talents of MSUCOM’s various departments.

Dr. Pope and Dr. McCormick both know that over the years, the NIH has favored interdisciplinary projects with multiple investigators. It is simply the direction in which medical research is moving.

“If it is really integrative, neuromusculoskeletal research is relatively underserved,” Dr. McCormick says. “There are not a lot of people working in it, and because of that I think that is exactly where we should be right now.”
Learning Triad
Strengthening the OMM Curricula

by Pat Grauer

Not only is MSUCOM finding better ways to research and provide clinical osteopathic manual medicine, we’re also developing better ways to teach this important modality.

The teaching of osteopathic manual medicine is blossoming at MSUCOM, from a portion of three classes to a full six semesters of dedicated courses for predoctoral students. A new consortium to support OMM education for postdoctoral students is being consolidated. MSUCOM computer-based learning modules, including video, will enhance OMM education at all levels.

**Predoctoral OMM**

“We’ve expanded OMM education into six semesters of distinct OMM courses,” notes Mark Gugel, DO, the course coordinator, “and instruction begins the first semester students come to MSUCOM.” Dr. Gugel says that the new courses provide a case-based approach to medicine, while the old OMM curriculum only covered techniques. The OMM cases are coordinated with and reinforce what students are studying in their systems courses, e.g., cardiovascular, pulmonary, reproductive, etc.

**Postdoctoral Consortium**

Independent OMM education programs in several Michigan hospitals are being consolidated through the Statewide Campus System to support a new residency consortium in neuromusculoskeletal medicine. According to Associate Dean Mark Cummings, PhD, it’s anticipated that MSUCOM, Metropolitan, Botsford General, Mercy, Genesys, Mt. Clemens, Ingham Regional, and Sparrow hospitals will participate in the consortium, which is expected to receive AOA approval soon and start training residents in 2003. The program will include coordination of curriculum, faculty development, assessment and evaluation. “The residencies will include the two-year program or the plus-one fellowship, and the blended family medicine and OMM residency program,” Dr. Cummings noted.

**Educational Modules**

Under the direction of Jon Rohrer, PhD, of the Statewide Campus System and Kari Hortos, DO, director of medical education at Mt. Clemens General Hospital, computer-based educational resources will help “train the trainers” for OMM instruction. Available on CD-ROM, the modules, which include video demonstrations, will help instructors to review, apply and teach OMM to housestaff and students in clinical settings.

“Our students receive heavy clinical training in OMM on campus,” Dr. Rohrer said, “and these programs are to help ensure that this continues into the hospitals.”

The modules, which have been extensively tested, can be used in laboratories, classrooms, or bedside teaching, Dr. Rohrer said.
Out-of-SYNC members include: (top row) Sherman Gorbis, Robert Woodbury, (bottom row) Tom Glission, David Grimshaw, Lisa Vredevoogd, Mark Gugel.

Out-Of-SYNC

by David S. Warden

Sometimes an experience comes along that’s not only educational for students, but fun as well. One of those experiences is Out-Of-SYNC, a concept Dr. Mark Gugel came up with for the 2001 Fee Follies. The program was immensely popular, and Dr. Gugel decided to keep it going, submitting another Out-Of-SYNC routine for 2002’s Fee Follies.

What Out-Of-SYNC does is take popular music, such as *NSYNC’s “Dirty Pop,” and make their own music videos and live performances. These videos include lip-synching and dancing, but also show off OMM techniques in a completely unique setting.

Out-Of-SYNC also promotes the fact instructors can have fun. “It’s great for the students to see the faculty dress down and get wild. It’s just fun, fun for them and we enjoy making them laugh and be light hearted,” says Lisa Vredevoogd, DO, who recently joined the group as “Britney Shears.”

The preparation for Out-Of-SYNC performances looks more like a nightclub than an OMM clinic review. Doctors appear in vinyl pants and tank tops instead of lab coats, and everyone is in high spirits. Also the doctors can get completely wrapped up in their characters, finding a release not only through music and dance, but also in a form of role-playing.

Overall, the group likes what Out-Of-SYNC does. “I think that the students really appreciate us connecting with them,” said Dr. David Grimshaw. “We don’t want them to feel disconnected, so when we can show we care about them, they really appreciate that.”
Laboratory Sleuths: The Forensic Anthropology Lab

by K. Friday

Roger Haut, PhD, has a warning for any potential criminals in MSUCOM: "Pay all of your traffic tickets and keep your records clean," he jokes, "because the Michigan State Police are here all the time!"

Dr. Haut, a professor in the Departments of Osteopathic Surgical Specialties, Osteopathic Manipulative Medicine, and Mechanical Engineering, should know all about the State Police's interest in MSUCOM because he regularly assists with the work done by the Forensic Anthropology Lab here in East Fee.

Headed by Norman Sauer, PhD, and Todd Fenton, PhD, two forensic anthropologists from the Department of Anthropology, the lab specializes in human remains cases and is an important resource for various law enforcement agencies—including the FBI.

Dr. Sauer is also a member of a federal response unit that was sent to the Pennsylvania crash site after the Sept. 11 hijackings in order to help authorities identify remains.

Experts in the analysis of bones and bone fragments as well as cannibalism, Drs. Sauer and Fenton help the police and FBI identify skeletal remains, and often their expertise is used to ascertain causes of death. Dr. Fenton says that in many cases the lab determines that the remains in question are animal in origin, in which case interest quickly disappears, leaving a random collection of animal bones—now openly collecting dust on several shelves—that give the lab a vaguely sinister feel.

But frequently enough the remains are human, and in many cases a crime has been committed. Sometimes these are decades-old crimes being revisited for various reasons. Dr. Fenton himself has contributed his expertise to cases involving both the Boston Strangler and Jesse James.

The lab’s collaboration with MSUCOM is more recent. Four years ago Dr. Sauer moved the lab to the fourth floor of Fee Hall. He says that he did so because “the medical school was always a more desirable place to work because of the kinds of projects and the kind of tissues we were working on.”

This move to MSUCOM proved fruitful—in part because it facilitated the anthropologists’ collaboration with Dr. Haut, whose expertise in soft tissues and their biomechanics has proven invaluable in some criminal cases.

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Drs. Sauer, Haut and Fenton exam a skull in the Forensic Anthropology Lab.

This past year, for instance, Dr. Haut helped the lab in a case involving a Michigan man killed as a result of a cranial depression sustained in a fistfight. In question were the forces generated by a punch to a supine head: could it produce a fatal blow? As an engineer and biomechanics expert, Dr. Haut drew on studies involving boxers and automotive collisions, developed his own calculations, and eventually concluded that under the particular circumstances under question, the punch could have inflicted the damages. Dr. Fenton eventually testified at the trial to that effect. The assailant was convicted.

"Dr. Haut’s engineering skills were critical in that case," Dr. Fenton explains. "Although Dr. Sauer and I are familiar with forces and their impact, Dr. Haut is the real expert—the one who can find the relevant literature, devise the necessary equations, and tell us what we need to know."

And with that, the Forensics Lab in Fee Hall helped to close another case.
When Jane Walsh retires this July, it will be a bittersweet transition. On the one hand, after a long and successful career at MSU and the College of Osteopathic Medicine she will now have more time for her other interests. On the other, the college will lose one of its most experienced and skilled research assistants.

Ms. Walsh first came to MSU in 1965 and worked at the College of Veterinary Medicine as a histology technician, a specialist who prepares tissues and other samples for microscopic examination. In 1976 she came to a fledgling MSUCOM and joined its biomechanics department and has been here ever since.

Over the years Ms. Walsh has worked under four deans, weathered the inevitable budget crises, and seen the MSUCOM grow into a "nationallly recognized osteopathic college with a strong, stable faculty."

Above all, Ms. Walsh's decades of experience have made her an expert in research histology—the science of preparing tissue samples for microscopic analysis.

Although most research histologists work with soft tissues, Ms. Walsh has an unusual specialization in orthopedic histology, an area that involves working with hard tissues, including both human and animal bone, cartilage, and tendons.

Ms. Walsh's expertise has made her an invaluable asset to researchers such as Roger Haut, PhD, a professor in the Departments of Osteopathic Surgical Specialties, Osteopathic Manipulative Medicine, and Mechanical Engineering. Dr. Haut's research examines impact trauma and tissue biomechanics. Ms. Walsh has also worked with Norman J. Sauer, PhD, a professor of anthropology who heads the Forensic Anthropology Lab in East Fee Hall, and several others.

In addition, Ms. Walsh has been the OMM Residency Program assistant and the OMM clinical rotation coordinator. She has also assisted Robert C. Ward, DO, professor of osteopathic manipulative medicine, in the preparation of two editions of the widely-used Foundations for Osteopathic Medicine textbook.

"Balancing the love of science and labwork with the experience of interacting with researchers, students, and clinicians has been a wonderful career blend," Ms. Walsh says. "I have learned so much from knowing and working with all these people from MSUCOM."

Clearly Ms. Walsh will be missed when she retires, and she admits she cannot bring herself to retire fully. "I love the people here, and I love coming to work," she says. "I've spent most of my life working and it's hard to give that up." Indeed, Ms. Walsh says she will return occasionally to work on-call with Dr. Haut. The rest of the time she says she will spend traveling and deciding on volunteer pursuits.
by Pat Grauer

After only its second year, MSUCOM’s Visiting Minority Faculty Program — “From Slavery to Freedom: An American Odyssey” — has captured the university’s Excellence in Diversity Award.

The team who planned and executed the program — William G. Anderson Sr., DO; Beth Courcy; Sandra Kilbourn and Mary Krinock — was honored at ceremonies April 11.

The series, which attracted renowned speakers representative of American Civil Rights history, was cited as a “stellar program that has benefited not only the college but the university and the community as well.”

In his nomination, Dean William D. Stample, DO, noted “Though these speakers teach us much about the history of civil rights, they also bring to the sessions a sense of personhood, a conviction and inspiration that can only come from hard-fought experience, from the survival of battles for justice that threatened their very lives.

“This program tells our faculty, staff, students and alumni that diversity is valued and that its understanding and celebration are vital to what it means to be an osteopathic physician. In short, this series fits well into our self-perception as a college,” he said.

Among this year’s speakers were

- The Rev. Dr. Joseph Roberts, pastor of Atlanta’s historic Ebenezer Baptist Church, who decried the modern-day slave trade, noting, among other justice issues, that more than 50,000 women and children were brought into the US last year as sexual slaves
- Dick Gregory, comedian, author and non-violent social activist, who discussed an eclectic menu of interests, including multiple examples of racism and injustice, and kept the audience laughing at themselves throughout
- Dr. Dorothy F. Cotton, former educational director for the Southern Christian Leadership Conference, who shared stirring stories of the movement in word and song
- The Rev. Dr. Jeremiah A. Wright Jr., senior pastor of Trinity United Church of Christ, Chicago, who traced African American language, song, linguistics and stories back to their African roots.
Tamera Cox

Changing the Face of MSUCOM

by David S. Warden

One new face around MSUCOM hopes to bring in more new faces.

Tamera Cox, the new minority recruiter at MSUCOM, will be using her skills to attract students to the college and to help form a more diverse climate at the school.

Recruiting skills are something Ms. Cox has in abundance. Before entering this post, she worked at Starr Commonwealth Battle Creek Offices, which deals with at-risk and foster care youth. While there, Ms. Cox was responsible for recruiting individuals to enter the foster care system, as well as acting as a counselor for those in foster care.

Ms. Cox's training as a counselor began her involvement with diversity issues. "I was heavily involved in diversity and cultural sensitivity issues at Starr," said Ms. Cox. "The idea of counseling on diversity issues heavily appealed to me."

Ms. Cox began pursuing her masters in social work at Western Michigan University, then left Starr Commonwealth to fill the minority recruiter position. Ms. Cox soon found her skills as a counselor would come in useful at MSUCOM in dealing with diversity issues.

Ms. Cox's plan to attract and retain underrepresented minority students at MSUCOM includes three areas. First, she will deal with recruitment of students at MSUCOM. "I'm going to college and university groups as well as community groups, churches, and career fairs," said Ms. Cox. "I'm offering them an opportunity to make an informed decision on where they want to go, especially in terms of an allopathic or an osteopathic medical school."

Second, Ms. Cox will deal with the admission of students by providing application counseling.

The third area Ms. Cox will focus on deals with the retention of students.

As a member of the retention committee, she will keep track of how students are doing, especially in terms of academic performance. "One of the things I want students to understand is that they are the top priority to us," she said.

Ms. Cox will be working to shape MSUCOM's student population to provide a more representative view of racial and ethnic populations. "Presently we do not represent society," said Ms. Cox. "Part of the problem is the level of understanding about osteopathic medicine, and this is reflective of our society as a whole."

Ms. Cox will be using her past experiences to help in her position. "I bring a sense of desire and training where cultural sensitivity is concerned," said Ms. Cox. "I'm very eager to help educate the students, faculty, and staff here at MSUCOM."

Right now Ms. Cox's time is spent equally between helping enrolled students and helping those who wish to apply to the college. Her position also includes community outreach, and Ms. Cox has been to several colleges in Michigan, including Western Michigan University, the Lansing Public Schools, Lansing Community College and others. She has also worked with Michigan State University undergraduate students and Mount Clemens General Hospital.

Ms. Cox advocates that students work to celebrate the diversity around them. "Everyone needs to realize the importance of cultural sensitivity. As time goes on, that will be more and more important," she said.
By K. Friday

With beaming and sometimes teary families and friends looking on, the MSUCOM Class of 2002 could finally catch their breath and savor the moment: they were now physicians.

All 119 members of the Class of 2002 packed into the MSU Wharton Center May 2 to celebrate their achievements, recognize excellence, and reflect on the challenges and responsibilities to come.

This year’s keynote speaker was Rear Admiral Clinton E. Adams, DO, commander of the US Naval Medical Center, who spoke about the profession’s contribution to both the war effort and the morale of America herself. As for the graduates, he told them to look for inspiration in the life of the late dean, Allen Jacobs, DO, PhD. “Always remember his passion for life, family, and osteopathic medicine,” Adams said, “and always put the patient at the center of your universe.”

Invoking the Navy values of “honor, courage, commitment,” Dr. Adams explained to the graduating class that they would have to continue their pursuit of excellence in order to face the health care crises of the coming decade. “We must improve patient safety,” he explained. “There are over 98,000 deaths each year because of medical errors, and that is too many.”

Other speakers included William D. Strampel, DO, dean; William M. Falls, PhD, associate dean of student services; Dan L. Hunt, DO, MSUCOM Alumni Association president; and Ali M. Saad, Class of 2002 president.

Hooding the students were Mark R. Gugel, DO, professor of osteopathic manipulative medicine and David I. Kaufman, DO, chairperson and professor of neurology and ophthalmology.

Graduate award winners included Ali M. Saad, DO, who received the Richard L. Alper Memorial Award; Sara Strong, DO, who received the Judith K. Weiswasser Memorial Award; Jason Heisler, DO, who received the Dean’s Recognition Award; and Ruth Baer, DO, who received the Michigan Osteopathic Association Outstanding Graduating Senior Award.
by K. Friday

At this spring’s advanced degree ceremony at Michigan State University, William G. Anderson, DO, FACOS, added to his list of impressive achievements by receiving an honorary doctorate in science.

One of two keynote speakers for the ceremony, Dr. Anderson spoke briefly on the importance of providing equal opportunities and equal access for minorities in the health care professions.

A clinical professor of osteopathic surgical specialties at MSUCOM, Dr. Anderson is also the associate dean of the Kirksville College of Osteopathic Medicine, where he is responsible for the development of osteopathic medical education programs within the St. John Health System in Michigan.

He has the distinction of being the first African-American president of the American Osteopathic Association, a life-member of the NAACP, and a member of the board of directors of the American Osteopathic Association for 18 years. He holds other honorary doctorate degrees from a number of osteopathic medical schools, and counts among his awards the Distinguished Service Award from the AOA, the Physician of the Year Award from the Michigan Osteopathic Association, and the Walter F. Pateman Medal of Public Service from MSUCOM.

Most importantly, Dr. Anderson will always be recognized as a key figure in the civil rights movement, one of a very small minority of African-Americans who struggled to enter the field of health care in the 1950s and 1960s. In 1956, for example, as the first African-American intern accepted at the Flint Osteopathic Hospital, Dr. Anderson had to fight for the right to see white patients.

A personal friend of Martin Luther King Jr., Dr. Anderson was also one of the co-founders and the first president of the historic Albany Movement, one of several civil rights groups active in southwest Georgia. Founded in 1961, the group helped organize voter registration drives, protests, and boycotts during the turbulent 1960s.

According to MSU Provost Lou Anna K. Simon, “Dr. Anderson has distinguished himself in both his medical career and as a pioneer in the civil rights movement. He serves as an example to our students as they seek to achieve their dreams and serve as the next generation’s leaders in their chosen professions.”
Understanding the Body’s Rhythm:
Cranial Osteopathy

by K. Friday

Cranial osteopathy is, perhaps, one of the most misunderstood practices in osteopathic medicine, even as studies on its outcomes and underlying mechanisms continue to expand the knowledge and effectiveness of the field. The term “cranial osteopathy” is the preferred term, though it is often used interchangeably with what is popularly known as “cranial-sacral therapy.”

In the 1920s, Dr. William Garner Sutherland, a pioneer of osteopathic medicine, theorized that the bones of the head were mobile—even in adults—and could be manipulated. This fundamental insight—along with the diagnostic and palpatory techniques he developed—made cranial osteopathy possible in the decades to come.

Today, cranial osteopathy practitioners examine and treat a complex system encompassing the brain and spinal cord, cranial bones, the sacrum, spinal membranes and muscles, and the cerebrospinal fluid. As Lisa Vredevoogd, DO, an assistant professor of osteopathic manipulative medicine explains, cranial osteopathy is essentially based on the fundamental principle that the central nervous system is perpetually in motion.

“There is research that demonstrates that this part of the nervous system has its own rhythm, and over the years there have been more and more observations of this motility,” Dr. Vredevoogd explains. “It has been observed during surgery, and it has also been imaged. Sutherland has described this inherent motion as the ‘primary respiratory mechanism’ that includes the fluctuation of the cerebrospinal fluid.”

Two important studies in this regard were ones involving MSUCOM researchers. In 1976 a group of MSUCOM biomechanics professors published a study demonstrating the movement of the cranial bones in monkeys. A more recent study was one co-authored by Barbara Briner, DO, an MSU assistant professor of osteopathic manipulative medicine, and two MSU professors of physiology, S. Richard Heisey, PhD, and
Thomas Adams, PhD. Published in 1992, this study documented the cranial rhythm and the movement of the parietal bones in cats. Both studies have effectively debunked a long-standing assumption that the cranium in mammals was immobile. The implications for cranial osteopathy were clear.

In clinical practice, osteopathic physicians who use cranial must understand this complex rhythm and be able to discern normal motion and asymmetrical, restricted motion. It is literally a hands-on science that demands advanced palpatory skills. Dr. Briner, a long-term instructor of cranial techniques, says that she frequently asks her students to practice with their eyes closed and learn to “see with their hands,” as she likes to call it.

But as David Grimshaw, DO, an assistant professor of osteopathic medicine explains, there is nothing inherently special or esoteric about cranial osteopathy. “Cranial is not really a separate aspect of osteopathy,” he says, “it is simply an extension of osteopathic principles and practices into the cranium. You are listening to the tissues, examining and encouraging their inherent motion, and assisting the body’s ability to heal itself.”

Adults with trauma to the brain and other parts of the nervous system are ideal candidates for cranial osteopathy, Dr. Grimshaw says, but so are infants and children. “Sometimes an infant’s cranium fails to return to a healthy configuration after birth,” he explains. “When this happens, infants frequently have trouble breast-feeding and can have asymmetry of their skull and decreased motion in their neck. Other common problems include chronic ear infections, reflux, and recurrent sinusitis.”

Dr. Grimshaw knows cranial osteopathy’s effectiveness because he has seen it first hand. One of Dr. Grimshaw’s most successful cases involved a six-year old girl who had been referred to his clinic by an outside physician. Suffering from chronic headaches and sinus infections, the girl had had 14 surgeries over the course of her life without much improvement. Dr. Grimshaw found tremendous restrictions in her cranial-sacral system, removed as many as he could, and the girl’s sinuses began to drain and her headaches lessened. Even the girl’s teachers noticed the dramatic improvement.

Despite successes like these, it is clear that cranial osteopathy is still a minority practice in what is still a minority profession. As Dr. Briner explains, although the field is extremely promising, it is relatively slow to grow because “there aren’t an overwhelming number of NIH grants to study this kind of thing. Most of the relevant studies have been conducted by a small group of very determined researchers.”

Lisa Vredevoogd teaches cranial techniques during a small group didactics session.

David Grimshaw gently examines the skull structure of a small patient.
Students Caught
Dealing for Charity

by K. Friday & David S. Warden

LAS VEGAS NIGHT 2002

Uncle Sam would have been proud.
With red, white and blue flags waving and a crowd sporting
patriotic garb, the MSUCOM community came together to raise
money for the needy—and have some fun in the process.

This year’s Eighth Annual Las Vegas Night and Charity Raffle,
sponsored by the Michigan Osteopathic Association, raised over
$9,000. The theme was American patriotism, and everyone seemed
to be in the giving spirit. Over half the proceeds will go to
Lansing’s Ele’s Place, a shelter and resource for grieving children,
and the remainder will be used to support MSUCOM Student
Council activities.

More than 170 faculty, staff, students, clinical faculty, friends and
parents came to Vegas Night for an exciting evening of blackjack,
money wheel, roulette, and craps—the latter being the “hot spot”
all night. Table sponsors included:

MSUCOM Alumni Association, MSUCOM Student Council,
Department of Internal Medicine, MSUCOM Class of 2005,

MSUCOM Statewide Campus System, Department
of Psychiatry, MSUCOM Class of 2004, MSUCOM
Student Services, Department of Radiology, Ingham
Regional Medical Center, St. Joseph’s Mercy of
Macomb, and William D. Strampel, DO, dean.

UAAO AUCTION 2002

This year’s annual Undergraduate American Academy of
Osteopathy auction raised more than $5,800 to send MSUCOM
students to the annual UAAO conference in Norfolk, Virginia.

Some of this year’s auction items included a weekend at the
English Inn in Eaton Rapids, OMM tables, a $300 bottle of wine,
computer tutoring, textbooks, a suite at a Detroit Pistons game, a
signed MSU Spartan ice hockey jersey, and 18 holes of golf with Dr.
William Falls.

The UAAO at Michigan State University is dedicated to
increasing students’ awareness of osteopathic principles and
practices, particularly osteopathic manipulative medicine. They
provide many opportunities for students to learn and practice
OMM skills through workshops and classes that are designed to
supplement the regular curriculum. Also, the UAAO provides
unique opportunities for students to interact with their colleagues
here at MSU as well as across the nation through the Visiting
Clinician program.
HOW WILL YOU USE YOUR OMM TRAINING?

by David S. Warden

With the changes in the osteopathic manual medicine curriculum at MSUCOM, Communiqué went into the halls at Fee to find out what second-year MSUCOM students thought about OMM.

"It's better than other treatments because it's non-invasive and relaxing to the patient. The patient can feel immediate relief, and that establishes trust."
Jennifer Bardenhagen

"I'm thinking of going into emergency care or internal medicine, and I plan on using OMM in either."
Robert Hanson

"I like it because you don't necessarily have to start with drugs. You can start with manual care."
Anna Kaminski

"OMM is very useful. It's one more thing you can use to diagnose patients."
Carlos Fernandez

"OMM allows you to establish more of a rapport with your patient through the physical contact."
Mackenzie Petersen

"OMM will fix something a pill will never take care of."
Gassan Alouie

"It's great because of the doctor-patient contact. I like the aspect of touch, and it promotes healing."
Mindy Frimodig

"You can get a diagnosis from OMM you can't get from other tests, like MRIs or CT scans."
Mohammed Khaleel

"By doing OMM you're actually treating a structural problem ... you're getting to the root of the cause."
Anessa Songer

"OMM is less invasive and patients like it more. It works, and it's been shown to work."
Lori Marouf
MSUCOM's People on the Move

TEOFILA BEAMAN, PhD

In 1971 Dr. Beaman began her career at MSU doing various lab work and research. In 1978 she began teaching microbiology. Dr. Beaman received both her bachelor’s degree in chemistry and her master’s degree from the University of the Philippines. In the 1950s she came to MSU to obtain her PhD. She will retire July 1, 2002.

LORAN BIEBER, PhD

Dr. Bieber has been a faculty member of the Department of Biochemistry since 1970, before MSUCOM moved to the MSU campus. Prior to his career at Michigan State University, Dr. Bieber obtained both his bachelor’s and master’s degree in chemistry from North Dakota State University, in 1955 and 1956 respectively. In 1963, he obtained his PhD in biochemistry from Oregon State University. Dr. Bieber retired on January 1, 2002.

EUGENIA DAYTON

In June 1975, Ms. Dayton began working for MSU in various areas across campus, and came to MSUCOM as a medical transcriptionist in the Department of Physical Medicine and Rehabilitation. Ms. Dayton graduated from Central Michigan University with a BS in education, also majoring in literature and secretarial science. She retired on February 1, 2002.

PEGGY GONSER

On November 30, 1976, Ms. Gonser began working at MSUCOM, in various departments including the Office of Health Services Education and Research, Community Health Sciences, Osteopathic Medicine and Osteopathic Surgical Specialties. She retired January 11, 2002.

SHIRLEY JOHNSON BORDINAT, PhD

In 1970, Dr. Bordinat began her career at MSU as a specialist in the Office of Research Development. From 1979 to 2000, Dr. Bordinat served in the Department of Family Medicine, including as acting chairperson. She received an MS and PhD in physiology, and an MSW from MSU, and a MPH from the University of Michigan. She will retire July 1, 2002.

MADHAV KULKARNI, PhD

In 1985 Dr. Kulkarni joined the Department of Physical Medicine and Rehabilitation as chief occupational therapist. Dr. Kulkarni has unique training including an occupational therapy certificate, a masters in sociology, and a PhD in rehabilitation counseling. He retired July 1, 2001.
SHARON REED

Ms. Reed has been part of MSU since 1985 and has worked in various areas across campus. In 1990 she came to MSUCOM. During her 12 years here she has remained a curriculum assistant in Academic Programs. She will retire October 1, 2002.

GEORGE E. RISTOW, DO

Dr. Ristow has been with MSUCOM since 1977. He served numerous positions including, professor of internal medicine and neurology and ophthalmology, and as chairperson of the Department of Internal Medicine. He received his BA from Albion College, and DO degree from the College of Osteopathic Medicine and Surgery, Des Moines. He will retire July 1, 2002.

FRANK SCHNEIDERMAN, DO

On July 1, 1976, Dr. Schneiderman began his career at MSUCOM as a professor of pediatrics – a position which he held for 26 years. He received a degree in natural science and pharmacy from the St. Louis College of Pharmacy and a DO degree from the Chicago College of Osteopathy. He retired January 1, 2002.

BURNELL H. SELLECK, PhD

In 1967, Dr. Selleck began his career at MSU as an assistant professor in the Department of Physiology, and was promoted to associate professor in 1973. Dr. Selleck received his BA in chemistry from Colgate University and his PhD degree from the University of Rochester. He retired on January 1, 2002.

JANE WALSH

Ms. Walsh has worked at MSU since 1965 and MSUCOM since August 1976. She maintained a position in the Department of Osteopathic Manipulative Medicine as a research assistant. In 1994 she was asked to become the coordinator for the residency program, and was also in charge of the Unit III clinical rotations. She will retire July 1, 2002. (see page 7)

ROBERT C. WARD, DO

Dr. Ward came to MSUCOM as a full professor in 1972. The author of Foundations for Osteopathic Medicine, he worked in the Office of Medical Education Research and Development, Biomechanics, and Osteopathic Manipulative Medicine, and chaired the Department of Family Medicine. He received his undergraduate degree from MSU, and DO degree from Kansas City College of Osteopathic Medicine. He retired January 1, 2002.

GERALD OSBORN, DO

Gerald Osborn, DO, professor of psychiatry and former acting chairperson of the Department of Psychiatry, has taken the position of dean of the Kirksville College of Osteopathic Medicine. An expert in medical history and ethics, Dr. Osborn also served as associate dean for academic affairs and acting associate dean at MSUCOM. He has a long-standing involvement with the National Board of Osteopathic Medical Examinars and served as president of the American College of Neuropsychiatrists.
ALUMNI IN ACTION

Incorporating Osteopathic and Alternative Medicines

Dr. Worden addresses long-term causes and lifestyle changes for her patients.

By K. Friday

There aren't many physicians who have wed osteopathic and alternative medicines in their careers as successfully as Katherine Worden, DO.

A 1988 graduate of MSUCOM, Dr. Worden relocated to Arizona in 1989, went into general practice, and eventually discovered that family practice as well as managed care made it difficult for her to use and develop her extensive manual medicine skills.

One of only 366 osteopathic physicians nationwide certified in both neuromusculoskeletal medicine and osteopathic manipulative medicine, Dr. Worden struck out and founded her own clinic—the KateCare Osteopathic Center—five years ago. Specializing in manual medicine and alternative modalities, the clinic employs massage therapists, nutrition and stress counselors, and acupuncturists—all of whom work in conjunction with each other according to the specific needs of the patients.

For Dr. Worden, this collaborative, complementary approach is the best way to practice medicine, even if it has yet to become the norm. “I am convinced that we can best help our patients if we are truly holistic in our approach,” Dr. Worden says. “There are essentially four main stressors on the human system: electromagnetic/energy, biomechanical, psychological/emotional/spiritual, and nutritional/toxicity. In osteopathic medicine we tend to focus on the biomechanical issues, but all of these factors need to be addressed.”

This kind of approach can be thorough and time-consuming, so just this past year Dr. Worden and the clinic took another step away from bureaucratized medicine by resigning from insurance companies' reimbursement programs. “It’s the best thing I’ve ever done,” Dr. Worden says. “Now I spend an hour with each patient and have half-hour follow-ups. In a series of four to six visits I can be very thorough and start to address long-term causes and lifestyle changes, not just symptoms.”

Dr. Worden is part of a larger community of health practitioners in Arizona who are collaborating in order to offer a holistic, integrative approach to medicine. In 1997 Dr. Worden became a clinical instructor at the University of Arizona Program of Integrated Medicine, a program founded by Andrew Weil, MD, a world-renowned leader in integrative and alternative medicines. At the program, Dr. Worden teaches the program's fellows and sits on a panel composed of acupuncturists and osteopathic, allopathic, and homeopathic health practitioners. After a patient is interviewed and evaluated, the panel discusses and develops the most appropriate course of treatment.

Dr. Worden and her peers at the Program of Integrated Medicine are part of the on-going effort to achieve equality and recognition for osteopathic and integrative medicines and modalities. In 1998, they achieved important recognition when Dr. Worden and a handful of faculty associated with the program won a $5 million NIH grant to fund a five-year study on the effects of osteopathic and integrative medicines on children with cerebral palsy and chronic ear infections. The study is ongoing, and Dr. Worden hopes that in the end it brings more attention and more research money to osteopathic physicians and others with progressive approaches to medicine.
by Dennis M. Paradis, MOA Executive Director

While manual medicine is an integral part of osteopathic medical education, the understanding of the importance of this medical practice has waxed and waned over the past 75 years, largely due to the increased emphasis on pharmaceutical interventions. Taking a longer view, we know that manual medicine has been a part of medical practice since the days of Hippocrates. In fact, in an era when pharmaceutical solutions were extremely rare, and surgical interventions were extremely risky, manual medicine was the primary mode of treatment. Manual medicine remained an integral part of medical practice until the Middle Ages when the black plague decimated Europe. Even in the absence of the germ theory, physicians recognized that contact with sick patients resulted in the spread of disease to the physicians. At this point, the popularity of manual medicine declined.

In the 1800s, Dr. Andrew Taylor Still "rediscovered" manual medicine and incorporated it as a tenet of osteopathic medicine. This reintroduced manual medicine into U.S. medical practice despite its absence in the philosophy of medical education that was imported from Europe.

The next great leap forward was the discovery of penicillin, which became generally available in the 1930s. Until that time, there was little medical science could do to proactively treat bacterial infections. Until the 1930s, hospitals were viewed as places to die rather than to recover. The advent of effective pharmaceutical interventions changed our view of hospitals from a hospice to a place of healing. This change of perception is evidenced by the fact that it was not until the 1940s that it was commonplace for women to deliver their children in a hospital.

As we enter the 21st century, we are a nation that is obsessed both with pharmaceutical remedies and the search for effective non-pharmaceutical remedies. The pharmaceutical industry has made spectacular strides, but their strides have driven up the product cost to the point that Americans are demanding government programs to pay for the cost of pharmaceuticals. At the same time, our society is intent on searching for remedies that do not come from the pharmaceutical manufacturers. The incidence of "home remedies" is so great that physicians are now advised to ask their patients about the use of home remedies before writing a prescription.

What does this mean for osteopathic medicine? It means that osteopathic physicians, who are trained to use both pharmaceutical and non-pharmaceutical treatment modalities, are superbly positioned to meet the demands of our society. It means that manual medicine, which is a time-honored treatment modality, can play a beneficial and vibrant role in today's health care delivery system. It means that we at the Michigan Osteopathic Association must increase our efforts to educate third party payers of the benefits of manual medicine. Most of all, it means that the patients you serve as osteopathic physicians will benefit from your knowledge of manual medicine.

Fun in the... Sun

While our alma mater shivered in a March lion's blast, 80 MSUCOM alumni, friends and their families spent a sun-kissed week in the Dominican Republic March 2-9. They golfed, snorkeled, rode horses, fished, sailed, watched whales, or happily did very little.

MSUCOM's 2002 Seminar in the Sun was at the Paradisus Punta Cana, a magnificent location with lush gardens, beautiful beaches and many excellent restaurants. The site was so popular the group decided to return there next year.

Physicians earned 20 hours of category I credit for attending the seminars taught by alumni and faculty and co-chaired by David Neff, DO and John Tower, DO.

If you'd like to see photos of the event, check out www.com.msu.edu/alumni/smsun_2002.html

Don't miss MSUCOM's Silverfest 2002, the annual alumni gathering September 25-28, including the Osteopathic Open, the dinner/dance, tailgate, and MSU vs. Northwestern football. Hope to see you there!

If you need more information, contact Sandy Kilbourn or Kim Camp at (877) 853-3448.

Dan L. Hunt, DO, President
MSUCOM Alumni Association
Remembering and Nurturing MSU Roots

by Pat Grauer

One of the nation's outstanding medical educators has remembered his professional roots with a deferred gift to the MSU College of Osteopathic Medicine.

Ronald J. Markert, PhD, who began his career in 1973 as a graduate assistant and then assistant professor at MSUCOM, hasn't forgotten his early experiences - even after a quarter-century. His initial work at MSUCOM was in educational development, course logistics, testing and evaluation.

"At the point where I was thinking about giving back to higher education," Dr. Markert said, "remembering MSU just felt like the right thing to do."

His gift of $150,000 was divided among MSUCOM, the Department of Counseling, Educational Psychology and Special Education, and MSU's Essential Edge.

Dr. Markert, who became an associate professor in medical education at MSUCOM, has had a distinguished career, with a 20-year tenure at Wright State University, and most recently, as director of the Center for Medical Education at Creighton University School of Medicine in Omaha, Nebraska. The author of more than 100 peer-reviewed papers, he was recognized as one of four medical school faculty nationwide to receive the Alpha Omega Alpha Robert J. Glaser Distinguished Teacher Award at the Association of American Medical Colleges 2000 annual meeting.

NEW BUILDING BECOMES FOCAL POINT FOR BIOMEDICAL RESEARCH

Two of MSUCOM's jointly administered departments - Microbiology and Molecular Genetics and Physiology - have found a new home in the Biomedical and Physical Sciences Building, dedicated at MSU on April 12. The new facility becomes the heart of the university's science enterprise, a complex that includes the Chemistry and Biochemistry buildings, the National Superconducting Cyclotron Laboratory, the Plant Biology Building and the National Center for Food Safety and Toxicology.

The building, which stands six stories tall and houses more than 350,000 gross square feet of space, shelters many MSU inter-disciplinary centers and projects, including the newly founded Chronic Disease Initiative, which includes cardiovascular, diabetes and cancer research.

"In building the Biomedical and Physical Sciences Building and establishing a genuine science campus in East Lansing," said MSU President Peter McPherson, "we are the architects of basic science research for the 21st century at Michigan State University."

Total cost of the building is approximately $93 million, with state funds picking up three-quarters of the cost. A number of private donations were made as well, including:

- $5 million from the MSU Foundation
- $2.5 million from the Ford Motor Co. Fund
- $1 million from the Rollin M. Gerstacker Foundation
- $1 million from entrepreneur and MSU alumnus Harley and Rebecca Hotchkiss

Artist rendering by Bob Brent
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<td>Functional Indirect Technique: Level I. Kellogg Center, East Lansing. 24 hours Category IA credit. Tuition is $750, $450 for residents and interns. Call CME at (517) 353-9714 or (800) 437-0001 or visit <a href="http://www.com.msu.edu/cme">www.com.msu.edu/cme</a></td>
<td>Principles of Manual Medicine. Kellogg Center, East Lansing. 40 hours Category IA credit. Tuition is $1250, $900 for residents and interns. Call CME at (517) 353-9714 or (800) 437-0001 or visit <a href="http://www.com.msu.edu/cme">www.com.msu.edu/cme</a></td>
<td>Convocation and awarding of the Walter F. Patenje Medals of Public Service, Wharton Center</td>
<td>Muscle Energy: Level I. Kellogg Center, East Lansing. 40 hours Category IA credit. Tuition is $1250, $900 for residents and interns. Call CME at (517) 353-9714 or (800) 437-0001 or visit <a href="http://www.com.msu.edu/cme">www.com.msu.edu/cme</a></td>
<td>Silverfest Alumni Weekend. East Lansing, MI. Celebrating the 25th anniversary of the Class of 1977 as well as reunions for the Classes of 1982, 1987, and 1992. Weekend activities include Wednesday Osteopathic Open Golf Tournament, Friday evening dinner/dance, Saturday CME course, Saturday pre-game tailgate and MSU vs. Northwestern football game. For tickets, reservations, or more information, contact Kim Camp, External Programs, at 1-877-853-3448 or <a href="mailto:camp@msu.edu">camp@msu.edu</a> or visit <a href="http://www.com.msu.edu">www.com.msu.edu</a></td>
<td>Craniocasural Technique: Level II. Kellogg Center, East Lansing. 40 hours Category IA credit. Tuition is $1250, $900 for residents and interns. Call CME at (517) 353-9714 or (800) 437-0001 or visit <a href="http://www.com.msu.edu/cme">www.com.msu.edu/cme</a></td>
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<td>National Osteopathic Medicine Week. Designed to educate the public about osteopathic medicine and the various programs at MSUCOM. Free health screenings and information for the public. For more information contact MSUCOM at 517-353-9616.</td>
<td>Exercise Prescription as a Complement to Manual Medicine. Windmill Inn, Tuscon, AZ. 32 hours Category IA credit. Tuition is $1000, $750 for residents and interns. Call CME at (517) 353-9714 or (800) 437-0001 or visit <a href="http://www.com.msu.edu/cme">www.com.msu.edu/cme</a></td>
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<td>Direct Action Thrust: Mobilization with Impulse. Kellogg Center, East Lansing. 32 hours Category IA credit. Tuition is $1000, $750 for residents and interns. Call CME at (517) 353-9714 or (800) 437-0001 or visit <a href="http://www.com.msu.edu/cme">www.com.msu.edu/cme</a></td>
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Silverfest 2002 Alumni Weekend

Wednesday, September 25, through Saturday, September 28, 2002

featuring:
Osteopathic Open Golf Outing
"Fall Kaleidoscope: CME for Osteopathic Physicians"

Sponsored by:
Fifth Third Bank
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Michigan Osteopathic Association
MSU Federal Credit Union

For further information, please contact Kim Camp, toll free at 1-877-853-3448 or e-mail camp@msu.edu