The Nature of HEALING
In many ways, with our historic patient-centered, holistic emphasis, osteopathic physicians have been practicing “integrative medicine” from the start. Family, work, diet, exercise, community, social relationships, rest and relaxation, meditation, spiritual health – these have long been part of the osteopathic heritage. Integrative medicine, as defined by NIH’s National Center for Complementary and Alternative Medicine (NCCAM), “combines mainstream medical therapies and CAM [complementary and alternative medicine] therapies for which there is some high-quality scientific evidence of safety and effectiveness.”

Since most of our therapeutic agents come from plants, often what’s “alternative” is simply what’s not been researched. Hippocrates, for example, documented grinding up willow bark to treat headaches, pains and fever more than 2,400 years ago – a medication used in many societies over the centuries. It took until 1828 for Johann Buchner, professor of pharmacy at the University of Munich, to isolate from willow bark a tiny amount of bitter tasting yellow, needle-like crystals, which he called salicin. Only recently, when researchers uncovered the structure and mechanism of cyclooxygenase (COX) has the action of “that miracle drug” begun to be understood. What a loss to medicine there would have been if we waited to use aspirin until we knew exactly how it worked!

In this generation of osteopathic physicians have had the opportunity to watch our traditions – principles and practices we’ve followed for more than 130 years – be “discovered” by professionals and laypersons alike. Within the last quarter-century, there’s been new respect for treating the whole person, for prevention, for lifestyle factors, for considering body physics as well as body chemistry, for manual medicine. Integrating alternative or complementary treatments into our practices must at the core, follow the oldest of medical maxims: “Primum non nocere” (“First, do no harm”). Research, such as that supported by NCCAM, is imperative to help us understand both safety and efficacy of these substances, some of which have been in use for millennia. At the same time, anecdotal data, often stretching back thousands of years, should not be easily dismissed.

You only have to stroll through a drug or grocery store to know that our patients are using alternative and complementary medications by the bushel to treat and prevent disease. Some of these, sold over the counter, are potent concoctions; others are most effective as placebos. Our patients, I believe, will be best served when we educate ourselves about these substances, help them tailor what’s best for them, and simultaneously remain alert for every danger.

William D. Strampel, D.O., Dean

Dr. Edward Rosick, assistant professor of family and community medicine, treats a patient using a combination of conventional and alternative methods.
Edward Rosick, D.O., integrates alternative medicines, such as herbal supplements, into his holistic practice to provide patients with options that best match their lifestyles.

How long have you had an interest in integrative medicine?

“I’ve had an interest in it pretty much since I decided I wanted to become a doctor. Treating a patient holistically to me means looking at the whole person and matching that person’s lifestyles with available treatments. I feel that integrative medical modalities allow me to offer my patients the best of both alternative as well as commonly accepted therapies.”

What do you find so appealing about integrative medicine?

“D.O.s have a history of being holistic. Integrative medicine really is about that — treating the whole person, the physical, the mental and the spiritual. Integrative medicine can be used to treat the many factors that may be contributing to the problem a patient has. My particular focus has been on natural remedies. Most pharmaceuticals on the market today were originally derived from plant-based, natural remedies. Just because something is natural doesn’t mean it’s not effective.”

Is there any research being done on alternative medicine?

“There’s a significant amount of research that has been done outside the United States, especially in Europe, where the use of herbal remedies is particularly high. There are more and more alternative medicines that fall into a category called evidence-based integrative medicine, which means they have been scrutinized through the scientific research process. The National Center for Complementary and Alternative Medicine (NCCAM), which is part of NIH, is the primary funding source of alternative medicine research here in the US. NCCAM is working to develop more research within the US so we can better understand which alternative medicine options will work well for our patients.”

How has integrative medicine affected the way you practice medicine?

“Integrative medicine can involve using modalities like prayer, for example, which I feel give my patients the opportunity to be active participants of their own healing process. We’ve also just recently started to offer patients coming to our clinic an hour-and-a-half long session where they can come in for a one-on-one consultation to go over any questions they may have about integrative medicine, as well as looking at whatever integrative therapies might best help them. We aren’t sure whether or not this type of consultation is going to be covered by insurance, but we’re giving it a try and seeing what the response is.”

So what are you planning to do as part of the Department of Family and Community Medicine?

“Personally, I hope my training and interest in preventive and integrative medicine will add to the ways we can offer optimal medical care to the patients we see in Family and Community Medicine. As a department, we are trying to do more basic scientific research. For a variety of reasons, the D.O. culture has never been highly research oriented. With NIH being more open to funding research on areas like osteopathic manipulative medicine and integrative medicine, there’s a good chance we’ll be able to achieve our goal.”
A Role Model

For Healthy Changes

by Craig Reed

There are several tales of triumph one should hear at MSUCOM, and one on that list would belong to Dr. Cheryl Doane, whose story has inspired both her students and her patients.

“I used to weigh 240 pounds,” she said. “I got that way after having two children 11 months apart while in medical school.” The only clues you’ll find today are the oversized medical coat she keeps in her office and a photo on her ID, both of which she occasionally shows to patients. Doane felt her weight problem was a symptom of the unhealthy lifestyle she was leading. “While I was a resident, working 80-plus hours, I would skip breakfast and lunch regularly and then pile everything on the plate for dinner, which is one of the worst things you can do,” she said.

At first, Doane tried dieting. “I tried the Scarsdale Medical Diet, South Beach, Protein Power and many other fad diets. Some of the weight would come off, only to be put back on again. As a physician and past high school coach, I knew how to eat healthily and exercise, but I didn’t have that push to really commit to it.”

When her mother died in 2002 from cancer, Doane decided she had to take action. “Her death hit me close to home. My family has a history of obesity, Type II diabetes and cardiovascular disease. It made me realize that I needed to practice what I was telling my patients and my students,” she said.

This time, Doane tried looking at it from a different perspective. “You have to look at weight loss and healthy living as a lifelong process, not as something you’re going to do until you reach your target weight and then stop. So, any changes you make have to be ones you can live with for the rest of your life,” she explained.

“The first thing I did was to start eating three to five small meals a day,” Doane continued. “The next step was cutting down on things that aren’t as healthy and replacing them with healthier alternatives, such as eating more fruit and drinking less juice, eating more green vegetables and fewer potato-based products, drinking water instead of soft drinks. Just by making these small changes, I lost 20 pounds in six weeks.”

But Doane wasn’t through with making adjustments to her routine. She started looking at ways to add exercise into her already cramped schedule. “I figured out I had about three hours I could devote to exercise a week,” she said. “I designed a one-hour exercise routine for myself which incorporated weight training, swimming and walking — all things I enjoy doing. As a reward for going to the gym, I would reward myself with a treat, such as ice cream or a new outfit.”

While students and patients watched Doane transform as the months went by, Doane, who by now had lost a total of 80 pounds and kept it off for four years, was a little slower to recognize her achievements. “When you have been overweight for a long time and start losing weight, you still see yourself as overweight because that’s what you’ve been for so many years,” said Doane. “That’s why I kept my lab coat from when I was larger. Every time I put it on, it reminds me of how much progress I’ve made.”

Now Doane mentors her students and patients on how to take better care of themselves. “I take people regularly to the gym and show them how to use the weights, teach students how to talk with patients about making lifestyle changes, and tell my story to my own patients so they know I’ve been there; I understand their situation and can help them too.”

Doane (front row, far right) and a group of students, alumni, physicians and their family and friends work volleyball games and other active events into their busy schedules.
Caring for the Healers

Most people within the medical field look for ways to improve the health care system, but John Henry Pifferling, Ph.D., clinical associate professor at the University of North Carolina and founder of the Center for Professional Well-being, focuses on how to take care of the doctors within the system.

“My goal is to promote health within the physician community,” explained Pifferling. As a medical applied anthropologist, Pifferling has been studying the challenges of being a doctor since 1972.

“Physicians face a number of problems such as burnout, fear of being sued for malpractice, loss of autonomy, stress from the inordinate amount of paperwork, lower-than-expected income especially for those in family practice, and isolation due to a lack of collegiality. These factors contribute to doctors having the third highest rate of suicide among all professions.”

Pifferling’s research has focused on ways to prevent problems. “The idea is to have doctors receiving support from a number of sources, but most especially through other doctors,” he said. “The osteopathic profession has been willing to look deeper into creating this community of health within its own profession. Part of the solution is to feel connected to peers, starting when they are medical students and maintaining that sense of community when they move to being residents and physicians,” he said. “One of the greatest challenges a doctor can face is that sense of isolation.”

This isolation is closely linked to what Pifferling calls “loss of soul. Doctors have to have a strong spirit to survive the rigors of medical training,” he said. “Quite often, reality bleeds away this spirit as they realize many of their expectations are going unmet. ‘Loss of soul’ is a sort of grieving for all those missed expectations. What many physicians do not realize is that they aren’t the only ones feeling this way, but they often find it hard to express this to their peers and end up talking to no one about this.”

The solution Pifferling has proposed to improve the environment for physicians fuses a strong sense of collegiality with positive behavioral changes. “Doctors, for example, need to be comfortable in saying ‘no’ to uncomfortable or draining requests,” explained Pifferling. “They should develop an exit strategy so they have an action plan if they need to leave their jobs. They need to allow themselves to seek opportunities to be at peace with themselves, and most importantly, they need to speak and act in ways to nourish other physicians.”

Physicians have been slow to adopt these ideas, but Pifferling is undaunted. “It takes a persistent effort to change the culture doctors dwell in,” he said. “Through creating a groundswell of material over the years for physicians to absorb, we can change things for the better. If you are able to create an environment that takes care of the doctors, this will in turn improve the quality of care their patients receive, allowing both doctors and patients to live healthier, happier lives.”

As a guest speaker during Silverfest’s “Fall Kaleidoscope,” Dr. Pifferling reminded doctors to live a healthy lifestyle.

SANDRA HOLLIDAY

2006 Jack Breslin Award Winner

On the second floor of the Clinical Center is the office of Sandra Holliday, education program coordinator for the Department of Neurology and Ophthalmology. For the past 19 years, Holliday has been working diligently within the unit, but this year stands out by her being named a recipient of the Jack Breslin Distinguished Staff Award.

“I was totally shocked,” said Holliday when she was informed that she was one of this year’s six award winners. “I had no idea that I had been nominated, and then to think that I was selected from all those people. I was simply amazed.”

The Jack Breslin Distinguished Staff Award winners are selected based on their overall excellence, supportive attitude and contributions to the unit or university that lead to effectiveness and valuable service to the university.

Part of Holliday’s success throughout her tenure stems from how much she enjoys her work. “Through my role, I’ve met a lot of wonderful people on campus by helping the residents who are going through the program. I feel very fortunate to be in the department I’m in. Everyone is very supportive. I can’t imagine working anywhere else.”

While elated to have received such recognition, Sandra was quick to point out others who should share the award with her. “Although I was recognized for this award,” she continued, “none of this would have happened without the outstanding team of faculty and staff we have within the department. I feel blessed to be considered part of this dedicated team.”

As a guest speaker during Silverfest’s “Fall Kaleidoscope,” Dr. Pifferling reminded doctors to live a healthy lifestyle.

MSU President Lou Anna Simon (left) presenting Sandra Holliday with the Jack Breslin Award
This summer has been one of change for the Department of Internal Medicine. Dr. Mary Hughes, an ’82 MSUCOM graduate who has worked in the department for the past 21 years, was named acting chairperson in April.

“We have a lot going on right now,” said Hughes, who has been busy reviewing the objectives of the department and has given increased attention to the education of the first- and second-year students on campus, and the development of ‘end of service’ examination experiences for the third- and fourth-year students.

“Clinical activity remains high throughout the department, with all faculty members engaged in some form of outreach. Growth in the area of research is ongoing, in particular in the field of infectious disease, said Hughes.” We have recently hired three new physicians, two of whom are already on campus. All will provide clinical care in the MSU Adult Medicine clinic at the Pennsylvania Campus office.

“We have a full complement of good educators and researchers,” continued Hughes, “who are being joined by talented new members to the team. We’re looking forward to having them as part of our department.”

One of the new faces already on campus is Dr. Russell Lampen. While Lampen may be new to the Department of Internal Medicine, he’s quite familiar with the MSU campus.

“I went to MSU as an undergraduate and graduated from MSUCOM in 2001,” explained Lampen. As an infectious disease specialist, Lampen will be working closely with Dr. Peter Gulick within his HIV clinic.

“When you’re working with infectious diseases, you have to enjoy figuring out puzzles as you’re diagnosing a patient. HIV is particularly fascinating to me since I’m coming into the field at a time when there are several options available for treatment. By working together with them, we can greatly expand patients’ life expectancy and their quality of life. That’s a great gift to be able to give your patients — a new lease on life.”

Daniel Mihalo, D.O.

Dr. Daniel Mihalo, who graduated from the Chicago College of Osteopathic Medicine in 1975, has also joined the internal medicine team this summer.

“I’d spent most of my time working at Garden City Hospital. I loved working with residents and osteopathic students and wanted an opportunity to teach both groups again,” said Mihalo. “In my experience, students can learn a lot during rounds when they have sufficient time to truly discuss a patient’s problems as a team.”

“One thing I hope students will remember is to educate their patients so they can participate in their own care,” continued Mihalo. “Patients who are knowledgeable become more involved in working with their doctor, which leads to the superior type of health care that MSUCOM strives to promote.”
Supportive of my desire to go to an osteopathic medical school even though he's an M.D. The best part about having a doctor in the family is that he's been able to explain to me important things like how to run an office, but I've also had a

OSTEOCHAMPS: MAKING A DIFFERENCE
by Craig Reed

Twenty-two Michigan high school students attended the seventh annual OSTEOCHAMPS Precollege Enrichment Program this summer. OSTEOCHAMPS forges partnerships with Michigan high schools and community foundations to expose students from disadvantaged backgrounds to the osteopathic profession and encourage them to pursue careers in the field. This year OSTEOCHAMPS hosted four students from Pontiac, eight from Muskegon, five from Detroit, three from Kalamazoo and one each from Grand Rapids and Farmington Hills.

New Faces
Meet the Incoming Class
by Craig Reed

Araya Negash
Having a foreign service officer for a father makes travel part of family life. “I was born in East Lansing, Michigan. My family moved to Niger in West Africa when I was about two years old,” said Araya Negash, a first-year medical student at MSUCOM. “Every three or four years, we’d move to a different country in Africa as my father got reassigned.”

Returning to the United States as a teenager, Araya was admitted to MSUCOM’s undergraduate Osteopathic Medical Scholars Program.

While in Zambia, Araya taught students at the Sisters of Mercy school.

“All I’ve worked in the hospice area and the school while I was there,” said Araya. “When I was in the school, I’d teach whatever class was needed, usually something in science. In the hospice, I worked mainly with people with HIV. I got a whole new perspective on how disease and poverty can affect a whole family, including the extended family who are offering help.”

Already Araya is looking forward to the day when he can help people as a doctor. “My motivation for becoming a doctor is to make the greatest difference I can make with people. My hope is to make a difference wherever I am.”

Allison Dolbee
Putting on her helmet and securing her travel supplies onto her bike, Allison Dolbee and her four companions started their trek in San Francisco, hiked down to San Diego and finally across the Rocky Mountains to Pueblo, Colorado, traveling hundreds of miles to raise money for a cause.

“We were biking to raise money for Hole In the Wall camps,” said Allison. “These are camps started by Paul Newman to give terminally ill children a chance to enjoy the outdoors. We thought it was a really great cause, and thought biking would be a unique way to raise money for them.”

“Allison has had strong support from her family on this cause, but she also found an extra bond with her uncle when she decided she wanted to become a doctor. “He’s a pediatrician and has been very supportive of my desire to go to an osteopathic medical school even though he’s an M.D. The best part about having a doctor in the family is that he’s been able to explain to me important things like how to run an office, but I’ve also had a

Teach for America matches recent college graduates with struggling, underresourced schools to try to catch the students up to where they should be,” explained Katie. “My goal was to make up that gap as best I could. The biggest challenge was getting the students to trust me,” she said. “I was an outsider who didn’t know very much about what it was like to grow up in this area. I started doing activities with them outside of school like going to the ice rink or to a Chicago Bulls’ game, which really helped us to get to know each other better.”

By the end of Katie’s time at the school, her students had made some impressive progress, but it was time for Katie to return to what she wanted to do most — learn to practice medicine.

“Teach for America gave Katie (second from left) a chance to make a difference in one struggling high school in Chicago. Her motivation for becoming a doctor is to make the greatest difference I can make with people. My hope is to make a difference wherever I am.”

Katie Keller
Within Chicago’s Austin neighborhood, Katie Keller took on a major challenge, teaching sixth graders. “After my undergraduate work, I joined Teach for America for two years,” said Katie. “I had worked in after-school programs in the Detroit Public Schools. Education is my second love, right behind medicine.”

As part of their class work, students learn the history of the osteopathic profession by visiting MSUCOM’s historical museum. During the two-week program, students also get a chance to study chemistry, computer science, math and writing.

Student Life
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Senior Dance

Geriatric Interest Group Brings a Smile to Senior Citizens

by Craig Reed

This summer, prom season arrived in Haslett, Michigan, at the Brookdale Senior Living facility. Glittering decorations covered the walls, and Big Band music played in the background. The guests arrived with their faces glowing as they showed off their vibrant dresses and sleek suits. This wasn’t your usual teen-filled party though. This was a "Senior Prom," an opportunity for the elderly to mingle and dance throughout the evening with volunteers from the community, including students from the Geriatric Interest Group (GIGs).

“We started GIGs just last year,” explained Amanda Nies, president. “We’ve been volunteering every week at Brookdale, which specializes in caring for elderly persons with Alzheimer’s and other severe dementias.”

“I had been to a senior prom at another facility,” said Molly Maniscalco, secretary for GIGs. “We approached the activities director at Brookdale with the idea, and she was all for it.”

What began as a simple dance and social hour quickly grew into a community-wide celebration. “Family members of those in the care center and employees at the facility found attire for everyone to wear; students from a nearby high school made corsages and boutonnieres for everyone; local businesses donated flowers, decorations and food; Brookdale provided the DJ, and we provided the manpower and dancing partners,” said Kelly Holmes, vice president of GIGs. “We all worked together to make this happen.”

Soon, residents found themselves dancing to old favorites like Johnny Cash, doing the hokey pokey and flapping to the chicken dance. “It was wonderful to see all those smiles on the residents’ faces,” said Amanda. “Even the residents who are normally very withdrawn were singing the lyrics.”

“A lot of the residents can’t move very well on their own so we would help them out of their chairs to dance or dance with them wherever they were sitting,” said Molly. “There’s something about music that has such a profound effect on people.”

“I think it was uplifting to get out of school mode for a while and do more of what we will be doing in the community once we’re done with school,” said Amanda who was happy to see their first major event turn into such a success. “Even if the activities of our group aren’t always medically related, it gives us a chance to know our future patients, be involved in the community and relieve a bit of school-related stress.”

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Convocation ‘06

“Today you are dedicating your career to the healing arts.”

by Craig Reed

The Class of 2010 started their first day as medical students at MSUCOM’s 36th annual convocation, which was held at the Wharton Center on June 30. The 204 students in the entering class were welcomed by Dr. William D. Strampel, dean of MSUCOM, and listened to words of wisdom from Dr. Eugene Oliveri, special assistant to the dean and professor of internal medicine, who gave the convocation address. During his address, Oliveri reminded students of the hardships and many sleepless nights which awaited them as they work their way through medical school and the rewards also awaiting them when they would one day be called “doctor.”

During convocation, the entering class participated in the white coat ceremony, a tradition in which faculty members help students don their clinical coats to mark their entrance into the medical community. This year, the students also witnessed the presentation of the Thomas V. Angott Award which was presented by Edward N. Hodges, III, J.D., representing the Michigan Osteopathic Medicine Advisory Board. The award is given to a layperson who has worked to promote osteopathic education within government, industry and community organizations. This year’s recipient was Mr. Gerson Cooper, president and CEO of Botsford Healthcare Continuum, Zieger Healthcare Corporation, whose innovative work as a hospital administrator and as an advocate of osteopathic education since the 1970s has helped the osteopathic profession thrive.
The Healthy Lifestyle Partnership

by Dennis M. Paradis, M.P.H.
MOA Executive Director

The MOA Blue Ribbon Committee on Healthy Michiganders recently held their inaugural meeting and submitted comments on the areas of health care that must change to improve the delivery system. The most common recommendation identified by the committee was the need for more patient involvement in their health care.

First, participation in the cost of health care is a point that has already been identified by health care purchasers as a cost containment initiative. Nonetheless, meaningful financial participation is requisite for patient involvement. The perception of health care as a “free service” distorts the patients’ understanding about the importance of their involvement in their own health.

A second element of patient involvement has also been identified but not yet embraced by the public. That element is personal responsibility for one’s health. Too often patients look to their physicians to erase the effects of personal behaviors such as tobacco use, excessive alcohol consumption, overeating and lack of exercise, which result in the chronic diseases that drive health care costs.

The MOA Blue Ribbon Committee has stated that improved patient education is essential for patients to fully partner in their own health. The importance of patient involvement is underscored by data from the Department of Health and Human Services Healthy People 2010 report that found medical care accounts for only 10 percent of health status. The balance is: patient behaviors, 40 percent; genetic predisposition, 30 percent; and environment, 20 percent.

Clearly, what the patient brings to the doctor-patient relationship is, overall, more important to his/her health than the physician’s contributions. Patients must set aside the belief that the doctor will “fix” them and accept the osteopathic tenet that the body wants to attain a healthy state and it is, first and foremost, the patients’ responsibility to give their bodies the tools to achieve and maintain a state of good health.

Dennis M. Paradis

Development

Customizing Donor Support

by Craig Reed

The art of giving has evolved over the years. Today’s donors can choose from a plethora of opportunities which can be customized to fit their wishes.

One such option was recently taken by Dr. Carol Monson and her husband, Frank E. Warden, “We’ve had an annuity set up so that the college gets the principle while we collect the interest for as long as we want to,” said Monson, ’79 MSUCOM alumna and acting chairperson for the Department of Family and Community Medicine. “When the time comes, the interest will also go to MSUCOM. We’re undecided whether to designate the money to support a faculty position or perhaps use it for a scholarship. I’m very committed to the osteopathic profession. In addition to my time and energy, this has been another wonderful way to give back to the college.”

“Both of us have a long history with the college,” explained Warden who also graduated from MSU. “Both of us are loyal Spartan fans, and we enjoy the opportunities to attend various activities and events provided to donors. That’s been a great incentive for us to give.”

For Dr. Timothy and Catherine McKenna, the most important thing was making certain their donation went to those they wanted to help the most — the... a total of nine MSU graduates, two currently attending MSU as undergraduates and one former professor, we wanted to give back in some way,” explained Dr. McKenna. “I was attending an event with Dean Strampel when he suggested the idea of creating an endowed scholarship for the college.” As a ’76 graduate of MSUCOM, McKenna wanted to do his part. “MSUCOM believed in me when I first entered the medical community and gave me some great opportunities. Now, it’s my turn to believe in the college.”

“What amazed me the most was how flexible they were in letting us choose where our money went,” continued McKenna. “If we had wanted to, we could have targeted students with specific interests or background with the scholarship.”

Giving can be through individuals and families, but it can also be a team effort of numerous smaller donors as in the case of the Class of 2006 who, during their graduation, surprised Dr. William Falls, associate dean for student services, with an endowed scholarship in his name. “I didn’t know that they were doing this,” said Falls. “I am glad they are providing an opportunity to help the students that are following them with the financial burdens of going to medical school, and I hope others will be inspired by their example.”

Regardless of your level of giving and how you wish to see the money used, you can make a difference. Each dollar given makes MSUCOM a stronger, more financially stable, college, ensuring it will be here to teach osteopathic students for generations to come.

Frank Warden and Dr. Carol Monson

Dr. Timothy and Catherine McKenna

Dr. William Falls

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Alumni in Action

MARY JO VOELPEL: GOING THE DISTANCE HERE AND ABROAD

by Craig Reed

When the work day is over for most of us, it’s time to head home and relax a bit on the sofa, but for Dr. Mary Jo Voelpel, a ’75 MSUCOM alumna and member of the alumni board, it’s a time to put on her running shoes and head out to the track.

“About six years ago, I started learning how to run long distances,” said Voelpel. “Originally, I took up running for the health benefits and to keep me active, but after a while I became interested in marathons and using myself as an example of how to live a healthier life.” Voelpel started participating in marathons all across Michigan, as well as bike and swim triathlons, and an occasional half-Ironman competition. “It’s a four- to six-month training schedule to prepare for these competitions. If you’re preparing for a triathlon or Ironman competition, you’ll also have a whole host of bike, swim and running coaches to help you prepare.”

While these events can range from moderately challenging to downright grueling, the most memorable, for Voelpel, are those she runs for the Leukemia & Lymphoma Society. “The society has a training group that I run with while getting prepared. I’ve had a number of patients who had leukemia,” she said. “I run in memory of each patient who has passed away.”

All this training paid off for Voelpel when she and four residents from Mount Clemens General Hospital traveled to Guatemala earlier this year to help with poverty efforts. “I was amazed at how much of a difference we could make in people’s lives down there,” commented Voelpel. “We addressed a large variety of ailments for a group of people who don’t have regular access to health care and the residents who went learned about their patients and the effects poverty can have on a population. I’m proud to have participated and hope we can continue to make yearly trips there.”

Kay White: Exploring Places and Cultures of the West

by Craig Reed

It’s been nine years since Dr. Kay White has strolled down the corridors of Fee Hall as MSUCOM assistant dean for student services. She’s undergone hip replacement surgery, renovated her house and quit smoking after 42 years, but these aren’t the only things she’s been up to over the years.

“I’ve been doing a lot of traveling. I visited a number of American Indian colleges that were located in Montana, Washington, British Columbia and in the southwestern United States. The American Indian College Fund was the main sponsor for the tour.” White explained. “The colleges we saw are different from others you might find in the United States since they look at history and geography from a Native American perspective, teach students native languages and incorporate a lot of trade skills into their curricula,” she said. “These schools, which are located on reservations, usually have fewer than 2,000 students with most of them being non-traditional. It’s been refreshing to be exposed to another perspective on higher education.”

While visiting Montana, Dr. White journeyed part of the Lewis and Clark trail, the same trail used by Meriwether Lewis and William Clark on their 8,000-mile trek to explore the lands west of the Mississippi River. “What was most amazing about what I saw was how unchanged it had been in 200 years,” said White. “You could feel what it must have been like for those explorers.”

After deepening her knowledge of Native American society, White turned her attention to another passion of hers, our national parks. “I drove out to Yosemite National Park to get a glimpse at one of the oldest and largest of the national parks and to work as a volunteer for several weeks. I ended up putting 6,000 miles on the car in 30 days, mostly from wandering around the area and getting a close glimpse at all the sites.”

Big Ben National Park, a 800,000-acre park in southwestern Texas, was another favorite of White’s. “I volunteered as a writer for their newsletter while I was there and lived in the staff housing. Big Ben is pretty isolated. It’s 70 miles to the nearest town and because of the condition of the roads, it takes you two hours to get there.

“What I didn’t realize until I started working at the parks was just how many people there were living out of motor homes, volunteering for a while at one park, then moving on to the next park to volunteer there as well. These people play a critical role in keeping our national parks open. Without them, the parks wouldn’t have enough staff to get anything accomplished.”

So what adventures await White in the future? “I recently went to Churchill, Manitoba (where the mosquitoes are the worst I’ve ever experienced), to see the polar bears, and just came back from another trip out west, this time for fun.” White replied. “As long as I’m feeling up to it, I’ll keep finding new places to explore.”

While in Guatemala, residents treated patients in the remote, rural villages.
Alumni Network

Upcoming Events

October 16-20 AOA Convention Las Vegas, NV Alumni reception on the 17th
November 2 Alumni Dinner Bay Valley Hotel & Resort Bay City, MI
January 25-28 MAOFP Winter Conf. Shanty Creek Bellaire, MI Alumni reception on the 27th
February 24 MOCF Ball Ritz-Carlton Dearborn, MI

WHERE ARE YOU?

Please keep us informed of recent moves or changes in your practice. It is important for college reports, grant writing, etc., that we have up-to-date information on our alumni. Changes to your information can be made on the MSUCOM website under the alumni section or by calling (877) 853-3448.

MSUCOM Alumni Office
A110 E. Fee Hall
East Lansing, MI 48824
(517) 432-4979 or toll free (877) 853-3448
email: camp@msu.edu
www.com.msu.edu/alumni

Silverfest

Alumni from as far away as Arizona and Florida returned to MSUCOM for this year’s Silverfest celebration which was held September 21-22. More than 150 joined us for Friday evening’s reception where alumni caught up with their classmates as well as several of their former instructors. Saturday continued their strong showing as a record number attended CME courses during the day and crowded the MSUCOM tailgate tent with their families and friends for some great food and pre-game celebrating before heading off to Spartan Stadium to watch MSU play against Notre Dame.

Osteopathic Open

MSUCOM alumni, students, faculty and staff brushed off their clubs to participate in this year’s Osteopathic Open which was held on September 15 at Eagle Eye Golf course. A record 36 teams signed up for the competition where they caught up with old friends, mingled with students and put their best golf swings forward to compete for an array of prizes and bragging rights.

MAOFP Reception

More than 200 MSUCOM alumni and clinical faculty gathered for the Welcome Barbeque at the MAOFP Summer Symposium on Thursday, July 27. Participants in the four-day event enjoyed the scenic atmosphere of Traverse City, Michigan, while participating in a wide variety of workshops ranging from the latest news on the HPV vaccine, brushing up on their OMM skills and learning new methods for treating migraines.


Cynthia Manninen, Class of ‘81; Ken Stringer, Class of ‘74; Charlene Greene, Class of ‘83

C. Barry Dehlin, Class of ’74; William Falls, associate dean for student services; Michael Krogulecki, Class of ’84; Ronald Miller, Class of ’84

Alumni Network
2007 Seminar in the Sun!

White sandy beaches, ancient Mayan ruins and tropical forests await you at the annual Seminar in the Sun, which will be held in Riviera Maya, Mexico. From March 3 through March 10, participants will learn about the future directions in healthy lifestyles and preventive care during a 20-hour AOA category I CME course. For more information on this and other alumni sponsored events, check out our website at www.com.msu.edu/alumni and click on “events.”

Lauding Alumni Involvement

One of the greatest rewards from working on the MSUCOM Alumni Association Board is to witness the strong presence of alumni at MSUCOM events and staying involved with our alma mater. This year, a record number of more than 500 participated in the Silverfest celebrations, and another stellar crowd was with us during the Osteopathic Open enjoying the golf course at Eagle Eye. And let’s not forget the 50 alumni who are faculty at the college and the 584 alumni who generously donate their time as clinical faculty. It is my hope that we can continue this level of participation whether it be in the classroom or escaping the harsh Michigan winter together with Seminar in the Sun.

With the coming of autumn, we should celebrate the accomplishments we’ve achieved so far this year, yet be aware and open to opportunities that can further the sense of family and community for which MSUCOM is well known. As your president, I will listen to your suggestions and look forward to receiving your input regularly. While those of us on the Alumni Board may be the ones who are at the helm, it is you, the alumni we serve, who take action and get involved.

Michael Weiss, D.O., President
MSUCOM Alumni Association
Board of Directors

Calendar of Events

2006

OCTOBER

16-20
American Osteopathic Association convention with MSUCOM alumni luncheon and college reception on Tuesday the 17th - Las Vegas, NV

18
Mini Medical School: “Healthy Mouth, Healthy Body” – E105 Fee Hall, MSU Campus – 7:00 pm. Speaker is Gary R. DiStefano, D.D.S. – To register, contact Brenda Haynes at (517) 355-4562 or evening_college@msualum.com

25
Mini Medical School: “Orthopedic Issues and Aging” - E105 Fee Hall, MSU Campus – 7:00 pm. Speaker is Lawrence L. Prokop, D.O. – To register, contact Brenda Haynes at (517) 355-4562 or evening_college@msualum.com

NOVEMBER

1
Mini Medical School: “Priming the Pump” – E105 Fee Hall, MSU Campus – 7:00 pm. Speaker is David J. Strobl, D.O. – To register, contact Brenda Haynes at (517) 355-4562 or evening_college@msualum.com

1-4
CME: “Exercise Prescription as a Complement to Manual Medicine” - Kellogg Center, East Lansing, MI. 32 hours of Category IA credit; Early Bird Tuition is $750; full tuition is $1000. Chairpersons are Lisa DeStefano, D.O., and Mark Bookhout, M.S., P.T.

1-4
CME: “Direct Action Thrust: Mobilization with Impulse” – Kellogg Center, East Lansing, MI. 32 hours of Category IA credit; Early Bird Tuition is $750; full tuition is $1000. Chairperson is Carl Steele, D.O., M.S., P.T.

2
Alumni Dinner – Bay Valley Hotel and Resort, Bay City, MI

8
Mini Medical School: “Free to be Fit” – E105 Fee Hall, MSU Campus – 7:00 pm. Speaker is Cheryl Doane, D.O. – To register, contact Brenda Haynes at (517) 355-4562 or evening_college@msualum.com

DECEMBER

6-10
CME: “Principles of Manual Medicine” - Marriott, East Lansing, MI. 36 hours of Category IA credit; Early Bird Tuition is $1000; full tuition is $1250. Chairperson is Lisa DeStefano, D.O.

25-28, 2007
MAOFP Winter Conference with MSUCOM alumni reception on Saturday, the 27 – Shanty Creek, Bellaire, MI.

JANUARY

9-11
CME: “Manual Medicine Related to Sport & Occupational Injuries to the Extremities” - Windmill Inn, Tucson, AZ. 24 hours of Category IA credit; Early Bird Tuition is $500; full tuition is $750. Chairpersons are Philip Greenman, D.O., and Jennifer Gilmore, D.O.

FEBRUARY

24
MOCF Ball “Puttin’ on the Glitz” - Ritz-Carlton, Dearborn, MI. Contact Colleen Kniffen at (517) 355-9616 for further details or sponsorship opportunities

For a complete listing of MSUCOM events check out our Web calendar: www.com.msu.edu/calendar
UPCOMING EVENTS

FEBRUARY 18-25, 2007, TOPICS IN THE TROPICS - DOMINICAN REPUBLIC
Contact Jan Falls, (517) 353-9714

FEBRUARY 24, 2007, MOCF BALL “PUTTIN’ ON THE GLITZ” - RITZ-CARLTON, DEARBORN
Contact Colleen Kniffen, (517) 355-9616

MARCH 3-10, 2007, SEMINAR IN THE SUN - RIVIERA MAYA, MEXICO.
Contact Kim Camp, (517) 432-4979

Please check the appropriate box and return this page to the address above.