Forty years ago, osteopathic physicians across the nation were looking forward to the enrollment of the first students in the first college of osteopathic medicine in Michigan. The college, founded as a private institution in Pontiac, had required significant planning, motivation, negotiation, sacrifice and sheer force of will at its birth. Myron S. Magen, appointed its dean, kept it from faltering in its infancy, and with the assistance of others, was successful in moving it to Michigan State University. In 1971, we became the first osteopathic college ever to be publicly assisted and the first to be part of a major university.

Magen continued at the helm as dean for 25 years (itself an awe-inspiring feat). His accomplishments were astounding, putting us on the global stage. He advocated strongly for research, instituted a “spinal” curricular model still used today, created a national model for graduate medical education, expanded the growth of osteopathic medicine internationally, and trained dozens of osteopathic educators to populate colleges that would follow.

One of the world-class scientists he attracted was Philipp Gerhardt, a microbiologist who became the college’s first associate dean of research. Gerhardt started the first D.O./Ph.D. program anywhere – one that has provided nationally recognized physician-scientists ever since. He increased the credibility of osteopathic medicine among his peers, and attracted stellar researchers to the college.

Within the last months we, and the world, have lost both of these great men. But their inspiration lives on in the lives of nearly 4,000 men and women who are on the front lines... whose discoveries enhance the health of millions, and in the lives of those of us who continue the college’s work today.

By looking back to their examples, we learn to appreciate where we have been, and are inspired to continue to move their work forward, each building our own legacies in the... around the globe the health care providers and role models who will inspire the next generations to carry the torch.

Let’s celebrate it all – together.

William D. Strampel, D.O., Dean

MSUCOM appreciates the generous and continuing support for COMMUNIQUÉ offered through the Michigan Osteopathic College Foundation. Thank you!
Myron S. Magen, D.O., was the founding dean of the Michigan State University College of Osteopathic Medicine (MSUCOM), and an innovative and distinguished educator. He led the privately funded Michigan College of Osteopathic Medicine in Pontiac to the campus of MSU, where it became the first osteopathic school to receive public support and the first to be part of a major university. For 25 years, he nurtured and prodded the young school until it became a flagship college of the profession. He achieved global recognition, particularly for his strong emphasis on research, educational excellence, international health, and leadership development. After his retirement as dean in 1991, he served as dean emeritus and Walter F. Patenge Endowed Professor, and was known for his decisiveness, courage and eloquence.

For the osteopathic profession, Dr. Magen broke down many barriers, particularly in establishing relationships with governmental agencies, the scientific community, and organizations abroad. He was a leader within the profession, serving as the chairman of the Bureau of Professional Education of the American Osteopathic Association, twice president of the American Association of Colleges of Osteopathic Medicine, and fellow and president of the American College of Osteopathic Pediatricians.

He was the first osteopathic physician to become a member of the prestigious Institute of Medicine of the National Academy of Sciences, and was appointed to numerous committees advisory to state and national government, including those for the governor of Michigan, the U.S. Department of Health and Human Services, the Human Resources Administration of the U.S. Public Health Service, the Veterans Administration, the Graduate Medical Education National Advisory Committee, and the Pew Health Professions Committee.

Dr. Magen received numerous awards and several honorary doctorates, including an honorary doctorate of science from MSU in 2004. He was the author of many peer-reviewed publications and has made hundreds of presentations. Dr. Magen also has served on the board of directors of the Michigan Cancer Foundation, on working groups of the Michigan Heart Association, and as a member of the National Fund for Medical Education.

Internationally, he formed working relationships for MSU and the osteopathic profession in Germany, Sweden, Czechoslovakia, Israel, Wales, Costa Rica, Nigeria, Niger, Burkina Faso, Tanzania, Sudan, Kenya, Malawi, Zimbabwe, and Sierra Leone.

Dr. Magen, who had been in the private practice of pediatrics in Dallas, Texas; Des Moines, Iowa; and Wyandotte, Michigan; began his career as an educator as associate professor and chairman of pediatrics at the Still College of Osteopathic Medicine and Surgery in Des Moines (1958-62). From 1966-70, he served as the dean of the Michigan College of Osteopathic Medicine, the private college that would become MSUCOM, and moved with it to the MSU campus during 1970.

He received his D.O. degree from Still College of Osteopathic Medicine and Surgery in 1951, taking both his internship and pediatrics residency in Des Moines. He was board-certified in pediatrics in 1958. Dr. Magen also served in the U.S. Navy from 1944-45.

He is survived by his wife of 55 years, the former Ruth Sherman, his three sons and their spouses, Jed Magen and Carol Barrett of Okemos, Michigan; Ned and Charlissa Magen of Soldotna, Alaska; and Randy Magen and Christine Chandler of Anchorage, Alaska, and eight grandchildren – Ian, Zach, Molly, Eli, Maurissa, Darryl, Hannah, and Noah.

To honor Dr. Magen, the family requests that donations be made to the Myron S. Magen Medical Education Fund (AS0018) in the MSU College of Osteopathic Medicine, A310 East Fee Hall, MSU, East Lansing, MI 48824-1316.
“MSU and the osteopathic profession have lost a true visionary in Mike Magen. As the founding dean of the MSU College of Osteopathic Medicine, Mike provided the strong leadership necessary to build a world-class medical education program. Throughout his life, he was a tireless advocate not only for osteopathic medicine, but for all of health care.”

– Lou Anna Simon, Ph.D., president of Michigan State University

“I was privileged to serve in the capacity of assistant to the dean during Dr. Magen’s tenure as dean. He became much more to me than my boss. He was a mentor and a dear friend. Dean Magen demanded excellence in everything we did. We watched in awe as he navigated the college through minefields with incredible leadership acumen and tenacity. Dean Magen taught by example. He fought every single day to establish MSUCOM as the premier ... and one that still exists today. I am still here 35 years later because his passion for the college was contagious.”

– Sandy Kilbourn, executive director of External Programs

“In all the years that I worked with Dr. Magen from the time we founded the original osteopathic medical school in Pontiac, he was a forceful leader, a resourceful person, a dynamic personality, a wonderful educator and a man who made things happen. He was the reason for our college getting off the ground and becoming a great success at MSU. I will miss him sorely. In all the years I have worked in the profession, he was one of the greatest.”

– Thomas Angott, past president, Michigan Osteopathic Medicine Advisory Board

“Their vision created the Blantyre Malaria Project in 1986 and allowed hundreds of Michigan State University medical students to experience the realities of trying to provide health care in resource-poor settings. His wisdom and savvy helped to sustain the ongoing research efforts, and he will be honored in June 2008, when Malawi’s first MRI (a donation from General Electric), housed in a building built by the College of Osteopathic Medicine, is dedicated. I savored every minute I shared with him, and I will really miss his pugnacious wit, his unerringly accurate advice, and his pithy assessments of all and sundry.”

– Terrie Taylor, university distinguished professor, Department of Internal Medicine

“I met Dr. Magen when Dr. Justin McCormick and I came to campus to discuss the prospect of moving our Cancer Research Program to MSU. Arrangements were made for us to set up the Carcinogenesis Laboratory in Fee Hall. Dr. Magen was always very supportive of our research efforts. In 1979, he and Dr. Philipp Gerhardt initiated the D.O./Ph.D. program and asked me to direct it. His expression of appreciation for everything I accomplished at MSU was constant and sincere. No one could ask for a more supportive leader, or one who was more gracious. I will never forget this good friend.”

– Veronica Mahler, Ph.D., associate dean for graduate studies for MSUCOM and director of the D.O./Ph.D. program

“In 1975 as part of a plan to give his new MSU medical college a true research focus. This research focus led to the formation of the D.O./Ph.D. program, a unique opportunity to train physician-scientists at MSU. Two outstanding graduates of that program, Drs. Andrea Amalfitano and John Goudreau, have joined the MSU faculty and are now carrying out research as well as training a new generation of physician-scientists. Dr. Magen’s extraordinary insight into people’s potential made possible Dr. Terrie Taylor’s establishment of her highly-successful pediatric malaria research program in Malawi. These are only a few examples of the many success stories Dr. Magen made possible during his years at MSU.”

– Justin McCormick, Ph.D., associate dean for research for MSUCOM

“I was privileged to serve in the capacity of assistant to the dean during Dr. Magen’s tenure as dean. He became much more to me than my boss. He was a mentor and a dear friend. Dean Magen taught by example. He fought every single day to establish MSUCOM as the premier osteopathic college, a goal he achieved and one that still exists today. I am still here 35 years later because his passion for the college was contagious.”

– Sandy Kilbourn, executive director of External Programs
“I was sitting at a memorial to Mike Magen thinking about the gathering. I realized, quite simply, none of us would have been there unless there had been a Mike Magen. He was the bond, the will that formed the MSU College of Osteopathic Medicine, which created and now has led the renaissance within our profession. Mike created a college that has endured. And now, our college, stronger than ever, will easily endure even though he is gone. He created something special enough that it will be sustained well after us. Proof positive he created something special. And for that Mike, I thank you.”

— David Kaufman, D.O., chairperson of the Department of Neurology and Ophthalmology

“Dr. Magen’s sage guidance and leadership were instrumental to the American Osteopathic Association, and the osteopathic medical profession at large, particularly in the development of the Educational Policies and Procedures Review Committees I and II in the 1990s. This revolutionary system laid the groundwork for the how the AOA Department of Education is now organized – and in fact the organization of the very continuum of medical education.”

— John Crosby, J.D., executive director, American Osteopathic Association

“Mike was my friend and one of the best people I have ever worked with. His understanding of human beings and his ability to forcefully stake his position and strive for excellence in the face of adversity was exemplary. Mike was the type of friend that you could trust completely as he had no other interest but enhancing the quality of the profession and the university. Mike, we miss you, but you will live on in our hearts. Thanks for all you have done. You have been influential in an era that has seen tremendous change, largely due to your pursuit of excellence.”

— Jim Pochten, M.D., chairperson for the Department of Radiology

“Mike was a World War II veteran of the U.S. Navy. I didn’t learn until last September that Mike was aboard the same heavy cruiser as my uncle in the time of the Japanese surrender. He was a visionary and a builder. He knew how to deal with adversity. All of us who knew and worked with Mike will never forget the experience. He was truly one of a kind. It has been said that the world knows little of its greatest men. We have known at least one.”

— Phillip E. Greenman, D.O., former senior associate dean for MSUCOM Osteopathy

“If you had to say one thing about Mike it would be that he was always true to himself. Mike could be tough but it was really only on the outside. One of my trips with Mike was to the Dominican Republic several years ago. I went to dinner with Mike and Ruth. The food was great but the service was very poor. The more the service lagged, the more vocal Mike was in his commentary about how it could and should be improved. We were all being entertained, but then Ruth quietly said, ‘That’s enough Mike.’ There was no further commentary and at that point, I saw firsthand that behind every successful man, there is the granite strength of the woman who put him there. Mike knew that too.”

— William Strampel, D.O., dean of MSUCOM

“The help of 37 volunteer students, a small crew of faculty members, and two classrooms in different parts of Fee Hall, we have been evaluating different technology by linking these classrooms together and having our volunteer faculty run a class with students in both places,” said Gary Willyerd, interim associate dean at the Detroit Medical Center. “When our students graduate, we want them to have developed the skills necessary to work with people, whether they are interacting with their patients, nurses or other doctors. Good communication skills are part of what it means to be a quality physician. To achieve this goal, we will likely have a combination of class formats, some using distance learning technology and others where the instructors will be teaching on site.”

As the curriculum is reviewed by Willyerd, Hortos, and other trusted and experienced members of the college, there is another important goal they wish to reach. “We want not only to create an excellent learning environment for the students and teaching environment for the faculty, but we want people to feel connected to MSUCOM,” said Willyerd. “We want students to know they have support from not only their peers and mentors at their particular location, but from the entire college and the osteopathic profession.”

By Craig Reed

Celebrating the life of Dr. Magen has meant not just gathering together to mark his passing. It has also meant continuing to build upon the college to which he devoted his life – most recently with MSUCOM’s expansion into southeast Michigan. Pending accreditation by the American Osteopathic Association’s Commission on Osteopathic College Accreditation, the Macomb University Center and Detroit Medical Center will be ready to educate our incoming students with the same level of quality and high standards we have come to expect in East Lansing.

At this phase of curriculum development, the southeast Michigan leadership has been focused on the distance learning options currently available to provide synchronous learning across all three locations.

“With the help of 37 volunteer students, a small crew of faculty members, and two classrooms in different parts of Fee Hall, we have been evaluating different technology by linking these classrooms together and having our volunteer faculty run a class with students in both places,” said Gary Willyerd, interim associate dean at the Detroit Medical Center. “As we scrutinize each option, our goal is to keep one thing in mind at all times: for distance learning to work, we must create an atmosphere that is effective, efficient and engaging for both students and faculty members, regardless of their location. The feedback students and faculty have been providing us has been invaluable in moving us forward to this important goal.”

One major component to creating such an environment is the development of faculty/student relationships.

“We want to keep at the top of our list giving students opportunities to connect with faculty, staff and role models,” said Kari Hortos, interim associate dean at Macomb University Center. “When our students graduate, we want them to have developed the skills necessary to work with people, whether they are interacting with their patients, nurses or other doctors. Good communication skills are part of what it means to be a quality physician. To achieve this goal, we will likely have a combination of class formats, some using distance learning technology and others where the instructors will be teaching on site.”

As the curriculum is reviewed by Willyerd, Hortos, and other trusted and experienced members of the college, there is another important goal they wish to reach. “We want not only to create an excellent learning environment for the students and teaching environment for the faculty, but we want people to feel connected to MSUCOM,” said Willyerd. “We want students to know they have support from not only their peers and mentors at their particular location, but from the entire college and the osteopathic profession.”
EXPERIENCE FOURFOLD

B
sic science coursework forms the foundation medical students build upon to become quality physicians. Robert Stephenson, Ph.D., associate professor of physiology, uses his extensive perspicacity to prepare his department for the upcoming challenges in educating students.

“Our department teaches students in four colleges: MSUCOM, the College of Human Medicine, the College of Veterinary Medicine (CVM) and the College of Natural Science,” explained Stephenson. “It can be quite challenging to meet the needs of each college, but we are a stronger department thanks to this arrangement. We get to see how each college organizes and prioritizes its courses. We often take what we’ve learned from one college to help one of the other colleges as they adjust their curriculum.”

One case to point is MSUCOM’s southeast Michigan expansion. “CVM recently had a big curriculum revision. Now with MSUCOM’s expansion, we’re able to bring the experience of working with CVM’s revisions to cross-pollinate ideas. It’s a big plus as we work through the needs of MSUCOM’s two expansion sites,” said Stephenson.

For Stephenson, creating a strong curriculum is all about focusing on the essentials. “We teach undergraduates as well as first-, second- and third-year medical students,” continued Stephenson. “We have two essential priorities. The first is to focus on how to build the knowledge base of our students at each level so they are prepared for the next step. The second is to connect the basic science material they are learning to what they are going to be doing as clinicians so they can understand that relationship.

“One way we help them achieve this is by teaching them vertical integration – understanding how what is happening at a gross level of the body is connected to the cellular and molecular level,” he said. “If students can understand how those levels of organization are related and how structure and function are related at each level as well, they can understand its place in their education and in their eventual clinical practice. These are the crucial perspectives we bring to the table as we’re reviewing the curriculum.”

Technology will play a part in educating students at the expansion sites, according to Stephenson. “When I first started teaching, we were still using glass slides and microscopes to show students different specimens. Now we use virtual microscopes where everything is digitized,” said Stephenson. “This provides us with a great learning tool. First, the materials are continuously available online for all the students. Second, when we’re teaching in the laboratory, we can look at the exact same slide together. This allows us to more easily point out and explain some unique feature on that particular slide to the entire class, not just to the student with that particular slide.”

While technology will have its place, it’s only one part of a successful program. “There is no substitute for direct faculty/student interactions,” said Stephenson. “Instructors can personify difficult concepts for the students to help them understand the material while also assisting the students with their sense of professionalism through personal interaction. The key thing in regard to preparing for expansion is to determine what teaching can be done well with online resources and what should be done with direct faculty/student interaction. We will be exploring our options and seeing what will work best for the students.”

VANTAGE POINT

E
xperience is playing an essential role as MSUCOM examines its curriculum on the road to establishing the southeast expansion sites. One to whom the college is turning is Paulette Lovell, coordinator for pre-clerkship curriculum, whose “big picture” view of the college has helped to make it such a successful medical program.

“I have been with the college since the early ’90s when I was working in Academic Programs as a graduate student,” said Lovell. “I knew zero about osteopathic medicine when I first started. When I graduated, Dr. Myron Magen, then dean of the college, came into my office and asked if I would be the college’s director of admissions. I originally had no intention of staying in Michigan at the time, but I was happy here, had always been treated well and always made to feel that the work I did mattered. So I decided to accept his offer.”

That one “yes” led Lovell to a variety of jobs and responsibilities within the college. “It’s been a big advantage to have worked in a number of different positions over the years,” said Lovell. “I have a better understanding of the situations and challenges in each unit thanks to those experiences. I can also see how what is changed in one unit impacts others. It’s very interesting for me to study where units intersect each other.”

“My current job is a constant learning experience for me,” continued Lovell. “I love the academic work environment and the people. Curricula should be dynamic and living, not static. We need to look at our current processes and find ways of constantly improving them. Because of that, the demands of this position are always just a little beyond my reach so I have to continue to learn more myself, but I have a lot of great people with experience to draw upon.”

While accustomed to continuously tweaking and improving the curriculum, Lovell finds a new set of challenges with the southeast expansion. “I’m responsible for oversight and planning of the first two years of the curriculum. During the first year, the course material is not just being taught to osteopathic medical students, but also to students from the College of Human Medicine.

As we look at curriculum issues, we have to consider not only East Lansing and our two expansion sites, but also the College of Human Medicine’s site in Grand Rapids. Our goal is to make certain students at each location end up with the same instructional materials and will be taking the same exams,” said Lovell. Through a combination of consistency, creativity and a variety of input, Lovell sees good things on the horizon. “We have been accommodating the requests and suggestions we have received as best as we can and adjusting how the curriculum is to be delivered,” said Lovell. This challenge has been a learning experience for me, and that’s why I enjoy doing what I do.”

Keeping the Classroom Humming

By Craig Reed

Behind every successful day of class, there is a small team of curriculum assistants whose goal is to make everything proceed as smoothly and effortlessly as possible. One such individual is Stephanie Goodrich.

“It’s my job to handle most of the behind-the-scenes activities,” said Goodrich, “such as organizing course packets, inviting guest speakers, hiring simulated patients, arranging for any equipment needed in the classroom, as well as anything else the instructor might require. Each curriculum assistant has certain classes they are regularly responsible for. Some of the classes I handle include the doctor-patient relationship course, ethics in medicine and a class on chronic illnesses.”

While Goodrich has lived in Michigan for many years, home for her is a place in Ontario, Canada. “My family is from Wikwenikon, First Nation, which is the home to three different Native American tribes: Ojibwa, Odawa and Pottawatomie. One interesting fact about Wikwenikon is that its lands were never ceded to an outside government, so it is not considered a reservation.”

“As part of the Ojibwa tribe, it’s been important to me to remember my heritage,” continued Goodrich. “I’m involved with the Native American communities here in the Lansing area and attend many of the events with my kids. As a Native American, you have a foot in two very different cultures. By being active and involved in both, I think my family benefits from the best both have to offer.”

Stephanie takes care of many behind-the-scene details in the classroom.

Ryan Hart, Jeremy Pascotto, Stephenson, Marie Beasley and Annie Williams discuss medical issues during journal club.
by Craig Reed

Distance learning can be a challenge for both faculty and students, but projects are underway to provide them with a wide variety of tools for learning the material.

**Step-by-Step Research**

Students at MSUCOM are not the only ones who are accessing more of their learning materials online. Residents in the Statewide Campus System (SCS) weave online studying into their busy schedules. For residents interested in the art of research, a new option has opened up. “We’ve developed a series of online modules to teach our residents the basics of how to do research,” said Eric Zemper, outreach specialist for SCS. “Many specialties and the American Osteopathic Association (AOA) require a research project. After they have finished the entire series along with each module’s assignments, they will have a completed research project, which meets AOA requirements, ready to turn in.”

Residents don’t have a lot of free time on their hands,” continued Zemper. “They often access online materials by downloading the materials to their iPod™ or PDA. We’ve made each module very short, about 10 to 15 minutes in length. Each one includes narratives, slides, a post-test and a written assignment. The whole program is designed to be completed in 12 to 13 months. They get immediate feedback from each test and can print out the results to take to their research mentor to discuss with them.”

Interest in the modules has spread beyond SCS. “With the American Osteopathic Association establishing more research criteria, other schools are expressing interest in our product,” said Zemper. “With the increased interest in having more researchers within the osteopathic profession, these modules could be a good resource for anyone interested in how to get started in the right direction.”

**The VIBL Workshop**

You’re working in the laboratory using the gram-stain technique to identify different bacteria when you realize you used safranin in the step where you should have used iodine. Your test is ruined. What do you do? In this case, you restart the computer simulation and try again. Virtual Interactive Bacteriology Laboratories (VIBL) are an tool Cindy Arvidson, Ph.D., Department of Microbiology and Molecular Genetics, has been hard at work developing for her students. “A lot of medical schools have eliminated the wet lab work students do,” explained Arvidson. “I think the experience is important so that they understand the processes that occur when they send a sample to the laboratory to be tested and what possible mistakes can occur during the testing. We want to retain that experience for the MSUCOM students who will be at the expansion sites, which led us to the idea of creating virtual labs for them to work in.”

Upon connecting to the internet and entering the program, you find yourself at a lab bench that looks very similar to one you would see on campus. “We’ve been working closely with the Virtual University Design and Technology unit to make these labs as realistic as possible. We had them take pictures of all the materials in a real lab so that everything within our virtual lab looks like its real counterpart. Details such as having the students remove the cover of a Petri dish as they work with a sample and having to “sterilize” their instruments were included. We’re still tweaking each program we’ve created so far, but the ones that are complete are quite robust,” she said. If you do everything correctly, the sample will look as it would in real life. The one exception to our ‘keep it as real as possible’ rule is that we’ve sped up time passing in the programs in cases where a student has to wait so many minutes before moving to the next step. So for example if a student needs to wait two virtual minutes on the time-lapsed clock before rinsing a sample, in real time only five seconds has passed. If they try to proceed too soon or wait too long, the test will be messed up and they will have to redo it.”

Currently the labs are being tested by students who are also attending in the real wet labs. “We’ve been asking students for feedback on how to improve the programs,” said Arvidson. “So far the feedback has been good. Some of the students feel they learned more from the virtual programs than from their wet labs. We’re looking to have these ready for when students arrive at the expansion sites. These labs will be one more great tool for teaching students here as well as off-campus.”

---

**Weaving Technology with Quality Education**

By creating short online modules, Zemper helps residents fit learning about basic research into their schedule.
Mentoring MSUCOM medical students is an essential component for a comprehensive education. Clinical faculty — D.O.s and M.D.s who take the time and energy to provide a wide array of experiences to the students — are some of the most important instructors in this process. They enrich the students’ experience and help them understand what it means to be osteopathic physicians.

JASON BECKROW

Students who walk into the office of Jason Beckrow, D.O., in Lansing, Michigan, get firsthand experience of working with patients who are in the midst of a struggle. “All my patients have cancer,” said Beckrow. “As serious as these conditions are, my staff and I work hard at keeping a light-hearted environment.

“I’ve had medical students in my office for several years now. I remember how doctors mentored me when I was going through medical school and wanted to give back in a way,” continued Beckrow, who graduated from MSUCOM in 2000. “They ask a lot of good questions and keep me on my toes. More importantly, they remind me of where I’ve been and help keep things feeling fresh in the office.”

SUSAN ENRIGHT

For some clinical faculty like Susan Enright, a ’91 alumna, the desire to teach future D.O.s came about very early in her career. “I started teaching as an intern,” said Enright. “MSUCOM is the school that took me in and gave me this wonderful opportunity, so it made sense to get involved in mentoring as soon as I could. I’ve always enjoyed teaching, and it’s a pleasure having medical students in the office.

“I can have some good discussions with the students about career choices and some of the lifestyle choices they need to make to balance work with family,” said Enright. “During these moments, I can share with them some of my own experiences and help them understand some of the important decisions awaiting them.”

JEFFREY HOLTZMAN

Not all clinical faculty of MSUCOM are alumni. Some like Jeffrey Holtzman, D.O., residency program director of ophthalmology at Metro Health Hospital in Grand Rapids, Michigan, came from Kirksville’s College of Osteopathic Medicine. “I graduated in 1975. A lot of good changes have happened in osteopathic education since then,” said Holtzman. “It’s a delight having medical students around. What keeps me involved in teaching students is knowing that they will become great doctors in the future. I’m pleased to help educate them and expose them to what I enjoy doing for a living.”

“PEAK taught me to focus more on the material I needed to learn and not on the exams themselves. By changing my focus to the material itself as well as learning better ways of using my studying time, I have more balance between school work and my personal life.”

- Anita Hafeez

“PEAK is a progressive program. You have to keep at it to reap in the benefits it has to offer. The skills I’ve been acquiring are learning skills for coping with a rigorous workload. They are life skills that will help me beyond the classroom when I’m working with patients.”

- Nicole Walker

“PEAK is a progressive program. You have to keep at it to reap in the benefits it has to offer. The skills I’ve been acquiring are learning skills for coping with a rigorous workload. They are life skills that will help me beyond the classroom when I’m working with patients.”
falling,” explained Stacey Ruff, secretary for IM and president of GIGs. “Participants were put through a series of tests which included their reflexes, leg muscle strength, balance, risk for fainting, and memory. There are a number of factors that can contribute to a fall other than muscle strength and coordination,” continued Stacey. “Some individuals, for example, may feel lightheaded as they are standing up from a chair while others, who are

“We had a good number show up to be evaluated,” said Courtney, “but we also had a number of family members concerned for an older relative seeking more... plan to do more of these assessments in the future.”

“Last year, in partnership with the Geriatrics Interest Group (GIGs) the Internal Medicine Club was one of the recipients of a Michigan Osteopathic... public, we will be able to take better care of our patients.”
The MDA/ALS Center is an excellent example of the cooperation among the three major organizations and two communities,” said David Kaufman, D.O., chairperson for the Department of Neurology and Ophthalmology. “Together, we now have the opportunity to work toward a world-class center that will serve the patients and families who suffer from this disease.”

“This is a tremendous opportunity for the state of Michigan,” said David Simpson, D.O., director of the MSU clinic. “Patients are already calling into the clinic for more information, and MSU researchers have been excited to take an active role in understanding and treating this disease.”

There are a number of research projects underway on the MSU campus which may contribute to understanding ALS. These include studies of the role of contaminants, how the disease develops, discovery of agents that might protect nerves, and development of drug therapies.

Working to defeat more than 40 neuromuscular diseases through programs of worldwide research, comprehensive services, and public health education. The association’s programs are funded almost entirely by individual private contributors.

Exercise and Aging

by Craig Reed

Most people know that regular exercise and a healthy diet are good for you, but there are many questions as to how much exercise and what type of diet works best when it comes to older adults. Investigators like Jill Slade, Ph.D., seek to answer this and more.

“At the baby boomers hit retirement and beyond, it’s going to become more and more important that we find ways to optimize their health. As people age, they may also develop conditions that can impair their cognitive function such as high blood pressure, cardiovascular disease and diabetes,” said Slade. “We’re currently studying the short-term effects of exercise and nutrition on the cognitive abilities in older individuals. We look at the differences between subjects who have recently eaten a nutrient-poor meal versus those who have eaten a nutrient-rich meal. We also look at what happens to a subject’s cognitive ability when they have exercised recently versus those who have not.

Once we have collected enough information, these short-term studies should give us a good idea of how to proceed in longer-term studies.”

Volunteers in the study are put through a series of tests which examine their cognitive function, some of which are done while imaging their brain activity with functional MRI.

“We put our subjects into the MRI machine and they perform tasks while we obtain detailed images of their brain activity – observing how much brain activity is occurring as well as how the brain responds to different nutrient compositions from their breakfast and from their recent exercise. Changes in brain activity may correlate with and reflect better hand/eye coordination, increased speed in performing tasks as well as a higher level of accuracy,” she said. “All of these are skills we’d like to see maximized in older individuals to reduce both ‘normal’ age-related declines and pathology-related declines in cognition to keep their quality of life high. We’re also looking into other benefits from exercise, such as trying to induce neurogenesis — the creation of new neurons — and improve memory through the use of exercise.”

Slade’s diverse team reflects the variety of subject matters being studied.

“The project is only possible because of the hardworking team. While my background is in exercise physiology, the team also includes Joe Carlson, Ph.D., R.D., director of sports and cardiovascular nutrition, who develops and implements the test meals, David Zhu, Ph.D., a biomedical engineer who assists with the MRI protocol, Kiran Strakonda, M.D., an internist who monitors the subjects while they are exercising, along with many other students and faculty,” said Slade.

While the exercise and aging project is Slade’s main focus, she is also involved in other studies looking into muscle dysfunction from statin use, peripheral vascular fluid dynamics, and bone quality in diabetics. “There are a lot of things that simply fall into place when you have experienced and motivated professionals in so many different fields on one campus,” said Slade. “The opportunities for collaborative research keep coming up and the ability to do high quality, multi-perspective research continues to grow.”

Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Its causes and cure remain unknown. Approximately 30,000 Americans are living with ALS.

While the exercise and aging project is Slade’s main focus, she is also involved in other studies looking into muscle dysfunction from statin use, peripheral vascular fluid dynamics, and bone quality in diabetics. “There are a lot of things that simply fall into place when you have experienced and motivated professionals in so many different fields on one campus,” she said. “All of these are skills we’d like to see maximized in older individuals to reduce both ‘normal’ age-related declines and pathology-related declines in cognition to keep their quality of life high. We’re also looking into other benefits from exercise, such as trying to induce neurogenesis — the creation of new neurons — and improve memory through the use of exercise.”

Slade’s diverse team reflects the variety of subject matters being studied.

“The project is only possible because of the hardworking team. While my background is in exercise physiology, the team also includes Joe Carlson, Ph.D., R.D., director of sports and cardiovascular nutrition, who develops and implements the test meals, David Zhu, Ph.D., a biomedical engineer who assists with the MRI protocol, Kiran Strakonda, M.D., an internist who monitors the subjects while they are exercising, along with many other students and faculty,” said Slade.

While the exercise and aging project is Slade’s main focus, she is also involved in other studies looking into muscle dysfunction from statin use, peripheral vascular fluid dynamics, and bone quality in diabetics. “There are a lot of things that simply fall into place when you have experienced and motivated professionals in so many different fields on one campus,” said Slade. “The opportunities for collaborative research keep coming up and the ability to do high quality, multi-perspective research continues to grow.”

Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Its causes and cure remain unknown. Approximately 30,000 Americans are living with ALS.

“The project is only possible because of the hardworking team. While my background is in exercise physiology, the team also includes Joe Carlson, Ph.D., R.D., director of sports and cardiovascular nutrition, who develops and implements the test meals, David Zhu, Ph.D., a biomedical engineer who assists with the MRI protocol, Kiran Strakonda, M.D., an internist who monitors the subjects while they are exercising, along with many other students and faculty,” said Slade.

While the exercise and aging project is Slade’s main focus, she is also involved in other studies looking into muscle dysfunction from statin use, peripheral vascular fluid dynamics, and bone quality in diabetics. “There are a lot of things that simply fall into place when you have experienced and motivated professionals in so many different fields on one campus,” said Slade. “The opportunities for collaborative research keep coming up and the ability to do high quality, multi-perspective research continues to grow.”

Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Its causes and cure remain unknown. Approximately 30,000 Americans are living with ALS.

“The project is only possible because of the hardworking team. While my background is in exercise physiology, the team also includes Joe Carlson, Ph.D., R.D., director of sports and cardiovascular nutrition, who develops and implements the test meals, David Zhu, Ph.D., a biomedical engineer who assists with the MRI protocol, Kiran Strakonda, M.D., an internist who monitors the subjects while they are exercising, along with many other students and faculty,” said Slade.

While the exercise and aging project is Slade’s main focus, she is also involved in other studies looking into muscle dysfunction from statin use, peripheral vascular fluid dynamics, and bone quality in diabetics. “There are a lot of things that simply fall into place when you have experienced and motivated professionals in so many different fields on one campus,” said Slade. “The opportunities for collaborative research keep coming up and the ability to do high quality, multi-perspective research continues to grow.”

Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Its causes and cure remain unknown. Approximately 30,000 Americans are living with ALS.

“The project is only possible because of the hardworking team. While my background is in exercise physiology, the team also includes Joe Carlson, Ph.D., R.D., director of sports and cardiovascular nutrition, who develops and implements the test meals, David Zhu, Ph.D., a biomedical engineer who assists with the MRI protocol, Kiran Strakonda, M.D., an internist who monitors the subjects while they are exercising, along with many other students and faculty,” said Slade.

While the exercise and aging project is Slade’s main focus, she is also involved in other studies looking into muscle dysfunction from statin use, peripheral vascular fluid dynamics, and bone quality in diabetics. “There are a lot of things that simply fall into place when you have experienced and motivated professionals in so many different fields on one campus,” said Slade. “The opportunities for collaborative research keep coming up and the ability to do high quality, multi-perspective research continues to grow.”

Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Its causes and cure remain unknown. Approximately 30,000 Americans are living with ALS.

“The project is only possible because of the hardworking team. While my background is in exercise physiology, the team also includes Joe Carlson, Ph.D., R.D., director of sports and cardiovascular nutrition, who develops and implements the test meals, David Zhu, Ph.D., a biomedical engineer who assists with the MRI protocol, Kiran Strakonda, M.D., an internist who monitors the subjects while they are exercising, along with many other students and faculty,” said Slade.

While the exercise and aging project is Slade’s main focus, she is also involved in other studies looking into muscle dysfunction from statin use, peripheral vascular fluid dynamics, and bone quality in diabetics. “There are a lot of things that simply fall into place when you have experienced and motivated professionals in so many different fields on one campus,” said Slade. “The opportunities for collaborative research keep coming up and the ability to do high quality, multi-perspective research continues to grow.”

Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Its causes and cure remain unknown. Approximately 30,000 Americans are living with ALS.
On behalf of the Michigan Osteopathic College Foundation and the Michigan State University College of Osteopathic Medicine, we would like to take this opportunity to thank you for your support of the 2008 MOCF Ball – “Puttin’ on the Glitz.”

More than 700 guests joined us for a wonderful evening in support of the Michigan Osteopathic College Foundation. We are pleased to report that $195,000 in net proceeds were raised and added to the MOCF Endowment fund.

We encourage you to mark your calendars now for the 2009 MOCF Ball, which will be held on Saturday, February 21.

Thank you again for your support of the MOCF, the MSUCOM, and the osteopathic profession in the state of Michigan. We look forward to seeing you again next year!
new faculty

Randall DeArment
Family and Community Medicine

Randall DeArment, D.O., is a ’75 MSUCOM alumnus who has been in private practice for 32 years. He has been a staff physician for Central Michigan Health Services, delegate to the Michigan Osteopathic Association and a member of the MSUCOM Alumni Association Board. He earned his private pilot’s license in 1973 and is a black belt in tae kwon do. He joins us as an assistant professor.

Anne McLaren Dorrance
Pharmacology and Toxicology

Anne Dorrance, Ph.D., comes from Glasgow, Scotland, where she earned her Ph.D. in medicine and therapeutics in 1997. She has spent much of her career in the United States working for the Medical College of Georgia in Augusta. Her research has focused on cerebral blood vessels and strokes, studying the effects of aldosterone, life-long obesity and the effects of mineralocorticoid receptor activation. She joins us as an associate professor.

Patricia Lynn Rehfield
Family and Community Medicine

Patricia Rehfield, D.O., M.P.H., is a ’79 MSUCOM alumna who has worked as a staff physician at Olin Health Center on the MSU campus and served as an FAA aviation medical examiner in Grandville, Michigan. She has been active in several professional organizations including the Civil Aviation Medical Association, Michigan Osteopathic Association and the American Osteopathic College of Preventive Medicine. She joins us as an associate professor.

Andrew J. Schorfhaar
Radiology

Andrew Schorfhaar, D.O., is a ’01 MSUCOM alumnus who has been working as a fellow in orthopedic sports medicine in TRIA Orthopedic Center in Minneapolis, Minnesota. His most recent publication focused on ligament reconstruction, and he has other research papers pending publication on forearm fractures in children and acute hematogenous osteomyelitis. He joins us as an assistant professor.

Michael D. Winkelpleck
Osteopathic Surgical Specialties

Michael Winkelpleck, D.O., graduated from Western University of Health Sciences and has been active in MSU’s College of Human Medicine as the director of orthopedic education. His research has focused on replacing autograft bone in posterolateral spinal fusion and has presented findings on pain control. He joins us as an assistant professor.

Sungjin Kim
Microbiology and Molecular Genetics

Sungjin Kim, Ph.D., received his degree from the City University of New York and has spent the past three years within the Department of Internal Medicine at Washington University School of Medicine in St. Louis, Missouri. His research and numerous publications have focused on natural killer cells. He joins us as an assistant professor.

Where are you?

We’re looking for alumni about whom we no longer have current information. If you know where we can find these alumni, please contact Kim Camp at:

(517) 432-4979 or
kim.camp@hc.msu.edu

ACOFP Convention! MSUCOM alumni from across the nation attended the annual American College of Osteopathic Family Physicians Convention which was held from March 12-16. While at the conference, alumni joined us for MSUCOM’s reception where they had a chance to catch up with their former classmates and others.

Above Photo: Mark Sikorski, D.O., ’87; Mike Gilmore, D.O., ’96; Randall Frye, D.O.
The Michigan Osteopathic Association is a strong advocate of the Patient Centered/Medical Home (PCMH) concept. This concept embraces several elements that are necessary to improve primary care reviews. One of the central tenets of PCMH is a focus on the prevention and management of chronic disease care.

Its importance was recently emphasized by a report from the Partnership to Fight Chronic Disease. The presentation, entitled “Six Unhealthy Truths” (co-authored by Al Gore) brings into focus the burdens that chronic diseases impose on our country and our health finance system.

Chronic diseases are the number one cause of death and disability in the U.S., accounting for seven out of ten deaths. Forty-five percent of the population – 133 million citizens – have at least one chronic disease. Patients with chronic disease account for 75 percent of U.S. health care spending. That figure goes to 83 percent for Medicaid patients and 96 percent for Medicare patients. Sixty-six percent of the increase in health care spending since 1987 is due to the increased prevalence of chronic disease. The doubling of the rate of obesity in the United States in 1987 accounts for about 30 percent of the increase in health care spending.

The vast majority of chronic disease cases could be prevented or managed better than current practice. Currently, 56 percent of patients with chronic disease receive clinically recommended health care services.

Americans are unaware of how chronic disease hurts their health and drives up their health care costs. Based on the 2007 survey, fewer than one in six Americans understands that chronic diseases account for 70 percent of the deaths and account for 75 percent of the health care costs in the U.S.

The “Six Unhealthy Truths” were presented to the AOA Bureau of Federal Health Policy by Ken Thorpe, the executive director of the Partnership to Fight Chronic Disease. The purpose of the partnership is to force the “Six Unhealthy Truths” into the presidential debates as a basis for health care reform discussions. If you want to check on their progress, you can go to www.fightchronicdisease.org.

While the Partnership to Fight Chronic Disease has a message for the presidential candidates, it is also an excellent message for patients, insurers and providers. The Partnership to Fight Chronic Disease focuses on the prevention and management of chronic disease care.

The benefits are not one-way though. As we teach and mentor the next generation of graduates from our school, we, as physicians, grow our skills as well. We learn new tidbits about our chosen profession as well as about life. Our close proximity with the college makes us better physicians and in turn raises the quality of care we give our patients. I will never forget those physicians who took me under their wings and supported me as I started an IV for the first time, scrubbed my hands for my first surgery and delivered my first baby. I continue to interact with many of those doctors, keeping in touch through my membership in the Michigan Osteopathic Association, the American Osteopathic Association and of course the MSUCOM Alumni Association.

Stay in touch. Be active.

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

**A Time of Transition**

As the outgoing president of the MSUCOM Alumni Association, I am leaving with a good feeling about the direction this association will be heading in the future. Events like the Osteopathic Open, Silverfest, the MOCF Ball, and the Student Awards Dinner, which all draw significant numbers of alumni, demonstrate how much it means to graduates of our college to maintain a strong connection with their medical roots. We care about our alma mater. We open our office doors to current students who wish to shadow us. We take graduates-turned-residents with us on our rounds in the hospitals. We reach into our pockets to ensure our college stays strong and our profession thrives.

The benefits are not one-way though. As we teach and mentor the next generation of graduates from our school, we, as physicians, grow our skills as well. We learn new tidbits about our chosen profession as well as about life. Our close proximity with the college makes us better physicians and in turn raises the quality of care we give our patients.

I will never forget those physicians who took me under their wings and supported me as I started an IV for the first time, scrubbed my hands for my first surgery and delivered my first baby. I continue to interact with many of those doctors, keeping in touch through my membership in the Michigan Osteopathic Association, the American Osteopathic Association and of course the MSUCOM Alumni Association.

Stay in touch. Be active.

Michael Weiss, D.O., President MSUCOM Alumni Association Board of Directors
Faculty and staff are the backbone of many of the college’s successes. For all that they give the students and MSUCOM, a significant number also take some of their well-earned dollars and invest back into their college’s future.

“I wanted a way to say ‘thank you’ to the college,” said Kim Camp, director of alumni programs for MSUCOM. “The college has given me a lot of what I needed to care for my daughter, Kellie. She’s had quite a number of surgeries over the years and it means a lot to me as a mother to have the kind of consistent support I’ve been given by the college so I could be there for her.”

This year Camp is celebrating her first year as a Presidents Club donor, the first level of a series of donor societies which recognizes those who have made a commitment between $10,000 and $24,999.

“I have wanted to join Presidents Club for some time now, and I am happy that I can make it happen this year,” said Camp. “When I first started giving, I really didn’t have a lot of money to give back, but I was told at the time it didn’t matter the amount. So I started off by giving five dollars a month and worked my way up to what I’m giving now.”

Faculty like Catherine Kerschen, a ’92 alumna of MSUCOM and associate professor for the Department of Internal Medicine, desire to go that extra mile as well. She is a member of MSU’s Beaumont Tower society – individuals who have made a commitment between $25,000 and $49,999. “I live a nice life and the college has contributed to how much I have now,” said Kerschen. “The college has invested in me and so I feel I should invest in the college in turn. Those of us in the profession are blessed to be here.” Kerschen has used her donations to target different parts of the university she wishes to support. “I donate mainly to MSUCOM, but I have donations set up specifically for the Department of Internal Medicine and the Wharton Center as well. It’s a great feeling for me to know that when, for instance, the Wharton Center updates their facility or MSUCOM starts a new research project, my contributions have helped make these things possible.”

“The act of faculty and staff supporting the college goes well beyond just the dollars they give,” said Chris Surian, director of development for MSUCOM. “It is very common for foundations and individual donors who are considering six- and seven-figure gifts to ask at what levels are current faculty and staff giving back. If these levels are high, it is a sign to these potential major donors that we have a healthy and productive program.”

Developing a habit of giving is one of the ways you can continuously invest in and support your college. Over time, every donation you make will compound with your previous ones to keep MSUCOM strong, vibrant and growing.
JOIN US in celebrating the classes of '73, '78, '83, '88, '93, '98

SILVERFEST 2008
September 12-13
MSU vs. Florida-Atlantic

OSTEOPATHIC OPEN 2008
September 12
Eagle Eye Golf Course

SAVE THE DATE Silverfest & Osteopathic Open

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