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Debra A. Buchan, MD ’87
President, Upstate Medical Alumni Association

Dear Alumni and Friends:

Greetings from the Upstate Medical Alumni Association! This past May 20, the College of Medicine conferred 160 degrees as part of Commencement 2012. Our very own Patricia J. Numann, MD ’65 was one of two recipients to receive an honorary degree from the State University of New York. We laud Dr. Numann as well as the graduating class as they enter a new phase in their medical careers.

As we bid the class of 2012 farewell, we also had the honor of welcoming the incoming class of 2016 at their White Coat Ceremony in August. The ceremony concluded with a lovely reception for our newest students and their families. Our thanks are extended to the Onondaga County Medical Society for generously sponsoring the reception and providing the white coats.

As a result of generous support from our alumni and friends, we also provided the class of 2016 with the newest edition of the Netter’s Atlas of Human Anatomy. We had the honor of inducting this class as members of the Student Alumni Association, the concluding event to our book distribution and reception.

We look forward to welcoming alumni from years past to campus later this month for Reunion Weekend 2012, a highly anticipated event that will celebrate the success of our distinguished alumni and showcase many of the very talented students from this great institution. If you graduated in the years ending in “2” or “7,” I encourage you to attend this year’s activities, as we have a very lovely weekend planned for all.

Lastly, as the fiscal year comes to an end on September 30, we thank all of you who have supported the Alumni Association. Your generosity is very much appreciated and goes a long way in furthering the mission of the Association. For those of you who have yet to make your contribution this year, I thank you in advance for doing so prior to the end of September.

Sincerely,

Debra A. Buchan, MD ’87
President, Upstate Medical Alumni Association

On July 8, Upstate Medical University held its 11th annual Student Clinician Ceremony, which celebrates the transition from basic science to clinical education. Thanks to the generous support of alumni and friends, the Upstate Medical Alumni Foundation provided students with Maxwell Quick Medical Reference books along with a second white coat, as selected by leaders of the class of 2014. Photos are from the picnic following the ceremony.
Drs. Numann and Verghese Receive Honorary Degrees at Commencement 2012

The Upstate Medical University College of Medicine awarded 160 degrees and one professional certificate to graduates at Commencement ceremonies held at the OnCenter on May 20. The College conferred 139 MD degrees, 14 MPH (master’s of public health) degrees, six MD/PhD (conferred jointly with the College of Graduate Studies), one MD/MPH, and one certificate of public health. Pioneering female surgeon Patricia Numann, MD ’65, and physician and best-selling author Abraham Verghese, MD, received honorary degrees and spoke during the ceremony.

Dr. Numann, who received an honorary doctor of science degree, is president of the American College of Surgeons and has been named to the International Women in Medicine Hall of Fame. She is Upstate Medical University’s Lloyd S. Rogers Professor of Surgery Emeritus, a SUNY Distinguished Service Professor, and a SUNY Distinguished Teaching Professor. Numann was Upstate University Hospital’s first female surgery intern and the Central New York region’s first female surgeon.

Dr. Verghese, who received an honorary doctor of humane letters degree, was founding director of the Center for Medical Humanities and Ethics at the University of Texas Health Science Center San Antonio and is currently Professor for the Theory and Practice of Medicine at the Stanford University School of Medicine and senior associate chair of the Department of Internal Medicine. He is author of the novel Cutting for Stone, and the memoirs, The Tennis Partner and My Own Country.
Nobel Laureate Visits Campus

Abraham Verghese, MD

Robert Corona Jr., DO, HS ‘87, who founded Upstate Medical University’s Telemedicine Program in 1995, has been named chair of the Department of Pathology and the John B. Henry Professor of Pathology and Laboratory Medicine.

Dr. Corona is an experienced neuropathologist and leader in bioinformatics and the application of technology at the cutting-edge of medicine. He is the author of numerous published manuscripts and patent applications and new device evaluations required by the FDA for new product development.

Prior to his appointment, Corona served as the chief medical officer and vice president of medical and scientific affairs at Welch Allyn, Inc. in Skaneateles, New York.

While at Welch Allyn, Corona also served in several capacities at Upstate, including clinical professor of pathology and laboratory medicine, with secondary appointments as clinical professor of emergency medicine, medicine, and family medicine. He has maintained a hospital appointment at Upstate University Hospital as an attending neuropathologist for more than 20 years and has lectured widely on issues related to the interface of technology and advances in medicine.

Ralph Stevens, MD ’81, recently provided the seed money to endow the Stevens Madison Oneida Counties Scholarships (SMOCS) at Upstate Medical University. These scholarships are awarded to Upstate students interested in pursuing a career in primary care with the intent to pursue this field in the Central New York area upon graduating from a residency program. Dr. Stevens’ goal is to have the fund’s value reach $100,000 by 2013. Pictured from left to right: Ralph Stevens, MD ’81, medical student scholarship recipients Butros Toro ’15 (Sherrill, NY) Andrew Wight ’14 (Vernon, NY) and the Upstate Medical Alumni Foundation’s Executive Director, Vince Kuss.
Scales Wins Chancellor’s Award for Student Excellence

Upstate College of Medicine 2012 graduate Kasandra L. Scales, MD, is the recipient of a 2012 SUNY Chancellor's Award for Student Excellence, one of 257 students from SUNY’s 64 campuses to receive this prestigious honor.

Dr. Scales was honored for her remarkable ability to combine her many leadership roles, on both local and national levels, with her dedicated efforts to better the quality of life in Central New York.

Scales serves as a council member of its Minority Affairs Consortium for the American Medical Association; served as a member of its Minority Issues committee; was the first student at Upstate to receive its prestigious Minority Scholars award in 2009; is an inaugural member of its Foundation Student Ambassador program, and held a leadership position for its Doctors Back to School Program.

In her community work, Scales served as a volunteer at the Rescue Mission Flu Clinic, the Good Samaritan Blood Pressure Clinic and Food Pantry, the Syracuse City-Wide Health Fair and Screenings, and is a volunteer at the Broome County Free Health Center. She was awarded a research fellowship from The National Institute of Diabetes, Digestive and Kidney Disease in 2010, where she was involved in the Diabetes Support Project at Upstate’s Joslin Diabetes Center. With this project, Scales participated in the design and implementation of a couple-focused lifestyle intervention for adults with type 2 diabetes.

At Upstate she served on the LCME Student Survey committee, and as president of the Family Medicine Club. She helped develop and coordinate Upstate’s Cover the Uninsured Week activities and served as parliamentarian of the Student National Medical Association.

Scales began her residency in obstetrics/gynecology at Upstate in July.

Weinstock Receives SUNY’s Highest Honor

Upstate Medical University
Professor Ruth Weinstock, MD, PhD, HS ’85, who transformed diabetes care in New York state, has received the prestigious rank of Distinguished Service Professor from the State University of New York (SUNY) Board of Trustees.

Dr. Weinstock, founder and medical director of the Upstate Joslin Diabetes Center, is professor of medicine, specializing in endocrinology, diabetes and metabolism; research professor of neuroscience and physiology; medical director of the Clinical Research Unit; and division chief of Endocrinology, Diabetes and Metabolism. She is among 21 faculty members from SUNY’s 64 campuses to receive distinguished ranks this year, the highest system honors conferred upon SUNY instructional faculty.

Through her efforts in founding the Joslin Diabetes Center at Upstate, Weinstock has delivered to the region a comprehensive, coordinated care system for patients with diabetes and has increased their access to care. Her past work with the Veterans Administration (VA) locally and nationally led to the development of a model for diabetes care that the VA system has adopted nationwide. Under her leadership, the Upstate Joslin Diabetes Center now cares for more than 25,000 children and adults from more than 20 counties in Upstate New York.
Physician Honored for 50 Years of Service

Psychiatrist Eugene Kaplan, MD ’57, was honored for 50 years of service at Upstate’s 28th Annual Employee Recognition event in June. A member of the Upstate faculty for 50 years, Dr. Kaplan’s association with Upstate began as a medical student, then as a resident in Upstate’s Department of Psychiatry and Behavioral Sciences.

“The profession has greatly changed over the years,” says Kaplan, who is professor and Chair Emeritus of the Department of Psychiatry and Behavioral Sciences, “with increasingly complex treatment possibilities. In my own specialty of psychiatry, we have seen the development of new and more effective forms of psychotherapy and new and more effective medications. Medicine is a noble profession, and I am pleased and proud to have been a part of it for more than a half of a century.”

McCabe Listed Among Top 100 Physician Hospital Leaders

UPSTATE UNIVERSITY HOSPITAL CEO John McCabe, MD ’79, has been named one of the nation’s top 100 physician leaders of hospitals and health systems by Becker’s Hospital Review, a leading source of legal news and analysis relating to hospitals and health systems. Dr. McCabe’s inclusion on the list reflects his healthcare experience and his commitment to quality care, according to Becker’s.

It’s the third time McCabe has been recognized by the organization in the past 18 months. Last year, he appeared on two separate Becker’s listings of top health system and hospital leaders.

Albany Alumni Reception

On June 5, more than 50 alumni from the Albany area joined Upstate faculty and students for a reception at the Fort Orange Club, where they were joined by several members of the New York State Assembly and SUNY administration. The event provided alumni a great opportunity to network and reconnect, as well as receive an update on the tremendous progress the University has made over the past several years.
Upstate Offers Online CME

Upstate Medical University will provide online access to its continuing medical education (CME) courses and programs to healthcare providers throughout Upstate New York.

Upstate is the only provider of continuing medical education in Central New York to be directly accredited by the Accreditation Council for Continuing Medical Education (ACCME). Under an agreement with the Central New York Area Health Education Center (CNYAHEC), Upstate’s CME content will be accessible to physicians, nurses and other healthcare providers in a large physician practice in an Upstate city,” says Upstate President David R. Smith, MD.

“It’s a tremendous opportunity for us that extends our educational mission more broadly throughout Upstate New York.”
Psychotherapy Treatment Pioneered at Upstate Recognized by SAMHSA

A new treatment model of psychodynamic psychotherapy pioneered at Upstate Medical University for symptoms of borderline personality disorder, depression, heavy drinking, suicide attempts and self-harm behaviors is now listed on the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Practices and Programs. The treatment, called Dynamic Deconstructive Psychotherapy (DDP), is one of the first types of psychodynamic psychotherapy to be included in this registry of evidence-based treatments.

DDP was developed by Robert Gregory, MD, professor and interim chair of Upstate’s Department of Psychiatry and Behavioral Sciences, to treat adults with borderline personality disorder and other complex behavior problems, such as alcohol or drug dependence, self-harm, eating disorders, and recurrent suicide attempts. It involves weekly one-hour individual sessions over 12 to 18 months and has been shown to help people suffering from borderline personality disorder obtain relief from depression, control over impulsive and harmful behaviors, and better social functioning.

Dr. Gregory hopes inclusion in SAMHSA’s national registry will provide greater awareness of effective treatments for borderline personality disorder and could lead the way to increasing the number of practitioners trained in DDP.

Upstate Wins $100,000 Vision Research Grant

THE OPHTHALMOLOGY DEPARTMENT at Upstate Medical University has received a $100,000 grant from Research to Prevent Blindness (RPB), a leading voluntary health organization supporting eye research. The grant will be directed by John A. Hoepner, MD, to support research conducted at the department’s Center for Vision Research (CVR).

“The support of Research to Prevent Blindness has allowed us to build a world-class research group dedicated to preserving and restoring sight,” said Hoepner, professor and chair of Upstate’s Department of Ophthalmology and administrative director of the Center for Vision Research.

Since 1998, the department has received more than $2.4 million from the RPB. Included among RPB-funded studies is one that involves an innovative use of technology that shows promise in better understanding the causes of congenital degenerative diseases of the eye, such as retinitis pigmentosa.
MEETING THEIR MATCH

Medical students learned their residency placements during Match Day 2012

FOR MANY MEDICAL students, Match Day is one of the highlights of their medical school experience, the culmination of four years of learning when they find out where they will do their medical residency training.

On Friday, March 16, Upstate Medical University’s medical students joined their peers across the nation in celebrating Match Day, ripping open their white envelopes to learn their fates.

Among those who matched at Upstate:

- 69 students will enter the primary care specialties of internal medicine, pediatrics, family medicine and obstetrics and gynecology
- One student matched in the Military Match-Army
- 67 students will complete their residencies in New York State
- 18 students will remain in Syracuse for their residencies: 12 at Upstate University Hospital and six at St. Joseph’s Hospital Health Center
- One student will complete a residency in Canada
- Five couples matched together via the “couples match”

In addition to matching its students to programs throughout the country, Upstate also filled all 95 residency positions within its own specialty and subspecialty programs.

“We are very pleased that all of our open positions are filled with outstanding candidates representing all parts of the country and a wide range of medical schools,” says William Grant, EdD, associate dean of Graduate Medical Education. “This varietal mix will clearly enhance our residency programs.”
FLORIDA
Florida Hospital Orlando
David Lebowitz
Emergency Medicine

Jackson Memorial Hospital
Anna Nichols
Dermatology

Mayo School of Graduate Medical Education
Dana Amiraian
Radiology Diagnostic

University of South Florida COM
Jennifer Caputo
Internal Medicine

MASSACHUSETTS
Beth Israel Deaconess Medical Center
Conor Stack
Internal Medicine

Boston University Medical Center
Kenneth Angelino
Internal Medicine

Tufts Medical Center
Hannah Fassal
Pediatrics

University of Massachusetts Medical School
Alicia Lydecker
Emergency Medicine

Michigan
University of Michigan Hospitals
Shanti Mitchell
Psychiatry

MINNESOTA
University of Minnesota Medical School
Nathaniel Herr
Pediatrics

NEW HAMPSHIRE
Dartmouth-Hitchcock Medical Center
Rohit Repala
General Surgery

FLORIDA
Florida Hospital Orlando
David Lebowitz
Emergency Medicine

Jackson Memorial Hospital
Anna Nichols
Dermatology

Mayo School of Graduate Medical Education
Dana Amiraian
Radiology Diagnostic

University of South Florida COM
Jennifer Caputo
Internal Medicine

MASSACHUSETTS
Beth Israel Deaconess Medical Center
Conor Stack
Internal Medicine

Boston University Medical Center
Kenneth Angelino
Internal Medicine

Tufts Medical Center
Hannah Fassal
Pediatrics

University of Massachusetts Medical School
Alicia Lydecker
Emergency Medicine

Michigan
University of Michigan Hospitals
Shanti Mitchell
Psychiatry

MINNESOTA
University of Minnesota Medical School
Nathaniel Herr
Pediatrics

NEW HAMPSHIRE
Dartmouth-Hitchcock Medical Center
Rohit Repala
General Surgery

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Neetha Reddy
Psychiatry
Rebekah Stalter
Psychiatry
Maimonides Medical Center
Danielle Williams
Medicine-Preliminary
Mt. Sinai Hospital
Timothy Fung
Anesthesiology
Anna Klausner
Anesthesiology
Janhavi Shirali
Ophthalmology
North Shore LIJ Health System
Gene DeCastro
Internal Medicine
Huy Hoang
Internal Medicine
Ai Lin Huang
Pediatrics
NY Hospital Medical Center Queens
Andrew Agolati
Transitional
Stephanie Barrett
Internal Medicine
Blesserene Punzalan
Emergency Medicine
Samuel Richter
Medicine-Preliminary
NYMC-Westchester Medical Center
Danielle Williams
Radiology Diagnostic
NYP Hospital/Weill Cornell Medical Center
Kerri Aronson
Internal Medicine
Kristen Critelli
Pediatrics
NYP Hospital/Columbia University Medical Center
Adam Gerber
Anesthesiology
Rachel Stahl
Anesthesiology
NYU School of Medicine
Liliya Abrukin
Emergency Medicine
Andrew Agolati
Anesthesiology
St. Elizabeth Medical Center
Rebecca LaValley
Family Medicine
St. Josephs Healthcare
Amit Desai
Transitional
Cara Grome
Transitional
Bryan Hoag
Transitional
Anna Nichols
Transitional
Matthew Peckham
Transitional
Christopher Weaver
Transitional
St. Lukes-Roosevelt
Zeah Venitelli
General Surgery
Stony Brook Teaching Hospitals
Bilal Iqbal
Internal Medicine
Gabriel Klein
General Surgery
Joseph Mailman
Internal Medicine
University of Rochester/Strong Memorial
Amit Desai
Radiology Diagnostic
Jessica Ferger
Family Med/Inner City
Carol Fries
Pediatrics
Christopher Harmon
Emergency Medicine
Mark Hodges
Internal Medicine
Robert C. Mason
Orthopaedic Surgery
Joshua Nelson
Psychiatry
Nicole Toscano
General Surgery
Susan Ziolkowski
Internal Medicine
Unity Health System
David Pinter
Medicine-Preliminary
Upstate Medical University
Nicholas Baranco
Obstetrics/Gynecology
Anjuli Cherukuri
Surgery-Preliminary
Hilary M. Gamble
Psychiatry
Steven Hicks
Pediatrics
Samuel Hykin
General Surgery
Robert Kopp
Otolaryngology
David J. Lubin
Radiology Diagnostic
Jennifer C. Makin
Obstetrics/Gynecology
Angela Pericozzi
Pediatrics
Samuel Richter
Radiation Oncology
Kasandra L. Scales
Obstetrics/Gynecology
Lindsay B. Tamborelle
Pediatrics
Kerry Whiting
Pathology
Zachary Williamson
Internal Medicine
Yachao Zhang
Surgery-Preliminary

Wilson Memorial
Regional/UHS
Sarah Cardillo
Transitional
Timothy Fung
Transitional
Evon Savage
Medicine-Preliminary

Winthrop University
Hospital
Farah Daccueil
Internal Medicine
Eugene Medvedev
Internal Medicine

NORTH CAROLINA
Carolinas Medical Center
Cara Grome
Phys Medicine & Rehab

Duke University Medical Center
Kate Myers
Pediatrics

New Hanover Regional Medical Center
Toni Melville
Family Medicine

University of North Carolina Hospitals
Bryan Hoag
Radiology Diagnostic

OHIO
Case Western/University Hospitals Case Med Ctr
Daniel J. Goldstein
Anesthesiology

Cleveland Clinic Foundation
Linda Amah
Medicine-Primary
Juliana Kissiedu
Pathology

Ohio State University Medical Center
Wing Kay Fok
Obstetrics/Gynecology
David Strosberg
General Surgery

University Hospital Cincinnati
Ryan LaFollette
Emergency Medicine

PENNSYLVANIA
Allegheny General Hospital
Michael Asaly
Emergency Medicine
David Pinter
Radiology Diagnostic

Childrens Hospital Philadelphia
Allison Barz
Pediatrics

Hospital of the University of Pennsylvania
Evon Savage
Phys Medicine & Rehab

Jefferson Medical College/DuPont
Childrens
Alexandra Andricopoulos
Pediatrics
Colleen B. Bertoni
Pediatrics
St. Christopher's Hospital
Peter Osgood
Pediatrics

Thomas Jefferson University
Brendan Leahy
Emergency Medicine

UPMC Medical Education
Alexander Preus
Anesthesiology
Yunna Saeed
Neurology
Nicholas Schott
Anesthesiology

UPMC St. Margaret Kehkeshan Haque
Family Medicine

SOUTH CAROLINA
Medical University of South Carolina
Ryan D. Cuff
Obstetrics/Gynecology
Christina DiBattista
PEDIATRICS

TENNESSEE
University of Tennessee COM
Meaghan Stumpf
Medicine-Pediatrics

TEXAS
Baylor College of Medicine
Tigist Mehari
Neurology

University of Texas HSC
Jessica Campbell
Obstetrics/Gynecology

UTAH
University of Utah Affiliated Hospitals
Jessica Kelly
PEDIATRICS
Carey Wilson
Child Neurology

VERMONT
UVM/Fletcher Allen
Anjuli Cherukuri
Radiology Diagnostic

VIRGINIA
University of Virginia
Matthew McGraw
PEDIATRICS
Christopher Weaver
Ophthalmology
Zimin Zhao
Pathology

WEST VIRGINIA
West Virginia University SOM
Ikenna Anaka
Internal Medicine

WISCONSIN
Medical College of Wisconsin Affiliated Hospitals
Munyaradzi Chimukangara
General Surgery

CANADA
University of Toronto
Muhammad Faruqi
Radiation Oncology
ANATOMY OF A TEACHER

By Renée Gearhart Levy

Gross anatomy is the study of the structure and organization of the human body, principally by dissection. From the beginning, anatomy has been the cornerstone of a medical education, but the course does far more than lay the foundation of knowledge about the human body. The experience of working with a cadaver is indoctrination by fire for most brand new medical students, who are typically overwhelmed by the vast quantity of material they are expected to learn, not to mention awed by the deceased human body they are learning from. For many people, it’s not a comfortable task.

For the last 41 years, Upstate Medical University students have been guided through this process by N. Barry Berg, Ph.D., who has served as professor of cell and developmental biology, coordinator of the gross anatomy course, and director of Upstate’s Anatomical Gift Program.

In addition to being a gifted teacher, Dr. Berg has counseled and mentored countless students through administrative roles including director of minority affairs, assistant dean for student affairs, and as a long-time advisory dean.

During his tenure, Berg has been honored with the SUNY Upstate’s President’s Award for Excellence in Teaching, the SUNY President’s Award for Affirmative Action, and the SUNY Chancellor’s Award for Excellence in Teaching. This winter, the Medical Alumni Association created a scholarship in his honor. The N. Barry Berg Scholarship for Musculoskeletal Medicine will be awarded annually to a student in the College of Medicine who excels academically and plans to pursue graduate medical education in an area of musculoskeletal medicine, such as orthopedic surgery or physical medicine.
This summer, at age 70, Berg reduced his work commitment to half time. Although he’d contemplated retirement, he still has “unfinished business,” so will continue in a reduced capacity to teach musculoskeletal anatomy to physical medicine and rehab residents, work with pain management fellows, and finish up the development of an improved radiology component for the College of Medicine curriculum.

We recently chatted with Berg, his colleagues, and former students, in an attempt to dissect his Upstate legacy. As with the human body, the whole is greater than the sum of its parts.

BERG: “I was a physical education major at New York University, and that’s where I took my first anatomy course. We dissected cats and fetal pigs and I thought it was fascinating to see how the body was put together to function the way it does. I changed my major. I volunteered at a hospital for a week in the physical therapy department but they put me with all these really sick children and older people and I couldn’t deal with that at all. I saw a poster to study anatomy at UCLA. I was a big basketball fan and thought California sounded pretty nice.”

“Barry loves to tell the new classes about how he was in the anatomy lab by himself when he was a student at a very late hour, and he heard noises. He gets the scalpel out and turns around and almost injures the janitor.”

Robert Zajdel, PhD
Associate Professor of Cell and Developmental Biology
Upstate Medical University
Berg earned his PhD then completed two post-docs, the last at Mt. Sinai. He hated living in New York City and knew that Upstate’s Department of Anatomy received a training grant for electron microscopy, a method for looking at cells and tissue using an electron beam that was a hot research area in the early seventies and something in which he was very interested. He got the post and moved to Syracuse.

BERG: “I knew early on that I wasn’t going to be a great research scientist. I just didn’t like it. But there was a resident in internal medicine here named Walter Lavelle who had put together one of the first training grants to recruit, educate, and graduate underrepresented minority students. The cornerstone was to teach one of the major courses over the summer. When I was offered the opportunity to teach the first summer anatomy course, I took it.”

“I came to Upstate in 1972 to begin medical school and my initial few weeks were genuine culture shock—knowing no one, exposed to an overwhelming course load, combined with the reality that the ‘fun’ of college was over. Then I met Barry and it was apparent he was one of the most skilled and supportive teachers within the course. We became friends almost immediately and I will always be in his debt.”

Richard Cantor, MD ’76
Professor of Emergency Medicine and Pediatrics
Upstate Medical University

That decision would change the course of his career. Another would also alter his life in important ways. Shortly after moving to Syracuse, Berg was widowed. His good Jewish mother-in-law didn’t want him to be alone. She had a friend in Syracuse whose husband sold women’s clothing. One of his clients had a daughter who was getting a divorce. Would he like to meet her?

BERG: “I said yes and that was it.”

He and Francine were married. A talented vocalist, she would go on to have an equally varied and enriching career teaching music at a local elementary school, directing a children’s chorus, and serving as cantor of the local reform synagogue, Temple Society of Concord.

BERG: “We realized pretty quickly that we had very different interests, so to do something together, we took a wine class at Onondaga Community College. That led to more wine appreciation classes that were run by a former wine merchant. We met some very interesting people, who are now some of our closest friends. From there, our interest just grew and we participated in a variety of wine groups and tastings. I’ve taught wine classes at OCC, held wine tasting classes here at Upstate, and hosted several public wine events.”
“He has an incredible knowledge of beer, wine, and whiskey and every one of us has been amazed that his knowledge in that realm is as deep as what he knows about the body.”

Ryan LaFollette, MD ’12
PG-1 Resident
University of Cincinnati Emergency Medicine

While Berg was teaching summer anatomy, George Reed, then dean of the College of Medicine, asked him if he would like to fill the recently vacated minority affairs position. At the time, programs for underrepresented and economically disadvantaged students were becoming popular nationally. At Upstate, Berg worked to put together a program that included admissions, financial aid, and academic support. Though the programs were becoming commonplace, they weren’t developed without contention and Upstate was no exception.

BERG: “It was an interesting time and there were a lot of naysayers. There were a lot of very heated conversations about preferential treatment, which included students. Eventually, Dean Geno Andreatta and I got the administration to endorse our efforts and validate them as a policy of the school, and over time, they became accepted. Going from being a school that no underrepresented student wanted to come to, to where we are today, is a big accomplishment.”

“He taught me summer anatomy. It is the quintessential course when you’re a medical student. I was terrified as a new student to be there and do well after years of working to get to this point. He was always very calm and reassuring. That’s his approach in general. While other people may be very heightened and anxious, he’s always very calming.”

Sharon Brangman, MD ’81
Professor of Medicine
Division Chief of Geriatrics
Upstate Medical University

“He has a unique personality and skill that enables him to make learning a fun task. Many of the students come into the Gross Anatomy lab for the first time and are nervous and not sure what to expect during the course. Barry is able to create an atmosphere that dispels the tension, engages the students and creates an excellent learning environment for our students.”

Daniel A. Jaeger, LFD
Technical Director, Anatomical Gift Program
Anatomical Lab Director
Upstate Medical University

BERG: “Anatomy is a very interactive course. It’s not something where you just lecture. I’ve been very fortunate to have had a few really good teaching mentors—John Wolf, MD, and Mike Vertino, MD ’95, in neurology, and Jim Greenwald, MD ’78, in family medicine. What they showed me is that there is a wealth of information in how anatomy applies to clinical medicine. That is how I’ve geared my teaching, to help students see not just what the structures are, but how things can go wrong with them, how you test for them, and how you make a diagnosis about what may or may not be wrong.”

James L. Megna, MD
Associate Professor of Psychiatry
Upstate Medical University

He was also still teaching anatomy. From the beginning, he tried to take a clinical, functional approach, attempting to take the inert structure that one sees in a cadaver into the realm of medical practice. When Camillo Benzo died in 1994, Berg took over as director of the gross anatomy course, increasingly moving the course away from rote memorization into practical use.
“I think what sets him apart from anyone else that teaches with us is his ability to reach out and make connections with a lot of other disciplines and bring that richness back to our course. He is also able to interest students in these disciplines because he is able to integrate them with faculty who are teaching them.”

Susan Stearns, PhD
Associate Professor of Cell & Developmental Biology
Upstate Medical University

When Berg began teaching, the basic curriculum included about five core courses taught over two years. He had more than 300 hours to teach gross anatomy. Today, he has 140 hours to impart the same information, in a course that incorporates embryology and radiology.

BERG: “When students finish our anatomy course, they know the structure, they know how it developed, and they know how to interpret that structure in images. Very few physicians, except for a pathologist or surgeon, are going to look into a body again the way you do in dissection. But you’re going to have to know how to interpret what’s going on inside. One way is through imaging. The other is through surface palpation anatomy. I think they come out with a lot—much more than when I first started.”

“Barry is always willing to look at new ways to learn about anatomy. Right now we’re embarking on the use of ultrasound for understanding anatomy within our specialty diagnostically. His ability to make the learning experience much more interesting and accessible to students really speaks volumes about what makes him a good teacher.”

Margaret Turk, MD
Professor of Physical Medicine and Rehabilitation
Upstate Medical University

In addition to overhauling the course, Berg supervised two major physical changes to the program as well—the first, a two-year $3.6 million renovation of the entire lab facilities in 1994, the first major upgrade since the lab was built in 1953; and the second, the addition of a high-tech video system last year that aids instruction in a variety of ways. He also took over the anatomical gift program, building it into one of the largest and most respected in the state.

“His dedication to the anatomical gift program can’t be appreciated enough. I did not fully value having only 3-4 students to a cadaver until I met students from other institutions that had 8-plus students to a body, or even worse, only had a handful of specimens for the class. Being able to explore and learn from my cadaver and having so many others to learn from definitely added to my education.”

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Upstate Medical University

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Patrick Basile, MD ’03
Director of Microsurgery
Department of Plastic and Reconstructive Surgery
National Naval Medical Center
Bethesda, MD

Clearly an effective administrator and teacher, Berg is perhaps best known as a caring individual, a great listener who is particularly astute at discerning which students are having trouble, in or out of the classroom. When asked about his most memorable experiences, it’s not teaching moments that Berg shares, but a story about counseling a suicidal medical student, overwhelmed both by medical school and other events in her life, and the inspiration he drew from another student who had to overcome many health obstacles.

BERG: “One of the things I’ve learned is that medical students are not a homogenous mass. They all come with a strong desire to learn, but some come with additional baggage—financial problems, family problems—that becomes overwhelming. They try to hide it but you see a lot of it come out in anatomy because it’s their first course and they’re stressed having to deal with a dead human being. That’s why we do the head and neck last. That tends to be the hardest part for some students. It’s really rewarding to help a student over some of the rough hurdles and find the confidence in themselves to do well.”

Members of the class of 2003 with Berg. From left: Russell Pecoraro, Matthew Miller, and Patrick Basile. “We will all be coming to town for his retirement party,” says Victor Chiappa, MD ’03, (not pictured). “We wouldn’t miss it.”
“Dr. Berg had a profound impact on my experience at Upstate. As a 21-year-old first-year medical student, I was overwhelmed. I will always be grateful to him because he treated me like a person, not a number. He really cared about my well being.”

Debra Buchan, MD '87
Associate Professor of Medicine
Upstate Medical University

BERG: “When I first came here, I wasn’t much older than the students. Then I was their parent’s age, and now, their grandparent’s age. I keep in touch with many of them and have made a lot of close relationships.”

He helped many of them chart the course of their careers.

“Knowing I had an interest in ophthalmology, Dr. Berg arranged an entire rotation focusing on dissection of the orbital anatomy.”

Russell Pecoraro, MD '03
Ophthalmologist and retina specialist
Orange Park, FL

“‘The summer after my first year, I worked for him in the lab doing pro-sections. Barry helped me realize what my true passion in medicine was and put me in contact with the right people to start my career path. He pushed me to be the best I could be and that has stuck with me ever since.’”

Patrick Basile, MD '03
Director of Microsurgery
Department of Plastic and Reconstructive Surgery
National Naval Medical Center
Bethesda, MD

BERG: “A lot of students begin medical school without any idea what area they want to practice, so anatomy starts off not feeling very relevant to them. I wish I had a dollar for every student who went through the clinical rotations and then came back to me and said, “I would love to do this again.”

“Wherever I travel and I find graduates of this medical school, they all ask, ‘Is Dr. Berg still there?’ I think he has touched the lives of many, many students, not just because he’s a great person, but because of what they’ve learned.”

Margaret Turk, MD
Professor of Physical Medicine and Rehabilitation
Upstate Medical University

“‘There is not a time when I am out in an open area talking with him that some student, former student, or faculty member doesn’t stop to talk and say hi to him. They think he is the greatest and I do too.’”

Kwame S. Amankwah
Associate Professor of Surgery,
Cell & Developmental Biology, and Radiology
Upstate Medical University

“He has helped so many of us become doctors. He’s part of every patient I see, and every student I help.”

Elizabeth Higgins, MD '89
Associate Dean of Academic Affairs
and Student Services
Albany Medical College
When Doctors Become Patients

BECOMING A PATIENT MAY NOT MAKE A PHYSICIAN A BETTER DOCTOR, BUT IT’S QUITE LIKELY TO MAKE HIM OR HER A MORE EMPATHETIC ONE.

BY RENÉE GEARHART LEVY

n the movie, The Doctor, William Hurt plays an arrogant surgeon who cares little about the emotional welfare of his patients until he is diagnosed with a malignant throat tumor and experiences firsthand the vulnerability of being a patient, from the indignity of wearing a hospital gown, to the frustrations of insurance paperwork, to the seeming callousness of some of his caregivers.

The Doctor was based on the memoir of real-life surgeon Ed Rosenbaum, MD, entitled A Taste of My Own Medicine. While perhaps an extreme example, Dr. Rosenbaum’s story illustrates what can happen when the tables are turned.

For many physicians, whose medical needs are limited to check-ups and routine illness, the medical office or hospital is the workplace, the place they are in charge, with their white coat providing a sense of hierarchy over patient and disease.

But when doctors get sick—really sick—it can be a rude awakening to the shortcomings of the medical system and the failure to appreciate good health. Even with their insider’s knowledge and access, physicians are not immune to pain, to the fear of their own mortality, or to the simple vulnerability of not being in control.

On the following pages, six Upstate-trained physicians share their stories as patients, and how those experiences translate back to their professional lives. Although their ailments and recoveries are varied, they share one thing in common: the experience of being a patient made them much more understanding as doctors.

Argy Stampas, MD ’99

PROFESSION: Director of Spinal Cord Medicine at the Burke Rehabilitation Hospital in White Plains, New York

INJURY: During the autumn of his fourth year of medical school, Dr. Stampas fell 100 feet through an opening in a fire escape, landing on a roof below. He fractured his neck and sustained a traumatic brain injury.

TREATMENT: Stampas spent two weeks in the hospital, then spent three months in a halo to immobilize his neck. That was particularly problematic because he was unable to travel to residency interviews. Coincidentally, he already planned to pursue a career in rehabilitation medicine and convinced a few programs to interview him very late in the cycle. He got a spot at the University of Pennsylvania. “It was very challenging,” says Stampas of starting his residency while not fully recovered. “But I’d never been through internship before and thought it was probably normal to feel the way I did and be overwhelmed.”

LESSONS LEARNED: How easy it is for patients to “slip through the cracks” if they appear healthy. “You get discharged and there’s no follow up,” he says. Stampas came to realize he was
suffering lingering effects from traumatic brain injury. “In retrospect, I had trouble with balance, I had difficulty focusing,” he says. “It was a relief to realize the anger and frustration and difficulty navigating a tight nurse’s station was less about me being overwhelmed and more about something organic going on in my brain that I had to learn strategies to cope with better.”

Rehab and recovery requires patience, something Stampas tells his patients nearly every day. “Looking back, I’m grateful for where I am, but the best thing for me to probably have done would have been to wait a year to interview for residencies and let my body recover. My patients are equally impatient to get back to whatever they were doing and I emphasize how important it is for them to put all their effort into focusing on their recovery and then the other things will fall into place.”

**HOW IT CHANGED HIS PRACTICE:** Although Stampas had already planned to pursue a career in rehab medicine, his focus on spinal cord injury is a direct result of his accident. “Because I was fortunate and didn’t end up with paralysis, this is my way of giving back to those who were not as fortunate,” says Stampas, who did a fellowship in spinal cord injury at Johns Hopkins before starting his current position in July 2011. “Whatever the circumstances, I never tell patients how lucky they are, because I always hated when people said that to me. I wasn’t paralyzed, but it wasn’t particularly lucky to fall 100 feet. It’s all relative.”

**ADVICE FOR PHYSICIANS:** If you see patients with traumatic brain injury, be aware that it’s easy for most high-functioning people to ace the standard screening tests, though they may be relatively impaired, says Stampas. “Nothing with the brain or spinal cord happens in days; you really have to think in terms of months to years.”

**Walter Short, MD ’75**

**PROFESSION:** Hand surgeon in private group practice in Syracuse.

**ILLNESS:** Colon cancer. When he turned 50, his wife told him to get a colonoscopy. Three years later, in 2003, he finally got around to it. He had a tumor.

**TREATMENT:** Dr. Short underwent a colon resection, followed by chemotherapy. He was out of work for a month, then worked a reduced schedule during treatment. “I would get the chemotherapy on a Friday, not feel well over the weekend, and by Monday would feel better,” he says. That went on for five months, until he became toxic from the chemo and had to be hospitalized for two weeks. The chemotherapy was suspended. Short follows up with his oncologist every six months or so and has had colonoscopies every two years with no recurrence.

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LESSONS LEARNED: Patience. “When I was hospitalized from the chemotherapy, I was impatient to get better and thought the physicians should make it happen overnight,” he says. As a surgeon, he thought surgery was the solution—his first went so well, perhaps he needed another to address complications with his colon. “I just needed to slow down and let the experts do their jobs,” he says.

HOW IT CHANGED HIS PRACTICE: He also learned that what is routine for the physician—something he or she sees throughout the day—is a brand new world for the patient, something he took back to work with him. “I learned to explain things a little better, to be more patient, and try to tell my patients what the next steps are going to be so they’re aware of what to expect,” he says.

ADVICE FOR PHYSICIANS: Take care of yourself. “Just because you’re a physician doesn’t mean you’re above being sick,” Short says. “Follow the advice you give your own patients. If it wasn’t for my wife bugging me, I probably would be dead right now.”

Vicki Ratner, MD ’84

PROFESSION: Orthopedic surgeon in San Jose, California; retired since 2008

ILLNESS: Interstitial cystitis. In her third year of medical school, Dr. Ratner developed debilitating pelvic pain that she initially thought was a bladder infection. After consulting with 14 specialists, she turned to the medical literature and diagnosed herself with interstitial cystitis, at the time thought to be a rare condition limited to post-menopausal women. Determined to find out if she was indeed an anomaly or if there were others like her out there suffering, Ratner got herself interviewed on “Good Morning America.” Within the first week after the broadcast, she’d received 10,000 letters from other women with the same ailments.

TREATMENT: Ratner’s initial treatments included DMSO and Elmiron, which she received on a compassionate-use basis because the drug wasn’t yet on the market. She also made dietary changes, as many others with the disorder had identified certain foods that seemed to trigger symptoms. “Unfortunately, for the majority of people, nothing really worked,” she says of the disease.

LESSONS LEARNED: There’s power in the media. Ratner culled through all the letters and phone calls she received and handpicked a group of very bright people, who, meeting in her New York City apartment, formed the non-profit Interstitial Cystitis Association in 1984.
With no recognition of the widespread nature of the ailment by the physician community, the group turned to the media, successfully landing articles in women’s magazines, and more importantly, in the New York Times, when Jane Brody took up their cause. “She was someone doctors trusted,” Ratner says.

The group also lobbied Congress, gaining funding for medical research. “Although there is still no cure, the disease is at least on the map now, so I’m proud to have accomplished that in my lifetime,” she says.

HOW IT CHANGED HER PRACTICE: At the same time Ratner was doing her residency training and starting her career, she was also leading the Interstitial Cystitis Association, which was growing into an international advocacy organization. Because she spent a fair amount of time traveling and speaking, she made a decision early on to give up the surgical part of her practice, focusing on office-based orthopedic care and covering emergencies.

She also became the resident guru for mysterious ailments that couldn’t easily be diagnosed, treating patients with fibromyalgia, chronic fatigue, and post-polio syndrome before they were widely recognized. “I think perhaps I listen more attentively because of what I’ve gone through,” she says.

ADVICE FOR PHYSICIANS: Most people have better things to do with their time than go to the doctor unless they’re in pain or something is really wrong, says Ratner. “Even if you don’t know what’s wrong, it’s important to validate the patient’s symptoms,” she says.

Sometimes there may be no answers because you’re seeing something that hasn’t been described in the literature yet. Ratner remembers a patient who came to her crazed with exhaustion because she couldn’t sleep at night. “I had no idea what was causing her problems, but a few years later, I was at a medical meeting and heard a talk about restless leg syndrome. I have no doubt now that’s what she had, but at the time, no one heard of such a thing.”

PROFESSION: Partner in Woodlands Health Ventures a healthcare venture capital firm; retired pathologist with a career including administrative posts as dean of the School of Medicine and Dentistry and vice president for health affairs at the University of Rochester; commissioner of the Food and Drug Administration, deputy assistant secretary of the Department of Health and Human Services; director of the Office of Emergency Preparedness and the National Disaster Medical System. He is also an ordained Presbyterian minister and served as associate pastor at Fourth Presbyterian Church in Bethesda, MD.

ILLNESS: Heart attack. On September 26, 2011, Dr. Young was visiting Upstate Medical University to speak as part of the Entrepreneurship Lecture Series. Thirty minutes into his lecture, he started feeling warm, then faint, and the next thing he remembers, he was on the floor. A vulnerable plaque in his right coronary artery had ruptured.

TREATMENT: Young was taken to University Hospital’s coronary care unit, where he spent several days recovering. He watches his diet and exercises regularly, logging many hours on his home treadmill.

LESSONS LEARNED: Nothing happens by accident. “If the rupture had occurred five hours later, I would have been in the air heading to Houston for a board meeting,” says Young. “Instead, I was at a medical school with top-notch health care.”

Rather than feel sorry for himself, Young firmly believes “Every experience, no matter how difficult it may be, can be used for good in helping someone else.” In this case, he used his skills as a pastor and grief therapist to counsel those who were treating him, such as the nurse whose husband was about to be deployed overseas.

HOW IT CHANGED HIM: He’s writing a book about the experience, which he started while a patient in the coronary care unit. Young is the author of Good Grief: Love’s Final Gift, a book prompted by the loss of his wife, and lectures widely on death, dying, and grief. His work in progress, Nothing Happens by Accident, uses his Upstate experience as “clinical laboratory” to dissect some of the challenges confronting health care from a patient/doctor’s viewpoint. “Citizens are caught in the vortex of the controversy enveloping cost control, quality of care, training, sustaining a supply of health professionals, nourishing innovation, prevention of disease and the need for support of complex regional integrated health centers,” he writes in the introduction. “Demand for health services has outstripped resources. Analogous to the vulnerable plaque in the artery, health care is a crisis ready to happen. Yet, a smooth running cardiac service as at Upstate is essential for saving lives in unexpected emergencies as well as acute cardiac care and training the next generations of health professionals.”

ADVICE FOR PHYSICIANS: For most doctors, the hospital or physician’s office is the workplace. But when one becomes sick, it can be a scary place to be. “We must, with each patient we see, remember how fearful we would be in their shoes,” says Young.

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Mark Ohl, MD ’92

PROFESSION: Family practitioner for 15 years in Hamilton, New York, as part of a hospital-owned group

ILLNESS: Complex regional pain disorder, also known as reflex sympathetic dystrophy. For about 10 years, Dr. Ohl developed kidney stones every six months or so, which sometimes required surgery and other times passed on their own. In September 2008, Ohl experienced severe pelvic pain that he initially thought was another bout of renal colic but wasn’t, and it never went away. “Whenever I had a kidney stone, it would fire up a certain pain pathway,” Ohl explains. “The last time the pain pathway got stuck on and we can’t turn it off.” Chronic pain forced his retirement from medicine in December 2010 and he remains on permanent disability.

TREATMENT: In the course of determining a diagnosis, Ohl was hospitalized several times and consulted with numerous physicians in several cities, including urologists, internists, nephrologists, surgeons, psychiatrists, and pain specialists. He received bladder infusions and made dietary changes with no improvement. He received spine injections at a pain clinic, and after more than 75 visits to the emergency room for pain treatment, had a spinal chord stimulator implanted in December 2009, which is designed to block the pain signals at the spinal level from going to the brain. Nonetheless, he requires pain medication on a daily basis.

LESSONS LEARNED: Compassion. “I was already the person my partners sent patients with a kidney stone to, because I understood what that felt like,” says Ohl. But his complex, ill-defined medical problems gave him heightened understanding of the importance of the doctor-patient relationship. During his remaining time working, he felt a kinship when working with terminal patients. “I’d tell them, ‘I can’t promise I can cure you but I can promise that, whatever you go through, I’ll be there with you,’” he says.

On a less positive note, Ohl felt that physicians viewed him entirely differently than if he had been a non-physician patient, particularly when it came to pain medication. Because he had a physician’s knowledge about drugs and how they work, he was very specific about requesting medications and doses when he ended up in the emergency room. “This was a red flag to ER docs and even my own colleagues started to view this as a drug issue rather than a pain issue,” says Ohl. “Just because someone responds to Demerol and not to morphine doesn’t mean they’re a drug seeker. There is a big difference between tolerance and addiction.”

HOW IT CHANGED HIS PRACTICE: He can’t. On permanent disability, he struggles with the loss of his profession. “Other people, even those who I have worked with, no longer view me as a doctor first, and I’m not quite sure how to view myself,” he says.

“Being a doctor was my purpose in life—helping to do good in the world by caring for patients. Now, I’m searching for what my purpose is.”

ADVICE FOR PHYSICIANS: 1. If you have a patient who happens to be a physician, treat them like a patient and not a physician. 2. Don’t jump to conclusions. “We’ve all treated patients with chronic pain or chronic mental issues,” he says. It’s not their fault that the medicines we give them don’t work. Just because the third drug you’ve tried failed, doesn’t mean the patient doesn’t want to get better. When an anti-hypertensive doesn’t work, we don’t blame the patient for their high blood pressure and just stop treating them.”
Marya Gendzielewski, M.D. ’85

Profession: Endocrinologist in solo private practice and chief of staff at St. Joseph’s Hospital Health Center in Syracuse

Injury: Shattered femur caused by a fall from a horse in March 2011. Dr. Gendzielewski was taking a lesson in Nelson, New York, an hour outside of Syracuse. Recent heavy snowfall made retrieving her from the barn very precarious for the ambulance crew and it took hours to get to the hospital.

Treatment: Gendzielewski was taken to St. Joe’s, where physicians performed surgery to put the bone back together and place a rod and plate in her leg. She had an incision from her waist to her knee, requiring 52 staples to close it. She spent four days in the hospital and was subsequently out of work for another two weeks before returning part time. “The injury and the pain was one thing but I was absolutely exhausted from anemia from all the bleeding,” Gendzielewski says. She used a walker for two months before transitioning to a cane for another couple months. She still has difficulty with some movements, such as stairs, and continues physical therapy. “I know what I need to do, but summoning the energy to do it is sometimes difficult,” Gendzielewski says. “I’m a middle-aged woman who doesn’t always want to go to the gym every day.”

Lessons Learned: How much she took for granted her good health. “When you’re in good health, you never give it a second thought. But when it’s taken away from you, even with something that you know is fixable, you miss it desperately,” she says. “The medical experience is humbling—something as basic as not being able to get to the bathroom in time—and the next thing you know, you’re wearing an ‘adult protective garment.’”

Gendzielewski gained tremendous empathy for people who are less than able bodied and the importance of accessibility. “I never realized how difficult it is, not just to get around, but to not know whether you can do something you want to do because you aren’t sure you can physically get there.”

On a lighter note: the weather affects how she feels. “I always laughed at those patients who told me they could tell when it was going to rain, but I’ve become that person,” Gendzielewski says. “When the barometric pressure changes, it is really uncomfortable.”

How It Changed Her Practice: “I’m not sure I thought patients always listened to what I was telling them,” Gendzielewski says. “But when you’re on the other side, and you’re sitting alone in the room waiting with your list of questions, you realize that interaction you have is very important. So I make a real point when I’m with a patient now to not be distracted and not be interrupted because those patients really are hanging on your every word.”

Advice to Physicians: Some doctors don’t like having other physicians as patients, because doctors have a reputation for being bad patients, but Gendzielewski thinks that reputation is not accurate. “Doctors have the capacity to be just as compliant as anyone else. Our work ethic and our ability to persevere is often an incredible asset in terms of our ability to face health challenges,” she says. “Don’t shy away from a colleague in need.”
Upstate of Mind

CAMPUS LEADER SAM SCHUELER ’13 SPEARHEADS CREATION OF A NEW MAGAZINE FOR UPSTATE MEDICAL STUDENTS.

To say Sam Schueler ’13 found the demands of his second year of medical school daunting would be an understatement. The coursework was unrelenting and he was pushed to the brink of his abilities.

Despite his active involvement in Upstate student government, he felt he had academic tunnel vision. Then he attended a musical cabaret put on by some of his medical school classmates.

“I was blown away,” he says. “I was so inspired, not just by my classmates’ talent, but by the fact that they had made the time to organize this group and this event.”

Schueler doesn’t sing, but he decided there was no excuse for not creating his own outlet, one that other medical students could also participate in and benefit from. The result is the new medical student-produced magazine, Upstate of Mind, which released it’s first issue last fall, both online and in print.

“I figured if there was that much musical talent in the class, there was also going to be a wealth of people who were good writers and photographers,” he says.

It was an idea that Schueler had been thinking about for more than a year. Now a reality, the magazine features articles related to various aspects of the student experience, ranging from volunteering at the refugee clinic, to a review of Syracuse hotspots, to a poem honoring a student’s recently deceased father.

Schueler, now heading into his MSIV year, spearheaded the venture along with friends David Gibbs ’15, Daniel Thomas ’13, and Wasnard Victor ’14. They worked closely with Dean of Student Affairs Julie White, PhD, getting financial assistance to produce 200 color copies, as well as technical assistance to launch the web-based version of the publication.

The goal is to produce an issue each semester. “I’d love to see it go to four issues a year, but two is probably more realistic,” Schueler says. “It’s a lot of work and med students are notorious for dropping everything else when they get busy with exams. Without tremendous contributions from Robert Handzel ’13 over the course of the last few weeks, we would’ve had to postpone the spring issue to fall of this year,” he says.

In an effort to ensure that the publication sustains itself beyond their own tenure at Upstate, the editors were able to add a position within the College of Medicine class officer system, so that starting with the Class of 2015, there will be an elected editor for the magazine from each class year.

“At the beginning of the year, every student has the opportunity to run for the position and the whole class votes,” Schueler explains.
“It ensures that someone from each class that’s interested will get involved.”

In planning the magazine, Schueler and his fellow editors thought about the concerns of their potential readership. “MSIs and MSIIIs have a pretty similar experience in that they just sit in class all day, so we have a section called Classroom Chronicles,” he says. MSIIIs and MSIVs are in their clinical experience, so their section is entitled Bedside Manners. There’s also a section written by residents, PG Perspective, where residents write articles that med students can learn from. “We solicited the entire medical student body and told them they could write whatever they wanted—something very serious, something humorous, or even something creative, such as poetry,” says Schueler. They had more than enough material to work with, and published their second issue in June.

In addition to the magazine, Schueler is beginning his second term as president of the Upstate Student Government. His goal for the year is to better integrate communication between the various colleges “to do a better job of becoming one Upstate,” he says. He’s also served as president of Community Outreach and Preventive Education (COPE), a student group that provides mentoring and health education to disadvantaged youth in Syracuse and currently sits on various committees aimed at improving student life at Upstate.

In February, Schueler was honored by the American Medical Association with a 2012 Leadership Award, one of 30 medical students, residents/fellows, and physicians early in their careers recognized at the organization’s annual Excellence in Medicine Awards ceremony in Washington, DC, for demonstrating outstanding non-clinical leadership skills in advocacy, community service and education.

Passionate about leadership development, Schueler was thrilled to represent Upstate on a national level, to share some of the things Upstate students are doing with medical students and residents from around the country, as well as bring new ideas back to campus.

Professionally, Schueler says he’s interested in learning about the role a physician can play in health policy and advocacy for populations with low socioeconomic status. He’s interested in both gastroenterology and psychiatry and hopes to combine the two in some capacity.

Susan Stearns, PhD, assistant dean of student affairs and Schueler’s adviser, was not surprised when he received the AMA honor. “Sam is a campus leader in many ways,” she says. “He’s trusting, thorough, inclusive in his leadership style and excels in the areas of advocacy, community service and education. He also has an extreme fondness for this institution and this community. Upstate is thrilled that he has been recognized by this national organization.”

Schueler is proud of the award—he had a great experience meeting the other recipients—and he’s looking forward to a productive year in student government. But at the moment, he’s most gratified that his idea for Upstate of Mind went from germinating in the back of his brain to becoming a real publication. “I really like writing and editing, but in creating the publication, I feel like I’ve contributed something to the College of Medicine community so that other students have an outlet for that too,” he says.

He’s been pleasantly surprised by some of the students who have contributed. “As med students, we’re constantly judged by test scores and it’s very easy to feel like a number,” he says, “so any outlet involving creativity and teamwork can be a re-energizer.”
Charles B. Marshall, MD ’49, of Martinsville, VA, and his wife, Doris, are proud to announce that their grandson, Charles Caleb Hundley, graduated summa cum laude from the College of Osteopathic Medicine in Blacksburg, VA, in June. Chuck and Doris have eight grandchildren (all in their thirties), four great-grandchildren, and one more on the way.

1945
Brinton T. Darlington, of Winthrop, ME, is back in Maine from Tucson, AZ, following a tour of Ireland.

1949
Stuart K. Cohan, of Houston, TX, has been teaching pediatric residents part-time since 2001 and will finally fully retire in October.

1950
John W. Esper, of Gloversville, NY, is still in his original family home and office, but fully retired.

1953
Murray L. Cohen, of Newburgh, NY, is in his fourth year of retirement. “Although medicine is sadly missed, my time is taken with participation in a couple of academic senior groups, one in Boston at Harvard and one in St. Petersburg at Eckerd College,” he writes.

1954
Arnold M. Moses, of Syracuse, NY, writes that his wife, Carol, passed away in December at University Hospital after multiple longstanding medical problems, including need for hemodialysis for more than six years. She enthusiastically attended class reunions and hosted luncheons for the Class of 1954 and other alumni who were at their reunions. Attendees at her funeral service included Bert and Peggy Mersereau and Mary Zimmer (Bob was called out of town at the time).

1955
C. Brent B. Olmstead, of Elmira, NY, is in his last year as a consultant dermatologist at the VA Medical Center in Bath, NY, after 36 years in private practice in Elmira, NY, from 1962-1998.

1956
Sheldon H. Barnes, MD ’56, of Melbourne, FL, and his wife, Lucille.

1959
Frank T. Cicero, of White Plains, NY, and his wife have three children and eight grandchildren.

1960
Julian M. Aroesty, of Lexington, MA, has stopped active patient care. He is still attending and teaching cardiology and internal medicine conferences regularly. He is an in-house reviewer for malpractice cases for the Harvard Medical insurer (CRICO) and the northeast U.S. medical insurer (Coverys), writing two chapters for an internal medicine board review book, and trying to choose among the possible options for ongoing teaching of house staff and medical students. He hurt his knee, so no more downhill skiing, but he is cycling 15-25 miles several times per week.

Leonard Levy, of DeWitt, NY, now has three great-grandchildren, all living in Toronto.

Roger D. Moore has been in the same house in Clinton, NY, for 50 years. (He practiced family medicine at that site for 40 years). He is currently medical director of Abraham House, a home for the terminally ill, in Utica and is affiliated with the family practice residency at St. Elizabeth Medical Center. He pursues a number of artistic endeavors with a passion. Currently, he is creating a large stained glass window commissioned by the St. James Church in Clinton. He recommends that young men look for a girl of Italian descent to marry, in that it worked out so well for him. He
and his wife, Joanna, have six adult children and 10 grandchildren.

1962

Steven N. Berney, of Bala Cynwd, PA, has stepped down as chief of the Section of Rheumatology at Temple University School of Medicine. However, he continues to work as professor of medicine, emeritus. Last year he was honored by the Temple alumni with the best teacher award at the alumni five-year reunion. Steve and Hollis sold their six-bedroom house and downsized to a two bedroom apartment condominium. Their three children are now married with kids of their own, but there is still room for them to visit. Their oldest son, Seth, lives with his wife, a radiologist, in Shreveport, LA, and is chief of Rheumatology at LSU. He has always looked forward to topping his dad. The other two children live in Philadelphia and are both attorneys. Laura, the middle child, works in insurance law, and David, the youngest, just earned a PhD from the New School in New York City, working in education law. The oldest of their six grandchildren, Leah, just finished her first year at Widener University. Steve and Hollis look forward to wintering at their new vacation home in Delray Beach, FL. The house overlooks a golf course and pond and they plan to spend three months there this coming winter. Guests are welcome.

Peter A. Klem, of Durham, NC, is currently finishing up the second-to-last chapter of his history blockbuster. “Looking forward to seeing everyone at our 50th reunion!”

1965

Michael W. Weiner, of San Francisco, CA, received a $6-million grant from the Department of Defense entitled “Effects of Traumatic Brain Injury and Post Traumatic Stress Disorder on Alzheimer’s disease in Vietnam Veterans” using the Alzheimer’s Disease Neuroimaging Initiative. The goal of this grant is to determine to what extent traumatic brain injury and PTSD resulting from Vietnam War service is a risk factor for development of Alzheimer’s disease in Vietnam Veterans. Dr. Weiner is the Principle Investigator of the Alzheimer’s disease Neuroimaging Initiative (ADNI), which is the largest grant funded for the study of Alzheimer’s Disease. ADNI subjects are studied longitudinally at 57 sites in the USA and Canada and there are ADNI projects in Europe, Japan, Australia, Korea, Taiwan, and China. Weiner is director of the Center for Imaging.

Philip M. Gaynes, MD ’63, of Longboat Key, FL, and Suzy celebrated their 50th anniversary last June. “Arnold Derman said it would never last. He and Harriet toasted us at a lovely dinner in New York City, and Arnie admitted he was wrong! He retired 12 years ago and has been enjoying life in Florida. We also keep in touch with Sue and Gus Davis and Bruce Gordon when we’re back in Connecticut for the summer months. We’re all avid gardeners and carry on like old farmers, constantly giving each other the crop report,” Gaynes writes.

1964

John Ritrosky, Jr., of Fort Myers, FL, is working full-time in pediatrics as of April, despite EMR. Richard K. Shadduck, of Savannah, GA, and Shirley look forward to seeing everyone at the big 50th.


John Ritrosky, Jr., MD ’62

Edward Burak, of Englewood Cliffs, NJ, writes that his son, Jarret Burak, MD, a graduate of the Class of 2002, is a musculoskeletal radiologist at North Shore-Long Island Jewish Medical Center. Dr. Burak has three grandchildren, Tommie, 3, Hannah, 2, and Lola, 2.
of Neurodegenerative Diseases at the VA Medical Center San Francisco and a professor of radiology, medicine, neurology, and psychiatry at the University of California San Francisco.

1966

Ernest Kovacs, of Roslyn, NY, is happy to continue teaching and practicing psychiatry.

1967

Abba E. Borowich, of Hollywood, FL, and wife, Sandy, are retired now and live in Jerusalem, Israel, most of the year. During the winter, they spend time in Florida, and in summer, the Berkshires. Two children live in Israel. Their oldest daughter lives in Florida with their three grandchildren. He sends warm regards to everyone in his class.

Bruce L. McClennan, of Silver Lake, NH, is now professor emeritus at Yale. He is working part time and still enjoying life in New Hampshire, family in Chicago, and seeing old friends.

Steven M. Mirin, of Concord, MA, has attained empty nest status after 40 years of children at home, now that his youngest son is at college. “Fortunately, my wife, Margaret McKenna, is also a psychiatrist so I have treatment readily available,” he writes. “I spent most of my career at McLean Hospital in Belmont, MA, and Harvard Medical School, where I was president and psychiatrist-in-chief and professor of psychiatry, respectively. In 1997, our family moved to Washington, DC, when I was medical director of the American Psychiatric Association, but in 2003 we returned home. Since then I have divided my time between child rearing, fly fishing, and consulting to academic health centers on strategic planning, leadership development, and ways to improve care delivery. I am very much looking forward to our upcoming reunion.”

1968

Vincent A. Andaloro, of Lexington, MA, and wife, Pat, are enjoying retirement very much. “We enjoy summers on Cape Cod and March in Naples, FL. I keep busy with our many grandchildren and as a volunteer tutor in Latin at my alma mater, Boston Latin School,” he writes.

1969

Richard I. Markowitz, of Wynnewood, PA, received the Jack Haller Award for Teaching and Mentorship given by the Society for Pediatric Radiology at its annual meeting in San Francisco in April. “It was very exciting and many of my former and current fellows who nominated me for the prize were there,” he writes. “Also saw Mike Callahan ’95 (pediatric radiologist at Boston Children’s) who is the son of my late classmate Jim Callahan ’69. We also had a great time with friends Betty Miller ’68 and Marvin Kolotkin ’68.

Fred Auerbach, MD ’70, and Josh Auerbach, MD ’08

Frederic S. Auerbach, of Portland, OR, is retired from the practice of emergency medicine. Wife Tina, an RN in an earlier life, now does grief ministry for the Portland Archdiocese. Son Joshua ’08 is finishing an anesthesia residency at Rush Medical Center in Chicago. Another son is graduating from Harvard Medical School this spring and a third son is graduating from Gonzaga. “Busy spring for the Auerbachs!”

1970

Louis A. Rosati, MD ’66 of Mesa, AZ, recently published a memoir about growing up in Lockport, NY, called My Winning Season: Memories of Baseball and Family Growing up Italian in Lockport’s West End. It is available online at Amazon or Barnes and Noble.

David A. Rowell, of Gainesville, FL, moved from Saranac Lake after 33 years of practice. He is working full time at an outpatient facility and loving it. “Building airplane # five so I can visit the grandkids,” he writes.
practice ophthalmology in Livingston, NJ. He and his wife get away to a home in South Carolina for golf and relaxation as time permits. Their son, an Upstate graduate, is in cardiology practice in New Jersey.

Steven H. Lefkowitz, of Swampscott, MA, continues in solo cardiovascular practice south of Boston. He and his wife, Susan, own a home in Scottsdale, AZ, and hope to retire there in a few years. Both their sons (ages 38 and 36) are still single, one living in South Boston and the other in Tokyo.

1971

Richard M. Stratton, of Gilbert, AZ, has retired from practice and lives in Arizona and Alaska with his wife, Yuki, and dog, Paco. They love their grandchildren and free time to all enjoy each other.

1972

David N. Osser, of Needham, MA, received the American Psychiatric Association’s 2012 Research Mentorship Award “in recognition of substantial and formative contributions to the mentoring of students and residents throughout a distinguished career in psychiatric research.” He and his wife, Stephanie, have two children: Dan, age 26, and Roselin, age 29. Both are married and the Ossers are hoping to become grandparents soon.

1973

Jo-Ann Grizzanto-Michalak, of Manlius, NY, writes that her daughter, Jennifer ’02, has two young sons, Luke and Jack. She is an ED physician and her husband, James McQuiston HS ’03, live in Maryland. Daughter Kathryn ’09 and her husband, Thomas Scott ’08, just had their first child, Amelia last November. Kathryn just finished her pediatrics residency and began a pediatric hematology/oncology fellowship at Brown.

1974

David E. Gorelick, of Corona Del Mar, CA, has retired from his research administration position but remains as a member of Institutional IRB.

1975

Jonathan Lowell, of Malone, NY, has been in family practice there for 34 years. His three daughters live in Burlington, VT. His wife, Margaret, is a retired adult nurse practitioner. They have three grandchildren, with a fourth on the way.

1977

Jeffrey Berman, of Teaneck, NJ, writes that his son, Yonah, is serving his fifth year as associate rabbi of Congregation Shaar Hashomayim, in Montreal, Quebec. He is engaged to Rachel Stein, MD, a senior pediatric resident in Boston. His younger son, Yosef, is a first-year medical student at the Robert Wood Johnson Medical School in New Brunswick, NJ. Jeff was recently appointed interim medical director of Behavioral Health at Bergen Regional Medical Center in Paramus, NJ. He hopes to return to his usual position as director of Chemical Dependency Services, where he is developing specialized treatment programs for patients with co-occurring disorders. He looks forward to attending his 35th reunion in September.

1978

Robert J. Kitos, of Ocala, FL, has a very busy internal medicine practice in beautiful Ocala, FL, the “horse capital of the world.” He and his wife, Belinda, also breed, raise, and race thoroughbreds. Their daughter, Stephanie, is a senior at Florida State University.

1979

James P. Corsones, of Hurley, NY, is immensely enjoying his transition to hospitalist from private practice. “I started at the Health Alliance of the Hudson Valley in July, 2011. I think former primary care docs make the best hospitalists because we can see care from both sides and have had experience dealing with chronic health issues and can relate and communicate best with our primary care colleagues who resume care for their patients post discharge. It is also nice to have paid time off for the first time in 30 years of medicine,” he writes.

1982

Bonnie S. Koreff-Wolf, of Fayetteville, NY, and Ivan have entered a new phase. “We are happy to report that we became grandparents on Super Bowl Sunday to beautiful Olivia Nicole Wolf. Olivia’s
parents are our older son, Jason (born while I was MS4), who is a urology resident, and daughter-in-law, Janelle Sher, who is currently chief pediatric resident at Memorial Sloan Kettering. Janelle will begin an allergy and immunology fellowship in July. We are also thrilled to announce the engagement of our younger son, Michael, to Elina Meras. Michael graduated from Albany Medical College and is a radiology resident there. Elina is a second-year med student at Albany Med. Lots of excitement in the Wolf household! Looking forward to our 30th reunion!"

Joseph A. Smith, of Hillsborough, NJ, writes that his daughter, Becky, 29, is director of a financial clinic in New York City. His daughter, Jenny, 26, is working in Chicago. Son Danny, 23, is working at Madison Square Garden in New York City. Fern is one of his administrators in charge of billing at his large family practice.

Pedro J. Cepeda, of Torrance, CA, is now 26 years from graduation and a practicing OB/GYN working with difficult cases. "I have not stopped saving lives—just today one made it out of the ICU safely after near-death condition," he writes.

Paul Fragner, is an orthopedic hand surgeon who lives in Armonk, NY, in Westchester County, with his wife and three girls. He is chief of orthopedics at White Plains Hospital.

Susan Dinges-Burak, MD '88, now resides in Hilton Head, SC, after years abroad working as a teleradiologist in Australia and Switzerland. Her daughter, Allie, is a freshman in high school and plays competitive tennis. Her son, Ryan, is a freshman at Middlebury College in Vermont. Her husband, Bill, is a "retired" surgical oncologist and is now an entrepreneur, having invented a medical device.

Daughters of Paul Fragner, MD '86, Eva, Isabella and Olivia

Ronald S. Gilberg, of Tarpon Springs, FL, is a geriatrician/internist in Hudson, FL, Fellow of the American College of Physicians, chief of staff of Regional Medical Center Bayonet Point, and president of the Pasco County Medical Society. He and his wife, Sharon, a geologist, have a son, Caleb, and a daughter, Shayna.

Paul B. Kreienberg, of Glenmont, NY, is still doing vascular surgery at Albany Med. He asks, where are Paul N. Lutvak, Michael Turturro, Craig Hershkowitz, and William Regine?

Michael Weiner, of Plainview, NY, has joined Queens Long Island Medical Group as a retina specialist. He is looking forward to attending his 25th reunion in the fall, especially since daughter Alyson '15 is a medical student at Upstate.

Daughters of Paul Fragner, MD '86, Eva, Isabella and Olivia

Teresa J. Karcnik-Mahoney, has been director of radiology at St. Francis Hospital in Poughkeepsie, NY, since January 2011. She still resides in Hurley, NY, with her husband and two daughters, who are both currently in high school.
**DAVID ABEL, MD ’92**

**Doctor on the Go**

David Abel, MD ’92, was busing tables at a delicatessen in Portland when he felt the customer eyeing him intently. “Excuse me,” the woman asked, “but do you have a twin? You look exactly like the doctor that did my amniocentesis yesterday?”

Turns out that was Dr. Abel, who is both a maternal-fetal medicine specialist and part owner of two Portland restaurants, Kenny and Zuke’s, the Jewish-style deli, and Mi Mero Mole, which specializes in central Mexican cuisine.

While the two pursuits couldn’t seem more disparate, for Abel, they actually complement one another. Two years ago, Abel left his 90-hour-a-week position in a private practice to work part-time as a locum tenens physician. “My son had been diagnosed with autism, and I was literally never home with my family,” he explains. “I wanted to find something without the night and weekend call.”

He worked in Spokane for 18 months, and since January, has commuted to a position with Phoenix Perinatal Associates, the largest maternal-fetal group in Phoenix, Arizona. “I work two weeks a month, no nights or weekends, and the other two weeks I’m home and focus on other things,” he says.

That includes driving his son to school and other family time, lecturing on topics related to complications in pregnancy, serving in his role as medical director of a Portland ultrasound school, or lending a hand at one of the restaurants.

Portland is a major foodie town, and Abel got involved five years ago when a restaurateur acquaintance asked if he might be interested in investing in a new endeavor—the city’s first Jewish-style deli. Abel, a Brooklyn-native, was definitely interested, and his investment turned into a Portland landmark that has been written up in the *New York Times*, *Wall Street Journal*, and *Bon Appetit*, among others.

But Abel always wished he were more than a silent partner, so when his friend asked him to invest in a new endeavor, Mi Mero Mole, Abel agreed with a caveat—he wanted to be able to get his hands dirty. Literally.

When he’s in town, it’s not unusual to find the highly-trained doctor clearing tables, washing dishes, or pouring drinks (he got a liquor license so he could do so). “It’s a lot of fun,” Abel says, something totally removed from his medical life and complications of high-risk pregnancies.

While there’s nothing more wonderful than nurturing a difficult pregnancy to term, Abel says there’s also great satisfaction in watching a new business grow from a concept to local hot spot.

“I like being able to do a lot of different things,” he says. “It fits the needs of my family right now. In the future, I may go back to a full-time position in Portland if I can find the right situation, but for right now, this works.”

—Renée Gearhart Levy
Anne Mirth, of Sterling, MA, has practiced anesthesia in a private practice group in central Massachusetts for the past 18 years. She is happily married to her husband, Dave Gauthier, and they have two beautiful 10-year-old daughters, Nadia and Tanya, and a year-old, 90-pound white labrador named Moby. “Life is good!”

Nancy E. Strauss, of New York, NY, is the executive vice chair, director of residency training and clinical professor at New York Presbyterian Hospital at Columbia University Medical Center, in the Department of Rehabilitation Medicine.

Stephen Weinman, of New Paltz, NY, says that in May, he, Herbert Weinman ’65 and Virginia Weinman-Leitner, PA-C, celebrated their 50,000th patient at FirstCare Medical Center in Highland, NY. The Weinmans opened FirstCare in January of 2008. It has been called “one of the most beautiful medical centers in America,” and is considered a model of customer service in the medical community. The doctors attribute much of the success of their enterprise to their outstanding medical education at SUNY Upstate. For other photos go to FirstCareMedCenter.com.

Rosalind S. Odin, of Manlius, NY, writes that her daughter, Joelle, just graduated from SUNY New Paltz in May and will be doing an internship in Sarasota, FL, for an Animal Rescue organization.

Janice A. Bedell, of Washington Mills, NY, is a locum tenens radiologist for St. Elizabeth’s Medical Center, working part-time. She is also the mother of three children, Brandon, 16, Jared, 13, and Laura, nine. She is extremely busy with her family and aging parents.

William B. Lewis, of Berkeley, CA, has a second marriage and a new baby girl. “Now have a 16 year old and a 10 month old. Still busy with a big ENT practice in Oakland, CA. Now managing partner.”

Colleen Cahill and her husband, Eric Bean, recently welcomed their third child, Elizabeth Rose. She joins her three-year-old brother Andrew and her five-year-old sister, Brianna. They live in Bethlehem PA, and she still works as a hospitalist at Pocono Medical Center.

Rajesh K. Jain, of Mount Laurel, NJ, is in his sixth year of orthopedics practice in South Jersey, right outside of Philadelphia. He and his wife, Nimisha, have two boys, ages eight and six, and their daughter is a year and a half. He says they keep busy with baseball, karate, Cub Scouts and all of the kids’ antics!!

Ashish P. Shah and Candice Panarello-Shah, of Dover, DE, practice gastroenterology and family medicine in Delaware. They welcomed their third child, Briya in February.
Joshua Steinberg, MD ‘95, knows how difficult it can be for generalist physicians to take care of patients at every stage of life. “These days, there’s a new paradigm—you can’t possibly know everything you need to know. Luckily, we can develop strategies to have extra information at our fingertips the moment we need it,” says Dr. Steinberg, clinical assistant professor of family medicine at Upstate Medical University’s Binghamton Clinical Campus.

To meet this need, Steinberg, in collaboration with members of the Computer Science Department at SUNY Binghamton, created a point-of-care software system for the iPhone to help physicians provide care and to train students and medical residents. Steinberg and his team rolled out their first iPhone application in June 2010, and since then, have created seven more applications.

“A computer science student programmed the software code and I filled in the medical content,” he says. While Steinberg is not much of a computer programmer, he has found ways to extend what the computer scientists created and use it in different ways.

“I’ve learned to read the code, take it apart and then build it back together,” he says. “I use the pieces to make several more apps and just change the content. It would be truly difficult to do anything from scratch.”

Each app provides interactive guidance for managing a certain medical condition or disease. Apps include a range of therapeutic topics from pre-operative evaluation to pneumonia treatment. The software is free for all iPhone/iPad users worldwide.

“This is my hobby. As an educator, as well as a doctor, I want to help doctors do good work without charging money for it,” Steinberg says.

When filling in content for the apps, he refers not to his medical knowledge but to information from other evidence-based sources. “Basing content off information that’s available to everyone is another reason the apps are free of charge,” Steinberg says. “I copyright what I’ve done because I brought these ideas together and I produced it, but I don’t want anyone to pretend I’m an expert or that it’s my intellectual property.”

Steinberg considers three criteria when developing an app—a question that comes up frequently in patient care, an issue that is too complex to memorize, and a topic that is so high-stakes that a doctor shouldn’t guess at the answer.

There are currently eight apps listed under Steinberg’s name on Apple iTunes. Steinberg is currently working with family medicine residents at Upstate’s Binghamton campus to develop apps as part of their scholarly projects. This year’s residents have four apps in development.

He often develops these tools when there’s no information on a topic and when there’s a need for something better or broader. While many apps offer information, his apps tend to have an educational slant. “They frequently walk a user through a thinking process to pose questions and arrive at answers,” he says.

Steinberg’s ABG Acid-Base Evaluation App, for example, provides users with a step-by-step process for an arterial blood gas (ABG) test, a common medical procedure that measures the level of oxygen and carbon dioxide in the blood to determine how well lungs are working.

“There are other ABG apps out there, but they just accept lab numbers and give results without the user learning from it,” says Steinberg. “The advantage with my app is it engages the user to learn while quickly getting the answers.”

—Victoria Diane Napoli

Joshua Steinberg, MD ‘95, develops medical apps for physicians and medical students.
2001

Jamie Shutter of Miami, FL, just opened up his own medical consulting company, South Beach Medical Consulting, LLC.

2002

James Mykytenko, of Nashville, TN, married Anna Laura Molinaro on June 1, 2012, at Montecito Country Club near Santa Barbara, CA. Also present were classmates Justin and Erin Juliano and Mark Hamill with his wife Bridget Hamill. Mark and Justin were groomsmen.

2003

Shannon Brown Routhouska, of Pittsford, NY, is a board-certified dermatologist and partner at Barrington Park Dermatological Associates in Rochester.

2004

Nickolas Katsoulakis, of Chicago, IL, and wife, Genine Katsoulakis, OD, welcomed their first child, Michael Terrence Katsoulakis on September 20, 2011.

2005

Marcy L. Canary, of Pittsford, NY, recently finished a hematology/oncology fellowship and has taken a job at Bassett Healthcare in Cooperstown, NY.

Daniel R. Lefebvre, of Quincy, MA, is completing a fellowship in ophthalmic plastic surgery at Massachusetts Eye and Ear Infirmary and has been hired by Mass Eye and Ear to begin in September 2012 as an oculoplastic surgeon and instructor in ophthalmology at Harvard Medical School in Boston.

2006

Joanne Kacperski, of Loveland, OH, will be completing her fellowship in pediatric headache medicine at Cincinnati Children’s Hospital and returning home to New York where she has taken a faculty position in the Department of Pediatric Neurology at the Cohen Children’s Medical Center of New York on Long Island. She is opening a dedicated Pediatric Headache Center, the first in New York.

2007

Ralph Milillo, of New York, NY, got married on June 16, 2012, to Kristine Bene. Additionally, he will begin a fellowship in musculoskeletal radiology at the New England Baptist Hospital in Boston.

2008

Marla B. Bruns, of Hilliard, OH, is finishing up her neurology residency at The Ohio State University Wexner Medical Center in Columbus, OH, where she served as chief resident during this final year. She moved to Rochester, MN, in July to pursue a fellowship in cognitive neurology (a.k.a. dementia) at the Mayo Clinic.

2009

Danielle Yerdon Ehret, of North Haven, CT, is excited to move to Boston and start the Neonatal-Perinatal Medicine Fellowship at Harvard in July.

2010

Christopher Pray, of Pittsburgh, PA, got engaged to Nina Fatigati, MD (University of Pittsburgh, 2011) on May 5th. They met at the University of Pittsburgh, where they are both doing their internal medicine residency.

2011

Shannon A. Davids, of Philadelphia, PA, and Steven Bloch wish to announce the birth of their son, Michael Kevin Davids, who was born on February 10, 2012, in Philadelphia.

David Ondrako, of Pittsburgh, PA, was named Emergency Medicine Intern of the Year at Allegheny General Hospital.

Anne Villari, of White River Junction, VT, married Dr. Jerry Lee on April 21, 2012. She finished her residency in psychiatry at Dartmouth Hitchcock Medical Center in June and started working for Norwalk Hospital in Norwalk, CT, in July. Jerry is a neuroradiologist at Danbury Radiology Associates and they will be living in Danbury, CT.
1933

ABEL KENIN, of New York, NY, died May 25.

1940

ASHER BLACK, of Boca Raton, FL, died March 14. Dr. Black was a physician with an office on West Onondaga Street in Syracuse until his retirement in 2006. He served as president of St. Joseph’s Hospital and was the first physician to use artificial cardiac resuscitation outside of the hospital. Black served throughout World War II in the U.S. Army Medical Corps and was discharged with the rank of major in 1946. He is survived by his wife, Lillie; his daughter, Suzanne; his sons Harry Black, MD, HS ’76, and Harvey Black, MD, HS ’85; and several other relatives.

1941

EMERSON F. FACKLER, of Mechanicsburg, PA, died December 25, 2009.

1946

PAUL W. SCANLON, of Rochester, MN, died February 22. Dr. Scanlon enjoyed a long, distinguished career at the Mayo Clinic, ascending to chairman of the Department of Therapeutic Radiology and professor of therapeutic radiology. His work on radiation dosing led to split-dose therapy being adopted as a standard treatment option, and his work with brain tumors produced a definitive paper concerning the treatment of astrocytoma. He is survived by his wife, Jane; his daughter, Dr. Patricia Scanlon Bloom; and his sons, Dr. Barry Scanlon and Dr. Paul Scanlon, and several grandchildren.

1948

HENRY J. ROMANO, of Auburn, NY, died May 5. Dr. Romano opened his own pediatric office in Auburn in 1951, serving generations of families until his retirement in 2009. Romano was an instrumental partner in creating Auburn’s cerebral palsy clinic, named for its founder E. John Gavras, in 1953, and served as the clinic’s medical director until 2009. He is survived by his wife, H. Joanne; his daughters, Rosemarie and Lisa; his son, Lewis; and several other relatives.

1953

RICHARD C. COOPERSMITH, of San Francisco, CA, died January 10. Dr. Coopersmith was certified by the American Board of Psychiatry and Neurology. As a captain in the U.S. Air Force, he served as the chief of the Mental Hygiene Clinic at Wright-Patterson Air Force Base in Dayton, Ohio. He began a private practice in New York City, where he also served as psychiatrist-in-chief of the Mental Hygiene Clinic of the Riverside Mental Health Association and as a school psychiatrist for the New York City Board of Education. In addition to his private practice, he served for 35 years as an assistant clinical professor in the Department of Psychiatry at the University of California at San Francisco School of Medicine. He is survived by his wife, Nancy; his daughter, Eloise; his sons, Peter and Benjamin; and several grandchildren.

1964

RICHARD J. WERNER, of Pittsford, NY, died May 28. Dr. Werner was a longtime pathologist at Highland Hospital and St. Mary’s Hospital, retiring from The Unity Health System. He is survived by his wife Nancy; his daughter, Carole; his son, James; and several grandchildren.

1965

JOHN M. JABBs, of Sarasota, FL, died March 2. Dr. Jabbs established Central New York’s first private rheumatology office, where he practiced for 25 years. Jabbs served in the U.S. Navy as a general medical officer during the Vietnam War. He was the recipient of the National Defense Service Medal. He is survived by his wife Betty; his daughters, Stephanie, Kimber, and Dr. Kristin; and several other relatives.

1968

IRWIN BERETSKY, of Boca Raton, FL, died October 19, 2011.
1975

WILLIAM A. MAHON, of Oswego, NY, died May 28. Dr. Mahon was a wellknown orthopedic surgeon in Oswego for 32 years. He was a member of the Academy of Orthopedic Surgeons. He is survived by his daughters, Katherine and Maureen; his son, Daniel William; and several other relatives.

1979

CONSTANCE McGLASHEN, of Cambria Heights, NY, died May 21, 2010.

1982

DONNA W. LAYDEN, of Denver, CO, died February 1.

House Staff

RAFAEL SEGOVIA DE LOS SANTOS, of Okemos, MI, died October 25, 2011. Dr. de los Santos was clinical assistant professor of surgery at the University of Hawaii Medical School in Honolulu, Hawaii, from 1972-1974 and professor of surgery with tenure at the Michigan State University College of Human Medicine from 1974-2009. At Michigan State, he also served as chief of the Division of Surgical Oncology Department of Surgery from 1977-1983 and associate chairman of the Department of Surgery from 1986-1990. He is survived by his wife Kathy; his sons, Brian, Sean, and Bradley; and several grandchildren.

1979

ABU HAYAT, of New York, NY, died February 26.

JAMES C. ALEX, of Boston, MA, died May 29. Dr. Alex was owner of the Weston Center for Cosmetic Surgery. He is survived by his parents and several other relatives.

Emeritus Faculty

ROBERT H. EICH, of Fayetteville, NY, died March 28.

Dr. Eich received his medical degree from the University of Michigan. His education was interrupted by World War II, and he served in Europe with the 66th Infantry Division of the U.S. Army. Eich worked at Upstate from 1951-2010, attaining the rank of professor of medicine and serving as the director of the Coronary Care Unit from 1968-1987; chief of the cardiology section from 1971-1982; and the director of the Cardiovascular Training Program from 1987-2010. He is survived by his wife, Virginia; his daughters, Carolyn, Adrienne, and Janet; his son, Douglas; and several grandchildren.
UPSTATE MEDICAL ALUMNI Reunion

SEPTEMBER 21 & 22, 2012

FRIDAY, SEPTEMBER 21

Upstate Cancer Symposium
Featuring: Paul Nathan, MD
The Hospital for Sick Children in Toronto
The New Pediatric Chronic Disease: The Challenge of Providing Lifelong Care To Survivors of Childhood Cancer

Medical Alumni Writing Seminar
Workshop led by Dr. Deirdre Neilen and Dr. Rebecca Garden from Upstate’s Center for Bioethics and Humanities.
Discussion on how creative writing can deepen the connections that link physicians, patients, and caregivers, and provide them more control over suffering and illness.

Tours of the Library featuring Historical Exhibits
Take a walk down memory lane and relive your medical school days! Visit our historical exhibits, where members of our library staff will be available to answer questions. Guided tours of the Library will be held from 1:00 - 3:00 p.m., though you are welcome to view the exhibits and tour the Library anytime on Friday and Saturday.

Conversations in Entrepreneurship
Martha A. Reitman, MD, Class of 1982
President and CEO, Reitman Corporation
Many view entrepreneurs as bold pioneers who gain the trust of a financial backer through a brilliant and compelling new idea. They sally forth to found a new start-up company and sell it for a 10x return on investment. This is a true scenario. There is also great opportunity to be entrepreneurial within a current environment. Funding, support, direction and outcomes can be achieved. We will discuss and explore both of these scenarios, demonstrating the ability to innovate and create from within. We will answer the question: Are you and your organization willing to go where no one has gone before?

Weiskotten Lecture
Joseph P. Dervay, MD, MPH, MMS, FACEP, Class of 1984
NASA Johnson Space Center
Space Medicine
Dr. Dervay will speak about International Space Station Crew Health and Medical Care, and the Challenges of Lunar and Exploration Class

Reunion Awards and Scholarship Presentations
Hugh D. Curtin, MD, FACR, Class of 1972
Distinguished Alumnus
Jeffrey Gelfand, MD, Class of 1992
Outstanding Young Alumnus
Mel “Yogi” Bert, MD, FACS, Class of 1967
Humanitarian Award

Wine and Hors d’oeuvres Reception
All Class Dinner Party
Reminisce and enjoy great atmosphere, food and drink

SATURDAY, SEPTEMBER 22

Dean’s Breakfast and Annual Meeting
President’s Report — David R. Smith, MD
State of the School Address — David B. Duggan, MD ’79
Interim Dean, College of Medicine
State of University Hospital Address — John B. McCabe, MD ’79
Chief Executive Officer

Complimentary Breakfast Buffet

Tours of the Clinical Skills Center and the Renovated Gross Anatomy Lab
Tour the Setnor Academic Building’s Clinical Skills Center, which has 22 exam rooms with closed circuit monitoring designed to test and instruct our medical students on interviewing and examination skills.
Our newly renovated Gross Anatomy Laboratory is a state-of-the-art facility dedicated to promoting and stimulating interdisciplinary research and educational opportunities for medical students, postdoctoral students and clinical scientists.

Luncheon at the Rosamond Gifford Zoo at Burnet Park
Tour the Rosamond Gifford Zoo at Burnet Park and enjoy a delicious lunch in the newly renovated zoo banquet facilities. A wonderful activity for all ages. Come rain or shine as there are plenty of indoor exhibits. We have also invited some of your favorite faculty members from the past and present.

Class Dinners

Make hotel reservations today!
Multiple events happening in Syracuse during this weekend.
Information: Call 315-464-4361
Email murphyL@upstate.edu
www.upstate.edu/medalumni/reunion/
(See who has registered on our continuously updated list)

Mail: Medical Alumni Office
Setnor Academic Building #1510
750 E. Adams St., Syracuse, NY 13210
Fax: 315-464-4360
(credit card and complimentary reservations only)
Investing in the future

One of four medical schools within the SUNY system, Upstate Medical University receives limited funding from New York State. That support has been cut drastically in recent years due to state budget crises, necessitating tuition increases to make up the short fall. Never has financial aid been more crucial to keeping a quality medical education affordable for our students. On behalf of our current and prospective students, scholarship support has become the priority in fundraising for the Upstate Medical Alumni Foundation.

For information, please call Vince Kuss or Lori Murphy at the alumni office. (315)464-4361 or email kussv@upstate.edu or murphyL@upstate.edu www.upstate.edu/medalumni

Strengthening the Upstate Medical Alumni Foundation’s endowment will:

- enhance recruitment of the best prospective medical students
- help keep tuition affordable for more students and provide flexibility for the changing needs of university programs
- sustain important academic initiatives, such as awards, textbook programs, student reimbursement programs and a rotational library for clerkships
- ensure the availability of programs such as the Career Advisory Network, which helps to educate and guide students
- reduce student indebtedness upon graduation