

UPSTATE MEDICAL **Alumni** JOURNAL

AUTUMN 2021 PUBLISHED BY UPSTATE MEDICAL ALUMNI FOUNDATION

Generation to Generation:

Medical student Kristina Bell
is the beneficiary of a
full alumni-funded
scholarship

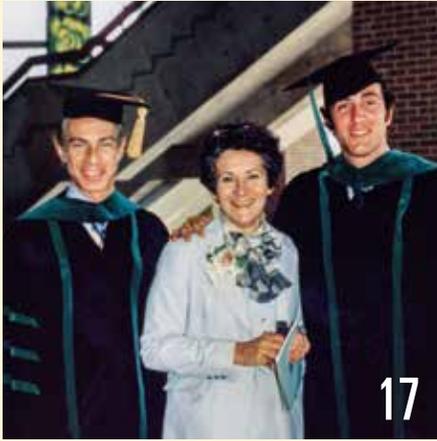




4



9



17



27

Features

11 Generation to Generation

A new campaign for student scholarships aims to lessen student debt for future generations of physicians.

18 Saving Lives at 35,000 Feet

Efforts by David McKenas, MD '81, started a movement in public access defibrillation.

Departments

- 1 LETTERS TO THE EDITOR
- 2 COURTYARD
- 22 STUDENT ROUNDS
- 24 CLASS NOTES
- 25 LETTER FROM THE PRESIDENT
- 34 IN MEMORIAM

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AUTUMN 2021 ISSUE

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Submissions and address corrections should be sent to Paul Norcross, SUNY Upstate Medical University, Setnor Academic Building #1510, 750 E. Adams St., Syracuse, New York 13210-9976

Phone: 315/464-4361 Fax: 315/464-4360 Email: norcross@upstate.edu

Paul Norcross

Executive Editor

Renée Gearhart Levy

Managing Editor

Sarah Burns

Ellen Edgerton

Lori Murphy

Chere Raven

Contributing Editors

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ON THE COVER:

First-year medical student Kristina Bell, recipient of a full four-year alumni-funded scholarship.

Blackwell's Legacy

We received the following in response to our cover story on the 200th anniversary of the birth of Elizabeth Blackwell, MD, in the Spring 2021 issue:

I am very pleased and honored to make this contribution to the Elizabeth Blackwell Legacy Fund.

I graduated in 1960, one of five women in the class. At the time, we were told that was a record number for women per class.

In 1980, at my 20th reunion, I was stunned to find myself announced as that year's "Alumna of the Year." I was told I was the first woman to receive the honor. It turned out that virtually everyone around me—husband, children, secretary, technicians in the lab I ran—knew about the award but kept it entirely secret.

I was so taken aback at the announcement that when I stepped to the stage to accept, I stumbingly said some meaningless words about what a pleasure it had been to attend Upstate College of Medicine.

Among the great regrets of my life is that I did not acknowledge Dr. Blackwell in some way. I could have said, "It is such an honor to be the first woman to achieve any award from the school where Elizabeth Blackwell paved the way for those of us who followed." I missed a great opportunity!

I hope that in some small way, this contribution will help make up for that lapse. I know it will be put to good use.

Mary Ampola, MD '60
Atlanta, GA

Covid Chronicles

In response to ongoing coverage of alumni involvement and response to the Covid-19 pandemic:

As a child, I had excellent preparation for this difficult time. Thus, my life-style has allowed me to continue my daily activities in a meaningful way.

Ten years of my childhood were spent on a farm in a very rural part of Nebraska. I was socially isolated, except for school and church. Most of the food was grown and prepared at home. There were a few stores in a small city 21 miles from the farm where the adults shopped a few times a year. I went to school in a town of 180 people and graduated in a class of seven. There was no library and no books.

The daily activity was work. Because most of my work was outside, I became more comfortable in the barn than in the house. I carried hay, grain, and silage for the cattle, milked morning and night,

gathered eggs, slopped hogs, fed ducks and geese, and played with dogs and cats.

My childhood gave me a superlative apprenticeship for the pandemic.

After the morning news on the radio, (I've never had TV), I read for a few hours, take my dog for a long walk, and listen to a radio interview during lunch.

For seven months, beginning in March (2020), I groomed horses five days a week for Ride With Pride, a therapeutic riding program for disabled people. I was either in the big barn or the riding arena with a mask. It was hard work, but very rewarding.

My dog, CB, hikes with me nearby in the woods. Emma, my 14-year-old indoor cat sits on my lap when I read. I ride my bike five miles most days.

During the fall, I registered voters, helped felons restore their voting rights, reminded many to vote and told people where they could vote early, safely and without waiting in line.

The Staunton Tree Legacy Project, a nonprofit, is planting 2,746 trees in Staunton, one for each student. We plant with masks on Saturdays. We finished our fall quota on November 22 and will resume in March 2021.

As you can see, COVID-19 has not kept me from a busy, safe, and meaningful life. I hope others can find activities rewarding for them. We are in this together but it will come to an end if we wear masks, socially distance, and wash our hands.

Mary Miller, MD '84
Staunton, VA

Spring 2020 Response

I very much enjoyed the article and words of wisdom from Dr. Paul Stobnicke in the Spring issue of the *Alumni Journal*. I had the privilege of seeing many of his patients, and to the person, they all adored him. His "warm heart" recommendation is exactly the way he always practiced.

Patrick Riccardi, MD '76
Syracuse, NY

A Sound Investment

An alumnus shares the impact of his Upstate medical education.

Your students might be interested in my story since med school. While I went to SUNY-Upstate, I, as an orthodox Jew, started the kosher kitchen, which went on to feed 120 students by the time I graduated. I was very happy to be chosen the first psychiatric intern at Roosevelt Hospital. I then went to serve in the United States Public Health Service in Lexington,

Kentucky, at a narcotic rehab "hospital," where my oldest son was born. The only orthodox person there was the Conservative Rabbi and a graduate from Yale's residency program.

I was delighted to be accepted to the Mount Sinai Hospital's psychiatry residency because I wanted finally to be at a "Jewish" hospital. I was named one of four chief residents and was named senior chief resident for my last year. In return, I asked to train at the Einstein program in family therapy and loved every second of it.

After my time at Mt. Sinai, I started a private practice that lasted for 41 years. I treated lots of orthodox Jews of every persuasion as well as non-Jews. I also founded and led the Mesorah Society for traditional (not only orthodox) Jews for many years. (It still exists today.) I also was the chairman of the Task Force on Mental Health of the United Jewish Appeal Federation of Jewish Philanthropies, and finished my career as a Life Distinguished Fellow of the American Psychiatric Association. I write this to show your students what SUNY Upstate meant to me—a huge bargain at \$1,200 for my entire education!

I retired 12 years ago to live six months in Jerusalem, Israel, near my son and my younger daughter, and six months in Hollywood, FL. I invite anybody who wishes to re-live old times or anybody from the school to visit me.

Abba E. Borowich, MD '67
Hollywood, FL

Your Opinion Counts!

The Upstate Alumni Journal welcomes letters to the editor. Letters relating to magazine content should be submitted online at medalumni.upstate.edu/editor or mailed to: Upstate Alumni Journal, Upstate Medical Alumni Foundation, Setnor Academic Building #1510, 750 E. Adams St., Syracuse, New York 13210-9976. Letters must be signed and are subject to editing for space and style.



Stephen J. Thomas, MD

Stephen Thomas Co-Authors NEJM Article on Safety and Efficacy of COVID-19 Vaccine for Adolescents

Upstate Medical University infectious disease physician-scientist Stephen J. Thomas, MD, is a co-author of a new article in the *New England Journal of Medicine* describing the safety and efficacy of the Pfizer/BioNTech COVID-19 vaccine in adolescents ages 12 to 15. Dr. Thomas is the coordinating principal investigator for the late-stage Pfizer/BioNTech global vaccine trial and the principal investigator at Upstate, which enrolled 12- to 15-year-olds in the study.

The article, "Adolescent Safety, Immunogenicity, and Efficacy of BNT162b2 COVID-19 Vaccine," was published May 27 in the *NEJM*, one of the most prestigious peer-reviewed medical journals in the world. Thomas is part of a large team of investigators, trial coordinators, recruiters, and lab and other science support personnel executing the trial.

The U.S. Food and Drug Administration expanded the emergency use authorization of the Pfizer/BioNTech vaccine on May 10 to include adolescents 12 to 15 years of age and follows authorization of the vaccine in those 16 and older in December 2020. The CDC reports more than 2.4 million 12- to 15-year-olds have been vaccinated since the authorization.

The *NEJM* paper describes results of the trial, which included more than 2,200 participants, half of whom

received a placebo while the other half received the Pfizer/BioNTech vaccine in the same dosage as those 16 and older. Of those who received the placebo, 16 contracted COVID-19 while there were zero cases reported among vaccine recipients, translating into a vaccine efficacy of 100 percent.

"The safety profile was similar to what we have seen in people 16 years and older who have been vaccinated," Thomas says. Participants reported post-vaccination symptoms similar to what older recipients reported, including pain at the injection site, fatigue, and headache. Volunteers rated the symptoms as mild to moderate in severity and there were "no vaccine-related serious adverse events," according to the paper.

"The immune responses in the 12- to 15-year-olds were great," Thomas says. That data, combined with the increasing burden of COVID in that age group is why the advisory committee to the FDA voted 14 to zero to recommend emergency use authorization, he said.

Thomas is interim chair of microbiology and immunology and serves as the director for Upstate's Institute for Global Health. He was co-author of an earlier paper in the *NEJM* about the effectiveness of the Pfizer/BioNTech vaccine in adults published in December 2020.



Joseph Domachowske, MD '89

Upstate Becomes One of First Sites Worldwide to Enroll Young Children in Pfizer COVID-19 Vaccine Trial

UPSTATE MEDICAL UNIVERSITY became one of the first sites in the world to enroll children under five years of age in the Pfizer Covid-19 vaccine trial when the study began on April 5, one of only four sites worldwide testing the vaccine on young children.

"We know that infection with the coronavirus SARS-CoV-2 occurs across all age groups. When children become infected, some certainly progress to severe illness, while many others develop mild disease or have no symptoms at all. While infected, children can transmit infection to their friends, family members, and close contacts at school," says Joseph Domachowske, MD '89, principal investigator.

Dr. Domachowske, an expert in pediatric infectious diseases who has spent 30 years caring for children at Upstate, understands the significance of this vaccination effort as the world tries to recover from the grips of the Covid-19

pandemic. While the virus has disproportionately impacted adults, children have become infected, and some have had serious complications.

"Children who have been infected are at risk for developing multisystem inflammatory syndrome in children, known as MIS-C, even if their initial illness was mild or asymptomatic. We need safe and effective vaccines for children to keep them healthy, to prevent MIS-C, and to reduce potential transmission to others," said Domachowske.

Upstate's Pfizer study included children between six months and 11 years of age. Phase 1 opened in April and established optimal dosage of the vaccine for this younger set of participants. Phase 2/3, the efficacy phase of the blinded placebo-controlled trial, began in June. To be eligible, children must be in good health and make a two-year commitment to the study.

Medical Student Wins Young Scientist Award

ERIC BARNETT, A SIXTH-YEAR MD/PHD student at Upstate Medical University, was one of eight recipients of a Young Scientist award at the 2021 World Congress on ADHD, which is sponsored by the World Federation of ADHD. As part of the award, Barnett completed a 20-minute pre-recorded presentation for the virtual four-day Congress and received an award of 500 Euros (about \$611).

Barnett completed his undergraduate degree in chemistry and biology at Guilford College in Greensboro, North Carolina, and has been studying at Upstate since 2015. Barnett will complete his fifth year of graduate studies starting this fall before completing the last two years of medical school.

Barnett works in the lab of Stephen Faraone, PhD, distinguished professor and vice chair of research of psychiatry and behavioral sciences. Dr. Faraone is an internationally renowned expert on ADHD. Barnett's research focus is how machine learning (or artificial intelligence) can help interpret large data sets of genetic information to better understand ADHD.

After working in a lab before coming to Upstate, Barnett says he discovered that he was more interested in the computational side of the research—understanding how to analyze and interpret data. With his MD/PhD degree from Upstate, Barnett hopes to one day study ADHD through a mix of lab work and research.

“The dream job is to split time between research and the clinic,” he says. “You see things differently when you look at research from a clinical perspective.”

Barnett learned of the award earlier this year and was asked to record his 20-minute presentation a month before the Congress, which was held virtually May 6 to 9 with more than 1,100 participants. “This is the first research award I’ve won at Upstate, and I was very excited,” he says.

Dr. Faraone said the award is especially impressive because Barnett was competing with post-doctoral students as well as junior faculty. The World Congress on ADHD is attended annually by hundreds of ADHD experts from around the world.

“I believe that Eric’s work was so well received because he is one of the first to develop a method for using genomic data to predict disease that addresses issues that have confounded prior work,” says Faraone. “This task is difficult but, if ultimately successful, will allow for improved accuracy when using genomic data to predict psychiatric and medical outcomes.”



Stroke Center Earns Designation, Expands Services

THE UPSTATE COMPREHENSIVE

Stroke Center earned recertification from DNV Healthcare, Inc., a hospital accreditation organization with some of the most rigorous standards in health care and is the only hospital in Central New York to earn the comprehensive designation for stroke care. The Center also received the American Heart Association/American Stroke Association’s Get with the Guidelines–Stroke Gold Plus Achievement Award.

This spring, the Stroke Center expanded its Telestroke Network, improving stroke care for hospitals and patients across a large swath of New York state. Upstate’s Telestroke Network connects Upstate stroke specialists with 12 facilities across the state to aid in the assessment and care of patients who may be experiencing a stroke. Upstate’s newest partners are St. Joseph’s Health and Oswego Hospital. Except for Guthrie Cortland Regional Medical Center, all of the partners are located north of Syracuse.



Ross Sullivan, MD '08

Ross Sullivan, MD '08, Upstate director of medical toxicology and founder of the Upstate Emergency Opioid Bridge Clinic, has co-authored a paper on the success of the program, published in the *Journal of Substance Abuse Treatment*.

The article, "Bridge clinic buprenorphine program decreases

Sullivan Publishes Paper on Success of Upstate Emergency Opioid Bridge Clinic

emergency department visits," documents a 42-percent reduction in return visits to the emergency room among patients who completed a bridge clinic consultation. Sullivan estimates the clinic has seen about 1,000 patients since it opened, and the data published in the survey shows that the clinic and its treatment program are helping people decrease unsafe opioid use.

The paper "helps answer the question related to the biggest barrier, which is 'do patients come to the emergency department more if we offer them buprenorphine?'" Sullivan says. "Now this information is out there and can be used to build upon."

The Upstate Bridge Clinic, which is a division of the Department of Emergency Medicine, was founded to address opioid use disorder in the community. Opioid use disorder—of both illegal drugs, such as heroin,

and prescribed medication—has been a growing problem across the United States for many years. The pandemic has only increased those numbers, with lethal overdose cases rising again.

A buprenorphine treatment plan can help patients who are abusing opioids and at risk for overdose. The medication can help patients suffering from withdrawal and decrease cravings.

Patients can be referred to the bridge clinic from any department within Upstate, but most are referred through the Emergency Department, Sullivan says.

The clinic is augmented by social services support staff provided by Onondaga County called peers. "We work with phenomenal peers," says Sullivan. "We prescribe the medicine but having the peers is as important, if not more important, than anything else."

Upstate Launches Pediatric Hospitalist Fellowship Program

THE UPSTATE DEPARTMENT OF PEDIATRICS has received ACGME accreditation for a new Pediatric Hospitalist Fellowship Program. In the works for about 18 months, the match process for this fellowship will begin this year with a plan to have a pediatric hospitalist fellow working at Upstate in July 2022.

Pediatric hospital medicine is a newly recognized subspecialty and a fast-growing field, according to program director Jennifer Myszewski, DO. Care for the hospitalized child has become more specialized and complex, Myszewski says. Pediatricians who practice outpatient care in a traditional medical office setting do not often come to the hospital to care for their patients, so there is an increasing demand for pediatricians who specialize in treating non-ICU pediatric inpatients.

About 60 institutions nationwide have created pediatric hospitalist fellowship programs, all of which have been working collaboratively to create the match program and develop curriculum.

"It's more collaboration than I've ever seen in medicine," Myszewski says. "It's just been a really cool thing to participate in."



Class of 2021 Celebrates Match Day

ONE OF THE MOST EXCITING and joy-filled days at Upstate Medical University—Match Day—returned in 2021 with a creative approach to celebrating while keeping everyone safe during the ongoing COVID-19 pandemic.

Match Day is an annual event celebrated simultaneously at medical schools across the country. In non-COVID times, Match Day at Upstate is celebrated with hundreds of students and their families gathered to celebrate the synchronized opening of envelopes with a cacophony of hugs and high-fives.

After last year's fully online Match Day at the start of the pandemic, Upstate students and staff planned a hybrid event for 2021, with students gathering in small groups on Friday, March 19 to learn of their matches together—either in an envelope or online through their smartphones. The students were then able to visit a larger space on campus in shifts to share their matches with Upstate leadership and with family and friends through a live broadcast.

The hybrid event was important to give students and others at Upstate something joyful and positive to look forward to. “These students have been through a lot,” said Julie White, PhD, dean of Student Affairs. “Their last couple of years of medical school have been like no other. They have shown great resilience over the last couple of years and have rolled with every punch so we’re excited for them to gather in community to celebrate with each other and with us.”

“Match Day is always one of the best days of the year at Upstate,” adds President Mantosh Dewan, MD. “These students have worked incredibly hard under very difficult circumstances so to see them succeed and be able to celebrate the next chapter in their medical careers is wonderful.”

Some statistics about the Class of 2021:

- 75 students (43 percent of the class) will enter primary care specialties, including family medicine, psychiatry, internal medicine, pediatrics, and OB/GYN
- 91 students (52 percent of the class) will remain in New York state
- 32 students will remain in Syracuse: 27 at Upstate and five at St. Joseph's Health
- One student matched in the military.



Graduating medical students celebrate their residency placements during Match Day festivities.



Dewan Honored with Syracuse University Chancellor's Medal

Upstate Medical University President Mantosh Dewan, MD, was honored during Syracuse University's 2021 Commencement Ceremony with the presentation of the Chancellor's Medal, SU's highest award. "Dr. Dewan and his team were great friends to this university and all of us throughout the pandemic," said Syracuse University Kent Syverud during the presentation. "They served Central New York and the Orange community faithfully and heroically. They were at the forefront globally of testing and vaccine development. And thanks to Upstate Medical University, under Mantosh Dewan's leadership, we were able to process 100,000 Covid tests on this campus during the fall semester—a key part of keeping us open in the fall."



Stephen V. Faraone, PhD



Ruth Weinstock, MD, PhD



Yanli Zhang-James, MD, PhD

Upstate Researchers Participate in International Study on ADHD and Cardiometabolic Diseases

THREE UPSTATE MEDICAL UNIVERSITY professors and researchers are involved in an international, multi-site study taking a closer look at the connections between Attention Deficit Hyperactivity Disorder (ADHD) and cardiometabolic diseases such as obesity and diabetes.

Stephen V. Faraone, PhD, is the principal investigator for the Upstate site for the TIMESPAN project. He is a distinguished professor and vice chair of research in Upstate's Department of Psychiatry. Dr. Faraone has studied ADHD in children and adults for three decades. Co-investigators at Upstate are Ruth Weinstock, MD, PhD, distinguished service professor and division chief of Endocrinology, Diabetes and Metabolism and Yanli Zhang-James, MD, PhD, associate professor of psychiatry.

TIMESPAN is a five-year project that kicked off April 1 and involves scientists and researchers from 17 institutions from 14 countries. Upstate is the only American site. "Emerging evidence points at a strong association and shared genetic traits between adult ADHD and cardiometabolic diseases like obesity, Type-2 Diabetes, and cardiovascular disease, which, when inadequately treated can lead to adverse outcomes and substantial costs for society," according to the study.

Upstate's TIMESPAN colleagues are from Denmark, Italy, Iceland, Estonia, Norway, Australia, and

Hong Kong among others; the overall principal investigator is Henrik Larsson, PhD, of Sweden. The study is funded by the European Union for 5.9 million Euro, or a little more than \$7 million.

TIMESPAN will use existing data and medical records from hundreds of thousands of patients from around the world. National guidelines of cardiometabolic disease stress the importance of concurrent psychiatric disorders, but how to manage cardiometabolic disease in ADHD is lacking, according to the study and Faraone, who says the study could help doctors offer additional treatment options for diseases such as obesity and diabetes, which in turn could help someone's ADHD symptoms.

"Very little is known about somatic (non-psychiatric medical) conditions and ADHD," Faraone said. "We do know there are emerging data that say there are very real associations both at the level of the clinic that go together and also at the level of biology that there's some shared genetics among these disorders. So, it's extremely important from the clinical point of view to understand these associations so that we can give advice to clinicians that have to screen, diagnose and treat both types of conditions."

Upstate Participating in Clinical Trial to Test Blood Pressure Medication to Treat Symptoms of Alzheimer's

UPSTATE MEDICAL UNIVERSITY is participating in a new clinical trial to test how a well-established blood pressure medication may help some patients with moderate to severe Alzheimer's disease.

The joint study is called PEACE-AD, which stands for Prazosin for Disruptive Agitation in Alzheimer's Disease. Prazosin has been used for several decades to treat high blood pressure but may be able to help Alzheimer's patients who have disruptive behavior due to the disease.

Upstate's Nappi Longevity Institute is participating in the study, which is being coordinated by the Alzheimer's Disease Cooperative Study (ADCS), a national academic research organization that specializes in clinical trials related to Alzheimer's. The study is funded by the National Institute on Aging/NIH and the Alzheimer's Association.

"Part of our mission with the Nappi Longevity Institute is to expand our research base with Alzheimer's Disease," says Sharon Brangman, MD '81, director and chair of the Department of Geriatrics. "We are always looking at new approaches for managing patients who have agitation."

Disruptive agitation is a common symptom of those suffering from Alzheimer's Disease. The behavior can include yelling, aggression, pacing, screaming, and not sleeping, behaviors that can interfere with essential care, disrupt living environments, and can be difficult and stressful for caregivers.



Sharon Brangman, MD '81

Dr. Brangman says studying an established medication like Prazosin could be very beneficial since it's already had FDA approval for a long time. "Once a drug is on the market you can use it any way you'd like," she says, noting that the clinical trial will help determine its effectiveness, dosage and how it may interact with other medications.

The Nappi Longevity Institute is dedicated to research on Alzheimer's disease, which affects more than six million Americans.

"Part of our mission with the Nappi Longevity Institute is to expand our research base with Alzheimer's Disease. We are always looking at new approaches for managing patients who have agitation."

— Sharon Brangman, MD '81



Chuck Simpson Retires from Campus Activities Helm

WHEN CHUCK SIMPSON accepted an entry-level position as an activities assistant at Upstate Medical University back in 1986, he never guessed he'd spend the entirety of his career with Upstate's Campus Activities Office.

But in May, Simpson retired after more than 34 years at Upstate, having served as director of campus activities for the Division of Student Affairs since 2008.

"I really love our small campus community and the way we are able get to know students, help them develop leadership skills, and give them opportunities to find balance in their life, because whether they're here for two years or for seven, the students are all very driven and their academic programs are very rigorous," says Simpson of his tenure. "I never found a reason to leave."

Simpson was responsible for a broad range of responsibilities, including managing the Campus Activities Building; developing, implementing, and supervising the university's social, cultural,

"We're among the first faces students see at student orientation and the last as they walk across the stage at Commencement. It's really wonderful to see medical students discover and celebrate the next step in their journeys after they've worked so hard."

—Chuck Simpson

athletic and educational activities; and advising the Campus Activities Governing Board, the Upstate Student Government, and the university's yearbook, *The Auricle*. He was also in charge of major events including new student orientation programs, the annual white coat ceremonies, Match Day, and Commencement.

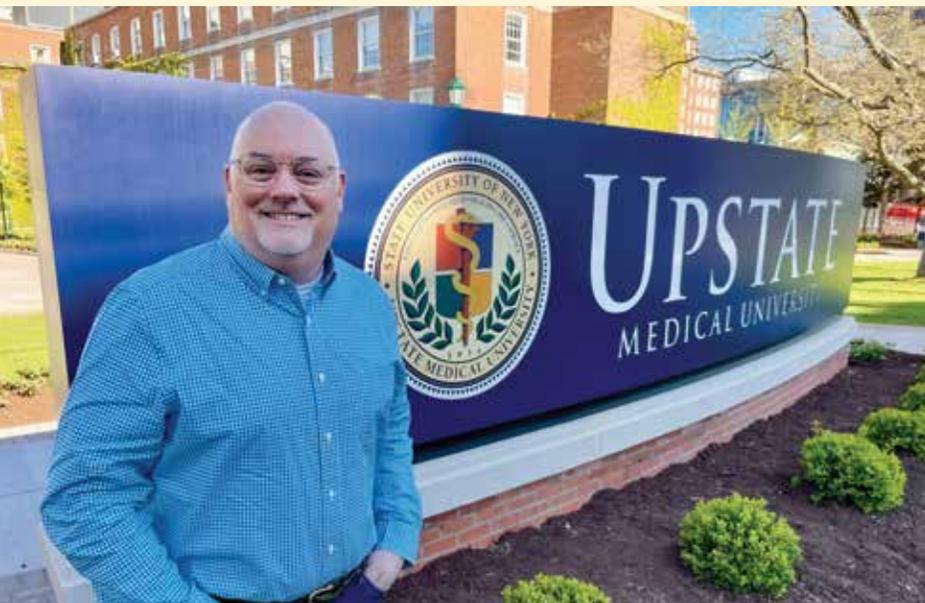
"We're among the first faces students see at student orientation and the last as they walk across the stage at Commencement," Simpson says of his role. But his favorite event was Match Day. "It's really wonderful to see medical

students discover and celebrate the next step in their journeys after they've worked so hard," he says.

Simpson holds a bachelor's degree from SUNY Geneseo and a master's degree in business administration from SUNY Oswego. He was active in the National Association for Campus Activities (NACA), having served as regional and national convention chair, regional coordinator for the states of New York, New Jersey, Pennsylvania, Maryland, Delaware, and Washington, DC, and as a member of the association's national board of directors. In 2003, he received the association's highest honor, the Founder's Award.

Simpson says he remains in contact with many former students and was always humbled by those who stopped by to visit when they were back on campus. "It's really nice to see that the Upstate connection remains strong for a lot of students, even after they graduate," he says.

Following his retirement, Simpson caught up on some post-Covid travel with a two-week trip to Alaska. In July, he began a short-term remote role as the director of major campus events, continuing to coordinate White Coat ceremonies, Match Day, and Commencement. "I really appreciate the messages I've received from former students who have heard about my retirement," he says. "They are what made the job so worthwhile."



Chuck Simpson spent his career with Upstate's Campus Activities Office.

Upstate Cancer Center Launches Multi-disciplinary Team for Brain Tumor Patients

The Upstate Cancer Center has recently introduced a new multidisciplinary team to help patients with brain tumors and those suffering from neurological complications related to their cancer treatments.

The new neuro-oncology multidisciplinary program will treat patients with primary brain tumors or central nervous system metastatic disease and cancer patients suffering neurological complications related to the disease or its therapies.

Upstate hired Ruham Nasany, MD, HS '18 in September 2020 to establish the program at the Cancer Center. Dr. Nasany completed her neurology residency at Upstate in 2018 followed by a neuro-oncology fellowship at Memorial Sloan Kettering Cancer Center in New York City before returning to Central New York. The new program incorporates existing disciplines including radiation oncology, neurosurgery, and medical oncology. "Those used to live separately," Nasany says. "Now they work together as a team to determine a patient's course of treatment."

Multidisciplinary teams have become a standard practice in oncology medicine and have many benefits to patients. Upstate has existing multidisciplinary programs

for breast, thoracic and colorectal cancers. The new approach for neuro-oncology involves a team of doctors working together to determine a patient's course of treatment.

"Multidisciplinary teams help cut down on the number of visits the patients have to make to see different providers and help providers discuss cases and come up with a collaborative treatment plan," says Nasany.

The multidisciplinary neuro-oncology team at Upstate is the only one in Central New York.

"A huge part of the reason I came back was to build this program," Nasany says. "This is a good thing for us to be able to offer such specialized care for patients and helps put Upstate at the same level of big cancer centers nationwide."



Ruham Nasany, MD, HS '18

Upstate Receives Stevens Initiative Funding for Virtual COVID-19 Program

BRIDGING CULTURES to Defeat COVID-19, a virtual health sciences education program, is one of 19 2021 grant recipients from the Stevens Initiative. The Upstate program brings together American, Middle Eastern, and North African clinical and scientific trainees for collaborative scientific and medical education and for unique professional development and cultural exchange opportunities.

The Stevens Initiative is an international effort to build global competence and career readiness skills for young people in the United States, the Middle East, and North Africa by growing and enhancing the field of virtual exchange. It is sponsored by the U.S. Department of State with funding provided by governments of the United States, Morocco, and the United Arab Emirates, and the Bezos Family Foundation.

"People-to-people exchanges are critical to advancing global peace and understanding," says Matthew Lussenhop, acting assistant Secretary of State for the Bureau of Educational and Cultural Affairs. "Through early adoption of virtual exchanges, the Stevens Initiative has elevated technology to foster collaboration between students in the United States and counterparts in the Middle East and North Africa."

Bridging Cultures participants take part in seminars and workshops to learn the most current research and best-practices in COVID-19 medicine. They also engage with their international colleagues in networking, professional development, and cultural competence-building exercises. The program is open to any pre- and post-degree health science trainees with an interest in COVID-19 science and medicine.

Seth Perry, PhD, associate professor of psychiatry, neuroscience and physiology, neurosurgery, and public health at Upstate Medical University, is the principal investigator at Upstate Medical University. Dr. Perry says he wants to take things Upstate is already doing well—science, education, conferences, and more—and include young trainees from health sciences fields to learn from and engage with each other in meaningful ways across borders and cultures.

"We will recruit young trainees from any health sciences group or program. They might be medical, graduate, nursing, or health professions students from Upstate or other SUNY schools, as well as schools throughout the United States," said Perry. "Students will engage in this program with their peers from our partner institutions in Libya and the United Arab Emirates."

Upstate Graduates 171 New Doctors at Commencement 2021

The Upstate College of Medicine held a hybrid commencement ceremony on May 9, with graduates attending in person and the event live streamed for parents and families, as well as the Upstate community.

Degrees were conferred to 171 new MDs, including two students who earned combined MD/MPH degrees and four students who earned combined MD/PhD degrees.

Upstate Medical University also presented honorary doctoral degrees to three nationally renowned physicians who have dedicated their careers to advancing racial justice and health equity: Otis W. Brawley, MD; Camara Phyllis Jones, MD/PhD, MPH; and Augustus A. White, III, MD/PhD.

Dr. Brawley is a globally recognized expert in cancer screening, prevention, and treatment, and the design of trials to assess them. His work focuses on how to close racial, economic, and social inequities in the treatment of cancer. He worked at the National Cancer Institute as an oncologist and senior investigator as well as its director of the Office of Special Populations until 2001. From 2007 to 2018, Brawley was chief medical and scientific officer of the American Cancer Society, where he oversaw the largest private program funding cancer research in the United States.

Dr. Jones is a family physician, epidemiologist, and past president of the American Public Health Association. Her work focuses on naming, measuring, and addressing the impacts of racism on the health and well-being of the nation. Her work has sought to broaden the national

health debate to include universal access to high quality health care and also to increase attention to the social determinants of health and equity. She was an assistant professor at the Harvard School of Public Health from 1994 to 2000, before being recruited to the Centers for Disease Control and Prevention from 2000 to 2014, where she served as a medical officer and research director on social determinants of health and equity. She is currently a Presidential Visiting Fellow at the Yale School of Medicine in the Department of Medicine and the Office of Health Equity Research; will serve as the 2021-2022 UCSF Presidential Chair at the University of California San Francisco; and was the 2019-2020 Evelyn Green Davis Fellow at the Radcliffe Institute for Advanced Study at Harvard University.

Dr. White is an internationally known physician and widely published authority on biomechanics of the spine, fracture healing, and spinal care. For the past five decades, White has committed himself to issues of diversity and is nationally recognized for his work in medical education and health care disparities. He was the first African American to graduate from Stanford Medical School in 1961 and became a surgical resident at Yale-New Haven Hospital in 1963. He has been a leading advocate for racial equality and cultural sensitivity training at Harvard, Brown University, Yale University and orthopedics nationally.



Otis W. Brawley, MD



Camara Phyllis Jones, MD,
PhD, MPH



Augustus A. White, III, MD,
PhD





Generation to *Generation*

A new campaign for student scholarships provides opportunity for alumni to create a legacy at the College of Medicine while lessening student debt for future physicians.

It used to be that the rite of passage in becoming a doctor was sacrifice—long hours of studying in medical school, followed by long hours of residency training. While those experiences still hold true, there’s another factor in the mix: debt. For many medical school graduates, increasingly high tuition costs result in significant medical education debt.

Upstate Medical University’s College of Medicine is no exception. For decades, New York state residents were spared much of this burden, with tuition at the four state medical schools among the lowest in the nation. But state funding changes to SUNY campuses have radically altered tuition fees in a relatively short period of time. Little more than 10 years ago, College of Medicine tuition was \$16,000 annually. This year, the cost of tuition is \$43,670, with a total cost of attendance estimated at \$68,553 per year for New York state residents. While some of that tuition increase is related to a decrease in subsidy from New York State, it’s also a reflection of a national increase in the cost of higher and professional education, which has risen double the rate of inflation over the last 20 years according to *Forbes*. The Association of American Medical Colleges estimates the total cost of a four-year medical education from a public institution at more than \$250,000 and upwards of \$400,000 from a private institution.

Paying for medical school today is an entirely different enterprise from the experiences Paul Norcross hears about from alumni physicians as he travels the country in his role as executive director of the Upstate Medical Alumni Foundation. “Over and over, I hear how little it cost our baby

boomer and older alumni to obtain their medical education,” he says. “Many of them worked their way through school, paying their tuition with side jobs. And they’re grateful for the successful careers and comfortable lives that education provided for them and their families.”

The average debt for today’s Upstate College of Medicine graduate is more than \$220,000, a load

that actually becomes much larger due to compound interest and a limited ability to pay down loans during training years.

In an effort to reduce that burden, the Upstate Medical Alumni Foundation has launched the Generation to Generation Fundraising Campaign: an initiative to raise \$15 million in gifts from alumni and friends to support student scholarships.

“Upstate has a legacy of alumni supporting students, whether it’s through mentorship, hands-on training, or supporting scholarships,” says Norcross. “We’re asking alumni to consider endowing a scholarship so we can ease the burden of current and future generations of Upstate medical students. To all our alumni who have already established a scholarship, I say

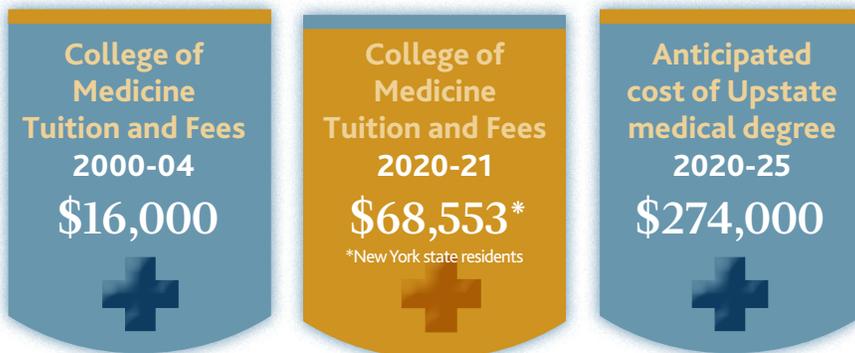
“Upstate has a legacy of alumni supporting students, whether it’s through mentorship, hands-on training, or supporting scholarships. We’re asking alumni to consider endowing a scholarship so we can ease the burden of current and future generations of Upstate medical students.”

—PAUL NORCROSS

THANK YOU!! Any contributions made to your existing scholarship during the campaign will be recognized and counted toward the campaign goal.”

Thanks to the philanthropy of loyal alumni and friends, the Medical Alumni Foundation endowment has grown to more than \$31 million. Currently, the Medical Alumni Foundation administers 105 endowed funds that pay out more than \$869,000 in student support annually. By adding \$15 million to our endowment by 2025, we can greatly increase our student assistance.

A scholarship endowment can be started with a minimum of \$25,000 and a percentage of each endowed fund is awarded annually, based upon criteria set by the Foundation’s Finance Committee. An endowment can be created through an outright gift of cash or securities, an IRA, or even through a bequest. Regardless of the funding method, creating an endowed scholarship—or giving to an existing scholarship fund—is a meaningful way to honor the medical education that provided for a satisfying and successful career while at the same time helping launch future generations of physicians into the profession, says Norcross.



The Gift of Choice

While the primary mission of the campaign is to lower student debt for Upstate medical graduates, Norcross says the secondary goal is to remove barriers for students to pursue careers in primary care. “There is evidence that students with higher debt weigh their income potential more heavily and are more likely to switch their preference to a high-income specialty career over the course of medical school,” says Norcross. “We’re trying to address the shortage of primary care providers by lowering the debt burden and allowing students the freedom to pursue primary care if that’s where their interests are.”

It’s a serious need. Only 30 percent of today’s doctors practice in one of the primary care fields (family practice, internal medicine, or pediatrics) compared with 70 percent 50 years ago, and it’s not due to lack of opportunity. In 2019, the National Resident Matching Program offered a record number of primary care positions, yet the percentage filled by students graduating from U.S. MD-granting medical schools hit a new low. Of the 8,116 internal medical positions offered, just 41.5 percent were filled by U.S. allopathic students.

The trifecta of a large number of doctors reaching retirement age, an aging population, and increased demand for services fueled by health insurance expansion through the Affordable Care Act may make that shortfall even more acute. A 2020 report from the AAMC projects a shortage of primary care physicians in the United States between 21,400 and 55,200 by 2033 and a shortage across non-primary care specialties of between 33,700 and 86,700 physicians.

In rural areas, the problem is already critical. According to a 2018 UnitedHealth Group report, rural Americans are almost five times as likely to live in a county with a shortage of primary care physicians compared to urban and suburban residents.

While there are many considerations that influence the choice of a medical specialty, education debt is clearly one factor driving medical school graduates away from service in physician-poor communities and primary care. A 2014 *Medical Education Online* study found that students with more student loan debt were also likelier to delay marriage, home ownership, and having children.

Scholarships for Upstate College of Medicine students are one way to remove barriers for today’s students and enable them to focus on the ideals that led them to pursue medicine. The Medical Alumni Foundation is committed to that endeavor and, due to the tremendous response of alumni during the “quiet phase” of the campaign, has raised \$6.5 million of its \$15-million goal.

“The Generation to Generation Campaign provides alumni the opportunity to create their own legacy at Upstate while helping to raise our endowment in support of student scholarships and the College of Medicine,” says Norcross. “And without the financial burden of full medical school tuition, Upstate medical students can pursue their careers and lives with the same freedom as earlier generations, while making a positive impact on health care access.”

Generation to Generation

Excellence in Medicine

Campaign Leadership Committee

Zaven S. Ayanian, MD '59
Elliot Brandwein, MD '67 and Arlene Brandwein, MD '68*
Richard W. and Joan Doust
Robert A. Dracker, MD '82
Susan and Welton M. Gersony, MD '58
Bruce M. Leslie, MD '78
Albert F. Mangan, MD '54*
Angeline R. Mastri, MD '59
Carol Ann and Rudolph Napodano, MD '59
Patricia J. Numann, MD '65
Allan J. Press, MD '67
Michael H. Ratner, MD '68
Betty Reiss, MD '68 and Jacob Reiss, MD '68
Charles J. Ryan, III MD '82
Maureen L. Sheehan, MD '88
Barbara Sheperdigian and Ara A. Sheperdigian, MD '60*
Department of Surgery
Swift Family
Suzy and Herbert M. Weinman, MD '65
Frank E. Young, MD '56*

*deceased

Each member of the Campaign Leadership Committee has given or pledged a minimum of \$100,000 to the Generation to Generation Campaign. The Leadership Committee's generous support has raised over \$6,500,000 of the Campaign's \$15,000,000 goal to date.

SCHOLARSHIP RECIPIENT

Danielle Clifford, MD '21

Danielle Clifford '21 was attracted to the Upstate College of Medicine because of its Rural Medicine (RMed) program. A native of tiny Esperance, New York, she wanted to be able to provide the care she so often saw missing in her rural community, which impacted her family and the foster children her family helped care for.

From modest means, Clifford attended St. Lawrence University on a scholarship that paid for most of her undergraduate tuition. She majored in biology and participated in CSTEP, a program designed to help underrepresented students pursue graduate careers in STEM fields. It was through CSTEP that she met Ruth Hart, MD '80, an alumna of the St.

Lawrence CSTEP program, who encouraged her to apply to Upstate.

Due to the high cost, Clifford planned on funding her medical education through loans. But then the incoming Upstate student received amazing news: she was offered a full four-year scholarship that would pay for all of her medical school tuition and expenses, including a stipend for food. "I started crying," she recalls of getting the news.

Clifford's scholarship was the result of an anonymous alumni gift. "The donors were at a point in their lives where they had the means to give back and they wanted to do so in a way that would make a significant impact for an individual student," says Paul Norcross, executive director of the Upstate Medical Alumni Foundation. "Part of their motivation was gratitude toward Upstate for their own medical careers. They were also concerned about the rising costs of medical school and their intent was to minimize graduating debt, allowing the scholarship recipient to pursue any field of medicine without concern over income to pay back loans."

As part of Upstate's RMed program, Clifford enjoyed clinical rotations in rural communities in Upstate New York. Interested in a primary care field from the start, she ultimately chose psychiatry because she felt that's where she could make the biggest impact. Growing up, she witnessed her foster siblings struggle to obtain mental health services because of an absence of providers in her rural community. "Many of them needed psychiatric care and there really just wasn't a lot of access to it," she says.

After graduating from Upstate in May, Clifford began a psychiatry residency program at the University

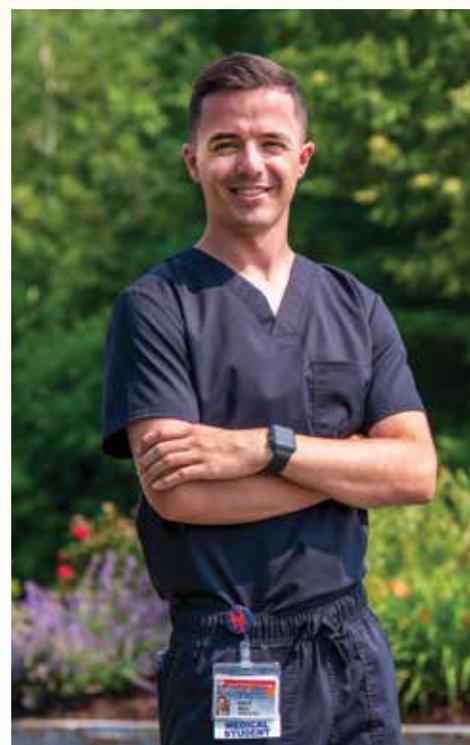
of Massachusetts. She was accepted into a pediatric psychiatry track that will provide exposure to pediatric populations very early on and a fellowship position when she completes the residency.

In addition to receiving scholarship support, Clifford says Upstate alumni have also played an important mentorship role in her medical education. Many of her preceptors at her RMed clinical rotation sites have been Upstate medical alumni. Dr. Hart remains an important role model and guide, as well as a lifelong friend. "There's a great sense of community," she says.

Clifford says she's grateful that her scholarship enabled her to follow her passion without the pressure to pursue a higher-paying specialty. "A lot of my friends are hundreds of thousands of dollars in debt and have to consider how they can repay that," she says. "With no debt burden, I can go into something I really enjoy and where I know I will make a difference. I thank my donors from the bottom of my heart and hope to one day give back and help future medical students."



Classmate Tom Bedard, MD '21, Ruth Hart, MD '80, and Danielle Clifford, MD '21, after the RMed graduation ceremony.



SCHOLARSHIP RECIPIENT

Haley Burdge '22

For as long as she can remember, Haley Burdge '22 has wanted to be a pediatrician, inspired by her love of children and admiration for her own pediatrician and the relationships he built with patients and their families.

"Working with kids has always provided a source of meaning and happiness for me," Burdge says.

As an undergraduate at SUNY Binghamton, she volunteered at a pre-school. During her first two years of medical school, she participated with Peds Pals, providing tutoring and companionship to patients with cancer and blood disorders at the Golisano Children's Hospital.

But Burdge says her career choice is sometimes met with skepticism by others. "You know there's no money in that," she's heard countless times.

And while she's content to pursue a specialty based on her interests rather than prospective income level, she's also well aware of the cost of her medical education and the student loans she'll have to repay.

Burdge is grateful her loan burden will be less than it might have been, thanks to scholarships she's received from the Medical Alumni Foundation. As a second-year student, Burdge received the A. Geno Andreatta Scholarship, as well as a Student Citizen Award in recognition of her varied involvements (she's been a class officer each year, served as president of the Pediatrics Interest Group, and serves on the admissions committee). As a third-year student, she was one of two students awarded a \$15,550 Elliot Brandwein, MD '67 and Arlene Brandwein, MD '68 Scholarship, one of the largest scholarships the Foundation awards.

"Each of these was very meaningful and I was honored to have been chosen to receive them," she says. "The financial support has made me really grateful for the people who are contributing to help medical students such as myself. Once I'm able, I hope to do the same."



Haley Burdge '22

SCHOLARSHIP RECIPIENT

Erik Baim '22

For Erik Baim '22, the most stressful aspect of medical school hasn't been the volume of material to learn or the high-pressure exams, but that moment each year when he has to click the button on his computer screen to submit his student loan application. "It's just hard to think about it adding up," he says.

Along with Burdge, Baim was fortunate to be selected in 2020 for the Elliot Brandwein, MD '67 and Arlene Brandwein, MD '68 Scholarship, which provided \$15,550 to support his third year at the College of Medicine. "I was in a Zoom meeting for a rotation when I received the email notifying me of the award, and when I saw the amount, I was honestly awestruck," he says. "A scholarship that large really does help reduce stress and anxiety about my student loans."

Raised in Auburn, New York, Baim attended St. John Fisher College as a first-generation student. "My parents are amazed that one of their kids not only graduated from college, but is about to graduate medical school," he says.

While his family has provided emotional support, Baim has had to navigate the path to becoming a doctor largely on his own. "The whole med school thing was all foreign to them," he says.

Baim plans to pursue a career in anesthesia, drawn to the combination of pharmacology and hands-on technique. "I spent many years helping my dad with home renovations and construction projects so I'm good with my hands," he says. "And I really enjoy the cerebral aspect of it."

The Brandwein Scholarship was not his first. As a second-year student, Baim was the recipient of the Frederick W. Sloan, MD '74 Scholarship. "There are so many extra expenses in medical school, from books to Step exams, which are insanely expensive. And now there will be costs to apply to residency programs," he says. "I'm grateful for the generosity of alumni who create these endowed scholarships to help students. They really do make an impact."



Erik Baim '22

SCHOLARSHIP RECIPIENT

Kristina Bell '25

As a high school student at Jamesville-Dewitt High School in suburban Syracuse, Kristina Bell '25 took part in a monthly program for students interested in healthcare careers sponsored by a local hospital. The first speaker was Robert Dracker, MD '82, who talked about his career as a pediatrician.

"That really piqued my interest as something I would enjoy doing," recalls Bell. With no physician role models in her family, Bell navigated the process of getting to medical school—and very successfully—largely on her own. A first-generation college student, she attended SUNY Binghamton, where she doubled majored in biology and political science, graduating summa cum laude and Phi Beta Kappa.

As an undergrad, she tutored other students in biochemistry and served as a peer advisor for others interested in health professions. "I know what it's like to go into something blind and not have any background knowledge, connections, or mentorship," says Bell, who applied and was accepted to Upstate as a college sophomore through the Early Assurance Program.

Bell had planned to finance her medical education through student loans. But in early June, the incoming medical student received life-altering news: she'd been selected as the inaugural recipient of the Helen and Albert F. Mangan, MD '54 Scholarship, which will cover all tuition, housing, and incidental costs over her four-year medical education.

"It was probably the most euphoric moment that I've ever experienced in my life," says Bell of receiving the notification. "It's hard to start a career and a life when you're saddled with debt. Now that won't be a problem for me. It's so freeing to have this financial cushion that so many students don't have."

Nonetheless, the industrious Bell didn't quit any of her three summer jobs—working as a patient care advocate at Kinney Drugs Pharmacy, serving as a music and drama counselor at a community day camp, or as the mass singer at Assumption Church in downtown Syracuse. "Singing has been my passion since I was young," she says.

Only a few weeks in, Bell says it's far too early to know her future career direction, although she's still interested in pediatrics. "I want to keep an open mind and give myself the opportunity to experience everything," she says. "Because of this scholarship, I have the freedom to select whatever specialty I want, and I'm just so grateful for it."



Kristina Bell '25



DONOR STORY

Bruce Leslie, MD '78, endowed a scholarship to honor his father and his own medical education.

After Stanley D. Leslie, MD '51, died in 2009, his oldest son, Bruce Leslie, MD '78, decided to honor his father's memory by creating a scholarship in his name at the College of Medicine. Stan Leslie had graduated from Upstate magna cum laude and Alpha Omega Alpha. He served as a clinical professor at Upstate during his 40-year career as an obstetrician-gynecologist in Syracuse. He also served as president and board member of the Upstate Medical Alumni Foundation.

"Creating a scholarship in my father's name was an easy decision because he was always so loyal to Upstate," says Bruce Leslie. "My only regret is that I didn't do it when he was alive because he would have so appreciated it."

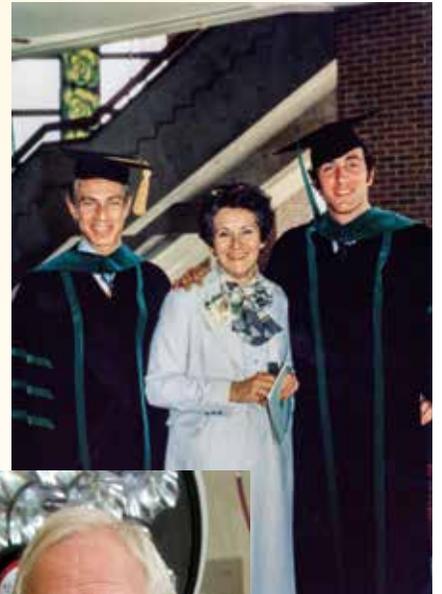
In addition to honoring his father, Leslie says he was motivated to support Upstate in thanks for his own medical education. Now a successful Boston-area hand surgeon, Leslie says he is appreciative of the career and lifestyle his Upstate education has afforded him.

"I had the option of attending Upstate, which cost \$1,500 a semester, or Tufts Medical School, which cost

many times that. It was an easy decision," Leslie recalls. "When I started my post-graduate education in Boston, it quickly became apparent that the education I received at Upstate was at least as good, if not better, than my Boston-educated peers. My class spent next to nothing for our Upstate medical degree. We should be grateful for the many opportunities our degree provided."

The Stanley D. Leslie, MD '51 Memorial Scholarship is awarded each year to a fourth-year student pursuing Ob/Gyn. Applicants are asked to write a one-page letter about themselves, and Leslie and his mother, now 92, read them and select the scholarship recipient. As a board member of the Upstate Medical Alumni Foundation, Leslie is typically on hand for the scholarship presentation and has met most of the scholarship awardees.

"My father loved being a doctor and providing high quality care to women," he says. "It's exciting to meet students with the same goals and help them carry forth those values and desires."



Bruce Leslie, MD '78, with his parents at his Upstate graduation and today



Maureen Sheehan, MD '88

DONOR STORY

Maureen Sheehan, MD '88, wants to help students pursue primary care careers.

In mid-2019, Maureen Sheehan, MD '88, started a second chapter of her life. After 24 years in California, the internist relocated to Bozeman, Montana, not far from where her youngest daughter was enrolled in college.

The change was inspired in part from many years working in hospice, which made her think about her own life priorities. One of the things she decided, now that two of her three children were out of college, was that she had more money than she needed. After reading an article about an Upstate medical student that reminded her of her own young self, she reached out to the Medical Alumni Foundation.

Sheehan has since established an endowed scholarship fund at the Upstate College of Medicine. Once fully mature, interest from the scholarship will fund an annual \$10,000 scholarship to be awarded to a fourth-year student with financial need who plans to pursue primary care.

"Some people wait until they die to do something like this. I was only 56, but I don't want to have regrets or have someone else decide what to do with my money," says Sheehan, who continues to work as a primary care physician in a clinic setting. "Helping young doctors get their start will give me tremendous satisfaction."

Sheehan says she hopes her actions motivate others to do the same. "There's a lot of us who have been very fortunate and make a nice living. I can tell you from working in hospice, you can't take it with you."



Saving Lives at 35,000 Feet

A new book by David McKenas, MD '81, MPH, details efforts leading to defibrillators in all commercial aircraft. BY RENÉE GEARHART LEVY

Every year, more than 356,000 out-of-hospital cardiac arrests are reported in the United States and an estimated 70 to 90 percent of those people die before reaching the hospital. A major influence in survival is cardiopulmonary resuscitation (CPR) and use of an automated external defibrillator (AED), a portable device that can restore a normal heartbeat by sending an electric shock to the heart. When used within minutes of cardiac arrest, AEDs can dramatically raise survival rates.

Since 2010, all 50 states have enacted various legislation requiring AEDs in public locations such as athletic and fitness facilities, schools, and government buildings, and in some cases, private businesses, known as Public Access Defibrillation. The idea of placing defibrillators everywhere, like fire extinguishers, can be traced back to 1997, when American Airlines became the first U.S. airlines to place defibrillators onboard planes. That decision, credited with saving hundreds of lives in the past two decades, led to the FAA requiring defibrillators on all commercial aircraft.

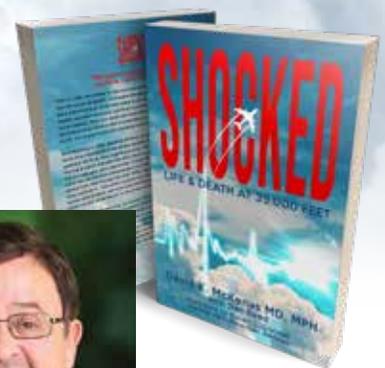
That domino effect was initiated by David McKenas, MD '81, MPH, a former

flight surgeon and self-proclaimed “data geek” who served as medical director of American Airlines from 1994 until 2002. It was McKenas’s unique expertise in understanding stresses to the body in flight, combined with statistical analysis ability gleaned through his Harvard MPH, that allowed him to pinpoint the need and ability to save lives at 35,000 feet.

“As a medical student, I never dreamed I would have started this public health program that has saved so many lives,” he says.

McKenas shares his experiences in a new book, *Shocked: Life and Death at 35,000 Feet* (Tree Canoe Press, 2021), from successfully making the case for AEDs to American Airlines CEO Bob Crandall, to navigating flight attendant unions and training flight attendants, to testifying before Congress, and ultimately, saving lives.

That McKenas became a physician in a position to make such societal impact is a story in itself. Raised in rural Oneida, New York, McKenas was a musical prodigy from a young age. Like many kids,



David McKenas, MD '81, has chronicled his life and career in a new book.

he started out singing in church and taking piano lessons. But his abilities and progression were anything but typical.

When he was in the sixth grade, the Columbus Boychoir (later renamed the American Boychoir) made an appearance in Oneida. McKenas was taken by their performance and managed to arrange an audition for both piano and as a vocalist. As a result, he was offered a full scholarship to the Boychoir’s private boarding school in Princeton, New Jersey.

McKenas left his family and moved to Princeton at 12, touring as part of the professional choir for 10 weeks at a time. Due to his prowess on the piano, he became a featured soloist, entertaining the audience during breaks when the choir would make costume changes between sets. “I found myself frequently in front of thousands of people, both singing as part of the group and playing piano pieces by Mozart and Sibelius as a soloist. Whatever stage fright I might have had quickly was extinguished,” he says.

Two years in, McKenas won a piano concerto competition with a prize of performing as a featured soloist with the Garden State Philharmonic Orchestra in New Jersey. He played the first movement of a Mozart Piano Concerto and was awarded the state of New Jersey Francis Hopkinson Memorial Medal. He was also offered the opportunity to audition for a spot at the Interlochen Center for the Arts in Interlochen, Michigan, an esteemed performing arts high school, which accepted him.

Although he was required to practice four hours a day at Interlochen, McKenas otherwise experienced a normal high school curriculum. And while passionate



As a teen, McKenas was a piano soloist with the American Boychoir and later studied at Interlochen Center for the Arts.



After residency, McKenas was an aerospace medicine specialist assigned to Cape Canaveral.

about music, he was also drawn to science and his grades were always near the top of his class. By the time he graduated from high school, McKenas realized that, despite his talents, he probably wasn't talented enough for a career as a concert pianist.

Instead, McKenas returned home to attend SUNY-Binghamton, where he double-majored in biochemistry and music composition. As a junior, he was accepted to Upstate Medical University through an early admissions program, where he headed after graduating with honors from college and induction into Phi Beta Kappa.

To pay for medical school, McKenas applied for a Health Professions Scholarship, which committed him to four years of service in the Air Force after earning his medical degree. He set his sights on becoming a flight surgeon, with aspirations to work in the space program.

A flight surgeon is a doctor that takes care of pilots. McKenas describes it as a field of occupational health. “Most of the individuals are generally very healthy, but their work environment can cause adverse effects,” says McKenas. Pilots, for example, are exposed to G-forces and radiation, while astronauts face zero gravity and mental stresses that can result in decompression sickness, heart function impairment, decreased bone density, and space motion sickness.

Through Air Force support, McKenas attended Harvard University to earn a master's in public health, then completed residency training at Brooks Air Force Base in Texas to become board certified in occupational medicine and aerospace medicine.

As he neared the end of his residency, the space shuttle Challenger exploded. McKenas had already been assigned to work at Cape Canaveral Air Force Station and Kennedy Space Center. Now he was needed immediately as an aerospace medicine specialist to assist with post-Challenger issues.

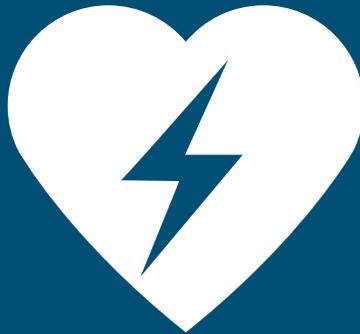
In his new role as chief of aerospace medicine, McKenas and his team initially were involved in recovering the Challenger crew members' scattered remains in Florida. He was also the aerospace medicine expert assigned to the Department of Defense's Manager for Space Transportation System Contingency Support Office (DDMS), a joint NASA/DoD agency responsible for taking care of manned space emergencies around the world. "For example, if the shuttle could not make it into orbit and had to make the call to abort . . . my job was to get the shuttle's crew to medical care at one of NASA's emergency landing sites in Africa—or wherever around the world the orbiter happened to come down," McKenas explains in his book.

"On most launches after Challenger, I was on console at Cape Canaveral Air Force Station and in communication with a wide range of world-wide medical resources ready to act on command to respond to any shuttle emergency," McKenas says.

In 1991, McKenas applied to be a mission specialist himself—a non-pilot astronaut. Although the work he'd done related to medical issues in space flight made him the Air Force's top candidate to be an Aeromedical Specialist astronaut, unfortunately, NASA selected exclusively Navy candidates for military specialist slots that year. Nonetheless, McKenas was awarded the prestigious Silver Snoopy award from the NASA Astronaut Corps for his emergency medicine support of the space program. "Few people know about that particular award, but because the honoree is chosen by the astronauts themselves, I value it greatly," he says.

By this point McKenas had been promoted to Lt. Colonel ahead of schedule, putting him on a path toward a potentially high-ranking position within the Air Force's medical service. But Operation Desert Storm was going on in the Middle East and would soon be followed by Operation Desert Shield. McKenas, now married and with a young family, wrestled

AED



"I said, sir, you know we're losing about 60 people a year. And if we put this new little device on board, we could save a good bunch of them."

— DAVID MCKENAS, MD '81

with risking deployment to a war zone now that his military debt had been repaid.

In 1992, a civilian medical colleague at NASA, Jeff Davis, MD, was appointed medical director at American Airlines and invited McKenas to join his medical staff. Two years later, Dr. Davis returned to NASA and McKenas took over as medical director.

In that role, McKenas began studying a phenomenon reported by flight attendants working the 767 aircraft of patients collapsing from syncope in what was called the "drop dead zone."

"I pored through piles and piles of data, and what I found was that it was a phenomenon of how long you flew," says McKenas. "It wasn't a stunning conclusion, but the longer you fly, the more likely something adverse might happen."

It's no secret that the altitude and cabin pressure of air travel can play havoc on the human body. Normal cabin pressure is equivalent to an altitude between 5,000 and 8,000 feet. For comparison, McKenas notes that Mount Mitchell, the tallest mountain in the eastern United States, is 6,684 feet tall.

At that altitude, air pressure declines and "each cubic meter of air weighs progressively less against your body," he says. This creates an imbalance between the air inside your head and the air outside. As a result, air presses against your eardrum.

Worse than that, the concentration of gasses in the atmosphere, including oxygen, diminishes along with pressure. As aircraft cabin pressure diminishes, blood oxygen can routinely drop to 60 or 70 percent. For people with congestive heart failure, anemia, or chronic obstructive airway diseases, that can be a problem.

While studying the 767 data, McKenas discovered something else: American was losing approximately 60 passengers a year to sudden cardiac arrest. "That was something I knew we could impact," he recalls.

Up until the mid-1990s, defibrillators had been a bulky piece of equipment. But the development of new smaller AEDs, roughly the size of a book,

allowed for their use outside of conventional medical settings.

The next time McKenas had American Airlines CEO Bob Crandall in for a corporate physical, he made use of his captive audience. "I said, sir, you know we're losing about 60 people a year. And if we put this new little device on board, we could save a good bunch of them," McKenas recalls.

Crandall wanted to learn more, and eventually said yes, even though the devices cost a few thousand dollars each. "There was no financial incentive for the airline to do this, but it was the right thing to do," says McKenas.

He not only convinced Crandall but found support within the two flight attendant unions. For American, enabling defibrillator usage on aircraft involved training 25,000 flight attendants to use the device, as well as a newly enhanced medical kit upgraded with all the medical tools needed to care for a cardiac arrest patient for at least the first hour after such an event. McKenas trained the first 3,000 himself.

He also personally designed a lapel pin—a red heart with a golden lightning bolt—to be given to any flight attendant who used a defibrillator in flight. “Once they saw how easy it was, people were clamoring to get involved in a cardiac arrest so they could get that pin,” he recalls.

The airline also conducted extensive flight testing. In medical school, McKenas learned the first principle of medicine: First, do no harm. “In practice, that means that before you can set out to do good for the public one must be sure no one is harmed. We had to know that the batteries wouldn’t explode. That something adverse wouldn’t happen if a plane was struck by lightning. That cell phones wouldn’t interfere,” says McKenas.

American had barely announced its plan to put AEDs aboard aircraft when McKenas was summoned to testify about the defibrillator program before the House of Representatives’ Subcommittee on Aviation. “I knew the program was right for us at American, but it was new and untested,” says McKenas. “I could not yet verify our AED program had saved any lives.”

But it wouldn’t be long. American began installing AEDs and the new medical kits on its fleet in 1997, and within months, the first life would be saved.

On February 18, 1998, Carmen and Robert Giggey were flying from Dallas, Texas, to Mexico City on vacation. The plane had barely taken off when Carmen realized that her husband, who was sitting in the window seat, looked funny and was unresponsive. She screamed for help and was assisted by flight attendant Shawn Lynn and a passenger, Don Grohman, who happened to be a paramedic.

The two performed CPR on the unconscious man, with no result. The flight attendant recalled seeing the new defibrillator when she boarded the plane. It had been installed only two days prior and had never been used. Because she was a domestic flight attendant, she had not yet received training, but she had read about it and knew that the machine provided user instructions.

According to the account in McKenas’s book, *As Shawn got the defibrillator, Don*



Carmen and Robert Giggey. In 1998, he became the first passenger saved by an AED on a passenger aircraft.

unbuttoned Robert’s shirt exposing his chest. It was covered in chest hair and cold, clammy sweat. The defibrillator had a razor in the kit, so he quickly shaved where the two pads would be attached with adhesive. He pressed the machine’s on button. It started to talk.

“Apply pads to patient’s bare chest,” the machine’s voice said.

Don even noted there were graphics on the pads saying exactly where they should go on the chest. Because Mr. Giggey’s seemingly dead body was covered in moisture, he used a napkin to dry off his chest. The defibrillator spoke again.

“Analyzing heart rhythm—do not touch the patient.”

Mrs. Giggey, who had been praying for her husband, gave up her grip on his feet momentarily.

Don advised all people to clear the patient, and do not touch him. Then, the device found the lethal rhythm of sudden cardiac arrest—ventricular fibrillation.

“Shock advised, do not touch the patient. Shock advised, press shock button now. Shock advised, press the shock button now. PRESS THE SHOCK BUTTON NOW.”

Don made certain all people, including Carmen Giggey who was still touching him and praying at his feet, were clear of Mr. Giggey. He quickly pressed the shock button.

Robert Giggey’s corpse jumped up off the seat by about two feet, Don recalls.

Shawn quickly returned to his body and felt for the carotid in his neck.

“He has a pulse! There is a pulse!” she exclaimed.

The plane landed and the patient was transported to the hospital, where tests showed he had a coronary artery blockage that had impeded blood flow to his heart.

Later that year, other major U.S. air carriers began outfitting planes with defibrillators and Congress passed the 1998

Aviation Medical Assistance Act, legislation McKenas helped write as chairman of the American Transport Association to protect “good Samaritan” doctors and other medical providers who volunteer to help in a medical crisis on board flights.

McKenas partnered with Rick Page, MD, PhD, an electrophysiologist at UT Southwestern Medical School, who reviewed every onboard shock event. That data analysis served as the basis of a medical research paper published in the *New England Journal of Medicine* in 2000.

The paper found that there had been 250 uses of AEDs by airlines from July 1997 to around December 1999, or about 7.6 uses per month. It was mostly used as a cardiac monitor. A total of 15 unnecessary flight diversions were avoided and 13 diversions were recommended because the AEDs’ monitoring tools and programing detected medical issues serious enough to order the plane out of the sky immediately. Out of 19 shock opportunities that grew out of those 250 uses, resuscitation was successful 11 times, or in 58 percent of the cases.

“These results, obviously, were far better than the 10-percent survival often seen from use in the field with paramedics on the ground,” says McKenas, who currently practices medicine part time with the Carrollton, TX, Fire Department, where he ensures firefighters are medically safe to perform their strenuous work and screens for illnesses prone to firefighters.

The following year, the Federal Aviation Administration mandated defibrillators on every aircraft within three years.

“Nobody wants to have a cardiac arrest, anywhere,” says McKenas. “But it’s arguable that the second-best place to be when you have one would be aboard a U.S. commercial aircraft (the best place, of course, would be in a hospital, already hooked up to a heart monitor).” ■

Telling Stories

FOR MALLORY ROWLEY '23, PRACTICING MEDICINE AND WRITING ABOUT IT ARE DEEPLY INTERTWINED.

Facing cancer is a life-altering experience, one marked by uncertainty, fear, and isolation. But for some patients, writing about their experiences and feelings provides a powerful coping outlet.

As a creative writing student at Colgate University, Rowley began writing about her experiences growing up with Crohn's disease. While working at Sloan Memorial Kettering Cancer Center as a breast surgery care coordinator, she began volunteering as a writing mentor for cancer patients, helping patients transfer their feelings and experiences to narrative work.

Now a third-year medical student at Upstate, Rowley has continued in that role, currently working virtually with three adult patients who all happen to have breast cancer. Rowley is also part of a team working to develop an app that could expand hospital writing programs nationwide. "The goal is to create an app that will be available to hospital systems seeking to engage patients in the writing community as part of their therapy. But we're only in the very early stages," she says.

Rowley's interest in the program was organic, as someone with a lot of experience as a patient. As a child with Crohn's disease, regular doctor appointments were the norm. While advances in medication have allowed her to be in remission since age 20, her eight years of illness left a permanent impact.

Rowley says she was always a creative kid who loved writing,

drawing, music, and dance. But her illness and lack of response to treatments at the time drew her to science. "I found myself spending increasing amounts of time combing journal databases. I scoured the literature for clinical trials or experimental therapies," she says. An inflammatory bowel specialist took an interest in her scientific inquiry and explained the risks and benefits of each treatment she discovered, an experience that piqued an interest in a career in healthcare.

"Having just presented my first paper, I realized there is not a lot of guidance for students on doing that. We've created a forum for students to be able to work on their public speaking skills within the science world and to make remarks concise so that people who aren't in your specific fields can understand it."

—MALLORY ROWLEY '23

Rowley graduated from Liverpool High School in suburban Syracuse as valedictorian of her class, then went to Colgate University, where she majored in molecular biology with a minor in creative writing. Because of her strong academic background, she was able to test out of most introductory-level classes and enter as a sophomore. She was also accepted into a pre-med program that would have allowed her to attend medical school at University of Rochester or George Washington University without taking the MCAT, an option she chose not to take.

"I started thinking about why I was pursuing this path," says Rowley. "Was it because I'd been a sick kid or was this really what I wanted to do with my life? With my molecular biology major, I was always in a lab doing research and felt removed from the humanities."

Her dualing interests were a constant balancing act, pulled between pursuing a career in science or screenwriting. At a routine medical check-up near the end of college, Rowley received an invaluable piece of guidance from her physician, who had attended medical school later in life himself after studying medieval renaissance literature. "Do not confuse science as being synonymous with medicine," he told her, "for one is more closely tied to the story of people."

After graduating magna cum laude, Rowley heard about a program at Sloan Kettering for recent college graduates that provides opportunities to shadow different aspects of healthcare while working in an administrative position. It seemed like a good fit.

Through mentorship from physicians, she realized she was drawn to working with patients and serving as a patient advocate. She also began volunteering with Visible Ink, working with pediatric patients in her spare time. "I saw much of their uncertainty and weariness in coping with their illness in an earlier version of myself," Rowley says.

In college, at the urging of her writing advisor, she'd veered from writing fiction to more personalized accounts of growing up with Crohn's disease and understood the power of narrative nonfiction.

But she was still a scientist, a background she realized some of her fellow employees working at the breast center did not share. Rowley started a peer-to-peer training program to teach the basics of breast cancer mechanism and terminology to fellow employees. "I could see that it was important to understand the terminology and cancer trajectory to properly do your job," Rowley says. Those efforts resulted in a Leadership Award from the Memorial Sloan Kettering Breast and Imaging Center in 2018.

Over time, Rowley's desire to become a physician became increasingly clear, and though her path to medical school wasn't linear, she says she's grateful for her five years of work experience and the direction that it provided.

As an Upstate medical student, Rowley has focused her interests toward reconstructive plastic surgery, an outcome of her experiences at Sloan Kettering. Although Upstate has no plastic surgery department, she has successfully created her own opportunities. She founded a Plastic and Reconstructive Surgery Interest Group and is involved in plastic surgery research projects at the Consortium on Advancement and Care of Research at Stanford University and at University of California-San Diego School of Medicine. She recently presented virtually on use of "Nipple-Sparing Mastectomies in Obese Patient Undergoing Staged Implant-Based Reconstruction" at a plastic surgery

conference and will present at another conference in Atlanta in October.

In addition to coursework and a robust research agenda, Rowley served as programming coordinator for the Docs for Tots Interest Group; served as president of the Upstate chapter of the American Medical Women's Association and is now program chair for the national board for medical students; is a board member of the Multi-Cultural and Student Inclusiveness Committee; serves as a College of Medicine interviewer; and as a student mentor to the Native American Student Association.

She is also co-founder and vice-president of the Scientific Communication Club. "Having just presented my first paper, I realized there is not a lot of guidance for students on doing that," she says. "We've created a forum for students to be able to work on their public speaking skills within the science world and to make remarks concise so that people who aren't in your specific fields can understand it."

Whether she ends up pursuing some combination of plastic surgery, oncology, or pediatrics, Rowley says she is committed to also combining her passion for writing, possibly as a medical correspondent or medical journalist as an adjunct to practice. "That creative outlet helps me connect to patients," she says.

A writer herself, Mallory Rowley helps cancer patients process their illnesses through writing.



CLASS NOTES

1956

Michael L. Del Monaco, of Raleigh, NC, writes "I miss New York."

Robert Penner, of Chula Vista, CA, won his second Telly Award with the Color Butler team, for his Labor Day video. He is an ophthalmologist that created the Color Butler app to help color vision defective individuals dress for success. The video focused on the importance of mask wearing during the pandemic in a fun, color-coordinated way. More information on Color Butler can be found at <https://colorbutler.com/> and the app can be downloaded from the Appstore for free.

1957

Bert G. Katzung, of San Rafael, CA, shares that Alice, his wife of 63 years, died in January. She was a medical librarian at SUNY Upstate. "In happier news, new editions were published of my books, *Basic and Clinical Pharmacology*, 15th edition, 2020, and *Pharmacology: Examination and Board Review*, 13th edition, 2021."

1958

George B. Jacobs, of Cape Coral, FL, received the Albert Nelson Lifetime Achievement Award from the Marquis Publication Board and a Top Spine Surgeon Award from Top Doctor. Thor, the Jacobs's German Shepherd, is too old to go on patrol but he still works as a service and therapy dog.



Rosanne Jacobs, wife of George Jacobs '58, with their dog, Thor

1963

Michael A. Kirsch, of Encino, CA, retired with his wife, Barbara. They celebrated their 60th anniversary last June at their home in Encino, all masked and distanced. They have three children and seven grandchildren and all is proceeding as hoped.

1965

Gary J. Havens, of Santa Monica, CA, shares that his granddaughter Serena Shah will be entering law school this fall. "Hopefully she will go into malpractice defense," he writes.

Thomas J. Stevens, of Boca Raton, FL, shares that his youngest daughter, Gerin, is a cardiologist at Northwell on Long Island and recently had her second child. "In spite of her working 60 hours a week, she made time for this pleasant surprise. Her oldest is seven," he writes. "Marny and I now spend our time between Boca Raton and Long Island to have some quality time with the youngest. Our other daughter, Jamie, has two children, both out of college. I retired in 2014 after 39 years of orthopedics. I volunteer at two clinics for the uninsured. Marny and I are in good health and play tennis and golf most days in Florida."

Stephen F. Wallner, of Evergreen, CO, writes "All I have to say is, I'm still on the right side of the grass."

Austin M. Pattner '66,

of Englewood, NJ, writes, "Forty-seven years in full-time practice. Continuing until I get it right."

1966

Susan E. Glasser and **Bernard D. Glasser**, of Los Angeles, CA, have been retired for quite some time. They are still boating and have two children and four grandchildren between 10 and 14. "It's been a rough year. No one has had Covid, all vaccinated and three of four grandchildren on their way with first doses. It makes them feel better."

John W. Petrozzi, of Haddonfield, NJ, had his third hole in one at his Florida winter club, Naples Grande Golf Club, in March. "I remain a high-handicap golfer, but mysteriously have had two other holes-in-one at my club in Haddonfield, NJ, Tavistock," he writes. "It definitely defies logic, but I am not complaining and definitely enjoying the game."

1968

Robert L. Bard, of New York, NY, received a Challenge Award for his appointment as medical advisor to Firefighters Against Cancer and Exposures.



Mark C. Rogers, of Miami, FL, continues his unusual career as an academic physician/MBA entrepreneur with the contract signing for the sixth edition of the eponymous Rogers' Textbook of *Pediatric Intensive Care*. It is his 13th book, including books translated to Japanese, Spanish, Portuguese and others. He has an endowed chair named for him at Johns Hopkins and an honorary degree from the University of Ljubljana (Slovenia) where he did a Fulbright. "It has been a rewarding academic career with dozens of students all around the world now caring for children on six continents in pediatric intensive care units." He received his MBA

Medical Alumni Foundation

UPSTATE
 MEDICAL UNIVERSITY
 COLLEGE OF MEDICINE



Dear Alumni and Colleagues,

As many of us have experienced, we sometimes feel like we are living in a quickening vortex of time, with days, weeks, months, and years flying by, sometimes wondering where the time has gone. I often take pause when I write down the year or celebrate another birthday, wondering how time has evaporated into memories. Over the past two years, my sensation of living in a rushed and contracted reality has only become more exaggerated, making me wonder how time has passed so quickly. I feel that my tenure as president of your Medical Alumni Foundation has come to pass without some of the opportunities I had so looked forward to, especially those involving various medical student milestones like the White Coat Ceremony, Reunion award and scholarship presentations, Match Day, and even Commencement. When I started my tenure, I imagined various statements I would make to the students to inspire and instill a humbled sense of professionalism and responsibility. Instead, I have been attempting to fulfill my responsibilities in a Zoomed and remote fashion.

Regardless of the adversity and life changing events we have all experienced, I have also witnessed the incredible resilience and adaptability of our students, our institution, and our medical community. The Medical Alumni Foundation board and staff have remained totally committed to the mission of the organization and have demonstrated superb stewardship of your ongoing financial support on behalf of deserving students.

It has been an honor to be the president of your Foundation and I thank you for the opportunity I have had to continue the work of past and future board members and officers. I will always remain personally and professionally committed to our current initiatives, including our Generation to Generation scholarship campaign and the Elizabeth Blackwell initiative. I continue to hear how appreciative the medical students are for the support and assistance provided by our alumni. I am hopeful that you will recognize the importance of the foundation on behalf of our students and will support our colleagues and providers of the future.

Sincerely,
 Bob Dracker, MD '82
 President, Board of Directors
 Upstate Medical Alumni Foundation

CLASS NOTES



Mark C. Rogers '69

at Wharton, which led to him becoming CEO of Duke Hospital, and his recruitment as the senior VP of the NYSE company PerkinElmer, which, under the name Celera, joined the National Institutes of Health in sequencing the human genome. In turn, this led him to the brand-new field (in the 1990s) of biotechnology and to founding companies that went public and that were responsible for drugs to cure acute promyelocytic leukemia as well as a series of other cardiac and pain products. "My experiences in college, particularly the ability to both be pre-med and major in the liberal arts, made me a lifetime student of culture and art which, fortunately, led to me fully enjoying the invitations and visits to more than 80 countries with my wife, as well as to educational adventures such as driving the Pan Am Highway from Canada to Santiago, Chile. Each visit to an exotic place required a reading about the history and the culture that I had learned to enjoy at Columbia," he writes. "My experiences at Upstate gave me the research credentials that led me to training at outstanding research institutions that began my somewhat unusual, but rewarding career."

1970

Charles S. Davis, of Drakes Branch, VA, writes that "It may be of interest to some classmates, a drug that I discovered, Dantrolene Sodium, is still after 50 years the only treatment for malignant hyperthermia. It is gratifying to know that

some effort in my lifetime actually meant something to the field of medicine."

Mark L. Wolraich, retired in 2018 and moved from Oklahoma to Torrington, CT, to be near sons in New York City and Boston. "We now live on a beautiful lake, Stillwater Pond," he writes.

Howard D. Wulfson, of Boca Raton, FL, writes "All is well. Carol and I have been married for more than 52 years. We are enjoying retirement in Boca Raton and have two wonderful grandchildren. We are looking forward to more travels after the pandemic allows."

1971

Rosemary Bellino-Hall, of Lawton, OK, is retired and splits time between Pine Island, FL, Holland, MI, and Lawton, and is fly fishing whenever possible.

1972

Philip R. Caropreso, of Keokuk, IA, shares that his first grandchild—a grandson—recently graduated from college and will be



Philip R. Caropreso '72 with his grandson, Matt



Stillwater Pond photo by Mark Wolraich '70

heading into the medical field. "It was a wonderful family experience," he writes.

F. David Rollo, of San Jose, CA, and his wife, Linda, were featured in the April 2021 magazine *The Villages Spotlight*. The article honored he and Linda's accomplishments during their amazing careers in the fields of medicine and music. David served as his class president at Upstate from 1968-1972. The article highlights David's life from high school baseball, to Harpur College, receiving his PhD, and his full scholarship at



F. David Rollo '72, with his wife, Linda

Upstate and a fellowship in nuclear medicine. He has co-edited eight textbooks and published more than 250 peer-reviewed articles. In addition, he made more than 500 presentations at various medical meetings. His clinical and research activities focused on non-invasive diagnostic procedures, including echocardiography, nuclear imaging, digital angiography and vascular imaging for CT, PET and MRI. Linda had a passion for music. She played the piano and harp and the article shares her amazing journey as a harpist. If you would like to receive the full article please email sguruwaiya@bestversionmedia.com

Michael A. Weiner, of Salisbury, CT, spent most of his career at the Vagelos College of Physicians and Surgeons of Columbia University and the New York Presbyterian Hospital. He was director of pediatric oncology for 20 years. He presently serves as the Hettinger Professor and vice chair of the Depart-

GERALD GOLDBERG, MD '78

Laser Treatment Pioneer

During his 37-year career, dermatologist Gerald Goldberg, MD '78, has pioneered the use of lasers, treating complicated conditions ranging from vascular birthmarks in children to extreme rhinophyma—a skin condition causing the nose to become red, bumpy, and bulbous, particularly in older men (ie, the “W.C. Fields nose”).

Certified in more than 25 laser modalities, Dr. Goldberg is considered one of the country's foremost experts in dermatologic laser surgery. In 2017, he received the Leon Goldman Memorial Award for excellence in laser medicine and in 2019, was awarded the Ellet H. Drake Memorial Award for innovative laser work, both lifetime achievement awards from the American Society for Laser Medicine and Surgery (ASLMS).

A native of suburban Syracuse, Goldberg graduated cum laude from Princeton University then attended Upstate Medical University, where he was elected to the Alpha Omega Alpha Honor Society. He completed his residency in pediatrics and fellowship in dermatology, both at the University of Arizona. He is a Fellow of the American Academy of Dermatology, the American Society of Laser Medicine and Surgery, and the American Society for Dermatologic Surgery, and past president of the Arizona Dermatology and Dermatologic Surgery Society.

Goldberg became interested in lasers early in his career as a means to treat birthmarks in babies and children. “From the beginning, I got involved in the intersection of pediatrics and dermatology, working with kids with birthmarks especially port-wine stains (PWS), which has become one of my passions,” he says.

He never touched a laser during his dermatology training, but in the mid 1980s, laser technology emerged as a means to ablate lesions, remodel skin, remove tattoos, and destroy blood vessels. Goldberg became an early adopter and then an expert, adding treatment modalities and innovative ways to use lasers as laser technologies advanced. “Not many people were doing laser treatment in the beginning,” he says.

While birthmarks such as PWS had long been considered disfiguring and untreatable without surgical excision, new technologies emerged with a new paradigm of “selective photothermolysis”: adjusting the wavelength, pulse duration, and power to ablate the target and not hurt the surrounding tissues. “Our goal is to try to get port wine stain birthmarks clear in the first year of life, when we can treat our infants without general anesthesia,” says Goldberg, founder of Pima Dermatology in Tucson, Arizona. “We do treatment most often in the office over multiple sessions, and in many cases, the birthmark can remain clear for a lifetime.”

Goldberg has played an active role in laser advancements, testing out new technology for manufacturers. “I have two new devices in my office now that I’m testing,” he says. “One of my favorite things is learning ways of doing things with newer devices, device combinations, and new ways to use old devices.”

Despite the early emphasis on pediatric laser procedures, Goldberg’s practice expanded through the years to offer an extensive array of dermatological medical, surgical and cosmetic services to patients of all ages. “It’s never boring,” he says. “I see babies and I see 100-year-olds. Who would ever think that a pediatrician would be taking care of fancy ladies’ wrinkles?”

At age 70, Goldberg is now practicing only two days a week, focusing almost exclusively on laser patients, teaching laser techniques to residents and fellows from University of Arizona Medical School, where he is clinical professor of dermatology and pediatrics. He has lectured in three languages on four continents over



Gerald Goldberg is a pioneer in dermatologic laser surgery.



his career, and most recently, has been giving Zoom lectures for residency programs across the country. He remains very active lecturing for the ASLMS, most recently sharing techniques through “Laser Video Pearls” that are posted on the ASLMS international on-line learning center.

Goldberg now has more time to devote to his many hobbies—he is an avid photographer, enjoys tennis, biking, travel, and spending time with his children and four grandchildren. His daughter is a public health consultant, and his son, also a dermatologist and dermatopathologist, works for a biotechnology firm studying markers aiding the diagnosis and prognosis for melanoma and squamous cell carcinoma.

“It’s been a very satisfying career caring for the whole spectrum of patients,” Goldberg says. “I now see the children of the kids I took care of early in my practice, which is kind of amazing.”

—Renée Gearhart Levy

CLASS NOTES



ment of Pediatrics. "I recently authored a book, that I would like to share with my classmates and the Upstate community, *Living Cancer: Stories of an Oncologist, Father, Survivor*. It details my view of cancer as a caregiver and my personal journey," he writes.

Stephen J. Winters, of Longboat Key, FL, retired as professor of medicine and chief of endocrinology at the University at Louisville and is now living on Longboat Key.

1973

Thomas L. Kennedy, of Danville, PA, retired from the department of otolaryngology/head and neck surgery at Geisinger Medical Center after 40 years, serving 18 years as chairman.

Leonard J. Parker, of Barrington, RI, and his wife, Ellen, celebrated their 51st anniversary in June. Their son, **Joshua A. Parker '04**, is a pediatrician in San Francisco and has two daughters, ages 13 and 16. Their son, Jonas, lives in Boston, has a PhD from Brandeis, and has two children, ages four and seven.

1974

David H. Adamkin, of Louisville, KY, received the Distinguished Alumnus Award from Ohio State University. He also received the Teaching Award from the American Academy of Pediatrics, perinatal section.

Marc Fisher, of Waban, MA, began his two-year term as president of the World Stroke Organization in November 2020.

1976

William N. Schreiber, of Woodbridge, CT, writes "Still loving what I do. Both of my sons are engaged and will marry within the year."

Robert Witriol, of Pittsford, NY, shares that in 2014 he had a radical prostatectomy for prostate cancer, his PSA < 0.1 since; in 2019, he had a surgical hydrocelectomy; in 2020, a repeat hydrocelectomy for recurrence of hydrocele; and in 2021 had bladder cancer (NMIBC-T1G3). "I am hoping the BCG permits me to keep it. My urologist tells me I am a urological potpourri. That pretty much sums it up."

1977

William R. Latreille, of Malone, NY, was re-elected as speaker of the Medical Society of the State of New York on May 1. He continues to play an active role in the outpatient medical practice at the University of Vermont Health Network, Alice Hyde Medical Center in Malone, NY, and will continue his internal medicine practice in Malone and at the Indian Health Center in Hogsburg, NY.

Mark S. Shulman, of Sudbury, MA, is currently clinical professor of anesthesiology at Tufts University School of Medicine. He recently retired as the anesthesia residency program director at the St. Elizabeth's Medical Center of Boston, a position he held for 14 years. "All of the Upstate graduates that I have trained in anesthesia over the years have been outstanding," he writes.



James L. Greenwald '78 and one of his last deliveries

1978

James L. Greenwald, of Syracuse, NY, stopped his office practice of family medicine in September 2020 after almost 40 years. He is still teaching in the Practice of Medicine course and gets to check in on his former patients while precepting residents in the Upstate Family Medicine Residency. To honor his work in running the Rural Medical Education Program for 13 years, the Upstate Foundation has established

the James L. Greenwald, MD, Rural Medical Scholars Program Scholarship Fund.

Stephen E. Presser, of Rochester, NY, writes "I hope my classmates are happy, healthy and safe. I still enjoy the practice of dermatology and Mohs surgery in Rochester. See you all in 2023."

Leon I. Rosenberg, of Cherry Hill, NJ, writes "To paraphrase a lecture from our first year, a professor said we should look to the left and the right and see if we would want our classmates to treat us. Our classmate **Eric Hume** deserves accolades. I went to see him (great bedside manner) for knee pain and my knees feel the best that they have in three years. Once again, I am walking upstairs two at a time. All else is going well. Caryn wants me to retire ASAP, and for our psychiatrist son, Jake, to take over the Center for Emotional Fitness in Cherry Hill, but I am still working—down to four days a week from eight days a week. I am soon to be published in *Psychopharmacology Bulletin* with a paper entitled "The HAM-D is Not Hamilton's Depression Scale." It was like writing a thesis; will see the fallout, if any, as the HAM-D is one of the two scales used in FDA-approved depression research studies, the main focus of my work these days. Feel free to call me at 866-DOC-LEON. I hope all is going well with all of our classmates and their loved ones."



Mark L. Moster '79, with his wife, Marlene R. Moster '79

1979

Mark L. Moster, of Merion Station, PA, is proud to report that his wife, **Marlene R. Moster** received the 2021 Outstanding Educator Award from the American Glaucoma Society and has been listed on the Power List of the 100 most influential women Ophthalmologists in the world by the journal, *The Ophthalmologist*.

1981

Diane M. Cavallaro, of Clinton, NY, is proud to announce that her son, Michael Miglietta, earned his RN nursing degree from Morrisville State College.

1982

Matthew D. Kuhn and his wife, Alyssa, say "Hi from Peoria, Illinois!" They have three children: Annabel, a psychiatry resident at Harvard; Andrew, a diagnostic radiology resident at Yale; and Alexis, a pathologist at Thomas Jefferson in Philadelphia; plus grandchildren Nathaniel, Finn, and Penelope.

Joseph A. Smith, of Hillsborough, NJ, sold his practice in January 2020. He is currently working for the Hunterdon Medical System in Central New Jersey and enjoying being an employee at age 65. After the sale, his wife, Fern, who was working as the administrator in their practice, retired. They are expecting their first grandchild by their oldest child, Rebecca, in August. Their middle child, Jennifer, was married in their backyard in November, and their youngest, son Danny, and his wife bought a brownstone in Brooklyn after living with them for nine months during the pandemic.

1984

Sallye R. Granberry-LaMont, is working and living in Brooklyn, NY. She has been practicing for 20 years at NYC Health & Hospitals/Woodhull, an affiliate of New York University School of Medicine. She is currently division chief of breast imaging.

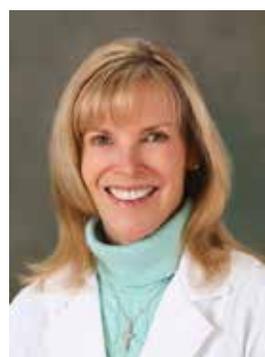
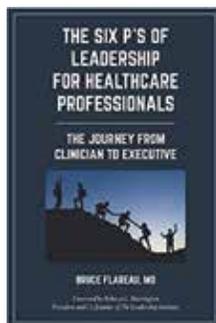
Holly Kent '84 retired from her ophthalmology practice and moved from Colorado to Tucson, AZ. "Enjoying it very much and making jewelry as a hobby and displaying it in a local gallery and on Etsy," she writes.

1985

Ralph S. Mosca, of New York, NY, is finishing up an Executive MBA at New York University Stern School of Business.

1987

Bruce Flareau, of Fort Myers, FL, is excited to announce the release of his latest book on leadership, *The Six P's of Executive Leadership: The Journey from Clinician to Executive*, which is available on amazon. "As an executive coach, I have seen many physicians struggle with their role transition from running a successful clinical practice into one of administrative responsibilities and operational leadership. This book is intended to help those clinicians with that journey."



Lisa A. Manz-Dulac '87

Lisa A. Manz-Dulac, of Grosse Pointe Farms, MI, is celebrating the 25th anniversary of her private practice, Eastside Dermatology, with two locations in Grosse Pointe Woods and Chesterfield. She has two other dermatologists and 25 staff working with her, and is on the faculty of the Trenton Beaumont Dermatology Residency program.

Jeanine M. and Peter J. Morelli, of East Setauket, NY, write, "We are grandparents! Our granddaughter, Ronan Morelli, was born January 30. She is healthy and thriving."



Peter J. '87 and Jeanine M. Morelli '87 with granddaughter, Ronan

CLASS NOTES

1989

Ronald C. Samuels, of Newton, MA, and his family had an exciting year despite Covid. "My middle child, Julie, graduated New York University and my youngest, Brian, will be starting college at UMass-Amherst!"

James T. Wilson, of Westport Island, ME, writes, "After being the sole pediatric neurosurgeon for all of Maine and half of New Hampshire for 25 years, I pulled up the tent stakes and retired at the end of 2020. My wife and I live in a small community on Westport Island off the coast of Maine and winter in southwest Florida. We have not forwarded our retirement addresses to any of the five kids we raised over the past 30 years! My wife writes screen plays, and I spend my days on the water in both Maine and Florida as a licensed fishing captain and a registered Maine Guide for big game hunters in the fall. I would love to hear from old Upstate friends that I have drifted away from, but never forgot."

Stephen R. Weinman, of New Paltz, PA, writes, "During a snowboarding outing I hit a tree and tore my achilles in half. It was surgically repaired and three days later I was back at FirstCare Medical Center on my sweet knee cart. I was in constant radio contact with **Bill Smith**, who reassured me I would be back on the slopes dragging my knuckles by next winter. Three months later, I am now walking again. Our medical center made it through the worst of Covid and now we are offering vaccines and still running our



Stephen R. Weinman '89

testing site but we are down from an average of 100 tests per day to 20. I feel like the end is in sight for Covid, especially if we can get more of our patients vaccinated."

1990

J. James Lewis, of New Canaan, CT, is happy to report that his daughter, Lily Ruth Lewis, graduated from the University of Illinois College of Veterinary Medicine on May 15, where she earned her DVM. "I am so proud of my daughter, now Dr. Lily Lewis!"

1991

David W. Dexter, of Sarasota, FL, is taking on a new position at Lakewood Ranch Medical Center in Bradenton to work as a general surgeon and to enhance their robotics and minimally invasive surgery program, after 21 years in Erie, PA. He and Patti are excited about the move and beginning their lives together on the Florida Gulf Coast. "Our daughter, Jen, lives a busy life in the shipping industry, and our son, Chris, remains

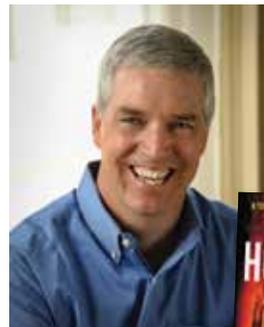
Mark Charlamb '91, of Skaneateles, NY, is happy to share that his son Jake will join Upstate Medical University in the class of 2025. "Third generation of Charlamb to attend," he writes.

in Erie as an emergency department registered nurse. We are proud of both our children and the choices they have made. Best wishes to the members of the class of 1991!"

Writes, <http://phogenkampvt.blogspot.com/>. He is also the creator, producer, and host of *Your Health Matters*, a health information program, which airs on cable television, streams on YouTube and sounds off on podcast. Peter was a finalist for the prestigious 2019 Killer Nashville Claymore Award and a top finalist for the 2020 Vermont Writer's Prize. He tweets against the wishes of his wife, four children, and feisty Cairn Terrier, Hermione, at @phogenkampvt. He can be reached at his Facebook page ([facebook.com/peterhogenkampbooks](https://www.facebook.com/peterhogenkampbooks)) and at peterhogenkampbooks@gmail.com

1993

Peter Hogenkamp, is a practicing physician, public speaker, and author of medical fiction and thrillers living in Rutland, VT. His writing credits include *The Intern*, April 2020; *The Vatican Conspiracy*, October 2020; and *The Vatican Secret*, April 2021. He can be found on his author website, <http://www.peterhogenkampbooks.com/>, as well as his personal blog, PeterHogenkamp-



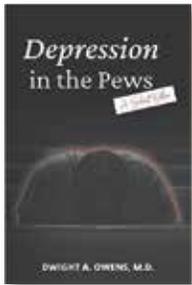
Peter Hogenkamp '93



James T. Wilson '89 and his wife, Meg, at Westport Island, Maine

1994

Dwight A. Owens, released his new book in May, *Depression in the Pews A Silent Killer*. He practices psychiatry in Atlanta, GA.



1997

Mutahar Ahmed, of Franklin Lakes, NJ, has performed more than 5,000 robotic urological cases. He is director of the Center for Bladder Cancer at Hackensack University Medical Center and associate professor of urology at Hackensack Meridian School of Medicine. He is now leading the way with single port robotic surgery, a truly revolutionary approach to complex surgery through a three cm incision. He spends his free time with his loving wife and four kids, ages 11 to 19, and has a new hobby of riding motorcycles with his fresh license.

1998

Pedro J. Del Pino, of Fayetteville, NY, was named director of robotic surgery at Oneida Health in 2021. He is a general and thoracic surgeon and has been partners with his brother since 1998.

Matthew R. DiCaprio, of Schenectady, NY, founded SarcomaStrong in 2014 to raise awareness of sarcoma, advocate for sarcoma families, and raise funds for research. In 2020, in response to the pandemic, SarcomaStrong's typical 5k run/walk event in Albany, NY, grew to a global virtual event celebrated in 14 countries and 40 states. To date, \$500,000 has been raised to fund sarcoma research. For more information visit www.SarcomaStrong.com/run.



The SarcomaStrong Run

1999

James J. Flynn, of Conantia, NY, sends "Best wishes."

2002

Rebecca L. Bagdonas, of New York, NY, left the New York Eye and Ear Infirmary of Mt. Sinai after 11 years and started her own anesthesiology practice, Bagdonas Anesthesiology. She covers plastic surgery, GI, and ophthalmology offices and surgery centers in New York City. "It has been wonderful to set my own schedule and spend more time with my three daughters," she writes.



Rebecca L. Bagdonas '02 with her husband and three daughters

2006

Jason L. Freedman, and his husband Neil Patel of Philadelphia, PA, introduce Elijah Prem Patel-Freedman, born June 1 at 1:17am. "He weighed in at 7lbs, 1oz and is 19.5 inches of amazingness," he writes. "Eli has already brought us incredible joy and smiles and we can't imagine our life without him. Prem, pronounced Prame, means 'love' in Gujarati and is in honor of Neil's late mother, Prafulla. We can't wait for him to meet fellow alumni at future Upstate events!"



Neil Patel and Jason L. Freedman '06 with their son, Elijah Prem Patel-Freedman



CLASS NOTES

Glenn E. Groat and **Anne Marie Termaine**, of Naples, FL, share that Glenn became a partner at his radiology practice, Radiology Regional in Naples.

2007

Jeremy M. Liff, of New York, NY, was appointed director of neurointerventional surgery at St. Francis Hospital in Roslyn, NY.



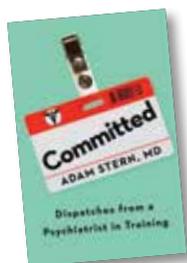
Jeremy M. Liff '07 (center)

2008

Vikram Garg, of Charlotte, NC, recently joined Novartis Pharmaceuticals as a regional medical director for rheumatology in April.

2010

Adam P. Stern, of Newtonville, MA, has a new book *Committed: Dispatches from a Psychiatrist in Training*, released by Houghton Mifflin Harcourt on July 13.



2015

Devin R. Halleran, of Syracuse, NY, recently matched into pediatric surgery fellowship at Oregon Health and Science University in Portland.

2018

Julie C. Henderson and **Matthew Ringer**, of New Haven, CT, were married on May 29 in Fairfield, CT.

2020

Katherine C. Frega, of Cazenovia, NY, was married to Captain Morgan P. Gaffey in August 2020 in Cazenovia. She is a resident in OB/GYN at Upstate. Morgan is an active duty officer in the U.S. Army. The couple met at Syracuse University as undergraduates.



Bridesmaid Kendal M. Glynn '20 and bride Katherine C. Frega '20

2021

Thomas A. Bedard, of Syracuse, NY, was married to Nicole Turcotte on May 28 at The Bradford in New Hill, NC.



Thomas A. Bedard '21, with his wife, Nicole Turcotte

Carina Hernandez, of Syracuse, NY, was married to Robert Zapesochny in Rochester, NY, on May 28.



Carina Hernandez '21, with her husband, Robert Zapesochny

Residents

Richard H. Strauss, of La Crosse, WI, writes "**Jeff Thompson, Mike Barrett**, and I will be skiing the 26 km Kortelopet next February in Cable, Wisconsin. The Kortelopet is the event partner with the American Birkebeiner, a 50-54 km north woods cross-country skiing event established in 1973. Some 10,000 skiers participate in these cross-country skiing events well-known around the world. Thompson, Barrett, and I were pediatric chief residents at Upstate in 1981-82, 1982-83, and 1983-84, respectively. If we manage to succeed in this effort, we will send a photo next year."

Mark M. Tavakoli, of Birmingham, AL, writes "My third-year residency was one of the best years in my life, in spite of the cold winter and walking 10 miles from my condo to get to the hospital, a memory I will never forget. I moved to Alabama to join the Department of Anesthesiology faculty at University of Alabama, had a great career, and finally retired in 2019 after practicing for 50 years. We just had our first grandbaby and hope to have more."

Andrij R. Wojtowycz, of Syracuse, NY, was conferred a Fellow of the American College of Radiology on May 16.

MARISSA MORRIS MINCOLLA '08, HS '13, AND MICHAEL MINCOLLA '08

Making Medical History

As physicians, it's not surprising that Michael '08 and Marissa Mincolla '08, HS '13, have followed the data on the Covid-19 vaccine closely. It's been important for Michael, a family practitioner in East Syracuse, New York, to have the most current information to advise patients. And Marissa is a radiologist at Upstate Medical University, which is a Pfizer clinical trial site and incubator for cutting-edge Covid-19 testing protocols.

But the Mincollas are also parents, and so their interest has been personal. "If there's any way possible to prevent your child from suffering, then that's what we are going to do," says Marissa.

That's why both of their children have participated in clinical trials of the Pfizer Covid-19 vaccine at Upstate, one of only four sites in the world testing the vaccine on children under age five. Baby Enzo was part of the Phase 1 trial, which established the proper dosage, making history in May as the youngest recipient to become fully vaccinated at eight months old. His four-year-old sister Mariella was vaccinated in June in Phase 2 of the trial.

Both physicians say they felt confident about having their children vaccinated. "No hesitation whatsoever," said Michael Mincolla. "I've been following the studies very closely in the adults. I've been following the science very closely when they started doing phase one trials."

Currently, the FDA has approved the Pfizer vaccine for adolescents 12 and up. Clinical trials underway at Upstate are studying the vaccine for children 5 to 12 and for those five and under. Michael Mincolla believes that safety concerns over the vaccine have overshadowed the health risks caused by Covid-19, in particular, Multisystem Inflammatory Syndrome in Children, or MIS-C. Last October, he had a young patient with MIS-C who spent three weeks in the ICU. "It was extremely scary for the family, and I thought, 'If I could prevent this in my family, I would,'" he recalls.

The Mincollas say Enzo had no noticeable reaction to either of his two vaccinations and they encourage other parents to get their children vaccinated when it becomes available. "We both feel it's important to end this pandemic, and the quickest and safest way is to vaccinate our way out of it," Michael says.

"It not only protects the child, [vaccination] protects your family, and it protects everyone else around you," adds Marissa.



Michael '08 and Marissa Mincolla '08, HS '13 with children Mariella and Enzo

Michael and Marissa met in high school and both attended LeMoyne College with aspirations of pursuing medical careers. They were each accepted to Upstate during their sophomore year through the Early Assurance program. They attended the College of Medicine together and were married in their fourth year. Marissa remained at Upstate for her radiology residency, while Michael completed his family medicine residency nearby at St. Joseph's Health Center.

Another reason the Mincollas have followed Covid-19 vaccine development so closely is because Michael was diagnosed early in his career with common variable immunodeficiency. So, while Michael and Marissa both received the Pfizer vaccine, Michael did not develop antibodies for the virus. For years, he has received routine monthly intravenous gamma globulins (IgG) that provide antibodies to common viruses. Pharmacists have told him he can expect Covid-19 antibodies to start showing up in his regular infusions in another year, and pharmaceutical companies are also working to develop a Covid-19 IgG. In the meantime, they continue to take full precautions: wearing masks, getting groceries delivered, and limiting social activity.

In his practice, Michael says he sees less vaccine hesitancy among young people than their parents. "I think they are less influenced by the politics surrounding the vaccine," he says. "They want to get back to normal and they realize vaccines are the way to do that. They want to do their part."

Marissa says she feels extremely fortunate to live in the Syracuse community and have access to the clinical trials. "Upstate is at the forefront of science and technology related to Covid-19," she says. "We're lucky to have had this opportunity for our children."

—Renée Gearhart Levy



Enzo receiving his Covid-19 vaccine

I N M E M O R I A M

1948

THOMAS NICHOLAS GIGANTELLI, of Syracuse, NY, died February 18. Dr. Gigantelli served his country in the U.S. Navy, retiring from service with the rank of captain. He practiced medicine where he was raised on the Northside of Syracuse. He was associated with St. Joseph's Hospital, where he held several positions including chief of medicine and head of family practice. He retired from medicine at the age of 72. Gigantelli was survived by his daughters, Mary Beth, Toni Ann, and Sue; sons Joseph and John; 12 grandchildren; and 11 great grandchildren.

1955

ELEANOR M. LUCE, of Oakland, CA, died September 2, 2020. Dr. Luce completed a psychiatric residency at Mt. Zion Psychiatric Clinic. She was a distinguished East Bay psychiatrist and specialized in child and adolescent psychiatry, working in private practice and at various institutions. She worked at Richmond Mental Health Clinic, at U.C. Berkeley's Student Health Clinic for 15 years, and at La Cheim therapeutic schools, where she was revered. In 1974, she founded a therapeutic nursery school and practiced until her retirement in 2009 at the age of 80. Luce was survived by her son, Brandon; daughter Kitty; and five grandchildren.

1956

EDWARD L. KLAIBER, of Portland, ME, died on January 31. Dr. Klaiber trained at King County Hospital in Seattle and completed a fellowship in endocrinology in Syracuse. He and his wife worked together at his private medical practice, which served patients in the greater Worcester area until 2013. Klaiber was a leading researcher and clinician in the field of psychoneuroendocrinology, he wrote more than eight chapters in medical texts and had 60 peer-reviewed articles published. In 2010, he authored the book *Hormones and the Mind*, which detailed key findings of his research and presented them in layman terms. He was survived by his wife, Jeanne; daughter Carrie; sons Steve and Rob; and three grandchildren.

1958

RONALD J. DOUGHERTY, of Liverpool, NY, died May 10. Dr. Dougherty interned at St. Joseph's Hospital and completed his surgical residency at Upstate. He served in the U.S. Army Medical Reserves, obtaining the rank of first lieutenant. He opened his family practice in 1960 in Brewerton, NY. He delivered 2,000 babies, made house calls, and rounded at the hospital. He was a member of the American Board of Family Practice and the American Society of Addiction Medicine and was a Fellow of the American Academy of Family Physicians. Dougherty served as Medical Director of Pelion, Benjamin Rush, Maxwell House, Harbor Lights, Insight House, Tully Hill, Crouse Irving Memorial and St. Mary's substance abuse programs. He served on the medical staff of St. Joseph's Hospital, Crouse Irving Memorial, and Upstate University Hospital. He did extensive medical research in the field of addiction medicine and was recognized by the DEA for his tireless efforts to reschedule hydrocodone to schedule II. Dougherty was survived by his daughters, Maureen, Heather and Erin; two grandsons; and one unborn great-grandchild.

JOHN KEVIN DRUMM, of Bloomfield Hills, MI, died August 10, 2020. Dr. Drumm served his country in the U.S. Air Force as a flight surgeon for three years before being honorably discharged. In civilian life, he worked as a radiologist at South Macomb Hospital for more than 40 years. He remained at the forefront of MRI and CT scan technology and innovation until he retired in 1995. Drumm was survived by his wife, Jeannette; sons Mark, Gregory, and Scott; daughters Kathleen and Karen; and nine grandchildren.

PAUL M. FINE, of Omaha, NE, died January 15. Dr. Fine taught and worked with devotion to the interests of children and their families. He was recognized nationally and internationally for his pioneering research and sensitive application to meet the development needs of children in foster care as well as those who had been disrupted by displacements. Fine's commitment to community care motivated 20 years of weekly trips to the Omaha Nation to work with children in need. He was a mentor to generations of child psychiatry trainees at Creighton University and University of Nebraska Medical College (UNMC), as well as to community mental health and child wel-

fare professionals. He was professor emeritus at Creighton University and UNMC, and a Distinguished Life Fellow of the American Psychiatric Association and American Academy of Child and Adolescent Psychiatry. Fine was survived by his wife, Sally; son Steven; daughter Kathryn; step-children Stephen, Michael, and Elisabeth; and grandchildren and great-grandchildren.

1960

RONALD A. NAUMANN, of Jamesville, NY, died May 4. Dr. Naumann was a neurosurgeon and practiced at St. Joseph's Hospital and Community General Hospital. His career brought him enormous satisfaction through the service he offered his patients and the enriching relationships he cultivated with his mentors and colleagues. Naumann was survived by his children, Melanie, Paul, Robin, and Katrin; and nine grandchildren.

1963

EDMUND E. LEWIS, of Desmet, ID, died in 2021. Dr. Lewis was survived by his wife, Catherine, and family.

RICHARD F. SEIDNER, of Fayetteville, NY, and Palm Beach Gardens, FL, died February 13. Dr. Seidner was a family medicine doctor that practiced in the Syracuse area for more than 50 years. He was the first graduate of St. Joseph's Hospital internship and residency program. He was a member of Alpha Phi Omega fraternity and the U.S. Army Reserves. Seidner was survived by his wife, Bette Linda; sons Adam and Jacob; daughter Andrea; and four grandchildren.

1964

DONALD WORLOCK CURTIS, of West Henrietta, NY, died December 20, 2020. Dr. Curtis was a U.S. Navy veteran. He practiced medicine at the Genesee Health Service at Genesee Hospital. Curtis was survived by his daughters, Marie, Sharon and Trudy; and five grandchildren.

1994

LOUIS HAMILTON VANSLYKE, of Rome, NY, died March 24. Dr. VanSlyke served in the U.S. Army as a first lieutenant and served an internship at Walter Reed Medical Center. He was promoted to the rank of captain, then served two years as an artillery division surgeon at Fort Carson, CO. After an honorable discharge, he completed a residency in diagnostic radiology at Upstate Medical University. He then returned to Rome and joined the staff of Rome Memorial Hospital as an attending radiologist, where he worked until his retirement as radiology department chairman. VanSlyke was survived by his wife, Christine; son **John '90** and daughter-in-law **Stacia '90**; daughters Juliet and Andrea; and five grandchildren.

STEPHEN R. LAUTERBACH, of Las Vegas, NV, died March 19. Dr. Lauterbach completed his residency in general surgery at Strong Memorial Hospital in Rochester and his fellowship in vascular and endovascular surgery at Massachusetts General Hospital/Harvard Medical School. He worked in private practice in Los Angeles, CA, for eight years then returned to Central New York and practiced in Utica and then Binghamton. He later became medical director for Xablecath, Inc. in Salt Lake City, UT, promoting new technology focused on improving patient care in the treatment of peripheral vascular disease. He was survived by his son, Theodore; and his parents, Margaret and Richard Lauterbach.

EDWARD AUSTIN, of Mt. Lebanon, PA, died on October 6, 2018. Dr. Austin received his medical degree from the University of Vermont School of Medicine. He served in the U.S. Navy Medical Corps as a second lieutenant. He did his residency at Upstate in obstetrics and gynecology, began his private practice in Hyannis, MA, in 1968, then moved to Pittsburgh in 1972 and practiced for 46 years. He was survived by his wife Susan; sons Christopher and Robert; and four grandchildren.

PAUL BEDROSSIAN, of Livermore, CA, died May 30, 2020. Dr. Bedrossian earned his degree from University of Geneva in 1954. He completed his residency in ophthalmology at Upstate and served on the clinical faculties of both Upstate and Downstate Medical Centers in New York. He lived in Freeport, NY, from 1963 to 2013 and practiced ophthalmology and served at South Nassau, Mercy and Hempstead General Hospital and at the A. Holly Patterson Home for the Aged. Bedrossian was survived by his son, Peter.

THEODORE F. THOMAS, of New Hartford, NY, died March 11, 2018. Dr. Thomas completed his medical residency training at Hartford Hospital, Hartford, CT. He then had two years of active duty in the U.S. Air Force as a captain, followed by three years residency training at Upstate. He entered private practice of internal medicine in Utica. He later moved his practice to New Hartford, NY, and practiced there until September 1998. Thomas was survived by his wife, Barbara; her daughter, Regina; his five children: Jerry, Richard, Christine, Roderick and Lynn; and grandchildren.

1968

IRA IAN BERGER, of New Vernon, NJ, died January 1, 2019.

1976

BYRON H. CHESBRO, of El Paso, TX, died February 21, 2018. Dr. Chesbro completed his residency in internal medicine at the Medical University of Ohio in Toledo. He completed his fellowship, subspecializing in oncology, at the National Cancer Institute of the National Health Institute in Bethesda, MD. He was inspired to pursue a career in oncology after his brother-in-law passed away from cancer. In 1981 he began his medical practice in El Paso with Dr. Ekery and later joined Texas Oncology, where he practiced oncology until he left for the Mayo Clinic for surgery. Chesbro was survived by his wife, Melissa; son Eric; daughters Rhoda, Sara, Sarah-Elena and Kaylee; and four grandchildren.

1990

DENISE I. DINO, of Penfield, NY, died February 14, 2020. She was survived by her daughter, Caity; son Liam; their father Tim Murphy; and two grandchildren.

Residents

ROBERT R. ABBE, of Alameda, CA, died February 23. Dr. Abbe attended the University of Rochester Medical School and completed residency in surgery at Upstate. He was drafted in the U.S. Navy in 1964 and stayed for 30 years reaching the rank of captain. He served tours of duty in Vietnam aboard the hospital ship USS Sanctuary and in the Persian Gulf aboard the hospital ship USNS Mercy. He was deployed again on the Mercy on a friendship mission to the Philippines, where he treated residents of the remote islands who had never seen a doctor. Abbe was a general surgeon and spent the majority of his career at Naval hospitals in Great Lakes, Illinois, and Oakland as a practicing physician, hospital administrator, and medical educator. As chief and director of the residency program at Great Lakes, he launched the careers of scores of Navy surgeons. He was awarded numerous decorations, medals, and citations, including the Expert Pistol Ribbon. On retirement from the Navy in 1995, he was awarded the Navy Achievement Medal. Abbe was survived by his wife, Jean; daughters Ruth and Jennifer; and four grandchildren.

Mystery Photos

Can you identify the people in these photos and when they were taken? Let us know! If you can solve any of these mysteries, email us at medalum@upstate.edu



Coming Soon To A City Near You!



While many Upstate students remain in Central New York for residency, others head to training sites across the country. Here's where the Class of 2021 will begin their residencies on July 1.

ARIZONA

Arizona Health Science Center
University of Arizona College of Medicine, Phoenix

CALIFORNIA

Alameda Health Systems, Highland Hospital
Cedars-Sinai Medical Center
Kaiser Permanente-Los Angeles
Kaiser Permanente-San Diego
Stanford University Programs
UC Davis Medical Center (2)
UC San Diego Medical Center
UC San Francisco
UCLA Medical Center

CONNECTICUT

Middlesex Hospital
University of Connecticut School of Medicine (2)
Yale-New Haven Hospital (2)

DELAWARE

Christiana Care (2)

DISTRICT OF COLUMBIA

Kaiser Permanente Washington
MedStar Washington Hospital

FLORIDA

Mayo Clinic School of Graduate Medical Education
University of Miami/Jackson Health System

GEORGIA

Emory University School of Medicine

INDIANA

Indiana University School of Medicine (2)

MAINE

Maine Medical Center (2)

MARYLAND

Johns Hopkins Hospital (2)
University of Maryland Medical Center (2)

MASSACHUSETTS

Brigham and Women's Hospital
Cambridge Health Alliance
Childrens Hospital Boston
St. Elizabeths Medical Center
University Massachusetts Medical School (3)

MISSOURI

University of Missouri-Kansas City Programs

NEW HAMPSHIRE

Dartmouth-Hitchcock Medical Center

NEW JERSEY

Jefferson Medical College
Rutgers-R.W. Johnson Medical School

NEW YORK

Albany Medical Center (7)
Albert Einstein College of Medicine (2)
Institute for Family Health-Harlem Mt Sinai
ISMMS Mount Sinai Hospital (4)
ISMMS Mount Sinai Morningside-West
ISMMS Mount Sinai South Nassau
Jamaica Hospital Medical Center
Lincoln Medical Center (3)
Montefiore Medical Center/Einstein (5)
NYU Grossman School of Medicine (6)
Richmond University Medical Center
St. Josephs Health (5)
Stony Brook Teaching Hospitals (11)
SUNY Health Science Center Brooklyn
SUNY Upstate Medical University (27)
University of Rochester/Strong Memorial Hospital (16)
Zucker School of Medicine-Northwell Cohen Childrens (2)
Zucker School of Medicine-Northwell Mather Hospital (2)
Zucker School of Medicine-Northwell Plainview Hospital
Zucker School of Medicine-Northwell Staten Island University

NORTH CAROLINA

Duke University Medical Center
Southern Regional AHEC
University of North Carolina Hospitals (2)

OHIO

Case Western/MetroHealth Medical Center
Case Western/University Hospitals Cleveland Medical
Christ Hospital
University of Cincinnati Medical Center (3)

PENNSYLVANIA

Geisinger Health System
Hospital of the University of Pennsylvania
Temple University Hospital (2)
Thomas Jefferson University
UPMC Medical Education (7)

RHODE ISLAND

Rhode Island Hospital/Brown University (3)

SOUTH CAROLINA

Medical University of South Carolina (2)

TENNESSEE

University of Tennessee Health Science Center
Vanderbilt University Medical Center

TEXAS

Baylor College of Medicine
HCA Medical City Healthcare
John Peter Smith Hospital
University of Texas Medical School

UTAH

University of Utah Health (2)

VIRGINIA

Naval Medical Center
Riverside Regional Medical Center
University of Virginia
Virginia Commonwealth University Health System

WASHINGTON

Swedish Medical Center

WISCONSIN

Medical College of Wisconsin Affiliated Hospitals
University of Wisconsin Hospital and Clinics



UPSTATE MEDICAL ALUMNI FOUNDATION

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An evening with good friends and fellowship in Beverly Hills

The Medical Alumni Foundation will be scheduling alumni events for 2021-22. Watch for one near you like the one pictured here, taken May 4, 2021.

Medical Alumni Foundation Executive Director Paul Norcross, Upstate President Mantosh Dewan, MD, Ilona and Robert Eitches, MD '78, their son-in-law Arun Ramachandran, MD '10, and their daughter Sari Eitches, MD '10