

The background of the cover is a photograph of three surgeons in an operating room. They are wearing blue scrubs, blue bouffant caps, and masks. They are focused on a surgical site, which is illuminated by bright overhead lights. Surgical instruments are visible on a tray in the foreground. The overall tone is professional and clinical.

# UNM

# medicine

SPRING 2018

THE UNIVERSITY OF NEW MEXICO SCHOOL OF MEDICINE ALUMNI MAGAZINE

## ROBOT-ASSISTED SURGERY 10 YEARS OF TECHNOLOGY IN THE O.R.

ALSO IN THIS ISSUE

### **Battling Burnout**

*Finding Ways to Help Medical  
Students and Doctors Cope*

### **Time Out for Treatment**

*Care for Miners Suffering  
From Black Lung Disease*



*"Being a mentor allows me to  
give back to the best part of  
my learning experience."*

*- Steven Hartman, MD*

*Alumnus, Class of 2008*

*Community Faculty Member*

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## MANAGING EDITOR

Michael Haederle

## ART &amp; DESIGN

Jana Fothergill

## CONTRIBUTING WRITERS

Luke Frank, Laura Hall,  
Keiko Ohnuma, Lori Peterkin,  
Kara Leasure Shanley

## CONTRIBUTING PHOTOGRAPHERS

Luis Izquierdo, Jett Loe,  
Raymond Mares, Rebecca  
Sauerwein

## DEAN'S OFFICE

Paul B. Roth, MD, MS  
Chancellor for Health Sciences  
CEO, UNM Health System  
Dean, UNM School of Medicine

## CONTACT

UNM School of Medicine  
Advancement & Alumni  
Relations  
MSC 08 4720 Fitz Hall #182B  
1 University of New Mexico  
Albuquerque, NM 87131-0001  
505.272.5112

<http://som.unm.edu/alumni>

## SUBSCRIPTION INFORMATION

[unmsomalumni@salud.unm.edu](mailto:unmsomalumni@salud.unm.edu)

## EDITOR EMAIL

[mhaederle@salud.unm.edu](mailto:mhaederle@salud.unm.edu)

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## TABLE OF CONTENTS

## 6 COVER STORY

## Singular Surgery

Urologist Satyan Shah marks a decade with the DaVinci Robot



## 9 OCCUPATIONAL VOCATION

Program founder Terry Crowe retires after 26 years

## 10 BALM FOR BURNOUT

Liz Lawrence teaches self care to students and alumni



## 12 BREATHING A LITTLE EASIER

Pulmonologist Akshay Sood treats black lung disease

## 14 FOUR CORNERS LEGACY

Sugar Singleton's special partnership with her patients



## 16 POSTCARD FROM ANGOLA

Surgical resident Rebecca Sauerwein practices her skills in Africa

## 21 PICTURE PERFECT

Medical student Ellen Hatch documents lives touched by homelessness

## 23 GOLDEN GRAD

Orthopedist Jon Wang looks back on a half century of practice

## 24 NEW ENDOWED PROFESSORSHIP

Pediatrics position created in memory of Sue Tully

## 27 LA TIERRA SAGRADA SOCIETY

New officers elected at annual meeting

## DEPARTMENTS

## 2 LETTER FROM THE DEAN

## 3 AT A GLANCE

Joanna Fair named GME dean  
Match Day 2018  
Jodi Casados and Levi Maes return home to Tierra Amarilla

## 5 IN THE NEWS

## 18 LIFE'S WORK

Kim Page

## 19 RESEARCH REVIEW

## 20 STUDENT AFFAIRS

Julia Dexter

## 28 CLASS ACTS

## 30 IN MEMORIAM

## 32 BACK STORY

David Rakel



# LETTER FROM THE DEAN

We devote much time and attention in the School of Medicine to equipping our students with the knowledge and skills they will need to provide superb care for their patients. As each new class graduates and heads off to residency, I feel great pride and satisfaction from knowing that we have done everything we can to prepare them to adapt to a rapidly changing health care environment.

But I also feel a measure of trepidation, because I know that physicians are finding it increasingly difficult to do their jobs – in part because of these very same changes. Most physicians are drawn to this career by a sense of calling, but they often find themselves buffeted by forces beyond their control.

Many practitioners must shoulder heavy caseloads in the name of greater efficiencies while meeting onerous record-keeping requirements that diminish the time they get to spend with their patients. Many doctors report that they miss the satisfaction that comes from interacting with their patients and knowing they have made a difference.

It is no surprise that many are succumbing to stress – and an accompanying loss of motivation. By many accounts, around half of U.S. physicians report feeling burned out today. This surely has adverse consequences for these physicians as individuals, as well as for their patients.

The good news is, the topic of physician burnout is finally receiving some long-overdue attention, both locally and nationally.

In our School of Medicine, Elizabeth Lawrence, MD, is director of the Office of Physician and Student Wellness. Together with Eileen Barrett, MD, the wellness director for Graduate Medical Education, Dr. Lawrence is working to promote greater understanding of physician well-being, and how closely tied it is to providing high-quality patient care.

She is helping to spread the word about a broad range of resources that teach crucial self-care skills to help cope with stress and build resiliency. You can read more about Dr. Lawrence's work with medical students, residents, faculty and alumni physicians in this issue of *UNM Medicine*.

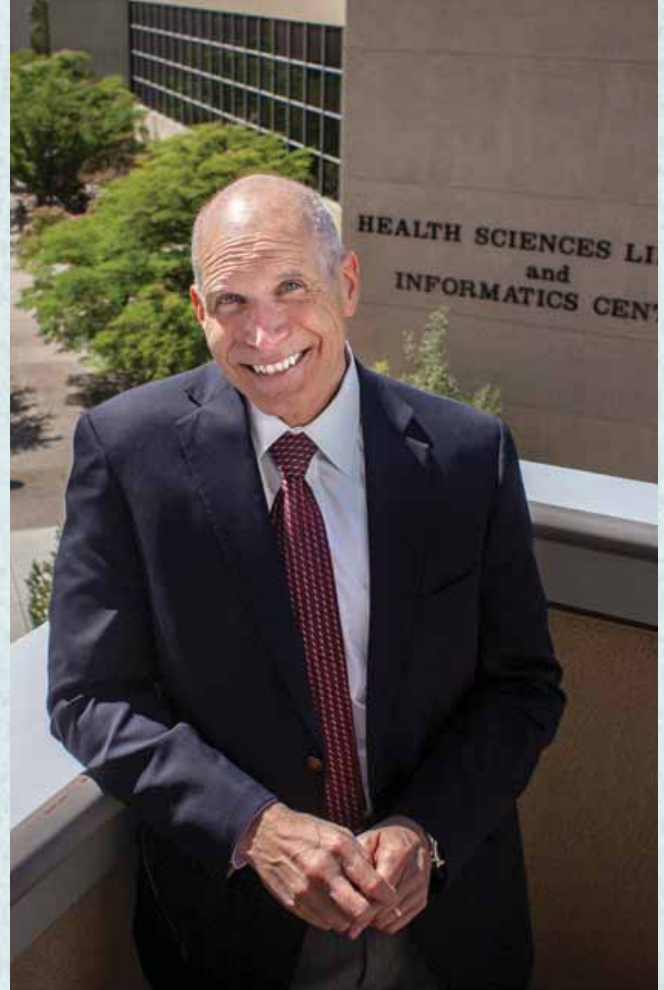
You'll also find a thoughtful essay by fourth-year medical student Julia Dexter, who describes the challenge of confronting – and overcoming – her disillusionment with some problematic aspects of medical practice.

These voices are part of a larger conversation that I believe we as physicians must have about how to respond to the changes confronting our profession. We owe it to ourselves – and our patients – to do so.

With Warm Regards,



Paul B. Roth, MD, MS  
Chancellor for Health Sciences  
CEO, UNM Health System  
Dean, UNM School of Medicine





## JOANNA FAIR ASSUMES GME LEADERSHIP ROLE

Joanna Fair, MD, has been named the School of Medicine's associate dean for Graduate Medical Education and its Designated Institutional Officer.

Fair is an associate professor and vice-chair for education in the Department of Radiology, where she has also served as program director for the Diagnostic Radiology residency since 2014. She has also been the section chief for Nuclear Medicine since 2010.

Fair received her BA in chemistry from Rice University, her PhD in chemical physics from the University of Colorado and her MD

from Washington University in St. Louis, where she was elected to the Alpha Omega Alpha Honor Medical Society. She completed a diagnostic radiology residency at UNM and a nuclear medicine residency at Washington University in St. Louis. She has been a UNM faculty member since 2009.

The School of Medicine is home to 19 residency and 37 fellowship programs, with 603 learners. Fair replaces current GME associate dean and DIO Betty Chang, MD.

"We are indebted to Dr. Chang for her service to the School of Medicine," said Executive Vice Dean

Martha Cole McGrew, MD. "She has demonstrated strong and clear leadership at a time of much change and transition in GME."

Fair will work with program directors to enhance the wellness activities for residents and create opportunities to teach them to be excellent teachers, said Craig Timm, MD, senior associate dean for education.

"Our aim is to develop highly competent and caring physicians with a focus on the physician workforce for New Mexico." ❄️

## A PERFECT MATCH

### STUDENT RESIDENCY AND AWARDS CEREMONY

Students in the School of Medicine's Class of 2018 gathered together with friends and family members at UNM's Student Union Ballroom on the morning of March 16, anxiously waiting to learn where they had matched for residency.

The tension built as they heard welcoming remarks from Dean Paul B. Roth, MD, MS, Craig Timm, MD, senior associate dean for education, and Sheila Hickey, MD, associate dean of students.

It was prolonged as a variety of awards were handed out, but then – at long last – there was relief (and cheers) as the 92 students learned where they had matched at locations across the U.S.

This year's graduating class was notable for its diversity. Thirty-four percent were from groups traditionally under-represented in medicine – Hispanic, African American or Native American – and 15 members were part of the Combined BA/MD Program.

"The diversity of your class is in many ways a reflection of the diversity of our state," Roth said. "New Mexico's vibrant and varied cultures are its strength. I'm optimistic that in the future many of you will practice here, helping to improve our population's health for decades to come." ❄️





# MOUNTAIN MEDICINE

## ALUMNI RETURN TO THEIR RURAL HOMETOWN TO PRACTICE



*Levi Maes and Jodi Casados have practiced in Tierra Amarilla for two years.*

BY MICHAEL HAEDERLE

The high mountain valleys of northern Rio Arriba County are known for stunning vistas, from the Brazos Cliffs looming in the east to the snowcapped San Juan peaks rising just across the border in Colorado.

But it can be a complicated place to practice medicine.

Just ask Jodi Casados, MD '04, and Levi Maes, MD '07, the full-time physicians at La Clinica del Pueblo de Rio Arriba, a Federally Qualified Health Center in Tierra Amarilla serving 7,000 or so local residents (along with the thousands of tourists who flock to the area in the summer).

"We really do cradle-to-grave here – geriatrics, trauma, urgent care," Casados says. "We're the only clinic for at least a 60-mile radius."

But Casados and Maes, both of whom grew up in the area, wouldn't have it any other way. Since joining the multi-specialty clinic in 2016,

they have built a thriving primary care practice, while providing urgent care and addressing a wave of opioid abuse.

They have known each other since elementary school and both still live nearby. They graduated two years apart from Escalante High School (where graduating classes number about 30).

Maes, raised by his grandparents in Canjilon, a ranching community about 19 miles south of Tierra Amarilla, became interested in medicine as a child during a lengthy stay in the hospital recuperating from a broken leg. "I kind of knew throughout high school that that's what I wanted to do."

He went to New Mexico Highlands University as an undergraduate and spent a year in Bethesda, Md., doing research at the National Institutes of Health before starting medical school.

Casados, whose father was a schoolteacher and whose mother was the longtime La Clinica administrator, planned to major in business at UNM, but changed her mind when she took a biology class and decided to pursue a medical career. "I realized for the first time I could be the person impacting this community," she says.

They share the La Clinica practice with a physician assistant, a nurse, a dentist and a dental hygienist. Another physician drives in to cover clinic duties one day a week.

Isolation brings unique challenges. Española, the nearest town of any size, is nearly 70 miles away. Until recently there was no pharmacy in the area. And patients often present with unusual complaints.

"There's a lot of injuries here," Casados says. Many are due to accidents related to construction, hunting, logging and snowmobiling. Strokes and heart attacks pose special challenges, which is why several times a week choppers land on the helipad next to the parking lot to airlift patients to UNM Hospital.

Both physicians credit UNM's post-baccalaureate program for future medical students with providing them with the skills they needed to succeed in medical school. "For me that was huge, and it made all the difference in my education," Casados says.

She also credits UNM's Practical Immersion Experience with helping her to see how great a need there is for doctors.

"They certainly didn't let you forget it," she says "You got out here and thought, 'This is really amazing. I want to help these people!'" ❄️



## Around the State, Around the Country

### ■ ■ ■ AND AROUND THE WORLD

The UNM School of Medicine received some plaudits, including a ranking of 20th in the nation for its Primary Care Curriculum, in a recent issue of **U.S. News & World Report's America's Best Graduate Schools for 2019** (March 20). "UNM was one of the first in the country to use problem-based learning in medical education. It has since become the accepted model for medical training in the U.S."

UNM biologist Nancy Kanagy dove into her first shark tank at UNM's first-ever Bioscience Fast Pitch with a new technology for early detection of disease in diabetics, as reported in the **Albuquerque Journal** (March 8). A panel of seasoned investors and entrepreneurs peppered contestants with questions about the technology's market potential in front of a packed audience.

During the weekly Tuesday night clinic at an Albuquerque shelter for homeless men, the first client examined by a team of UNM Health Sciences students had been hit by a car just 15 minutes earlier, wrote **Albuquerque Journal** reporter Ollie Reed (February 18). "'I've been hit by cars about 17 times,' the man said as Samuel MacDonald, 22, a first-year medical student at UNM, checked him out."

Months usually elapse between below-knee amputation surgery and the time that the patient is able to be up and moving about on a prosthesis or artificial leg. **The Associated Press** (February 7) featured a device designed by a team of UNM students that promises to significantly reduce that time and enhance the healing

process. The Limitless Socket fits on an amputated limb and connects to a prosthesis.

Noel Rolle, MD, was a guest on **Native America Calling** (January 9) for a show on lupus, or "the great pretender." A rheumatology fellow at the UNM Health Sciences Center, Rolle took calls for 45 minutes while discussing lupus symptoms and the challenges of this sometimes baffling and painful disease.

**MHealthIntelligence** (January 3) described UNM's Project ECHO as a fast-growing international program that's helping rural and remote providers learn from specialists to manage care for their complex patients. Project ECHO uses telemedicine to help thousands of doctors learn from specialists in more than 130 hubs across the U.S. and 23 other countries.

Two prominent UNM professors have been highlighted in the **Albuquerque Journal** (December 12) for joining an elite list of global inventors whose work has had a significant impact on society. The National Academy of Inventors named Cheryl L. Willman, MD, and Plamen B. Atanassov, PhD, as 2017 Fellows, distinguishing them as some of the most impactful researchers worldwide.

Mammograms can save lives if they catch aggressive breast cancers early, but screenings can lead to over-diagnoses. Deirdre Hill, PhD, of UNM School of Medicine is the lead author for study set to determine if 3D mammograms are better. According to **Latest News Network** (December 3), more radiology

centers have 3D mammograms that supposedly improve the chances of breast cancer detection.

Family medicine physicians play a critical role in providing primary care to children and adults, especially in rural areas. A national study by the American Academy of Family Physicians showed that a higher percentage of graduates from the UNM School of Medicine enters family medicine residencies than any other institution granting medical doctor degrees, reported the **Albuquerque Journal** (November 28).

The first large head-to-head comparison of two opioid addiction medications found that users had a significantly more difficult time starting a regimen of naltrexone, compared with buprenorphine. In a **CNN** story (November 15), UNM addiction specialist Miriam Komaromy, MD, says either way, it's imperative to look at treatment through "evidence-based ways instead of having a moralistic view."

Last fall, 20 UNM graduate students designed new rehabilitation devices to help patients recover from strokes, trauma and other injuries, as highlighted in the **Albuquerque Journal** (October 23). Teams will compete for \$50,000 in funding to build a prototype of their design.

Sandia National Laboratories and medical researchers at the UNM Health Sciences Center have developed "microneedle" technology that could help doctors with painless fluid drawing. **KRQE TV** (October 12) featured the device in a story that says this technology holds big promise for measuring all kinds of data within the human body. ❄️





# TIME-TESTED TECHNOLOGY

BY MICHAEL HAEDERLE

The deeply anesthetized patient lies supine on the operating table, tubular steel ports protruding from small incisions in his belly, which has been distended with carbon dioxide to make it taut as a drum.

Four jointed arms hovering overhead connect to slender probes that extend down through the ports into his abdomen, where tiny instruments are snipping, cauterizing and burrowing their way toward the man's cancerous prostate.

Urologist Satyan Shah, MD, perches at a console controlling the DaVinci robot, eyes glued to a stereoscopic eyepiece that provides a 3-D view of the complex anatomy he is navigating. His thumbs and forefingers slip into loops that guide the movement of the tools inside the patient's body, while foot pedals control the magnification and lighting of the camera.

"We're separating between the bladder and the rectum," he announces to Brad Webster, MD, a third-year urological resident who sits at an identical console nearby, intently watching Shah's confident manipulation of the instruments. "We have to take down quite a number of structures before we can even get to the prostate."

Shah's laid-back manner is underscored by the comfortable black slippers he wears, the better to control the foot pedals. "I used to wear socks," he confides.

It's little wonder that Shah feels so at home working with the robot. He has performed more than 500 procedures since he introduced robotic surgery to UNM Hospital in 2008.

A decade after installing the first surgical robot (dubbed "Smarty the Robot" by patients at UNM Children's Hospital), the hospital now has two more-advanced models. The devices have been used in general



# UNM's Robotic Surgery Program Reaches 10-Year Milestone

and cardiothoracic surgery, ENT procedures, surgical oncology, neurosurgery and pediatric surgery.

Shah's enthusiasm for the use of the robot – especially in cases where there isn't much room to maneuver – is undisguised. One implement can push tissue aside to make room for the others to cut, cauterize or suture, he points out. "It's like having an assistant built in," he says. "You're actually a four-armed surgeon."

Better still, there's no tremor. "When you make a large movement in the console, it translates into a tiny movement," he says.

"When a layperson hears 'robotic surgery,' they think, 'Oh my god, R2D2 is going to be doing my surgery,'" Shah says. "It's a little bit of a misnomer." In reality, the robot simply translates the surgeon's finger movements with great precision while offering 10-fold magnification and greater range of motion than is possible with conventional surgery.

In the OR, Shah points out that the robotically guided instruments have a built-in "memory." Each time surgical tech Chantel Davila extracts an instrument from a port, its replacement slides in to exactly the same location. When she inserts a tiny curved needle through the port, Shah hands over the controls to Webster so the resident can tie a couple of sutures.

The man on the table has been Shah's patient for some time. "He has a very aggressive cancer," Shah says. "We tried to watch it, but his PSAs just kept going up and up." Regaining the controls from Webster, he works carefully to detach the prostate from the surrounding tissue. Three hours into the operation, he's done. "All right, totally free," he announces.

Guiding tiny pincers, he carefully transfers the prostate into a small plastic bag that has been inserted into the abdominal cavity and pulls it closed with a drawstring. "We'll leave this specimen until the end of the surgery," Shah says. "Then we'll grab it by the string and pull it right out."

After Albuquerque businessman Ronald Young was diagnosed with an aggressive form of prostate cancer in 2009 he did his own research and decided robotic surgery

made the most sense. That's when he went to see Shah.

"What I really liked about the robotic surgery option is that it left you a second course of care, in case something didn't go right," he says. The surgery went smoothly and Young was up on his feet and walking around the same day. All the credit goes to Shah, he says.

"I basically owe my life to the man," he says. "I'm very, very, very pleased. I'm a big supporter and glad to talk to other men facing that option."

Shah says that while robotic procedures take somewhat longer than open surgeries, patients who go that route tend to have shorter hospitalizations, experience fewer complications and lose less blood.

Another advantage is that robotic surgery lends itself to teaching, because both surgeons have a clear view of the procedure. "In open surgery, though we're both looking in there, the working area is so small, there's only room for one person to see," he says.

Webster agrees. "You can't beat the anatomy you can see with this," he says. "The nice thing about it is as you're doing it you have somebody who's done hundreds of these who can take control of it at any time."

Still, he acknowledges professional opinions differ about whether robotic prostatectomies are better than the traditional open or laparoscopic surgery. "It's an open area of debate among urologists," he says. "I think the pendulum goes back and forth."

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Shah, 41, grew up in Syracuse, N.Y., where he developed an early interest in medicine.

"I just had a personal appreciation for the service that physicians do – the care that they take and what they provide the patient and that bond that forms," he says. "I had seen people in my own family who had gone through illness and established that type of bond. I was clearly attracted to medicine for that."

As a youngster, he was a dedicated karate student, eventually earning his black belt. "This was the days of the Karate Kid – that was what sparked my interest in it," he says. "I was encouraged by my parents. I think they innately realized this was more than exercise. There were character-building traits that these guys were teaching."

Shah graduated at the top of his class at the Robert



Wood Johnson Medical School in New Jersey and was elected to the Alpha Omega Alpha Honor Society. He arrived at UNM after completing a five-year urology residency at Loma Linda University Medical Center in California and a one-year fellowship at the Roswell Park Cancer Institute in New York.

“That was the time when people were getting interested in robotics in urology,” he says. “It was there that I first saw the technology and I quickly became enthralled with it and decided this is what I wanted to spend my career on.”

Back in the OR, Shah patiently starts to suture the anastomosis that will connect the urethra directly to the bladder. Following his instructions, Davila gently pushes a Foley catheter through the exposed end of the urethra just enough to allow him to grasp its outer edge with a jawed tool while he inserts and draws through the needle with another implement.

Suturing complete, Shah asks Davila to inflate the catheter so that it expands the bladder like a balloon. “No fluid leaked out, so we’ve got a nice, watertight connection,” he says, satisfied.

Now, the boom from which the robotic arms are suspended is wheeled back to allow Shah and Webster to install a drain, release the CO<sub>2</sub> and extract the ports. Shah uses a scalpel to widen one incision so that Webster can fish out the bag containing the prostate.

They cut it open and pull out a mass of dense tissue the size and color of a plum (a normal prostate is the size of a walnut).



*Satyan Shah, MD*

The pair start methodically stitching up the layers of fascia beneath the skin to prevent hernia, then finish suturing the incision. The anesthesiologist dials back the gas that has kept the man sound asleep, and he starts to stir.

“He’ll be walking by this evening,” Shah says. “By this weekend, I predict he’ll just be on Tylenol.”

The patient is transferred to a gurney and wheeled off to recovery. The process of preparing the robot and OR for the next procedure is already underway. ❄️



*Satyan Shah (left) and Bradley Webster perform a prostatectomy with the help of the robot.*



# LEGACY OF ENGAGEMENT

## OCCUPATIONAL THERAPY FOUNDER

### TERRY CROWE RETIRES

BY LAURA J. HALL

**T**erry K. Crowe, PhD, OTR/L, professor and founding director of the UNM Occupational Therapy program, has announced her retirement after 26 years of service to the university.

Occupational therapy is a “hidden gem of a profession,” Crowe says. “We work with people across their lifespan, from birth to hospice.”

The profession is centered on a holistic view of the individual, the idea of usefulness being closely aligned with a person's overall well-being and engagement in meaningful activities.

Crowe came to UNM in 1992 from the University of Washington, where she had been an assistant professor. She had just completed her doctorate degree, and never one to be idle, was looking for her next challenge. She found one in New Mexico, which was facing a shortage of occupational therapists.

She was tasked with starting a new training program to address the need. Crowe started by recruiting three faculty members – Betsy VanLeit, Janet L. Poole and Patricia Burtner.

The fledgling Occupational Therapy program accepted its first class in 1993, and has graduated 636 occupational therapists to date, with 80 percent of graduates practicing in New Mexico.

Crowe has been teaching a course on community health for the past 24 years. “It is a way for us to give back to New Mexico,” she says.

In the course she challenges her students to get out into the community and look at roles for occupational therapy in other settings. Her students currently have 19 community-based projects in the works. In the course of working on these projects, the students will provide more than 1,000 hours of community service.

“I am most proud of my students,” Crowe says. “They are doing exciting things, and our graduates are changing the practice of occupational therapy.”

Her research has focused on early childhood development and the time use and role perceptions of caregivers of children with disabilities. Her passion for children and supporting the whole family has been a common thread throughout her career.



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**“UNM has been a good home, I consider my students my legacy.”**

*Terry K. Crowe*

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Crowe is also passionate about travel. She has practiced internationally and visited more than 85 countries. She will wind up her UNM career this summer by taking a group of students to Oaxaca, Mexico, to learn about traditional healing.

She is not planning to slow down in her retirement, having recently accepted her second Fulbright award to work with occupational therapy faculty in developing nations on curriculum development and active teaching methods. She also is planning to write a book about the traditional women healers of Oaxaca.

“UNM has been a good home,” Crowe says. “I consider my students my legacy.” ❄



# HEALING THE HEALERS

## *Liz Lawrence Tackles an Epidemic of Physician Burnout*

BY KEIKO OHNUMA

Until recently, physician burnout was something of a taboo topic in medical circles, but the problem has become so severe that it is now at the center of a national conversation, and Elizabeth Lawrence, MD, thinks UNM should have a voice in it.

Burnout is a multifaceted syndrome characterized by a high degree of emotional exhaustion, depersonalization (cynicism), and a low sense of personal accomplishment at work. It now affects more than half of all practicing physicians.

The consequences are serious for everyone, says Lawrence, affecting the quality and cost of health care and the nation's ability to treat an increasingly

sick population. Lawrence, who was chief resident in Internal Medicine at UNM in the 1990s, returned to the faculty in 2015 after a decade in private practice specifically to focus on physician wellness and preventing provider burnout.

"In my private practice I cared for a large number of health care providers, and was very struck by the impact that our work has on individual health," she says. "Also, I myself burned out, having found that it was very difficult to run a private practice, handling everything from clogged toilets to employee hiring, while raising kids and taking care of dying parents."

She took time off and dove into the research,



coming across a growing body of literature in a growing field. When an opportunity arose in the area of undergraduate medical education at UNM, Lawrence became the director of the new Office of Physician and Student Wellness.

"I always felt you couldn't send medical students into an environment with burned-out residents or faculty and expect them to learn good self-care," she says. Accordingly, the program includes initiatives at all levels. At its heart is a four-year curriculum that teaches skills ranging from time management to health coaching and self-care (yoga, mindfulness, narrative reflection) to the de-stigmatization of seeking help.

"There is a national call to pay attention to this issue," Lawrence notes, because burnout raises the cost of care and increases the likelihood of physician error and the ordering of unnecessary tests. Patients are also impacted by disruptive or rude interactions with burned-out physicians.

The toll on health care workers themselves is especially alarming: Nearly a quarter of ICU nurses tested positive for post-traumatic stress in one study, while physicians experience high rates of depression (39 percent) and suicide rates are double that of the general population.

One major reason that burnout is rising among physicians – up from 44 percent in 2011 to 54 percent today – comes down to recent changes in the nation's health care system, Lawrence says.

The growing clerical burden of electronic recordkeeping and the loss of autonomy that results from new regulatory requirements are draining physicians of their main source of meaning at work, interacting with patients. According to a recent study, only 27 percent of physicians' work time is spent in direct contact with patients. The rest is spent on paperwork, "which isn't meaningful to anybody," she notes.

With patients developing more severe illnesses at younger ages, such that doctors must treat as outpatients those who would formerly have gone to the hospital, "it's recognized that we will not have an adequate work force to provide for patients" if burnout is not addressed, Lawrence says.

"Major medical associations are focusing on it, and it is getting a lot of attention at all levels of training." There is a rising call to add a fourth aim – provider well-being – to the so-called triple aims of health care: providing high-quality, evidence-based care at optimal cost. "We need to teach our students not to make the same mistakes that we have," Lawrence says.

Part of that is addressing what she calls the culture of perfectionism: "I'm strong, I'm healthy, I can take

care of patients and don't need to take care of myself." The idea that self-care is selfish persists, even among millennials, she has found, though it is more prevalent in older generations.

"It's a huge cultural shift to say that unless you take care of yourself, you really can't take care of your patients," Lawrence says.

Thus, initiatives aimed at residents and faculty make up an important adjunct to the four-year student wellness curriculum developed by her office. There is a wellness newsletter just for residents, and a recently completed baseline survey of wellness data from all School of Medicine residents.

**"In my private practice I cared for a large number of health care providers, and was very struck by the impact that our work has on individual health."**

*Liz Lawrence*

For faculty, Lawrence is applying a three-pillar approach developed at Stanford, which aims to build personal resiliency, efficiency of practice and a culture of wellness. A new task force appointed by Chancellor Paul Roth and the Physician Advisory Group is looking into methods for improving workplace efficiency, while initiatives exploring a possible faculty lounge, more wellness classes and flexible work hours address the other two objectives.

Ultimately, the pursuit of provider wellness means acknowledging that doctors are human – and that human activities that bring joy and meaning play a contributing role, from the consulting room to the operating room.

This year, Lawrence's office, together with the Office of Student Affairs and the Office of Advancement and Alumni Relations, launched an annual event called HATS Off, an acronym for humanism, activism, talent and service. Thirty-six faculty and student musicians, athletes, comedians, activists, and other student achievers celebrated the things they do that are not about medicine.

The purpose of the January 30 event was to encourage personal resilience, support one another's efforts and build community, Lawrence says.

"It's a really important part of working on a culture of wellness for students and faculty," she notes. "We want alumni to save the date – Feb. 5, 2019 – for next year and make an effort to attend." ❁







# UNM SHINES LIGHT ON BLACK LUNG DISEASE

## New Endowed Chair to Help Miners' Plight

BY LUKE FRANK

Subsurface coal mining is dangerous business. Risks abound, from unexpected collapses to powerful equipment malfunctions. But below the surface, there's a more insidious threat lurking that most miners quietly acknowledge – black lung.

"I knew this would happen: My dad and grandfather died of black lung, but I needed a good job and to get my kids through school – and this was it."

It's a common refrain, says UNM pulmonologist Akshay Sood, MD, who often finds this thread woven throughout his patients' stories. "In New Mexico, black lung patients are pretty fatalistic."

As the disease intensifies, its victims weaken. Middle-aged men can't do the things they've always done, like hunting, fishing and working in the yard.

"That's about the time they come to see me," Sood adds. "Miners usually present with a persistent cough, shortness of breath and increased phlegm production. They're coughing so much they can't lay flat. Most end up trying to sleep in the living room recliner, but with little success. Sometimes depression takes hold."

Sood, a professor in the School of Medicine's Division of Pulmonary, Critical Care and Sleep Medicine, has been working with Miners' Colfax Medical Center in Raton, N.M., over the past several years to address pulmonary diseases associated with the coal and uranium mining industries.

He specializes in caring for patients with black lung and now holds a recently endowed chair focused on researching and treating the deadly disease, thanks to a \$1.5 million gift from Miners' Colfax.

The partnership, which dates back more than 20 years, will sharpen its focus on black lung disease, caused by the inhalation and trapping of coal dust in miners' lungs. These particles activate the body's immune response, but because the invaders are not bacterial or viral, the response spirals. Consequently, tissue is damaged over time, ultimately degrading lungs and depriving victims of air.

"Several New Mexico counties have among the

highest rates of death per capita nationally from lung disease," Sood says. "This commitment from Miners' Colfax will greatly advance patient and community engagement, health screenings, education and so much more in our mining communities. At the same time, our pulmonary disease programs will intensify at the UNM School of Medicine and UNM Hospital."

"This is an important continuation of our 100-plus years of preventive and proactive care for miners through research-based medicine," says Miners' Colfax CEO Bo Beames. "This will go a long way in positively affecting miners' care."

Miners' Colfax opened in 1906 in Raton to provide acute and long-term care and related services, to the beneficiaries of the Miners' Trust Fund of New Mexico and the people of northeastern New Mexico. The medical center is known for its treatment of miners with lung disease.

Sood, who commutes to Raton monthly to see patients, helps with a mobile screening service that travels to mining communities, holding town halls and performing pulmonary tests, and chest and lung imaging. The service connects via satellite to experts in miners' diseases across the globe, making full use of telehealth technology.

"I lost my dad to a mine cave-in and had a pretty bad accident myself," says Raymond Rodarte, a former underground miner in Grants and Churchrock, N.M., who serves on the Miners' Colfax board of trustees. "This relationship will really strengthen important advocacy on behalf of the miners – especially for those who suffer from black lung. It's a horrible disease that might not reveal itself for years."

The collaborative program is unlike any in the U.S., Sood notes. "This endowment will build on our existing relationship with Miners' Colfax and strengthen community engagement to include counseling of miners' benefits," he says. "It also will help attract faculty of national stature to work in clinical research and community aspects of miners' diseases." ❄



# PATIENT PARTNER

## Sugar Singleton Pursues Her Holistic Vision of Health

BY MICHAEL HAEDERLE

In the past year, Shermann “Sugar” Singleton, MD ’03, has taken time off from her small-town family practice clinic in Aztec, N.M., to travel to rural Kenya on a medical mission and serve on a team that flew into Puerto Rico to provide urgently needed care in the wake of Hurricane Maria.

Singleton attributes her devotion to service to her late mother, Helen Rodriguez Singleton, who was active in local politics and passionate about helping young Hispanic women get an education.

Her mother’s determination was contagious. “She gave them the belief that they could do it,” Singleton says. “My passion is more helping people to be well. The idea of being able to help people who don’t have access to medical care is intriguing to me.”

Growing up in Farmington, where her parents operated a mobile home business, Singleton was a top student. She wanted to be a doctor for as long as she can remember, but her path to an MD required an extra dose of determination.

In 1995, a month into her first year of medical school at UNM, Singleton learned that her mother had not had a Pap smear in more than 20 years. She urged her mother to get an exam, and it was soon discovered that she had uterine cancer that had spread to her lymph nodes.

Following surgery at the Mayo Clinic in Arizona, the prognosis was that she had two to four months to live. Singleton forbade the surgeons from sharing that prediction with her mother.

“I remember her looking into my eyes and saying, ‘Sugar, I know I have cancer, but I don’t want to know any more than that,’” Singleton recalls. “She said, ‘You’re a doctor now – I want you to make all the decisions for me.’ I said, ‘Mom, there’s one thing I need to ask of you. I need you to believe you’re going to get better.’”

Her mother “never heard a doctor say that she had two to four months to live,” Singleton says. “Basically, I knew that was our only hope – to have hope.”

Singleton knew her mother needed skilled care and presented her dilemma to faculty member Bert Umland, MD. “He gave me very wise advice,” she says. He suggested that she take a leave from medical school to care for her mother.

Helen Singleton outlived her prognosis by nine years, undergoing rounds of chemotherapy, hormone therapy and more surgery while her daughter stayed nearby, raising a family and working in the family business. She died in 2004.

“It made me a much better doctor than I would have been otherwise,” Singleton says. “It taught me about the human spirit.”

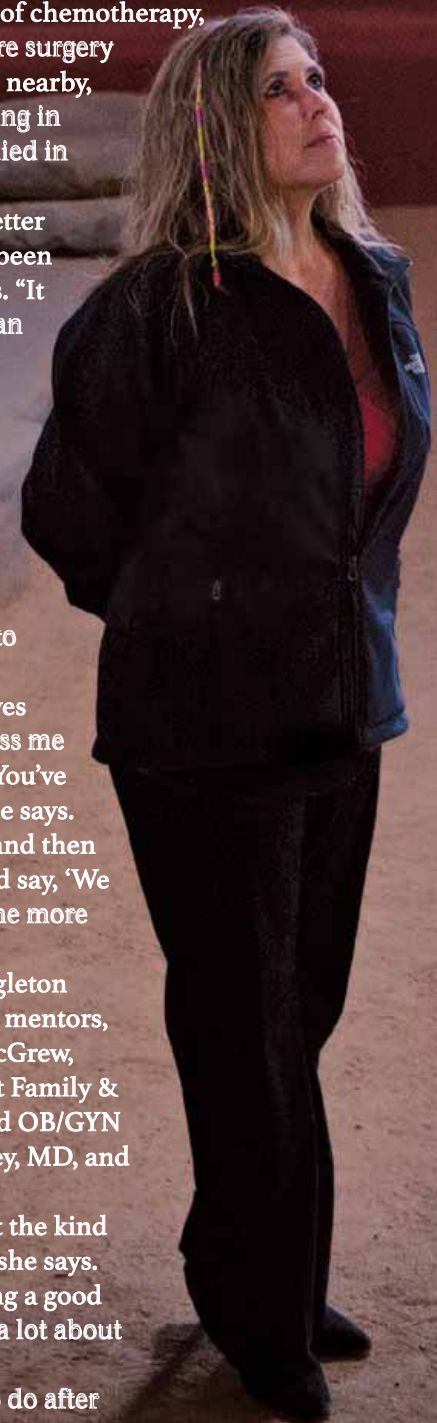
Singleton returned to medical school in 1999 while her family remained in Farmington. She’d return home for the weekend, and then dread getting in the car for the drive back to Albuquerque.

“I’d have tears in my eyes and my husband would kiss me on the forehead and say, ‘You’ve got to get on the road,’” she says. “I’d cry halfway to Cuba, and then the tears would dry and I’d say, ‘We can get through this for one more week.’”

In medical school, Singleton drew inspiration from her mentors, including Martha Cole McGrew, MD, from the Department Family & Community Medicine, and OB/GYN faculty members Eve Espey, MD, and Elizabeth Baca, MD.

“They taught me about the kind of doctor I wanted to be,” she says. “There’s a lot more to being a good doctor than just knowing a lot about medicine.”

She had catching up to do after four years away from the program.







“They did everything they could to support me and make a doctor out of me,” she says. “I had a lot of wind beneath my wings. When I graduated medical school, I thought, ‘This is really a group effort.’”

Espey, who at the time was clerkship director and is now chair of the Department of Obstetrics and Gynecology, remembers Singleton as “a star” among her peers.

“It was not easy for her to go back and forth to Farmington,” Espey says. “She never complained. She was always excited for clinical opportunities – upbeat and always concerned about the patient. It’s so inspirational to see her serving rural New Mexico.”

Singleton considered surgery, neurology, pediatrics, OB/GYN and family medicine. “I decided at the end the best mix of all that was to be a family doctor,” she says. After completing her family medicine residency in 2006, Singleton returned to the Four Corners to work in the San Juan Regional Medical Center Urgent Care clinic. She moved to the San Juan Health Partners Family Medicine Clinic in Aztec in 2012.

She treats a family from nearby Blanco, N.M., that spans six generations (the oldest members are in their 90s and the youngest a few months old). “It is the idea of what a family medical home was designed to be.”

Singleton encourages her patients to think of their interaction as a partnership. “My desire is to empower patients to be active in their own health,” she says. “That is much more my focus than to treat diseases.”

Singleton brought along that mindset on her trip to Kenya in March 2017. She was part of a 40-member medical team that saw patients in clinics all over the country. “It ran the gamut from sore throats to people who had end-stage cancer,” she says.

The resilience of people who lack access to the things that most Americans take for granted impressed her. “In Kenya, most of the people don’t have any medical care at all,” she says. “It really taught me the difference between happiness and joy.”

Last fall, when Hurricane Maria scored a direct hit on Puerto Rico, Singleton knew she had to act. She and her best friend, a Puerto Rico native, joined a medical team that spent 10 days on the island in December 2017. They headed for rural areas that were cut off from electricity and running water, setting up impromptu clinics in community centers and even on a basketball court. “We were seeing about 300 patients a day,” she says.

Singleton has deep roots in the Four Corners: she has Anglo, Hispanic and Navajo ancestors. She thinks one day she may want to follow in her mother’s footsteps and venture into politics, but for now she’s focused on her medical career and sharing her vision of holistic health.

“The biggest thing I want to do is to make a difference,” she says. “I hope I do that in the lives of my patients.” ❁



# FROM ALBUQUERQUE TO ANGOLA



Since October, third-year surgical resident Rebecca Sauerwein, MD, has been honing her skills at Centro Evangélico de Medicina do Lubango, a 50-bed missionary-run hospital in southwestern Angola.

“The hospital has a reputation such that people come here from the capital city of Luanda,” Sauerwein says. Working with a small but highly trained surgical staff, she has scrubbed in for hundreds of orthopedic, GI and neurosurgical cases (tuberculosis, amoebic dysentery and cerebral malaria are endemic). She has also found herself practicing general medicine, when no one else was available.

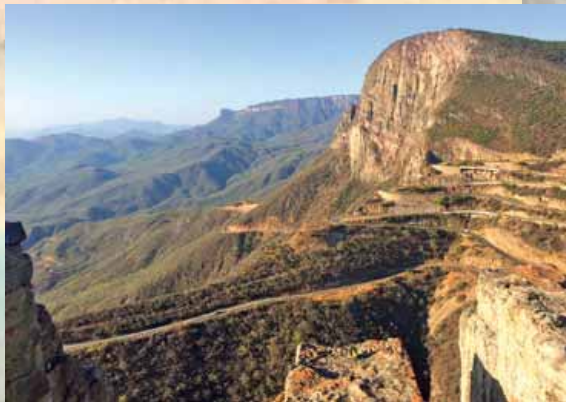
Sauerwein, who lived in Nigeria for a year as a child and visited Africa while in medical school, arranged her elective year abroad with the help of Edward Auyang, MD, residency program director for UNM’s Division of General Surgery.

“There’s such a huge need,” she says, noting that Angola has two doctors for every 100,000 people. “For me, it’s very gratifying to use my knowledge to help people one on one.” ❄





# SURGICAL RESIDENT REBECCA SAUERWEIN SPENDS AN INTENSE YEAR ABROAD





# INFORMATION IS POWER

## KIM PAGE'S DATA COLLECTION INNOVATIONS SAVE LIVES

BY KARA LEASURE SHANLEY

Kimberly Page, PhD, MPH, professor in the Department of Internal Medicine, always felt that her roots in New Mexico would one day call her home.

When she was a child, her father – a native New Mexican and UNM graduate – moved her family from the U.S. to South America for his job in the petroleum industry. Growing up, she learned Spanish, English and Portuguese, as well as cultural flexibility.

Back in the States, she pursued an MPH and PhD in epidemiology from the University of California, Berkeley, and a position at the Center for AIDS Prevention Studies at the University of California, San Francisco.

Epidemiology – the study of disease through its natural history, cause and distribution – embodies an aspect of science that Page feels is sometimes overlooked.

“The creative part of science is sometimes also not just your great discoveries,” she says, “but also how can we find better ways to get information.” And in Page’s field, the collection of information is everything. She is constantly searching for novel techniques and tools from other fields that could advance her research.

Page studied HIV patients in San Francisco in 1990 to calculate their risk of contracting a newly discovered blood-borne virus, hepatitis C, which was damaging patients’ livers, sometimes leading to liver cancer. The Centers for Disease Control and Prevention estimates that 3.5 million people in the U.S. currently live with chronic hepatitis C infection.

The virus is difficult to detect until two months after patients have been exposed, so Page and her team innovated methods to detect the virus earlier in injected drug users.

“We have put ourselves – nationally and internationally – on the map with our knowledge of acute hepatitis infection and natural history thereafter,” she says. Page has collaborated with anthropologists and immunologists in her search for patterns in large data



sets. “My work has been very, very multidisciplinary and trans-disciplinary,” she says.

Her familiarity with different cultures helped as she began research collaborations across the globe, including Australia, Canada, Brazil, Cambodia and Thailand. She has trained scientists around the world to bring aid to rural communities outside the focal points of society. “I love going out in the field and meeting the people,” she says.

With her successful career and world travels in tow, Page felt she was being called back to New Mexico. In 2014, she arrived at UNM to head the Division of Epidemiology, Biostatistics and Preventive Medicine.

“Every time I came here, I was like, ‘I really belong here,’” she explains. “I really felt that when I got here.”

Page and her team collaborate with fellow UNM researchers and physicians as they work with high-risk populations, such as young people injecting drugs, across the state. Her research has already informed public policy in Albuquerque, changing the way those at risk of developing or have developed hepatitis C are being treated – and cured.

“We’re not requiring you to become abstinent in order to get treatment which may save your life,” she explains. “We save your life, and then maybe you want to take the next (step).”

Page’s successes in the four years since returning to New Mexico all seem to lead back to her roots. “I’m just back home, you know,” she says. “That dirt’s in my DNA.” ❁



# RESEARCH AWARDS

➤ **Davin Quinn, MD**, associate professor in the Department of Psychiatry & Behavioral Sciences, received a \$3.1 million award from the U.S. Department of Defense for High-Definition Transcranial Direct Current Stimulation for Sensory Deficits in Complex Traumatic Brain Injury.

➤ **Douglas Clark, MD**, chair of the Department of Pathology, received a \$2.6 million contract from TriCore Reference Laboratories for medical director and professional services.

➤ **Mark Unruh, MD**, professor and chair of the Department of Internal Medicine, received a \$1.2 million contract from an anonymous donor for medical directorship and quality assurance.

➤ **Sanjeev Arora, MD**, professor in the Department of Internal Medicine and director of Project ECHO, received a \$1.2 million grant from the Leona M. and Harry B. Helmsley Charitable Trust for "Strategic Planning and Business Plan Development to reach 1 billion by 2025."

➤ **Tudor Oprea, MD, PhD**, professor in the Department of Internal Medicine, received a \$1 million award from the National Cancer Institute for Illuminating the Druggable Genome/Knowledge Management Center.

➤ **Julie Salvador, PhD**, research assistant professor in the Department of Psychiatry & Behavioral Sciences received a \$920,000 contract from the State of New Mexico for NM STR Opioid Initiative.

➤ **Gary Cuttrell, DDS, JD**, chair of the Department of Dental Medicine, was awarded an \$850,000 contract by the New Mexico Higher Education Department to train dentists to treat pediatric patients.

➤ **Natalie Adolphi, PhD**, associate professor in the Department of Biochemistry & Molecular Biology, was awarded a \$715,000 grant from the National Institute of Justice for Improving and Evaluating Computed Tomography and Magnetic Resonance Imaging in the Investigation of Fatalities Involving Suspected Head Trauma.

➤ **Douglas Perkins, PhD**, professor in the Department of Internal Medicine, received a \$774,000 grant from the National Institute of Allergy and Infectious Disease for Defining the Inflammation and Immunity Transcriptome in Severe Malarial Anemia for Immunotherapeutic Discovery.

➤ **David Schade, MD**, professor in the Department of Internal Medicine, received a \$671,000 clinical trial sub-award through The George Washington University for the continuation of Glycemia Reduction Approaches in Diabetes: A Comparative Effectiveness Study.

➤ **Pat Osbourn, MA**, received contracts for \$653,000 and \$354,000 from the New Mexico Public Education Department for the PED Pre-K Race to the Top Early Learning Challenge. She also received a \$564,000 contract from the New Mexico Public Education Department for FOCUS Preschool Special Education.

➤ **Larry Sklar, PhD**, distinguished professor in the Department of Pathology, received a \$600,000 sub-award through the University of Miami for the Illuminating the Druggable Genome Resource Dissemination and Outreach Center.

➤ **Heather Jarrell, MD**, assistant professor in the Department of Pathology, received a \$598,000 grant from the National Institute of Justice for Evaluation of Homicidal Pediatric Blunt Head Injury.

➤ **Anita Kinney, PhD**, professor in the Department of Internal Medicine, received a \$534,000 grant from the National Cancer Institute for Biobehavioral Effects of Qigong for Prostate Cancer Survivors With Fatigue. She also received a \$548,000 award from the National Cancer Institute for Comparative Effectiveness of Interventions to Increase Guideline-Based Genetic Counseling in Ethnically and Geographically Diverse Cancer Survivors.

➤ **Vojo Deretic, PhD**, professor and chair of the Department of Molecular Genetics and Microbiology, received a \$493,000 grant from the National Institute of Allergy and Infectious Diseases for Pattern Recognition Receptors and Autophagy in Mtb Control in AIDS.

➤ **Michelle Ozbun, PhD**, the Maralyn S. Budke Endowed Professor of Viral Oncology at the UNM Comprehensive Cancer Center, was awarded \$478,000 by Janssen Pharmaceutical for Infectious Transmission of Human Papilloma-virus from Patient Samples.



# TAKING THE GOOD WITH THE BAD

A MEDICAL STUDENT  
COMES TO TERMS  
WITH A PROFESSION'S  
COMPLEX LEGACY



BY JULIA DEXTER

The School of Medicine's Practical Immersion Experience sends students to the far reaches of New Mexico to learn about the rewards and challenges of rural medicine. I was assigned to live in Roswell with a 92-year-old woman from West Virginia named Ruth.

This was the summer of 2016 and I was adrift. My thoughts buzzed with uncertainty about everything from board exams to a forthcoming Supreme Court ruling on abortion access in Texas. The unrelenting Roswell summer drew out a deep sense of dread in me.

Ruth and I quickly became friends: we *just clicked*. She liked to tell me I was a mess, and I would tell her it takes one to know one. Our intimate conversations belied the brevity of our acquaintance.

We held vastly different political viewpoints, but Ruth and I connected on many things, and one of them was the massive responsibility of being a physician. A former teacher, she spoke of my educational goals with reverence.

"You're going to be a doctor," she'd say, in the way one might say, "You're going to be a saint," or, "You're going to be a wizard."

I was surprised because, to my mind, this quintessential doctor no longer existed in the popular imagination. Doctor as community leader. Doctor as confidante. Doctor as source of hope and comfort. I believed this to be an archetype, a Platonic ideal, but expected that the patients knew they were being treated by shadows in the cave.

Still, I remain idealistic about the physician's role, despite being all too aware of the challenges our

profession faces. The crisis of faith in our profession affects patients, and it affects us too, as evidenced by physician burnout and attrition. Good intentions and empathy are not enough for our patients, and they're not enough for us, either.

The rigor and reality of medical training can drain the altruistic drive that brought us here in the first place, to say nothing of the reality of life *outside* the hospital doors.

We learn to blame patients for their illness and to accept our powerlessness over social problems. We stabilize the gunshot victim. We educate an asthmatic child's parents on the dangers of smoking in the home. We acknowledge the value of diversity, while overlooking the health impacts of structural racism. We walk forward while the ground beneath us moves backward at double speed.

My summer in Roswell was the nadir. I considered the task of keeping people healthy to be impossible in a dysfunctional, unjust system that was perfectly designed to benefit some and neglect others. But Ruth's wisdom prevailed. During particularly dark times, she'd remind me, "Nothing worth having comes easy."

I have had to confront the ugly history of medicine. Physicians have caused significant trauma to individuals and populations, but they have also done great things born from intellectual curiosity and moral concern. And so, I must embrace this history – the good and the bad – reject complacency and commit to being better. ❄

Julia Dexter is a fourth-year medical student.



# FACE TO FACE WITH HOMELESSNESS

A FIRST-HAND  
LOOK THROUGH  
THE EYES  
OF SURVIVORS



BY KARA LEASURE SHANLEY

The stark black-and-white portraits of men, women and children looking directly at the camera are accompanied by their first names and a few quotations. Gazing into their eyes, a visitor might wonder, “Who are these people?”

*Don’t Look Away – A Reintroduction to Homelessness*, was a passion project for fourth-year medical student Ellen Hatch and Tyler Green, a newspaper photographer and web developer.

“I just want to say, I really like these pictures,” Green says, eliciting a laugh from Hatch. They’re sitting in the west lobby of UNM’s Domenici Center for Health Sciences Education, where the exhibit will be on display until June.

One portrait in particular has caught Green’s eye – that of a mother surrounded by her five children. The mother’s powerful aura encapsulates everything the family has been through.

The project, supported in part by a Bennahum Medical Humanities Fellowship, had its genesis in Hatch’s experience volunteering in the student health clinic at the Albuquerque Opportunity Center, a men’s shelter.

“This clinic was powerful,” Hatch says, “because you really see what having no stable housing does to a person’s health.”

Hatch conducted deep, revealing interviews with people who have experienced homelessness. Green devised a portable photography studio that fit into the trunk of a car that they could erect wherever they needed to meet their subjects.

“I didn’t want there to be any element of homelessness in the photos,” Hatch says. “I wanted them to be purely about the person.”

They often arrived at a shelter, simply hoping that someone would be willing to share their story. Green remembers almost giving up a few times and Hatch said there were occasions when they didn’t know if the project was even feasible.

Both acknowledged assistance from community advocates for the homeless, who found willing participants, and their mentors at the Health Sciences Center.

“We had a lot of help, having people who would give us the opportunity to connect with these individuals,” Green said. Hatch believes it was earning the trust and respect of the advocates that allowed them to earn the same from their subjects.

The pair collected 10 stories from those living with the effects of homelessness.

“These people are as equal citizens of Albuquerque as I am, but I just don’t know them, because we are so segregated by how our society draws the lines,” Hatch says. She was elated when a few of their subjects attended the opening reception for the exhibit and received copies of the *Medical Muse* magazine that published the interviews in full.

“To hear stories come from the community about people feeling more empowered to speak about their experience of homelessness in the setting of their lives was just the most monumental thing I could have asked for out of this project,” she says. ❁





## Board Report

### UNM SCHOOL OF MEDICINE ALUMNI ASSOCIATION

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MSC 08 4720 • Fitz Hall #182B  
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505.272.5112  
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## UNM SCHOOL OF MEDICINE ALUMNI ASSOCIATION

# President's Letter

Dear Alumni and Friends,

It is my honor to write to you as your new Alumni Board president. Dr. Robert Melendez has led our organization for the past two years and he has done an outstanding job. I am thrilled about the path the Alumni Association is on and look forward to our organization's progress.

First and foremost, I would like to thank our retiring board members Diane Klepper, Bert Umland, Sandra Whisler, Effie Medford, Diana Noya, and student representatives Dani Castioni and Francesca Garcia. I truly appreciate your longstanding service to the Association.

I would also like to send a warm welcome to our newly elected board members: Dion Gallant, Angela Gallegos Macias, Alisha Parada, Teresa Vigil, resident representative Daphne Olson and student representatives Sumit Patel and Jacqueline Cai.

As I begin this first year of my term I am committed to continuing the Coming Home Campaign. I want to make it as easy as possible to connect you back to New Mexico. Whether you come home to practice or bring New Mexico to you by hosting a medical student or resident doing a rotation in your community, my hope is that you are connected with us.

As we continue our outreach throughout the country we hope you will seriously consider joining us for the 2018 Alumni Reunion being held October 26-27. While we give special designation to the honored classes, this is an opportunity for all alumni to come back and reconnect with classmates.

Last year, we added several new awards. I would like to encourage you to visit our website for the nomination forms and nominate one of your classmates for this year's awards!

As I begin my term as president I invite you to reach out and let me know how we can better serve you! I also hope you will join us on social media via Facebook, at UNM School of Medicine Alumni Association.

All the best,

Mario Pacheco, MD



# MEMBER OF FIRST CLASS RECALLS SCHOOL OF MEDICINE'S EARLY DAYS

THE UNM SCHOOL OF MEDICINE  
CURRICULUM PRESENTED EACH  
REGION OF THE BODY IN AN  
INTEGRATED FASHION, WITH  
TEACHING FROM EXPERTS IN MULTIPLE  
DISCIPLINES

BY KEIKO OHNUMA

When Jon B. Wang joined UNM's first medical school class in 1964, the faculty outnumbered students, 27 to 24.

"We were really a family," he says. "I found it fun." The integrated way that basic science and medicine was taught back then "made learning more enjoyable." Moreover, students were introduced to the hospital before they had even laundered their white coats, an exercise he considers "astonishing," given that they knew nothing yet about practicing medicine.

Consequently, the retired 77-year-old orthopedic surgeon can't really identify with physicians who look back on medical school as a grueling boot camp. (The real thing came for him years later, at Fort Bragg, when he served in the Army Special Forces during the Vietnam War.)

Just getting accepted to medical school came as something of a surprise to Wang, who confesses he "was not a serious student at Princeton." In fact, he started out by enrolling in graduate school in biology at UNM just to bolster his case, as he was absolutely bound to follow in the footsteps of his London-educated Chinese father and become a physician.

"At that time, the UNM School of Medicine had no reputation," he says. "Who would want to go to a school like that? So I figured that was the only reason they accepted me."

Introducing students to patients, "not as sick or injured, but as people whose lives have been interrupted

by illness or injury," set the tone for Wang throughout his long career. He credits Drs. Solomon Papper and Robert Senescu for helping establish a patient-centered foundation early in his education.

Wang ended up in New Mexico due to one of his family's many twists of fate. As a foreign medical graduate, his father had few opportunities to practice in the U.S., where his mother was from. So he ended up opening a clinic in Grants, N.M., for the Anaconda Mining Company, and young Jon graduated from the New Mexico Military Institute in Roswell.

After the Vietnam War, he completed his residency in orthopedics at the Hospital for Special Surgery at Cornell University Medical Center, where he became the first fellow in a new field called Sports Medicine in 1972.

Settling near Tucson, Ariz., Wang went on to become chief of surgery at St. Mary's Hospital, chief of orthopedics at Northwest Medical Center and sports medicine doctor for all 19 teams at the University of Arizona. A few years ago, he ran his third marathon, to the original Olympic Stadium in Athens, at the age of 73.

While much of his life path seemed laid out in advance – he married a Caucasian and teacher, just like his father – happy accidents and grave challenges have served to bring Wang to a place of deep gratitude and spiritual peace in his eighth decade.

"So much in life, it may not look like the best thing at the time," he says, "but usually it turns out to be. I wouldn't change anything." ❄



# ENDOWING THE RESEARCH MISSION

## Pediatrics Professorship Honors Former Resident



*Bill Tully, MD, established an endowed pediatrics professorship in memory of his late wife, Susan B. Tully, MD*

BY KEIKO OHNUMA

Pediatrician Susan B. Tully, MD, loved practicing medicine and caring for children, but her real passion was for teaching. She joined the UNM faculty right after completing her residency here in 1971, and went on to teach at the University of California, Irvine, Los Angeles County-USC and Olive View-UCLA medical centers until her retirement in 1997.

But Tully was repeatedly told during her 26-year academic career that she was not promotable to full professor because she lacked the requisite body of published research – which her clinical duties left her no time to complete.

“Sue was expected to do the teaching in the clinic, as the researchers had more important things to do,” explains her husband

Bill Tully, MD, an orthopedist. “She was told on more than one occasion, therefore, that she was not promotable because she didn’t do any research.”

That’s what kept coming to mind when Bill Tully pondered how to honor his late wife, who died in 2016. Together with the UNM Foundation and the UNM Department of Pediatrics, he established the Susan B. Tully, MD, Endowed Professorship to literally “buy out” the time of a junior faculty member and free that person up to do research, advance academically and possibly become an expert in the area chosen for study – because Susan Tully never had that chance.

Using his wife’s retirement savings as an estate gift, Tully

established an endowment funded at around \$750,000 that will continue to earn interest and buy research time for a faculty member to be chosen by a committee led by Pediatrics chair Loretta Cordova de Ortega, MD, who herself was mentored by Susan Tully at UCLA.

“She saw patients all the time and so never had the time to give talks or write papers or do the things needed to get promoted,” Cordova de Ortega recalls of her mentor, whom she remembers as “a really great educator.” The reason that UNM is the beneficiary of this gift, rather than USC or UCLA (Tully’s medical school alma mater and longtime employer) is because of the gratitude that both the Tullys felt for the boost they received as young medical residents at what



was then a fledgling medical school, from 1969 to 1971.

"She told me when she came to New Mexico, she had a baby and they had nothing," Cordova de Ortega says. "UNM not only gave her a residency spot, but food, clothing and diapers for her baby. She was always indebted to UNM for caring enough about her to do that."

Bill Tully says he was a struggling medical student "at the bottom of my class, so the only residency I got was at the University of New Mexico" – a piece of luck that helped launch the young couple on successful medical careers back in Southern California, where they were from.

Moreover, he says, schools like USC and UCLA already have a pool of wealthy donors to draw from. When he and Sue were first solicited by the UNM Foundation some years ago for a donation to the Orthopaedic Surgery facility, he similarly declared that his fellow orthopedists could be tapped for those gifts.

Back then, the couple also established the Susan B. Tully, MD, Pediatrics Fund, a smaller gift to be used at the discretion of the department chair to support academic programs. Cordova de Ortega has used that money to fund an advocacy program for residents known as Pediatric Advocacy, Rural and Community, which encourages residents to go beyond just practicing medicine to consider how to improve the quality of life in their patients' communities. The Tullys' gift has helped pay for residents to visit Gallup, for example, to learn about challenges faced by patients from the Navajo Nation.

The new endowed professorship, set to begin this

fall, will have a potentially career-changing impact for someone who is just starting out in academic medicine. "Often, when they join, they're basically slaves," Bill Tully says. "You take the night call, you do the teaching, you see patients."

Sue Tully built a solid reputation in the pediatrics community regardless of those setbacks, he noted. She served as chief of the pediatric emergency

Cordova de Ortega worked with Tully on and off throughout her pediatric residency at UCLA's Olive View Medical Center. "She was a phenomenal general pediatrician with a wealth of knowledge," Cordova de Ortega says. "She held you accountable for having the breadth of knowledge, and not just take things at face value."

Bill Tully says his wife devised ways to keep up with current

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**"Dr. Tully was a hero and role model to me. She worked tirelessly to give outstanding patient care and to teach the residents and house staff in the pediatric clinic and ER."**

*Mark Crowley, MD, chief, Division of Critical Care-Hospitalists*

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room at UC-Irvine, Los Angeles County-USC, and Olive View-UCLA. She was known for her expertise on injury prevention in children, and served for a dozen years on the American Academy of Pediatrics' Committee on Injury and Poison Prevention.

But it was her impact as an educator that lives on in the memory of UNM pediatrics faculty who served under Tully as residents. Mark Crowley, MD, chief of the Division of Critical Care-Hospitalists, was chief resident at Los Angeles County-USC when Tully was chief of general pediatrics.

"Dr. Tully was a hero and role model to me," Crowley says. "She worked tirelessly to give outstanding patient care and to teach the residents and house staff in the pediatric clinic and ER. She was a great clinician and teacher. She always knew the latest information on everything we came across."

research in the midst of her clinical practice, such as by cutting apart medical journals and filing them by topic, so she would have the latest information at hand when she was the attending doctor on the wards – a trick she learned from S. Scott Obenshain, MD, the associate dean of undergraduate medical education at UNM for 31 years.

These connections to UNM serve to keep the Tullys' gift in Sue's family of students, as it were.

Bill Tully says he is especially pleased that Cordova de Ortega knew his wife in her role as professor. "I expect she will guide the selection of the recipient closer to the way Sue would have chosen that person than anyone else could."

For more information on honoring someone's legacy or making an estate gift, please contact Bonnie McLeskey, associate vice president of planned giving, at 505.313.7610 or [bonnie.mcleskey@unmfund.org](mailto:bonnie.mcleskey@unmfund.org) ❁



# DISTINGUISHED ALUMNI AWARDS

Congratulations to the UNM School of Medicine Alumni Association award recipients, who were honored at the Alumni Reunion Awards Banquet on October 14, 2017.

## *Distinguished Alumnus*



**Awarded to:** Christopher Braden, MD, Class of 1987

**Christopher Braden** serves as the deputy director of the National Center for Emerging and Zoonotic Infectious Diseases at the Centers for Disease Control and Prevention. He previously served as director of the Division of Foodborne, Waterborne and Environmental Diseases, as associate director for science in the CDC's Division of Parasitic Diseases and chief of outbreak response and surveillance in the Division of Foodborne, Bacterial and Mycotic Diseases. During his tenure, he has led multiple CDC responses to national and international outbreaks.

*About the award: This award recognizes an alumnus who has made significant contributions to society, and whose accomplishments, affiliations and career exemplify the School of Medicine's legacy of excellence.*

## *Leonard Napolitano, PhD, Award*



**Awarded to:** Nancy Joste, MD, Class of 1989

**Nancy Joste** is director of anatomic pathology in the UNM School of Medicine and is involved in teaching medical students and medical research focusing on cervical cancer and human papillomavirus. She also serves as director of cytopathology at TriCore Reference Laboratories in Albuquerque. She co-authored the award-winning "Abnormal Pap Smears, What Every Woman Needs to Know," a book for both lay women and health professionals. For much of her career she has worked in local and global cervical cancer prevention.

*About the award: Napolitano was the School of Medicine's third dean. His contributions include development of the nationally recognized Primary Care Curriculum.*

## *P.I.E. Preceptor of the Year*



**Awarded to:** Lawrence Andrade, MD, Class of 2000

**Lawrence Andrade** is the son of a lifelong railroader and the first in his family to graduate from college. He served as a staff physician at Rehoboth McKinley Christian Hospital in Gallup from 2003 to 2009 and has been in private practice since then. He has served as a preceptor for the School of Medicine Practical Immersion Experience and physician assistant students since 2004 and has mentored several Gallup-area students to enroll in UNM's Combined BA/MD Degree Program.

*About the award: This award recognizes our UNM Community Faculty who go above and beyond on behalf of our Practical Immersion Experience students*



# LA TIERRA SAGRADA SOCIETY

## New Officers and Members Welcomed

BY LORI PETERKIN

Spring is a time for new beginnings, and there was a lot of “new” at the La Tierra Sagrada Society annual luncheon held March 8 in Albuquerque.

La Tierra Sagrada board president Linda Novy-Doll opened the event by welcoming the nearly 90 members and guests in attendance.

Novy-Doll began with an update on the activity of the board of directors. “This year has been extremely active and productive for La Tierra Sagrada Society’s board of directors,” she said, summarizing the accomplishments of each of the committees and thanking board members for their work.

This year, La Tierra Sagrada is welcoming newly elected board members Renee Ennis, Mauricio Tohen, MD, Eve Espey, MD, and Jill Klar. The Society also adopted newly worded by-laws.

Recognizing the value of partnerships, Novy-Doll pointed out that La Tierra Sagrada Society has grown through the years, while making necessary changes in keeping with its mission. “It was only four years ago that we were entrusted with awarding scholarships to fourth-year medical students, which were funded by UNM’s School of Medicine Alumni Association,” Novy-Doll said.

“This year, we will award a scholarship to a student in each of the three health profession graduate programs – physician assistant, occupational therapy and physical therapy.”

The Society also acknowledged new individual and corporate members Erin Moody (Explo-Abilities), Ken Hoeksema (The Electronic Caregiver, Inc.), Mary Lou Langford (Langford Physical Therapy), Janet Poole, Martin

Hickey and Mary Cunnane, Bethany Kolb and Robert Johnson, Randy Perkins (Hub International), Robert and Patricia Schenck, Robert Peterkin, William and Connie Green, Bill and Susan Gloyd and Renee and Mel Ennis.

Scholarship recipient Tony Salazar, MD ’07, now an assistant professor in UNM’s Department of Emergency Medicine, thanked the society for believing in him as a student and as a future health care provider, and believing in students today, by supporting scholarships.

The time and effort by board members and support staff who drive La Tierra Sagrada Society can only do so much, La Tierra Sagrada relies on its partners, from individual donors to corporate sponsors for their generous contributions.

Dean Paul B. Roth, MD, MS, gave an update on the recent accreditation for the medical school.

“We have one of the most successful diversity programs in the United States,” he said. He described the new energy-efficient building in the Domenici Center for Health Sciences Education complex as “a state-of-the-art facility that added 76,000 square feet of modern learning areas for the students.” Roth also recognized retiring board member Phil Eaton, MD, for his service to the Society and the School of Medicine.

To become part of La Tierra Sagrada Society, or learn more about it, please contact Lori Peterkin, [lpeterkin@salud.unm.edu](mailto:lpeterkin@salud.unm.edu), 505.272.8085 or visit <http://som.unm.edu/giving/tierra-sagrada>. ❄



*Dean Paul B. Roth shares a laugh with Phil Eaton at the annual luncheon.*



## CLASS ACTS

**Beeling M. Armijo, MD '11**, is a pediatric hematologist/oncologist for the Presbyterian Healthcare Services Children's Center. She completed her residency at UNM and a fellowship in pediatric hematology oncology at the University of Iowa Children's Hospital.

**Naomi Bancroft-Moerman, MD '14**, completed her emergency medicine residency at UNM and has joined Presbyterian Medical Group as an emergency department physician at Presbyterian Hospital in Albuquerque.

**Stephen F. Coccaro, MD (House Staff)**, recently became president of the New York State Society of Plastic Surgeons. He also serves as chair of the Medical Society of the State of New York's Organized Medical Staff Section. He just returned from Ecuador on his 15th medical mission with Blanca's House, an organization he helped found 10 years ago that provides free medical care for the poor of Central and South America.



*Daniel Duhigg*

**Daniel Duhigg, DO (House Staff)**, has been hired as medical director for addiction services at Presbyterian Healthcare Services.

**Henry Garcia, MD '78**, joined DaVita Medical Group in Albuquerque in February 2018 as a primary care provider.

**Christopher M. Hawthorn, MD '14**, completed his residency in emergency medicine at the University of Arkansas for Medical Sciences. He recently became an emergency department physician at Presbyterian Kaseman Hospital in Albuquerque.

**Luke Hinshaw, MD '01**, has joined the staff at College Station Medical Center in College Station, Texas. He completed his residency in internal medicine at UNM and also has a master's degree in microbiology from Eastern New Mexico University.

**William Mansfield, MD '03**, works as a critical care cardiologist at the Heart Hospital of New Mexico. He previously worked as a cardiologist at the New Mexico Heart Institute in Santa Fe and concurrently served as the executive medical director for the Cardiovascular Service Line for CHRISTUS St. Vincent Regional Hospital and as a member of the Peer Review Committee and the Medical Advisory Council for Cardiovascular Disease.



*Elizabeth Palmer*

**Elizabeth Palmer, MD '87**, joined the DaVita Medical Group cardiology practice in March 2018.



*Darcie Robran-Marquez*

**Darcie Robran-Marquez, MD '11**, has returned to Presbyterian Healthcare Services as medical director for Population Health.

**Thomas Rothfeld, MD '87**, has transitioned from practicing pediatrics at Presbyterian Medical Group and serving as medical director of the Children's Program to his new role as chief medical officer for Presbyterian Health Plan.

**Joe P. Salgado, MD '96**, was named Best Healthcare Professional in the Best of Artesia contest sponsored by the *Artesia Daily Press*. An Artesia native, Salgado completed a primary care residency at John Peter Smith Hospital in Fort Worth, Texas, before returning to his hometown to practice in 2000.

**Jamie R. Santistevan, MD '12**, completed a residency in emergency medicine and a fellowship in emergency department administration at the University of Wisconsin Hospital and Clinics. She recently joined Presbyterian Hospital in Albuquerque as an emergency department physician.

**Ursula Stauber, MD '14**, joined DaVita Medical Group in Albuquerque as a pediatrician in March 2018.





*Jill Slominski*

**Jill Slominski, MD (House Staff)**, has been promoted to medical director for Process – Patient & Provider Experience, at Presbyterian Healthcare Services. She joined Presbyterian in 2005.

**Steven M. Stewart, MD (House Staff)**, has been promoted to regional medical director for Socorro General Hospital in Socorro, N.M. He completed a residency in family medicine at UNM before joining Presbyterian Medical Group.



*Justin Taylor*

**Justin Taylor, MD '11**, completed his internal medicine residency at the Brigham and Women's Hospital in 2014. He completed a fellowship in hematology/oncology at Memorial Sloan Kettering Cancer Center in 2017, where he was recently appointed as a junior faculty member. He also received a Harold Amos Medical Faculty Development Program grant sponsored by the American Society of Hematology and the Robert Wood Johnson Foundation to pursue research into

the genetic drivers of hematologic malignancies. He also received the American Society of Clinical Oncology Young Investigator Award for a clinical trial testing novel therapies for leukemia and myelodysplastic syndromes.

**Yolandra Toya, MD '03**, was featured in the March 7, 2018, issue of *Princeton Alumni Weekly*. Toya practices pediatrics in Albuquerque and at the Jemez Pueblo clinic.



*Lourdes Vizcarra*

**Lourdes Vizcarra, MD (House Staff)**, joined DaVita Medical Group in Albuquerque as a primary care provider in October 2017.

**Amy Williams, MD '06**, has been hired as a pediatrician by Presbyterian Healthcare Services in Santa Fe. She completed her residency in pediatrics at UNM.

## LETTERS

**Dear Editor:**

I am pleased to see that the Physician Assistant Program was promoted in the "At a Glance" section of the alumni magazine. However, I'd like to make a small correction: Laura Wylie is not the first PA serving as program director. She is in fact, the third. The program was started in 1998 by then-program director Kirsten Thomsen, PA-C. Several years later I took over as program director and was PD from about 2000 until 2012 when I stepped down due to health

reasons and a desire to go part-time. I appointed our then-medical director John Leggott, MD, as PD.

**Nikki Katalanos, PhD, PA-C**  
UNM Alumnus 1995, 2004

**Dear Editor:**

The article about the effort to get UNM School of Medicine graduates to return to New Mexico really moved me.

I was blessed to have wonderful folks like Bob Loftfield and Diane Klepper (and Gwen Morrison) help me get in and through med school (class of 1975) in spite of the fact that I was 34 at the time I was admitted and had no funds. I felt an obligation to New Mexico and spent seven years in solo family medical practice in Lincoln County after my Virginia residency training. I soon found that I was needed 24/7/365 and physically burned out after seven years of that. It was one of those experiences that I wouldn't repeat for \$1 million but wouldn't trade for \$1 million.

I am now 80 years old, retired and living in Connecticut for family reasons. However, my heart is still in New Mexico.

**Michael O. Stone, MD '75**



Please share your updates and professional accomplishments. Contact Amanda Bassett at the UNM School of Medicine Alumni Association to submit information for inclusion in an upcoming issue of UNM Medicine.

**Telephone: 505.272.5700**

**Email: [abassett@salud.unm.edu](mailto:abassett@salud.unm.edu)**



# IN MEMORIAM

## FACULTY

**William Black, MD**, of Albuquerque, died August 21, 2017, at age 86. The Denver, Colo., native, graduated from medical school at the University of Colorado, Denver. He spent his internship at the University of Kansas Medical Center, then moved to Penrose Hospital in Colorado Springs. He completed his training in surgical pathology at Columbia University in New York, before fulfilling his military service at the VA hospital in St. Louis. In 1968, he joined the UNM School of Medicine faculty, where he spent the next 41 years teaching medical students, training pathology residents and working as a surgical pathologist for the new UNM Cancer Center. He is survived by his wife, Katherine, four children, four grandchildren and one great grandson.

**William Werner Orrison Jr., MD**, of Las Vegas, Nev., died October 19, 2017, at age 68. He was born in Louisville, Ky., but grew up in Kansas, where his father was a country doctor. He graduated from the University of Kansas School of Medicine in 1975 and completed residencies in neurology and radiology at the University of Wisconsin at Madison. He fulfilled his obligation to the government as chief of neuroradiology and later chair of radiology at Keesler Air Force Base in Biloxi, Miss., from 1982 to 1985, attaining the rank of major. He entered academic medicine at UNM, where he led the medical school's efforts in neuroradiology, special procedures, non-invasive diagnosis and MRI from the late 1980s through 1997. He later became professor and chair of radiology at the University of Utah School of Medicine in Salt Lake City. In 2003, he left academic medicine to open advanced medical-imaging centers in

Las Vegas. He is survived by his wife, Heather, three children, two step-children and two sisters.

## HOUSE STAFF

**Edward Lee Johnson, MD**, of Albuquerque, died February 22, 2018, at age 86. He grew up on a farm in Lindsborg, Kan., and received his medical training at the University of Kansas. He served his internship year at the Bernalillo County Indian Hospital (later BCMC) before completing a five-year surgical residency at the University of Missouri School of Medicine and a urological fellowship at Tulane. He and his late wife, Alice, returned to Albuquerque, where he opened a private practice in surgical urology. Even after retirement he continued teaching at the Albuquerque Veterans Affairs Medical Center until the age of 75. He was also instrumental in bringing professional hockey to New Mexico as president and co-owner of the Albuquerque Six Guns. He is survived by four children, six grandchildren, his sister and many nieces and nephews.

**Mason C. Reddix, MD**, of San Antonio, Texas, died January 16, 2018, at age 89. He was born in Shreveport, La., and graduated from Meharry Medical College in Nashville, Tenn. He completed his surgical residency at Bernalillo County Indian Hospital and the Albuquerque VA hospital in 1961. He served as an officer in both the Public Health Service and the U.S. Air Force, was active in the civil rights movement and was a vigorous, eloquent advocate for equal opportunity and open access to housing for all. In 1968, he moved with his family to San Antonio and established a private practice in general surgery. At the time he was the city's first board-certified African American surgeon. He remained in practice until being

disabled by a stroke in 1984. He is survived by three children, seven grandchildren, 10 great grandchildren and many nieces and nephews.

## ALUMNI

**Michael Bauer, MD '12**, passed away on June 24, 2017. He was known for his ability to warmly welcome any person into a conversation, whether he had known them for two minutes or 20 years. He could make anyone smile. Michael is survived by the love of his life, Dr. Andrea Sherwood, and his children, Eli and Ava Bauer. He is also survived by his mother, Linda Bauer, brother, William Bauer and sisters, Michele Bean and Jean Bauer. He leaves many cherished aunts, uncles, nieces, nephews and cousins.



*Jon H. Buscemi*

**Jon H. Buscemi, MD '68**, of El Paso, Texas, passed away on July 29, 2017, at age 77. He graduated from New Mexico State University in 1962. In 1968, he was part of the first class to graduate from the UNM School of Medicine. He then served in the U.S. Army Medical Corps, specializing in neurology, retiring as a colonel in 1992. He spent his leisure time working with model trains and railroad, as well as reading history and science fiction. He is survived by his wife, Dolores Foster Buscemi, two daughters and two sisters.





*David Allen Byrne*

**David Allen Byrne, MD '68**, of Bloomington, Ind., died June 15, 2017, at age 79. He was born in Danville, Ill., and graduated from Purdue University. He worked as an aerospace engineer specializing in hypersonic heat transfer and magneto-hydrodynamics and then as a real estate broker before deciding to join the first class of the UNM School of Medicine in 1964. He did his internship at the University of Colorado, served as a U.S. Navy ship's medical officer and completed his dermatology residency at the University of Missouri. He practiced dermatology and dermatopathology in Bloomington for more than 40 years. He is survived by his wife Margery, three daughters and five grandchildren.



*William L. Coleman*

**William L. Coleman, MD '79**, died August 21, 2017, in Chapel Hill, N.C., at age 74. He was born in New York

City and graduated from a university in Mexico City before earning his master's degree in criminology from the University of California, Berkeley. He worked as an elementary school teacher in California before enrolling in medical school at UNM. He served his pediatric residency at Duke University and a fellowship at Children's Hospital in Boston. As a developmental behavioral pediatrician, he saw patients and their families at Duke and University of North Carolina Hospitals for more than 30 years. After retirement, he continued family-focused pediatrics at the Chapel Hill Children's Clinic in Southern Village. He is survived by his wife, Julie, a daughter, three grandchildren, three nieces and four nephews.

**Delores Hatch, MD '76**, died June 11, 2017, in Vicksburg, Miss., at age 74. She was born in Effingham, Ill., received her undergraduate degree from UNM and then graduated from the School of Medicine. She joined the U.S. Army and served three years in Germany before settling in the Vicksburg area, where she practiced at several clinics and the Veterans Affairs hospital. She is survived by three daughters, seven grandchildren, a sister and three brothers.



*Stuart J. Sherry*

**Stuart J. Sherry, MD '73**, died in Walla Walla, Wash., on May 18, 2017, at age 73. He was born in Havre,

Mont., and graduated from the University of Montana with a BS in biology. He completed a master's degree in physiology at the University of North Dakota before enrolling in the UNM School of Medicine. He completed an OB/GYN residency at the Medical College of Virginia. He spent five years practicing in Missoula, Mont., and another 19 years practicing in Bennington, Vt. He spent another 12 years practicing the Mayo Clinic in Minnesota. He retired from practice in 2012, having delivered more than 10,000 babies during his career. He is survived by his wife, Elly Lyons Sherry, a brother, three children, four grandchildren and other extended family members.



*William J. Shlaer*

**William J. Shlaer, MD '76**, of Vashon, Wash., died October 5, 2017, at age 77. He worked at Los Alamos National Laboratories after earning a PhD in physics at Harvard University, then went to medical school at UNM. He completed his residency in diagnostic radiology at University of California, San Diego, in 1980 and later practiced radiology at Southwest Washington Medical Center in Vancouver, Wash. ❄



# THAT TO WHICH WE GIVE ATTENTION GROWS

BY DAVID RAKEL, MD

It is time that we give health our collective attention. For me, that starts with finding the balance between pathogenesis and saludogenesis

Pathos means, “to suffer,” so pathogenesis is the creation of suffering or disease. On the other hand, *saluté* is Italian for health, and *salud* is health in Spanish. A *salutation* is a greeting that suggests engaging another with respect and concern for their well-being, which is a key ingredient toward health for all.

Salu**t**ogenesis was a term coined by Aaron Antonovsky, an American-Israeli medical sociologist. It focuses on peoples’ resources and capacity to create health, rather than emphasizing ill health, and highlights the expertise we have at UNM to achieve this healthy outcome. Replacing the “t” with a “d” makes salu**d**ogenesis all our own.

We have a unique opportunity to be leaders in saludogenesis, because health is something that everyone can play a part in. When we work together toward saludogenesis for a person, we must recognize his or her unique bio-psycho-social and spiritual aspects. Our starting point arises with an understanding of the context of that person's life.

If we want to achieve saludogenesis for our communities, we will be more successful if we work across the departments of a university, realizing that each field can use their expertise in service of health.

Architecture and urban planning faculty can help us plan healthy living environments that engage people to connect with nature and each other, and encourage everyone to move their bodies. Agricultural experts can help us grow and improve access and affordability of multi-colored whole foods. The business school can help us figure out how to make health financially sustainable, so we don't have to rely only on the profits from treating disease.

The bottom line is about adding value to the health care equation. The main payers for health care (Medicare and Medicaid) are coming to realize that a pathogenic-focused health care system does not add value (remember, *that to which we give attention grows*).

Value is defined as better health outcomes at a lower cost. Congress recognizes this, and despite the current political polarization, value-based incentive and payment plans have been unanimously approved.

To describe value in oversimplified terms, imagine a hospital and the community it serves. Value is achieved when a community grows in size more than the size of the hospital needed to treat it.

Each community needs experts in specialized care, and UNM certainly needs a new hospital. Saludogenesis will ensure that the hospital will provide access to those specialists for those who need their services the most.

The mission of our health system is to improve the health of New Mexico. Having an expertise in pathogenesis is vital, but disease care alone cannot achieve this mission. We have to become experts in health, in saludogenesis.

This requires partnerships and collaborations across political aisles, across departments and across communities to create a health network. By sending *saludos* to your New Mexican neighbors, you are recognizing that a social network is important to your source of health. As we become experts in what we want to grow, we will in essence contribute to building a healing network.

There are many healing traditions, including traditional Chinese medicine, Ayurveda and Western medicine, to name a few. But one of the oldest comes from the first settlers of New Mexico. In some Native American healing traditions, if a person is ill, it is considered a social problem shared by the whole community, not just the individual.

For Navajos, the ill person is thought to have lost *hózhō*, the sense of beauty and integration with the universe. When a person is surrounded with members of their community in support of their reintegration with beauty, the person regains their sense of meaning and purpose.

We need people with years of training to treat disease, but we can all become experts in health. We can all see when someone is suffering. Simply giving that person our attention and helping them find their beauty may be the most important work of all.

*That to which we give attention grows.*

*David Rakel, MD, is chair of the Department of Family & Community Medicine*





# 2018 REUNION SCHEDULE

## FRIDAY, OCTOBER 26

### 6:00PM DISTINGUISHED CLASS DINNERS

Kick off the weekend with a dinner for each of the honored classes.  
Reconnect and relax in an informal setting.

- 1973 Hosted by Dr. Manuel Archuleta
- 1978 Host TBD
- 1983 Host TBD
- 1988 Hosted Dr. Mark Leshner
- 1993 Host TBD
- 1998 Hosted by Drs. Ximena Galarza-Rios,  
Santana Macias Fontana, Lance Wilson  
and David Carey
- 2003 Hosted by Dr. Amber Rollstin
- 2008 Hosted by Dr. Alisha Parada



## SATURDAY, OCTOBER 27

### 9:00AM CAMPUS TOURS

See the Napolitano Anatomy Lab, BATCAVE and new wing of the Domenici Center for Health Sciences Education.

### 10:00AM BRUNCH WITH THE DEAN

Enjoy brunch on the HSC campus and get the latest news about the School of Medicine from Executive Vice Dean Martha Cole McGrew.

### 1:00PM BOURBON DISTILLERY TOUR AND TASTING

Tour Broken Trails, New Mexico's only bourbon distillery, and enjoy a few libations.

### 5:30PM ALUMNI AWARDS DINNER

Party at the Sandia Event Center, with a Kentucky-inspired dinner, bluegrass entertainment, a bonnet and bowtie contest, D.J., dancing, photo booth and the alumni awards ceremony.

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## SUPPORT THE ALUMNI ASSOCIATION

### DONATE

Support student services, like free coffee and snacks at The Nook, white coats, travel grants, emergency loans and other professional development opportunities to build relationships with students that can last a lifetime.

### MENTOR

Whether you practice in New Mexico or another state, become one of our community faculty. It's a great way to invest in students and stay connected to the UNM School of Medicine.

### STAY CONNECTED

Come home for the annual reunion and attend receptions that the Alumni Association hosts around the country. Keep us updated on your career so we can celebrate and promote your successes!



**CONTACT OUR OFFICE TODAY TO GIVE YOUR SUPPORT**

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