Delta Dental Donates $1 Million

On March 8, Delta Dental of Tennessee donated $1 million to the College of Dentistry at the University of Tennessee Health Science Center (UTHSC).

“This contribution serves as a challenge to alumni and friends of the college to finish what we started in the renovation and updating of the UT College of Dentistry facilities,” said Phil Wenk, DDS, president and CEO of Delta Dental.

A UT College of Dentistry alumnus himself, Dr. Wenk recognizes firsthand how important facilities are to a quality dental education. “I hope our continued support of the college will encourage others to do likewise,” he added.

Over more than three years, a successful capital campaign fueled by alumni and industry giving has funded major renovations and equipment updates throughout the UTHSC College of Dentistry. The work has improved facilities for patient care, dental research and educational laboratories.

Delta Dental’s $1 million commitment will be used to replace outdated equipment in the Delta Dental of Tennessee Dental Simulation Center on the UTHSC campus.

Dedicated in 2004, the simulation center serves as the primary laboratory space where dentistry students gain the hands-on experience required to perfect their patient care techniques. The pre-clinical lab was named for Delta Dental of Tennessee in recognition of their generous $1 million donation at that time, which was used to establish and fund the facility.

The center, with 40 units in one room, is the largest virtual-reality simulation laboratory in the country and has 90 conventional simulators in the adjacent room.

Since 1998, Delta Dental has donated more than $7 million to the UT College of Dentistry, including challenge gifts that match alumni donations dollar for dollar.

With more than 7,200 graduates, the UTHSC College of Dentistry is the oldest dental school in the South (established in 1878). More than 75 percent of all the dentists now practicing in Tennessee, along with a significant number of the dentists practicing in Arkansas, are graduates. Under close faculty supervision, its students provide more than 40,800 patient visits each year to support oral health care in the Memphis area.

Legacy Scholarships

Thanks to the generosity of the University of Tennessee Alumni Association (UTAA) and alumni of the University of Tennessee Health Science Center (UTHSC), a legacy scholarship has been created. In this context, a legacy is a UTHSC student, who is the child/stepchild or grandchild/step-grandchild of a degree-holding graduate, from one of the UT campuses in Knoxville, Chattanooga, Martin, or Memphis. The first recipients of the six $1,000 scholarships will be announced in fall 2013.

The scholarships were originally funded by $2,000 from the UTAA’s Board of Governors and a campus match of $2,000. However, Steve J. Schwab, MD, UTHSC chancellor, increased the campus match, making the overall total in funding $6,000.

Scholarship requirements are as follows:

• The scholarship will be available to in-state and out-of-state students.
• The award will be for first-year students only.
• Recipients of the scholarship must maintain a 3.0 GPA in order to retain the scholarship for the second semester.
• Possible recipients will be identified using the application for the college and campus they wish to attend. As with the other UTAA scholarships, the campuses will use the parameters listed above to select its recipients. Each of UTHSC’s six colleges will be responsible for awarding this scholarship each year in partnership with the UTAA director of Alumni Programs and Scholarships.

“We welcome the opportunity to offer these six, annual Legacy Scholarships to qualified, first-year students,” said Chancellor Schwab. “Our alumni play a defining role in our shared institutional identity. These scholarships are another way to acknowledge and award our students, particularly those who are continuing a tradition of excellence by enrolling at UTHSC like the generation or generations before them.”

Please contact Sarah Stair, director of Alumni Programs and Scholarships, with any questions regarding this award at ss stair@utfi.org or (865) 974-2502.
Rebecca Barton Named Outstanding Dentistry Alum

With a successful 45-year marriage and a thriving family, Rebecca A. Barton, DDS, has much to celebrate. In March, many of Dr. Barton’s family members and fellow alumni from the University of Tennessee College of Dentistry gathered to recognize her distinguished dental career.

Dr. Barton was named the 2013 Outstanding Alumni Award Winner by the UT College of Dentistry at the University of Tennessee Health Science Center (UTHSC). Her award was presented March 8 during the College of Dentistry Alumni Awards luncheon at the Hilton Memphis.

The 1970s pop hit “Love Will Keep Us Together” could be Dr. Barton’s personal theme song, but love almost kept her from pursuing a career outside of her chosen, first-best destiny as a wife and mother. As a young woman, she thought about attending pharmacy school but the five-year degree program was daunting “because I was in love” she says with a chuckle.

She followed her heart, marrying John Vernon Barton after she graduated in three and half years with a bachelor’s degree in health and physical education from Slippery Rock State University. Her husband went on to pilot training with the air force while she pursued a master’s degree in educational psychology from Edinboro State University. Along the way, she raised two children and taught high school psychology, sociology, economics, and geography.

“\text{A roundabout journey, for sure, but I wouldn’t change it if I had to do it all over again.}”

Dr. Barton, “\text{A roundabout journey, for sure, but I wouldn’t change it if I had to do it all over again.}” says Dr. Barton. “\text{A roundabout journey, for sure, but I wouldn’t change it if I had to do it all over again.}”

The College of Dentistry award winner states with certainty, “\text{My proudest accomplishment is my family.}”

Rebecca Barton, DDS

With nearly five decades of marital life to their credit, she and her husband have two children. John V. Barton II is a law graduate from Washington and Lee University and the vice president of an Atlanta real estate investment firm while Susan H. Barton is a gastroenterologist and a UT College of Medicine graduate. They also have two grandchildren.

“A good day is hearing from my grandchildren,” she says. “A bad day is not getting anything accomplished.”

She lives her life, she said, inspired by the words of Mother Teresa: “The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service. The fruit of service is peace.”

Dr. Barton added, “One thing that life has taught me is that everyone is carrying a burden of some kind. Always treat everyone with kindness and compassion.”

UTHSC Family’s Musical Dream Comes True

What started with a dream turned into a dream-come-true for a family at UTHSC. Fifth grader Harrison Finks got to meet Elton John at his Memphis concert. Harrison’s parents had posted a YouTube video of their son playing John’s “Tiny Dancer” on the piano and talking about why he wanted to meet John.

Harrison’s mom is Shannon Finks, PharmD, FCCP, BCPS, an associate professor in the Department of Clinical Pharmacy. His dad is Lloyd Finks, MD, an assistant professor in the College of Medicine. He has an eight-year-old sister named Grayson.

It started with a dream Shannon Finks had in which her son was the opening musical act for Elton John. When she shared this with her family, an idea came up. Why not make a video of Harrison playing the piano and put it on YouTube? The video – www.youtube.com/watch?v=wLPWibbhQg – only received about 400 hits, but someone connected to

John’s management team must have seen it: The family was contacted and offered not only front row seats to the March 16 concert but backstage passes. Even so, they warned the Finks that backstage passes did not mean they were going to meet the star.

“We must’ve heard from them on at least 10 occasions that Elton John does not do meet-and-greets,” she said.

So they were stunned when they were asked, 10 minutes before the concert, if they were ready.

“We thought they meant ready for the concert,” Shannon said, “\text{which, of course, we were.”}

Instead, they got what they had been told not to expect: A private meeting with John. Not only had he seen Harrison’s video, he was describing it to people backstage.

She added that John himself was 10 when he was admitted to the Royal Academy of Music.

“Maybe he saw something of himself in Harrison,” she said.

The Finks got to meet the entire band and were loaded up with T-shirts, sweatshirts, CDs and DVDs. Harrison, however, received something even better: Musical advice and encouragement from Elton John.

“He was so kind, so generous,” she said.

“We were blown away by the whole experience,” Shannon said. “\text{It was far beyond anything we had imagined.”}

Harrison Finks, Sir Elton John and Grayson Finks

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UT Day on the Hill 2013

Sen. John Stevens (R-Huntingdon) spent time talking with UTHSC College of Medicine students Whitney Gadd and Matthew Barnes during the mid-March UT Day on the Hill event in Nashville. The UT system brings representatives together from all its campuses and institutes once a year in Nashville to update legislators on our activities and lobby for their support during the legislative session.

Chancellor Schwab (center) took time during UT Day on the Hill 2013 in Nashville to talk with students (from left) Rachel Parrish, Allied Health Sciences; Matthew Barnes, Medicine; Whitney Gadd, Medicine; and Drew Mallard, Dentistry. The chancellor also provided legislators with an update on UTHSC during his presentation to the House Health Committee. Following the UT system event, UTHSC administrators, faculty and students met with legislators during a luncheon initiated by the UTHSC Faculty Senate with the help of the UT State Relations Office.

UT Women Philanthropists Announce Grants

The UT Alliance of Women Philanthropists announced its 2013 grants on Feb. 22. The alliance allocated $48,000 to four projects, two of which are at UTHSC in Memphis: The Pathway to Professionalism and the Memphis Mobile Market.

Pathway to Professionalism

The Pathway to Professionalism gives minority women the opportunity to break the cycle of poverty by helping to defray the cost of UTHSC’s two-year medical technology school. The aim is to establish a safety net for motivated students who are at risk of leaving the program due to financial hardship. The $15,500 grant will cover the cost of items such as books, uniforms and exam fees.

Memphis Mobile Market

The Memphis Mobile Market, a farmer’s market on wheels, was created by UTHSC students to give more people access to fresh produce, meats and dairy products. Along with affordable farm-to-table food, the market also provides nutritional education. The long-term goal is to see improvements in chronic conditions such as diabetes, obesity and hypertension. The Mobile Market, which received $6,000, will be run by UTHSC students with support from North Memphis communities, the Shelby County Mayor, and other nonprofits.

For more information about the UT Alliance of Women Philanthropists, go to http://www.utf.a.org/the-foundation/alliance-of-women-philanthropists.

Allied Health Hosts Open House

Left, prospective students pack the Student-Alumni Center to standing room only on Feb. 22 for the College of Allied Health Sciences’ Open House. Speakers discussed an array of career options – dental hygienists, physician’s assistants, physical therapists, health information professionals and more.
2013 Match
James J. Neutens, PhD, and dean of the Graduate School of Medicine at the University of Tennessee, Knoxville, announced that all UT, Knoxville’s residency programs filled, except for a Surgery-Preliminary Program which went unfilled intentionally. This was the first time all of the school’s programs filled in the match in more than 20 years, he said.

“I want to again congratulate our program directors, coordinators, chairs, the GME office, and especially our residents for the steps you have taken to make our programs nationally and internationally recognized.”

Resident Scores in 100th Percentile
Samuel Porter, MD, fourth-year Radiology resident, scored in the 100th percentile on the nationwide American College of Radiology Diagnostic Radiology In-Training Exam. As 100th percentile, Dr. Porter scored better than 100 percent of all residents taking the exam.

Institute of Biomedical Engineering Established
On Feb. 1, the UT College of Engineering (COE) and the Office of Research and Engagement in collaboration with the UT Graduate School of Medicine (GSM) and UT College of Veterinary Medicine (CVM), established a new multidisciplinary initiative: the Institute of Biomedical Engineering (iBME).

The iBME is intended to be an intellectual bridge to a number of disciplines including engineering, medicine, veterinary medicine, arts and sciences, nursing, agriculture and others.

Delta Dental Donates $100,000
A $100,000 donation, presented by Delta Dental of Tennessee President and CEO Phil Wenk, DDS, on Feb. 1, will allow General Dentistry to create an additional operating room for cases that require treatment beyond what can be done at a typical dental practice office.

News from Around the State

‘Give Kids a Smile Day’ a Success
UTHSC faculty, students and staff provided free dental services to nearly 70 sixth, seventh and eighth graders on Feb. 1. For the second year, students from the Memphis Academy of Health Sciences received dental screenings, teeth cleaning and other services on National Give Kids a Smile Day.

“Public service is one of the cornerstones of our organization’s mission,” said UTHSC College of Dentistry Dean Tim Hotell, DDS, MS, MBA. “Our colleges look for opportunities like this one, when we can encourage our students to give back to the communities where they live and practice. That’s a central part of the UTHSC legacy, our ongoing commitment to serve those who are less fortunate than we are.”

Above, right, students from the Memphis Academy of Health Sciences pose with “Toothy” (Mary Mays-Smith, D3) and UTHSC Executive Vice Chancellor and Chief Operations Officer Ken Brown.

Right, the College of Dentistry donated $15,585-worth of dental services on National Give Kids a Smile Day.
UTHSC, UTMG Launch New Laboratory

UT Medical Group and the University of Tennessee Health Science Center (UTHSC) have launched UT DermPath, a dermatopathology laboratory that serves referring clinicians and supports the UTHSC Department of Dermatology.

Dermatopathologists examine samples of skin, hair, nails, and mucosa to diagnose problems such as skin cancer and other dermatologic diseases. Referring practitioners who submit their specimens to a dermatopathology laboratory need rapid turnaround and accurate diagnoses to provide the best care for their patients.

“Our primary goal is to provide our clinicians and patients the exceptional service and quality diagnoses they deserve,” said UT DermPath Medical Director M. Barry Randall, MD, FCAP, who has more than 20 years of experience in the field. “We strive to provide precise, accurate, unambiguous, and clinically relevant results. UT DermPath is a complete service, from daily specimen retrieval from clinicians' offices to rapid and customized report delivery within 24 hours.”

UT DermPath provides services for skin biopsies and other procedures, including standard tissue processing, a complete battery of special stains, immunohistochemistry, direct immunofluorescent studies, and consultations.

The medical staff includes three board certified dermatopathologists, each of whom holds a faculty appointment in the Department of Dermatology. In addition to Dr. Randall, the lab's physician team includes board certified dermatologists Kristopher Fisher, MD, and Tejesh Patel, MD, FAAD. The physicians are supported by experienced histotechnologists, all registered or eligible for registry by the American Society for Clinical Pathology.

Grace Swaney serves as the director of client services and director of business development.

UT DermPath is located at 930 Madison Ave., which is also the site of the Dermatology Department's academic offices. For more information, please call 901-866-8834 or 1-855-DERMPATH.

UT Medical Group is the private group practice affiliated with the University of Tennessee Health Science Center College of Medicine faculty. A not-for-profit, non-tax-supported group practice, UTMG is dedicated to quality patient care, medical education, and medical research.

For more information, visit www.utmedicalgroup.com.

Recent Blood Drive a Success; Another Coming in May

Lifeblood came to UTHSC Feb. 12, signing in 68 donors and collecting 62 units with the double reds. That's the potential to save 124 lives in our community.

The drive, which was one of the best drives Lifeblood has had on the UTHSC campus, was sponsored by Campus Recreation and the Office of Student Life. The participants had the opportunity of a continental breakfast in the early hours or a box lunch in the afternoon.

Lifeblood will be back for the Medicine in May Expo Thursday, May 16 to sign up donors for the actual blood drive on Friday, May 17.

Health Career Programs: Looking for the Best

The Health Career Program (HCP) at UTHSC is accepting applications for high school and college students interested in health careers. The program aims to prepare the next generation of individuals to become culturally competent and relevant health care professionals and educators.

UTHSC provides a range of programs for young people, from an internship program for promising business managers, a summer camp for middle school children, or a brief visit. The Health Career Programs office can help bring any group of non-UTHSC students to campus for a couple of hours to a couple of months.

For more information, call 901-448-8772 or go to http://www.uthsc.edu/HCP.

Above, from left, Dr. Kris Fisher, Dr. T. J. Patel, Grace Swaney and Dr. M. Barry Randall

Right, Lakiki Armfield microsections biopsy specimens for routine staining

Above, Jonathan Carrera, a recent participant in the Tennessee Institute for Pre-Professionals at UTHSC, part of the Health Career Programs, and his preceptor Rosie Richmond, DDS.
Cancer Awareness Day

The week of March 26, UTHSC joined The West Clinic in raising a total of $2690 for the UTHSC Cancer Research Fund. UTHSC’s Center for Cancer Research is the only adult cancer research facility in the Mid-South.

The West Clinic employees raised $2,105, mostly through $5 donations that enabled them to wear jeans to work on a special “Green Team” Day. Meanwhile, David Stem, MD, UTHSC executive dean and vice chancellor for Clinical Affairs, joined volunteers in staffing a table in the Madison Plaza lobby, raising nearly $600 in four hours.

Anyone still wishing to contribute can make a quick, secure donation at any time at www.uthsc.edu/give/endcancer.

Neuroscience Institute Hosts Brain Awareness Night

The Neuroscience Institute (NI), in collaboration with the Urban Child Institute, hosted its annual Brain Awareness Night on March 21 at the Urban Child Institute, with a focus on the brain’s role in obesity, especially childhood obesity.

John D. Boughter, Jr., PhD, associate professor in the Department of Anatomy and Neurobiology and an NI member, opened the symposium by discussing how our sense of taste engages parts of our brain involved in eating and reward, and how food selection at a young age may help a child’s brain develop into making healthier food choices later in life.

The keynote speaker was Amanda S. Bruce, PhD, assistant professor in the Department of Psychology at the University of Missouri-Kansas City. She addressed the topic of branding and a child’s brain. Her research focus is on the relationship between food marketing and childhood obesity using neuroimaging techniques.

The event, which was open to the public and included UTHSC faculty, staff and students, was organized by Paul Herron, PhD, of the Neuroscience Institute and the Department of Anatomy and Neurobiology, and moderated by institute Director William E. Armstrong, PhD.

Dentistry Student Research Day

The UTHSC College of Dentistry held its 2013 Student Research Day and Table Clinic Competition Feb. 12. Twenty-three dental students and 17 residents presented their research. Tyler Allen received the Student Clinician Award for his presentation.

Allen’s award was sponsored by the Dentsply Corporation. He will represent UTHSC at the American Dental Association’s annual session in New Orleans.

Allen’s project was titled, “Evaluation of the Precision, Accuracy, and Efficiency of Virtual Electronic Dental Models Using Bolton Analysis.” He was assisted by Terry Trojan, Edward Harris and Mark Scarbecz of the Departments of Orthodontics and Bioscience Research.

Richard Anderson won the Harold Cogman Award; Alexander Garcia-Godoy, Mariam Habib, Alesia Hatton, Jeffrey Knittel, Joshua Manuel and Jessica Tucker shared the James C. Ragain – AADR Tennessee Chapter Awards for Student Research. Their projects were presented at the Hinman Student Research Symposium in Memphis and the American Association for Dental Research meeting in Seattle.

Celebrating International Year of Statistics

The International Year of Statistics is celebrating the contributions of statistical science to the larger scientific community, and two UTHSC faculty members have leadership roles.

Mehmet Kocak, PhD, associate professor of Preventive Medicine, has been elected president of the Western Tennessee chapter of the American Statistical Association (WTASA). Fridjof Thomas, PhD, assistant professor of Biostatistics and Epidemiology, has been elected WTASA vice president.

“We hope that the year 2013 becomes a year in which you increase your awareness and use of statistics in your scientific pursuits,” Dr. Kocak said.

As part of “Statistics2013,” WTASA plans to host seminars at UTHSC, St. Jude Children’s Research Hospital and University of Memphis, bringing together experts from academic institutions and local businesses such as AutoZone, FedEx, Medtronic, International Paper and more.

For more information, go to http://www.uthsc.edu/premmed/consult.php.
Black Student Association Gala

African-American students who were nominated by the deans of their respective colleges for academic excellence and community service were honored at the Black Student Association’s annual awards banquet Feb. 22 in the Student-Alumni Center.

Other Black History Month events on the UTHSC campus during February included a lecture on infant mortality by Linda Moses, MD, a Motown musical celebration, and a soul food tasting and art exhibit.

From left, Jayna M. Kelly, Medicine; LaQuita M. Moore, Nursing; Nikia D. Grayson, Nursing; Alicia L. Carter, Allied Health; India L. Brown, Dentistry; Erika Dillard-Cannon, Medicine and Graduate Health Sciences (dual MD/PhD); not pictured, Alftan D. Dyson and Shundraneka L. Thaxer, both of Pharmacy

‘Go Red’ Show Raised Money, Awareness for Heart Association

The second annual Go Red for Women Fashion Show was held Feb. 1 in the UTHSC Student-Alumni Center, raising funds for the American Heart Association’s efforts to fight heart disease in women.

Seventeen women and eight men stepped out of their comfort zones and onto the runway. The aspiring models, all of whom wore red, included UTHSC faculty, administrative assistants, high-level administrators and even retirees. It wasn’t just women: The “Men of Distinction” sported a range of sweaters, T-shirts, ties and matching hankies, all in red.

Tickets were $7. The sold-out event raised $1,144 for the American Heart Association.

“I want to thank everyone who participated in this event,” said UTHSC executive vice chancellor and chief operations officer Ken Brown, who modeled a bright red tie and dark sunglasses.

After the show-stopping finale of crimson and ruby red formals, Dr. Brown encouraged everyone in the audience who was wearing red to join the models and gather on the stage for a final photo.

Above, Executive Vice Chancellor Ken Brown invited all models and audience members wearing red on stage at the conclusion of the Go Red fashion show. “All of you who bought a ticket, you made a difference in somebody’s life today,” he said. “That’s what Go Red is all about.”

Pam Houston, UTHSC director of Community Affairs and Special Events, said, “It is staggering to read on the Go Red website that heart disease still kills more women than all cancers combined. The UTHSC Go Red for Women Fashion Show is a fun event where we can role play on the runway and, simultaneously, raise awareness and financial support for this very worthy cause.”

Match Day 2013

On March 15, UTHSC College of Medicine students, along with their families and friends, assembled at the Pink Palace Museum for Match Day. At noon, they simultaneously opened their envelopes with the notices of their residency match. In a new tradition created by the UTHSC Office of Development and Alumni Affairs, they placed a pin on a giant map to represent the location of their match. More than 50 percent of the Class of 2013 will stay within the UT system to perform their residency.

Dr. Samson Joins Center for High Risk Pregnancies

Maternal fetal specialist Jacques E. Samson, MD, has joined UT Medical Group’s Center for High Risk Pregnancies in Memphis.

Dr. Samson earned his medical degree at Meharry Medical College in Nashville. He completed his obstetrics and gynecology residency at Wayne State University, becoming an assistant professor. He later completed a fellowship in maternal fetal medicine at UTHSC and serves as assistant professor of maternal fetal medicine.

UT Medical Group is the private group practice affiliated with the University of Tennessee Health Science Center College of Medicine faculty. A not-for-profit, non-tax-supported group practice, UTMG is dedicated to quality patient care, medical education and medical research. For more information, visit www.utmedicalgroup.com.

Dr. Thompson Named President of Society of Critical Care Medicine

Carol L. Thompson, PhD, DNP, ACNP, FNP, FCCM, FAANP, became the president of the Society of Critical Care Medicine.

A critical care nurse for 35 years, Dr. Thompson received her DNP from UTHSC. She has been a nursing faculty member since 1988, and presently is a tenured professor of critical and acute care nursing as well as an acute care nurse practitioner in the Emergency Department at Methodist University Hospital. Her research focuses have been dyspnea in mechanically ventilated adults, procedural pain and simulation. She is an NIH Fellow in Genetics. For more information, go to http://www.sccm.org/Annual_Congress/Pages/CongressDaily2013.aspx and click Presidential Address. UTHSC is mentioned twice.

Dr. Dagogo-Jack Named VP of American Diabetes Association

Samuel Dagogo-Jack, MD, has been named vice president of the American Diabetes Association.

He is professor and director, Division of Endocrinology, Diabetes and Metabolism, and director of the Clinical Research Center at UTHSC, where he holds the A. C. Mullins Endowed Chair in Translational Research.

He has been a volunteer for the American Diabetes Association for more than 20 years at the national level, including as chair of the Research Grant Review Committee.

Locally, he has served on boards in St. Louis and Tennessee, speaking at churches and community diabetes education events.

UTMG Names Director of Family Medicine

Bradley Chow is the new director of operations for the Department of Family Medicine at UT Medical Group, Inc.

Chow brings more than 15 years of health care experience in operations, project management, and business development, including leadership roles at Delta Medical Center and Lakeside Hospital in Memphis. Most recently, he was director of operations for a 500-provider, multispecialty medical group in Norfolk, Va.

A Mississippi native, Chow earned an undergraduate degree from Mississippi State University and a master’s degree in business administration from Union University.

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Bethany Goolsby Named Associate Vice Chancellor

Bethany Goolsby, JD, has been promoted to associate vice chancellor for development. In her new position, which she assumed March 1, Goolsby assists in managing college-based and regional development programs in addition to her existing responsibilities in leading Planned Giving for UTHSC. She had been an assistant vice chancellor for Planned Giving since 2007 and has a decade-long career with UTHSC.

“Bethany has built relationships with team members throughout UTHSC and across the entire UT system,” said Randy Farmer, vice chancellor for Development and Alumni Affairs. “Her skills, insight and commitment to our organization are solid assets that serve our alumni, donors, friends and colleagues well. She will be an invaluable resource for our team as we expand our fund-raising outreach and development efforts going forward.”

A native Memphian, Goolsby is a Phi Beta Kappa graduate from the University of Tennessee, Knoxville. She earned her law degree from the University of Tennessee College of Law. She is president of the Planned Giving Council of Greater Memphis, a Fellow of the Leadership Academy of Memphis, a member of the Memphis Rotary Club and president of the board of directors of Grace House of Memphis, a residential substance abuse treatment facility for women.

Professor to Speak on Polycystic Ovaries

Stephen R. Hammes, MD, PhD, will address “Polycystic Ovary Syndrome: What Happens When a Good Androgen Goes Bad” May 29, 2013 at 8 p.m. in the Coleman College of Medicine Building at 956 Court Ave.

Dr. Hammes is the Louis S. Wolk Distinguished Professor of Medicine and chief of the Division of Endocrinology and Metabolism at the University of Rochester School of Medicine and Dentistry.

The lecture is part of the 14th Annual James R. Givens Distinguished Visiting Professorship.
According to OSHA statistics, UTHSC is becoming a safer place to work. (OSHA is the federal Occupational Safety and Health Administration.) From 2003 - 2010, UTHSC experienced an average OSHA Incident Rate of 1.33. A disproportionately large number of injuries resulted from ergonomic-related activities – lifting, pulling, pushing – associated with animal care.

Following a concerted awareness and training program, however, the incident rate for 2012 was down to 0.82, with a similar rate – 0.81 – in 2011.

Mark Smith, UT System safety director, said, “That is outstanding. The Knoxville campus hit 1.34, which is the best I can ever recall, but 0.82 is truly outstanding!”

To put the numbers in perspective, the national average for higher education is 2.2. Public sector employers often run in the 5.0-6.0 range.

As defined by OSHA, recordable injuries and illnesses include all work-related deaths, illnesses and injuries which result in a loss of consciousness, restriction of work or motion, permanent transfer within the company, or any medical treatment other than first aid.

OSHA usually doesn’t use the rates as part of enforcement efforts. Instead, the data helps the agency measure trends in workplace safety and identify areas of potential concern. Institutions can use them to compare their own safety history with national averages for their peer group, and insurance companies will use it as one more way to evaluate a customer’s safety performance.
Stressed Out? UTHSC Can Help

Stress is part of modern life. Most of the time it’s manageable; sometimes it seems overwhelming.

Some people care for aging parents, deal with “wayward” children or find themselves raising their own grandchildren. Others struggle to pay bills. Maybe they are the only family members who are working. Still others have job-related stress.

To help, UTHSC has a program for employees. Led by Fonda Fracchia, the Stress Management Support Group offers staff members a safe place where they can vent and share coping techniques that work for them.

“We know that people who are stressed suffer from increased absenteeism and decreased productivity,” Fracchia said. “It’s in the university’s own interest to help them get a handle on that. I call what we do ‘empowering people.’ By empowering them — giving them tools to use, we help individuals move forward, to a better place in their lives.”

Fracchia, a native Memphian with a Master of Education degree, is a fitness and wellness coordinator in UTHSC’s Fitness Center. Her varied background includes serving as a full-time instructor at Southwest Tennessee Community College, an adjunct faculty member at the Baptist College of Nursing, University of Memphis and Victory University, and health club director at the Memphis Country Club.

The stress management support group was born in 2006, Fracchia said, with the help of Chandra Alston, Darnita Brassel and Cynthia Tooley. Today, she facilitates the group with Fracchia, a native Memphian with a Master of Education degree, is a fitness and wellness coordinator in UTHSC’s Fitness Center. Her varied background includes serving as a full-time instructor at Southwest Tennessee Community College, an adjunct faculty member at the Baptist College of Nursing, University of Memphis and Victory University, and health club director at the Memphis Country Club.

The stress management support group was born in 2006, Fracchia said, with the help of Chandra Alston, Darnita Brassel and Cynthia Tooley. Today, she facilitates the group with the help of Chandra Alston, Darnita Brassel and Cynthia Tooley. Today, she facilitates the group with the help of Chandra Alston, Darnita Brassel and Cynthia Tooley. Today, she facilitates the group with the help of Chandra Alston, Darnita Brassel and Cynthia Tooley. Today, she facilitates the group with the help of Chandra Alston, Darnita Brassel and Cynthia Tooley. Today, she facilitates the group with the help of Chandra Alston, Darnita Brassel and Cynthia Tooley. Today, she facilitates the group with

The group is not counseling or therapy, Fracchia said, or a substitute for it. Employees who need to see a mental health professional should contact the Employee Assistance Program (EAP) for free, confidential counseling while those who have work-related issues that need resolving should contact Human Resources or the Office of Equity and Diversity.

“Some people don’t come back after the first session,” Fracchia laughed. Those who don’t, she explained, may be looking for what she called “their answer” in her or the group. By “answer,” she means an easy solution to all their personal problems.

“They think I’ve got it, or someone’s got it — that it’s outside themselves,” Fracchia said. Everyone’s “answer” is different, she continued, and comes from within that individual. Rather than seeking “an external locus of control,” Fracchia encourages people to find what she calls “an internal locus of control.”

“A person may be studying to become a doctor because their father was a doctor, because their family expects them to be a doctor, not because they want to be a doctor,” she said. “They’re meeting someone else’s expectations rather than their own.”

Once the group is up and running for the semester, it is closed to outsiders: Strict confidentiality is maintained. Participants may not criticize or judge one another, or slip into gossip. While members vent about the problems they face at home and at work, the focus is on sharing — in a non-judgmental way — those strategies that have worked for them.

Participants are taught to use “I statements.” This means saying, “I feel” or “I want,” rather than speaking for everyone or stating his or her opinion as fact.

“There’s a lot of brutal honesty in these meetings,” Fracchia said. It doesn’t come, however, from criticizing one another. Instead, she said, “People get honest with themselves.”

Besides one another, group members hear from guest speakers on topics such as managing finances, making time for yourself, eating better, exercise and “spring cleaning” that is both physical and emotional.

Often, the things people turn to in dealing with stress are not helping them at all, Fracchia warned. Alcohol slows metabolism, causing weight gain around the middle. It is also a depressant. Most people know this, but they may be surprised to learn that sugar — the candy or cake they see as comfort food — actually increases stress levels. Instead, healthier eating habits are not only good for you, they make you feel better.

“The more raw vegetables and fruits, the better,” Fracchia said, both for general health and stress reduction. “The goal is ‘a colorful palette’ of foods.”

Above all, cultivate close friendships, she advised.

“Facebook friends are not real friends,” she laughed. “We tell everyone they need two to four real friends — people you talk to every week. Make the choice to spend time with these people and cultivate them.”

“Sometimes, our ‘family of origin’ is not our best support group,” she continued. “It may be your friends, or people at church, but find those people and cultivate them.”

Admiral Discusses Research

Rear Admiral Bruce Doll, Commander, Naval Medical Research and Development Command, spoke on the UTHSC campus Feb. 19. His presentation included the organizational structure and locations of R&D organizations and their focused areas of interest as well as possible areas for collaboration or extramural funding.

He said the Navy is involved in the creation of many “novel treatments that would not otherwise be necessary, because those individuals would not have survived” in earlier days.

The presentation is available at http://mediaserver.uthsc.edu/UTHSCMS/Viewer/?peid=a5d9804873224cf289ae79fc7a9ac4991d.

Fonda Fracchia

Sunday, May 5

Registration begins at 7:30 a.m.
Race begins at 9 a.m.
The West Clinic
100 N. Humphreys Blvd.
http://theridetoconquercancer.racesonline.com
or 901-683-0055, ext. 1312

Adm. Bruce Doll
Health Care Challenge

Students in the Health Care Challenge 2013 were recognized at an awards banquet March 27, joined by faculty advisors, UTHSC administrators and Metropolitan Inter-Faith Association (MIFA) representatives.

Alicia Dorsey, PhD, associate vice chancellor for Academic Affairs and director of Interprofessional Education and Clinical Simulation, presided over the event.

In the Health Care Challenge, students form teams and compete for cash prizes. Each team selects an underserved group in the Memphis area and comes up with a plan to address that group’s health-related needs.

The competition also strengthens interprofessional understanding and collaboration among future health professionals.

Now in its second year, nearly 200 students have participated in the Health Care Challenge, developing and/or implementing a wide array of community-based, health-related initiatives.

Students from each of UTHSC’s colleges participated in nine teams guided by 23 faculty advisors. Each team represented a variety of professions across the students and advisors. After close consideration and discussion, a panel of judges selected five teams for the final round. Judges were very impressed with the thoughtfulness, creativity and effort that went into the proposals.

All of the finalists and their advisors were recognized during the awards ceremony. The members of the fourth and fifth ranked teams each received $50 iTunes cards. Members of the third, second and first ranked teams received cash awards of $300, $500 and $1000 respectively.

The finalist teams presented summaries of their proposals at the ceremony.

This competition is a result of two important community partners – the Assisi Foundation, which provided the funds for the competition and the implementation of the winning initiatives, and MIFA.

Sally Heinz, executive director of MIFA, joined with the seven MIFA judges in expressing appreciation for the students and UTHSC. Dr. Dorsey expressed appreciation for support from both Assisi Foundation and MIFA over the past two years.

Last year’s focus was MIFA’s Senior Companion Program. This year’s focus was MIFA’s college-readiness program called “COOL” (College Offers Opportunities for Life). This program provides high school students from Booker T. Washington, George W. Carver and Central High Schools with a wide variety of skills associated with academic success and college acceptance. COOL students represent a population that is 96 percent African-American and 62 percent female.

All program graduates enter post-secondary education or the military; more than 75 percent still are in school two years later.

First Place: Healthy Transitions – facilitating a healthy transition to college through the use of social media and other interactive strategies. From left, Chancellor Steve Schwab, MD; Vata Sitimascharoen (2012 awardee, Pharmacy); Anna Dutton (Pharmacy); Wesley Dutton (Medicine); Teresa Bell (Research); Amanda Box (Medicine); Barton Sanders (Medicine); Candace Schaefer (Medicine); Associate Professor Waletha Wasson, DDS, (Dentistry) and Vice Chancellor Cheryl Scheid, PhD. Not pictured: Instructor Brenda Hill, (Nursing)

Second Place: Cognition/Dare to Care – curriculum focused on sexual health. From left, Chancellor Steve Schwab, MD; Eric Zimmermann (Medicine); Lauren Bode (Pharmacy); Assistant Professor Rebecca Chhim, (Pharmacy); Professor Linda Pifer, (Allied Health Sciences); and Vice Chancellor Cheryl Scheid, PhD. Not pictured: Millicent Nwokolo

Third Place: Shaping Healthcare Career Development – use of social media and hands-on activities designed to introduce the students to a wide range of health professions. From left, Chancellor Steve Schwab, MD; Carolyn Watson (Nursing); Professor Trevor Sweatman, PhD, (Medicine); Keanna Dandridge (Nursing) and Vice Chancellor Cheryl Scheid, PhD. Not pictured: Alyssin Dacus (Nursing)

Research Roundup

Congratulations to the following UTHSC team members who have received grants.

Michael Levin, MD
“Multiple Sclerosis: Novel Mechanisms of Action”
U.S. Department of Veterans Affairs
$650,000 over four years

Anjaparavanda Naren, PhD
How Inhibition of Function in Epithelial Cells Induces Diarrhea
The National Institute of Diabetes and Digestive and Kidney Diseases (National Institutes of Health)
$1.6 million over five years

Ae-Kyung Yi, PhD
The role of Toll-like receptors in rheumatoid arthritis
Arthritis Foundation
$200,000 over four years

Compiled from information provided by the Department of Research Administration.
Student Spotlight: JB Williams

From Technician to Scientist

It's amazing that something as minor as a glance at a bulletin board can change a person's life. That's exactly what happened, however, to JB Williams when he saw a flier from the University of Tennessee Health Science Center on a bulletin board at Methodist University Hospital where he works.

The flier explained an online Medical Laboratory Technician (MLT) to Medical Laboratory Scientist (MLS) Program offered by UTHSC. Williams, who has worked as a medical laboratory technician for 25 years, had always dreamed of bettering himself by earning a bachelor's degree. The MLT to MLS program seemed the perfect way to make that happen.

“IT floored me,” said the online MLT to MLS program. “I couldn’t think of anything else the whole day.”

Working in health care is almost a family tradition for Williams, whose father, mother, grandmother, grandfather, niece and nephew all worked at UTHSC. Williams always dreamed of a career in health care. He started from the ground up, washing glassware at UTHSC when he was in high school. Being in the health care atmosphere and working around some of the best physicians in the country had an impact on him.

“AT a recent meeting, I was able to contribute more, because I had just learned new techniques while studying at work.” — JB Williams

He started from the ground up, washing glassware at UTHSC when he was in high school. Being in the health care atmosphere and working around some of the best physicians in the country had an impact on him.

The online offering was a perfect fit,” he said. “I'd love the title Doctor, so who knows?”

That inspired me to go to UT. I thought I would never get here,” he said.

Williams started the MLT to MLS program in August 2012, and is scheduled to graduate in December 2013. Fall 2013 will be a special time for him, as he is set to be married in October. He met his fiancé, Vontina Vaughn, at work; she is planning to enroll in the same program at UTHSC after Williams completes his coursework.

Prior to starting the online MLT to MLS degree, Williams had to earn 84 hours of prerequisite courses. Fortunately, he had taken most of the classes when he earned his associate's degree. The program was designed for people like Williams who are already working as an MLT and have graduated from a program accredited by the National Accrediting Agency for Clinical Laboratory Sciences.

Williams, 51, has enjoyed his 28-year career as an MLT, and is excited about earning the MLS degree in a way that will work with his hectic schedule.

“The online offering was a perfect fit,” he said. “That’s because the MLT to MLS program at UTHSC has provided him with the flexibility he needs. He seems to thrive on hard work: Between a full-time job at Methodist University Hospital and a part-time position at Methodist Hospital South, he works about 55 hours a week. On top of that, he studies three to four hours a night, watching PowerPoint presentations at home.

“I think it still beats being in a classroom,” he said.

“It takes discipline, though. You do need a lot of self-discipline.”

He is fortunate that his supervisor allows him to study during “down time” at work. “Studying at work—it’s kind of like study in its own zone,” Williams said. His supervisor encourages him to study at work, he said, because it’s work-related, and she looks on it like an “upgrade.” He can apply the information to real-world situations that arise.

“I enjoy the work that I do,” he said, “I learn so much.”

Already he recognizes the difference the MLT to MLS program is making in his life. “At a recent meeting, I was able to contribute more,” he said, “because I had just learned new techniques while studying at work.”

When he’s not working or studying, Williams is never idle. In addition to spending time with his four children and four grandchildren, he is the choir director at his church and writes poetry in his spare time—what there is of it.

Williams said he knows completing the MLT to MLS program will open doors for him, like advancing to a supervisory position. Continuing his education has inspired him to keep learning and he has no plans to slow down.

“I want to continue to a graduate program. I could eventually earn my PhD,” Williams said. “I’d love the title Doctor, so who knows?”

The program was designed for people like Williams who are already working as an MLT.

Contribute to The Record
Submit information and photos to thullar1@uthsc.edu. The deadline for the next issue of The Record is June 28.

View News Notes
For a look at media exposure received by UTHSC faculty, staff and students, check out News Notes at http://www.uthsc.edu/news.