



OHIO STATE MEDICINE

Alumni

summer 2023

Siblings *in* Medicine



THE OHIO STATE UNIVERSITY
COLLEGE OF MEDICINE

SIDELINE
MEDICINE

p. 16

FIRST-GEN
STUDENTS

p. 20

Homecoming and Medical Alumni

REUNION WEEKEND

All College of Medicine alumni are invited back to campus for Homecoming weekend!



Visit go.osu.edu/medreunion to view additional details, including accommodation and registration information, beginning mid-July.

Schedule of events

Friday, Oct. 6

Morning sessions

Medical Heritage Center Open House: Scheduled opportunity to visit the Health Sciences Library's Medical Heritage Center and speak to its curator to learn more about its collection — highlighting 100+ years of Ohio State College of Medicine history and more!

Back to Class – Clinical Skills Lab: Join faculty and current students for a 60-minute session in our state-of-the-art Clinical Skills Education and Assessment Center and get your hands on the technology being used today to teach the physicians of tomorrow.

Back to Class – Hamilton Hall New Anatomy Wing: Experience anatomy class from the eyes of our current medical students by participating in demonstration stations, meeting our anatomy faculty and getting a glimpse of our new anatomy wing.

Student Research Poster Session: Meet our current medical students and see what exciting research is happening at the College of Medicine.

11:30 a.m.-1:30 p.m.

Class of 1973 50th Class Reunion Luncheon: The Class of 1973 is invited to attend a special celebration luncheon in honor of their 50th class reunion. We're excited to welcome both the three-year and four-year track program alumni.

4:30-6:30 p.m.

College of Medicine Alumni Reception and State of the College: Join your fellow alumni and College of Medicine leadership to hear exciting updates from Dean Bradford, with plenty of time to reconnect with old friends.

7-9:30 p.m.

Reunion Class Socials: Meet up with your classmates for a fun evening in a social setting to reminisce and make new memories.

Saturday, Oct. 7

Begins 3 hours prior to kickoff

College of Medicine Buckeye Tailgate: Join us for food, fun and a big dose of Buckeye Spirit before the Ohio State vs. Maryland Homecoming football game.

Time TBD

The Ohio State Buckeyes vs. Maryland Terrapins



**THE OHIO STATE
UNIVERSITY**
COLLEGE OF MEDICINE

Dean's Message

Everything good, everything magical happens between the months of June and August.

— JENNY HAN, AMERICAN AUTHOR

Summer is one of my favorite seasons. I love to see people heading to beaches to soak up some sun, to mountains to explore new trails, to lakes to boat and swim, to outdoor sporting events and picnics...and everywhere in between.

Summer is a time to slow down a bit, enjoy your loved ones and take time to dream and set goals.

As I reviewed this issue of the *Ohio State Medicine Alumni* magazine, it struck me that its contents are a reflection of the very best of summer — of time spent with family, of proud generational milestones, of sports and sporting events, and of celebrating our country (like the Fourth of July).

Here, we feature siblings who work together in the medical field, first-generation medical students and physicians who make their families proud, sports medicine physicians who heal athletes, and alumni who provided selfless service during the Vietnam

era. This collection of stories celebrates families, physicians and alumni who are making remarkable contributions to transform the health of our communities.

I hope you will enjoy the very best of summer, relaxing and recharging with your friends and family, and keeping an eye out for “everything magical [that] happens between the months of June and August.” If summer inspires you to tell your story, please email medalum@osumc.edu to be considered for inclusion in our magazine.

Your connection to The Ohio State University College of Medicine matters, and I am deeply grateful to you for your engagement with and support of our tripartite mission.



Carol R. Bradford, MD, MS, FACS

Dean, The Ohio State University College of Medicine
Vice President for Health Sciences, Wexner Medical Center
The Leslie H. and Abigail S. Wexner Dean's Chair in Medicine
Professor of Otolaryngology – Head & Neck Surgery

OHIO STATE MEDICINE Alumni

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The *Ohio State Medicine Alumni* magazine is published two times per year for alumni, donors, faculty, staff and students of The Ohio State University College of Medicine, along with current and former residents and fellows of Ohio State's health system.

If you wish to contact us about editorial content or a change of address, please send comments to medalum@osumc.edu or:

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Update your contact information through the college's Alumni Affairs website at go.osu.edu/medalum.

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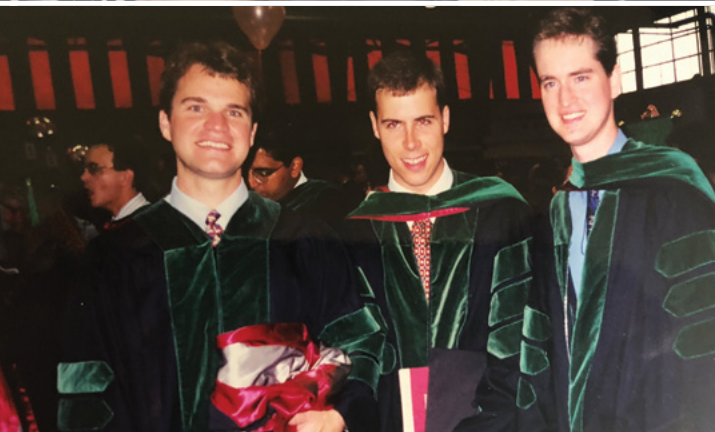
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TIME AND CHANGE



Then *and* Now

The Class of 1998
and the Class of 2023

Graduation Celebrations





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Rivalry or not, medicine is a family tradition for these Ohio State siblings.

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These alumni sports team doctors know the highs and lows of being in “the game.”

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First-generation medical students at Ohio State say pride, mentorship and keen insights guide their path to becoming physicians.

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Nearly 50 years after the United States withdrew from Vietnam, the war and its impact still reverberate for the doctors who mended bodies here and abroad.

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ON THE COVER:

Brothers **Nicholas (Max) Scoville '18 MD** (left), and **Steven Scoville '18 MD, '16 PhD**, are among a few alumni who share a little bit about the siblings-in-medicine mix. Read more on page 10.



OHIO STATE COLLEGE OF MEDICINE Rankings

A Tradition of Excellence

In 2023, The Ohio State University College of Medicine was recognized for its accredited academic and training programs, its diversity and its standing among the top public research institutions nationwide.

ACADEMIC EXCELLENCE

U.S. NEWS & WORLD REPORT 2023-2024,
"BEST GRADUATE SCHOOLS":

- 13th** most diverse medical school
- 28th** best medical school for research
- 40th** best medical school in primary care



TOP
RECOGNIZED
PROGRAMS

#10
Pediatrics

#16
Surgery

MD EDUCATION



7,225
applications
received in 2022

CLASS OF 2023



55%
of Ohio State
MD graduates
are **women**

RESEARCH

2022 Blue Ridge Institute for Medical Research Rankings*

The Ohio State University College of Medicine is ranked **39th** in the country, with more than **\$200 million** in National Institutes of Health (NIH) research funding in 2022. Six of the Ohio State research programs rank in the top 15. Neurosurgery ranks in the top 7 nationwide. Neuroscience ranks in the top 21.



TOP 20 DEPARTMENTS

- #7** Neurosurgery
- #8** Surgery
- #9** Physical Medicine and Rehabilitation
- #11** Otolaryngology
- #12** Physiology and Cell Biology

College creates Department of Molecular Medicine and Therapeutics



The Ohio State University College of Medicine announced the formation of the Department of Molecular Medicine and Therapeutics (MMT), to be led by Matthew Ringel, MD, professor of Internal Medicine, who transitioned from his position as division director

of Endocrinology, Diabetes and Metabolism. MMT research will focus on the design, development and validation of novel therapies for disease.

Mitchell receives prestigious 2023 AAPS Academic Scholarship Award



Kerry-Ann Mitchell, MD, PhD, assistant professor of Plastic and Reconstructive Surgery at The Ohio State University College of Medicine, received the 2023 Academic Scholarship Award from the American Association of Plastic Surgeons (AAPS) for her proposal “Nanotransfection-

Based Cell Reprogramming to Drive Cryopreserved Calvarial Bone Revascularization in a Novel Mouse Model.” This is the most competitive award AAPS gives to junior faculty within the field.

Latino Medical Student Association wins Chapter of the Year Award



For the first time in The Ohio State University College of Medicine's history, its chapter of the Latino Medical

Student Association (LMSA) won the Chapter of the Year Award at the 33rd annual Midwest Regional Conference. The award was also the first of its kind among medical schools in Ohio.

Record 400+ Ohio State faculty make 2023 Top Doctors list

A record 400-plus Ohio State University College of Medicine faculty made the 2023 Castle Connolly Top Doctors list. The annual list also names 110 Ohio State female faculty physicians as Exceptional Women in Medicine and identifies 11 Ohio State clinical faculty physicians as 2023 Rising Stars, which recognizes early-career physicians who have been out of medical school less than 10 years.

Student earns historic recognition at national cancer research conference



Isaiah Boateng, an undergraduate student in honors Biomedical Science at The Ohio State University College of Medicine, is the first African American student to earn first place in the undergraduate poster competition and caucus at the American Association

for Cancer Research Conference. Boateng's research explores somatic genetic contributors to survival disparities in acute myeloid leukemia patients.

Noted cancer specialist Shields retires, continues clinic work

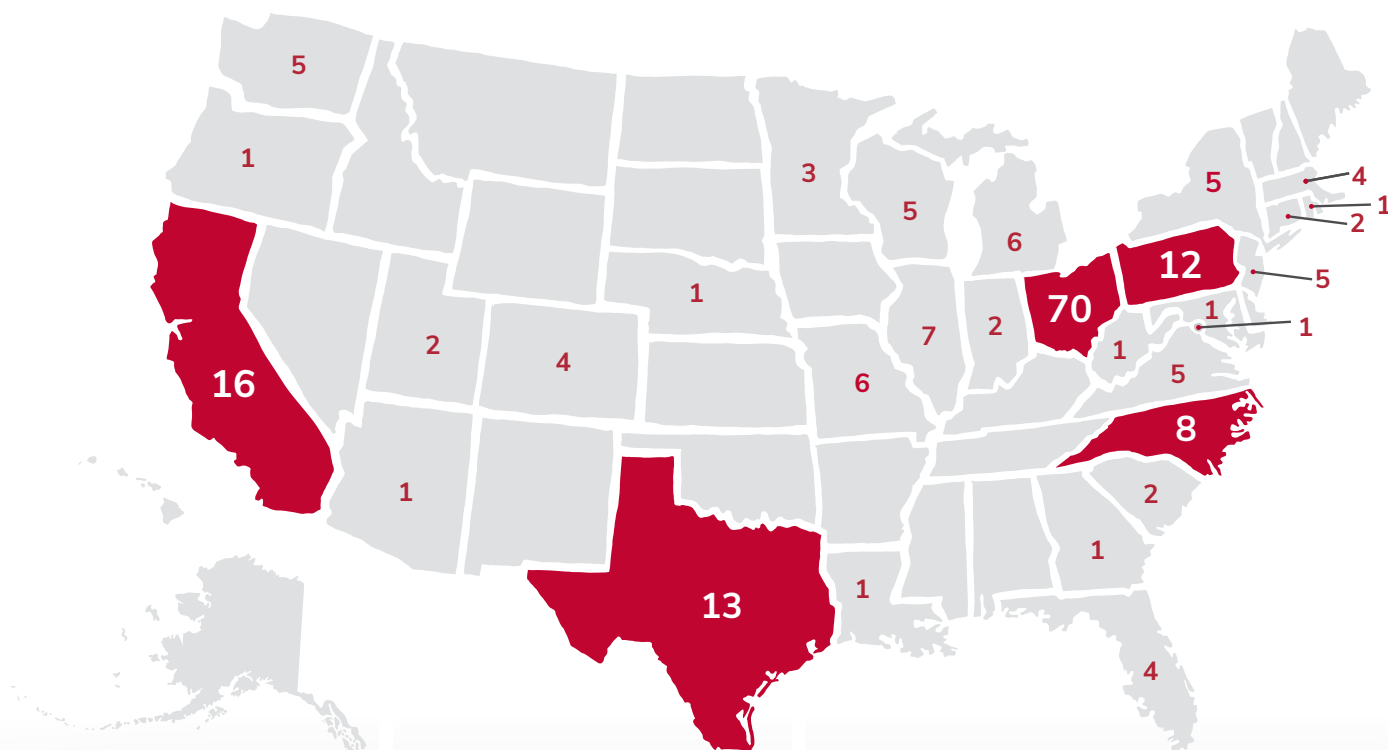


Peter Shields, MD, a tenured professor in the College of Medicine and the Julius F. Stone Chair in Cancer Research, retired as deputy director of The Ohio State University Comprehensive Cancer Center. As professor emeritus, he will continue to see patients

and remain as principal investigator of his current grants, submit new grants and continue to co-lead the NCI T32 postdoctoral training program in Cancer Prevention and Control. Shields has led teams that have brought more than \$52 million in federal research funding. He also plans to return to his passion to work in emergency medical services.

Match Day Statistics

The Ohio State University College of Medicine
2023 Graduates Matched by State*



Top 3 Specialties

Internal Medicine
Pediatrics and
Anesthesiology



Grads
matched in
30
states



195
grads matched
nationwide



36
grads matched at
The Ohio State
University Wexner
Medical Center

*Based on Post-Graduate Year 1



Siblings *in* Medicine

Rivalry or not, medicine is a family tradition for these Ohio State siblings.

By Kitty Munger

If you have a brother or sister, then you know something about sibling stories. We spoke with several Ohio State College of Medicine students and alumni siblings, each pair with their own distinctive life and medical school journey, and each with their own set of challenges.

While they have different stories, there's one thing they agree on: It's always been a supportive journey.

Steven Scoville '18 MD, '16 PhD
Nicholas (Max) Scoville '18 MD

The Scoville brothers Steven ('18 MD, '16 PhD) and Max ('18 MD) are two of 11 children from Idaho Falls, Idaho, a family that includes five doctors and three lawyers.

Steven is a fifth-year general surgery resident at The Ohio State University Wexner Medical Center who completed the combined MD/PhD program in 2018. Max is an ophthalmologist with The Ohio State University Department of Ophthalmology; he returned to Columbus after his residency at the University of Washington. Being together in Columbus brought the brothers even closer.

With five doctors in the family, their interest in medicine started with their father, Craig, a rheumatologist. Their brothers David and Jonathan are, respectively, a cardiothoracic surgeon and a neurosurgery resident.

"I had a good example to look up to with my dad and brothers," Max says. "I'm the youngest of the four in medicine and got to see my older brothers David, Steven and Jonathan in medical school. I remember meeting one of dad's patients at the grocery store and they expressed appreciation for how he took care of them. One person said, 'Your dad's a good doctor; he's the reason I can walk.' That really left an impression on me."

Steven and Max are four years apart. "There was never a rivalry between Max and me," Steven says. "It was just never much of a contest. We both wrestled in high school. I remember seeing Max with rug burns on his face and elbows when we practiced at home. He'll say it took both me and Jonathan to take him down, but I'm not sure that's true!"

The brothers always had high goals and strived for good grades. During medical school, they'd often study together, and after tests they'd compare scores. If one

did better, they'd hold it over the other in brotherly rivalry/love.

Max says he enjoyed the last few years of medical school with Steven. "When I started med school, he was in his third year of his PhD work," Max says. "I told him he had to finish his PhD in four years so we could graduate at the same time."

And that's how it worked out. At their graduation, their father, Craig, hooded Max, and older brother David hooded Steven. Four of the Scovilles were on stage at the same time, making it a wonderful family memory.

Steven originally planned to go into medical oncology and did his research on cancer immunology with Michael Caligiuri, MD, former CEO of the Arthur G. James Cancer Hospital and Richard J. Solove Research Institute.

Surgery was his last rotation and he fell in love with the operating room and surgery in general. After meeting several surgeon-scientist mentors, he was convinced he could satisfy his love of medicine/surgery as well as research by pursuing residency in general surgery. In August 2023, he will begin a two-year pediatric surgery fellowship at Nationwide Children's Hospital.

"Despite Max being four years younger, I'm still two-and-a-half years away from getting a real job," Steven says. "Because he has a job, Max has to pay for lunch."

The brothers say the doctor siblings in the family share a close-knit relationship. "We get to share our medical stories, talk about cool things, and people want to know what we do," Steven says. "The lawyers in the family try to chime in, but they can't top our stories."



Opposite page: Scoville brothers Steven ('18 MD, '16 PhD), right, and Nicholas "Max" ('18 MD), Idaho natives, are glad to be in Columbus together—to keep on ribbing each other.



Tolliver sisters **Starling ('20 MD)**, left, and **Sophia (Hammonds '15 MD)**, far right, share a light moment with younger sibling Sylvia.

Sophia Tolliver Hammonds '15 MD Starling Tolliver '20 MD

The Tolliver sisters, Sophia, Sylvia and Starling, grew up experiencing poverty in Akron, Ohio, but their mother believed that a college education would be their path to success.

In grade school, all three sisters were accepted in the Young Scholars program at The Ohio State University. When they successfully completed the program in high school, each received an academic scholarship offering full tuition plus room and board. Between them, they earned nine degrees. Sophia and Starling are physicians, and Sylvia graduated from the Moritz College of Law at Ohio State in 2006.

Sophia, the oldest, had wanted to be a doctor since grade school. "I loved biology and science," she says. "After our parents divorced, we grew up in poverty, and at times didn't have access to food or transportation. I started thinking about health and wellness in terms of the community and how health is affected by culture, where you live and your lifestyle."

Her undergraduate degree is in Human Nutrition (2003), the first of her four degrees from Ohio State. She got her master's degree in Public Health in 2008, and today, Sophia is the Ohio Market medical director for Cityblock Health, a value-based, tech-driven health start-up.

Starling is a third-year resident in the Department of Dermatology at Wayne State University School of Medicine. She was inspired to study medicine after reading the book *We Beat the Street*, a story of three young African American friends who made a pact to become doctors together.

"I made a pact to accomplish that same goal," Starling says. "We held the pact until college when one friend decided nursing was her calling. Unfortunately, our other friend lost her life in a quadruple homicide. I had been struggling with my dream of being a doctor, but after Maria's death, I wanted to accomplish it for both of us."

Starling credits Sophia for helping her get into medical school, providing insight into pathway planning and introductions to gatekeepers.

"Seeing Sophia make it through medical school showed me I could do it, too," she says. "This is why representation, resources and guidance matter."



Sophia, Sylvia and Starling



From left: Azap sisters **Lovette (MD Candidate, Class of '25)** and **Rosevine ('23 MD)** are inspired by their mentor, Timothy Pawlik, MD, PhD, MPH, chair of the Department of Surgery.

Sophia was excited when Starling decided to pursue medicine. “She expressed interest in medicine at Ohio State, so I outlined the prerequisites and coached her to build good relationships with her professors,” she says.

“I also encouraged her to get involved in student organizations because there was a lack of medical associations for Black students.” This lack of community led Starling to found the Minority Association of Pre-Medical Students (MAPS) on campus.

For Sophia, Starling’s graduation during the pandemic is a favorite memory. “Star wanted me to hood her but it was canceled and held virtually,” she says. “So, we celebrated her graduation at my home with our family. The memory of Star kneeling in my living room while I hooded her is one I’ll cherish.”

Rosevine Azap '23 MD
Lovette Azap, MD Candidate, Class of '25

Rosevine and Lovette Azap’s strong bond extends in and out of medical school. A recent graduate, Rosevine is starting a residency in Plastic and Reconstructive Surgery at the University of Texas Medical Branch. Lovette is the youngest and is starting her third year of medical school.

The Azaps’ parents are originally from Cameroon in West Africa, but immigrated to the Cleveland area.

Both sisters were influenced to study medicine after watching their mother, a nurse, deal with a rare ocular tumor. “Watching how she navigated the health care

system and seeing how the surgeon was able to change her life is what led me to choose health care,” Rosevine says. “I started shadowing and doing research at Cleveland Clinic in high school, which solidified my interest in pursuing a career as a surgeon.”

Lovette remembers that the family was afraid their mother would lose her eyesight. “In the end, my mom was able to regain her eyesight completely,” she says. “Thinking back, this was the first time I realized the power of surgeons to provide hope and change their patients’ lives, no matter how discouraging the diagnosis may be.”

Lovette and Rosevine say they had similar interests but never felt a sibling rivalry growing up. They both loved the arts, academics, service and culture. Lovette was involved in orchestra, cheerleading and lacrosse, while Rosevine was involved in choir, theater and dance.

“Medical school can be challenging to navigate, so having someone who has been through each of the obstacles and can provide advice while empowering



Rosevine and Lovette



Allison Huffman (MD Candidate, Class of 2024), left, says sibling Elizabeth Huffman-Burdick '21 MD, got her involved in the Ultrasound Interest Group.

me to continue has been invaluable,” Lovette says.

Rosevine says she counts on Lovette to be there when she needs her. “Whether that’s to ask for advice, bounce ideas off of her or laugh uncontrollably with me about something no one else thinks is funny, she’s always there!” Rosevine says.

Allison Huffman, MD Candidate, Class of 2024 Elizabeth Huffman-Burdick '21 MD

Elizabeth “Libbey” Huffman-Burdick and her sister Allison Huffman overlapped one year while in medical school at Ohio State — Libbey was in her fourth year and Allison was in her first. The Dayton, Ohio, natives say having that year together at the College of Medicine brought them closer together.

“Before Allison came to Ohio State, I hadn’t lived with my siblings since I went to college,” Libbey says.

“It was nice to help Allison get her footing and provide her with the mentorship and guidance I didn’t have in my first year. I was happy to help her make connections and

got her involved in the Ultrasound Interest Group. Now she’s in a leadership role.”

For Allison, having her big sister nearby to help her keep things in perspective was very helpful. “It was fun running into residents who went to school with her. Because we look a little bit alike, they called me ‘Libbey’s Little Sister,’” Allison says.

Their father is an emergency medicine physician and was involved in global health work. Allison recalls the time he took the family to Belize for a month. She was in the third grade at the time and remembers going to the clinic where he worked.

Seeing the impact he had on that community was one reason she decided on a career in medicine.

“Both of us also participated in community free clinics during high school in Dayton,” Libbey says. “Having the ability to give back to our own community and to make a difference in the community and with our patients is very rewarding.”



Kitty Munger last wrote about a day in the life of a medical student for Ohio State Medicine Alumni magazine.

Twin sibs' fall prevention research finds catalyst in seed funding

The saying that two heads are better than one can only begin to describe the research journey of twin sisters **Carmen Quatman MD, '16 Res, PhD**, orthopedic surgeon and associate professor of Orthopaedics at the Ohio State College of Medicine, and **Catherine “Katie” Quatman-Yates PT, DPT, PhD**, a physical therapist and an associate professor in the Division of Physical Therapy at the College of Medicine's School of Health and Rehabilitation Sciences.

The siblings are finding momentum in their mutual interest in research aimed at helping prevent falls, especially among the elderly.

In 2017 — and thanks to seed funding from Phyllis Cummins, PhD, and Donald Dyche through The Linda M. Cummins Simpson Research Endowment Fund in Rehabilitation Therapies for Mobility and ADLs — the Quatmans established Community-FIT (Fall Intervention Team), a fall prevention research program, partnering with fire departments and paramedics across the state.

“Our Community-FIT research program was the first time Katie and I developed a program of research together on fall prevention,” says Quatman, who specializes in orthopedic trauma care with geriatric patients. “We worked on studies together before, but nothing with a vision for a series of funded projects that built off each other.”

“Donald and I have an interest in fall prevention and were happy to provide the seed money to fund the Quatman sisters' preliminary research,” Cummins says. “The work they've done has had a positive impact on the community and has extended to other cities.”

The Cummins grant was a major boost for the Quatmans' efforts, helping to support the siblings' initial stakeholder-based data and pilot work for the later grants that were funded.

“Phyllis and Donald have been huge supporters since the initial funding, attending presentations and



Twin Quatman sisters Catherine “Katie” (PT, DPT, PhD), left and below left, and Carmen (MD, '16 Res, PhD), far right and below right, share a rare moment of rest with sister Lauren Teuschler, MEd, an education resource specialist.

participating in stakeholder meetings with other fire departments across the state,” Quatman-Yates says.

“Community-FIT was a catalyst for other research projects,” she adds, in particular a \$2.5 million National Institutes of Health (NIH) grant. “The National Institutes of Health grant was one of the first of several grants that got funded that supported our work on fall prevention.”

The Quatman sisters are co-directors of LIFT Lab (Learning Improvement-Focused Teams) and are members of CATALYST, a research hub in the Ohio State College of Medicine. They also run a consortium called Community-FIT every other month to connect health care providers, first responders and community members.

Little did the Cincinnati natives — once college roommates and volleyball teammates — realize their once divergent health science careers would eventually lead them back together. And it looks like that new path is just beginning: They are applying for another NIH grant to further their research.

Sideline Medicine

These alumni sports team doctors know the highs and lows of being in “the game.”



By Kelli Trinoskey

Whether on the court, on the field or in the clinic, these Ohio State College of Medicine alumni play an integral role in caring for elite athletes. As orthopedic or emergency medicine specialists juggling the demands of clinical medicine, they also serve as team physicians for high school, college and professional athletic teams across the country.

When seconds count

Bret Betz '12 MD, an assistant professor of Emergency Medicine and a sports medicine specialist at the University of Cincinnati College of Medicine, says a fellowship in sports medicine and additional training in orthopedics and concussion medicine prepared him to practice sideline medicine. As a team physician for the Cincinnati Bengals, Betz says his training and practice in emergency medicine plays out in his ability to manage all sorts of medical emergencies and quickly stabilize patients.

On Jan. 2, 2023, the hours spent practicing simulated medical emergencies prepared him and his four team members to respond when Buffalo Bills safety Damar Hamlin suffered a cardiac arrest during a primetime NFL game against the Bengals.

"Within minutes, we worked together to give Hamlin his best shot at staying alive," Betz says. "Everyone knew their role and took comfort in knowing we'd done this together before."

*Opposite page, lower left: **Bret Betz '12 MD**, left, commands the field with fellow Cincinnati Bengals team physician Ed Jung, MD, and tends to quarterback Brandon Allen during a 2021 game.*

Hamlin's heartbeat was restored on the field, and he was transferred to the University of Cincinnati Medical Center for further testing and treatment.

Team physicians and medical personnel cover games in ways that differ from how a sports commentator or fan sees the game. Betz says he focuses intently, looking for nuances like a stumble or a fall after a play or checking to make sure a player is able to get up.

"You're watching the hit and coming up with a differential diagnosis from the sidelines," he says. "You have to be unbiased about the player's ability to get back in the game because you have to put their health and safety first."

Between managing his own medical practice, being on call 24-7 and traveling with the team, serving in this capacity is intense. Betz says connecting with players and watching them grow throughout the season and their careers is worth the sacrifice.

"We're one family with one goal—player safety—and it's a just a bonus when we win."

David McAllister '92 MD, professor and chief of Sports Medicine at UCLA Health, says for him, the win is having the opportunity to take part in a player's recovery.

"We're in a unique position to help them get through a rough patch in their journey," McAllister says. "Access to talented physicians and



***David McAllister '92 MD**, above and left, is head team physician for the UCLA Athletic Department.*



orthopedic surgeons at our academic medical center is crucial to their recovery and return to play."

McAllister credits the top-tier education and training he received at Ohio State as the key factor in his rising in the ranks to serve at UCLA's David Geffen School of Medicine, one of the largest divisions of orthopedic surgery in the country. He and his team of physicians, surgeons and staff provide care to athletes of all skill levels, including professional, collegiate, high school and recreational. As head team physician for the UCLA Athletic Department, he works with 700 varsity athletes from over 25 teams.

"The pace of seeing, diagnosing and treating athletes continues to accelerate," McAllister says. "Surgery is often completed within days of injury to maximize healing and rehabilitation."

This field, like all specialties, continues to pivot to adapt to the pace and requirements to practice in an increasingly digital environment, he adds. Time spent



inputting data into electronic medical records and completing administrative work is time not spent seeing patients or collaborating with athletes. McAllister says these challenges make it more difficult for someone in private practice to do sports medicine at the level and speed that is expected.

“More and more college and university teams are aligning with academic medical centers to meet their needs,” McAllister says. “The depth and breadth of services as well as the ongoing research and technological advances facilitate contemporary individualized treatments for athletes.”

Leah Brown '03 MD, is the team orthopedic surgeon for the WNBA's Phoenix Mercury. She also works with the University of Arizona and the Tempe school district and sees patients with knee, shoulder and elbow injuries.

Timothy Miller, MD, '10 Res, below right and opposite top right, a former Ohio State track and field and cross country athlete, now serves as team physician for the track and field and men's ice hockey teams.



Brown says caring for female athletes can entail complexities that require a multispecialty approach.

“Female athletes also have to contend with fertility and pregnancy and its effects on the body,” she says. “And more women than ever are returning to elite competition after starting a family.”

She says it's important to educate patients, especially athletes, on

Leah Brown '03 MD (back right), a 14-time NCAA All-American athlete, is team orthopedic surgeon for the Phoenix Mercury. Below: A Navy reservist, she served as the orthopedic department head in Tarin Kowt, Afghanistan and won the Bronze Star.

all aspects of their condition and treatment options so they can be active participants in their care. This includes understanding the physiological aspects of being injured and the recovery process itself.

A 14-time NCAA All-American and a two-time NCAA National Gymnastics champion, Brown also knows firsthand the variety of injuries athletes sustain.

“It takes a team of surgeons, physicians, athletic trainers, physical therapists, nutritionists, and strength and conditioning coaches to care for athletes,” she says. “I'm happy to see the progress we've made, but we have so much more to learn.”

Team Buckeye

As a former Ohio State varsity athlete, **Timothy Miller MD, '10 Res**, knows firsthand the struggles athletes go through when they are injured or have pain that





limits their activity. His desire to ensure athletes get back into the game safely and as quickly as possible is what led him to practice Orthopaedic Surgery and Sports Medicine.

A professor of Orthopaedics at the Ohio State College of Medicine and team physician for the Ohio State track and field and men's ice hockey teams, Miller performs open and arthroscopic procedures to repair acute, traumatic and overuse injuries of the shoulder, elbow, knee, leg and ankle. He and his team design surgical and nonsurgical treatment strategies for sports injuries and conditions. He is the director of the 2023 Ohio State

Sports Medicine Summit and serves as a team physician for the U.S. Olympic and Paralympic teams.

Miller says he's adopted a wellness versus winning attitude to ensure he is doing right by the athletes and their long-term health. He says there are many more stakeholders in the game today — athletes, their family, agents and coaches — and it's his job to educate everyone involved so they can make the best medical decisions for the athlete.

"We are advocates for their health," Miller says. "In the end, you serve the patient-athlete."

Another aspect of the role is ensuring an athlete is psychologically prepared to return to their sport. Their injury may have healed, but if they are tentative or lack confidence they are not going to perform well and could put themselves at risk for further injury.

Grant Jones '92 MD, '97 Res, is the team physician for The Ohio State University men's basketball team. He says the time commitment is a challenge, but it was even more so

when his children were young.

"March Madness took on a whole new meaning for us," he says. "Now, my family travels with me and the team, and together we're a part of the Buckeye family."

Jones also serves as professor of Orthopaedics at the College of Medicine and sees patients in clinic. Over the years, he has collaborated with many legendary athletes and coaches who have taken the men's team to Big Ten tournament championships numerous times. He says his education and training at Ohio State taught him to consider what is best for the patient holistically and to not focus solely on the medical problem.

"That way they trust your opinion and know you're going to provide appropriate treatment and not rush them back to the game," Jones says. "Knowing how to build a relationship and trust with coaches and athletes is key."

Jones played football in college and was inducted into the NCAA Academic All-American Hall of

Fame for his accomplishments on the field and in the classroom. Today, he and his fellow alumni are accomplished team physicians who blend their training, medical practice and personal passions

into a winning game plan to keep athletes healthy in and out of the game.

Grant Jones '92 MD, '97 Res, is team physician for the Ohio State men's basketball team.



Kelli Trinoskey is senior content specialist in Marketing and Communications at The Ohio State University College of Medicine.



My Generation



First-generation medical students at Ohio State say pride, mentorship and keen insights guide their path to becoming physicians.

By Alice Duncanson

Being “the first” doesn’t always feel good. For students who are the first in their family to go to college and then on to medical school, the challenges can feel overwhelming.

Some students say they doubt their success and feel like an “imposter.” Others don’t always have the support of family, while others say their socioeconomic differences with peers make it hard at times to navigate the medical student experience.

At Ohio State, the number of these “first-gen” medical students continues to grow. The good news: They’re building a community of support and finding that overcoming their challenges can help them excel as future physicians.

Kerestina Khalil

MD Candidate, Class of 2025

As a young girl, Kerestina Khalil never could have imagined that she would be the first in her family to graduate from high school, attend college at The Ohio State University and pursue a medical degree at

The Ohio State University College of Medicine. At the age of 3, Khalil immigrated to the United States from Egypt with her mother, who sought a better life for her family.

After studying with her English as a Second Language (ESL) teacher in elementary school during the day, Khalil would spend her evenings helping her mother

study for her citizenship exam — a critical milestone for the family’s aspirations. The lesson imparted was clear: Education was her path forward.

As an undergraduate, Khalil founded the First-Generation Pre-Med Student Association in 2019 — Ohio State’s first first-gen student group. The group provides critical guidance and resources that help undergraduates successfully negotiate the competitive application process for medical school.

As a medical student she knew the value of supporting students like her and created the First-Generation Medical Student Association. She and other members are building a community of support for students, offering educational programming and forging connections between medical students and first-generation physicians.

“Ohio State does a good job of accepting diverse students and first-gen applicants,” Khalil says. “But once you’re in, you must seek support for yourself, which can be daunting if you are the first to go to college and medical school.”

Her work mentoring others is all part of her lifting-as-you-climb ethos. “I never envisioned myself



“I never envisioned myself getting to the top of the mountain without bringing my people up with me.”

KERESTINA KHALIL,
MD CANDIDATE, CLASS OF 2025

Opposite, from left: First-generation students Safa Salem, Kara Klinkebiel and Nathalie Sackey, all MD Candidates, Class of 2025, find a strong community among other “first gens” like them at Ohio State.

getting to the top of the mountain without bringing my people up with me,” says Khalil, who also serves as a role model for her four younger siblings. “First-gen students often represent the population they’re serving and can empathize with and understand where their patients are coming from.”

That’s exactly what she plans to do in her career as a physician. “Helping first-gen students creates a better environment for the vulnerable patients we serve and helps create better physicians.”

Kara Klinkebiel

MD Candidate, Class of 2025

While many people from Kara Klinkebiel’s small Oregon town “never leave,” Klinkebiel’s love of the television show “Bones” set her on a path toward medical school across the country at Ohio State.

The fictional Dr. Temperance “Bones” Brennan on the

show inspired her to pursue forensic pathology, which led her to California University of Pennsylvania. “After three years of school, I realized I liked dealing with living people more,” she says with a laugh. With a couple of gap years behind her, she enrolled at Ohio State’s College of Medicine through the MEDPATH program.

Raised by a single mother who worked her way up at a large electric company, Klinkebiel appreciates the independence her mother instilled in her. But she has also experienced the challenges of being a first-gen student. “Some of my peers have parents or siblings who have gone to medical school, and they knew how to study, what resources they would need and what their day would look like,” she says. “I was starting from scratch.”

However, starting from scratch has its benefits. “Ultimately, being first gen has made me become a bigger advocate for myself, and I think

that has been really beneficial in medical school.”

Klinkebiel, who hopes to go into pediatrics, now helps other first-gen medical students through the First-Generation Medical Student Association’s Med School Transition Executive Board. Along with co-chair Mirella Youssef, she helps match first-year medical students to upper-class students who serve as mentors. The group has sponsored talks on topics such as financial literacy and advice for how to structure the summer months during medical school.

“One of my favorite parts of medical school is mentorship,” Klinkebiel says. “I love being able to make things easier for other students. Even the little things, like navigating loans, would have been so helpful for me and my mom. I like passing down knowledge to others.”

Nathalie Sackey

MD Candidate, Class of 2025

Second-year medical student Nathalie Sackey was born in Ghana and spent most of her childhood there, living with her mother and extended family. But the summer before high school, she moved in with her father in Columbus so that she could pursue her dream of becoming a doctor within the U.S. educational system.

She was first drawn to medicine back in Ghana, when her grandmother suffered a stroke and moved in with Sackey and her mother for help with daily living. In high school, she took a college-level anatomy class and earned a

Kara Klinkebiel credits her mother’s steadfastness for instilling her own independence.





certification as a personal trainer.

When she left Columbus for the University of Cincinnati, she learned what it meant to be a first-generation student. “I realized there was a lot I had to figure out on my own, especially being pre-med,” Sackey says.

She was thrilled to return to Columbus for medical school at Ohio State — “the perfect fit for the kind of doctor I wanted to be and the path I wanted to pursue.” Sackey is part of the Air Force’s Health Professions Scholarship Program, which covers her medical school tuition. In exchange, she will serve in the Air Force during medical school and for several

*Inspired by her parents and her own childhood cancer, **Safa Salem** plans to pursue a medical career that improves care for patients without health care access.*

*Her grandmother’s stroke prompted **Nathalie Sackey**’s interest in medicine.*

years following graduation.

She volunteers at Ohio State’s NOOR Community Clinic, a free clinic primarily serving Muslim and immigrant communities. It’s a way for Sackey to honor her own immigrant experience while growing her skills. “Ohio State values excellence, which you can see in the rankings, but they don’t do so at the expense of compassion.”

Sackey is a member of First-Generation Medical Student Association, where she serves as co-chair of Premedical Mentorship. She enjoys building community with other first-gen students, faculty and residents. “Being in medical school with so many smart people, sometimes I feel like I don’t deserve to be here. But the college does a great job of making us all feel like we do deserve to be here and were chosen for a reason.”

Safa Salem

MD Candidate, Class of 2025

As an undergraduate at Harvard University, Safa Salem had to ask her first-generation advisor what “first gen” meant. Though she may not have known the terminology, she most certainly understood the difference between her situation and that of many of her classmates — some of whom were legacy students whose parents had also attended Harvard and had successful careers as doctors, lawyers and politicians.

“In certain ways, being first gen was very stigmatized,” says Salem, who was born in Cleveland but whose family has since relocated to Jerusalem. She dedicated her Harvard graduation speech to her parents. “We often equate intelligence with someone’s degree instead of by their character. My parents are the smartest people I know. It’s not fair that they’re reduced by society because of a lack of degree.”



But her status as a first-generation student also fueled her pursuits — including a passion for medicine that developed from her experience with childhood cancer. In 2003, Salem was diagnosed with advanced-stage neuroblastoma. As awful as it was going through chemotherapy, immunotherapy and a thoracotomy, she looks back with gratitude for living near the Cleveland Clinic. “Later in my upbringing, I realized I had access to world-class cancer care, and others didn’t get that same access.

It spurred my passion to address social determinants of health.”

Upon completing medical school, Salem plans to blend her passion for working with vulnerable populations with her interest in oncology. “To be able to work with cancer patients is so meaningful to me,” she says. “Being able to empathize with them because I was once in their shoes is a privilege I can’t even describe.” She hopes to one day pursue a master’s degree in health policy to make an even

bigger difference.

When she graduates, the celebration will be for her whole family. “I’m pursuing this for my entire family — it’s a collective experience,” Salem says. “We take such great pride in that.”

Alice Duncanson writes about the health sciences at Ohio State. Her last story featured the ASPIRE program in the Winter 2023 issue of Ohio State Medicine Alumni magazine.

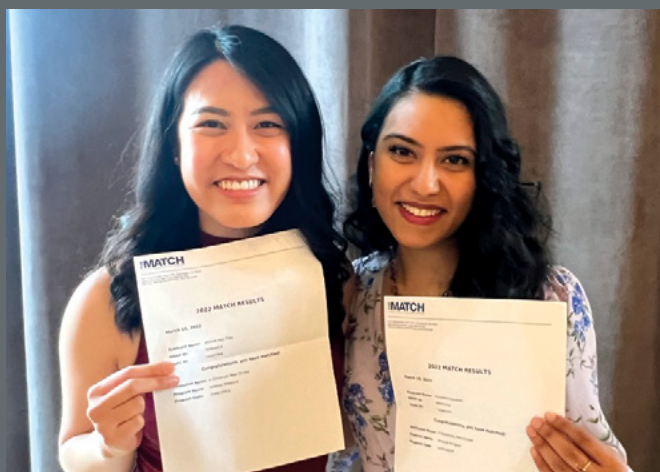
An alumna’s journey navigating culture in medicine

Athena Tran ’22 MD, spent most of her childhood at a mall food court in northwest Indiana where her mother and father, immigrants from China and Vietnam, respectively, ran a restaurant. “I spent most of my childhood there, working in the restaurant and sitting in the food court doing homework.”

Now an Internal Medicine resident at the University of Cincinnati, Tran credits her upbringing in an immigrant family as formative in shaping her future trajectory in medicine. “Throughout my childhood, I knew I wanted to do something with all the opportunities and privilege I have had that my parents didn’t have, despite all the obstacles they overcame,” she says.

Still, when her responsibilities to the restaurant continued throughout her undergraduate years at Indiana University and medical school at Ohio State, Tran realized that her familial obligations set her experience apart from many of her peers. “My parents would call and ask me to help with the restaurant, like updating the menus. All the breaks I had in the first two years of medical school, I would go back and help at the restaurant, or help my little sister apply to college.”

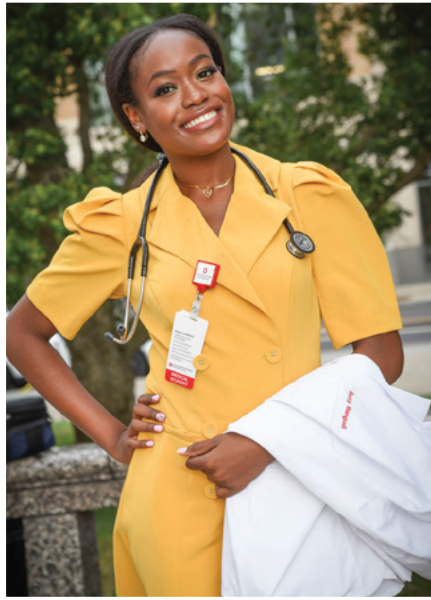
As a first-generation student navigating these differences, Tran had to learn to set boundaries. The deep relationships she formed with mentors at Ohio State — including Christopher Pierson, MD, PhD, clinical associate professor in the Department of Biomedical



Athena Tran ’22 MD, left, celebrates her Internal Medicine match with a classmate in 2022.

Education and Anatomy — also helped her overcome the unique challenges she faced.

Still, those challenges have made her who she is. At the start of medical school, Tran thought she wanted to go into pediatrics. By the end of her third year, she realized she loves working with adults, especially those from vulnerable populations. “I love hearing their stories — understanding who they are in addition to taking care of their medical problems — and problem-solving to figure out what’s at the root of why they came into the hospital. Every day I have the privilege to go to work and be a physician for someone who might not have a physician.”



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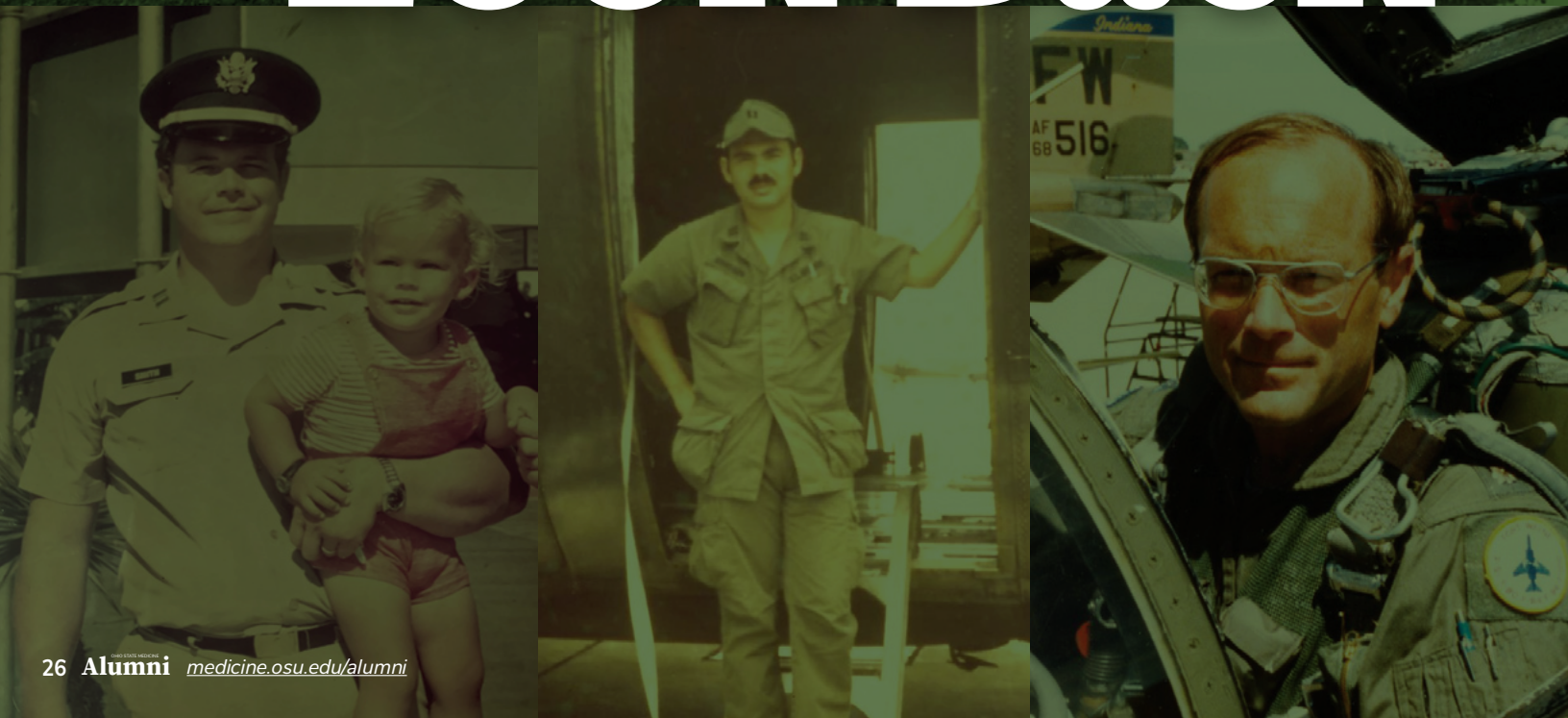
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THE OHIO STATE UNIVERSITY
COLLEGE OF MEDICINE



Nearly 50 years after the United States withdrew its troops from Vietnam, the war and its impact still reverberate for the doctors who mended bodies here and abroad.

By Kitty Munger

On April 30, 1975, with the fall of Saigon, the United States withdrew its troops from Vietnam. To recognize the upcoming 50th anniversary and honor The Ohio State University College of Medicine alumni who served at that time, we share several alumni reflections about how they say their service impacted their medical practice and their lives.

Hitting the ground running

Neal Birnbaum '70 MD, was a captain in the U.S. Air Force Medical Corps and served in Vietnam from 1971 to 1972. He was head of the emergency room and outpatient clinics at the 483rd U.S. Air Force Hospital in Cam Ranh Bay.

"I had 10 days of basic training, then was put in charge of the emergency room and multiple clinics at the age of 25. Can you imagine that?" Birnbaum says. "I soon learned that many of the nurses and corpsmen knew more than I did and I just needed to let them do their jobs. Just because I had 'MD' after my name didn't mean I knew more than they did."

In Vietnam, Birnbaum was a general medical officer and took care of urgent issues and triaged patients. "I was there when the war was winding down," he says. "We



He and his wife moved to San Francisco, where he remains managing partner of Pacific Rheumatology Associates. Chief



Neal Birnbaum '70 MD, left, today as a happy grandfather and in 1971 in Cam Ranh Bay, Vietnam.

saw a number of gunshot wounds, jeep accidents and malaria. Whatever came

in the door, we handled it. We had good surgeons and corpsmen on site. There was a helicopter pad just outside the ER and there was a steady influx of injured."

He ran a medical treatment program as a volunteer at a local hospital and at an orphanage. He says it was a way to get off the base to do something different, and he was proud to be involved in those efforts.

Birnbaum's second tour was at Hamilton Air Force Base in the San Francisco Bay area.

After his discharge, he returned to the University of Pittsburgh for his internal medical residency and a fellowship in rheumatology, graduating in 1977.

of Rheumatology since 1983, he twice served as chief of staff at California Pacific Medical Center and is clinical professor of Medicine at the University of California, San Francisco.

Birnbaum says his experience in Vietnam shaped his life, especially being given so much responsibility at such a young age. "I came back with a sense of confidence that I could handle most problems. I also learned that you don't sweat the small stuff. Save your energy for what you can change."

Ensuring maternal health stateside

In 1970, **Ernie Estep '67 MD**, began his military service stateside as a major in the U.S. Public Health Service. He was just one year out of medical school with rotating internship training. The program supplied doctors to the Coast Guard, prisons and American Indian reservations.

With his specialty in obstetrics and gynecology, Estep was assigned to Arizona's White Mountain Apache Reservation, which had experienced a large number of maternal deaths.

Estep's hospital, similar to a MASH unit, handled everything from trauma and orthopedics to serious illnesses to Ob/Gyn. He estimates they delivered 500 babies during his two years there.

"At that time, tuberculosis was rampant on the reservation. Families lived in close quarters, so if someone got it, everyone got it," he says. "We started an outpatient TB clinic to keep patients at home rather than being sent away for treatment."

Estep says his time on the reservation taught him to make critical decisions quickly because often he was the only one on call. "Being able to prioritize things quickly helped me in my medical career," he says.

After his service, he operated an Ob/Gyn practice in Colorado. Later he returned to his hometown of Akron where he founded the Medical Society of Akron, was a clinical professor at Northeast Ohio

Medical University and medical director of Summit County Planned Parenthood and served on the Ohio State Medical Committee on Maternal and Neonatal Health.



Ernie Estep '67 MD, with his wife today and working for the U.S. Public Health Service in the White Mountain Apache Reservation in Arizona in 1970.



Douglas W. Armbrust '67 MD, served near Pleiku, Vietnam, in 1968; today he lives in Colorado with his wife Sarah.

A rewarding post

A captain in the Army Medical Corps, **Douglas W. Armbrust '67 MD**, served near Pleiku, Vietnam, in the Central Highlands with the 3rd Battalion, 6th Field Artillery Regiment for one year starting in September 1968. He was a battalion

surgeon overseeing medics in the field and attending to personnel at the homebase on Artillery Hill.

As a general medical officer, Armbrust primarily treated a variety of conditions, including upper respiratory infections, low back pain, psychological problems and minor injuries. He found treating soldiers dealing with emotional trauma especially rewarding.

To keep up morale at the homebase on Artillery Hill, Armbrust created an award thanking them for their service and the impact they had on the soldiers in the unit. "It was just a piece of paper that talked about their service, but those officers really appreciated it," he says.

He received a Bronze Star for Meritorious Service in Vietnam in 1970. After his discharge, he began his radiology residency at the University of Colorado.

Armbrust moved to Greeley, Colorado, in 1973 and joined the Greeley X-Ray Group. He says he was fortunate to work with a great team for 30 years and considers his co-workers among his dearest

friends. He retired in 2003 to enjoy life and spend more time with his wife and their three daughters and six grandchildren.



"I appreciate that people recognize the value of what some of us were doing at that time. We did it because we had to," he says.

Getting early exposure

Steve Smith '70 MD, started his service in the Army after his



Steve Smith '70 MD, with his son, **Steve Smith Jr. (future '01 MD)**, and today at his home in Columbus.

internship and first year of general surgery residency at the University of Rochester. He was stationed at Fort Sam Houston in San Antonio, Texas.

"They put me in a position at Fort Sam Houston for more urology training because they had a specialty there," Smith says. "I was transferred to Fort Hood in Killeen, Texas, where I got more hospital experience."

As head of the emergency room in Fort Hood, Smith handled everything from minor injuries to treating returning soldiers. He worked in burn units and ran urology clinics and says his time in the Army was a great learning experience.

"Fort Hood was the home base for the 1st Cavalry, and a lot of the operations ran out of there," Smith says. "I was in a helicopter crash going from Fort Hood to Fort Sam Houston with a patient who had a head injury. We all managed to survive the crash."

Smith says his time in the Army gave him exposure to things like appendicitis and gallstones much

earlier in his medical career than his fellow students.

"It definitely had an impact on my medical career after I was discharged."

Today, Smith lives in Columbus and he and his wife have four children and 11 grandchildren.



Reconstructing to heal lives

Stephen Frushour '75 MD, began his military career at West Point in 1964, going on to serve in Fort Carson, Colorado, Vietnam and Germany. He was stationed in Vietnam at First Support Base

Washington on the Cambodian border from 1969 to 1970 in a field artillery battalion, followed by a tour in West Germany.

He received an Army scholarship to the Ohio State College of Medicine, graduating in three years from the College of Medicine and Public Health in 1975.

"I knew about the anti-war protests, but while we were in medical school, we spent all our time studying and trying to cram four years of school into three. We didn't even have time to think about it."

Frushour completed his residency in orthopedic

Stephen Frushour '75 MD, today at his home and sitting in an F-4 Phantom at Air National Guard in the mid-1970s.



surgery at Fitzsimons Army Medical Center in Denver, and an orthopedic spine fellowship at the University of Miami.

His experience in the Army had a huge impact on his life. "I saw soldiers who had horrible wounds from combat," he says. "That experience prepared me for my career as a surgeon. After I graduated from medical school, we were still taking care of soldiers who were injured in Vietnam and needed reconstructive surgery."

Frushour was a military orthopedic surgeon and flight surgeon until 1985 when he left active duty and joined the Indiana Air National Guard in the same role, with his last eight years as Hospital Commander. He retired as a colonel from the Air National Guard/Air Force in 1998 and received three Bronze Star Medals for Valor in Vietnam. He resides in Texas.

In 2020 he self-published a book, *A Different Military Life: Interesting Short Stories from 12,418 Days of Service*, a collection of short stories about his experiences in the Army.

Kitty Munger last wrote about a day in the life of a medical student for Ohio State Medicine Alumni magazine.



Giving Back, Making an Impact

By Emily Glenn

While a generation apart, **Linda Stone '79 MD**, and **Demicha Rankin '06 MD, '10 Res**, say their hard work and persistence in the face of personal challenges helped them succeed. But they also credit the support of others at The Ohio State University College of Medicine who saw their determination and championed their goals as physicians and leaders in medical education.

Today, looking to the future and as a way of saying thanks, they're making a gift to the Interdisciplinary Health Sciences Center (IHSC) as part of The Ohio State University Physicians (OSUP) match, a program that fully matches a gift made toward the IHSC.

Their goal: to help support future generations of medical students.

A passion for medicine and the arts

Stone's journey began when she was admitted to the Ohio State College of Medicine in 1967. She was 33, an age thought to be too advanced for a woman to start medical training.

It was also assumed women wouldn't have adequate time to pursue their careers after earning their degrees. Stone recalls that being a mother was looked upon as a red flag. "My son was 9 years old," she says. "I was asked,



Linda Stone '79 MD, says giving back recognizes how much her medical school experience made a difference in her life.

"What will you do if your husband leaves you?"

Stone credits her admission to two tireless advocates: **Elizabeth Ruppert '61 MD, Res**, who was one of only five women who graduated in 1961, and the late **Margaret (Peg) Hines '52 MS, PhD**, an Ohio State faculty member whose many achievements included launching the injury biomechanics research program in the mid-1980s.

At the time, Ruppert interviewed Stone and consulted with Hines, who was on the admissions committee. Together, the women argued Stone's case with the committee and prevailed.

"Being accepted at the College of Medicine was a very significant thing for me," she says. Stone made good use of her skills, including using her position to elevate others.

She went on to practice family medicine in Columbus. She later returned to the College of Medicine to build programs to encourage medical student interest in family medicine and became the college's associate dean for Student Affairs.

In 2009, Stone founded the Humanism in Medicine Program, which engages medical students and College of Medicine and Ohio State University Wexner Medical Center employees in cultural and



Demicha Rankin '06 MD, '10 Res, says a dedicated MEDPATH space will honor the opportunities it gave her.

artistic activities and performances, service and activism opportunities. For Stone and her husband, Larry, the OSUP matching gift program was the perfect chance to recognize the support and opportunities Stone received as a student, faculty member and administrator.

“Larry and I discuss all our giving. He’s worked a lot with Medicine and the Arts with me,” Stone says, alluding to Larry’s communications and videographer duties in the Humanism in Medicine projects. Larry pointed out that the IHSC donation match is a rare opportunity, and it would be a way to leave a lasting impact on the medical school that made a difference in both their lives.

Gaining community

For **Demicha Rankin '06 MD, '10 Res**, associate dean of Admissions and professor of Anesthesiology, and the vice chair for Diversity, Equity and Inclusion for the Department of Anesthesiology, a life-changing opportunity came

through her invitation to apply to the Medical Careers Pathway Post Baccalaureate Program (MEDPATH), a one-year postbaccalaureate program for students who are ethnically or socio-economically underrepresented in medicine. The Ohio State College of Medicine is one of a few institutions nationwide to offer such a program.

Each year, 13 to 15 students are accepted to MEDPATH. In 2001, Rankin was among them.

MEDPATH students complete a year of intensive study and take the MCAT in the spring. Those who earn a score in the 51st percentile or higher are granted conditional admission to the College of Medicine.

Rankin credits the program for her excellent study skills and time management.

She learned she does well with group study, so she joined other students at the library where they would quiz each other, taking the occasional study break together. Rankin developed lifelong bonds with the other members of her MEDPATH cohort after their close-knit year — bonds that exist today and that she cherishes.

“It helped build a sense of community for me,” she says. “It was having a shared identity. I wear it as a badge of pride.” Rankin maintained a 4.0 average throughout her time in MEDPATH.

Rankin wants more students to benefit from MEDPATH and programs like it.

To honor that assistance, Rankin along with her husband, Chaffon Rankin, vice president and senior wealth advisor with Huntington Financial Advisors, and **Kevin Hollis '12 MD**, Ohio State Medical Alumni Society Board member and chief financial officer of Anesthesiology Consultants of North Carolina, are supporting a dedicated space for MEDPATH students in the IHSC.

“If it weren’t for programs like MEDPATH, I wouldn’t be here,” Rankin says. “Success is when opportunity meets preparation. It’s a feeling that, ‘I belong here; I am as good as anyone else.’”

Emily Glenn is a writer with The Ohio State University Wexner Medical Center Development Communications.



Give

See go.osu.edu/givetolHSC to learn how you can support the IHSC.

Classroom Wing Opens

Interdisciplinary Health Sciences Center at Hamilton Hall

In fall 2023, the new Classroom Wing addition opens for classes. This second phase of the construction of the Interdisciplinary Health Sciences Center (IHSC) includes anatomy labs for optometry and dental students, optometry classrooms and labs, two flexible, 112-person interprofessional classrooms, and 18 small- and medium-sized classrooms. The third phase — renovation of Hamilton Hall — is scheduled for completion in March 2024.

View livestream updates at buildingthefuture.osu.edu/projects/interdisciplinary-health-sciences-center.



Clockwise from bottom left:

1. Northward-facing floor-to-ceiling hall and lounge windows create an inviting space to gather and reflect.
2. Ohio State Health Sciences leaders pause outside the Quad behind Hamilton Hall, left to right: Daniel Clinchot, MD, '92 Res, vice dean for Education in the College of Medicine; John J. Warner, MD, chief executive officer of The Ohio State University Wexner Medical Center and executive vice president at Ohio State; Amanda Thatcher, chief of staff/COM Operations; Carol R. Bradford, MD, MS, FACS, dean, the Ohio State College of Medicine; and Ryan Meadows, chief of staff of the Ohio State Wexner Medical Center.
3. The new Classroom Wing connects with the Anatomy Wing (far right) and the Optometry Clinic, forming the southern end of the IHSC.
- 4., 7., 8. Classrooms for interdisciplinary learning feature interactive spaces that can hold as many as 224 learners and more intimate small group spaces for as few as 14.
5. A spacious hallway on each of the three floors connects directly to the Anatomy Wing.
6. The clock tower on Hamilton Hall, currently undergoing renovation inside, will remain a signature feature of the new IHSC.



4.



5.



8.



7.



270

Classroom

Alumni Notes

Classes of 1950s

William Schamadan '56 MD, Res, published a story, “Pin-Ball Bouncing through an Ob/Gyn Medical Practice.” Schamadan’s journey through medical school changed course throughout his 14 years of college. His short memoir traces his medical training journey, highlighting the processes of Ob/Gyn training from 70 years ago while also emphasizing his constantly changing path.

Classes of 1970s



Aaron Folsom '78 MD, transitioned from professor to Professor Emeritus of Epidemiology and Community

Health at the University of Minnesota. Folsom’s 42-year career focused on the epidemiology and prevention of cardiovascular diseases. He led major National Institutes of Health-supported research, authored and co-authored more than 1,000 publications and mentored over 100 MPH, PhD and postdoctoral trainees. Folsom received several national awards from the American Heart Association for career achievements.

Classes of 1980s

Lynn Crosby '83 MD, retired in April 2022 from his position as professor and director of Shoulder Surgery at the Medical College of Georgia. During his career, Crosby served as professor and chairman of Wright State University

Department of Orthopaedics, as well as professor and chairman of the University of Tennessee (Chattanooga). A visiting professor at 24 U.S. and 14 international institutions, he trained over 50 orthopedic residents, published over 100 peer-reviewed scientific articles and edited 14 books.

Classes of 1990s



Michael Weinstock '91 MD, published a four-book series entitled *Bouncebacks!* and will soon release an update to

“Bouncebacks! Medical and Legal,” which will include a free risk management course available to EM residencies.

Teresa Holt '99 MD, a family health specialist at OhioHealth, was awarded the Ohio Academy of Family Physicians 2023 Educator of the Year. The award recognizes family physician-teachers who have exhibited extraordinary merit, articulated and encouraged members and students to pursue the ideals of family medicine, and conveyed these ideals to the public.

Classes of 2000s



Julie Lange '04 MD, '08 Res, received The Bruce P. Meyer MD, Family Art of Medicine award, given by Nationwide

Children’s Hospital, where she is

an ophthalmologist. The Art of Medicine Award recognizes past or current physicians who exemplify the values of fostering excellence and professionalism in the practice of medicine, as well as providing exceptional patient care beyond being a diagnostician.



Sara Damewood '07 MD, won a Clinical Practice Excellence Award at the University of Wisconsin (UW) Health

Physician Excellence Awards event. Damewood, an associate professor in the Department of Emergency Medicine, joined UW Health 11 years ago. She is the inaugural section chief for the Division of Emergency Ultrasound and a national leader in using point-of-care ultrasound to improve the quality and safety of clinical care.

Classes of 2010s

Jeremy Davis '12 MD, received the Dr. Lloyd Hayes Hospitalist Service Award for 2022 from Prisma Health in South Carolina. Davis was selected out of all the hospitalists from Prisma Health’s satellite community hospitals in the South Carolina Upstate region. This award is given annually in recognition of a hospitalist who “embodies integrity, respect, trust and openness while healing compassionately, teaching innovatively and improving constantly.”

IN *Memoriam*

2023

MAY

Michael R. Dick '89 MD, '92 Res,
'93 Fellow

MARCH

James W. Singer '61 MD
Stephen M. Lindsey '73 MD
Dona T. Fling '53 MS

FEBRUARY

Richard F. Leighton, MD, Res
Leonard G. Katz '57 MD
Richard D. Davis '52 MD
John J. Buckley '59 MD
Thomas R. Bates '60 MD
Gerard S. Kakos '67 MD
Jennifer L. Stark '01 PhD
Charles Bush, MD, '67 Res, '72 Fellow

JANUARY

Sandra W. Lamberson, MD, Res
Louis W. Chosy '59 MD
Amar N. Bhattacharya '63 MS, '67 PhD
Peter J. Utrata '68 MD
Richard C. Mattison, MD, '70 Res

2022

DECEMBER

John M. Rich, MD, Res
Ronald A. Mezger '55 MD
Milton G. Yoder '71 MD
Jeannette R. Mohammed, PhD (staff)

NOVEMBER

Manuel Sanguily '59 MD
Albert O. Humbertson '62 PhD
Michael J. McDonough, MD, '83 Res

OCTOBER

Eugene R. Wynsen '57 MD
Lawrence R. Ellick '57 MD

SEPTEMBER

John W. Zimmerly '60 MD
Michael Gordon '71 MD

AUGUST

Frederick G. Winegarner '61 MD, Res
Helen Evangeline "Vangi" Tomlinson
'71 MD
Robert J. Meister '75 MD

JULY

J. Laurance Hill '61 MD

APRIL

Louis W. Kraft II '91 MD

2021

AUGUST

Thomas M. Watkins '57 MD, Res

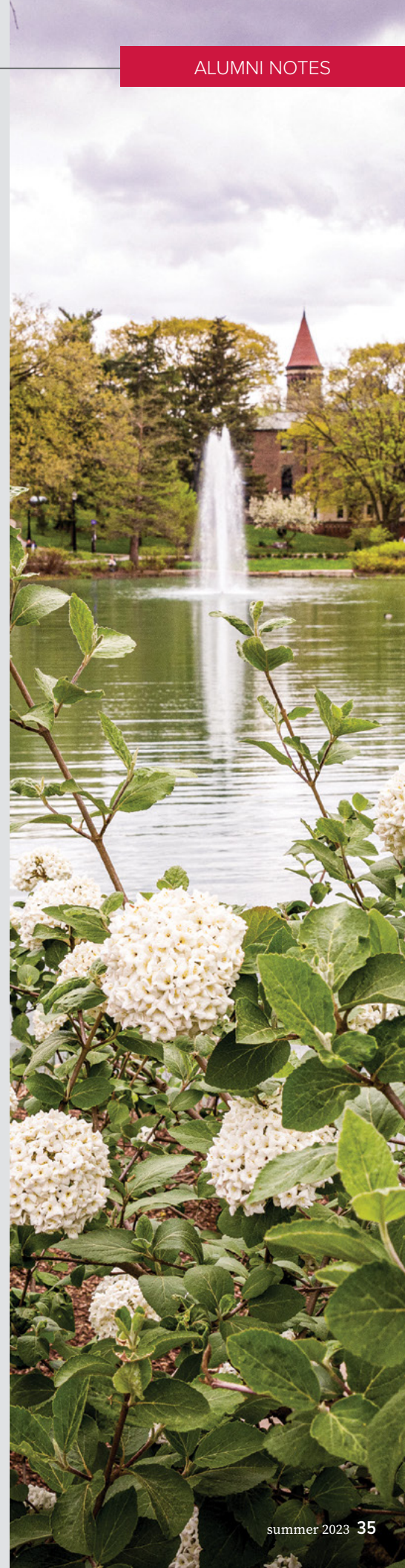
*To view obituaries in full, please
visit go.osu.edu/notesandobits.*

Clarification

A College News story in our Winter 2023 issue ("Grant to support study of glycemia in high-risk pregnancies") inadvertently left out the names of two ACHIEVE principal investigators (PIs). Those PIs are Kartik Venkatesh, MD, PhD, assistant professor of Obstetrics and Gynecology, and Joshua Joseph, MD, MPH, assistant professor of Internal Medicine, at the Ohio State College of Medicine.

Correction

Our new Medical Alumni Society board chair, **Gretchen Hollingsworth '88 MD**, is married to **Keith Hollingsworth '88 MD**. Her parents are Sue Ellen Schacht '60 BS, and Charles Schacht '60 BS, and her children are Emma (Vanderbilt University) and Sam (Columbia University).



Faculty Research News

W.M. Keck Foundation awards grant to study brain and fat tissue connections



Researchers at The Ohio State University Wexner Medical Center and College of Medicine are leading a multicenter team awarded

\$1.2 million from the W.M. Keck Foundation to explore the neural feedback loop between the brain and adipose (fat) tissue. The (Kristy) Townsend Lab is one of only a handful of labs around the world specifically working at the interface of metabolism, adipose tissue plasticity and function and metabolic health and the role of the brain and peripheral nerves in these systems.

NIH grant to support ongoing cardiovascular research



Researchers at the Ohio State College of Medicine have been awarded a \$3.1 million grant from

the National Heart Lung and Blood Institute of the National Institutes of Health to study the role of reciprocal responses of the heart and adipose tissue to pressure overload stress on the heart in the pathogenesis of acquired heart failure.

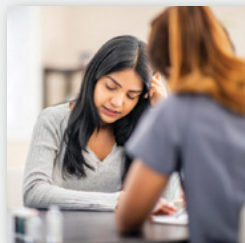
Study: Emerging autoantibodies may propagate pain after severe spinal-cord injury



Some patients recovering from severe spinal-cord injury can develop autoantibodies that bind to the spinal cord and living neurons

that can then affect their pain or even interfere with the response to rehabilitation, according to a new study by researchers at The Ohio State University Wexner Medical Center and the College of Medicine, along with collaborators in Germany, Austria, Italy, Canada and Switzerland. The findings could lead to new treatments for spinal-cord injury patients who have certain antibody profiles.

Fibromyalgia may worsen opioid addiction



Researchers at the Ohio State Wexner Medical Center and College of Medicine and the

University of Michigan report new evidence that fibromyalgia, and the chronic pain associated with it, could worsen opioid use disorder (OUD). They say that many of the brain pathways and chemicals believed to be involved in fibromyalgia are also involved in opioid addiction.

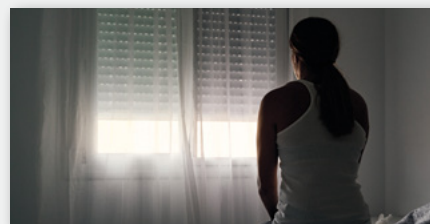


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The Ohio State Medical Alumni Society wants to hear from you! Share your news, including wedding announcements — 80 words or less. Tag us on social media or email us at medalum@osumc.edu by October 16, 2023, for the Winter 2024 issue of *Ohio State Medicine Alumni* magazine.

\$4.3 million grant to study heart health impacts of chronic stress

Researchers at the Ohio State Wexner Medical Center and College of Medicine received a \$4.3 million grant from the American Heart Association (AHA) to study changes in gut bacteria to examine how stress affects heart health. Partner research teams include investigators from Meharry Medical College in Nashville, Tennessee. The project will study the correlation between exercise and changes in the gut bacteria, which is known to influence the development of heart disease.



Fulfilling a Dream

By Emily Glenn

This issue's "My Turn" column is "Our Turn," as we feature two individuals — an Ohio State College of Medicine alumnus and a student — who share some insights on how scholarships helped them pursue a career in medicine.

For **Teresa Holt '99 MD**, a family health specialist at OhioHealth, the Rinaldi Scholarship opened the doors to a career in medicine.

"This was a major gift I had been given," she says. "I took nothing for granted."

Holt, who was a first-generation college student at Case Western Reserve University before she became a medical student at Ohio State, says that the mentorship of teachers, supervisors and colleagues gave her models to aspire to, and showed her people cared about her success.

The Rinaldi Scholarship, established in memory Mary Ann Rinaldi's husband Edward, not only allowed Holt to live near campus but helped her to join a strong lineage.

"I had strong female figures in my family, strong women who just kept persevering," she says.

Holt's mother was a single parent for part of Holt's childhood, and their family moved several times to different areas in Columbus and Ohio. Her mother persevered however, and with a remarriage and better job opportunities, their lives eventually became more stable. Holt, a thoughtful child, decided that the way forward to a better life was education, and she was determined to take that path.

Holt also found touchstones — adults who nurtured her. Holt recalls that in elementary school, she told another child she planned to attend college. Her companion, with the casual cruelty of children, said that was impossible because Holt was in the lowest reading group with the other "dumb" kids. Holt went to the teacher and asked to be moved to a different group. The teacher said she couldn't do that, but she offered to tutor Holt at lunch until she had the skills to change groups.

"She gave up her lunch, for four and a half months,"



**"This was a major gift
I had been given. I took
nothing for granted."**

TERESA HOLT '99 MD

Holt remembers. "Every day she met with me and was my one-on-one tutor. By the end of that year, I was in the highest reading group. That was a great example of somebody investing in me, an educator in particular, and that really created such a spark. I found success in school for the first time."

From this and other experiences, Holt developed grit and perseverance and a faith in her ability to change her life through hard work.

"You just keep moving forward; you find some light and keep moving forward."

Dana Jolley, a second-year medical student who graduates in May 2025, echoes Holt's feelings of gratitude. Jolley says the Goodnough Scholarship gave her the peace of mind she needed to focus on the demands of medical school.

Jolley worked full time during most of her undergraduate years at Ohio University. The scholarship support for medical school allows her to focus on her studies and pursue community health and research opportunities, many of which address the kinds of issues she faced growing up in southeast Ohio.

"My scholarship has been life-changing for me and my family," she says.

Established by **Joel Goodnough '79 MD**, and his wife Brenda, the Goodnough Scholarship covers the educational costs of one medical student from an Ohio Appalachian county each year. The Goodnoughs created the scholarship after Joel retired from his Ob/Gyn practice in Chicago and settled in Brenda's hometown of Jackson, Ohio.

The Goodnoughs feel that supporting the medical education of future doctors who want to return to Appalachia to provide care is one way to increase access to health care in Appalachia.

Jolley was inspired to go to medical school by her formative experiences with her mother's health care needs. She was impressed by the care her mother, who had two brain aneurysms and multiple strokes, received at The Ohio State University Wexner Medical Center, and her neurologic care teams' holistic support of her entire family. Since the Athens, Ohio, area, where Jolley grew up, is medically underserved, they traveled to Columbus frequently for specialized care, a significant investment in terms of time and finances.

"My family didn't have a lot of resources growing up," Jolley says. "I feel like the entire care team would go out of their way to make sure appointments were scheduled on the same day; and we had accommodations here."

Jolley has participated in outreach and research teams centered on Appalachian health care issues. One of her projects is with mentor Electra Paskett, PhD, professor and director of the Division of Cancer Prevention and Control in the Department of Internal Medicine at the Ohio State College of Medicine, and the Marion N. Rowley Designated Chair in Cancer Research.



"My scholarship has been life-changing for me and my family."

DANA JOLLEY, MD CANDIDATE, CLASS OF 2025

The project looks at the effectiveness of interventions designed to increase cancer screenings among women in Appalachia. Jolley received a Samuel J. Roessler Memorial Scholarship to support this research.

Jolley is also a founding member of the college's Disability Advocacy Coalition and currently serves as an executive board member for the organization. She also served on the board of Healthy Life Stars, which offers health and wellness programming for underserved children in Columbus, including education and nutritious snacks. Jolley is now working with the national director of Healthy Life Stars to expand the program to the southeast Ohio region, where she is from.

"Giving back to that area is something that's very important to me, and it's something I want to keep striving towards," Jolley says.

Emily Glenn is a writer with The Ohio State University Wexner Medical Center Development Communications.



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