



## DEAN'S MESSAGE: What's On My Mind

“THE SCHOOL OF MEDICINE’S OFFICE OF STUDENT RESEARCH (OSR) HAS MADE A CONCERTED EFFORT TO OFFER INTEGRATED EDUCATIONAL EXPERIENCES FOR MEDICAL, HEALTH PROFESSIONAL AND RESEARCH STUDENTS BECAUSE, ULTIMATELY, YOU ALL ARE WORKING TOWARD THE SAME GOAL OF IMPROVING PEOPLE’S HEALTH AND WELLBEING.”



What's on my mind this month are the enriching experiences available to students to gain first-hand experience in biomedical research and academic medicine. By offering medical and health professional students the opportunity to conduct scientific research projects, the School of Medicine exposes students to the world of research. These opportunities also give individuals without a strong background in research first-hand experience in how to approach scientific questions and generate data.

Healthcare professionals and biomedical research scientists used to train and work independently of one another, despite the fact that discoveries made in the laboratory laid the foundation for new therapeutics or practices, and, in turn, how care was delivered to patients and the type of conditions being treated helped to guide the direction of basic and translational research. The School of Medicine Office of Student Research (OSR) has made a concerted effort to offer integrated educational experiences for medical, health professional and research students because, ultimately, you all are working toward the same goal of improving people's health and wellbeing.

Therefore, we have many programs that bring the groups together to allow them to appreciate how each affect and rely on the other.

The **Health Professions—Student Training in Aging Research (HP-STAR) Program** offers health professional pre-doctoral students in dentistry, medicine, nursing, pharmacy, physical therapy, and osteopathic medicine the opportunity to conduct interdisciplinary aging-related basic, translational or clinical research over the summer. The HP-STAR Program trains and guides students in health services research in a wide range of fields, including but not limited to, gerontology, epidemiology, neurology, medicine, and cardiology. Mentored by senior faculty from across the University of Maryland schools, the program aims to encourage and inspire individuals early in their education to join the growing cadre of health professionals and scientists with specialized knowledge and skills in aging-related health concerns.

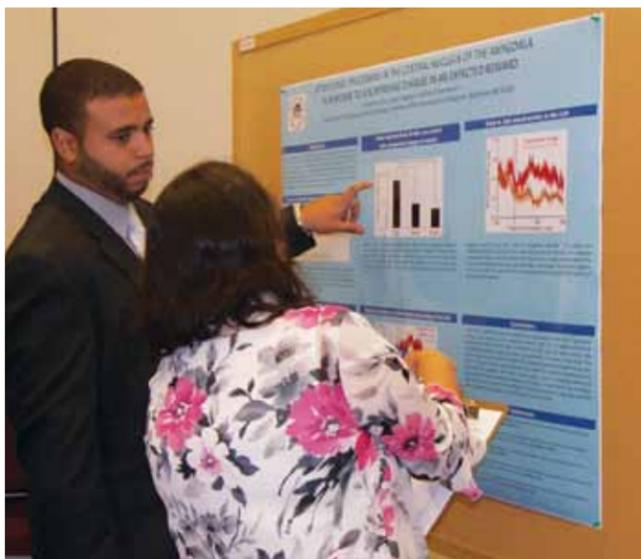
The mission of the **Mid-Atlantic Nutrition Obesity Research Center (NORC)** is to foster multidisciplinary research approaches to understanding the impact of nutrition on risk for chronic disease, and translating this knowledge into effective clinical treatments and prevention efforts. Funded since 2005 by the NIH's National Institute of Diabetes and Digestive and Kidney Diseases, the NORC has four core laboratories, executes a pilot and feasibility program and oversees enrichment activities for members of the community. Students with an interest in basic and translational research on obesity, diabetes and cardiovascular disease, who have identified a senior faculty member as a mentor for research projects, are encouraged to participate in this program.

Incoming and current second-, third- and fourth-year medical students can participate in the **Summer Research Training Program (SRTTP)** offered through the OSR. The purpose of the program is to encourage students to consider the possibility of a career in biomedical or clinical research or in academic medicine, and to provide

students with a greater understanding of the medical research environment. Students are competitively accepted into the program based on the quality of a hypothesis-driven project. SRTTP students participate in a full-time, 10-week training period with a faculty mentor.

A second program designed specifically for medical students is the **Summer Program in Obesity, Diabetes and Nutrition Research Training (SPORT)**, an intensive, 8- to 10-week research experience. The purpose of the SPORT program is to inspire passion toward research in diabetes, obesity and nutrition by providing a mentored research experience for medical students. The ultimate goal of the program is to prepare participants for placement in competitive residency training programs, leading to careers as independent physician-scientists.

In addition to intensive hands-on research experiences, all summer program enrollees attend research conferences and seminars, weekly core lectures presented by program faculty, and are required to present a summary of their work at the conclusion of their internship. Program participants also have the opportunity to shadow clinical faculty in both inpatient and outpatient clinic settings, such as in the University of Maryland Center for



Diabetes and Endocrinology; the Endocrine Clinic; and the Departments of Surgery and Emergency Medicine.

The unifying philosophy behind these summer research programs about the importance of having a dialogue between professionals in basic research, translational studies and medical practice has helped lay the groundwork for the development of the new **Foundations in Research and Critical Thinking (FRCT) course**, which will launch in the coming academic year. The goals of FRCT course are to stimulate critical thinking, enhance intellectual acuity and inquisitiveness in our medical students, and to foster excellence in the development of clinician educators, clinician scientists and physician investigators, not only through lectures, but by requiring all students to complete a scholarly project. **As a physician-scientist who caught the “research bug” early in my career, I am excited for our students and am confident that the FRCT course will be a deeply informative and richly rewarding experience.**

I wish you a wonderful summer and leave you with this quote from Sally Ride, a physicist, astronaut and the first American woman in space, to encourage those who have not yet decided to take on a summer research project or who are anticipating the start of the FRCT course: **“Science is fun. Science is curiosity. We all have natural curiosity. Science is a process of investigating. It’s posing questions and coming up with a method. It’s delving in.”**

In the relentless pursuit of excellence, I am

Sincerely yours,

E. Albert Reece, MD, PhD, MBA  
Vice President for Medical Affairs, University of Maryland  
John Z. and Akiko K. Bowers Distinguished Professor and  
Dean, University of Maryland School of Medicine



## DR. ANGELA H. BRODIE

### Appointed Fellow of New American Association for Cancer Research Academy

Angela H. Brodie, PhD, a University of Maryland scientist whose research paved the way for a new class of drugs widely used to treat breast cancer patients around the world, has been selected by the American Association for Cancer Research (AACR) as a fellow of the newly created AACR Academy.

Dr. Brodie, Professor in the Department of Pharmacology at the University of Maryland School of Medicine and a scientist at the University of Maryland Marlene and Stewart Greenebaum Cancer Center, is one of 106 fellows who were inducted into the AACR Academy on April 5, at a ceremony in Washington, DC. AACR said it created the academy “to recognize and honor distinguished scientists whose major scientific contributions have propelled significant innovation and progress against cancer.”

The inaugural class of scientists was selected through a rigorous peer-review process. According to AACR, the number of fellows in the class symbolizes the age of the Philadelphia-based professional organization dedicated to advancing cancer research, which was founded in 1907.

“Our Board of Directors made the decision to establish the AACR Academy as a mechanism for recognizing scientists whose contributions to the cancer field have had an extraordinary impact,” said Margaret Foti, PhD, MD (h.c.), AACR’s chief executive officer. “Membership in the Fellows of the AACR Academy will be the most prestigious honor bestowed by the American Association for Cancer Research.”



**Dr. Brodie’s pioneering research, which has spanned more than 30 years, has saved the lives of thousands of women worldwide.**

Dr. Brodie’s research laid the groundwork for a class of drugs called aromatase inhibitors, which help to prevent recurrence of breast cancer in postmenopausal women by reducing estrogen produced by the body, thereby cutting off fuel to the cancer cells. The drugs inhibit the production of aromatase, an enzyme that plays a key role in the biosynthesis of estrogen.

“Dr. Brodie’s pioneering research, which has spanned more than 30 years, has saved the lives of thousands of women worldwide,” said Kevin J. Cullen, MD, the Marlene & Stewart Greenebaum Distinguished Professor in Oncology at the University of Maryland School of Medicine and Director of the University of Maryland Marlene and Stewart Greenebaum Cancer Center. “The development of this class of drugs is arguably one of the most important therapeutic advances in treating women with breast cancer in the last quarter century.”

E. Albert Reece, MD, PhD, MBA, Vice President for Medical Affairs, University of Maryland, and the John Z. and Akiko K. Bowers Distinguished Professor and Dean, University of Maryland School of Medicine, said, “Dr. Angela Brodie’s research into aromatase inhibitors is an excellent example of translating discoveries in the laboratory into therapies that improve the lives of patients. She never gave up on her vision of finding a new treatment with fewer side effects, and many women around the world have benefited from her perseverance. Dr. Brodie richly deserves this honor. We are most fortunate to have her as an esteemed member of our faculty.”

## Writing for Wellness: A Source of Renewal and a Path for Healing

Holocaust survivor and psychiatrist Viktor Frankl believed that “suffering ceases to be suffering...at the moment it finds a meaning.” There are many things in life that cause suffering—trauma, illness, loss. These difficult life events affect your body, mind, and spirit, not to mention your relationships, job, and priorities. Some people seem to be able to not only move through the suffering, but also to experience growth and strengthening that give purpose to the pain. How do they do it? And, better yet, how can you do it? One effective way is writing.

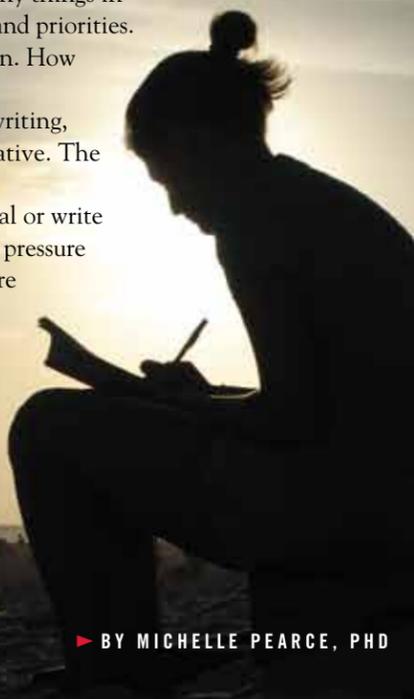
Writing is a tool that can help us move through suffering by first exploring it, helping us to let go of painful emotions and memories. Through writing, we can search for meaning and explore new identities and pathways to wholeness. Putting difficult life events into words allows us to create a narrative. The shaping and reshaping of this narrative can be a deeply healing practice for many.

Writing is a great way to relieve stress and better your health, studies have shown. Numerous research studies have shown that those who journal or write have better overall physical health, fewer doctor’s visits, improved sleep, less pain, increased positive mood, stronger immune systems, lower blood pressure and heart rates, and lower stress-hormone levels. Those who wrote about emotional topics received better grades, found jobs more quickly, and were absent from work less often compared to those who wrote about superficial topics or just about the facts of the crisis. This makes sense, because when we suppress our emotions we intensify the experience of pain, setting ourselves up for illness and a difficult recovery. For many, the lasting improvement in well-being far outweighs any temporary distress from writing about painful topics.

In the four-session Writing for Wellness workshops held on the UMB campus, participants are led on a healing journey to search for meaning and find their best selves through the simple act of journaling or writing, sometimes called Narrative Medicine. In addition to writing, participants are inspired by reading and discussing selected pieces of literature, such as poems and short stories. These passages are selected to enrich the writers’ understanding of their own illnesses, traumas, and/or life concerns and to provide new perspectives for their recoveries and healing. Each week, after discussing the reading, one or two writing prompts are provided to direct participants’ writing, based on the theme of the session.

Writing for Wellness workshops are offered each month. These workshops are ideal for anyone who would like to confidentially process difficult and stressful life events (your writing will never be read), improve health, and achieve a greater overall sense of well-being. All are welcome and no writing experience is necessary. For more details and to learn the dates of upcoming workshop sessions, visit our Writing for Wellness webpage at [www.compmmed.umm.edu/WritingForWellness](http://www.compmmed.umm.edu/WritingForWellness).

► BY MICHELLE PEARCE, PHD



► BY KAREN ROBINSON

## DR. KEVIN CULLEN

### Named First Greenebaum Distinguished Professor in Oncology

Kevin J. Cullen, MD, has been named the first Marlene and Stewart Greenebaum Distinguished Professor in Oncology at the University of Maryland School of Medicine. The March 5 ceremony presenting this honor also honored the Greenebaum family for their extraordinary generosity in supporting the world-class oncology research and treatment program at the University of Maryland Marlene and Stewart Greenebaum Cancer Center, which Dr. Cullen directs. The Greenebaums, owners of a real estate and development company, are longtime benefactors of the University of Maryland Medical Center, which

Dr. Cullen and his family with Marlene and Stewart Greenebaum

named its cancer center in their honor in the 1990s.

“On behalf of the Greenebaum family, I would like to thank everyone who has been involved in honoring our family,” says Michael Greenebaum. “We are very grateful to be a part of these great institutions. Under great leadership, we have watched them flourish and, more importantly, save lives. There is no

bigger honor than to know that together we have made a difference. We are so pleased that Dr. Cullen is receiving the Marlene & Stewart Greenebaum Distinguished Professorship in Oncology. It is an honor to bestow him with this endowed professorship and to know that Dr. Cullen will be saving lives and spearheading groundbreaking research for years in the fight against cancer.”

The Greenebaum Distinguished Professorship is the culmination of the family’s long history of affiliation with the University of Maryland. In the 1960s, doctors at the then-University Hospital successfully and compassionately treated Stewart Greenebaum’s father for a life-threatening condition. The lifesaving care sowed the seeds for Stewart and Marlene Greenebaum’s long-running support of the institution. Their commitments to the University of Maryland are extensive and diverse.

In 1996, the Greenebaums made a \$10 million gift to the University of Maryland School of Medicine and its partner University of Maryland Medical System. It was the largest private contribution ever made to the school or the hospital, and was made in recognition of “extraordinary growth and progress.” The gift came five years after Marlene Greenebaum’s diagnosis of cancer, and it celebrated her successful treatment and recovery. In honor of the gift, the cancer center was named after the Greenebaums.

[please turn to back page]

► BY CAELIE HAINES

# Lessons Learned



Donna Parker, MD

Although more and more women are going into medicine, the number of women in leadership roles in the field has not been keeping pace. University of Maryland School of Medicine alumnus Deborah Shlian, MD, Class of 1972, explores this issue in her latest book, *Lessons Learned: Women in Medical Management*, in which she profiles 24 women who have successfully made it to the top ranks of medicine, including Donna Parker, MD, Associate Dean for Student Affairs and an Associate Professor in the Department of Medicine.

This book is a sequel of sorts to Shlian's 1995 book *Women In Medicine & Management: A Mentoring Guide*. Dr. Shlian had a difficult time back then finding women in senior positions across all areas of health care, a situation she hoped would be different these days, with more and more women choosing to go into medicine. "When I looked at the statistics, though, I found that women were still underrepresented in positions of power, especially at the most senior level," she says. "Only about 16 percent of all senior positions—in all areas of medicine, from academia to managed care to hospitals—are held by women physicians."

Dr. Shlian hopes that this book will help younger women physicians find a path to greater success. "I decided to call this book *Lessons Learned*, because that's what I wanted, for these successful women to really tell their stories," Dr. Shlian says. "I asked them to share their career paths and really be honest about how they made the transition from clinical medicine to leadership. I also asked them to talk specifically about the obstacles and challenges they faced, especially in balancing work, family and their personal lives."

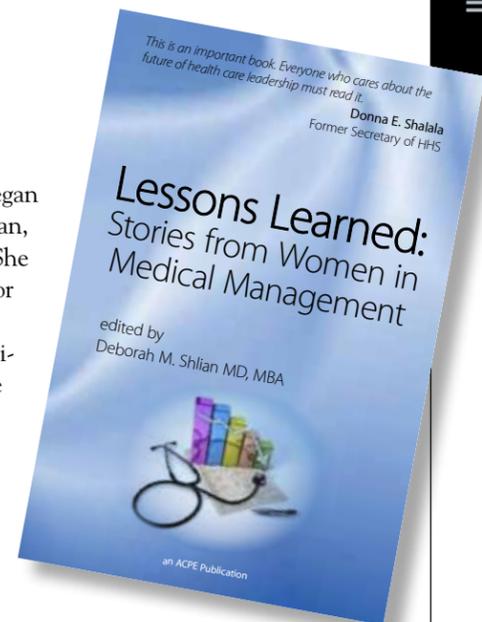
**“Only about 16 percent of all senior positions—in all areas of medicine, from academia to managed care to hospitals—are held by women physicians.”**

Dr. Parker's involvement in the project began last year at Alumni Weekend, when Dr. Shlian returned to Baltimore for her class reunion. She had been looking for someone in academia for the book and was introduced to Dr. Parker, who is also an alumnus of the School of Medicine. Dr. Parker agreed to participate because "if my experiences can help guide women interested in pursuing a career in medical education administration, I am happy to share," she says. "I clearly do not have a roadmap, but you never know what piece of your life might resonate with someone else and make their path easier."

To Dr. Parker, the biggest challenge for women in academic medicine (and other corporate environments) is "finding an effective voice while maintaining your female perspective on the world. Often we feel that we have to behave or react or communicate like men to be heard," she says. "We have much to offer, and it is frequently from a different vantage point and communicated in a different way."

A common theme in *Lessons Learned* is the importance of women in power who have offered guidance to the women coming behind them. "I think it's really terrific that there are women who are reaching out," Dr. Shlian says. "However, I think that we, women physicians as a whole, need to be better mentors."

Women can't learn to be mentors, though, if they have no one with whom to share these lessons. The top piece of advice Dr. Parker gives her students? "Find great mentors, and seek their advice and guidance often," she declares.



► BY CAELIE HAINES

## SOM Faculty, Students and Staff Rally for Medical Research

**M**ore than 100 researchers, physicians, students, fellows and staff gathered in University Plaza on Monday, April 8, to show their support for the national Rally for Medical Research, which took place in DC that afternoon. The rally was a unified call to action to raise awareness about the critical need for an increased investment in the National Institutes of Health (NIH). The recent government sequester has further eroded funding to this important institution, which fights daily to improve health, spur more progress, inspire more hope and save more lives by funding the visionary science that brings tomorrow's cures.

"The rallies being held here and in Washington, DC, and at medical schools across the country are bringing together hundreds of research institutions and thousands of scientists and physicians across the country who share the common cause of supporting biomedical research," said Richard Pierson, MD, Professor, Department of Surgery and Senior Associate Dean for Academic Affairs and Interim Director for Research Affairs. "We call on our nation's policy leaders to invest in our future by committing to an increased investment in the NIH and medical research in general. This investment, which supports our basic research scientists, our physician-scientists, our clinical investigators, our educational vision and our world-class research institution, must be restored to its rightful place as a top national priority. It is, quite simply, the right thing to do."

It's the right thing morally as well as financially. "Biomedical research is an economic engine in the State of Maryland and in the nation, but execution of this research is heavily dependent on federal support," said E. Albert Reece, MD, PhD, MBA, Vice President

for Medical Affairs, University of Maryland, and the John Z. and Akiko K. Bowers Distinguished Professor and Dean, University of Maryland School of Medicine. "The Biomedical Research enterprise is the best investment our country can make. The return on this investment accrues directly to the health and well-being of our citizens, and to the local and national economies. It is truly a bargain!"

Participants at the rally donned their lab coats in a show of solidarity to all in their profession. They also carried a variety of signs proclaiming their support for NIH funding, which is so integral to the work many of them are doing. "Our country is making a terrible mistake," declared Curt Civin, MD, Professor, Departments of Pediatrics and Physiology; Associate Dean for Research; and Director, Center for Stem Cell Biology & Regenerative Medicine. "The sequester cuts, never meant to happen, have now been made. These senseless, across-the-board cuts will hurt our country immediately. And unless we change things, the sequester cuts will continue to hobble our health and our economy for decades."

All of the speakers at the Baltimore event shared Dr. Civin's concern that cuts to funding will lead young scientists and physicians to abandon research

or take their innovations to countries that offer more support for science. "Here in America, we train and recruit the best scientists in the world, but training scientists takes time and money, and we need that money from the NIH. We are at risk of losing an entire generation of researchers," Margaret McCarthy, PhD, Professor and Chair, Department of Pharmacology, said. "It takes years to become an independent scientist and enormous determination and grit and discipline to stay the course in science. Now our young scientists are becoming disappointed, disillusioned and disaffected, and they are leaving in droves."



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The Class of 2013 finally got to put M.D. after their names as they received their doctoral hoods during a special Convocation ceremony at the Baltimore Convention Center on May 17, 2013. "As you contemplate the next chapter of your lives, I encourage you to accept the challenges that lie ahead with determination and integrity, always aspiring for excellence," said E. Albert Reece, MD, PhD, MBA, Vice President for Medical Affairs, University of Maryland, and the John Z. and Akiko K. Bowers Distinguished Professor and Dean, University of Maryland School of Medicine. "As part of the next generation of physicians and scientists, you must be committed to the health and well-being of the people of Maryland and beyond."



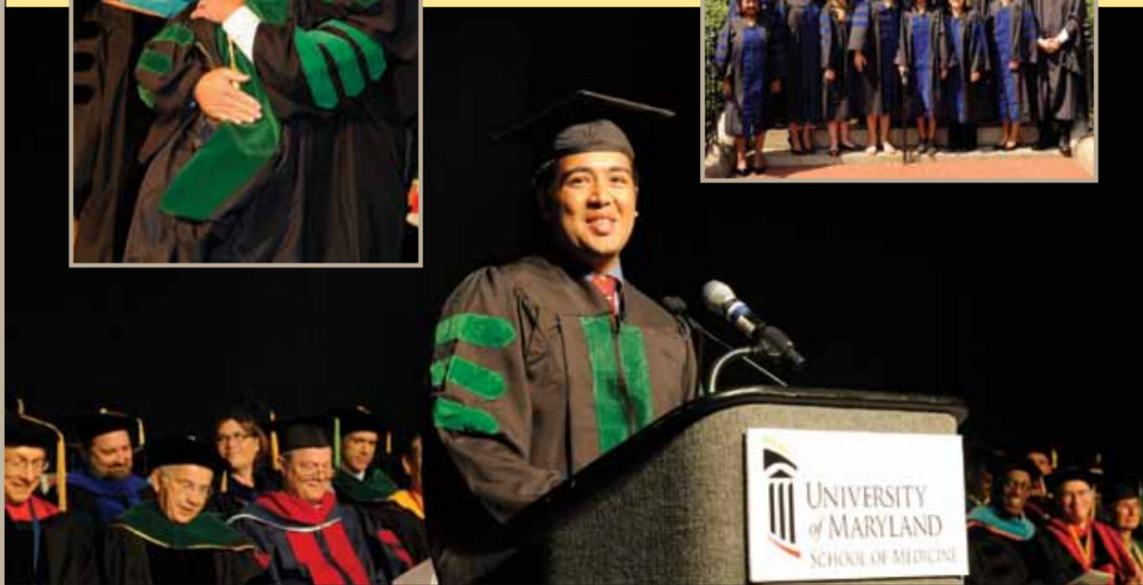
Far left: Dean Reece and Board of Visitors Chair Michael Cryor presented Dr. Frank Calia with the Dean's Distinguished Gold Medal. Near left: Keynote speaker Harvey Fineberg, MD, PhD, President of the Institute



of Medicine of the National Academy of Sciences. Below: Graduates from the Graduate Program in Life Sciences (GPILS) PhD and MS programs



Left: Alumnus Mel Sharoky, part of the platform party, embraced his daughter Catherine after she received her doctoral hood. Below: Class President Hersch Bhatia addressed the class.



## Dr. Kevin Cullen [continued from page 2]

The Greenebaums also initiated the "Access to Medicine Fund," a program of scholarships for University of Maryland School of Medicine students who are residents of Maryland. Contributions from the Greenebaums and more than 50 of their friends support the fund. Michael Greenebaum has followed in his parents' footsteps, continuing the family's generosity toward the University of Maryland. Michael Greenebaum serves on the Board of Visitors of the University of Maryland School of Medicine and the cancer center's Board of Advisors. He is also the co-founder of the Maryland Half-Marathon, an annual fundraising event that has raised \$1 million for the University of Maryland Greenebaum Cancer Center.

"The Greenebaums' outstanding commitment to cancer research and treatment has made possible incredible growth in our program here at the University of Maryland School of Medicine," said E. Albert Reece, MD, PhD, MBA, Vice President for Medical Affairs, University of Maryland, and the John Z. and Akiko K. Bowers Distinguished Professor and Dean, University of Maryland School of Medicine. "We are now a top-ranked oncology program with a National Cancer Institute designation. Our researchers are striving toward answers for patients and their families every day. The Greenebaums' latest gift makes possible a professorship that will support the research, clinical, and administrative efforts of the University of Maryland Greenebaum Cancer Center in perpetuity. This professorship will allow the School of Medicine and the University of Maryland Medical Center to attract future leaders to perpetuate the advances we have seen under Dr. Cullen's leadership. We are most grateful for the significant resources that the Greenebaums have given to our cancer center, and are honored to be able to recognize their generosity."

Dr. Cullen is a renowned oncologist who specializes in head and neck cancer. He joined the University of Maryland in 2004, and under his leadership the cancer center achieved designation as a National Cancer Institute Cancer Center in 2008. The cancer center was ranked 11th out of 900 cancer programs nationwide in the 2012 *U.S. News & World Report* "Best Hospitals" list.

"I am so grateful to the Greenebaum family for all they have done for our center over time," says Dr. Cullen. "None of our current success would be possible if not for their vision, engagement and support. This professorship is a great honor and I am delighted with the continued opportunity to work with our outstanding faculty and staff."

# somnews

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