

ROUNDS

A MAGAZINE FOR ALUMNI AND FRIENDS OF THE COLLEGE OF MEDICINE AT ROCKFORD • WINTER 2008



URBAN *or* RURAL

which is healthier for today's kids?

Rounds is published twice a year by the University of Illinois College of Medicine at Rockford for alumni, students, faculty, staff and friends.

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On the cover



Research identifies health disparities existing between rural and urban adolescents.

Dear colleagues and friends:

At the College of Medicine, our vision is to make the communities we serve better and healthier places to live. This issue of *Rounds* illustrates how we achieve this vision through our mission to educate, innovate and serve. As I reflect on the past year, I think about the physicians we have trained and about the impact these physicians will have during their careers. Our campus strives to develop physicians who have the skills and desire to make their communities better places to live. This *Rounds* describes how we integrate educational experiences with community projects – two necessary elements that we believe help nurture the commitment to service we see in so many of our graduates.



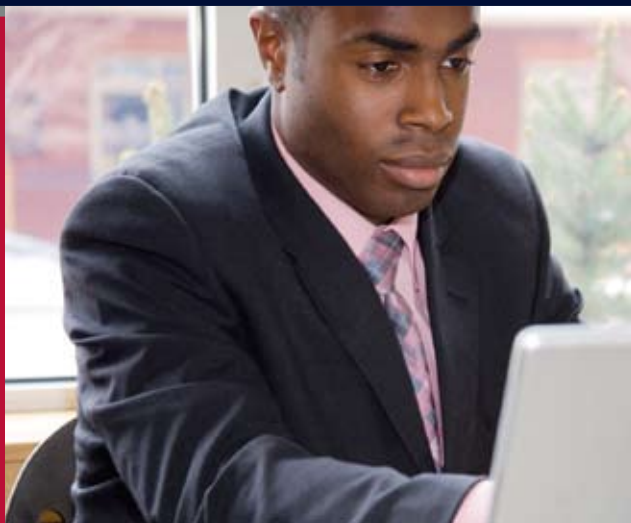
One example of the way in which our graduates serve their communities and improve the healthcare field is James Frakes, '76. For almost 30 years, he has provided Rockford with skilled and compassionate care. In addition to his direct care, Jim has made major academic and service contributions that have resulted in numerous awards and honors. Most recently, he received the 2007 Distinguished Service Award from the American Society of Gastrointestinal Endoscopy, acknowledging his contribution and service to his discipline. He also was named a master of the American College of Gastroenterology, an honor reserved for only the most outstanding clinicians.

Health policy is one of the research focuses on our campus. We highlight two recent studies by Nawal Lutfiyya, PhD, that fall under the umbrella of our health policy research agenda. Her work illustrates the importance of considering health policies that embrace rural areas. For example, her finding that rural residency is a risk factor for childhood obesity is relevant to decision makers who might consider cutting athletics at rural schools as a cost-saving measure.

In August, our campus invited leaders from the Rockford community to learn about the University of Illinois Global Campus initiative. We feel that increasing educational opportunities for Rockford residents embraces our service mission.

I'm touched, moved and inspired by the myriad ways in which we work together to fulfill our vision of making the communities we serve better and healthier places to live. When I think of all the lives Jim has touched over the years, the research we do to help improve the care of patients, and our goal of improving educational opportunities for our region, I'm proud to be a part of this vision and this campus.

Martin S. Lipsky, MD
Regional Dean



University Global Campus

Distance learning has been around longer than many people think.

In 1953, the University of Houston broke new ground by conducting televised college credit classes via KUHT, the first public television station in the United States. Live telecasts ran 13 to 15 hours each week, with most courses offered at night to allow participation by students who worked during the day. The University of Alberta began presenting online courses after an IBM/1500 system was installed in 1968. Approximately 17 courses were available,

and began teaching calculus courses in UIUC computer labs. A year later, high school students in rural Illinois were taking advantage of computerized calculus courses utilizing Mathematica over the Internet.

Today, online educational programs have become just as common as their classroom counterparts. However, January 2008 marked a new era in the virtual learning arena with the introduction of the University of Illinois Global Campus. Bringing together students worldwide, the University established Global Campus to further

its land-grant mission to expand educational opportunities for Illinois residents and beyond.

The new online campus is designed to create a

college community for non-traditional and place-bound students who can gain the academic and career benefits of a University of Illinois education, without the barriers of location and scheduled class times.

“With the founding of the Global Campus, the University aims to serve those students throughout the world with state-of-the-art, online teaching methods and high-technology resources, coupled with solid course content created by faculty from our three residential campuses — Urbana-Champaign, Chicago and Springfield,” says University of Illinois President B. Joseph White on the Global Campus Web site. “The University of Illinois’ mission as a land-grant institution is to bring quality education to large numbers of able and motivated Illinois citizens and others. We have a moral obligation to capitalize on information and communication technology, much of which was developed at the U of I, to extend quality education to thousands of people who don’t have the personal freedom or life circumstances to spend an extended period of time on one of our three campuses.”

The College of Medicine at Rockford also sees Global Campus as an



including cardiology training for the University’s medical school.

The University of Illinois made an educational impact in 1988, when several mathematics professors developed Calculus&Mathematica,



The new online campus is designed to create a college community for non-traditional and place-bound students who can gain the academic and career benefits of a University of Illinois education without the barriers of location and scheduled class times.

unites students worldwide in education

extraordinary opportunity to extend a University of Illinois education to the local community.

“Global Campus really reaches out to the many working professionals in the Rockford area who don’t have the time or access to college courses to extend or complete their education,” said Martin Lipsky, MD, regional dean at the College. “Global Campus creates a new, flexible option to receive a top-ranked University of Illinois education. With the College of Medicine open to the public, residents are free to use our library facility to complete their courses.”

On August 10, 2007, the College of Medicine invited key members of the community to a presentation led by Charles Evans, PhD, assistant vice president for academic affairs of University outreach and public services, and Michael Lindeman, director of program and course development for Global Campus, to learn about this new interactive college community.

“We really want everyone in the community to understand that they have access to Global Campus,” said Lipsky. “By hosting an event for business and education leaders, we made them aware of this opportunity open to their employees and students. We were very pleased with our turnout and I think our guests were equally pleased with the information.”

Available courses

The Global Campus will offer fully accredited baccalaureate degree completion programs and master’s degrees, as well as certificate programs. These programs are developing in partnership with colleges and academic departments of the University’s residential campuses at Urbana-Champaign, Chicago and Springfield. Baccalaureate programs will consist of the last 40 to 80 hours required for degree completion, and are aimed at students who have completed the first year or more of studies at a four-year college or university, or who have an associate’s

degree from a community college.

Certificate programs typically will consist of three courses in a specialty at the graduate level. If taken for credit, these courses could be used toward a master’s degree. The Global Campus may also include non-credit programs at a future date.

Unlike previous online programs in which students often reviewed course information independently, and responded to instructor questions via discussion boards or essays, Global Campus creates an interactive atmosphere where students and instructors engage in dynamic online dialogues and collaborate on projects and assignments through Web conferencing, blogs, podcasts and virtual worlds such as Second Life.

In January, Global Campus began degree and certificate programs in both education and nursing.

For more information on Global Campus, visit global.uillinois.edu or call 1.866.896.3939. ■

James Frakes, MD

The “master.” That’s what colleagues can now call Jim Frakes when referring patients to him for gastroenterology care.

James Frakes, MD, ‘76, was named a master of the American College of Gastroenterology last fall, an honor bestowed on fewer than 100 physicians in the 10,000 member organization. An expert in therapeutic pancreaticobiliary endoscopy (ERCP), practice management, healthcare policy issues, and endoscopy ambulatory surgery centers, he is in private practice with Rockford Gastroenterology Associates, Ltd., where he served as managing partner for more than 20 years. Frakes has worked as a clinical professor of medicine at the University of Illinois College of Medicine at Rockford since 1980, when he returned to Rockford after completing his residency. He was also director of the digestive disease unit at OSF Saint Anthony Medical Center from 1983 until 2002.

Frakes served in 1999-2000 as the president of the American Society for Gastrointestinal Endoscopy (ASGE).

“For the president to be from private practice is not usual, but it was fabulous,” Frakes said. “By moving up through their leadership, I have made friends all over the world.” In May 2007, he received their Distinguished Service Award for his contributions to the field of gastrointestinal endoscopy and to the ASGE. “For them (ASGE) to bestow this on me was a very nice honor,” said Frakes.

Frakes has been the recipient of the Best Doctors in America award annually since 1996, the Faculty Distinguished Teaching Award, Faculty Distinguished Service Award and the Distinguished Alumnus Award from the University of Illinois, among many others. He is a fellow of the American Gastroenterological Association and

is on the international review board for the publication, *Digestive Endoscopy*.

All of these honors come to a man who, interestingly, didn’t start off wanting to be a doctor.

Frakes grew up in a small town in southern Illinois. He received his undergraduate degree from the University of Illinois in engineering and worked as a scientist at Westinghouse Astronuclear Laboratory, and later at Los Alamos National Laboratory, the facility known for developing the atomic bomb. Frakes was assigned to a biomedical project that stimulated him to pursue a master’s degree in bioengineering.

His interest in medicine brought him back to the University of Illinois for a third time. “I have a real soft spot for the U of I,” he said.

Married with one child at that time, Frakes spent his first year in Urbana and chose to come to Rockford for its family-friendly environment. He was one of 26 students in the second class to attend the College of Medicine at Rockford and was the first James Scholar to graduate from this campus. As an older student with a family, Frakes designed his own curriculum in order to finish medical school early. According to Frakes, this did not make some faculty members happy. He joked and said there is now a “Frakes Rule” that prohibits early graduation.

“Even though Rockford is known for primary care, the program prepares you well for any career in medicine and certainly prepared me well to go into specialty training,” said Frakes.



James Frakes, MD, (left), received the Distinguished Service Award from Gary Falk, president of the American Society for Gastrointestinal Endoscopy. Frakes is in private practice with Rockford Gastroenterology Associates.

Following graduation, Frakes did his residency in internal medicine at the University of Missouri Medical Center and at the University of North Carolina at Chapel Hill for gastroenterology. When it was time to look for a position, he initially interviewed all over the country, but eventually chose Rockford.

It wasn't long before he, Roger Greenlaw, MD, and Bill Baskin, MD, founded Rockford Gastroenterology. From their modest beginnings, they have grown to be one of the largest sub-specialty clinics in the country, with more than 15 physicians on their staff. "You really carve your own way," Frakes said. "You can decide what you want out of a profession. With hard work and a little luck, you can do as much as you want to do."

Frakes has certainly carved his own way. Accomplished in teaching and clinical research, he has authored almost 100 publications in distinguished scientific journals, has edited four books and has written 13 book chapters dealing with gastrointestinal endoscopy. He also serves as a scientific reviewer and on the editorial boards of several peer-reviewed journals. He has presented approximately 300 invited lectures at national and international gastroenterology meetings and has directed 30 national or international courses. He was an invited panel member of the 1997 Consensus Development Conference on Management of Hepatitis C for the National Institutes of Health.

Frakes and his wife, Nancy, have been married for 40 years and have two grown children. "I couldn't have

accomplished all of these things without her wonderful support," he says. His daughter, Sarah, also a U of I graduate, taught for 10 years and now trains horses and teaches English riding in California. His son, David, has four degrees from Georgia Tech, with a PhD in biomedical engineering. David has his own biotech company, and works as the chief risk manager for a hedge fund. ■

College to host authors' reception in February

On Friday, February 22, 2008, at 5:30 p.m., the College of Medicine at Rockford will host its first authors' reception in the College lobby and library. The event will recognize College faculty and community medical professionals associated with the College who have published or edited books or articles from 2006 to 2007.

"This event is really an opportunity for us to bring focus to the important contributions our faculty and community doctors make to further medical and healthcare education," said Martin Lipsky, MD, regional dean at the College. "Having something published involves a lot of commitment and dedication – a task that is even harder in the face of increasing clinical and teaching demands – and yet, our faculty and community doctors continue to make important contributions to medical literature. We would like to recognize them for all of their accomplishments and hard work."

For more information on this event, contact Erin Werthman at 815.395.5925, or werthe@uic.edu.

M2s reach out to Rockford

From promoting anti-smoking behavior through a dance for teens, to educating youth in the Hispanic community about healthy eating, second-year medical students at the University of Illinois College of Medicine at Rockford learn there is more to a well-rounded medical education than books, tests and clinical coursework.

During their first semester, M2s participate in community service projects as part of their introduction to community medicine section, pathophysiology in clinical medicine (PCM). Projects illustrate the important interface between medicine and local health issues. In collaboration with Rockford organizations and instructors, they form teams to study different social and health issues in depth. Teams each design and implement a project, then develop possible recommendations for addressing their topics.

“The community medicine project serves a number of important functions in our medical students’ education,” says George Beranek, MD, MBA, clinical assistant professor and CME educator specialist for the department of medicine and medical specialties at the College. “Most of them are not from the Rockford area, so this project serves as an orientation to our community.”

The following is an overview of PCM projects from last fall.

Diabetes: “healthy meal” health fair

Faculty instructor: Joella Warner, RN, CDE, Northern Illinois Diabetes Coalition (NIDC) and National Center for Rural Health Professions

Team members: Michael Arce, Paula Banser, John-Paul Berauer, Meghan Brennan, Paul Cespedes, Christopher Hamm, Katherine McCrea, Amishi Mehta and Nimesh Patel

Diabetes is the third highest cause of physician office visits (more than 23,000) in Winnebago County each year.

Hoping to reduce those numbers, the team worked with the NIDC to increase local diabetes awareness. Through a health fair at Charles Beyer Elementary School, they educated children and their families about the positive impacts of lifestyle change, proper eating habits and physical activity. The fair featured a sample “healthy meal” with recipes and nutritional information, physical activities for children and blood pressure checks, as well as eight community exhibitors promoting active, healthy lifestyles.

Mental health/chemical dependency: education about and prevention of substance abuse in adolescents

Community instructors: Jocelyn Boudreau and Janice Waddell, Rosecrance Health Network

Group members: Edward Badal, Vince Colin, Alli Giordano, Bethany Heuer, Justin Holschbach, Jake Hopping, Debbie Hornachek, Vishrut Naik and Mike Webb

Substance abuse among adolescents locally, and how to prevent it, was the impetus for this project. Focusing their attention on education about and prevention of alcohol and drug abuse, the team selected as their subjects sixth-graders at a middle school, and 16- to 17-year-olds at a substance abuse treatment center. Age-appropriate, evidence-based games were used as templates to reinforce their message. A game similar to Pictionary taught the sixth-graders about the dangers and consequences of alcohol abuse. Downward Spiral demonstrated to the 16- to 17-year-olds the negative effects of making “adult” choices regarding drug use on friends, families and themselves.

Healthcare disparities: asthma education for Rockford teenagers

Faculty instructor: Howard J. Zeitz, MD, Department of Medicine and National Center for Rural Health Professions

Group members: Lucia Chou, Shaunté Gray, Jean Huang, Kris Homb, Pamela Lang, Anne Polick, Kara Simonson, Angela Song and Vladimir Urbin

A recognition of local disparities in asthma education resulted in this team's design of a program promoting asthma awareness and self-management among teenagers. Reaching out to preteens, teens and their parents, regardless of whether they had asthma, they conducted separate events at a Boys & Girls Club located in a medically underserved area of Rockford, and at the YMCA. Using the Power Breathing Teen Asthma Program developed by the Allergy and Asthma Association of America as a guide, they addressed asthma etiology, triggers and treatments.

Interactive questioning, video clips, short presentations, a raffle and Jeopardy-style game with prizes were used to encourage participation.

Public health: tobacco and secondhand smoke awareness among local teens

Community instructors: Larry Didier and Larry Swacina, Winnebago County Health Department

Group members: Brandy Beard, Maureen Bylina, David Kim, Kaitlin Lee, Zouyan Lu, Ashish Patel, Neil Patel, Benjamin Rathert and Jonathan Schonert

According to the CDC, nearly all first-time tobacco use occurs prior to high school graduation. Teaching teens to prevent that first puff positively impacts their future health. In conjunction with the Winnebago County Health Department, the team initiated the "Join the 75 Percent" campaign to combat teen smoking and to promote non-smoking behavior. REALITY Winnebago, a group of local high school students who educate peers regarding tobacco use, also collaborated.

Divided into three distinct aspects, the campaign included a "Join the 75 Percent" kick-off event for teens, an informational booth at the CherryVale Mall, and billboards and public bus transportation advertisements. Banners, fliers and brochures described the adverse effects of tobacco. The team funded the project with donations from area businesses and sports teams, and a grant from General Mills.



Team members Daniel Martin and Nicole Fyie educate students at Lewis Lemon Elementary School about making healthy lifestyle choices.

Black male health: "medical exposure" at Lewis Lemon Elementary School

Faculty instructor: Al Goode, Black Healthcare Initiative Coalition

Community instructor: Mark Hunter, Winnebago County Health Department

Group members: Asma Arayan, Elle Geddes, Joel Kolmodin, Nicole Fyie, Christina Hunt, Daniel Martin, Shanele McGowan and Daniel Villageliu

According to current statistics, black men have increased health risks — shorter life spans, a higher incidence of diabetes, prostate cancer, cardiovascular disease and obesity — compared to other ethnic groups. During two "health days," the team reached out to children at Lewis Lemon Elementary School in efforts to build trust between black youth and medical professionals and encourage healthy lifestyle choices. A total of 160 fourth- and fifth-graders participated in sessions entitled: Exercise and Nutrition, Be a Doctor, Smoking Prevention and Emergency! Have a Heart.

Hispanic issues: Hispanic community's perception of healthy weight vs. obesity

Community instructor: Patricia Gomez, La Voz Latina

Group members: Vidhya Chandrasekaran, Daniel Cortez, Andrea Giamalva, Walter Lee, Danny Martel, Gene Maya,

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Eating away at health misconceptions:

In the past, rural communities were often typified by their reliance on farming as a way of life. Small towns were frequently looked upon by their metropolitan counterparts as healthier environments, where farms produced the majority of foods consumed, and maintaining a healthy lifestyle came naturally. However, recent research conducted at the University of Illinois College of Medicine at Rockford suggests that adolescents growing up in these rural communities might not be as immune to health issues as previously thought.

“One major finding from our studies was that children living in rural areas of the U.S. are about 25 percent more likely to be overweight or obese, compared to children living in urban areas,” said Martin Lipsky, MD, regional dean of the College.

In fact, College researchers soon discovered that growing up in rural areas also increased the risk of adolescents acquiring other harmful health habits, such as smoking.

Focusing on health disparities

About a year ago, Nawal Lutfiyya, PhD, director of research for the department of family and community medicine at the College, became interested in taking a closer look into rural populations. “So many health problems have become urbanized,” said Lutfiyya. “Many people have this idea that rural kids are living these healthy lifestyles. I was interested to see if any disparities existed between rural and urban environments – I wanted to examine if these notions were true.”

Health disparities often refer to the potential gaps in the quality of health and access to healthcare across racial,

ethnic and socioeconomic groups.

Because the College has a strong academic program that focuses on rural medicine, Lutfiyya wanted to explore the disparities that exist in rural environments, compared to larger cities, when it came to health issues and access to healthcare. “I was interested in these contrasting socioeconomic environments to see how health issues were affected,” said Lutfiyya. “With our National Center for Rural Health Professions at the College, it was a natural contrast to examine.”

Lutfiyya took those initial ideas one step further. Knowing that environments do play some role in a person’s health, she wanted to investigate whether living in rural areas actually created potential health risks.

After discussing some preliminary research ideas with fellow faculty members and medical students, Lut-



health disparities in rural vs. urban youth

fiyya decided to begin researching health issues currently in the larger health spotlight – adolescent obesity and tobacco usage.

Is rural residency a risk factor for adolescent obesity?

As lead investigator, Lutfiyya partnered with Martin Lipsky, MD, Jennifer Wisdom-Behounek, MD, '06, a resident at the University of Missouri-Columbia, and Melissa Inpanbutr-Martinkus, MD, '06, a resident at the Medical College of Wisconsin Affiliated Hospitals, to examine the hypothesis that living in a rural area is an independent risk factor for children being overweight or obese.

Previously, smaller studies suggested a higher prevalence of overweight children living in rural areas of the U.S. Prior to Lutfiyya's research, no national studies existed comparing

the prevalence levels of overweight children from rural and metropolitan areas.

Using 2003-2004 information from the National Survey of Children's Health (NSCH), the frequency of overweight and obese rural children ages 5 to 18 was compared to that of children living in metropolitan settings. The analyses explored whether the detected differences varied by demographic characteristics, as well as a number of other variables, such as hours of watching television, hours of extracurricular computer use and amounts of physical activities.

The results were surprising.

“People generally suspect that urban youth will be at a higher risk for obesity due to their increased access to fast food,” said Lutfiyya. “What we found was just the opposite.”

It turned out that children living in rural areas of the U.S. are about 25 percent more likely to be overweight or obese compared to their metropolitan counterparts. Other



Each year, an estimated 300,000 Americans die from obesity-related diseases. As today's overweight children become adults, this death toll is likely to rise.



results revealed that rural overweight or obese children over five years of age were also more likely than their urban peers to: be Caucasian; live in households less than or equal to 200 percent of the federal poverty level; have no health insurance; have less preventive healthcare; be female; use a computer for non-school work more than three hours a day; and



Of the 60,296 adolescents surveyed, 66 percent of the respondents have tried cigarettes at least once, with 21.7 percent reporting that they are now, or at sometime were, regular smokers.

watch television for more than three hours a day.

“Our results also suggested that not only is living in rural communities a risk factor for becoming overweight as children, but that overweight rural children had the additional risk factors of poverty, no health insurance, no preventive care in the past year, and engaging in little physical activity,” said Lutfiyya.

Is rural residency a risk factor for adolescent tobacco use?

After discovering how rural residency plays a significant role in childhood obesity issues, Lutfiyya wondered if this environment also posed a risk for adolescents using tobacco products.

Working with Martin Lipsky, MD, Kunal Shah, M4, Robert Bales, MD, MPH, Isaac Cha, PharmD, Cynthia McGrath, MS, FNP, Leigh Spera, from the department of family and community medicine at the College,

and Mark Johnson, MD, an internal medicine resident at the University of Wisconsin-Madison, the researchers began investigating whether rural residency was an independent risk factor for adolescents ages 12 to 18 years becoming daily smokers.

“We know that rural residency is associated with higher smoking prevalence rates among U.S. adults,” said Lutfiyya. “No one had ever explored whether rural residency might also be a risk factor for smoking among the adolescent population. Unfortunately, our results proved that it is.”

Using national data gathered through the Youth Risk Behavior Surveillance System from 1997-2003, the study found that adolescents living in rural areas are more likely to become daily cigarette smokers compared to their urban counterparts. Also, rural adolescents were more likely to have tried smoking when they were 12 or younger, and to have



smoked at school in the past 30 days. “Many parents are unaware of how early children begin smoking,” said Bales. “This study will not only help parents educate their children on the harmful effects of smoking, but also help physicians target more anti-smoking messages toward those living in rural communities.”

Other results revealed that 15.8 percent of rural youth who had tried smoking had also tried or used smokeless tobacco products, compared to 8.3 percent of urban and 11.5 percent of suburban youth.

The study did show that the percentages of youths who reported being regular or habitual smokers had declined from 1997 to 2003, regardless of locale. Even though this decline was slightly more pronounced for rural youth, a higher proportion of rural adolescents still reported becoming regular cigarette smokers. This decline is hypothesized to be

attributed to the national anti-smoking campaigns fostered by the 1998 tobacco settlement.

“What is important to remember is that tobacco is an addictive substance and it is commonly referred to as a gateway for other substance abuse problems,” said Bales. “Although we see an overall decline in the number of youths who are smoking, the numbers are still great and pose serious health risks.”

Moving forward

Lutfiyya hopes her research will help identify where more preventive measures can be applied to help combat adolescent obesity and tobacco usage, and possibly help physicians target rural communities for increased education in these areas.

The adolescent tobacco and obesity studies have made a significant impact since their release in summer 2007. The first known studies of their kind, both have received national

media coverage across newspapers, magazines and radio stations — the obesity study appeared in the September issue of *Obesity Research*.

Lutfiyya has recently completed research on asthma education within rural and urban environments, also with surprising results. “In this area, we are seeing the reverse effects, where rural residents are receiving more asthma education as patients than their metropolitan counterparts,” Lutfiyya said. The study was published online in the November 2007 issue of *Health Education Research*.

What does Lutfiyya want the lay person to take away from this research?

“I just hope these results will help people begin challenging rural stereotypes and start the conversation on how we think about health-related problems,” she said. “We’ve urbanized so many health problems that we forget there are more cultural differences within rural areas than we think.” ■

Preparing to grow:

an update on the College's \$32 million expansion project

In 2008, the University of Illinois College of Medicine at Rockford will take groundbreaking steps to transform the Parkview campus into a regional health sciences center. With only a few months left before this immense project begins, the College still has much planning to do.

"We know that time is running short, but we are not too concerned," said Martin Lipsky, MD, regional dean. **"We have received an overwhelming amount of support from the University of Illinois, alumni of the College, local corporations and friends in the community. Together, we are all committed to making this project a huge success."**

Financing the project

Estimated at \$31.2 million for construction, the College of Medicine has been challenged with raising \$12 million for the building and helping to secure an additional \$5 million for new programs. This includes startup funding for a regional College of Pharmacy on the Rockford campus. The University of Illinois Board of Trustees committed \$14.25 million to the construction in 2006, and U.S. Representative Don Manzullo helped earmark \$5 million in federal funds for the project in 2003.

On July 30, 2007, the Board of Trustees approved a financial plan to loan up to \$26 million toward the expansion. The loan will help guarantee an on-time start date, however, the loan

must be repaid from philanthropic funds as the campaign progresses.

"UIC already supplies Illinois with more healthcare professionals than any other institution," said Sylvia Manning, former chancellor of the University of Illinois at Chicago, at the July announcement. "This expansion of the Rockford facility will allow us to serve not only Northern Illinois, but also citizens in rural areas throughout the state, with caring practitioners and professionals who understand their specific healthcare needs. The Board's action ensures that we can move forward with the project and not lose time or incur further costs."

As of December 31, 2007, gifts and pledges to the College equalled \$3.88 million toward the building and programs. However, there is still a great need for support.

"Our donors have been very generous," said Mianne Nelson, director of advancement and community relations at the College. "These next few months are going to be important to our campaign. We are confident that we will be able to meet our goals."

AMCORE Bank, a leading financial institution in the Rockford com-

Campaign leadership gifts as of December 31, 2007

- Ms. Janet Ann Kjellstrom - \$500,000
- Miller Group Charitable Trust - \$450,000 (Robert J. Vickrey, MD, Auditorium)
- Willard and Alice Corbett Foundation - \$250,000
- AMCORE Bank - \$250,000
- Walgreen Corporation - \$250,000
- Rockford Gastroenterology Associates, Ltd. - \$150,000
- Drs. Martin Lipsky and Darice Zabak - \$50,000
- Harry and Helena Ritter - \$50,000
- Dr. and Mrs. Richard Novak - \$25,000

munity, announced a \$250,000 gift to the capital campaign at a news conference at the College on October 24, 2007. Presented by Jim Waddell, chief administrative officer and executive vice president at the bank, the gift will be disbursed over the next five years.

“The University of Illinois is a source of pride and economic development for the entire state of Illinois; Rockford is fortunate to have this jewel in our midst,” said Waddell in a news release. “AMCORE Bank is thrilled to be a part of the expansion process and we look forward to a stronger Rockford because of this project.”

Making room for additions

With plans in place to raise the necessary funds, the exterior and internal designs for the addition have begun to take shape. Renderings of the proposed campus are now transitioning into construction designs, and Chris Berndt, director of physical plant, IT and facility planning, is working with architects Larson & Darby, Inc., to prepare plans for the bid process.

“We have met with internal departments to confirm their program needs, as well as with pharmacy, to make sure that we have the space to meet long-term needs,” said Berndt. “Schematic designs for the building have been submitted and work has begun on the final design. Also, the building is being designed to meet LEED silver certification, which will save energy and help reduce our carbon footprint.”

One highlight of the facility will be the new regional site for the Univer-



Groundbreaking approaches

Summer 2008 marks the projected date for the groundbreaking of the College’s expansion project. Adding 58,000 square feet to the existing campus, the project is expected to be completed by July 2010. The first class for the College of Pharmacy will matriculate in fall 2009. The box and “x” mark the site of the addition.

sity of Illinois at Chicago College of Pharmacy. Increasing enrollment by 200 students over the course of four years, the College of Pharmacy will fill a large gap in pharmacy education in the state.

The building will include a new home for the National Center for Rural Health Professions, a 100-seat lecture hall and classroom, seven other

classrooms, renovation of the current auditorium, a new medical library and library commons, a two-story glass-enclosed atrium lobby, computer and research labs, and the creation of a standardized patient suite.

If you would like more information on the College of Medicine’s capital campaign, contact Mianne Nelson at 815.395.5928 or miannen@uic.edu. ■

Advancement and community relations

■ The University of Illinois College of Medicine at Rockford will hold its annual Art of Medicine gala on September 13, 2008, at Giovanni's Restaurant in Rockford, Ill. Darice Zabak, MD, will chair the committee for the event. She helped plan the College's 35th anniversary gala, and has very graciously stepped forward once again. Zabak brings her excellent planning experience and organization to the committee.

Biomedical sciences

■ The department of biomedical sciences enrolled its first students in the master's of medical biotechnology (MBT) program at the College last fall. Designed to deliver a higher level of technical training, these courses provide valuable experience for new graduates looking for focused, experience-based study in biotechnology; working professionals wishing to acquire skill enhancement or job enrichment; or those simply looking to gain differentiation in their healthcare industry careers.

This spring, courses are being offered in theory applications of immunology in biotechnology; biotechnology product development concepts, practices and regulatory issues; and an independent study option on specific laboratory techniques. For more information on the program, contact Janet Stull Snow at 815.395.5680, or jss@uic.edu.

College of Pharmacy

David Bartels, PharmD, a clinical associate professor in pharmacy practice at the College, has been named interim vice dean for the new College of Pharmacy at Rockford. Bartels will continue his work on Mondays and Fridays at the University F.W. Shappert Primary Care Clinic in Belvidere, Ill.

The College of Pharmacy plans to welcome its first class of 50 students to the Rockford campus beginning in the fall of 2009. Rockford course work will be the same as in Chicago, with the possible exception of some electives. Students will attend all four years at the Rockford campus, of which the first three are didactic. The fourth year involves a series of seven, six-week rotations in clinics, pharmacies and hospitals.

Admission into the program requires a minimum of two years in pre-pharmacy, however, 70 percent of those admitted will have a bachelor of science degree.



■ On June 21, 2008, the College will host a reunion for the Classes of 1978, 1983, 1988, 1993 and 1998 at Giovanni's Restaurant in Rockford, Ill. Save-the-date cards have been sent and invitations will be mailed in late winter. If you have any questions or would like to assist in the planning process, contact Erin Werthman at 815.395.5925, or werthe@uic.edu.

Student affairs

■ The College presented 53 second-year medical students with their white coats on Saturday, October 27, 2007. The Family Day and White Coat Ceremony is an annual event, celebrating the achievements of the medical students who will begin caring for patients with the guidance of faculty physicians at one of the College's primary care clinics. The white coat signifies students' progression in the clinical phase of their medical education.



No Harm on the Farm tour, September 2007

National Center for Rural Health Professions

■ On September 7, 2007, the annual “No Harm on the Farm Tour” was held at Scheidairy Farms, Inc., near Freeport, Ill. Sponsored by the Rural Medical Education Program (RMED) at the National Center for Rural Health Professions (NCRHP), the event is designed to highlight health and safety risks involved with modern agriculture. The tour helps educate future doctors to deal with health problems farmers may encounter on the job.

Discussions were held at 10 individual learning stations around the farm, where students were able to interact with leading experts in farm safety and agricultural health. State Line Farm Rescue, a group dedicated to teaching rescue and emergency room personnel about farm-related injuries, staged a mock tractor rollover accident to demonstrate how emergency crews respond to a farm accident.

Second-year RMED student Jake Hopping said, “This experience was a great opportunity to learn firsthand about the unique health hazards that face the farming community.”

■ Last September, the College was approved as a full member of The Network: Towards Unity for Health (TUFH). The Network: TUFH is a non-governmental, global association of



State Line Farm Rescue demonstrates emergency procedures

individuals, groups, institutions and organizations committed to improving and maintaining health in the communities they have a mandate to serve. The association has an official relationship with the World Health Organization. Full membership in The Network: TUFH enables a vote for leadership and direction of the organization, and keeps the College in touch with potential areas of collaboration in international health programs.

■ The College has partnered with the Faculty of Health, Medicine and Life Sciences at Maastricht University in Maastricht, the Netherlands, to host sixth-year medical students completing an 18-week research requirement.

Last spring, Lieke Vogels, a senior

medical student at Maastricht, performed her research rotation in Rockford under the direction of Michael Glasser, PhD, associate dean of the NCRHP. Vogels developed a project to examine rural primary care physicians’ diagnosis and treatment of depression in older adults.

Since then, Vogels has completed medical school and is working with the NCRHP to publish the project results.

The NCRHP anticipates hosting two medical students arriving from Maastricht this April for 18 weeks. They will work with Glasser on a research project targeting rural patients’ experiences with their doctors in the management of diabetes and satisfaction with care received. ■

Photos by Michelle Royster

NEWS**Biomedical sciences**

■ On Friday, June 15, 2007, the National Institutes of Health (NIH) recognized **Ramaswamy Kalyanasundaram, DVM, PhD**, head of the department of biomedical sciences at the College of Medicine at Rockford, with an award for his years of service on the Vaccines Against Microbial Diseases Study Section. The award was presented by Toni Scarpa, PhD, director of the Center for Scientific Review at the U.S. Department of Health and Human Services. The Vaccines Against Microbial Diseases Study Section makes all grant funding decisions for vaccine-related medical research. Ramaswamy has served on this section for seven years, becoming a full member in 2005.

Health Systems Research

■ **Joel Cowen** was featured in the Chicago *Sun Times* for his work on the multiple sclerosis study conducted in rural and central Illinois by Health Systems Research. The study was published in the September 19, 2007, issue of *Neuroepidemiology*. Cowen is currently working on another study of MS prevalence across 13 Illinois counties.

Family and community medicine

■ **Robert Bales, MD, MPH**, a family physician at the University Primary Care Clinic in Mt. Morris, has achieved the degree of fellow of the American Academy of Family Physicians (AAFP). This national medical association repre-

sents nearly 94,000 family physicians, residents and medical students. The degree was conferred upon more than 250 family physicians during convocation on Saturday, October 6, 2007, in conjunction with the AAFP's annual meeting in Chicago. This year's class brings the total number of AAFP fellows to more than 29,000 nationwide. AAFP fellowship entitles the physician to use the honorary designation, "fellow of the American Academy of Family Physicians," or "FAAFP."

■ **Sherry Falsetti, PhD**, was awarded \$106,000 for the first year of a multi-year grant, "Serving the Underserved: Meeting Mental Health Needs Through Primary Care." Funded by the Illinois Department of Public Health for three years with a total award amount of \$223,902, the grant will be used to improve family medicine residency training in psychiatry and behavioral sciences. The funds will allow the College to establish a primary care behavioral medicine clinic. Located within the residency program, the new clinic will provide in-house training to residents and better mental health-care for patients at the L.P. Johnson Family Health Center in Rockford.

Falsetti served as a grant reviewer for the Post Traumatic Stress Disorder Panel of the American Institute of Biological Sciences and the U.S. Navy in July 2007.

Falsetti was interviewed for the article, "How We Healed," about rape survivors, in *Self* magazine, published in

April 2007. The article described the treatment Falsetti has developed for Post Traumatic Stress Disorder and panic attacks.

■ **Robert Heerens, MD**, an emeritus clinical professor of medicine at the College, received Rockford Rotary's Service Above Self Award for his dedication to Rock Valley College's Center for Learning in Retirement, numerous public health talks and authoring the *Senior Good Health Journal*. He was the recipient of the same award in 1975.

■ **Eduardo Scholcoff, MD**, was selected to receive a 2007 Teaching Recognition Program Award. The review process, conducted under the auspices of the Council for Excellence in Teaching and Learning, found his teaching to be a definitive example of the high quality of instruction so important to the University of Illinois at Chicago.

National Center for Rural Health Professions

■ **Sergio Cristancho, PhD, Marcela Garcés, MSPH**, and their field collaborator in Colombia, Damaris Gomez, met with Orlando Fals Borda, PhD, in Bogota, Colombia, on July 27, 2007. They obtained his expert advice on the Community-Based Participatory Action Research approach they and other colleagues at the National Center for Rural Health Professions (B. Mueller and K. Peters) are using to address health disparities in the Colombian Amazon and in rural Illinois.

PRESENTATIONS

Health Systems Research

■ Cowen JB, Sjoström BF. Case finding for multiple sclerosis studies in small communities. Poster presented at: American Public Health Association 135th Meeting and Exposition; November 3-7, 2007; Washington, DC.

■ Lischwe DG, Quackenbush D, Gugle J, Cowen JB. County health department and local partners integrate collaborative planning models for community health improvement. Poster presented at: American Public Health Association 135th Meeting and Exposition; November 3-7, 2007; Washington, DC.

National Center for Rural Health Professions

■ Cristancho S, Peters K, Garcés M, Mueller B. Towards the successful use of local partnerships to reduce health disparity: lessons learned from a preliminary evaluation of rural Hispanic Health Advisory Committees. Poster presented at: American Public Health Association 135th Meeting and Exposition; November 3-7, 2007; Washington, DC.

■ Cristancho S, Garcés M, Gomez D, Peters K, Mueller B. Towards the development of sustainable indigenous health policy: insights from a community-based assessment of priority health concerns in the Colombian Amazon. Poster presented at: American Public Health Association 135th Meeting and Exposition; November 3-7, 2007; Washington, DC.

■ Garcés M, Cristancho S, Mueller B, Peters K. Bridging the gap between rural Hispanics and healthcare services: individual and community impacts of a community-based medical interpreters training program. Poster presented

at: American Public Health Association 135th Meeting and Exposition; November 3-7, 2007; Washington, DC.

■ Peters K, Mueller B, Garcés M, Cristancho S. Assessing health issues and health behaviors among younger and older Latino immigrants in rural communities. Poster presented at: American Public Health Association 135th Meeting and Exposition; November 3-7, 2007; Washington, DC.

■ Cristancho S. Intergenerational changes in the transmission of traditional indigenous knowledge. Poster presented at: American Psychological Association Annual Convention; August 17-20, 2007; San Francisco, CA.

Family and community medicine

■ Falsetti S. Session on the identification and treatment of PTSD. Presented at: Children's Mental Health Symposium; October 4-6, 2007; Crystal Lake, IL.

■ Falsetti S. CME training on advances in the evaluation and treatment of PTSD. Presented at: University of Illinois College of Medicine at Rockford (in collaboration with Rockford Sexual Assault Counseling); May 2007; Rockford, IL.

Pathology

■ Wang M-Y. Breast cancer prevention with morinda citrifolia (noni juice). Presented at: OCCAM Conference, Researchers and CAM Practitioners: Fostering Collaborations and Advancing the Science; October 22-23, 2007; Bethesda, MD.

■ Wang M-Y. Preventive effect of morinda citrifolia on jugular vein thrombosis induced by ferric chloride in female ACI rats pretreated with 17β-estradiol and tamoxifen. Presented at: Gordon Research Conference:

Hormone Action in Development and Cancer at Colby-Sawyer College; July 2007; New London, NH.

PUBLICATIONS

Family and community medicine

■ Chang LF, Lutfiyya MN, Cha I, El-Khabiry E. Results of chart reviews conducted to evaluate primary care patients seen by second and third year family medicine residents for potential adverse polypharmacy. *Pharmacy Pract.* 2007;5(2):85-88.

■ Falsetti SA, Resnick HS, Davis JL. Multiple channel exposure therapy: Combining cognitive behavioral therapies for the treatment of post traumatic stress disorder with panic attacks. *Behav Modif.* 2005;(29):70-94.

■ Falsetti SA. Screening and responding to intimate partner violence in the primary care setting. *Prim Care.* 2007;34(3):641-657, viii.

■ Falsetti SA, Resnick HS, Davis J. An investigation of the long-term effectiveness of multiple channel exposure therapy for the treatment of PTSD with comorbid panic attacks. *Depress Anxiety.* In press.

■ Falsetti SA. Intrusive reexperiencing. In: G. Reyes, Elhai & Ford, eds. *Encyclopedia of Psychological Trauma.* In press.

■ Falsetti SA. Anxiety disorders. In: G. Reyes, Elhai & Ford, eds. *Encyclopedia of Psychological Trauma.* In press.

■ King M, Chang L. In: Paulman P, Paulman A, Harrison J. *Taylor's Manual of Family Medicine.* 3rd ed. Chicago, IL: Lippincott Williams & Wilkins/Wolters Kluwers; 2007.

continued on page 23

1979

Frank E. Witter, MD, joined the staff of West Florida Internal Medicine and the medical staff of West Florida Hospital in Pensacola, Fla. Witter has more than 20 years of experience with the Veteran's Administration, including 12 years as chief medical officer of the Pensacola VA Outpatient Clinic.

1984

William Berg, MD, was named director of medical oversight at St. Francis Heart Center in Indianapolis, Ind., where he is also medical director of the coronary care unit. Berg maintains a private practice with Indiana Heart Physicians.

1997

Amy Kirby, MD, was named director of breast services for St. Joseph Mercy Oakland Hospital in Pontiac, Mich., in July 2007. Kirby now oversees all hospital functions related to breast services and serves as the clinical leader in breast care. Kirby is the only surgeon at St. Joseph's with a practice solely dedicated to the care of patients with breast disease.

Michael Suk, MD, JD, is currently serving as a White House fellow with the U.S. Department of Interior under Secretary Gale A. Norton. Suk spearheaded an initiative to develop the link between public health and recreation. He is also a core member of the Public Health and Recreation Working Group, comprised of representatives from the Departments

of the Interior, Transportation, Health and Human Services, Agriculture and the Army Corps of Engineers.

2000

Little Company of Mary Hospital and Health Care Centers in Evergreen Park, Ill., welcomed **Mark Tracy, MD**, to their medical staff in early 2007. Along with assessing the rehabilitation of stroke, amputee or other patients with serious illnesses or injuries, Tracy is particularly interested in treating musculoskeletal pain and chronic pain disorders. His goal is to help patients break out of the cycle of chronic pain and find the initial cause. Tracy now works with his wife, plastic surgeon Roxanne Sylora, MD, her father and brother, urologists Herme and James, who are all on staff at Little Company of Mary.

2005

Darlene Duncan, MD, has been named chief resident at the Mayo Clinic in Rochester, Minn., for 2008-2009. Specializing in internal medicine, Duncan plans to pursue a fellowship in pulmonary and critical care medicine after completing her chief residency year.

2007

Angela Janis, MD, appeared on the television show *Jeopardy* on November 29, 2007. The show was taped in August. "Being on *Jeopardy* was always on my top list of 'dreams to accomplish' in life," Janis said. "I grew up watching *Jeopardy* with my family every night, and scream-

ing at the television that I could, of course, do better. Turns out, it is harder than it looks, and I have a newfound respect for all of my fellow *Jeopardy* losers."

Janis currently lives in Madison, Wis.

Obituary

William Gerard Smith, MD, passed away from complications of pulmonary fibrosis on Saturday, September 30, 2006. Smith was a former professor of psychiatry and was the originating chair of the department of psychiatry for the University of Illinois College of Medicine at Rockford. Smith also served as the director of research for the Illinois Department of Mental Health in Rockford, Ill.

Born in Philadelphia in 1930, Smith graduated from St. Joseph's University and the University of Pennsylvania School of Medicine. He completed his psychiatric residency at the Pennsylvania Hospital and served in the Public Health Service in Lexington, Ky. Throughout 45 years of his professional life, Smith maintained an active clinical practice. His works were published in many professional journals.

Smith is survived by his wife of 47 years, Marilyn Fox Smith, daughter and son-in-law, Cheryl and Charlie Dimont; son Gregory; and two grandchildren. ■

July 1, 2006-June 30, 2007

**Corporations, Foundations,
Organizations**

\$10,000+

Archer Daniels Midland Company
Katherine Shaw Bethea Hospital
Thermo Fisher Scientific
SwedishAmerican Medical Foundation

\$2,500-\$9,999

Rockford Health System
Rockford Orthopedic Associates, Ltd.

\$1,000-\$2,499

The Charles Foundation
Crusaders Central Clinic Association
Rosecrance Health Network
Rosecrance Charitable Trust
Winnebago County Medical Society

\$500-\$999

AMCORE Financial, Inc.
Heartland Hospice
Larson and Darby
OSF Saint Anthony Medical Center
Rockford Gastroenterology Associates
Rockford Ribs, DBA Damons

\$250-\$499

Advanced Reproductive Center, Ltd.
ISMIE Mutual Insurance Company
Rockford Symphony Orchestra, Inc.
Provena Cor Mariae Center

\$1-\$249

Books Are Fun
Central Illinois Anesthesia, Ltd.
(Dr. Peter Schlake)
Clark County Family Medicine
(Dr. David Davis)
Dickey Staffing Solutions
Gibson City Clinic, SC
Hinshaw and Culbertson, LLP
Kirkland Medical Clinic
Krafsur Family Foundation
Magnified Promotions
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Officeworks
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Ringland-Johnson Construction Company
Rockford Association for Minority
Management
Rockford Infectious Disease Consultants, SC
Rockford Memorial Hospital Medical Staff
Saavedra Gehlhausen Architects

Spear Pharmaceuticals, Inc. (Dr. Kim Spear)
Woodman's Food Markets

Individuals

\$2,500+

Ms. Shirley Henley
Drs. Martin Lipsky and Darice Zabak

\$1,000-\$2,499

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Dr. and Mrs. Jeffrey Behr
Dr. and Mrs. Ronald Burmeister
Dr. and Mrs. Richard Christiansen
Dr. and Mrs. C. Lowell Edwards
Ms. Constance Garry
Dr. and Mrs. Mitchell King
Mr. Frank Maggio and Ms. Pamela Fox
Maggio
Dr. Margaret Tokarz Maynard
Dr. and Mrs. Gary Rifkin
Dr. and Mrs. Richard Webb Jr.

\$500-\$999

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Dr. and Mrs. Michael Bauer
Dr. and Mrs. James Caruso
Dr. Dennis Corcoran
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Ms. Joan Davis
Dr. Marygrace Elson
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Dr. Jill Lindberg
Dr. Ricardo Mora
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Dr. Marianne Unger Prey
Dr. and Mrs. Dean Thomas
Dr. Grace Wang
Drs. Mon Lun Yee and Melissa Lucarelli

\$250-\$499

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Dr. and Mrs. Donald Wortmann

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Dr. W. Michael Barr
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Dr. and Mrs. Jack Becherer
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Mr. Christopher Berndt
Mr. and Mrs. David Beto
Dr. Robert Bjornson
Ms. Judith Block
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Ms. Ann Blumenthal
Dr. Sarah Bochar
Dr. James Breckenridge
Dr. Jeffrey Brower
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Dr. Jeffrey Collins
Dr. Alan Conrad
Dr. Michael Crane
Dr. Michael DeHaan
Dr. Stephen Demick
Dr. David Desertspring
Dr. Anthony D'Souza
Dr. Victor Dudzik
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Dr. Thomas Edes
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Dr. Karen Englund
Dr. Jerome Epplin
Dr. Diane Fabrizio
Dr. Donald Ford
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Dr. and Mrs. Jason Friedrichs
Dr. Frederick Gahl
Mr. Alan Gidwitz

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Dr. James Glick
Mr. William Gofen
Dr. Robert Gullberg
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Dr. Krista Kaups
Dr. and Mrs. Mark Kevin
Dr. Tom Kim
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Dr. Harold Krueger
Dr. William Langewisch
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Ms. Amanda Leslie
Dr. and Mrs. Steven Lidvall
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Dr. Lynn Lindaman
Ms. Helen Link
Dr. Mark Loehrke and Ms. Judith Johnson
Mr. Paul Logli
Dr. Z. Ted Lorenc
Dr. Michael Lynch
Dr. Donald MacLean
Dr. Theresa Magne
Drs. Geoffrey and Elizabeth Magnus
Dr. David Manigold
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Dr. Gary Matravets
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Dr. Ryan McCoy
Dr. John McHugh
Dr. Chester Mellies
Dr. Martin Miller
Dr. M. Marc Soriano
Dr. Lawrence Morrissey, Jr.
Dr. Mark Myers
Dr. Lisa Nass
Ms. Mianne Nelson
Ms. Krystyna Neuschwander
Ms. Sandra Nienaber
Ms. Barbara O'Brien
Dr. James O'Donnell
Dr. Francisca Olmedo-Estrada and Mr.
Ignacio Estrada

Dr. Kent Pearson
Drs. Peter and Karen Phelan
Dr. Kara Pitt
Dr. Valerie Pomper and Mr. Steven Meyers
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Dr. Terrence Tegtmeier
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Dr. Richard Tockman
Dr. Kenneth Tomchik
Dr. Albert Tsien
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Mr. and Mrs. Winton Woods
Dr. and Mrs. Phil Zimmerman
Ms. Linda Zuba

\$1-\$99

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Drs. Scott and Tiffanie Ferry
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Dr. Andrea Weber
Dr. Howard Weiss
Mr. Robert Westervelt
Drs. Timothy White and Sonia Oyola
Mr. and Mrs. Stephen Wiberley Jr.
Mr. Dwight Wilson
Dr. Laurie Wolf-Dahm
Mr. and Mrs. Randy Yates
Judge Kathryn Zenoff

Newsnotes, *continued from page 19*

■ **Lutfiyya MN, Bhat DK, Gandhi SR, Nguyen C, Weidenbacher-Hoper VL, Lipsky MS.** Quality care indicators comparison of US urban acute care and rural critical access hospitals. *Int J Qual Health Care.* 2007;19(3):141-9. Epub 2007 April 18.

■ **Lutfiyya MN, Chang L, Bales R.** Community acquired pneumonia. *Br Med J* [monograph]. August 2007.

■ **Lutfiyya MN, Sharkey C.** Pertussis. *Br Med J* [monograph]. June 2007.

■ **Meenan A.** Internet gaming: a hidden addiction [editorial]. *Am Fam Physician.* 2007;76(8):1116-7.

■ **Shah S, Lutfiyya MN, McCullough JM, Henley E, Zeitz HJ, Lipsky MS.** Who is providing and who is getting asthma patient education: an analysis of 2001 National Ambulatory Medical Care Survey data. *Health Educ Res.* E-pub 2007 November 5.

National Center for Rural Health Professions

■ **Buki LP, Garcés DM.** Latina breast cancer survivors lived experiences: diagnosis, treatment, and beyond. In: the Division 45 journal of the American Psychological Association. *Cultur Divers Ethnic Minor Psychol.* In press.

Pediatrics

■ **Baptist EC, Chou SH, Kwon S.** Hashimoto thyroiditis and papillary carcinoma of the thyroid in the pediatric patient. *Endocrinologist.* 2007;17(4):202-203.

Surgery and surgical specialties

■ **Appavu S, Kwon S.** Gallstone ileus. *Chicago Medicine.* 2007;110(8). ■

Rounds magazine follows the American Medical Association (AMA) style guidelines for citations.

M2s reach out to Rockford *continued from page 9*

Carolyn Parma, Martin Perez and Cassandra Sung

Do perceptions about nutrition and healthy weight impact obesity? Because adolescent obesity is a health issue prevalent among the Hispanic population (23.4 percent of youth ages 12-19 are considered clinically obese), this team sought to find out by assessing those perceptions among the Rockford Hispanic community. They surveyed patrons at the La Voz Latina booth at the Mexican Independence Day parade and fair in September 2007 to see how well informed they were about nutrition, healthy lifestyle choices and obesity. Balloons, face painting, door prizes and educational models drew patrons to the booth.

In addition, the team conducted small group sessions with freshman students enrolled in English as a Second Language at East High School, who also filled out the surveys.

Utilizing information collected from the surveys, they determined that while most of the respondents understood proper nutrition and healthy lifestyle choices, many cited a lack of time to implement them. Recommendations for future studies to benefit this population included the effects of implementing time management skills, promoting health in the workplace and the relationship between length of time in this country and health practices. ■

Upcoming Winter - Spring 2008 Events **at the University of Illinois College of Medicine**

- | | |
|----------------------------|----------------------------------------------------------------------------------------------------------|
| Friday, February 8 | Winter Dance
6:00 p.m., Giovanni's Restaurant, Rockford |
| Friday, February 22 | College of Medicine authors' reception
5:30 p.m., College lobby and Crawford Library |
| Thursday, March 20 | Match Day, Class of 2008
11:15 a.m., College lobby |
| Wednesday, March 26 | 13th annual Research Day
8:00 a.m. – 5:00 p.m., College lobby and auditorium |
| Thursday, May 1 | Senior class skits
7:00 p.m., College auditorium |
| Friday, May 2 | Senior Banquet
6:00 p.m., TBA |
| Saturday, May 3 | Convocation – Class of 2008
11:00 a.m., Coronado Theatre, Rockford |
| Saturday, June 21 | Class of 1978, 1983, 1988, 1993, 1998 reunion
Time TBA, Giovanni's Restaurant, Rockford |