Since 1879, the College of Medicine at the University of Arkansas for Medical Sciences (UAMS) has had a progressive history of teaching, service and research. As Arkansas’ only medical school, we educate and train outstanding physicians and scientists who are committed to high ethical and professional standards and lifelong learning. The College of Medicine is one of six academic units at UAMS. The campus includes centers of excellence that are recognized as among the best in the nation and world. They include the Winthrop P. Rockefeller Cancer Institute, the Harvey & Bernice Jones Eye Institute, the Jackson T. Stephens Spine and Neurosciences Institute, the Myeloma Institute for Research and Therapy, the Donald W. Reynolds Center on Aging and the UAMS Psychiatric Research Institute.

As a teaching institution, UAMS Medical Center remains on the forefront of new medical procedures and technologies. UAMS also is the state’s principal biomedical research center, conducting pioneering research that leads to new knowledge and advances in medical care in Arkansas and beyond.
Cover story:
Telemedicine helps UAMS and the College of Medicine reduce barriers to highly specialized health care.

District Health Delivers
Closing the Distance: A school-based program for Marianna

Taking Off
Telemedicine gains ground in the COM

Back in the Swing: Hasan & Evans offer orthopaedic innovations

Beyond the Brain: Jill James' autism research

Reaching Out: COM students volunteer their time

Philanthropy: Support for ALS research

Pack Your Bags: the new Alumni Travel program

Full Circle: Alumnae Jones & Perry on mentoring

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In the Spotlight:
University of Arkansas Medicine
The magazine of the College of Medicine at the University of Arkansas for Medical Sciences

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Samantha Sanders, the lovely child in our cover photo.

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We welcome your comments
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From my office window in the College of Medicine I can see the steady progress being made on the massive UAMS hospital addition. In fact, the whole campus skyline seems to be in constant flux. Workers broke ground for a new education building this fall, and work is beginning on a 12-floor addition to the recently renamed Winthrop P. Rockefeller Cancer Institute (formerly the Arkansas Cancer Research Center).

UAMS and the College of Medicine are growing in other exciting ways, too. Our cover feature for this issue discusses the growth of telemedicine and our Center for Distance Health, which is working with programs across campus to bring highly specialized medical care to communities far from Little Rock. We’ve showcased an innovative pilot program that is providing much-needed pediatric care for children in Marianna.

We also are pleased to introduce you to some very community-minded students in this issue. Demanding courses, clinical rotations and long nights and weekends of studying don’t stop many of our students from volunteering for diverse causes in their “free time.” We know their altruism doesn’t just benefit others; it also helps them appreciate the ideals of becoming a physician. In other words, it helps them to “grow.”

Debra H. Fiser, M.D.
Dean, College of Medicine
Vice Chancellor, UAMS
Telemedicine is bringing pediatric expertise to kids in rural Lee County

Darius Williams’ eyes widened under the hood of his navy sweatshirt when he saw the spirometry equipment in front of him. The 7-year-old even rose on his tiptoes to take a deep breath and exhale into the machine to measure the air flow in and out of his lungs.

Darius was one of 13 children tested at Whitten Elementary School in Marianna as part of an innovative UAMS telemedicine program that is bringing pediatric care to Lee County, which lacks both a hospital and a pediatrician. Two-way interactive video and state-of-the-art medical equipment allow doctors to be available to children and their parents who don’t have convenient access to pediatric care because of a lack of transportation, inability to take time off work or other issues.

The pilot project is one of many initiatives of the College of Medicine’s Center for Distance Health, a technology-based partnership created by the COM and UAMS Regional Programs in 2006. The CDH, headed by Curtis Lowery, M.D., and Ann Bynum, Ed.D., also uses interactive video for education to reduce disparities in health care in Arkansas.

Telehealth services at Whitten Elementary and Lee County High School are provided through a three-year, $748,000 federal grant which pays for a registered nurse on site and a nurse practitioner on the UAMS campus to diagnose most illnesses. The project will address those needs each year, including a big push in the first year to monitor and treat children with asthma. Ten children were selected after the initial asthma assessment to be monitored every day at Whitten Elementary.

Bynum and Burke laid the groundwork for the program by meeting with doctors, nurses, school administrators and others in Marianna to determine how UAMS could improve access to medical care. They learned that the community’s primary health challenges include asthma, obesity and behavioral issues. The project will address those needs each year, including a big push in the first year to monitor and treat children with asthma.

Ten children were selected after the initial asthma assessment to be monitored every day at Whitten Elementary.

The pilot program also links many kids to routine medical care including physical examinations and consultations for general illnesses such as ear infections and skin rashes. And when the school nurse thinks she can benefit from a second opinion, the technology is there to have a nurse practitioner, Burke or a subspecialist consult by telemedicine to prevent conditions from becoming severe.

“If there are suspicious readings that need further attention, they can get the care before a crisis situation,” Bynum said. “We hope this will prevent admissions to the hospital and emergency room.”

Telemedicine access to other pediatric sub-specialists in the COM will become available as the project expands.

“We targeted the Arkansas Delta because it is the poorest part of the state with the sickest kids and the least access to medical care, especially subspeciality medical care,” said Bryan Burke, M.D., an associate professor of pediatrics and the program’s primary collaborating physician. “They live in an area that just does not have easy access to medical care. That’s the bottom line. We want them to have the best possible care.”

Bynum and Burke laid the groundwork for the program by meeting with doctors, nurses, school administrators and others in Marianna to determine how UAMS could improve access to medical care. They learned that the community’s primary health challenges include asthma, obesity and behavioral issues. The project will address those needs each year, including a big push in the first year to monitor and treat children with asthma.

Ten children were selected after the initial asthma assessment to be monitored every day at Whitten Elementary.

“The technology is full of promise, and it’s just one of the most exciting things that we’ve done.” -Bryan Burke, M.D.
The College of Medicine’s Center for Distance Health (CDH) and many COM programs are putting UAMS ahead of the technology curve while bringing highly specialized health care to communities around the state.

Since its launch in July 2006, the CDH has helped several departments venture into the world of telemedicine or expand their use of it. The center coordinates communication with rural hospitals, physicians and others to establish programs and infrastructure for delivering health care to distant patients.

The CDH was founded by Curtis Lowery, M.D., now chairman of the Department of Obstetrics and Gynecology, and Ann Bynum, Ed.D., director of UAMS’ Rural Hospitals Program. Bynum’s program has coordinated interactive video-based education programs for over a decade. Lowery led efforts to create ANGELS (Antenatal & Neonatal Guidelines, Education and Learning System) in 2003. Telemedicine consultation is ANGELS’ key component, winning the program national awards for providing expert maternal-fetal medicine care for women facing high-risk pregnancies across Arkansas.

“Distance health removes barriers to highly specialized health care,” said Lowery. “That’s why it’s so important for Arkansas. You can’t see subspecialists in many rural areas, and it is difficult for some to travel to Little Rock for the care they need.”

Telemedicine is gaining ground across campus. Among many examples, COM psychiatrists assess distant patients for postpartum depression. Gynecologists participate in colposcopy exams at a distant public health unit to ensure women are properly tested for cervical cancer. Neurologists are working with the CDH to develop programs for patients with epilepsy and other neurological problems. One of the newest programs will place telemedicine units in eight outlying hospital nurseries so neonatologists at UAMS and Arkansas Children’s Hospital (ACH) can help stabilize fragile newborns.

Educational initiatives also are on the rise. For instance, the CDH is collaborating with COM pediatricians and ACH to bring weekly continuing education programs and translational research to physicians around the state through teleconferencing.

“Our greatest resource at UAMS is our expertise as subspecialists in many fields,” said Lowery. “Distance health means we can practice anywhere there’s a need for our expertise.”

Realizing that potential, the COM’s Department of Radiology started a satellite teleradiology service about five years ago. The department now handles about 150 cases daily from three Little Rock imaging centers, clients in Fayetteville, Searcy and Conway, and centers in Texas and Florida. It is among the busiest academic institution-based teleradiology programs in the country.

“With our teleradiology service, every MRI or CT-pet scan is read by a subspecialty, board-certified radiologist,” said department Chairman Ernest Ferris, M.D. “Expert subspecialty diagnostic imaging is only a computer away.”

For more information about telemedicine opportunities with UAMS, visit the CDH online at www.uams.edu/cdh.
COM surgeons offer Arkansans the latest in orthopaedic innovations

Back in the Swing

Shoulder Expert Hasan Offers Revolutionary Joint Procedure

Seventy-nine-year-old retiree Dollie McCorkle of Little Rock started a new job in August. Three mornings a week, she cares for babies in a church nursery, holding and rocking them and showering them with hugs.

“I smile all of the time now,” McCorkle said. “I have absolutely fallen in love with those babies. This is the quality of life I wanted. I wake up feeling enthusiastic about the day.”

Reverse total shoulder arthroplasty offers new hope for patients like McCorkle with severe arthritis and irreparable rotator cuff tears. Traditional shoulder joint replacements require a working rotator cuff, which stabilizes the joint and works with the deltoid muscles to lift the arm. Reverse arthroplasty, approved by the FDA in 2004, literally reverses the anatomy of the shoulder, implanting a ball joint prosthesis where the socket is and creating a socket in place of the shoulder's ball joint. It allows the deltoid muscle to work alone to raise the arm.

“The reverse shoulder procedure has such a tremendous impact on patients’ lives,” said Hasan.

“It can take an arm that for all intents and purposes was useless and restore function to it. It allows these patients to resume the activities of daily living.”

Hasan is a fellowship-trained shoulder surgeon and Arkansas’ only fellowship-trained elbow surgeon. As an instructor for the American Academy of Orthopaedic Surgeons and the American Shoulder and Elbow Society, Hasan teaches orthopaedic surgeons from around the country how to perform the latest shoulder replacement techniques.

Hasan hears all too often from patients who think living with shoulder pain and limited range of motion is “just a part of getting old.” People tend to put up with much more discomfort and disability than necessary, he says.

“Shoulder surgery has made leaps and bounds in the past 10 years, and our ability to handle complex problems and obtain excellent results has improved dramatically,” Hasan said.

She is grateful to Ashfaq Hasan, M.D., director of the UAMS Center for Shoulder and Elbow Surgery and an assistant professor of orthopaedic surgery in the College of Medicine, for her new lease on life. Hasan performed reverse total shoulder arthroplasty on McCorkle in April, eliminating the excruciating pain in her left shoulder.

“Shoulder surgery has made leaps and bounds in the past 10 years, and our ability to handle complex problems and obtain excellent results has improved dramatically,” Hasan said.

Dollie McCorkle of Little Rock says revolutionary shoulder surgery performed by Ashfaq Hasan, M.D., has given her a new lease on life.

UAMS’ Evans gives patients alternative to total knee replacement

Raymond Foltz couldn’t wait to get back on the golf course. The 71-year-old retiree from Cabot had always been active, despite having an arthritic knee for many years. Just five years ago he ran three miles a day. But lately he had resorted to walking with a cane.

When Foltz visited orthopaedic surgeon Richard Evans, M.D., at the University of Arkansas for Medical Sciences in August, he fully expected to receive a total knee replacement.

Instead he became the first in Arkansas to receive a much less invasive, innovative knee implant that can help patients—even much younger patients than Foltz—delay the need for total joint replacement for 10 to 20 years.

“I feel wonderful,” Foltz said three weeks after the surgery. He had spent the morning on the driving range and was impressed by the quick recovery and the stability of his knee. “I’m ready to get my swing back down,” he said.

Evans, chief of adult reconstruction, director of the Center for Hip and Knee Surgery and an associate professor of orthopaedic surgery in the College of Medicine, is the first surgeon in Arkansas and among the first in the United States to become FDA-certified to perform the new bi-compartmental knee resurfacing procedure.

“New technology is giving us better options for younger patients,” he said, noting that surgeons try to avoid total knee replacements for patients under 65. Younger patients are likely to outlive their artificial joints, and repeat surgeries become increasingly traumatic and less successful. Evans also offers new alternatives for patients with painful hip problems that can delay the need for a total hip replacement. Both of these new procedures resurface the arthritic joint rather than replace it completely.

Raymond Foltz of Cabot avoided having a total knee replacement thanks to an innovative implant procedure by Richard Evans, M.D.
Seven-year-old David Jensen’s face lights up when he smiles. And that smile signals hope for Lisa Jensen, whose son was diagnosed with autism in early 2005. David started coming out of his shell while taking part in a clinical trial led by a UAMS researcher at Arkansas Children’s Hospital Research Institute (ACHRI).

“To hear David say, ‘Mommy, I love you,’ and to watch him turn when his name is called or smile when his picture is taken is simply amazing,” said Lisa Jensen. David faces many challenges, but his parents have watched his language, socialization and other skills improve.

The study was a preliminary trial of a nutritional intervention for autism led by S. Jill James, Ph.D., a professor of pediatrics and director of the Autism Metabolic Genomics Laboratory at ACHRI. Her research focuses on the metabolic pathology of autism and the interactions between genes and the environment that may make some children more susceptible to autism.

One in 145 Arkansas children has autism, according to a study conducted by researchers in the Department of Pediatrics. Autism is a complex developmental disorder characterized by limited social interaction and communication skills along with unusual behaviors such as repetitive motions. Autistic children typically also have chronic gastrointestinal and immune system problems.

Scientists increasingly believe that genetic and environmental factors both play a role in autism. Most research today is focused on genetics and the brain. “Our approach is much more systemic,” said James. “We’re looking at whether a metabolic imbalance could be affecting their immune and gastrointestinal systems and their behavior.”

James drew national attention for her discovery three years ago that autistic children have lower levels of glutathione – the primary antioxidant and detoxifier in cells – due to an imbalance in the metabolic precursors for glutathione synthesis. The team is exploring the complex genetic variations that could contribute to increased oxidative stress in these children. “Our hypothesis is that these kids would be less able to detoxify environmental exposures,” said James. “But we still don’t know if the metabolic imbalance is a cause or consequence of autism.”

James and colleagues at ACHRI and UAMS have begun a $2 million five-year study funded by the National Institutes of Health that could help answer that question. With no biochemical tests for autism, diagnosis is based solely on behavioral testing. The researchers are searching for metabolic biomarkers for specific autism behaviors that potentially could lead to individualized treatments. They also hope to determine if the abnormal metabolic profile in very young children can predict development of autism.

Meanwhile, James’ team is completing assessments of the initial nutritional intervention trial that David Jensen participated in. Forty autistic children were given supplements containing precursors to glutathione for three months. Their metabolic profiles improved dramatically, and behavioral measures appeared to improve as well, James said. Although the trial has ended, David and other children in the study have continued to take supplements because their parents are convinced they made a difference.

James cautions that the results must be validated. Her lab is gearing up for a double-blind, placebo-controlled, crossover study that will start in early 2008 with funding through the Arkansas Children’s Hospital Foundation. “Our preliminary results are encouraging, but the placebo-controlled trial will be the definitive test,” she said.
Cancer Center Renamed for Winthrop P. Rockefeller

UAMS celebrated the groundbreaking for a major expansion to the Arkansas Cancer Research Center (ACRC) on Sept. 28 by renaming the center in honor of the late Winthrop P. Rockefeller.

The Winthrop P. Rockefeller Cancer Institute will open the doors on a 12-floor, more than 300,000-square-foot addition in 2010. The expansion will allow the institute, which has outgrown its existing 189,000-square-foot building, to treat more patients in greater comfort.

It also will provide more space for collaborative research programs including the world-renowned Myeloma Institute for Research and Therapy and new programs such as leukemia and lymphoma work headed by Peter Emanuel, M.D., who became executive director of the ACRC July 1.

Rockefeller was lieutenant governor for 10 years before his death of a rare bone marrow disorder in 2006. He was a past member of the ACRC Foundation Board and a longtime UAMS supporter, as is the Winthrop Rockefeller Foundation, named after his late father, the former Arkansas governor. At the groundbreaking, the Rockefeller Foundation announced a more than $12 million gift to the cancer institute.

UAMS Chancellor I. Dodd Wilson, M.D., cited Rockefeller's dedication as a public servant and philanthropist. "It is a fitting tribute to him to rename the ACRC, which has been home to so many doctors, nurses, scientists and staff member who share his untiring spirit in pursuit of a cure for cancer," Wilson said.

Room to Learn:

Site work for a new, 44,500-square-foot UAMS education building began in late August along Hooper Drive. The two-story building, scheduled to open for the fall 2008 semester, will include classrooms, conference rooms and auditorium space.

An open “sky bridge” over Hooper Drive will connect the new building to the Fay Boozman College of Public Health. The building is being funded through a bond program approved by Arkansas voters in November 2006. Behind the construction site are the three-building UAMS Residence Hall and the UAMS bookstore, both of which opened in 2006.

ANGELS Founder Named OB/GYN Chair

Curtis Lowery, M.D., has been appointed chairman of the Department of Obstetrics and Gynecology. Lowery served as director of obstetrics for UAMS Medical Center and director of the Division of Maternal-Fetal Medicine (MFM) since 1992. He is best known for creating ANGELS (Antenatal and Neonatal Guidelines, Learning and Education System). The Medicaid-funded program helps women with high-risk pregnancies from across Arkansas, as well as their providers, through telemedicine consultation and subspecialty maternal-fetal medicine support, evidence-based guidelines and education. ANGELS received the 2007 American Telemedicine Association’s President’s Award for Innovation and was a finalist in the Harvard-based 2007 Innovations in American Government Awards.

ACHRI Leader Appointed Pediatrics Chair

Richard F. Jacobs, M.D., has been appointed chairman of the Department of Pediatrics in the College of Medicine. He has been president of the Arkansas Children’s Hospital Research Institute (ACHRI) since 2004 and is the Horace C. Cabe Professor of Pediatrics. Jacobs is board certified and fellowship trained in infectious diseases. The 1977 UAMS graduate joined the faculty in 1982 and was chief of Pediatric Infectious Diseases for 16 years. Honors include the Founder’s Award from the Southern Society for Pediatric Research for his research and for mentoring and training students and residents, and the Distinguished Service Award from the Pediatric Infectious Diseases Society.

Researcher Chairs Microbiology & Immunology

Richard Morrison, Ph.D., has been appointed chairman of the Department of Microbiology and Immunology in the College of Medicine. Morrison’s National Institutes of Health-funded research focuses on the pathogenesis of infectious disease, and he has contributed seminal findings in the fields of chlamydial pathogenesis and immunology. He most recently was a professor in the Department of Medicine at the University of Alabama at Birmingham (UAB). Morrison has held post-doctoral and staff scientist positions at the National Institute of Allergy and Infectious Diseases (NIAID) Rocky Mountain Laboratories. In October, Morrison was invested as the UAMS Endowed Chair in Sciences Basic to Medicine. (See page 13.)
Stevenson Flanigan, M.D., a longtime chairman of the Department of Neurosurgery at UAMS, died Nov. 20, 2007, in Harrison, AR. Flanigan was known for his leadership in the field of neurosurgery and his contributions to the treatment of neurological disorders.

In Memoriam

College of Laboratory Animal Medicine

Mildred Montgomery Randolph, D.V.M., D.A.C.L.A.M., has joined the College of Medicine as the director of the Division of Laboratory Animal Medicine. Randolph previously served as an associate professor in the Department of Comparative Medicine in the College of Medicine at the University of Tennessee Health Science Center, where she oversaw the south campus animal facilities. Randolph received her Doctor of Veterinary Medicine degree from Tuskegee University in 1983. She completed post-graduate training in laboratory animal medicine at the University of Oklahoma Health Sciences Center, and in small animal surgery at Mississippi State University. She is a diplomate of the American College of Laboratory Animal Medicine.

Researcher, CTSA Leader Named Assistant Dean

Philip Kern, M.D., a nationally known expert in obesity and insulin resistance and UAMS faculty member since 1995, has been appointed Assistant Dean for Clinical Research in the College of Medicine. Kern also is at the helm of a campus-wide effort to apply for a Clinical and Translational Science Award (CTSA) from the National Institutes of Health. The CTSA grant would fund programs to enhance clinical research, translation of new research findings and health services research. Kern founded UAMS’ highly successful Weight Control Program in 1996. He was associate chief of staff for research at the Central Arkansas Veterans HealthCare System until late 2006.

Laboratory Animal Medicine Director Appointed

Mildred Montgomery Randolph, D.V.M., D.A.C.L.A.M., has joined the College of Medicine as the director of the Division of Laboratory Animal Medicine. Randolph previously was an associate professor in the Department of Comparative Medicine in the College of Medicine at the University of Tennessee Health Science Center, where she oversaw the south campus animal facilities. Randolph received her Doctor of Veterinary Medicine degree from Tuskegee University in 1983. She completed post-graduate training in laboratory animal medicine at the University of Oklahoma Health Sciences Center, and in small animal surgery at Mississippi State University. She is a diplomate of the American College of Laboratory Animal Medicine.

Endowed Chairs

The endowed chair is the highest academic honor that a university can bestow on its faculty. Those named to a chair are among the most highly regarded scientists, physicians and educators. The endowed chair also recognizes the honoree or the generosity of the person who made the chair possible.

Lee Archer, M.D., was invested June 5, 2007, as the inaugural recipient of the Major and Ruth Nodini Endowed Chair in Neurology at UAMS for his contributions to the field of neurology and the treatment of multiple sclerosis. Archer is an associate professor in the Department of Neurology. The chair was established with donations from friends, family and patients of Archer who wished to remain anonymous.

John Carroll, M.D., was invested June 13, 2007, as the first recipient of the James H. Hamlen II Endowed Chair in Pediatric Pulmonology at Arkansas Children’s Hospital (ACH). Carroll is a professor in the College of Medicine’s departments of Pediatrics and Physiology and Biophysics, and chief of Pediatric Pulmonary Medicine. He is co-director of the ACH Sleep and Breathing Disorders Center and director of ACH’s Asthma Care Center. The chair was funded by a gift from the estate of James H. Hamlen II.

Richard F. Morrison, Ph.D., was invested Oct. 8, 2007, as the inaugural recipient of the UAMS Chair in Sciences Basic to Medicine. Morrison joined UAMS as a professor and chairman of the Department of Microbiology and Immunology Sept. 1. His research achievements over the past 20 years have led to seminal findings in chlamydial pathogenesis and immunology. The endowment was established with donations from friends, family and patients of Morrison who wished to remain anonymous.

John Delk, M.D., was invested June 21, 2007, as the first recipient of the Steven K. Wilson, M.D., Chair in Prosthetic Urology at UAMS. Delk, a professor of urology, has conducted many research studies since 1991 ranging from medical devices to new medications for treating erectile dysfunction and incontinence. The endowed chair was established with donations from friends and colleagues including Wilson, a clinical professor of urology at UAMS. Both Wilson and Delk charted their progress from medical devices to new technologies to providing state-of-the-art urology services such as childhood asthma, pediatric allergy and respiratory therapies and childhood sleep apnea.

Lee Archer, M.D.

“Discoveries made in the basic sciences provide the ingredients for many cutting-edge medical treatments and cures. The endowment will help promote innovative research in the fields of microbial pathogenesis and immunology.”

– Richard Morrison, Ph.D.

Richard F. Morrison, Ph.D.

“Research is the key.”

– John Delk, M.D.

Lee Archer, M.D.

“The endowment will support enhanced educational opportunities for pediatric pulmonary fellows in training and expand research in important areas such as childhood asthma, pediatric allergy and respiratory therapies and childhood sleep apnea.”

– John Carroll, M.D.

Richard F. Morrison, Ph.D.

“This endowment will support research and treatment of erectile dysfunction and female and male incontinence. Treating more patients and teaching more doctors medical urology is the key.”

– John Delk, M.D.

Lee Archer, M.D.

“This endowment will help us expand our work with MS patients and allow us to do more research into MS. Arkansas has about 2,800 people with MS, about one in 1,000 citizens, so the need is tremendous.”

– Lee Archer, M.D.

Richard F. Morrison, Ph.D.

“The endowment will allow the continued research and treatment of erectile dysfunction and male and female incontinence. Treating more patients and teaching more doctors medical urology is the key.”

– John Delk, M.D.

Lee Archer, M.D.

“Discoveries made in the basic sciences provide the ingredients for many cutting-edge medical treatments and cures. The endowment will help promote innovative research in the fields of microbial pathogenesis and immunology.”

– Richard Morrison, Ph.D.

Richard F. Morrison, Ph.D.
Students embrace diverse opportunities in the community to make a difference. Senior Grant Morshedi checks a patient’s vision at a free eye clinic. On top of clinical training, hospital rotations and late nights struggling to absorb information, you can find junior Jennifer Roller spending her little free time on many Saturdays volunteering at a free eye clinic.

“Service is so important to medical students,” she said. “We’re in medical school to help people, and through volunteer work we’re also learning skills to help people and provide care.”

Volunteer and outreach activities are helping College of Medicine (COM) students gain a sense of the underlying ideals of medicine. And whether they are traveling abroad on a medical mission or helping out a neighborhood school, COM students are improving the lives of others as they progress through their medical training.

Students today may be more altruistic than ever, according to Richard Wheeler, M.D., executive associate dean for academic affairs.

“When I was a medical student in the 70s, I don’t remember so many students working at free clinics and organizing health fairs,” Wheeler said. “While it may have been going on, I don’t recall anybody going to a third-world country for an elective or rotation. But now the opportunities for students are endless and students volunteer routinely.”

Roller helps coordinate medically oriented volunteer opportunities for fellow students to develop a sense of responsibility to help underserved populations. “We want volunteering to become second nature now and when we are residents and doctors,” she said. The free eye clinic, held about 22 Saturdays each year at the River City Ministry in North Little Rock, provides services for uninsured people who cannot afford eye exams or glasses.

Students of every year volunteer at the free eye clinic, and those who are planning a career in ophthalmology generally take a more active role in examining patients, said Thomas Cannon, M.D., an ophthalmologist at the Jones Eye Institute and the primary care physician at the free clinic. An average of 12 patients are examined and fit for glasses each Saturday with the contributions of students.

“Students have been integral to the success of these programs,” Cannon said. “They are the heart of the whole thing.”

Volunteer work and community involvement are the best way to demonstrate long-term commitment to serving patients, said Tom South, director of student admissions and financial aid.

“We expect students to do well inside and outside the classroom,” South said. “A diversity of experiences for volunteering and extracurricular activities helps convey a caring and compassionate individual who will become a patient-centered physician.”

The student-run Christian Medical Association organizes an annual medical mission trip to Guatemala, but you can find volunteers lending a hand in the community throughout the year. They spent a Saturday in September sprucing up a local school. Other weekends, members may serve meals at a soup kitchen.

“With long hours in the library or on the wards, it is easy to forget about the community around you and some of the specific needs,” said sophomore Adam McCall, the CMA project director. “Getting out there and serving is incredibly valuable, regardless of the activity.”

The Pediatric Interest Group is one of the largest active groups on campus with more than 200 students preparing for a career in pediatric medicine. The group hosted its second annual Safe from the Start golf tournament in August, raising more than $9,500 to educate new parents on using child safety seats.

“It was great to be involved in a project that led to increased education and seat availability for families,” said senior Amanda Linz, the Pediatric Interest Group president. “Service is a great tool for learning. Students get out in the community and really make a difference.”

Students embrace diverse opportunities in the community to make a difference. Senior Grant Morshedi checks a patient’s vision at a free eye clinic (top photo) while another student cuts back weeds at a local middle school (near left). Members of the Pediatric Interest Group raised more than $9,500 for child safety seat education at their annual golf tournament.

From draining abscesses to administering spinal anesthesia, senior Stacy Harms wore many hats volunteering on a surgical mission trip to Angola last spring. One of many COM students to travel abroad on medical missions, she chose a two-month trip to truly immerse herself in the heavy surgical load at a local hospital, which sometimes had more than 30 patients on the daily operating room list.

“I definitely got a lot more out of it than I was able to give,” Harms said. “The people of Angola were so gracious and welcoming, I ended up with new friends, a new culture and language, a perspective on global issues, surgical experience, medical knowledge, and a passion for practicing medicine internationally.”

“Reaching Out” Students help others – and learn – through volunteer work.

COM students help others – and learn – through volunteer work. Mission of Care

From draining abscesses to administering spinal anesthesia, senior Stacy Harms wore many hats volunteering on a surgical mission trip to Angola last spring. One of many COM students to travel abroad on medical missions, she chose a two-month trip to truly immerse herself in the heavy surgical load at a local hospital, which sometimes had more than 30 patients on the daily operating room list.

“I definitely got a lot more out of it than I was able to give,” Harms said. “The people of Angola were so gracious and welcoming, I ended up with new friends, a new culture and language, a perspective on global issues, surgical experience, medical knowledge, and a passion for practicing medicine internationally.”

Stacy Harms (right) and a local nurse break from surgery at an Angolan hospital.
Not every medical student can say they’ve broken records, won coveted indoor and outdoor national track titles and competed in the Olympic Games. But two members of the junior class can.

For Sean Kaley and Daniel Lincoln, persistence and dedication are evident in their balance of two demanding careers—long distance running and medicine. Though both became interested in medicine while growing up, their path to the College of Medicine was somewhat of a marathon.

Lincoln met Kaley when he joined the track and field team as a freshman at the University of Arkansas at Fayetteville. Lincoln looked up to the older harriers and found a mentor in then-senior Kaley. They ran as teammates for a year before Kaley graduated in 1999 and began training full time for the Olympic Games in Sydney. When he became injured in 2003, Kaley decided to stop running competitively and to apply for medical school. “Medicine has always been my first interest,” he said.

Lincoln deferred medical school for three years to run at the 2004 Olympic Games in Athens, and the 2003 and 2005 World Championships. In the end, Kaley and Lincoln both entered the 2009 freshman medical class in 2005.

Kaley admires his former teammate’s ability to continue training in medical school. Lincoln said he balanced his schedule by blocking off time outside of the classroom each day to run. His dedication paid off during his sophomore year when he set a new national steeplechase record, finishing the race in 8 minutes, 8.82 seconds at the Golden Gala in Rome, Italy.

“For the process of learning medicine is where I’m focused now,” Lincoln said. Both plan to apply their knowledge of training and medicine to sports medicine or orthopedic surgery. And they agree that the key to their balance act has been learning to work hard every day, never overdoing it but always enjoying it.

PhD., a professor, and Paul Prather, Ph.D., an associate professor in the Department of Pharmacology and Toxicology, are heading efforts to find new experimental treatments for ALS, as well as testing combinations of nutraceuticals and drugs that are already FDA-approved, in the hope of finding a new treatment that could be implemented immediately.

For information on the J. Thomas May Funds for ALS, please contact Cathy Sanders, director of development, at 501-526-6144, or via e-mail at csanders@uams.edu.

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The following generous donors have joined our Founders Society and Dean’s Society since the Spring/Summer 2007 issue of University of Arkansas Medicine went to press.

**New Founders Society Members**

Members have pledged or given at least $10,000 to various College of Medicine endowments.

- Mrs. Bonnie Axelson
- F. Keith Bell, M.D.
- Hannah Berne, M.D.
- Sarah A. Carter, M.D.
- Todd M. Clements, M.D.
- Joanne Donker, M.D.
- Lisa Dudney
- Robin Q. Goodman, M.D.
- Drs. Steven & Sally Harms
- Stacie M. Jones, M.D.
- Ronald G. Kuhn, M.D.
- Charlotte Maguire, M.D.
- Robert E. McGehee, Ph.D.

This listing includes new members as of Nov. 15, 2007.

**New Dean’s Society Members**

Members have pledged to make annual unrestricted gifts to the College of Medicine.

- Robert H. Nunnally, M.D.
- Chadwick T. Rodgers, M.D.
- Drs. Michael & Pamela Schoenfeld
- Drs. Joanna & Robert Seibert
- Charles W. Smith, M.D.

For more information on Campaign Imagine, please contact our development directors: Mike Houston, at 501-526-6144 or via e-mail at mhouston@uams.edu; or Carly Sanders, at 501-526-6144, or via e-mail at csanders@uams.edu.
New alumni travel program connects old friends & new

It’s not just the breathtaking destinations that make the College of Medicine’s new Alumni Travel Program a great experience. It’s the camaraderie.

“It’s a great way to see extraordinary sights, have fun and make some networking contacts with physicians who’ve been through UAMS before you,” Jason Vanderburg, M.D. ’03, said after returning from first-ever COM alumni tour. The most recent graduate on the Sept. 21-29 tour of the French and Swiss Alps and Italian Lakes was joined by his wife, Sarah.

Jack Fendley, M.D. ’72, and his wife, Shirley, also had a great time. “It’s like you have a ready group of friends—even if you didn’t know them before,” he said. He knew some of his fellow travelers well, though: brothers and alumni Claude Fendley, M.D. ’59, and Herbert Fendley, M.D. ’71, and their wives.

“We started the travel program as an added service for our graduates and former residents after learning in a survey last year that many are interested in touring Europe and other wonderful destinations together,” said Judith McClain, executive director of the Medical Alumni Association. “A lot of alumni want to stay connected or reconnect, and this is a great way to do that.”

Another group of alumni was headed for Rome and Florence as this issue of University of Arkansas Medicine was going to press in November.

The association has added more tours for 2008: Paris March 29-April 6; a Danube cruise April 25-May 3; Ireland Sept. 19-27; and Tuscany and the Italian Riviera Sept. 26-Oct. 4. For more information, visit uams.edu/com/alumni.

Pack Your Bags
For Stacie Jones, M.D. ’89, and Tamara Perry, M.D. ’97, the mentoring relationship they have developed comes full circle.

Jones, an associate professor and section chief of allergy and immunology in the College of Medicine’s Department of Pediatrics, knew instantly that she wanted Perry on her team when Perry was on rotation during her fourth year of medical school. Perry is now an assistant professor in the section and a researcher at the Arkansas Children’s Hospital Research Institute.

The two alumnae have developed a unique mentorship and working partnership that has helped strengthen the asthma and food allergy programs in the College of Medicine and Arkansas Children’s Hospital.

“The interesting thing about a mentorship, if you read mentoring articles, is that to be a good mentor or to be a good mentee, you really aren’t supposed to be friends,” Jones said. “There is supposed to be some artificial line. I have just never really bought into that. Now after all this time, we are colleagues and very much friends. For me, that is a completion of a circle rather than a failure of a mentorship that we have somehow blurred those lines.”

Jones and Perry both hail from the Arkansas Delta. Both moved to Little Rock and graduated from Hall High School, the University of Arkansas at Fayetteville and UAMS – all a decade apart. The two completed residencies at UAMS and fellowship training at Johns Hopkins University.

Jones said supporting each other on various projects has influenced the strong food allergy program and work with investigators in the community.

“We’ve made progress especially in community-based research because of our combined interests and Tamara’s real need to be out and making a difference in people’s lives,” Jones said. “I’m kind of the test tube person. I’m the person who wants to figure out the mechanisms, who wants to be in the lab and ask really intricate questions. Tamara wants to be out in a hands-on setting.”

Perry’s asthma research, funded by the Robert Wood Johnson Foundation, focuses on the impact of asthma and the impact of environmental exposures on asthma in the Delta. She is investigating the factors contributing to the increased asthma morbidity and mortality in the region, which is one of the highest in the state.

“Many children in the Delta suffer from asthma, but they have limited access to the care they need,” Perry said. “We’re studying the factors that impact their health so we can help them overcome those obstacles. I want to reach out to high-risk populations, and Stacie has always been there to support me.”

“I think in life you have different types of mentors,” Perry said. “Some are more related to work, spiritual or personal aspects.” Perry said. “The relationship Stacie and I have is more of a lifetime and overall mentorship for me.”

“Tamara is a decade younger than me and my whole life is enriched because of our relationship and work together,” Jones said. “She invests in her patients and invests in her family and will go the ten extra miles to help them.”

As strong as their own relationship is, Jones and Perry note that many faculty members have inspired and mentored them over the years, and that they work in a close-knit section where everyone supports one another. Both Jones and Perry continue to broaden their circle of mentorship through relationships with others on faculty at UAMS and other institutions, and through special work with residents and students.

The two alumnae have developed a unique mentorship and working partnership that has helped strengthen the asthma and food allergy programs.
“Who remembers when teaching microscopes looked like this?”

Anderson Nettleship, M.D., chairman of Pathology in 1947-1954, is at the helm of the multi-head carbon arc microscope in this undated photo. We’re curious if anyone recognizes the others.

Glen Baker, M.D. ’59, a professor emeritus of pathology, said the photo shows a teaching session with residents at the old McAlmont Street location. Baker took the sophomore pathology course taught by Nettleship some years after the photo was taken.

Nettleship died in 1981. In 2002, UAMS established the Mae and Anderson Nettleship Chair in Oncologic Pathology. Aubrey Hough, M.D., a distinguished professor of pathology, was invested in the chair Dec. 4.
Cover story:

Telemedicine helps UAMS and the College of Medicine reduce barriers to highly specialized health care.

Distance Health Delivers

Closing the Distance: A school-based program for Marianna

Taking Off: Telemedicine gains ground in the COM

Back in the Swing: Hasan & Evans offer orthopaedic innovations

Beyond the Brain: Jill James’ autism research

Reaching Out: COM students volunteer their time

Philanthropy: Support for ALS research

Pack Your Bags: the new Alumni Travel program

Full Circle: Alumnae Jones & Perry on mentoring
Since 1879, the College of Medicine at the University of Arkansas for Medical Sciences (UAMS) has had a progressive history of teaching, service and research. As Arkansas' only medical school, we educate and train outstanding physicians and scientists who are committed to high ethical and professional standards and lifelong learning. The College of Medicine is one of six academic units at UAMS. The campus includes centers of excellence that are recognized as among the best in the nation and world. They include the Winthrop P. Rockefeller Cancer Institute, the Harvey & Bernice Jones Eye Institute, the Jackson T. Stephens Spine and Neurosciences Institute, the Myeloma Institute for Research and Therapy, the Donald W. Reynolds Center on Aging and the UAMS Psychiatric Research Institute.

As a teaching institution, UAMS Medical Center remains on the forefront of new medical procedures and technologies. UAMS also is the state’s principal biomedical research center, conducting pioneering research that leads to new knowledge and advances in medical care in Arkansas and beyond.