Match Day activities celebrate student success

Brenda Campos-Spitze announces she will be heading east to a family medicine residency position at the North Colorado Medical Center in Greeley as Dr. Shahram Lotfipour looks on during Match Day ceremonies on March 21. This year, 100 UC Irvine medical students participated in the event. The graduating group is made up of the first class that participated in all four years of the iMedEd Initiative, in which the entire curriculum has been placed on the iPad, making UC Irvine one of the first all-digital program medical schools in the nation.

Discover

UC Irvine researchers part of national study finding blood test for Alzheimer’s disease

Teach

Students host drunk-driving prevention event at Santa Ana high school

Heal

UC Irvine Health partners with CBS to prevent colon and rectal cancer
Blood test identifies those who are at risk for Alzheimer’s disease

Researchers – including those at UC Irvine – have discovered and validated a blood test that can predict with greater than 90 percent accuracy whether a healthy person will develop mild cognitive impairment or Alzheimer’s disease within three years. Described in the April issue of Nature Medicine, the study heralds the potential for developing treatment strategies for Alzheimer’s at an earlier stage, when therapy would be more effective at slowing or preventing symptoms. It’s the first known published report of blood-based biomarkers for preclinical Alzheimer’s. The test identifies 10 blood lipids that predict disease onset. It could be ready for use in clinical studies in as few as two years, and researchers say that other diagnostic uses are possible. Dr. Claudia Kawas (pictured), the Nichols Chair in Neuroscience at UC Irvine, is among the authors of the study, which was led by Dr. Howard Federoff of Georgetown University. It involved 525 healthy participants age 70 and older who gave blood samples upon enrolling and at various points in the study. More than 100 of them came from UC Irvine’s Orange County Aging Study. More: www.neurology.uci.edu

Avastin prolongs survival in advanced cervical cancer, UC Irvine-led trial finds

Women with advanced cervical cancer now have a new treatment option that could lengthen their lives. A trial led by UC Irvine gynecologic oncologist Dr. Krishnansu S. Tewari (pictured) found that combining chemotherapy with bevacizumab, also known as Avastin, extended median survival to 17 months, compared to 13.3 months for those receiving chemotherapy without bevacizumab. Furthermore, treatment with the anti-angiogenesis drug – which inhibits a tumor’s ability to form new blood vessels – caused no significant deterioration in quality of life. The results of the Phase 3 randomized trial conducted by the Gynecologic Oncology Group appeared in the Feb. 20 issue of The New England Journal of Medicine. “This trial showed for the first time that a targeted agent could improve overall survival in a gynecologic cancer,” said Tewari, a professor of obstetrics & gynecology. “Women with metastatic or recurrent cervical cancer don’t have many options, and now we finally have a therapy that helps them live longer.” More: www.cancer.uci.edu

Stephen White receives top research award from The Protein Society

Stephen H. White, emeritus professor of physiology & biophysics, will be honored by The Protein Society. The Society will bestow its Carl Brändén Award, which is sponsored by Rigaku Corporation. White (pictured) is receiving this award in recognition of his many contributions to the field of membrane protein folding, his long service to the protein science community and his skills as an educator of graduate students and postdocs in particular. His research has provided fundamental insights into the thermodynamics of folding in and on the membrane. He also has made major contributions to multiple scientific societies and – among other service activities – maintains the widely utilized Membrane Proteins of Known 3D Structure website. The Protein Society, the only international society devoted to furthering research aimed at understanding proteins, will confer the award at its annual symposium, July 27-30, in San Diego. More: www.physiology.uci.edu

Discover
Med students host drunk-driving prevention event at Santa Ana high school

Some 1,000 Segerstrom High School juniors and seniors filled the football stadium stands on March 18 to participate in “More Than Just a Drink,” a drunk-driving prevention event organized by the School of Medicine’s Emergency Medicine Interest Group. It kicked off with a realistic recreation of a drunk-driving accident, with “injured” and “dead” students, spread across the stadium track. Santa Ana police and county fire authorities responding to the “accident,” added to the authentic scene. Afterward, the students broke into workshops that addressed teen drinking and the importance of not driving after imbibing. This is the fourth time students from EMIG hosted “More Than Just a Drink.” EMIG is the largest and most active medical student group, and it received a 2008 Living Our Values Award from Chancellor Michael Drake for its community education efforts. More: www.uciemig.com

Med students provide guidance to premed students at World of Medicine Day

More than 150 UC Irvine premed students immersed themselves in the lives of medical students and doctors at the World of Medicine Day March 1 at the Medical Education building. The day included admissions preparation and information from the office of admissions to provide the students accurate information on applying to medical school, a medical student panel for premed students to ask any questions they like, a club fair with multiple School of Medicine student clubs, medical centric lectures, and hands-on clinical workshops with 11 different specialties of medicine courtesy of various medical student specialty interest groups. The day’s activities utilized the entire state-of-the-art Medical Education facility. Students cycled through these workshops and gained experience in such clinical skills as suturing, history taking, physical exam skills and intubation. There was also a live operating room case simulation that put the students in the surgeon’s or anesthesiologist’s shoes. More: www.meded.uci.edu

Med student’s MyFive+ medical emergency app added to Apple’s App Store

An application created by a UC Irvine student team – including first-year medical student Risha Bera – has been added to Apple’s App Store. MyFive+ utilizes the smart phone during a potential medical emergency by helping users communicate health information, especially during times of distress. After an individual dials 911, and in the case of unconsciousness or if disconnected from the call, this app turns the phone into an alarm and medical locator for first responders. MyFive+ was created during 2013 Med AppJam, in which School of Medicine and Donald Bren School of Information and Computer Sciences students teamed up for an “app jam” to create Apple-based applications with healthcare utility. MyFive+ finished third in that competition. More: www.facebook.com/myfiveplushealth
Rimal Bera named physician of the year by the Orange County Medical Association

Dr. Rimal Bera (pictured), clinical professor of psychiatry, has been named the OCMA Physician of the Year by the Orange County Medical Association. The award was established in 1983 and recognizes a physician who, throughout his career, has exemplified what it means to be an accomplished physician: hard working and dedicated, exceptional professional competence and good rapport with patients; motivator, educator and community leader. Bera’s primary area of specialty is adult psychiatry with a focus on schizophrenia, bipolar disorder, depression and memory disorders. He earned his medical degree at UC Irvine in 1987 and completed his psychiatry residency here in 1991, joining the faculty thereafter. He is a distinguished fellow of the American Psychiatric Association and was on the Board of Directors of the Mental Health Association of Orange County from 1991 to 2012, serving as a president of the board. Bera will be honored during the OCMA General Membership Meeting on May 29 at The Center Club in Costa Mesa. More: www.psychiatry.uci.edu

UC Irvine Health-led MRSA study chosen a Top 10 Clinical Research Achievement

A study on antibiotic-resistant bacteria in hospitals led by Dr. Susan Huang (pictured), associate professor of medicine and Medical Director of Epidemiology and Infection Prevention for UC Irvine Health, has received a Top 10 Clinical Research Achievement Award for 2013 from the Clinical Research Forum. The winning projects represent the outstanding examples of research projects that benefit the health and wellbeing of the general public. The Huang-led study showed that using germ-killing soap and ointment on all intensive-care unit patients can reduce bloodstream infections by up to 44 percent and significantly reduce the presence of methicillin-resistant Staphylococcus aureus (MRSA). The winning researchers represent institutions from across the country, including UC Irvine, Cornell, Harvard, Johns Hopkins, Ohio State, Penn, UCLA and the University of Florida. They accepted their awards and presented their research on April 10 at a reception in Washington, D.C. More: www.clinicalresearchforum.org

UC Irvine Health partners with CBS to prevent colon and rectal cancer

Preventing colon and rectal cancer is as easy as getting regular checkups, UC Irvine Health colorectal surgeon Dr. Michael J. Stamos (pictured) told CBS2 News viewers in a public service announcement that aired in March. In recognition of National Colorectal Cancer Awareness month, UC Irvine Health partnered with CBS and Good Neighbor Pharmacies to draw attention to colorectal cancer, the second leading cause of U.S. cancer deaths even though it is the most preventable. As part of the campaign, Good Neighbor Pharmacies offered free colorectal cancer test kits. In the public service announcements, Stamos, current president of the American Society of Colon & Rectal Surgeons, and CBS2 news anchor Pat Harvey explained how regular checkups can detect growths called polyps in the colon or rectum. Once discovered, these growths can be easily removed before they become malignant. The 30-second and 15-second announcements aired on CBS2 News in Los Angeles, Orange, Riverside and San Bernardino counties. More: www.ucirvinehealth.org
Calendar of Events

Sat., May 10
The Center for Autism Open House Family Fun Day
11 a.m.–3 p.m.
2500 Red Hill Ave., Suite 100, Santa Ana

Tue., May 20
"Innovations in Medical Education"
11:45 a.m.
Dr. Chris Fox and Dr. Gerald Maguire on how all patients want their healthcare team to learn

Commencement
9 a.m.
Aldrich Park

Wed., June 4
"Innovations in Medical Education"
11:45 a.m.
Dr. Cameron Ricks and Dr. Gerald Maguire on how all patients want their healthcare team to learn

Continued, From the Dean
occurred on March 1, 2009, with the opening of the UC Irvine Health Douglas Hospital. At that time, UC Irvine Health vaulted into the enviable position of having the most modern, most attractive and most advanced hospital in Orange County. Simultaneous with this was a growth in the number and quality of our clinical faculty and our services. In each of the past 13 years, our hospital has been ranked among the nation’s best by U.S. News & World Report; over the past five years our programs in Geriatrics, OB/GYN, ENT, Urology, Cancer and Kidney Disorders have been ranked among the top 50 in the nation. In addition, our physicians are becoming more and more recognized on a national level, with 110 rated as Best Doctors® in America by their physician peers; the largest number in our history. In the past five years, 11 of our 25 departmental chairs have been recruited; presently, we are in the process of filling four of the five remaining chair positions with outstanding individuals – providing us with a heretofore unachieved stability in leadership.

COMMUNITY ENGAGEMENT: In order to fulfill our mission, the School of Medicine needs to be valued by the community. Accordingly, it is essential that we endeavor to be of value to the community. Our reach is broad – aside from the obvious benefits derived from the various medical services provided, the fact is that 30 percent of our graduates practice in Orange County. Along with the free clinic endeavors of our students, our faculty has reached out to the community in many other ways – some sponsored by philanthropy and others as self-supporting programs. Over the past five years, we have seen the establishment of the Center for Autism & Neurodevelopmental Disorders through the vision and philanthropy of the William S. and Nancy E. Thompson Foundation. In addition, the Child Development Center has become a school in its own right, providing a unique opportunity for children challenged with attention deficit disorder. Further, through the vision of philanthropists and faculty alike, we have seen the rapid growth of summer premed programs in medicine, surgery and research touching several hundred teenagers annually. Lastly, our affiliation with the Children’s Hospital of Orange County (CHOC Children’s) has further enhanced the care of children throughout the county, while establishing one of the nation’s largest and best pediatric residency training programs.

The last lap now nearly complete, I can only thank all of those who have supported me in so many ways throughout the past five years. To be sure, if viewed as an individual record, my run would be disallowed as for certain it has been “wind assisted” by all of those who pushed us forward yet received all too little credit – I know and treasure each one of them and am forever grateful for what they have done for our school and our community.

With gratitude,

Ralph V. Clayman, MD
Dean, School of Medicine
Professor of Urology

The Dean’s Report is published by the UC Irvine Health School of Medicine – Dean Ralph V. Clayman, MD; Executive Director of Development for the School of Medicine Teri Hauser; Alumni Relations Associate Director Carley Fox; editors Tom Vasich and Jenny Tom.
In every relay race, there is the runner, and there is the baton – in the human race of evolution, the baton is the genome passed in ever-changing form from adult to child in an upward spiraling succession. In the race for medical education, there is a field of many runners – student, fellow, faculty – and the baton evokes the mission. The runners inevitably peak, pass and move away. The one remaining constant is the baton; the one remaining constant is the ongoing enhanced realization of the mission: Discover. Teach. Heal.

Having completed my fifth lap as Dean, it is now my turn to pass the baton at full stride. I do so with a mixture of pride in what has been accomplished and humility, knowing that those accomplishments have come at the hands and sweat of many who have contributed more than for which they will ever receive proper recognition. So indulge me for a few paragraphs as I take you from whence we came to where we now have arrived, awaiting the next runner in this race ascendant.

In March 2009, Terry Belmont and I simultaneously accepted roles of leadership as CEO and Dean, respectively. In short order came the worst recession since the great Depression, a furlough, a near-one-third reduction in state funding to the University of California, and the dawning of the sequestration. In the midst of these financial crises, UC Irvine opened the newest, most technologically advanced and beautifully appointed hospital in Orange County. This was followed in the next 18 months by the opening of the Medical Education Building, the Sue & Bill Gross Hall, then the Clinical Laboratory Building and most recently, in September 2013, the Gavin Herbert Eye Institute. In addition, the Sprague Laboratories were completed in the basement of Sprague Hall, the Clinical Laboratory Building and most recently, in September 2013, the Gavin Herbert Eye Institute. In addition, the Sprague Laboratories were completed in the basement of Sprague Hall.

In that March 2009, we faced a one-year, double-digit deficit in the millions. What followed in short order was a massive all-campus endeavor that established and then implemented a new strategic plan, a revamping of our clinical financial practices, the recruitment of 11 new deans and directors, and a near complete makeover of the leadership both in the dean’s office and at the medical center. Simultaneously stringent budgeting processes were implemented along with a hiring freeze, while a proper clinical funds flow model was developed between the medical center and the school along with a formula for annual support for education and research. In addition, clinical work load grew substantially while philanthropy reached new milestones, and an annual UC Irvine Health Gala was established. Indeed, 10 of the now 28 endowed Chairs in the School of Medicine have been established over the past five years, and merit scholarships were initiated for our most promising students. At fiscal close of 2013, the School of Medicine had ended its practice of posting an annual deficit and instead achieved a state of ongoing fiscal solvency which continues into the present.

DISCOVER. The most fragile aspect of any medical school is its research endeavors. When times get tough, it appears that funding of discovery suffers first and most. Perhaps because this is the least “vocal” part of our mission – no patient complaints, no student protests, no large constituency complains when there is a diminution in discovery – progress weeps, silently. So the past five years have been hardest on our scientists and researchers, and yet they have found the will and the ability to persevere. Our NCI Comprehensive Cancer Center status has remained intact, while both a NIH Clinical Translational Science Award and a NIH Conte Center have come to campus; these alone account for over $30 million in funding. The California Institute for Regenerative Medicine has provided over $30 million in these difficult times. Further, despite funding levels in the single to low teens percentile digits, our researchers have continued to garner NIH funding for investigator-initiated research – ranking 17th in the country in dollars awarded per scientist. Furthermore, the School of Medicine has sought to create cross-campus collaborations in order to capitalize on the wealth of intellectual diversity contained within UC Irvine. To that end, triumvirate and bim-
Support

Dying wishes unite cancer patients and families

Michael Hudson was a graduate student in philosophy at UC Irvine. He was also a leukemia patient at the Chao Family Comprehensive Cancer Center, which is part of UC Irvine Health.

While in the hospital, Michael heard stories of people who were battling cancer alone because their families did not have the means to miss work or pay for transportation. His loved ones, on the other hand, were able to visit all the time.

Michael made his family promise that no matter the outcome of his situation, they would set up a fund to help families be together during treatment. When he passed away in 1998, the Hudson-Davidson family established the Michael Hudson Patient & Family Support Fund.

Last fall, the family issued a challenge. If UC Irvine Health could raise $200,000, the Hudson-Davidson Foundation would match the gift. The total $400,000 would fund an endowment that could assist families in perpetuity.

In February 2014, UC Irvine received an unexpected estate gift from Mina Makooi. As if fate had intervened, her will specified that the gift – $200,000 – should be used to help patients meet non-medical needs. This was the answer to the challenge.

Since its inception, the Michael Hudson Patient and Family Support Fund has helped more than 240 cancer patients with everything from housing to transportation, and essentials such as fuel, groceries and utilities. Now, because two strangers shared a desire to help patients, many more will have the support of their families during a very challenging time.

To learn more about other ways you can support the school and its students, please contact Teri Hauser at 949-824-7910 or thauser@uci.edu

Help Others and Help Yourself

This year, you may have noticed a sharp increase in your taxes for 2013. On top of the higher federal tax bracket of 39.6%, certain individuals may also be subject to a Medicare tax of 0.9% and 3.8% on net investment income.

While this additional tax will certainly have an impact for those with Medicare, but it is an impact that you can not control and may never see.

But there are options...

In the School of Medicine, we believe that you should have the impact that you desire. There are a number of great tools and techniques that can help you mitigate your taxes and help you achieve the impact YOU desire for 2014.

Call us today to learn how!
949.824.6454
Dr. Christopher Lundquist: Active alumnus and supporter

Dr. Christopher Lundquist, ’80, is a longtime supporter and dedicated UC Irvine School of Medicine alumnus. A past Lauds & Laurels recipient and former School of Medicine alumni board president, Dr. Lundquist remains very active in the UC Irvine community, and he currently serves on the School of Medicine’s alumni board. Recently, Dr. Lundquist spoke with the Dean’s Report about his journey in medicine.

Why did you choose to pursue medicine?

From childhood, I possessed a constant fascination and curiosity toward the natural world and science, especially regarding the mysteries of the human body and mind. Early in my life, I chose to pursue medicine because it allowed me to satisfy that natural curiosity and use the knowledge gained to help others.

Describe your practice.

I am engaged in general medicine or primary care, so I encounter a wide variety of medical and psychological conditions. I strive to provide comprehensive care to my patients, with limited imaging, lab and surgical services in-house. The most distinctive aspect of my practice is my emphasis on prevention and management of disease states through dietary and lifestyle counseling, in addition to the traditional use of pharmaceutical agents. I believe achieving optimum health requires skillful, empathetic attention from me and a patient’s engagement in his or her physical, mental and spiritual well-being.

What satisfies you about participating on the alumni board?

The satisfaction comes from the consensus decisions we make to direct support to medical students at UC Irvine, the sense that I am giving back to the School of Medicine through my service and support, and the camaraderie and connection I enjoy with fellow alumni and medical students.

What advice would you give to today’s medical students?

The best advice I could give is to study hard; seek excellence; be a leader; develop your talents; seek balance and harmony; be curious and passionate; value your connection with fellow students, teachers, and patients; and nurture and cherish your family relationships. Be the kind of doctor that others will trust with their lives! And commit to supporting the alumni association after graduation.

As a longtime supporter of UC Irvine, why do you feel that it’s important to support medical education and the School of Medicine?

I feel that it’s important to support medical education and the School of Medicine because I am a product of that education system and institution. I feel a personal connection and a debt of gratitude and responsibility to the school and its mission. And there is clearly a need, due to the fading public support for medical education.

Commencement

President Barack Obama will speak to UC Irvine’s class of 2014 in a commencement ceremony on Saturday, June 14, in the Angel Stadium of Anaheim.

The historic appearance honors the accomplishments of more than 8,000 undergraduate, graduate and professional school students and kicks off the campus’s 50th anniversary celebration. “We are thrilled that the President has accepted our invitation to deliver the keynote address at our commencement exercises this June,” said Chancellor Michael V. Drake.

The June 14 ceremony will comprise undergraduate, graduate and professional schools in a unified celebration. The School of Medicine’s commencement is on May 31 in Aldrich Park.