

SCREEN TEST: Six medical students recently volunteered to do hearing, vision, and blood pressure screenings for preschoolers in area Head Start programs. They used a toy doctor kit to show the kids what they'd be doing.



Campaign receives record-breaking \$20-million gift

When Dr. Peter Williamson entered Dartmouth College in 1954, the word “research” appeared a total of only 12 times in a 48-page booklet describing Dartmouth Medical School. In the current edition of that booklet, the word “research” is used almost that many times on a single page.

There are lots of other measures of the growth in the Dartmouth research enterprise over those 53 years, but that’s an especially apt one in the context of a recent gift from Williamson and his wife, Susan. Their donation of \$20 million to the DMS-DHMC Transforming Medicine Campaign—the largest gift in the institutions’ history—will go toward a high-priority facilities project that will promote research and teaching.

That project—a new research building—will be named in the donors’ honor. The Peter and Susan Williamson Translational Research Building, part of the C. Everett Koop Medical Science Complex at DHMC—will house scientists, clinicians, students, and others engaged in research in cardiology, the neurosciences, and immunology.

Groundbreaking is scheduled for spring 2008, with occupancy planned for fall 2010.

Brink: “I think medicine is really on the brink of some real tremendous changes . . . in molecular genetics and things that are going to allow us to look at disease from whole different aspects,” says Peter Williamson. “You have to have a commando

outfit that can move fast and change directions, and I think you can do it better in a place like [DHMC].”

Williamson, a professor of neurology at DMS, has been a significant part of the Dartmouth research enterprise himself. He is internationally renowned for his work in epilepsy and is the founder and director of DHMC’s Comprehensive Epilepsy Center. Before coming to Dartmouth in 1991, he spent 20 years leading Yale’s epilepsy center.

Neurology: A 1958 graduate of Dartmouth College, Williamson earned his M.D. at the University of Southern California and did residencies in internal medicine at Cornell’s New York Hospital and in neurology at Yale. Following three years of active

military duty at the Walter Reed Army Institute of Research, he joined the epilepsy program at Yale in 1972. Yale’s center had been established in 1967 and was one of the first such centers in the world.

There, Williamson focused on the evaluation for surgery of patients with intractable epilepsy, as well as the medical management of epilepsy. One of his significant successes in the early 1970s was the development of intracranial electrodes, which made it possible to record low-magnitude electrical signals from inside the brain, pinpointing where seizures begin so that surgeons can remove the point of origin. He was one of the first to capture the onset of seizures arising from different areas of the brain by matching EEGs (electroencephalograms, or recordings of the natural elec-

Williamson says medicine is “on the brink of . . . tremendous changes.”



Peter Williamson, chair of the DMS-DHMC Transforming Medicine Campaign, has, with his wife, Susan, made a \$20-million gift—the institutions’ largest ever.

JON GILBERT FOX

trical activity of the brain) with clinical characteristics.

Since coming to Dartmouth, he has built DHMC’s epilepsy center into an internationally recognized program; it has been designated by the National Institutes of Health as one of the nation’s top epilepsy referral centers. In 2002, he received the American Society of Epilepsy’s J. Kiffin Penry Award for Excellence in Epilepsy Care, in recognition of his many contributions to the field.

The Williamsons have long supported Dartmouth College, DMS, and community causes. Susan Williamson is a former board member and volunteer at David’s House, a residence for parents whose children are patients at the Children’s Hospital at Dartmouth. Peter Williamson was a founding member of the DMS Board of Overseers in 1973 and its chair from 1989 to 1991 and has served the institution in many other leadership roles.

Campaign: He is also the chair of the Transforming Medicine Campaign, which aims to raise \$250 million for DMS and DHMC by 2009. In 2004, the Williamsons made a \$1-million commitment toward a professorship in honor of Dartmouth’s retired chief of neurology, Dr. Alexander Reeves. Their \$20-million gift brought the Campaign total to \$190 million.

The couple will be pleased if their gift stimulates others to give to the Campaign. “We hope it stokes the philanthropic fires,” says Peter Williamson. And the research and teaching fires, too.

LAURA STEPHENSON CARTER

WORLDLY WISE: More than 1,400 people turned out to hear Dr. Paul Farmer, subject of the bestseller *Mountains Beyond Mountains*, speak at DMS in November. He gave the keynote address at a three-day symposium on global health and poverty.



THEN & NOW

A reminder of the pace of change, and of timeless truths, from the Spring 1965 *DMS Quarterly*:

Dr. Philip Nice, DMS's associate dean, described a "remarkable change that has taken place [at] Dartmouth Medical School"—the fact that in 1959, an entering class of 24 students had been admitted from a pool of 285 applicants, whereas just five years later, in 1964, a class of 48 students was admitted from a pool of 697 applicants. "The number of students has been doubled without compromising quality," Nice emphasized, and "warm student-faculty relationships have endured this period of expansion."



76

Students in the M.D. class that entered DMS in 2006

>4,600

Applicants for that class

New Yorkers experience skunks and starry skies

I have a skunk living in my backyard, and somehow I've grown accustomed to the smell," says DMS third-year student Barry Ladizinski. Ladizinski is one of five longtime New Yorkers—all graduates of the city's Sophie Davis School of Biomedical Education—who are finishing up their M.D.'s at Dartmouth. And enjoying some of the quirks of rural living.

At Sophie Davis, students complete a B.S. degree and two years of medical school in five years, then transfer to a partner medical school to finish their M.D.'s. Dartmouth is the first partner school outside New York State for Sophie Davis, which encourages its students to pursue careers in primary care in underserved areas. The DMS affiliation gives the New Yorkers experience in a new locale and adds to the diversity at DMS.

Turmoil: Yasotha Rajeswaran, another member of the Sophie Davis group, is from Sri Lanka; she left that country with her family during the civil war there and moved to New York City when she was 13. The turmoil in her own life helps her empathize with the patients she is seeing at Dartmouth.

The Sophie Davis students, like their fellow DMS third-years, are working their way through a series of six-week clinical clerkships. During her family medicine clerkship, Rajeswaran shadowed a visiting nurse on a home hospice visit to a pa-

tient with Parkinson's. "He was a sculptor," she says, "and all his artwork was beautifully displayed throughout the house. Seeing him at his own home with his family reminded me what a major impact a terminal illness has on family members. . . . It is often easy to forget when we see a patient in clinic or hospital. It was enlightening to see the family members struggle to make decisions with the patient's best interest at heart."

Another member of the group, Shahla Syed, did a research project at Sophie Davis on health risk behaviors in American Muslim youths. She is interested in international

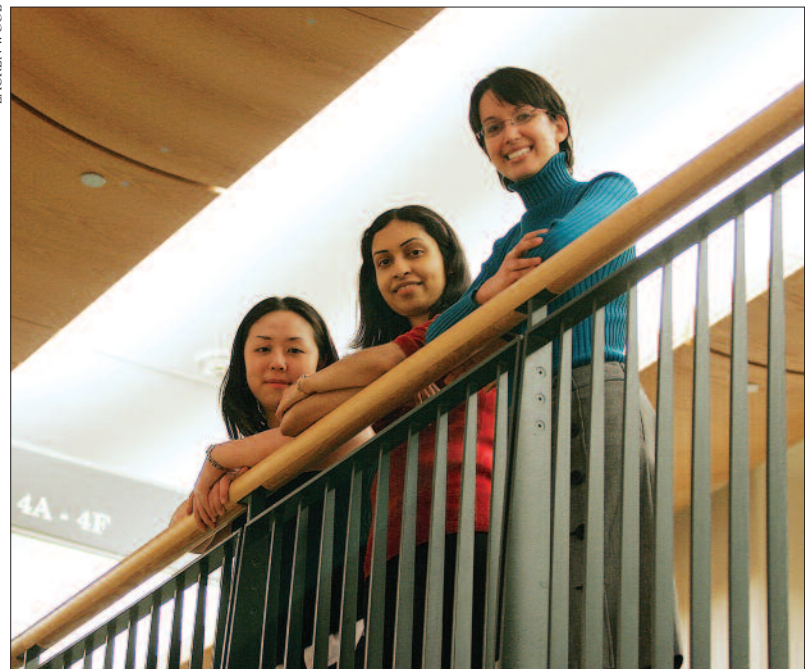
She shadowed a nurse on a hospice visit to a patient with Parkinson's.

health and plans someday to work with Doctors Without Borders. She has taken medical Spanish, is interested in Hispanic populations, and did her DMS primary-care clerkship at one of the largest family-practice clinics in Florida's Middle Keys.

A physician she shadowed there saw up to 60 patients a day—many of them uninsured, like a construction worker with a pain in his eye. "It was pretty amazing to watch Dr. O'Connor remove this speck of metal by scraping part of the cornea . . . with [the patient] lying there wide awake," Sayed says.

Triggers: Back at Dartmouth for her psychiatry clerkship, Sayed enjoyed working with Dr. Donald West. He "cares about students and their situations," she says, and emphasizes "both

LAUREN WOOL



Three of this year's five Sophie Davis transfers to DMS pause for a photo at DHMC—from the left, they are Lilian Chen, Yasotha Rajeswaran, and Katherine Walia.

ON THE GRAVY TRAIN: Any DHMC employees who must work on Thanksgiving Day or Christmas Day are invited to enjoy a free holiday meal in the Hospital dining room. No potatoes to peel or dishes to wash.



THEN & NOW

A reminder of the pace of change, and of timeless truths, from the 1977 Mary Hitchcock Memorial Hospital Annual Review:

“It is people who make the Hospital and, most importantly, *people who care*. Social change, political and economic pressures, miraculous technological developments, and public expectations have brought new and profound challenges to hospitals everywhere. These challenges are being met at [MHMH] by a dedicated, skilled, and compassionate group of people.”



169,825

Outpatient visits in 1976

1,700

MHMH workforce in 1976

1.7 million

Outpatient visits in 2006

6,414

DHMC workforce in 2006

Improving nutrition in the real world

Lisa Sutherland hangs out in some unusual places for a medical school faculty member—places like supermarket aisles and middle-school classrooms. For several years, she headed a project to analyze food labels for one of New England’s major grocery chains. Nowadays, she studies the influence TV and movies have on what kids eat. Nutrition science—Sutherland’s field—has moved out of academe and into the real world.

A research assistant professor at DMS, she came to academe by a circuitous route. After 10 years in marketing with the Gap, she finished her bachelor’s at Simmons, went to work at the Massachusetts Department of Public Health, and thought about becoming a pediatrician. In the end, public health and nutrition won her over, and she earned her Ph.D. at the University of North Carolina (UNC).

Chain: While on the faculty at UNC, Sutherland sat in on a meeting with some officials from Hannaford supermarkets, a Maine-based chain with 160 stores in the Northeast. Hannaford customers had been asking for a simple way to identify healthy foods, and management was looking at how they might comply with the request.

During the meeting, it came out that Sutherland not only possessed the required nutritional expertise but also hailed from Maine. When the company decided to proceed and was considering staffing, Sutherland recalls that “Hannaford said, ‘We’d

like the girl from Maine.’ I was in from day one.”

Fat: She and a UNC colleague headed the advisory panel that Hannaford set up. The panel devised a system called Guiding Stars. It’s based on an algorithm developed from eight dietary criteria, which Sutherland ticks off: “Transfat, fat-fat, cholesterol, added sodium, added sugar, vitamins, minerals, fiber, plus a whole-grain bonus point.” But all that customers see is a simple, shelf-edge label with one, two, or three bright gold stars—identifying good, better, and exceptional foods. Of the 32,000 food items in Hannaford stores, only a quarter earned any stars.

A few months ago, the *New York Times* reported that Han-

naford “declared success . . . for a year-old experiment in using a rating system to direct customers to healthier food items.” For example, said the paper, “sales of whole milk, which received no stars, declined by 4%, while sales of fat-free milk (three stars) increased 1%.” Sutherland, the *Times* said, was “thrilled.” She called the effect “pretty much what I would have expected with an objective system that wasn’t designed to promote or negate one food or another.”

While the Hannaford project consumed much of Sutherland’s time for two years, her current school-based projects better reflect her interests. “I really, really enjoy kids,” she says. “So my work here in New Hampshire and Vermont is just schools.” Her focus is on “twens”—9- to

“I really, really enjoy kids,” says nutrition researcher Sutherland.

MARK WASHBURN



Sutherland, who came to DMS in 2006, headed a national nutrition panel.

PATIENCE COUNTS: Dartmouth's Norris Cotton Cancer Center serves over 20,000 patients annually and over 2,800 new patients a year. Opened in 1972, it's been a National Cancer Institute-designated comprehensive cancer center since 1990.

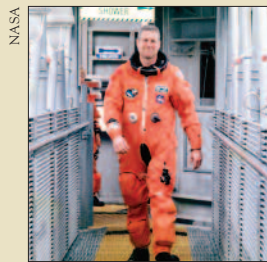


SHOOTING FOR THE SENATE

Doctor, astronaut, researcher . . . senator? DMS's Dr. Jay Buckey, who flew aboard the Space Shuttle *Columbia*'s Neurolab mission in 1998, is making a bid for the United States Senate in 2008.

"Out of 100 Senators, we have 58 lawyers and only two physicians," he says. "That's very concerning when you look at the kinds of problems we are facing"—many of which have medical consequences, such as the war in Iraq, U.S. energy policy, health care, and funding for science and technology. "I believe we have to keep the U.S. a leader in science and technology—so we can remain leaders in the world economy," says Buckey.

If he's elected, Buckey plans to work toward developing a new energy economy, increasing federal investment in research and development, creating a universal and portable health-care system, and more. "If medical professionals are not involved," he says, "the decisions made on our health-care system won't address their concerns." L.S.C.



New emeriti segue into part-time pursuits

Two longtime members of the DMS faculty—who've tallied 55 years at Dartmouth between them—were recently named to emeritus status.

Oxman: Dr. Thomas Oxman, the director of geriatric psychiatry at DHMC since 1988, has no intention of giving up his professional activities just yet. Two days a week, he'll continue to serve as medical director—a position he's held since 1996—at the Glencliff Home for the

Elderly near New Hampshire's Mount Moosilauke. He's also the managing partner of a company that consults with health-care organizations on managing depression in primary-care settings. And he plans to travel to see family and friends.

After graduating from Dartmouth College in 1971, Oxman earned his M.D. at the University of Colorado, then did residencies at DHMC and at Mount Zion Medical Center in San Francisco. During his training, he studied with the famous developmental psychologist Erik Erikson.

From 1980 to 1983, Oxman worked at the University of Cincinnati Medical Center as the director of behavioral medicine services in a pain control center. Then he joined the DMS faculty and later established the section of geriatric psychiatry as well as a geriatric psychiatry fellowship. He also played a key role in keeping the Glencliff Home, which provides care to el-

derly people with mental illness, from being closed.

Known for his studies of geriatric psychiatry, he is secretary-treasurer-elect of the American Association of Geriatric Psychiatry and a Distinguished Fellow of the American Psychiatric Association. A paper he published in 1995—on the impact of spirituality and faith on healing in older patients—still pops up in

the national media every so often. In 2001, for instance, *Readers Digest* reported that "patients comforted by their faith had three times the chance of being alive six months after open-heart surgery than patients who found no comfort in religion." The attention that paper got, Oxman says, was "my Andy Warhol 15 minutes of fame."

Young: Dr. William Young, an ob-gyn, has retired from clinical practice but says he's still got three "jobs"—two involving international health and the third "pure fun."

Young and his wife, Sarah, helped build and now volunteer at a clinic in Lwala, Kenya, that was started by two Dartmouth College graduates—Milton and Fred Ochieng, natives of Lwala—who are now medical students at Vanderbilt. Young also works with the Dartmouth-Kosovo Alliance for Healthy Newborns Project, an outgrowth of the DMS-Kosovo initiative, which was begun in 2001 to help restore the health-care system devastated by the Bosnian conflict.

STRICTLY BY THE BOOK

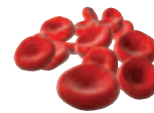
My shoe was calling. *Take me off*, it whispered. *Tap my heel against your forehead three times. Do it now, quick, no one will notice.*" That is American humorist David Sedaris's description—in "A Plague of Tics," a chapter in his memoir, *Naked*—of his childhood struggle to overcome obsessive-compulsive disorder. His essay was one of many literary pieces pondered by an eclectic group of participants in a recent Literature and Medicine Program held at Dartmouth-Hitchcock.



The monthly gatherings, which are sponsored by the New Hampshire Humanities Council, are part of a nationwide hospital-based initiative that brings together diverse groups of people for literature-based discussions on health-care issues. The 20 members of the DHMC group ranged from physicians and nurses to support staffers and computer programmers.

"I wanted to find out what [other] people deal with," explains Patricia Latona, a senior programming analyst, "and gain some insight into the medical world." A.T.

THIS VESSEL IS READY FOR BOARDING: DHMC has the first integrated vascular surgery residency approved in the U.S. After completing the five-year program, doctors are qualified to sit for the vascular surgery board exam.



FAMILY GOES TO EXTREMES

Normally, when ABC-TV's hit show *Extreme Makeover: Home Edition* rehabs a deserving family's home, the family goes on vacation, often to Disney World. But while a volunteer construction crew raced to build a new 3,000-square-foot ranch house in only 106 hours—less than four and a half days—for the



Sara Vitale, left, at David's House.

Vitale family of Athens, Vt., Sara and Louis Vitale and their two young sons passed up the chance to go on a free vacation.

Instead, they spent the time volunteering at David's House, a residence for patients whose children are patients at the Children's Hospital at Dartmouth.

The Vitales had spent 18 weeks at David's House in 2005 after their son, Louis Angelo, Jr., was born with severe birth defects. In fact, it was those medical problems that prompted Sara Vitale to write a letter to the show's producers, asking for help in building a home that would accommodate her son's special needs. But David's House didn't even need to ask for the help that the Vitales gave back to them. L.S.C.

STAIRWAY TO HEALTH

The words "Free / exercise / equipment" appear on successive risers of one staircase. "Stairway to health" is emblazoned on another. There's also "Be a / frequent flier / Frequent / these flights." These snicker-worthy signs began appearing in uncarpeted stairwells at DHMC during the summer of 2006 as part of the Take the Stairs project, an initiative of the Heath Improvement Program (HIP) that's intended to make climbing stairs more appealing than riding elevators.



HIP—for which DHMC earned a 2007 Outstanding Achievement Award from the New Hampshire Governor's Council on Physical Activity and Health—has developed many easy ways to exercise, like walking challenges and scavenger hunts. And those clever stair signs. They may not quite make concrete steps into a stairway to heaven—but a "stairway to health" is a pretty good alternative. A.T.

No more napping in darkened classrooms

Though not what most people would call a vacation, DMS's radiology elective used to be considered "a bit of a radi-holiday," puns Dr. Petra Lewis. When she was a radiology resident at DHMC in the mid-1990s, she rarely saw students in the department. But things changed in 1998 when Lewis joined the faculty and became director of the radiology electives program.

Menu: No longer a "radi-holiday," the department's menu of educational opportunities now includes one basic and three specialized electives for fourth-year students. Radiology has also been incorporated earlier in the medical curriculum, with a computer-based learning program for third-year students and an elective for first- and second-years. And there are now nine hours of lectures—up from two hours a couple of years ago—during second year.

The reason for the changes is that radiology now touches nearly every other specialty. "Greater than 95 percent of [doctors] are going to be involved in ordering or interpreting some form of imaging," points out Lewis.

Useful: Students have been quick to realize the utility of the offerings. Basic Clinical Radiology is "one of the most useful and well-taught electives at DMS," says fourth-year student Scott Morgan. The course takes a multifaceted approach, ranging from interactive lectures to "Diagnosis

Please?" e-mail quizzes. It also includes "Cool Case" presentations where, with the help of a faculty facilitator, students teach each other. Each student also chooses a subspecialty and shadows radiologists in that section.

The basic elective is offered quarterly and can accommodate up to eight students at a time. "It's almost always full because it's such a well-run elective," says fourth-year student Christopher Anderson. "It's a small group, and [the lecturers] are very interactive and ask a lot of questions."

The integration of radiology into other courses has also been popular. "We're building on different skill sets at the time [students] need them," Lewis says. In first-year Human Anatomy and Embryology, for example, x-ray and CT images of normal anatomy are

JON GILBERT FOX



Lewis may lecture in a darkened room, but she's igniting interest in radiology.



COMING OF AGE: Given that Vermont is the fastest-aging state in the nation and New Hampshire is the fourth-fastest, the Health Resources and Services Administration is giving Dartmouth \$1.24 million over three years to develop a geriatric education center.

the U.S. Skinner was recognized for his research on the economic impact of geographic variations in health-care expenditures. He is affiliated with the Dartmouth Institute for Health Policy and Clinical Practice (formerly CECS).

Ambrose Cheung, M.D., a professor of microbiology and immunology, was elected a fellow of the American Association for the Advancement of Science in the biological sciences section, for his contributions to the understanding of bacterial virulence and molecular pathogenesis.



Kris Strohbehn, M.D., an associate professor of obstetrics and gynecology, was elected president of the American Urogynecologic Society.

Joseph O'Donnell, M.D., a professor of medicine and senior advising dean for Dartmouth Medical School, was recently presented with the 2007 Margaret Hay Edwards medal by the American Association for Cancer Education.



William Hickey, M.D., a professor of pathology, has been appointed a member of the board of governors of the College of American Pathologists.

Bruce Stanton, Ph.D., a professor of physiology, was elected to the board of trustees of the Mount Desert Island Biological Labora-

tory. He studies the molecular mechanisms of cystic fibrosis.

Joel Lazar, M.D., an assistant professor of community and family medicine, received the top prize in the prose category of the Family Medicine Education Consortium's Creative Writing Competition. His winning entry was a short story titled "Ceremony."



Timothy Lahey, M.D., an assistant professor of medicine, received the 2007 Astellas Young Investigator Award from the Infectious Disease Society of America. He studies HIV infection.

Three members of the faculty—**Joseph O'Donnell, M.D.**, a professor of medicine and senior advising dean; **Seddon Savage, M.D.**, an adjunct associate professor of anesthesiology and director of the Dartmouth Center on Addiction, Recovery, and Education; and **William Cooley, M.D.**, an adjunct associate professor of pediatrics—were inducted into the National Academy of Practice in Medicine.

Catherine Pipas, M.D., an associate professor of community and family medicine and assistant dean of medical education, received a presidential commendation from the Society of Teachers of Family Medicine for her contributions to the organization's Predoctoral Directors Development Institute.



Gerald O'Connor, Sc.D., Ph.D., a professor of medicine and one of the founders of the Northern New England Cystic Fibrosis Foundation, was presented with the Richard C. Talamo Distinguished Clinical Achievement Award. And **Hebe Quinton, M.S.**, a research associate in medicine, received the inaugural Cystic Fibrosis Foundation Quality Improvement Award. Both are also affiliated with the Dartmouth Institute for Health Policy and Clinical Practice.

Therese Stukel, Ph.D., an adjunct professor of community and family medicine, was named a fellow of the American Statistical Association.

Four DHMC residents in internal medicine were recently honored by the New Hampshire-Vermont American College of Physicians. Second-year resident **Anthony Yin, M.D.**, and third-year resident **Elizabeth Cogbill, M.D.**, received the associate member presentation grand prize; their presentation was titled "Heralded by the Nose." And second-year resident **Felicita Thol, M.D.**, and third-year resident **Annette Beyea, M.D.**, received first prize for "A Case of Hemoptysis."

The Northern Mountain Branch of the American Association for Laboratory Animal Science recognized two DHMC staff members with 2007 awards: **Darlene Royce**, a research assistant in the Department of Pharmacology and Toxicology, was named Technologist of the Year; and **Nina Bishop**, a lead laboratory animal technician in the Animal Resources Center, received the group's Horizon Award. ■

THEN & NOW

A reminder of the pace of change, and of timeless truths, from the Spring 1984 issue of this magazine:

That issue's cover story was written by Dr. John Wennberg, the subject of *this* issue's cover story. Almost 24 years ago, he wrote: "My colleagues and I have conducted a series of studies of variations in the use of medical services. . . . These have provided many examples of uncertainty in medical decision-making of which practicing physicians have been unaware. . . . The attention paid to our findings encourages us to feel that we are at grips with problems of major importance to the future of medicine. We hope we can help to resolve them."



2007

Year Wennberg was named "the most influential health-policy researcher of the past 25 years" by *Health Affairs*