Satcher Leads Convocation
Exercises for the Brody School of Medicine

by: Arlene Chung, MD Class of 2005

Recent graduate, Arlene Chung was a familiar face in the Generalist office during her time in medical school. A Brody Scholar, she served as an advocate in many primary care organizations and activities. As a 2001 NC Schweitzer Fellow, Arlene conducted health education outreach to residents of the Greenville Community Shelter. She also served as president of the ECU chapter of AMSA and went on to become an Associate Trustee for the region. In 2003, she was honored as a Health Care Hero by the National Health Service Corps for her abstract, “Bridges,” which she presented at the Annual AMSA meeting. In July, Arlene began her residency in Medicine/Pediatrics at Brody/Pitt County Memorial Hospital.

Commencement is a special time in our careers as medical students. It is a time for reflection, fond remembrances, and bittersweet goodbyes. It is a time for us to realize how far we really have come and a time to celebrate our successes throughout the years. It is a time when we finally realize that our journey as doctors is truly just beginning.

It is a tradition for each graduating class of the Brody School of Medicine to select a commencement speaker. For each class it is an opportunity to make the day even more special. From our first year of medical school we all look eagerly toward the day when we would realize our dreams and finally become doctors. Thus, the selection of a commencement speaker was especially important to our class. Obtaining a true consensus among a group of over seventy medical students is usually a difficult endeavor. However, we came to this decision easily and the clear choice was David Satcher, MD, former Surgeon General of the United States. From the time we took nominations as first year medical students, and through our years of medical

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Reflections on Graduates

The summer months are a bittersweet time of the year. Graduation has come and gone, and my hallway has been quiet since the first year students are off resting and relaxing, perhaps, preparing for the adventure of their second year in medical school. Our Schweitzer Fellows are tackling their service projects in earnest, but more on that later.

On the second year hallway there was a somewhat more frantic quietness as the last push to remember all that they learned in the first two years of medical school culminated on various days throughout the summer in Part I of the USMLE. For fans of the television program Amazing Race this is a roadblock, a task which can only be performed by one. Just as in the Amazing Race though our students knew that they had a partner rooting for them. Certainly parents, spouses, friends, and others, but also all of their fellow students, and all of the faculty who worked so hard with them through the two years to get them to this point.

The third year students had only a short respite before the fourth year, with clerkships and residency interviews, began. It’s an exciting time for them which hits its highest point on Match Day and the graduation exercises.

Those are two great days for the Office of Generalist Programs (OGP) as well and the OGP could not have been more pleased. Brody set the standard in the Match, with 75% of our students choosing residencies in primary care. Where only 9% of U.S. seniors matched in Family Medicine, 23% of our students did, in Internal Medicine it was 19% to 25%, in Pediatrics 12% to 16%, and Med/Peds 2% to 10%. Our Schweitzer Fellows graduates also made us proud with 100% choosing residencies in primary care. That led me to our totals for the seven years of the program at Brody, and I calculated that 72.7% of our Schweitzer Fellows have chosen primary care residencies. That’s 40.9% in Family Medicine, 18.2% in Internal Medicine, 9.1% in Pediatrics, and 4.5% in Medicine/Pediatrics.

We were chartered as a primary care school to provide primary care services for the citizens of eastern North Carolina. In 1985, four years after the graduation of our first four year class there were fewer than 800 primary care physicians in this region. Now there are more than 1,700. We were honored at our medical school graduation convocation to have Dr. David Satcher as our speaker. We were even more honored when he acknowledged our outstanding track record in graduating physicians to the primary care service of our population.

I’m a little melancholy now, and so I especially enjoy my time in the Outpatient Department where the enthusiasm of the young (they seem to get younger every year) residents is infectious, and the pediatric patients, the children with whom I work, all conspire to make me feel young myself. In a few short weeks there will be added to that the energy of a new group of first year students. My hallway will be noisy again and I’ll respond to their frenetic pace by quickening my steps as we work to see how the OGP and I can help to encourage yet another group towards this vital career we know as primary care.
Nine from Brody Chosen as Schweitzer Fellows

Nine Brody School of Medicine students assisted by the Generalist Program have been chosen as North Carolina Schweitzer Fellows for 2005. A total of 22 North Carolina students from schools of medicine, nursing, dentistry and public health were selected to implement their 16 proposals to improve the health of North Carolinians.

The Schweitzer Fellowship continues the legacy of Dr. Albert Schweitzer, who is viewed as one of the great humanitarians of the 20th Century. The fellowship was founded in 1940 to support the work of Dr. Schweitzer in Lambaréné, Gabon, during World War II. Since that time, the fellowship has continued to support the hospital there as well as other programs, and began sponsoring local programs to address unmet health care and social needs in the U.S.

Schweitzer fellows are chosen on a competitive basis from student applicants in a variety of health related fields, including medicine, nursing, public health, social work, and law, and they continue their conventional professional training while participating in the Schweitzer Fellows Program.

Yvonne Ator, of Greensboro, will implement an HIV/AIDS Prevention through Awareness, Counseling and Testing (PACT) program. The campaign will strive to raise awareness of the HIV epidemic in Pitt County, to provide counseling and to implement the new HIV rapid testing procedure.

“I’m excited about my project because we will be taking the tests to the people and giving results the same day in an attempt to stop HIV in its tracks by reducing risky behaviors, empowering people to live healthy lives, and take advantage of community resources,” Ator said. “My project will focus on populations that are falling through the cracks in the fight against AIDS, the so-called disenfranchised of our society. My patients will include the people at community shelters, soup kitchens, the rehab center and domestic violence shelters.”

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Brody School of Medicine 2005 Match Results

Students Participating in the National Residency Matching Program 69

Specialty Choice:

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Family Medicine</td>
<td>23%</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>25%</td>
</tr>
<tr>
<td>Medicine/Pediatrics</td>
<td>10%</td>
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<tr>
<td>Pediatrics</td>
<td>16%</td>
</tr>
<tr>
<td>Medicine/Family</td>
<td>1%</td>
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<tr>
<td>Ob/Gyn</td>
<td>3%</td>
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<tr>
<td>Medicine Preliminary</td>
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Subtotal 75%

Total 81%

Forty-two percent of the class opted to remain in North Carolina for their residency and 20 percent will do so at University Health Systems of Eastern Carolina.

Brody student, Amera Leuwahernmuong (left) congratulates Maliena Dowd (right) on matching in Pediatrics at the University of South Florida in Tampa.

You must give some time to your fellow men. Even if it’s a little thing, do something for others—something for which you get no pay but the privilege of doing it.

- Albert Schweitzer
Big Doctoring Exhibit Comes to Brody

by: Dawn Robinson Hoffmann, Office of Generalist Programs

In time for our end of year celebrations the Big Doctoring in America Exhibit arrived at the Brody School of Medicine to honor the Brody Scholars. Parents, students and faculty, had the opportunity to tour the exhibit of black and white photography from the Match day ceremony, on March 17, to April 1, 2005.

The two-part presentation began with the documentary photography of Dr. John Moses, a pediatrician and photographer, and culminated with the third annual Brody Distinguished Lecture given on March 23 by Dr. Fitzhugh Mullan, a pediatrician, political activist and author of Big Doctoring in America, Profiles in Primary Care.

The Big Doctoring Exhibit was comprised of a series of vignettes telling the autobiographical stories of fifteen primary care professionals across the country. The documentary style photographs and descriptive panels provide a brief look at the individuals chronicled in Dr. Mullan’s book.

The Brody Distinguished Lecture series came into being in 2003 with a generous gift by the Brody family. Each year since then, a prominent speaker has been invited to meet the Brody Scholars and give the lecture.

Dr. Mullan, an accomplished author, has served as an advocate for primary care health and health policy. Currently, he is Clinical Professor of Pediatrics at George Washington University and a contributing editor to the Journal of Health Affairs. Formerly he held the rank of Assistant Surgeon General and he has held the position of Director of the Bureau of Health Promotions of the Health Resources and Services Administration (HRSA).

In putting together the Big Doctoring project, Drs. Mullan and Moses took to the road in search of the latter day GPs. The legacy of the generalist begins with the general practitioner, so this marked their starting point as they sought those visionary individuals best suited for the challenges of primary care medicine today.

Dr. Mullan opened his speech by saying that he felt at home speaking on primary care at Brody. “Although I haven’t been here before it feels very familiar. It feels like a homecoming,” he said.

“My work surrounding Big Doctoring in the last few years has been founded on primary care and its role in the United States. The case that I bring to you today about primary care’s importance is one that speaks both to the soul of medicine and also to the

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I read about Albert Schweitzer when I was in elementary school. He became my hero. I wanted to go to a third world country and be a doctor.

Right from the start I wanted to be a primary care doctor. I was going to take care of folks over time. I was going to be there for them, the first contact person, whatever they needed.

Holly Gerlaugh, FNP, PA-C with her patients. Maine-Dartmouth Family Practice, Augusta, Maine

Linda Headrick, MD and colleagues. Case Western Reserve, Cleveland, OH

To experience the Big Doctoring project, firsthand, please visit www.bigdoctoring.com for a preview.

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role of healing in our society. The role of the generalist, the expectation that as individuals and as community, we will have healers who will deal with us as more than a medley of organ systems, is very important. It is important to us as individuals in terms of how we get our care, in terms of the human touch side of care, and in terms of the integration and navigation of that care. At some point in our lives, having a highly refined, integrating force—an integrating person who knows us and can help us navigate the system in a highly clinical, intelligent way is a very valuable function for us as individuals,” he said.

Photos Courtesy of John Moses, MD

Dr. Fitzhugh Mullan examining one of his patients.

Photographs from the Big Doctoring Exhibit, reproduced with the permission of John Moses, MD. Excerpts from Big Doctoring in America by Fitzhugh Mullan, MD © 2002 University of California Press

John Moses divides his time as a primary care pediatrician and a documentary photographer. He is currently on the faculty of the Center for the Study of Medical Ethics and Humanities at Duke University and has recently taught courses on the exploration of medical issues through photography at the Duke Center for Documentary Studies. Dr. Moses has a profound interest in working with teenage parents and his photographs on this subject appear in The Youngest Parents by Robert Coles.

David Satcher, MD

Satcher Leads Brody Convocation

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Dr. David Satcher completed his four-year term as the 16th Surgeon General of the United States in February 2002. He also served as Assistant Secretary for Health from February 1998 to January 2001, making him only the second person in history to have held the positions of Surgeon General and Assistant Secretary for Health simultaneously.

In December 2004, Dr. Satcher was appointed as the Interim President of the Morehouse School of Medicine in Atlanta. Previously, he had been named the Director of the new National Center for Primary Care at the Morehouse School of Medicine in Atlanta, Georgia. Before assuming that post, he served as a Senior Visiting Fellow with the Kaiser Family Foundation, where he spent his time reflecting and writing about his experiences in government, and consulting on public health programs.

From 1993 to 1998, Dr. Satcher served as Director of the Centers for Disease Control and Prevention and Administrator of the Agency for Toxic Substances and Disease Registry. Before that, he was President of Meharry Medical College in Nashville, Tennessee, from 1982 to 1993. Prior to that, Dr. Satcher served as professor and chairman of the Department of Community and Family Medicine at Morehouse School of Medicine. He had held a similar position at King Drew Medical Center while also serving on the faculty of the University of California at Los Angeles.

As Surgeon General and Assistant Secretary for Health, Dr. Satcher spearheaded the development of Healthy People 2010 which included the elimination of racial and ethnic disparities in health as one of its two goals. He also released 14 Surgeon General’s reports on topics such as tobacco and health, mental health, suicide prevention, oral health, sexual health, youth violence prevention, and obesity.

Dr. Satcher, a Morehouse College graduate (1963), is a former Robert Wood Johnson Clinical Scholar and Macy Faculty Fellow. He is the recipient of over 40 honorary degrees and numerous distinguished honors, including top awards from the leading health professional organization. In 2004, he received the “Voice of Conscience Award” from Aetna for his work toward eliminating health disparities. In 2002, he received the “Rhoda and Bernard Sarnat International Prize in Mental Health” and the “City of Medicine Award.”

Dr. Satcher received his M.D. and Ph.D. from Case Western Reserve University in 1970 with election to Alpha Omega Alpha Honor Society. Dr. Satcher would most like to be known as the Surgeon General who listened to the American people and responded with effective programs. His mission continues to be, to make medicine and public health work for all groups in this nation.
Jacob Cuellar, a native of Plymouth, will lead Hearts N’ Parks: Salud para su Corazon, a cardiovascular disease prevention initiative for 80 to 100 Hispanic children aged six to 12 years old enrolled in the Pitt County school system.

“Salud para su Corazon is a fun, enriching summer youth program that is aimed at increasing the awareness of modifiable cardiovascular risk factors, such as being overweight or physically inactive, by demonstrating ways to adopt healthy lifestyle changes to Hispanic children,” he said.

“This program will immerse many Hispanic children in an environment that supports and encourages a healthy lifestyle and increased physical activity in order to prevent cardiovascular disease.”

Jessica Flynn will educate senior adults about new Medicare Part-D prescription benefit and how it will specifically affect individuals. “The target audience is anyone on Medicare,” she said. “I hope to reach them through the Brody Geriatrics Center, church groups and the Council on Aging.”

She added, “The Medicare Modernization Act drug package officially begins in January 2006, but its effects and benefits will last for years to come. If seniors understand the implications of the law from the beginning, they will be better equipped for future enrollment periods, and also in a better position to understand future updates of the MMA.”

Steven Manning and Cindy Johns will lead the Obediah Project, which stands for obesity, diabetes and Hobbgood.

“We will be providing diabetes and obesity education to the residents of Hobbgood at the Thomas Shields Community Center,” Manning said. “We will give weekly presentations on nutrition, physical activity and other issues related to diabetes and obesity.”

They also plan to provide weekly home visits to interested individuals for more specific education and information on diabetes and obesity, and to hold monthly clinics at the Shields Community Center. Along with having a physician available at the clinic, they will also involve undergraduate students of the North Carolina Student Rural Health Coalition (NCSRHC).

“This project actually started with our involvement in the NCSRHC when we were undergraduate students at ECU,” Manning said. “In June 1999, I had the opportunity to help start this clinic in Hobbgood. At each clinic, we provide a general screening that includes height, weight, blood pressure, pulse, visual acuity and blood glucose levels.

“For years, we have worked to get a physician involved with the clinic in order to provide comprehensive medical care. Finally, with the aid of this project, we will be able to accomplish some of the many goals we set years ago,” he said.

The Hobbgood Health Clinic is held every first Saturday at the Thomas Shields Community Center in Hobbgood.
Schweitzer Fellows

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**Virginia Stewart** will implement a bilingual health education program for Latinos with screenings for breast cancer, cervical cancer and diabetes.

Stewart’s project, *LUPAS: Luchando por la Salud,* (Striving for Health) will use existing community resources to improve discrepancies in health care within the Hispanic community through three main goals: education, enrollment in health insurance programs, and direct medical care and disease screenings.

The education component consists of a series of interactive lectures designed and delivered by Stewart in Spanish to target Latinos living in Pitt County. Lectures, pamphlets, and materials will cover a variety of health topics including: breast cancer, motor vehicle safety, diabetes awareness, dental hygiene, maternal health and pre-natal care, disaster preparedness and first aid.

Latinos lacking health insurance who are in need of medical care or more advanced disease screenings will be referred to the Pitt County Health Department or Pitt County Care, a free clinic for uninsured individuals and families. Those eligible will be enrolled in health insurance programs. Pitt County Care is staffed on a voluntary basis by local physicians and students from the Brody School of Medicine and ECU School of Nursing, Stewart said.

**Shelly Strickland** will conduct a summer day camp for Native American elementary school students in Robeson County. Her project promotes healthy eating habits and physical activity. “The program will work to restore pride in the students’ ancestry and teach them a healthier way of living,” Strickland said. The camp participants will be involved in nutrition studies, education sessions about diseases associated with obesity and discussions about Native American culture and history.

“To promote self-esteem while teaching the importance of healthy eating and physical activity, I plan to educate the youth about the lifestyles our ancestors led and to show them that by using the teachings of our elders as a foundation, we are able to achieve the same type of healthy, well-balanced lives,” she said.

*Everyone in his own environment must strive to practice true humanity toward others.*

The future of the world depends on it.

- Albert Schweitzer