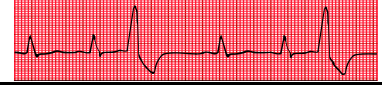




ALUMNI PULSE



UMDNJ-New Jersey Medical School
Department of Physical Medicine
and Rehabilitation
December 2009



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Chair's Corner

Greetings and welcome to our alumni newsletter. I want to wish each of you a safe and happy holiday season and a healthy, peaceful and prosperous New Year.

The department history has been updated. It can be located at: http://njms.umdj.edu/departments/physical_medicine_rehabilitation/documents/HistoryPMR2009.pdf. Please let me know if I need to include anything else. It is hard to believe that I arrived here in 1987, more than 22 years ago, and that we have accomplished this much. However, no progress has been made with respect to the site selection for the new Henry H. Kessler research building as their current lease on the Kessler/Select West Orange site is up in August 2010. This is in part due to the country's economic recession and stock market losses. The Foundation Board will probably make a decision at its December 2009 meeting.

There is little news with respect to the Department, New Jersey Medical School and University Hospital. The medical school still has an interim dean and we have many department Chairs unfilled. University Hospital continues to run at a deficit, and the State has a significant deficit. It is hoped that both issues will be resolved in 2010.

I continue to be involved in national and international organized medicine. I just completed my term (October 2009) as the past Chair of the Council of Academic Societies of the Association of American Medical Colleges. I have less than a year left of my two-year term as Chair of the American Board of Medical Specialties (ABMS). It takes a lot of my time. I'm also Chair for another ten months of the International Society of Physical and Rehabilitation Medicine (ISPRM). I encourage you to join ISPRM.

I would like you to consider giving a generous tax-deductible gift to our Residency Training Fund. We use these donated funds to "extras" that we would not otherwise be able to afford. These funds are used in the resident applicant interview process and for joint injection models. Please make your check payable to the "PM&R Residency Training Fund" and mail it to my Newark address located on the cover page. I would very much appreciate receiving your nominations for our Alumnus of the Year award for 2010.

Best regards,

Joel A. DeLisa, M.D., M.S.
Professor and Chair

*f*rom the residency director...

Greetings all, and best wishes of the season!

This year has been a good one for the Residency Program. We have had many events occur of which we are especially pleased. We are very proud to announce that Jon Kirschner, one of our senior residents, won the Elkin's Award! This is the 7th time that one of our seniors has been awarded this honor; we attribute this to our structured didactics, bright residents, and broad clinical exposure to a variety of patients with different diagnoses.

We had our RRC (Residency Review Committee) Site Visit for accreditation in May. This involves spending many hours completing the required paperwork (over 100 typed pages describing all details of our program) and meeting with the ACGME Site Visitor for a day long visit. We were proud and delighted to be notified that not only did we receive a **5-year accreditation** (the longest possible), but also we received NO citations and several commendations for our teaching, didactic curriculum, and evaluation methods including the OSCE. These achievements would never have been possible without the hard work of all of our faculty, our residents, and of course Doreen – our most wonderful Residency Coordinator!!! Thanks to all of you!

We are progressing through interview season. So far this year we have conducted four interview days, with ten still to come. We are limiting each day to six applicants, so each gets more time with all interviewers. The Chief Residents are considered key to this process, as it allows us to get their important perspective on each applicant as a future colleague. The hardest part is choosing only the most excellent candidates, so that every person we bring for an interview will have a chance of being in our program.

This year we have received 343 applications, and we are seeking 7 residents. We have 184 US Graduates, including 67 Osteopathic students. Here are the trends over the past few years. As you can see, there are not significant changes over the past few years.

Interviewees	2006-2007	2007-2008	2008-2009	2009-2010
# of applicants (for # of positions)	326 (7)	365 (10)	352 (8)	343 (7)
US graduates	159	199	170	184
Osteopaths	48	74	71	67
UMDNJ (all schools)	12	19	16	16
# invited for interview	103	96	96	86

The curriculum and learning environment continues to evolve and improve. We have once again revised the Research Curriculum, with the new format being received quite positively by the residents. The main change has been the integration of the Post-Doctoral Fellows into the didactic teaching, and an emphasis on collaborations between the Post-Docs and our residents. We hope that this will help facilitate high quality research for all involved, and inspire our residents to publish some papers with the results of their work. Clinically, we have added another resident to the East Orange VA, increased the number of attendings at the Lyons VA to two, and started doing EMGs at Lyons two ½ days per week. In addition, I have moved my clinical practice over to the VA full time, which is allowing me much greater contact with the residents and more time to teach. Kessler West has welcomed Drs. Nieves and Jasey as attendings (and former residents) and they are enhancing the clinical teaching at these sites. We also have increased the frequency of P&O clinics attended by the residents while at Kessler, with both Kessler North and West residents going to clinics at the other sites.

Planning is underway for this year's Annual Board Review Course. Last year was the first time we "went digital", with course handouts and slides being given out on DVD (thus saving many trees). This was very popular, so we are continuing this format for the upcoming year. We anticipate the course to be outstanding, and as usual our seniors and fellows will be able to attend the entire course. This course is primarily for Boards Part 1, but we've found that it also serves as a great review for those taking the MOC (Maintenance of certification) exam. We also have Mock Oral Exams, specifically targeted at those taking Part 2. We have standardized this format, based on the ABPM&R information about the exam provided on their website, so that the format will be similar to what you may encounter during your Oral Board exam. We also have one entire day of Prosthetics & Orthotics, as a special "Program," which will be open to all our residents, as well as residents at other programs in the New York/New Jersey area.

Hopefully, you have fond memories of your time spend here in training. Please remember us on your Holiday Gift list, as we always appreciate donations aimed at resident education!!

Please remember that I am always available to help with job searches or advice; just drop me an email at garstasv@umdnj.edu or susan.garstang@va.gov or susan.garstang@verizon.net.

Take Care, and again Happy Holidays.....!

Best wishes,

Susan V. Garstang, M.D.
Residency Program Director

Note: for those of you alumni out there who may be seeking a job change, please be aware that I keep every job offer that comes into this office (several per month), from all over the country. I'd be happy to share these with you at your request. Just e-mail or call me with preferred location or job type, and I'll send you the information.



AAP Accepts Resident Poster

At the annual meeting of the AAPMR in Austin, Texas held October 22-25, 2009, seven of our residents presented posters. Under our school's GME policy, these residents were entitled to receive reimbursement for their airfare, course registration and two night's accommodation, subject to UMDNJ's usual restrictions on travel reimbursement. The following residents are congratulated for this accomplishment:

- Neeti Bathia
- Miguel Coba
- Margie Donlon
- Anupama Ganga
- Brett Gerstman
- Stephanie Liu
- Kelly Scollon



A Word from the Coordinator

Season's greetings to all and may you enjoy the blessings of peace and prosperity as we come to the close of another wonderful year in our residency program and begin the journey toward an even better New Year!

Doreen



FACULTY & ALUMNI NEWS

Thomas Findley, M.D., Ph.D. shares that he has been named Editor-in-Chief for the International Journal of Therapeutic Massage and Bodywork: Research, Education and Practice.

Patrick Foye, M.D. has been named on USA Today's list of "Most Influential Doctors." The list "recognizes medical leaders with expertise in treating specific diseases whom their colleagues look to for advice on treatment guidelines, new therapies and innovative approaches to medical care."

Patrick Foye, M.D. received a Patients' Choice Award in August 2009, "rated and awarded by patients," via MDx Medical, Inc.

Todd Stitik, M.D. has been named on USA Today's list of "Most Influential Doctors."

Casey O'Donnell, D.O. (Class of 2006) has been elected Vice President of the Rhode Island Pain Society.

Rachel Smith, D.O. (Class of 2001) announces that she is named in Delaware Today's 2009 Top Docs list for pain management. Dr. Smith says, "I attribute a lot of the success many of us have to the excellent training we have received at UMDNJ."

Congratulations to **MyLan Lam, M.D.** and her husband, Brad on the birth of their first baby, *Matthew Lam Smith*. Little Matthew joined his parents on November 13th. He weighed 4 lbs. 8 oz. and measured 18 inches.



Congratulations to **Lisa Varghese-Kroll, M.D.** (Class of 2009) and her husband, Caleb, on the birth of their first child, *Kaya Sarala-Ramona Kroll*. Little Kaya was born on August 31, 2009. She weighed 8 lbs., 5 oz. and was 20 inches long.



Faculty Appointments

Monica L. Jefferson, Ph.D., has joined the department as a Clinical Assistant Professor. She is a member of the medical staff at Kessler Institute for Rehabilitation as well as New Jersey Healthcare system Department of Veterans Administration. Her primary research interest includes the study of adjustment and recovery from physical injury and illness and the mental health of racial/ethnic minorities.

Kathleen Hodgkiss, Ph.D., has joined the department as an Instructor. She is presently finishing a Post-doctoral Fellowship in War Related Illness and Injury at the Veterans Affairs Medical Center in East Orange, NJ. Her major research interest is in the area of Rehabilitation Neuropsychology and much of her experience has been working with individuals with Traumatic Brain Injury.

We would like to welcome these two new faculty members and look forward to their many contributions to the department.

Faculty Awards/Honors

Dr. Foye inducted into Master Educator Guild at UMDNJ



Patrick Foye, M.D., Associate Professor of PM&R at NJMS, was recently inducted into the

Master Educator Guild at the UMDNJ. The Guild recognizes outstanding medical educators. Dr. Foye teaches

within all four years of the medical school curriculum at New Jersey Medical School and is Director of Medical Student Education in PM&R. He is also National Chairman of the Medical Student Clerkship Directors' Council for the Association of Academic Physiatrists, national managing editor for eMedicine, and President of the NJ Society of PM&R. Dr. Foye serves as Co-Director of the Spine/Musculoskeletal Fellowship, Co-Director of the Back Pain Clinic, and Director of the Tailbone Pain Center at University Hospital in Newark.

Dr. Foye Receives National Distinguished Clinician Award



Patrick Foye, M.D., Associate Professor of PM&R at NJMS has been named this year's recipient of the Distinguished Clinician Award from the American Academy of Physical Medicine and Rehabilitation (AAPM&R). The award is given to only 2-3 physicians nationwide, to honor individual PM&R physicians who have achieved distinction on the basis of their scholarly level of teaching and their outstanding performance in patient care activities." Dr. Foye's previous awards include the "Equal Justice Award", from the N.J. State Bar Association, for providing medical evaluations to low income individuals, and the "Excellence in Teaching Award" from The UMDNJ Foundation.

Faculty Publications

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New Faculty Grants Since Our Last Issue



Trevor Dyson-Hudson, M.D., Assistant Professor – UMDNJ, Research Scientist – Kessler Foundation Research Center, was awarded a \$12,814.00 grant, over a period of one year, from the Christopher and Dana Reeve Foundation for a spinal cord injury conference, “Life After Spinal Cord Injury Conference: Empowering People with Spinal Cord Injury to Compete in Today’s Workforce.”



Glenn Wylie, Ph.D., Assistant Professor – UMDNJ, Research Scientist – Kessler Foundation Research Center, was awarded a \$469,453.00 grant, over a period of three years, from the New Jersey Commission on Brain Injury Research to study, “Advanced Brain Imaging in Traumatic Brain Injury.”



James Sumowski, Ph.D., Instructor – UMDNJ, Research Scientist – Kessler Foundation Research Center, was awarded a \$78,447.00 grant over a period of one year from the National Institute of Health (NIH)/National Institute of Neurological Disorders and Stroke (NINDS) to study, “Impact of Cognitive Reserve on Memory Functioning in Multiple Sclerosis.”

[Picture not available] **Steven Kirshblum, M.D.**, Professor – UMDNJ, Medical Director – Kessler Institute for Rehabilitation, was awarded \$4,700.00 grant, over a period of one year, in collaboration with the University of California at Irvine, from the C.H. Neilson Foundation for the “United States Multi-Center Study to Assess the Validity and Reliability of the Spinal Cord Independence Measure (SCIM) III.”



Nancy Chiaravalloti, Ph.D., Associate Professor – UMDNJ, Director, Neuropsychology and Neuroscience Laboratory – Kessler Foundation Research Center, was awarded a \$749,057.00 training grant, over a period of four years, from the National Institute on Disability and Rehabilitation Research (NIDRR) and the Department of Education (DOE) for “Advanced Rehabilitation Research Training (ARRT) Center on Neurocognitive Rehabilitation.” Dr. Chiaravalloti was also awarded a second grant from NIDRR and the DOE, totaling \$591,030.00 over a period of three years, for a field-initiated study titled, “Improving New Learning in TBI: Using fMRI to Measure Outcome.”



Peggy Chen, Ph.D., Instructor – UMDNJ, Research Scientist – Kessler Foundation Research Center, was awarded a \$153,845.00 grant, over a period of two years, from the National Institute of Health (NIH) to study, “Visuospacial Rehabilitation after Right Hemisphere Stroke.”

David Tulsy, Ph.D., Associate Professor – UMDNJ, Director, Spinal Cord Injury Research and Vice President of Outcomes and Assessment Research – Kessler Foundation Research Center, was awarded a \$55,800 grant in collaboration with Veterans Affairs in Tampa, Florida from Veterans Affairs Tampa to study, “Development of a Quality of Life Tool or Deployment Related TBI.” Dr. Tulsy was also awarded a Rehabilitation Institute Research Corporation Grant (RRTC) from the National Institute on Disability and Rehabilitation Research (NIDRR) and the Department of Education (DOE), totaling \$724,664.00 for “Improving Measurement of Medical Rehabilitation Outcomes.” Finally, Dr. Tulsy was awarded a \$35,000.00 field-initiation grant from NIDRR/DOE, in collaboration with the Craig Hospital, to study, “Developing a Relevant Instrument to Assess Caregiver Distress and Benefit in SCI.”



The Roots of Christmas 2009 *John Bach, M.D.*

Last year for Christmas we learned what the odds are to come to exist on this planet as human beings and that they are far less favorable than the odds of picking one atom of the 10^{80} in this Universe and winning a lottery with it. Now we will look at the roots of Christmas.

The gods and other mythological figures who were similar to Jesus in one way or another included Moses, Osiris-Dionysus, Asclepius, Apollo, Helios, Horus, Buddha, and especially Mithras and Dusares. Perhaps Dionysos had the most in common with Jesus. He too was worshipped on December 25th, the “Rustic Dionysia or Saturnalia.” Sources claim that Dionysus died on a cross. According to Martin Hengel, Dionysus lived in Palestine for a long time. Christian notions of eating and drinking the “flesh” and “blood” of Jesus were derived from the cult of Dionysus. Dionysus, the god of wine, was felt within individual followers as a sort of holy spirit. When one drank alcohol they were literally drinking Dionysus. Anything done under the influence of alcohol was being done because of Dionysus. In the 19th century, Bultmann and others

concluded that the Dionysian theophany was transferred to Jesus. Peter Wick argues that the use of wine symbolism in the Gospel of John, including the story of the Marriage at Cana at which Jesus turns water into wine, was intended to show Jesus as superior to Dionysus. Indeed, the nymph Nikaia of Bithynia spurned Hymnos and later Dionysos, devoting herself to hunting. Dionysos, however, desiring her, intoxicated her by changing her water into wine then violated her. Judaism was also influenced by Dionysian traditions. Dionysos' major holiday, actually, was in March and called Dionysia or Easter.

December 25th is also the birthdate of the sun gods Mithras and Dusares and the day of the Winter solstice in ancient Greek times. Mithraism emerged in 15th century BCE Persia. 'Mihir' was the word for "Sun" and "friend". He was originally worshipped as supreme god of love. The ancient Armenians identified Mithra with the sun. He was conceived of as a kind of angel, a power of light who fights on the side of good and wisdom.

Dusares is especially interesting. The Nabataean kingdom's capitals were Petra and Damascus. The Nabataeans were Arabic and their principal male deity was Dusura, Dousares in Greek, and identified with Dionysus. Earlier, a man by the name of Dusares had been born and educated in Palestine, and served in a monastic order there. Strabo said that the Nabataeans also praised a virgin whose Arabic name was Chaabou. Dusares was the offspring of the virgin Chaabou and only son of the "lord" (despojtu). The panegyarchs of Nabataean cities came to Petra to assist in the festival of his birth on December 25th.

Worship of a dying god, son of the Earth-mother, was the principal cult of this North Arabian people during the period immediately before and after the life of Jesus of Nazareth in Palestine. Their Mother-goddess Allat was "Mother of the gods." Dusares and Allat of the Nabataeans are an Arabian version of the great Babylonian myth of Tammuz and Ishtar. Dusares is identified with Dionysus and the original character common to both was that of a Sun-god and patron of fertility. Dusares is also a wine deity, a god of Fertility represented by a baetyl, a local Arabic Earth and Sun deity and, as son of the virgin Earth-goddess, he is a Babylonian deity. The celebration of his birth on December 25th at Petra and the northern cities of Bostra and Adraa is a copy of the spring festivities at Babylon, when the death, burial, and resurrection of Marduk were celebrated. The December 25th celebration at Petra was also done in Alexandria, Egypt where during the evening festival an image of a baby was taken from the temple sanctuary and greeted with loud acclamation by the worshippers, saying, "the Virgin has begotten." Also on the

night of December 25th a festival before the image of Demeter ended with the bringing forth from beneath the earth of the image of Aion, which was carried seven times around the inner sanctuary of Core's temple. Epiphanius, in whose writings this Egyptian cult is described, identifies the virgin mother of this myth with the Greek Demeter as he does with the virgin mother of Dusares, Chaabou of the Nabataeans. There is a wide syncretism here of Babylonian, Greek, Egyptian, and Christian elements. The Nabataeans had elaborate cults of Tammuz and Ishtar, of Osiris and Isis, of Dionysus and Basilinna, and the equivalent of Proserpine-Demeter in which a male deity was represented as a youth, son of the Mother-goddess, who was reborn yearly in midwinter and who died in the summer.

Since the Christians had no idea of when Jesus was born, it was convenient, and perhaps life-saving, to celebrate his birthday on a day when all the Romans were celebrating the Saturnalia, a day when the slaves were free, employees were off, and all were carousing in the streets of Rome. How many of us remember the origin of Halloween or, for that matter, Ground Hog Day. Now you know the roots of the Christmas festivities.



Philosophical Sayings

"You can be a lion maybe once in your life. If you don't make this deal, you are a mouse forever."

One thing I cannot recycle is wasted time.

People may doubt what you say, but will believe what you do.

Never explain—your friends do not need it, and your enemies will not believe it.

Time you enjoyed wasting was not wasted.

Courage is not a lack of fear, but the ability to act while facing fear.

If you're heading in the wrong direction, you are allowed a U-turn.

You've got to do your own growing, no matter how tall your father was.

The best way to predict your future is to create it.

Don't look where you fell, but where you slipped.

Look at life through the windshield, not the rearview mirror.

Culinary Corner

These no-fuss, pumpkin-filled tarts with cranberry topping make a memorable finish for your holiday dinner.

Pumpkin Cream Tarts with Candied Cranberries

Serves 8

- 3 cup(s) gingersnap cookie crumbs
- 2 tablespoon(s) cinnamon
- 1 1/2 stick(s) unsalted butter
- 2 3/4 cup(s) sugar
- 1 cup(s) fresh cranberries
- 1/2 cup(s) milk
- 1 teaspoon(s) unflavored gelatin
- 1 cup(s) puréed pumpkin
- 2 tablespoon(s) brandy or Cognac
- 1/4 teaspoon(s) ground nutmeg
- 1/4 teaspoon(s) ground cloves
- 4 large egg yolks
- 1 cup(s) heavy cream, whipped to stiff peaks



1. Make the tart shells: Preheat oven to 350 degrees F. Combine the gingersnap cookie crumbs, 2 teaspoons cinnamon, and butter in a large bowl. Cover the bottoms and sides of eight 3 1/2-inch tartlet pans with removable bottoms with the crumb mixture. Transfer the tartlet shells to a baking sheet and bake for 10 minutes. Cool completely.
2. Make the cranberry topping: Bring 2 cups sugar and 1/2 cup water to a boil in a small saucepan over high heat. Add the cranberries and cook until they just begin to soften. Remove cranberries with a slotted spoon to a small bowl and set aside. Reserve cranberry syrup for another use.
3. Make the filling: Fill a large bowl with ice and water and set aside. Place the milk in a small bowl, sprinkle the gelatin over it, and set aside. Combine the pumpkin purée, 3/4 cup sugar, brandy, remaining cinnamon, nutmeg, cloves, and egg yolks in large saucepan. Cook over medium heat, whisking constantly, until the mixture begins to bubble and a thermometer reads 140 degrees F. Stir in the milk mixture, cook for 1 more minute, transfer the mixture to a medium bowl, and place over the prepared ice bath. Stir occasionally, until cool – about 10 minutes. Fold the whipped cream into the chilled pumpkin mixture, fill the prepared shells, and smooth the

tops. Chill for 6 hours or overnight. Top each tartlet with a spoonful of the candied cranberries and serve cold.

Provided by: **COUNTRY LIVING**



For the pooch in your family

Box-er Chocolates

Canine chocolates beautifully gift-wrapped – perfect for holiday giving. Molds for chocolate making are available from kitchenware suppliers, or improvise with an ice-cube tray.



Makes 15-25
Preparation time: 15 minutes, plus setting

- 8 oz (250 g) carob chips or carob bar, broken into small pieces
- 1 tablespoon pure vanilla extract
- 3 oz (75 g) pistachio nuts or peanuts, crushed

To decorate:

- 1 oz (25 g) blanched almonds
 - 1 oz (25 g) glacé cherries
1. Place the carob in a heatproof glass bowl. Set the bowl over a saucepan of lightly simmering water and heat until the carob has melted. Stir in the vanilla extract and nuts. Pour into chocolate molds or ice-cube trays and transfer to the refrigerator until set.
 2. Carefully press the chocolates out of the mold or tray. Decorate each with an almond or glacé cherry. Transfer to truffle or mini cake cases and place in a small, decorated box. Cover with saran wrap, attach a bow and present to your favorite dog.



Tips 'n Tails

The chocolates will only keep for 5-7 days as they are made from natural ingredients, unlike commercial chocolates. Don't be tempted to substitute cocoa powder for the carob as chocolate is poisonous to dogs.

Taken from **PUPSNACKS**

