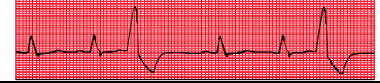




# ALUMNI PULSE



UMDNJ-New Jersey Medical School  
Department of Physical Medicine  
and Rehabilitation  
December 2007



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## Chair's Corner

I want to wish each of you a happy holiday and a healthy, peaceful and prosperous New Year.

The external review of my stewardship as chair of our department was completed on November 12-13, 2007. The three external reviewers were Kristjan T. Ragnarsson, MD, (PM&R Chair at Mount Sinai, New York), Elliot J. Roth, MD (PM&R Chair at Northwestern University) and Robert J. Weber, MD, (PM&R Chair at SUNY Upstate Medical University). During their on-site visit, the reviewers interviewed medical students, residents, faculty members, chairs of other departments at NJMS, and individuals within the Dean's office. Their report is expected to be received by the end of December. Hopefully, it will suggest more resources (personnel, space, equipment, etc.). However, the reviewers were very concerned about succession and strengthening the relationships of the department with University Hospital, the Kessler Institute for Rehabilitation/Select Medical Corp. and KMRREC/Henry H. Kessler Foundation. I concur with their concern – the real issue/question is how.

### Jones Law

**Anyone who makes a significant contribution to any field of endeavor, and stays in that field long enough, becomes an obstruction to its progress – in direct proportion to the importance of the original contribution**

I hope that the succession plan can be successfully completed over the next three years.

By now you should have received a copy of the Department history. This is a working document and I welcome suggestions or any changes or improvements.

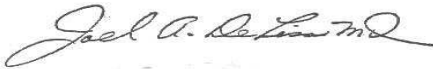
KMRREC had an outstanding year with respect to grant funding. In June 2006 KMRREC received federal re-designation as a "Spinal Cord Injury Model System" for another five-year term. The Model Systems Program, sponsored by the National Institute on Disability and Rehabilitation Research (NIDRR), is a federal extramural grant program of selected research and demonstration sites that provide exemplary, state-of-the-art care from point of injury through acute medical care, comprehensive rehabilitation, and long-term follow-up and health maintenance services. This grant is for \$457,000 annually for five years.

In July 2007 NIDRR notified KMRREC that it has also been designated as a Traumatic Brain Injury Model System. This grant is for \$423,590 annually for five years, and it started on October 1, 2007. Together with University Hospital, we are one of only seven departments in the U.S. to hold federal designation as both a “spinal cord injury model system” as well as a “traumatic brain injury model system.” Three new multi-year NIH grants have also been obtained at KMRREC. Currently, KMRREC has \$2 million in external grants in 2007, \$2.8 million in 2010 and \$1.6 million in 2011.

KMRREC merged with the Henry H. Kessler Foundation in 2007. New sites are being evaluated for the future home of both entities. A decision should be made in 2008.

I would like you to consider giving a generous tax-deductible gift to our Residency Training Fund. We use these donated funds for “extras” that we would not otherwise be able to afford. For example, last year we purchased software for a Web-based resident evaluation system that has dramatically improved the quality of feedback we receive about the performance of our trainees and our faculty. 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 also very much appreciate receiving your nominations for our Alumnus of the Year award for 2008.

Best regards,



Joel A. DeLisa, MD, MS  
Professor and Chair

## *f*rom the residency director...

Greetings all, and happy holidays!

Well, another year is drawing to a close here, marking 2 ½ years since I became Residency Program Director (*time does fly when you're having fun!*). I feel like this program is truly my home, and I am continually striving to improve things for the residents and faculty.

Interviews are well underway, with eight of our twelve interview days for the season completed. We had 365 applicants this year for ten positions, up from 326 applicants last year. 199 applicants are from US medical schools (159

last year), including 74 osteopathic students (48 last year), and 19 from UMDNJ (12 last year) (from all 3 schools). We have invited 96 applicants to interview, and will be interviewing through January 4<sup>th</sup>. They are a great group of candidates, and in fact I was sad to turn away people that in past years would have been invited to interview! We've changed the format of interviews so that only eight candidates per day interview, which allows me to meet all the applicants.

We continue to make changes in the curriculum and learning experience for the residents. Some recent changes include the initiation of Morning Report at Kessler, changes to Journal Club to be more case-based, and the use of our extensive radiology teaching file to have a “case of the week” in the resident lounge at Kessler. We are very excited about our most recent purchase: an epidural simulator which will allow our residents to gain skills in interventional spine procedures (ESI, facet, and SI). This training will occur with workshops to allow all residents ample time to practice on the simulator. The latest clinical addition we have made to the residency program is the incorporation of musculoskeletal ultrasound teaching at the VA (both diagnostic and to guide injections). Clinically, residents continue to rotate at Overlook Hospital with Dr. Rempson, and at Mountainside Hospital with Drs. Richard Bach and Rohit Keswani as well as outpatient clinics with Dr. Malanga. Additional clinical training in neuromuscular EMGs at University Hospital has also been added recently.

Planning is in progress for the Annual Board Review Course (see page 4). This promises to be an outstanding course, and as usual our seniors and fellows will be able to attend the entire course. We invite you to remember that this course may be useful to those of you who are studying for the ABPM&R Maintenance of Certification (MOC) exam. We will send out course brochures to our alumni, as the material covered will help you to prepare for your MOC exam.

Hopefully, you have fond memories of your time spent here in training, and you will consider contributing a financial gift to the residency program. Your contributions allow me to ensure the residency has funds to support resident activities. Even a small donation will help me fund the things that I think are important for the residents. An example of what I would like to use donations for is purchasing more simulation models for injections, or software to teach the six competencies in an interactive manner.

I always like to hear how well this residency prepared you for practice, but even more so I would greatly appreciate your input on what we DIDN'T teach you that you really needed

to know. Please feel free to contact me by phone (973) 972-4478 or email [garstasv@umdnj.edu](mailto:garstasv@umdnj.edu) to give me your suggestions on how we can ensure that this residency program remains the best in the country!

Again, best wishes for the holiday season, and happy New Year!

*Susan V. Garstang, MD*  
*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 email or call me with preferred location or job type, and I'll send you the information.**

### Leadership Issues at UMDNJ

Since January 2006 a federal monitor, Herbert J. Stern, Esq., has been supervising operations at UMDNJ under the direction of the U.S. Attorney's Office. A new report was released by the monitor in September 2007, summarizing an apparent scheme developed by an Associate Dean at Robert Wood Johnson Medical School in Camden involving tampering with student grades. Over a six-year period, this scheme produced higher clerkship grades for many students than they would have received without the Associate Dean's intervention. The Associate Dean involved in these allegations has been placed on administrative leave pending further disciplinary action by the University.

Judge Stern was appointed to oversee UMDNJ for a two-year term and possibly for a third year. He has just decided to end his oversight at UMDNJ on December 31, 2007.

Other developments at UMDNJ include the following:

- UMDNJ remains on probation with the Middle States Commission on Higher Education, its main accrediting body. While UMDNJ still holds accredited status and has made some progress, the Commission has expressed ongoing concerns about (1) financial concerns previously identified by the Commission, (2) Board/executive leadership, (3) the existence and exercise of appropriate oversight and control over the institution and its activities, and (4) development/ implementation of a sustainable climate and culture of institutional integrity. The Commission is expected to perform a site visit in January

2008 to evaluate progress in addressing these deficiencies. Additional time may be required before the Commission issues a report updating UMDNJ's accreditation status.

- **William F. Owen, Jr., M.D.**, UMDNJ President, has agreed to serve on the board of trustees of the Henry H. Kessler Foundation. President Owen will meet with the chairman of the Foundation board, Mr. W. Thomas Margetts, for an overview prior to the next full board meeting.
- University Hospital has projected a deficit during FY 2008, although October was reported as a break-even month. UMDNJ's reconstituted board of trustees has insisted on financial solvency as a fundamental expectation. The hospital plans to further reduce expenses in order to achieve overall solvency by June 2008.
- **The Bard Group**, which has been providing consulting services to UMDNJ over the past year on a wide range of operational and financial projects, has been suspended by University Hospital.

### Searches for NJMS Dean and Other Leadership Positions

The search for a new Dean at the New Jersey Medical School is expected to resume in January 2008. Apparently the newly reconstituted UMDNJ board and the new University Hospital board have used the past several months to reach agreement on the reporting accountability of the UH CEO. **Interim Dean Robert Johnson** has removed himself from further consideration as the permanent Dean. He is now moving ahead with two searches for department chairs in Neurology & Neurosciences and in Orthopaedics. Currently Dr. John Bach serves as a member of the former search committee, while Dr. Todd Stitik serves as the PM&R representative to the latter committee.

NJMS is also conducting a search for the position of Senior Associate Dean for Clinical Affairs (formerly the Associate Dean for Clinical Enterprise). Responsibilities will include the leadership and management of clinical services at the New Jersey Medical School. Successful applicants will demonstrate an understanding of managed care contracts in an academic medical environment, the development of a multi-specialty faculty practice and the monitoring of clinical faculty productivity. NJMS is also searching for an Associate Dean of the Graduate School of Biomedical Sciences. The Newark Division of Graduate School of Biomedical Sciences is being reorganized to achieve greater

integration within the New Jersey Medical School. The position of Associate Dean of GSBS, currently held by Dr. Nick Ingoglia, is being phased out and the new position of Associate Dean for Graduate Education is being created within NJMS.

### **Kessler Institute Again Ranks #2**

The Kessler Institute for Rehabilitation was again ranked as the #2 rehabilitation hospital in the country for 2007 by *U.S. News & World Report*. The top-ranked institution was the Rehabilitation Institute of Chicago, while the University of Washington at Seattle was ranked #3, Memorial Hermann TIRR in Houston was ranked #4, and the Mayo Clinic in Rochester, MN was ranked #5. This marks the 15<sup>th</sup> consecutive year that Kessler has been ranked among the nation's best rehabilitation hospitals by this publication.

### **Children's Specialized Hospital Relocates Rehabilitation Beds**

Children's Specialized Hospital, the largest pediatric rehabilitation facility in the country, relocated its inpatient rehabilitation beds from Mountainside, NJ to New Brunswick, NJ on December 4, 2007. The new \$69 million facility is known as "PSE&G Children's Specialized Hospital," is five stories high, and encompasses 125,000 square feet. The 60-bed facility is named for the state's largest utility company and was funded in part by a \$33 million capital campaign by Children's Specialized Hospital Foundation. It is adjacent to the Bristol-Myers Squibb Children's Hospital as well as to the Child Health Institute research facility in New Brunswick. Each patient room now has a 20-inch flat-screen television and a PlayStation 2, plus accommodations for families to stay overnight. Playrooms have heat in the flooring, and family areas on each floor include a kitchenette, washer and dryer.

The outpatient pediatric psychiatric practice will remain in Mountainside, which is where the PM&R residents will continue to rotate in the clinics. PM&R faculty members Dr. Martin Diamond, Dr. Michael Armento and Dr. JenFu Cheng will maintain their primary outpatient practices at CSH's existing Mountainside site. Dr. Michele Fantasia is expected to relocate to New Brunswick. Overnight call will be taken by the PM&R residents in New Brunswick.

Separately, Children's Specialized Hospital was ranked among the top 10 children's hospitals in the region by *New York Magazine* and in the top 12 "Best Places to Work in New Jersey" among all for-profit and non-profit

firms in the state by *NJ Biz Magazine*.

### **Memorial Service for Dr. Mitchell Rosenthal**

A memorial service was held for Dr. Mitchell Rosenthal on September 24, 2007 at the Westminster Hotel in Livingston. The service was attended by Mitch's friends and colleagues from across the country. Until his death on May 31, 2007, Dr. Rosenthal served as Professor of PM&R and Chief Operating Officer at the Kessler Medical Rehabilitation Research and Education Center. He also served as Project Director of the TBI National Database Center, funded by the National Institute on Disability and Rehabilitation Research. In addition to Dr. DeLisa, speakers at the memorial service included Dr. Bruce R. Caplan from Lankenau Hospital, Mrs. Marilyn Price Spivack (a TBI advocate), Dr. John Corrigan from Ohio State University, Dr. Allen W. Heinemann from Northwestern University and Mr. Clifford Rosenthal (Mitch's brother). In Dr. Rosenthal's memory, The Henry H. Kessler Foundation will endow a two-year postdoctoral fellowship in TBI, and will also be recruiting a senior doctoral scientist in TBI.

### **KMRREC Plans 20<sup>th</sup> Annual PM&R Review Course**

The 20th Annual KMRREC PM&R Review Course has been scheduled for Thursday, April 24 – Friday, May 2, 2008. To download the registration form and to get further information, please log on to: [www.kmrrec.org](http://www.kmrrec.org) or contact the KMRREC Education Department, 1199 Pleasant Valley Way, West Orange, NJ 07052, Phone: (973) 243-6812 Email: [gdeiorio@kmrrec.org](mailto:gdeiorio@kmrrec.org).

### **AAMC Launches Teaching Resource**

The Association of American Medical Colleges has opened a new, free on-line teaching resource known as [MedEd Portal](http://MedEdPortal.org). MedEd Portal is a collection of teaching materials for use by physician educators in a wide variety of specialties. Examples of MedEd Portal publications include tutorials, virtual patients, cases, lab manuals, assessment instruments and faculty development materials. MedEdPORTAL covers the continuum of medical education (i.e. undergraduate, graduate, and continuing medical education). McGill University School of Medicine has recently contributed more than 8,000 lectures and other teaching publications to this shared resource.

### **PM&R Clerkship Continues as Mandatory Rotation**

The threat to the existence of the mandatory PM&R

clerkship at New Jersey Medical School has abated. For AY 2007-2008 we are offering an 11<sup>th</sup> clerkship session at the request of the Curriculum Committee, which necessitated an early start for our clerkship. Last year a lecture was initiated on "Disability and Chronic Disease," and this has received positive student feedback. We have also been asked to add a new lecture that will teach medical students how to talk to a person with a disability. Last year the clerkship was asked to incorporate additional training in musculoskeletal medicine, and in evaluating and treating patients with disabilities related to acute and chronic conditions. The clerkship will thus continue and expand its role in helping NJMS meet the "Competencies for Curriculum Goals"

([www.umdnj.edu/edweb/competencies\\_060104.pdf](http://www.umdnj.edu/edweb/competencies_060104.pdf)) as well as the musculoskeletal curriculum outlined by the AAMC (<http://www.aamc.org/meded/msop/msop7.pdf>). Some of the relevant highlights of the PM&R clerkship are as follows:

- Expansion of the musculoskeletal competency checklist. This represents the first time in the history of NJMS that every graduating senior has been certified as having demonstrated competency in performing and understanding a core set of musculoskeletal physical exam maneuvers.
- Continuation of the musculoskeletal education provided in an osteoarthritis lecture, a lecture on chronic pain, a lecture on sports medicine, and a lecture on low back pain (new for 2007-8).
- a Web-based lecture on electrodiagnostic evaluation of neuro-musculoskeletal conditions

During 2006-7, 87.5% of students rated the teaching effectiveness in our clerkship as either "well above average" or "superior." Also, 90.2% of students rated the clerkships coverage of topics of chronic, continuing and rehabilitation care as "well above average" or "superior."

### **Medical Students Form PM&R Club**

A PM&R Club has been activated at NJMS and has grown to 38 members, including a large number of members from the first-year class. The student leader is SuAnn Chen (MS-4) and the club has been given a budget by the Student Affairs Office. The club viewed the movie "Murderball" on October 24, 2007, after which Dr. Susan Garstang, Assistant Professor and Residency Program Director, and Dr. Jeremiah Nieves, SCI fellow, fielded questions.

### **Teaching Affiliations Expected to Change**

Until now, the major teaching of NJMS medical students has centered on University Hospital, Hackensack University Medical Center and the VA New Jersey Health Care System.

Recently our school's teaching affiliations have come under pressure from off-shore medical schools, from schools in Philadelphia and New York and from the new Touro Medical School. The Dean expects that two new teaching affiliations involving the Saint Barnabas Health Care System and the St. Joseph's Hospital & Medical Center will be announced in the near future. Although the primary goal of these new affiliations will be to assure sufficient clinical training sites for our medical students, these affiliations may also lead to expanded sites for residency training. Our PM&R resident and medical student rotations will continue at Overlook Hospital through June 30, 2008. The Mountainside affiliation will also continue, but under Mountainside's new corporate parent, Merit Health System.

### **KMRREC Prepares for Accreditation Survey**

KMRREC will be undergoing a re-accreditation process by the Accreditation Council for Continuing Medical Education, including a site visit in 2008. This accreditation is necessary for KMRREC to continue granting Category I CME credits. The ACCME is the major organization for setting standards and accrediting continuing medical education programs in the U.S.

### **KMRREC Library Targets Alumni in Special Information Program**

During their training in our department, our residents, fellows and postdocs have a plethora of information available to them supporting evidence-based medicine such as eBooks, e-journals, and multiple databases to search for current medical knowledge. Upon graduation, however, many alumni are thrown into an informational void. They can search the Internet for information, but if they are not affiliated with another university, they generally have no way to obtain the articles at a reasonable cost.

Earlier this year a survey was e-mailed to a sample of past, current, and future graduating trainees about access to current medical journal articles. Forty-one percent of those surveyed responded that they would be willing to pay a reasonable fee to gain access to the medical literature, if it were offered by KMRREC. The KMRREC library has therefore developed a program to meet this need.

The program will work in conjunction with Pubmed (a free search engine of the National Library of Medicine). Alumni will be given access to Loansome Doc after filing out a registration form with the KMRREC Library and paying an annual fee of \$25 to help defray costs incurred by the Library



(such as paper, toner, staff time). This will entitle participants to 50 article requests per year. Additional charges will be assessed when they occur (such as copyright fees or commercial article sources). Articles will be e-mailed to the alumni whenever possible.

The KMRREC Library hopes to launch this exciting new program in early 2008, and will be providing further information to individual alumni by e-mail.

### NJ Commission Expected to Recommend Hospital Consolidations and Closures

A [preliminary report](#) has been issued by the so-called “New Jersey Commission on Rationalizing Health Care Resources.” The report outlines the criteria that will be used by the Commission for identifying which hospitals in New Jersey are considered to be “essential general acute care hospitals” and what financial support they will require in order to survive. The report also discusses various policy options for assisting non-essential but financially distressed hospitals in closing. The Commission’s final report with recommendations to Governor Corzine is expected within the next few weeks.

### Important Meeting Dates for 2008

<i>Date</i>	<i>Organization</i>	<i>Location</i>
Feb 19-23, 2008	Association of Academic Physiatrists	Anaheim, CA
May 28-31, 2008	American College of Sports Medicine	Indianapolis, IN
Jun 19-22, 2008	American Spinal Injury Association	San Diego, CA
Aug 11-13, 2008	American Paraplegia Society	Kissimmee, FL
Sep 17-20, 2008	American Association of Neuromuscular & Electrodiagnostic Medicine	Providence, RI
Oct 15-19, 2008	American Congress of Rehabilitation Medicine	Toronto, ON
Oct 31-Nov 5, 2008	Association of American Medical Colleges	San Antonio, TX
Nov 20-23, 2008	American Academy of Physical Medicine and Rehabilitation	San Diego, CA



## FACULTY & ALUMNI NEWS

### PM&R Faculty Promotions

Please join us in congratulating the following faculty members whose promotions became effective on July 1, 2007.

1. **Eric Altschuler, MD, PhD** - Assistant Professor
2. **Nancy D. Chiaravalloti, PhD** - Associate Professor
3. **Trevor Dyson-Hudson, MD** - Assistant Professor
4. **Patrick M. Foye, MD** - Associate Professor
5. **Gerard Malanga, MD** - Clinical Professor
6. **Karen Nolan, PhD** - Assistant Professor
7. **Amanda O'Brien, PhD** - Assistant Professor

**JenFu Cheng, M.D.** (residency '03, pediatric rehabilitation medicine fellowship '05) and professional photographer, has opened a display of his beautiful photographs from around the world in the east corridor at Children’s Specialized Hospital, 150 New Providence Road, Mountainside, NJ 07092. The exhibit continues through February 2, 2008.

**Brian A. Davis, M.D.** (residency '96, sports medicine fellowship '97), has been appointed as Fellowship Director of the new ACGME-accredited sports medicine fellowship that will be starting in AY 2008-2009 at UC-Davis. Dr. Davis serves as Associate Professor at the UC-Davis Medical Center with a joint appointment in PM&R as well as in Anesthesiology.

**Joel A. DeLisa, M.D., M.S.**, Professor and Chair, was elected Chair of the Association of American Medical College's Council of Academic Societies on November 5, 2007. The Council of Academic Societies is one of three governing councils of the AAMC, along with the Council of Deans and the Council of Teaching Hospitals and Health Systems. The CAS is comprised of the 94 leading academic societies in the U.S. devoted to biomedical and behavioral research, medical education, and patient care.

**Patrick Foye, M.D.**, Associate Professor of PM&R at NJMS, was elected to the Board of Governors of the UMDNJ-Newark Chapter of the American Association of University Professors (AAUP).

**Susan Garstang, M.D.** was appointed to be Member-at-Large of the Board of Trustees of the Association of Academic Physiatrists for the term 2007-2009.

**Todd Stitik, M.D.** was also elected to the board of directors of the Physiatric Association of Spine, Sports and Occupational Rehabilitation.

## Faculty Awards

**Randall L. Braddom, M.D., M.S.**, Clinical Professor of PM&R, received the Frank H. Krusen Award from the AAPMR for outstanding and unique contributions to the field of PM&R (the Academy's highest honor)

**Gerard Malanga, M.D.**, Clinical Professor of PM&R, received the Richard and Hinda Rosenthal Foundation Award & Lectureship for excellence in the non-surgical treatment of low back pain from the AAPMR

**Dr. DeLisa** also received the Edward J. Ill Outstanding Educator Award for 2007. The Edward J. Ill Excellence in Medicine Awards™ are awarded annually to honor those exemplary physicians and leaders whose dedication to education, research and public service have significantly impacted the delivery of healthcare in New Jersey and around the nation.

The Newark Municipal Council issued a formal proclamation commending **Todd P. Stitik, M.D.**, Professor and Director, Occupational/ Musculoskeletal Medicine, for providing medical care to a 12-year old Newark boy who required a prosthetic leg. Dated September 5, 2007, the commendation was issued on behalf of the people of Newark and praised Dr. Stitik's extraordinary kindness for going out of his way to meet this patient's special medical needs despite his family's limited financial means.

The following PM&R faculty members have been named to the *New York* magazine's "Best Doctors" list for 2007:

- **John R. Bach, M.D.**, Professor
- **Jeffrey Cole, M.D.**, Clinical Assistant Professor (pending)
- **Martin Diamond, M.D.**, Clinical Associate Professor
- **Joseph Feinberg, M.D.**, Clinical Assistant Professor
- **Steven Kirshblum, M.D.**, Professor

## Other Faculty Activities

**John Chae, M.D., M.E.** (residency class of 1994) was elected to Alpha Omega Alpha (alumni category) at a meeting of New Jersey Beta chapter on November 19, 2007. Current Dr. Chae serves as a tenured Associate Professor and Associate Director of Clinical Affairs at the Cleveland

Functional Electrical Stimulation Center of Excellence at the VA Medical Center.

**Gerard A. Malanga, M.D.** was an invited speaker and served on an expert panel regarding Adolescent Spine Problems with Stan Herring, MD, Professor, University of Washington at this year's American College of Sports Medicine's Annual meeting in New Orleans, LA. Dr. Malanga presented on "Diagnosis and Management of Idiopathic Scoliosis" and "Diagnosis and Management of Scheuermann's Kyphosis". Dr. Malanga also served as a sponsor of 9 separate case presentations at the meeting on a variety of sports medicine issues. Dr. Malanga is a Fellow of the American College of Sports Medicine.

**Dr. Malanga** was recently asked to be East Coast Medical consultant for the National Hockey League's Players Association.

**Dr. Malanga** provided commentary on two articles on low back pain in golfers appearing on the website: SpineUniverse.com( [www.SpineUniverse.com](http://www.SpineUniverse.com))

**Dr. Malanga** was recently quoted in a *New York Times* article on Concussions in Sports (Sunday Times, June 10, 2007).

**Anna Barrett, MD, Associate Professor**, Department of PM&R was selected by the American Academy of Neurology to receive the Norman Geschwind Prize for Behavioral Neurology, an early career award.

**John DeLuca, PhD, Professor**, Department of PM&R has received a mentor-based fellowship grant entitled "MS Fellowship in Neuropsychological Rehabilitation in the amount of \$365,133 from 2007-2012.

**Eric L. Altschuler, M.D., Ph.D.**, Assistant Professor, was mentioned on WNBC-TV's "News 4 You" on Monday, October 8, 2007 in connection with his theories on the Pythagorean ratios underlying music perception.

**Patrick M. Foye, M.D.**, Associate Professor and Clerkship Director, was quoted in *The Erickson Tribune*, an electronic newsletter targeting the elderly, in an article on back pain and tailbone pain.

## Faculty Publications

"**Autonomic Nervous System Dysfunction After Spinal Cord Injury.**" **Susan V. Garstang, MD**, Assistant Professor of PM&R, UMDNJ-NJMS; Stacey Miller-Smith, M.D. Phys Med Rehabil Clin N. Am 18(200&) 275-296.

**"Dynamometry Testing in Spinal Cord Injury."** Sue Ann Sisto, PT, MA, PhD, Associate Professor of PM&R, UMDNJ-NJMS; Trevor Dyson Hudson, M.D., Assistant Professor of PM&R, UMDNJ-NJMS. *Journal of Rehabilitation Research and Development*, Volume 44, Number 1, 2007 (123-136).

**"Long Term Survival in X-Linked Myotubular Myopathy."** Patrick M. Foye, MD, Assistant Professor of PM&R, UMDNJ-NJMS. *Dev Med Child Neurol*. 2007 June; 49(6):478.

**"New Approaches to Ganglion Impar Blocks via Coccygeal Joints."** Patrick M. Foye, MD, Assistant Professor of PM&R, UMDNJ-NJMS. *Regional Anesthesia and Pain Medicine*. Vol 32, No 3 (May-June), 2007: pp 269-273.

**"The Relationship Between Neuropsychological Measures and the Timed Instrumental Activities of Daily Living Task in Multiple Sclerosis."** Y. Goverover, HM Genova, FH Hillary, John DeLuca, PhD, Professor of PM&R, UMDNJ-NJMS. *Multiple Sclerosis* 2007; 13:636-644.

**"Treatment Innovation in Rehabilitation of Cognitive and Motor Deficits after Stroke and Brain Injury."** Anna M. Barrett, PhD, Associate Professor of PM&R, UMDNJ-NJMS; Levy CE; Rothi LJ. *Am J Phys Med Rehabil* 2007;86:423-425.

**"Amantadine for Adynamic Speech: Possible Benefit for Aphasia?"** Anna M. Barrett, M.D., Associate Professor of PM&R, UMDNJ-NJMS; P. J. Eslinger. *Am J Phys Med Rehabil* 2007;86:605-612.

**"Commentary on Confabulation in Dementia: Constantly Compensating Memory Systems,"** John DeLuca, PhD, Professor, Department of UMDNJ-NJMS. Published in: *Neuro-Psychoanalysis: An Interdisciplinary Journal for Psychoanalysis and the Neurosciences*: (2007); 9(1): 25-27.

**"Complications of Interlaminar Cervical Epidural Steroid Injections – A Review of the Literature."** Arjang Abbasi, DO; Gautam Malhotra, MD, Instructor, Department of PM&R, UMDNJ-NJMS; Gerard Malanga, MD, FACS, Associate Professor, Department of PM&R, UMDNJ-NJMS; Elie P. Elovic, MD, Associate Professor, Department of PM&R, UMDNJ-NJMS. *Spine*, Volume 32, Number 19, pp 2144-2151, 2007, Lippincott-Williams & Wilkins, Inc.

**"Efficacy and Safety of Hyaluronan Treatment in Combination Therapy with Home Exercise for Knee Osteoarthritis Pain."** Todd P. Stitik, MD, Professor, Department of PM&R; Marcia F. Blacksin, MD, Doreen M. Stiskal, PT, PhD, Associate, Department of PM&R; Jong H. Kim, MD, PhD; Patrick M. Foye, MD, Assistant Professor, Department of PM&R; Lisa Schoenherr, BA, CCRC, Research Coordinator, Department of PM&R; Eun-Seok Choi,

MD, PhD; Boqing Chen, MD, PhD, Clinical Assistant Professor, Department of PM&R; Howard J. Saunders, MA, CET, Associate, Department of PM&R; Scott F. Nadler, DO. *Arch Phys Med Rehabil*, Vol 88, (135), February 2007.

**"Examining Lactate in Severe TBI Using Proton Magnetic Resonance Spectroscopy."** F. G. Hillary; W.C. Liu; H. M. Genova; A.H. Maniker; Karen Kepler, DO, PhD, Assistant Professor, Department of PM&R, UMDNJ-NJMS; B. G. Greenwald, B.M; Cortese, A. Homnick; John DeLuca, PhD, Professor, Department of PM&R, UMDNJ-NJMS. *Brain Injury*, August 2007; 21(9); 981-991.

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## Holiday Eating Tips

**Avoid carrot sticks.** Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.

**Drink as much eggnog as you can.** And quickly. Like fine single-malt scotch, it's rare. In fact, it's even rarer than single-malt scotch. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnogalcoholic or something. It's a treat. Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!



**If something comes with gravy, use it.** That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.

**As for mashed potatoes,** always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.

**Do not have a snack before going to a party in an effort to control your eating.** The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?

**Under no circumstances should you exercise between now and New Year's.** You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.

**If you come across something really good at a buffet table,** like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention.

**Same for pies. Apple. Pumpkin. Mincemeat.** Have a slice of each. Or if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert? Labor Day?

**Did someone mention fruitcake?** Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards.

**One final tip:** If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Re-read tips; start over, but hurry, January is just around the corner.

**Remember this motto to live by:** "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"

**Have a great Holiday Season!**

