

SCHOOL OF MEDICINE MAKES HISTORY

Loma Linda University School of Medicine graduates record 10,000th medical student

By Larry Kidder

Inland Empire and Seventh-day Adventist Church history was made on Sunday, May 29, 2011, when the 10,000th medical student to graduate from Loma Linda University School of Medicine crossed the stage to receive his diploma.

Receiving that distinction was Reiker Schultz,

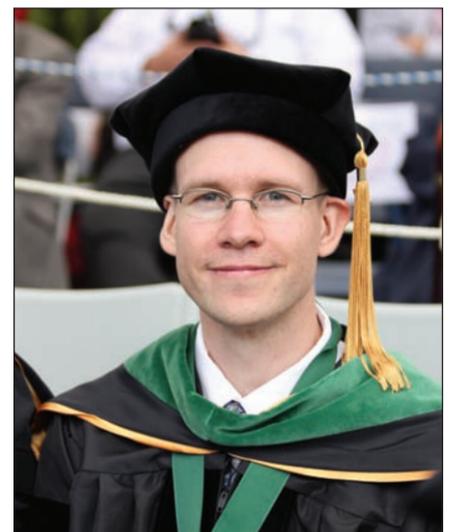
MD, a third-generation Loma Linda University School of Medicine graduate.

“My friends and family told me there were fireworks on the large screen,” Dr. Schultz laughs, “and that they even played a special fanfare, but I don’t remember any of it!”

“I was utterly shocked and in a daze,” Dr. Schultz admits. “In retrospect, however, the

experience gave me a bigger burden to do something special with my life and my career in order to honor the School of Medicine.”

Roger Hadley, MD, dean of the School of Medicine, says, “This community and this church should be very proud. Over more than a century, they have sustained a medical school that has graduated a Western United States record 10,000 medical students. The next closest is Stanford University, with 7,000 graduates.”



Reiker Schultz, MD, was the 10,000th medical student to graduate from Loma Linda University School of Medicine. He received his diploma on May 29, 2011.

Loma Linda University School of Medicine is only one of a handful of schools nationwide to graduate 10,000 students or more. Though previous classes were smaller, the school currently graduates more than 150 students each year. This year’s class numbered 162.

“Loma Linda University School of Medicine estimates that between one third and one fourth of physicians practicing in the Inland Empire have received some type of training at Loma Linda—whether medical school or residency,” Dr. Hadley points out. “That represents a major impact on the health care provided in our region.”

“To think of the impact this school—with more
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In October 2009, the school began a five-year celebration of its 100th anniversary. In 1909, the first medical school class of five students began training at the College of Medical Evangelists, precursor to the LLU School of Medicine. That first class graduated in 1914, meaning that the 100th class will graduate in 2014, when the school will conclude its centennial celebration.

“During much of the school’s history, the surrounding communities were largely orange groves,” Dr. Hadley continues. “For a medical school to flourish in this setting is really quite remarkable.”

The university property was purchased at the insistence of Ellen G. White, a leading pioneer of the fledgling Seventh-day Adventist Church. She urged John Burden, an Adventist pastor and educator, to make a down payment on the property. Within a year, the property had been paid for through private donations.



Reiker Schultz, MD (right), receives his diploma from a smiling Dean Hadley amidst a fanfare and fireworks shown on the Jumbotron behind the stage.

UNIVERSITY RELATIONS WINS EMMYS

Emmy Awards name Loma Linda TV show best in region

By Patricia Thio

The National Academy of Television Arts and Sciences named “Loma Linda 360” the best health/sciences program and the best magazine program in the region at the 37th annual Pacific Southwest Emmy Awards.

This past weekend, the LLU office of university relations won Emmys in four categories:

Health/Science – Program or Special

• “Loma Linda 360,” episode 3—“Stephanie’s Heart: Part 2,” Michael Wolcott, Larry Kidder, Loma Linda University

Magazine Program

• “Loma Linda 360,” episode 5, Patricia Thio, Maranatha Hay, Cosmin Cosma, Loma Linda University

Human Interest – Single Story or Series

• “Crossing Out Fear,” Patricia Thio, Cosmin Cosma, Loma Linda University

Documentary – Topical

• “Baby Blue,” Maranatha Hay, Loma Linda University

According to Patricia Thio, associate director of PR video, “Loma Linda 360” highlights Loma Linda’s unique stories of transforming lives.

“We tell these stories so that the community can experience what Loma Linda is all about,” she says, “and to inspire viewers to help make a positive difference.”

Season 3 featured gripping documentary footage taken just minutes after the 2010 Haiti
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Loma Linda’s office of university relations won Emmys in four categories. Pictured from left: Michael Wolcott, MA, video production specialist; Maranatha Hay, former video production specialist; Patricia Thio, associate director of PR video; and Cosmin Cosma, MA, video production specialist. Not pictured is Larry Kidder, MA, special projects editor. (Courtesy of Roesink Photography)

LEADERSHIP EXCELLENCE

Loma Linda University bestows honorary doctorate to Lowell Cooper

Contributed report

Loma Linda University presented its highest academic honor to Lowell C. Cooper, MDiv, MPH, in granting him an honorary doctorate of humane letters during the June 12 commencement ceremony for the School of Public Health.

Pastor Cooper is general vice president of the

Seventh-day Adventist Church and chair of the Loma Linda University boards.

The honorary doctorate “recognizes outstanding contributions to the welfare and the enrichment of the university, the state, the nation, or the world,” said Provost Ron Carter, PhD, in presenting the degree.

Pastor Cooper embodies Loma Linda Univer-

sity’s values, said Dr. Carter. The university’s stated core values are compassion, integrity, excellence, freedom, justice, purity/self-control, and humility.

Furthermore, Pastor Cooper’s effective leadership has enabled the university to “further the realization of our historic vision and mission ‘to make man whole,’” Dr. Carter said.

President Richard Hart, MD, DrPH, agreed.

“I want to add my thanks to Lowell,” he stated. “It’s been a privilege for the past 10 years on behalf of the university to sit on the boards with him. He has guided this university through

many challenges, many changes, as an absolutely excellent board chair.”

Pastor Cooper is also an alumnus of Loma Linda University, having graduated with a master’s degree in public health in 1978.

Lowell Cooper began his denominational service in 1969 as a pastor for the Peace River District of the Alberta Conference of Seventh-day Adventists. During the past four decades he has served the church in a number of capacities.

From 1973 to 1977, Pastor Cooper directed the lay activities department of the Alberta Confer-

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UNDER NEW MANAGEMENT

Big changes to accompany new management agreement at Loma Linda Market

By James Ponder

Loma Linda Market is under new management, and the new team has big plans to turn the store into a natural foods powerhouse with lots of new enticements for members of the community.

According to Angela Lalas, CPA, chief financial officer for Loma Linda University Shared Services (LLUSS), two Seventh-day Adventist businessmen from Indonesia assumed responsibility for managing the market as a limited liability company effective June 1.

Sendra Gunawan and Sutarsa Tanu will manage the store under the name of Loma Linda Market LLC. Two of their American associates—Phil Englehart and Mike Klein—will serve as co-managers of the store and coordinate day-to-day operations. The university will retain management of the Patio Pantry.

Mr. Englehart and Mr. Klein have big plans for the health food establishment, but they intend to honor the store’s legacy of offering natural and health food selections, including a greatly expanded list of vegetarian proteins and meat substitutes from different parts of the world.

Noting that the market has needed renovation for several decades, Mr. Klein says the store exterior will be modernized to make it look more attractive from the street, and the interior will undergo extensive changes, including a complete change of floor plan and layout, to make it more accessible and appealing.

Calling the changes “exciting,” Mr. Englehart says the store plans to expand the bakery, replace the produce bins, and enlarge the bulk foods section. He also notes that four individual take-out stations will offer hot pizza, Asian specialties, chef-of-the-day selections, and other delights prepared fresh daily, instead of limiting customers to one or two choices every day.

Mr. Klein noted that perennial favorites such as the chocolate prune cakes and wheat sticks that customers have enjoyed for decades will continue to be made using the same vintage bakery equipment to ensure that the flavor is not compromised in the least. He also said the bakery now features two great chefs—one dedicated to traditional favorites and the other concentrating on European-style artisan baked goods and pastries.

Ms. Lalas says the university decided to seek an outside management partnership for the store

after Robert Frost, MBA, who recently retired as director of the LLUSS Foundation, evaluated the market’s performance and concluded that it would be prudent for the organization to outsource the grocery outlet.

“University leadership is focusing on operations,” Ms. Lalas explains, “and this will enable us to prioritize our resources in the areas of teaching and health care while still having the market available to promote a healthy lifestyle through good nutrition.”

Mr. Gunawan is widely known in Asian business circles as CEO of Incasi Raya Group, a diversified group based in Panang, Indonesia, that operates a number of palm oil and rubber mills and plantations. His daughter, Angeline, is a student at the LLU School of Public Health, and his two sons received their MBA degrees from La Sierra University.

Mr. Tanu is president and owner of Watch World, a company that imports high-end retail timepieces into Indonesia.



Mike Klein and Phil Englehart, newly appointed co-managers of Loma Linda Market, say the venerable natural foods store will receive a complete renovation and modernization both inside and out. The upgrades are part of a new management agreement, which transfers responsibility for operating the market to a legal partnership of two Indonesian businessmen, Sendra Gunawan and Sutarsa Tanu.

“They’ll be renting the market space and giving us a percentage of the gross income,” Ms. Lalas says. “They want to promote natural foods and educate customers on how to prepare meals with vegetarian meat substitutes.”

Ms. Lalas notes that the market will be renovated soon. “We will handle the outside renovation,” she notes, “while the partnership will take

care of the inside.” She seems particularly pleased with one facet of the handover of operations to the new partnership.

“None of the employees lost their jobs because of the agreement,” she said. “The new management company offered jobs to all of the employees, and all but two accepted. Those two accepted jobs elsewhere.”

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than 10,000 graduates—has had on health care throughout the world,” Dr. Hadley continues, “is staggering.”

Dr. Hadley adds, “The LLU School of Medicine is also the longest continuously accredited medical school in Southern California.”

He attributes the sustained success of the school in a major part to the community, which has provided a wide variety of educational and training venues for the medical students and residents, as well as patients through whom the students and residents gain experience. “We could never graduate classes with more than 150 students if it weren’t for the other health care institutions in the Inland Empire that provide critical training experiences for our students,” Dr. Hadley says.

On Tuesday, May 31, Dr. Schultz and his family started on a cross-country journey that will take them to Cincinnati, Ohio, where Dr. Schultz will begin an internal medicine resi-

dency at The Jewish Hospital. He and his wife, Jessica, have two children: Jaron, age 10, and Alaina, age 8.

Dr. Schultz grew up in Chesaning, Michigan. His grandfather, Frank Richard Schultz, MD, graduated from LLU School of Medicine in 1940 and established a successful practice. His father, Richard Frank Schultz, MD, graduated in 1974 and completed an internal medicine residency, before joining his father’s practice.

Prior to completing his pre-medical requirements and a general science bachelor’s degree primarily in the biological sciences in 2007, Dr. Schultz was a computer-aided design (CAD) specialist at an automotive manufacturer in Portage, Michigan.

Following his residency, Dr. Schultz and his wife plan to serve abroad in a mission appointment. “Mission service is the real reason I came to medical school,” he explains. “I want to do something ‘real’ with my life that involves service to others.”

Emmy Awards ...

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earthquake, the story of Baby Fae who captured the hearts of our nation 25 years ago, and other documentaries that take place at home and around the globe.

The show aired last year on the PBS affiliate KVCR and KVCR-DC, and can be viewed online at:

<llu.edu/360>,
<youtube.com/lomalinda360>, and
<vimeo.com/channels/ll360>.

This is the show’s second year to win Emmy Awards. Last year, LLU swept its categories by bringing home three Emmys. The 37th annual Pacific Southwest Emmy Awards took place on June 18, 2011, in Carlsbad, California.



Larry Kidder wasn’t sure what to wear to the Emmys and missed his ride.



President Richard Hart, MD, DrPH (left), and Provost Ron Carter, PhD (right), hood Lowell Cooper, MDiv, MPH, as he receives his doctorate of humane letters.

Board of Trustees Report

Loma Linda University Adventist Health Sciences Center
Loma Linda University
Loma Linda University Medical Center



May 23-24, 2011

Several reports were presented to the Boards of Trustees for LLUAHSC, LLU, and LLUMC. Highlights of these reports are as follows:

Patient days for this year are projected to be the second highest during the past five years at the **medical center**, at 215,653. The institution has also seen modest increases in both inpatient and outpatient surgeries in the same period of time. An update was provided on the facility revitalization project that has impacted most of the inpatient units and some key common areas over the past few years. The rest of the units will be completed in the next few months. A report was also given on the Direct Hospitalist service, a program that will focus inpatient physician services and bring greater continuity of care for patients.

An update was given on the progress of **Loma Linda University Health System (LLUHS)**, a new corporation that, once established, will more closely integrate the physicians with the hospital system. In tandem, progress is also being made on bringing together the physician practices into one corporation. This closer relationship is intended to enhance quality and accessibility and decrease costs, all with a stronger focus on mission. Draft Bylaws for the new corporations will be presented in August, with the scope of responsibilities and reserved powers outlined for **Loma Linda University Adventist Health Sciences Center, Loma Linda University Medical Center, LLUHS**, and the new physician corporation.

Approval was given to transition the current clinical and financial health care information infrastructure to software from Epic Systems Corporation. The rationale for the change is multi-factorial; the goal is to better support **LLU Health System** clinicians and patients. The implementation will proceed over the next 18-24 months and will deploy an integrated platform supporting a comprehensive electronic medical record, computerized physician order entry, patient portals, and new scheduling, registration, and billing tools.

The **university** continues to be strong financially, despite the U.S. economic climate. Combined net assets of the university have increased to the highest point since 2008. Standard & Poor's (one of the Big Three credit agencies) has completed its review of the University's rating on its bond obligations and has affirmed an "A" rating with stable outlook.

A new program was unveiled at the **University** to strengthen science education in Adventist secondary schools. The Excellence in Science Experiential Education (EXSEED) program is scheduled for July 25-29 for academy science teachers, principals, and students.

University administration announced that 1,347 degrees would be conferred this year, the second-highest number of graduates in the past five years. On May 29, the School of Medicine graduated its 10,000th graduate. In its 101-year history, the School of Medicine has graduated more students than any other medical school in the West.

A new academic program was announced—the doctor of audiology (AuD). The 4-year program is slated to begin in fall 2013 in the **School of Allied Health Professions**, making it only the second program in the state.

The **Global Health Institute** received approval to establish a field station in Malawi. This will allow for faculty, resident, and student rotations, in addition to research, education, and other projects. It is hoped that model strategies for improving health care can be developed that can be replicated at other institutions.

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ence. In 1978, he and his family relocated to Lahore, Pakistan, after he accepted a dual assignment as director of the lay activities and Sabbath school departments.

In 1980, he was appointed to a similar position in the Southern Asia Division in Pune/Hosur, India. He continued in this assignment until 1985, when he transferred to the church ministries department of the same division.

Pastor Cooper was secretary of the Southern Asia Division from 1990 to 1994, when he returned to the United States to serve as an associate secretary of the General Conference. In 1998, he was elected to the position he currently holds as a general vice president of the General Conference.

Pastor Cooper and his wife, Rae Lee (née Figuhr), are the parents of two adult children—Jondell Roy and Todd.

STUDENT OUTREACH

Allied health students support cystic fibrosis walk



Junior and senior respiratory care students volunteered with the Cystic Fibrosis Foundation's Great Strides fundraising walk in Redlands on May 14. Helping out at the event in Sylvan Park were (from left) Lisa Todd, Jarred Tomita, Julie West, Jeffrey Wass, Joseph Diaz, Cecille Quidilla, Joshua Napod, and Edwin Ledezma. They are all working toward earning a bachelor's degree in respiratory care from the School of Allied Health Professions.



INNERWEAVE: The Wholeness Story

By Wil Alexander, PhD
Professor of family medicine, School of Medicine

The brother of one of my closest friends at LLU is approaching retirement age. By careful and frugal use of his money, he recently paid off the mortgage on his home, and paid off the rest of what he owed on his truck, which is his business, for he is a self-employed trucker. Imagine what it was like when his home and his truck disappeared in a violent tornado that leveled all around him.

He sought help from his insurance company and was informed that the tornado was an "act of God," and not covered! He and his have their lives and little else left to face an uncertain future.

What picture of God would be the most helpful to this man and his family just now? There is a quote in the book *Christ's Object Lessons* by Ellen White that I turn to in thinking of my picture of God, which I share when I can:

"Tell the sufferer of an almighty hand which will hold him up, of an infinite humanity in Christ that pities him. It is not enough for him to believe in law and force, things that have no pity, and never hear the cry for help. He needs to clasp a hand that is warm, to trust in a heart full of tenderness. Keep his mind stayed upon the thought of a divine presence ever beside him, ever looking on him with pitying love. Bid him think of a Father's heart that ever grieves over loss and brokenness, of a hand stretched out still, of a Father's voice saying 'take hold of my strength, and you will have peace.'" *Christ's Object Lessons*, p. 388.

In the face of great loss this may seem small comfort, yet the words are real and for sure. We do not grieve alone.

EDUCATIONAL EXCELLENCE

Association of American Medical Colleges report gives Loma Linda University School of Medicine high marks among national medical schools

By James Ponder

A 2011 report from the Association of American Medical Colleges paints an extremely favorable picture of Loma Linda University School of Medicine (LLUSM) in terms of educational quality, performance, and cost.

Titled "Medical School Missions Management Tool," the report measures each of the nation's 125 operational medical schools against six key indicators:

- Quality of medical education as evaluated by recent graduates
- Selection of medical specialty based on priority health needs of the nation
- Diversity in the physician workforce
- Advancement of medical discovery
- Preparing physicians to fulfill the needs of the community
- Graduating a medical school class with manageable debt

"I think it is very significant," notes H. Roger Hadley, MD, dean of the school, "that LLUSM scored among the top 15 percent of medical schools in several areas. Needless to say, this is a testimony to the expertise and dedication of our faculty and students as well as a reflection of our global mission."

In the first category, LLUSM scored in the 90th percentile of American medical schools in providing quality educational experiences in internal medicine clinical clerkships.

"This is a measurement of how our third-year students feel about the quality of the training they receive during this important three-month clinical rotation," Dr. Hadley observes. "We especially want to congratulate Dr. Raymond Wong, of the department of internal medicine. We couldn't be happier with the results!"

Dr. Hadley points out that LLUSM scored in

the top 15 percent in four other areas included in the first category: the communication of basic science course objectives to students; the degree to which basic science content offered relevant preparation for clerkships; how students feel about the importance of the clinical education they received during their fourth year of medical school; and the quality of educational experiences offered in other clinical clerkships.

"This is so, so important!" he beams. "It means that our programs in these key areas score higher than the vast majority of American medical schools. The faculty and staff have put a lot of concentrated effort into making these programs the best that they can be. This affirmation demonstrates that we're achieving our goals!"

In the second category, LLUSM came in at the 95th percentile of American medical schools for the percent of graduates choosing family medicine as their specialty.

"Family medicine is one of two key areas identified as national priority health needs," Dr. Hadley explains. "To think that we're in the top five percent of all American medical colleges is almost mind-boggling! But we also scored in the 85th percentile for placing graduates in primary care medicine, which is the other identified national priority health need. I am pleased that many of our students are opting for the primary care specialties."

In the third category, LLUSM placed in the 85th percentile of American medical schools for graduates who are Hispanic or Latino, and at the same level for faculty members who are Hispanic or Latino, American Indian or Alaska Native, or Black or African-American.

"We are very proud of our efforts to actively recruit both students and faculty from minority and underserved segments of the population," Dr. Hadley says. "Thanks to the efforts of several members of our staff—chiefly Drs.

Marino and Daisy De Leon of the Center for Health Disparities and Molecular Medicine—we have been reaching out to encourage gifted Inland Empire high school students to consider careers in medicine and science. These high marks from the Association of American Medical Colleges indicate that others are starting to take notice of what we've been doing in this area throughout the last decade."

In the fifth category, LLUSM scored in the 95th percentile in the education of student physicians in women's health issues and in culturally appropriate care for diverse populations.

"This is great," Dr. Hadley beams. "Here again, Loma Linda's global mission and faith-based imperative to train doctors to care for

human need regardless of cultural context comes to the fore."

In the sixth category, Dr. Hadley is very happy to report that LLUSM did not finish anywhere near the highest percentile.

"The sixth category is the cost of attending medical school," he explains. "We are happy to report that LLUSM came in at the 65th percentile for in-state graduates and way down at the 15th percentile for out-of-state graduates. What that means is that while students at LLUSM are receiving an education that ranks among the best in the nation, they're paying less for it than their counterparts at many other schools, including several with quality indicators far below ours."



Although they're required to pay considerably less than many of their peers at other institutions, Loma Linda University School of Medicine students receive an education that ranks well above average, according to a report issued by the American Association of Medical Colleges. "I think it is very significant," notes H. Roger Hadley, MD, dean of the school, "that LLUSM scored among the top 15 percent of medical schools in several areas. Needless to say, this is a testimony to the expertise and dedication of our faculty and students as well as a reflection of our global mission."

STUDENT-LED RESEARCH

Student research reveals poor-quality sleep may interfere with stroke recovery

By Heather Reifsnnyder

The job of a physical therapist entails more than just understanding the mechanics of the musculoskeletal system.

As research by doctoral student Paula Cavalcanti reveals, physical therapists need to understand how other factors affect recovery, particularly in stroke patients.

Ms. Cavalcanti, who is working toward a doctor of science in physical therapy, School of Allied Health Professions, conducted a study of chronic stroke patients correlating changes in sleep-wake patterns to their quality of life. Also collaborating on the study were Lee Berk, DrPH, associate professor of physical therapy, and principal investigators Dr. John Araujo and Dr. Tania F. Campos from Brazil's Federal University of Rio Grande do Norte, where Ms. Cavalcanti earned a master's of science in physical therapy.

Sleep problems can ultimately affect patients' efforts to regain full physical and mental functioning.

"We wanted to wake up the profession and say that we need to look at sleep, too," says Ms. Cavalcanti. "We, as physical therapists, can do something about it. Without proper sleep, the brain cannot form the motor memory necessary for recovery."

Brain injuries, such as those caused by a stroke, can impact sleep by interfering with circadian rhythm and the homeostatic regulation of sleep. The circadian system is like a 24-hour clock, telling the body things such as when it's time to eat, time to wake up, or time go to sleep. Homeostatic regulation is affected by factors such as a child crying in the middle of the night, or whether a person has slept too much or too little.

The two systems work together to control sleep.

Ms. Cavalcanti's study is the first to analyze how impairment of these two due to stroke affects the patient. She compared 22 chronic stroke patients (defined as having had their stroke injuries for more than six months) with 24 healthy subjects.

"The results suggest impairment of the sleep-wake cycle in stroke patients is caused mainly by their decreased level of activity due to stroke injury," Ms. Cavalcanti says. "We suggest it also decreases quality of life."

To measure quality of life, the researchers used standardized questionnaires focused on eight indicators: physical functioning, physical limitations, pain, general overall health, vitality, social life, emotional well-being, and mental health.

In each category, the stroke patients scored significantly lower than the healthy control subjects—as much as 81 percent lower in some cases.

Ms. Cavalcanti presented these findings at the American Heart Association's 2011 International Stroke Conference, held in February in Los Angeles.



According to a student-led research study, sleep problems can affect a patient's ability to regain full physical and mental functioning. The study is the first of its kind.

INTERNATIONAL HOSPITALITY

GHI-sponsored trip has rough start, but becomes unforgettable adventure

By James Ponder

Six health professionals from China and Thailand are huddling under a highway sign a few miles west of Kingman, Arizona, trying to keep cool.

It's 11:40 on a hot May morning. Praktan

Kokila and I—volunteer drivers for this suddenly ill-fated expedition—are staring at a cloud of blue smoke pouring from the engine compartment, wondering what to do next.

Five minutes ago, we were cruising Interstate 40 without a care in the world. But when the engine suddenly died, the trip rolled to a grinding halt.



Six guests of Loma Linda University's Global Health Institute and a volunteer driver ham it up outside Double Eagle Trading Post in Valle, Arizona. The group stopped at the colorful curio store during a recent trip to the Grand Canyon and Las Vegas. (Left to right): "Johnson" Zhou Qiang, MD; driver Praktan Kokila, MBA; "Sabrina" Ni Yinghua, PharmD; "Stone" Shi Zhuo, MD; "Marie" Chen Xuan, MD; "Kat" Kanlaya Janprasert; and "Annie" Zheng Xiaoping.

This isn't what our six international visitors had in mind when they signed up for a Southwest excursion offered as a diversion from their two-month mentorship program with the Global Health Institute (GHI) at Loma Linda University. Neither they nor Praktan have seen the Grand Canyon before.

Praktan and I aren't mechanics—he works in the patient registration department at Loma Linda University Medical Center and I'm a writer for LLU Shared Services—but we know this is something major. Time for a frantic call to Loma Linda ...

Eight hours later, the eight of us lean over the railing at the Grand Canyon hoping to see the Colorado River a mile below. The sun, however, went down 25 minutes ago and it's getting darker by the second. No luck on the river.

"Where are those lights coming from?" Johnson inquires. The speaker—known as Zhou Qiang, MD, at Sir Run Run Shaw Hospital in Hangzhou, China, where he works as a dermatologist—points to two distant beams to my left.

"Phantom Ranch," I reply. "It's a bunkhouse camp at the bottom of the canyon."

"Can we go there?" he asks.

"Not if you want to see Las Vegas tomorrow night," I reply.

It's a wonder we made it! After several calls to Bing Frazier and Jan Zumwalt at GHI and a couple to AAA and Yellow Cab, we drove off in a stylish Ford Flex from Enterprise in Kingman.

The repair shop said the transmission fluid pump gave out, frying the asbestos clutch plates in our van.

Although it's late to see much of anything, we're extremely relieved to be here at all! Praktan calls his sister to say what we're all thinking.

"The Grand Canyon is amazing!" he reports.

At 5:05 the next morning, Chen Xuan, MD—the anesthesiologist from Zhejiang University Children's Hospital who speaks impeccable English and tells everyone to call her Marie—waits in the parking lot, bags in hand.

"The others will be here soon," she predicts. "I can't wait to see Grand Canyon!"

When the sun pops over the stony walls at 5:30, the sight is dramatic and breathtaking. It's cold, but no one complains.

The grand scene presents Sabrina the perfect opportunity to ham it up. The Zhejiang University Children's Hospital pharmacist who goes by Ni Yinghua, PharmD, in China, leans against the rail, striking poses for the folks back home.

For the next five hours, we explore this incredible wonderland of stone and sky, visiting Grand Canyon Village, Desert View, and the prehistoric ruins of Tusayan before heading to Las Vegas. As we drive away, a majestic bull elk crosses the road, blocking traffic in both directions.

Stone, the cardiothoracic surgeon known to his

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TRANSITIONS IN LEADERSHIP

New Boards of Trustees named

By Heather Reifsnnyder

The corporate members (constituents) of Loma Linda University Adventist Health Sciences Center (LLUAHSC) met April 13 to appoint the Board of Trustees for the years 2011–2016.

In addition to re-appointing several trustees, they also named a number of new members. Following the meeting, the new LLUAHSC Board convened to appoint the Boards of Trustees for Loma Linda University and LLU Medical Center (LLUMC).

Additionally, the LLUAHSC Board voted to retain Lowell Cooper, MDiv, MPH, in the Board chair position he has held since 2000. Likewise, Dan Jackson, MA, will continue to serve as vice chair.

Pastor Cooper has served as a general vice president of the General Conference of Seventh-day Adventists since 1998. He has pastoral and leadership experience in Canada, Pakistan, and India. Pastor Jackson became president of the North American Division of Seventh-day Adventists in 2010, and he has served the church as pastor, teacher, and administrator.

The new members of the three Boards are as follows:

Gina Brown, PhD, member at large, LLU and LLUAHSC Boards. Dr. Brown is dean of the School of Health Professions, Science and Wellness at Washington Adventist University in Takoma Park, Maryland. She has more than

25 years of experience in education, administration, business, and nursing in North America, Asia, and Africa. Specific accomplishments include securing and managing millions of dollars of grant funding, developing academic leaders, and managing the academic accreditation process.

Shirley Chang, PhD, member at large, LLU and LLUAHSC Boards. For more than 25 years, Dr. Chang has worked as a nurse educator at Evergreen Valley College in San Jose, California, in addition to lecturing at several other universities. Currently a professor emerita at Evergreen, she is also a private consultant for nursing education programs, member of the Executive Committees of the General Conference and North American Division of Seventh-day Adventists, and vice chair of the Board at Pacific Union College.

Steven Filler, DDS, MS, MA, member at large, LLU and LLUAHSC Boards. Dr. Filler serves at the University of Alabama School of Dentistry as associate dean for student, alumni, and external affairs. He also teaches general dental sciences, remains active in the dental treatment of patients requiring special care, and serves as dentist to the Birmingham Zoo. He was previously director of the Division of Hospital Dentistry at University of Alabama Hospitals, as well as past president of the American Association of Hospital Dentists.

Christine Friestad, Esq., member at large, LLU, LLUMC, and LLUAHSC Boards. The managing partner in the San Diego and Sacramento offices of Friestad Law Firm, Ms.

Friestad has more than 22 years of experience in health care and corporate business and transactional law. Her passion for the disenfranchised has led her to take pro-bono social justice cases, mentor young people, stay active in philanthropic organizations that empower abused women, and organize international humanitarian medical trips.

Thomas Lemon, MDiv, ex officio member, LLU and LLUAHSC Boards. Pastor Lemon serves as president of the Mid-America Union Conference of Seventh-day Adventists. He has 21 years of experience as district pastor both in Texas and on the East Coast. For the last 15 years, he has served the church in various administrative and leadership roles in Colorado, Oregon, and Minnesota before moving to the nation's heartland.

Ricardo Peverini, MD, member at large, LLUMC and LLUAHSC Boards. Dr. Peverini completed extensive training at Loma Linda University and went on to join the faculty of the School of Medicine in 1992. He now serves as chief of the division of neonatology and associate dean for clinical faculty. He is also LLUAHSC senior vice president for clinical faculty and president of the School of Medicine Faculty Practices. He is board-certified in neonatal-perinatal medicine, and he holds master's degrees in both computer science and medical informatics.

Scott Reiner, MS, member at large, LLUMC and LLUAHSC Boards. Mr. Reiner is executive vice president/chief operating officer for Adventist Health. Before his current appointments, Mr. Reiner was president and CEO of Glendale Adventist Medical Center in addition to other executive positions. He began his career as a staff nurse, unit supervisor, and later practice administrator for a physician group.

Max Torkelsen, MA, MPH, ex officio member, LLU and LLUAHSC Boards. Pastor Torkelsen is president of the North Pacific Union Conference of Seventh-day Adventists. He was previously president of the Upper Columbia Conference for 12 years, in addition to having pastored congregations in Oregon, Hawaii, and Idaho.

Pastor Torkelsen has encouraged an extensive network of church-owned radio and television stations, facilitated the establishment of shelters for victims of domestic violence and sexual abuse, participated in numerous international mission projects, and co-founded online ministries.

Dave Weigley, MBA, ex officio member, LLU and LLUAHSC Boards. Pastor Weigley is president of the Columbia Union Conference of Seventh-day Adventists. He has served as a pastor, evangelist, conference communication director, ministerial director, stewardship director, executive secretary, and president. His ministry has taken him to numerous church conferences in North America, as well as Argentina, India, Peru, Hong Kong, Africa, and Russia.

David Williams, PhD, member at large, LLU, LLUMC, and LLUAHSC Boards. At Harvard University, Dr. Williams is professor of African and African American studies, as well as the Florence and Laura Norman Professor of Public Health. He has also taught at Yale University and the University of Michigan. He is internationally recognized as a leading scholar on social influences on health, and he has helped develop national health policy.

He is also a national leader in raising awareness of health disparities and possible interventions.

School of Medicine Commencement



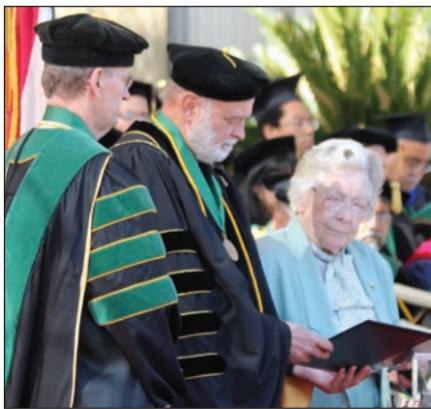
Mark E. Mildren, MD, class president, addresses his fellow classmates.



J. Lamont Murdoch, MD (second from left), and Jeffrey D. Cao, MD (behind H. Roger Hadley, MD), listen as Dean Hadley reads the citation for their School Distinguished Service Awards.



Findlay E. Russell, MD, PhD, was named University Alumnus of the Year. Accepting his award was his daughter.



Mildred A.R. Stilson, MD (right), listens as the citation is read honoring her and her husband, Donald Stilson, MD, with the LLUAHSC Distinguished Humanitarian Award.



Patrick Y. Wong (second from left) is congratulated by LLU President Richard Hart, MD, DrPH, while his wife, Linda C. Wong (third from left) and Dean Hadley look on. The Wongs received the LLUAHSC Distinguished Humanitarian Award.



G. Gordon Hadley, MD (center), receives congratulations from Dr. Hart (right) and his nephew, Dean Hadley (left) upon receiving the LLUAHSC Lifetime Achievement Award.

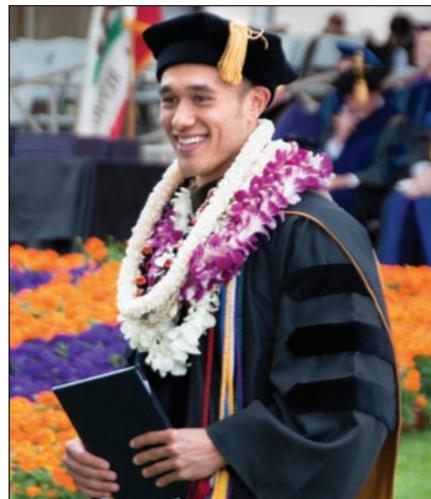


Family and friends of Roy Poblete, MD, enthusiastically demonstrate their support.

School of Pharmacy Commencement



Naomi Florea (center), PharmD, assistant professor, infectious diseases, School of Pharmacy, congratulates graduates Mylene Manalo (left) and Jefmar Dickey.



Jefmar Dickey is all smiles after just receiving his PharmD diploma.



Midhasso Foge, Tammy Nguyen, and Nellie McKenzie are three of the 58 PharmD graduates.

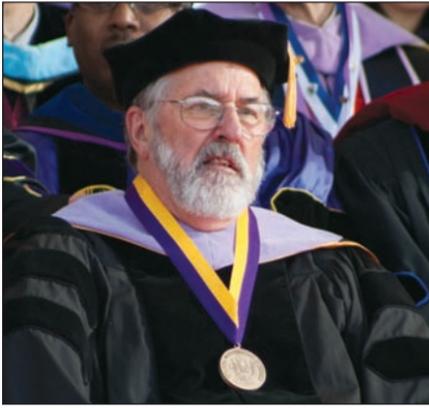


Graduates show off their attire after the ceremony.

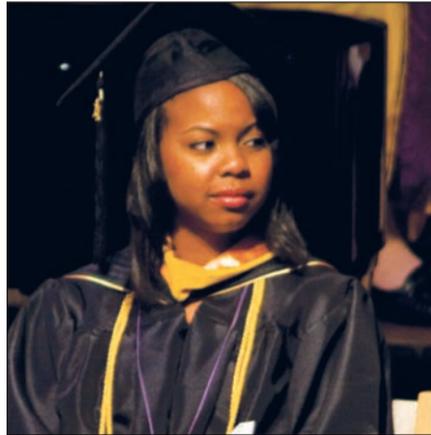


After the ceremony, graduates celebrated outside and gathered for photos.

School of Dentistry Commencement



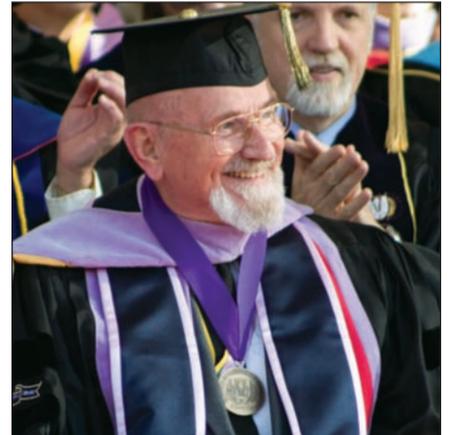
Lane Thompson, DDS, MS (class of 1960), retiring two-time chair, department of oral diagnosis, radiology, and pathology, was named the School of Dentistry 2011 Teacher of the Year.



Graduating dental hygiene department Student of the Year Award winner Angela Wakefield listens as her name is read.



International dentist program graduate George Luikham, DDS, addresses the baccalaureate audience.



R. Leslie Arnett, DDS, MS, professor, department of periodontics, was the 2011 recipient of the School of Dentistry Distinguished Service Award.



Dentistry graduate Christy Pogue holds her diploma with Dean Charles Goodacre and her alumni parents, Glenda Pogue (dental hygiene class of 1981) and Maynard Pogue, DDS (class of 1994).

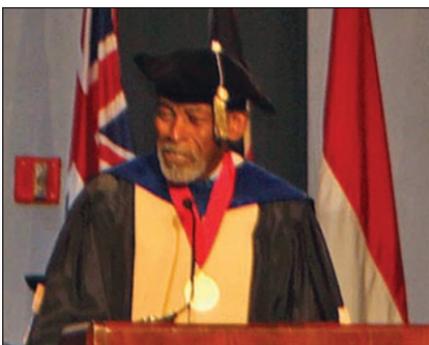


Dental hygiene graduate Jordyn Gascay is surrounded by her siblings following the commencement ceremony.



Joni Stevens, MS, EdS, receives a congratulatory hug from Ronald J. Dailey, DDS, executive associate dean, upon receiving the School Distinguished Service Research Award.

School of Science and Technology and School of Religion Commencement



Jesse Harris, PhD, professor and dean emeritus of the School of Social Work at the University of Maryland, delivers the address at 2011 graduation services for the LLU School of Science and Technology and School of Religion.



Blasius Manullang (left) and Shayma Mortazavi (right) march to the front of Drayson Center to receive their diplomas at graduation ceremonies for the LLU School of Science and Technology and the School of Religion. Mr. Manullang received an MS in gerontology and Ms. Mortazavi received an MFT.



"Take one with my camera, too!" Members of Ernest Gonzales' family make sure the photographer has plenty of instruments with which to record a proud moment. Mr. Gonzales was awarded the MFT degree during the ceremony.



Beverly Buckles, DSW (left), dean of the LLU School of Science and Technology, and In Seok Jeon, PhD, are flanked by several more graduates for a photo opportunity just moments after receiving their diplomas.



New graduates reflecting the diversity of the Loma Linda University student body take a moment for pictures following the joint graduation service of the School of Science and Technology and School of Religion.



Lisa Rander, MSW (right), receives a congratulatory hug along with her diploma from Dr. Buckles, dean of the School of Science and Technology.

School of Nursing Commencement



Lee-Ann Dizon, nursing graduate, plays "It's So Hard to Say Goodbye to Yesterday" on her saxophone.



Loren Neiswender stands next to Richard H. Hart, MD, DrPH, president of LLU, as she receives the Dean's Award for undergraduates during the ceremony.



Gi Park (left) and Christian Rucibwa, who received the President's Award, give the undergraduate class response.



Special music featured (from left) Cheary Shelim, Jennifer Holiman, Merry Wuysang, Sakary Sorn, Kristian Wuysang, and Mina Acevedo (at the keyboard).



Sarah Cho celebrates with her family after the ceremony.



A number of students decorated their mortarboards for graduation.

School of Allied Health Professions Commencement



Eric Walsh, MD, MPH, delivers his graduation address about "Peeking into the Promised Land." Dr. Walsh is medical director of the Pasadena Public Health Department.



Carissa Nation is heavily decked out in celebratory accessories. She received a bachelor's degree in communication sciences and disorders.



Ipuniueseaa Eliapo celebrates with the President's Award. She also earned an entry-level master of occupational therapy degree.



Stephanie Presley Neil receives the Dean's Award from Dean Craig Jackson, JD, MSW. She graduated with a doctorate in physical therapy.



Communication sciences and disorders students sign "The Lord's Prayer" set to music as a closing benediction.



Students celebrate as President Richard Hart, MD, DrPH, announces that they are now alumni of Loma Linda University.

School of Public Health Commencement



Sandy Barrett (center) receives the School Distinguished Staff Service Award from LLU President Richard Hart, MD, DrPH, and Dean Tricia Pennicook, MD, MPH. Ms. Barrett is the school computer support specialist.



Thelma Gamboa-Maldonado receives her doctoral hood from Helen Hopp Marshak, PhD (left), and Susanne Montgomery, PhD, MPH. Dr. Gamboa-Maldonado earned a DrPH in health education. She is also a School of Public Health faculty member.



The graduates rise as Dr. Hart collectively confers their degrees, declaring them alumni of Loma Linda University.



DrPH graduate Karla Lavin Williams is all smiles as she marches in.



Commencement speaker Chris Blake, MA, associate professor of English and communication at Union College in Nebraska, delivers his address, titled "Creating the Future of Public Health."



MBA graduate Komal Badar waves to her supporters as she crosses the stage after receiving her diploma.



Blind graduate Adiel Uzabakiriho, MSW (right), receives his master's degree in global health from Dean Tricia Pennicook, MD, MPH. Earlier in the day, he also graduated with his PhD in social policy and social research from the School of Science and Technology.

LAUGHTER RESEARCH

Professor educates National Institutes of Health scientists on benefits of laughter

By Heather Reifsnnyder

Stuck in a life situation where all you can do is either laugh or cry, choose laughing. Continual negative perceptions of life not only diminish happiness, they also hurt one's bodily and mental health. This was the message Lee Berk, DrPH, recently presented to some of the nation's top grants management medical scientists when he spoke at the National Institutes of Health (NIH).

"When you change your perception, you change your biology," says Dr. Berk, associate professor, School of Allied Health Professions and associate research professor, School of Medicine.

He spoke at NIH during a monthly educational grants management staff forum. Laughter was the topic of the April seminar, allowing Dr. Berk to offer his thoughts on the subject he's been researching for more than 20 years: the physical and behavioral benefits of a positive perspective or merry heart.

The invitation to speak at NIH surprised Dr. Berk, he says, because medical research science often operates in various divisions or silos that do not often come together to take the whole person into account. NIH, as it describes itself, consists of "27 institutes and centers, each with a specific research agenda, often focusing on particular diseases or body systems."

Dr. Berk's field of laughter research, on the other

hand, considers the whole person—the mind and body working together. So while he presented the hard science of the positive physiological effects of laughter on the body, he also appealed to how laughter changes the mind, too.

Humans are programmed to laugh, Dr. Berk notes. Research shows babies can begin giggling as early as two to three months of age, even if they are born both blind and deaf. Dr. Berk believes maintaining that penchant to laugh is the key to a healthy perspective on life.

How a person responds to a given situation alters our physiology, he says. Two people may go skydiving, for example, which will produce stress in both.

For a person who enjoys the thrill, the stress becomes a positive thing—known as eustress. It's distressing, on the other hand, to the terrified. In both people, the body responds positively or negatively in accordance with the person's prior experience and perception.

The practice of laughter and keeping a merry heart helps people see such situations—and life on the whole—in a more positive way, Dr. Berk believes. It allows individuals to find humor in life's incongruities and absurdities, not annoyance or distress.

"Humor and laughter provide for a paradigm shift toward the glass-half-full mentality," he says. To illustrate, Dr. Berk projected the

following slide for the NIH audience: OPPORTUNITY IS NOWHERE. Some people read a negative message: no opportunity to be found. Others in the audience saw a positive one: opportunity is now here. He posits that laughter helps move a person to the latter group of individuals.

Dr. Berk shared with the NIH audience the first joke he taught his 5-year-old grandson. Many have heard it: Why did the lady get fired from the M&Ms factory? Because she kept throwing out the W&Ws. The joke, Dr. Berk points out, is that perception means everything.

"And a 5-year-old not only gets the joke but understands that perceptual shift," Dr. Berk says.

Describing how laughter bio-translates to affect our bodies, Dr. Berk shared a compendium of research findings, both from his own studies at Loma Linda University and the work of others both nationally and internationally.

Laughter boosts the body's major systems. In terms of the cardiovascular system, it improves circulation, increases respiration, and lowers blood pressure. It enhances cardiac functioning in patients who have had a heart attack. The effect is similar to moderate exercise.

In the endocrine system, laughter lowers stress hormones known as catecholamines and cortisol. These hormones cause a series of changes—such as increased heart rate or slowed digestion—that prepare the body to respond to danger. Laughing boosts positive endorphins, which are the body's natural painkillers and also produce euphoria. Much like exercise, the repetitive use of laughter has been shown to even lower blood sugar in diabetics.



Lee Berk, DrPH

When the benefits spread to the immune system, laughter optimizes antibody levels in both saliva and blood. Antibodies are proteins produced by the body in response to foreign invaders, aiding in their destruction.

Laughter also unleashes the activity of natural killer cells (which destroy the body's own infected cells to prevent spread of the offending virus, bacteria, or abnormal cells that could form tumors) and T cells (which aid in directly destroying infected and cancerous cells). Laughter has been shown to help reduce inflammatory cytokines and the allergic response.

In the central nervous system and brain, laughter may sharpen the mind. It also improves mood states—such as decreased depression, fatigue, and confusion, as well as increased vigor—and, in Dr. Berk's opinion, one's whole outlook on life—thus producing

Please turn to page 11

RESEARCH INNOVATION

Transanal endoscopic microsurgery comes to Inland Empire

By James Ponder

An elderly woman recently became the first patient in the Inland Empire to undergo a rare colorectal procedure known as transanal endoscopic microsurgery, or TEM for short. Kevork Kazanjian, MD, director of colon and rectal surgery at Loma Linda University Medical Center (LLUMC), performed the procedure in September 2010.

Dr. Kazanjian says TEM is a minimally invasive procedure for removing small tumors or polyps inside the anus without the need for disruptive and often painful major abdominal surgery. It is used to treat both pre-cancerous benign tumors and certain early-stage cancers.

"You can't get less invasive than TEM," he observes. "There's no incision anywhere except on the inside, and you go in through a natural orifice."

At the beginning of the operation, the surgeon inserts a hollow tube called a proctoscope into the rectal opening and carbon dioxide gas is

used to insufflate the rectum. Next he introduces a tiny stereoscopic camera through the proctoscope and locates the tumor, which he is able to view with high-definition clarity on a computer screen. Finally he removes the tumor with small and flexible operating instruments. Because of the high degree of precision TEM allows, damage to surrounding tissues is almost non-existent.

Although there are thousands of hospitals in the United States, Dr. Kazanjian says only a small number of them—perhaps 150 or 200—offer TEM.

"The procedure itself is not new," Dr. Kazanjian explains. "It's been around for 20 years at highly specialized centers, but it's never been available in the Inland Empire before. In fact, it isn't widely available throughout Southern California, not even at my alma mater, UCLA."

There are three primary reasons why TEM is not more widely available.

"The application for transanal endoscopic



Kevork Kazanjian, MD, director of colon and rectal surgery at Loma Linda University Medical Center performed the first TEM procedure in the Inland Empire on an elderly patient last September.

surgery is not very wide because of the technical demands of the procedure, the specialized equipment needed, and the low availability of surgeons with the specialized training to do it," he notes.

TEM offers reduced pain, decreased complications, and shorter hospital stays for patients compared to traditional surgery.

That doesn't mean, however, that the procedure should be prescribed indiscriminately. In an article he published in a recent edition of *Physician Practice* magazine, Dr. Kazanjian noted that, "Nearly 40,000 Americans are diagnosed with rectal cancer each year, and a larger number of patients are found to have rectal polyps."

The vast majority of those patients are not suitable candidates for TEM, but for the few who are, TEM often proves to be a very attractive option.

"It's not for everyone, but in appropriately selected patients, they can avoid what would otherwise be a major operation and turn it into an outpatient procedure with the same effectiveness as major surgery, but with no external incision and fewer complications," Dr. Kazanjian says.

Near its conclusion, the article observes that "The ongoing expansion of minimally invasive techniques using laparoscopy and robotics in colorectal surgery offers our patients decreased pain and recovery time, and improved cosmesis compared to conventional open surgery."

GHI-sponsored trip has rough start, but becomes unforgettable adventure ...

Continued from page 5

peers at Zhejiang University Children's Hospital as Shi Zhuo, MD, asks the animal's name.

"Elk," Praktan replies. "E-L-K." A chorus of voices repeats the word. The large creature ambles into the thick forest of junipers and pines.

At Gandhi Indian Restaurant that evening, we plan our assault on the city. After dinner, I'll drop Praktan off for some shopping while the rest of us cruise the Strip. I'll point out places they're asking to see: Caesar's Palace, The Venetian, Mandalay Bay, and the Bellagio fountains. Then I'll turn our guests loose to explore on their own while I head to the room for a much-needed sleep. With any luck, I should get plenty of Z's before we leave tomorrow at 2:00 p.m.

"Mmm," says Zheng Xiaoping, a general pediatrics nurse from Zhejiang University Children's Hospital whose nickname is Annie. "I like Indian food!" The others—who, like her, have never tasted Indian before—nod in agreement.

Gale-force winds wake us up the next morning, scattering palm fronds like confetti. The weather reporter says gusts of 50 to 60 miles per hour are expected by noon.

Much as we hate to cut the trip short, Praktan and I agree that it wouldn't be responsible to risk the safety of our guests by driving in such high winds. I'll call to let them know we'll be leaving at 10:00 a.m. because of the storm.

Two, however, don't answer the phone. Fortunately, I run into Marie, one of the missing, in the lobby. She sends a text message to Kat, the other one.

Unfortunately, Kat—known as Kanlaya Janprasert at King Chulalongkorn Memorial Hospital in Bangkok, Thailand, where she works as a pediatric intensive care nurse—left

the pager in the room when she went for a walk, and doesn't get the message.

When Kat returns to the room at 10:50 a.m., she finds the place cleaned out. She panics, unaware that six of us are cruising the Strip looking for her while Praktan tries to retrieve a credit card he left at a clothing store where he bought a suit last night.

The concierge gives Kat my cell phone number, and two minutes before 11:00 she is climbing aboard, apologizing for the delay. A moment after that, Praktan returns smiling triumphantly: he found the card. With any luck, we'll be home by 5:00 p.m.

Unfortunately, we run smack-dab into a colossal traffic jam just before Primm, Nevada. We're hoping it's just a temporary snafu, but ...

"Everybody's leaving early to escape the storm," the gas station attendant says. "Traffic's backed up all the way to Barstow.

It'll take you six hours to get there."

Six hours to Barstow? AAAGHH!!! We turn around and head back to Vegas.

In another 45 minutes, we're zipping across U.S. 95 at 65 MPH, enjoying the serenity as we trek through the Mojave towards Searchlight, Needles, and picturesque Amboy.

"This sure beats sitting in traffic at three miles an hour!" Praktan exclaims.

"You can say that again," I reply.

"OK," he says, "this sure beats sitting in traffic at three miles an hour. ..."

"Say that again and you're on foot the rest of the journey," I mutter. Praktan turns to the window with a grin.

The Flex sits on the road like a Howitzer tank, oblivious to the howling winds. The view—stormy, cloud-laden skies over crystalline desert—stretches off to infinity.

Best of all, there isn't another car on the road ...



Despite substantial difficulties on the first and last days of a recent trip to the Grand Canyon, international visitors to the Global Health Institute of Loma Linda University enjoyed moments of serene beauty, as this image of sunrise over the South Rim attests.

While laparoscopy and cosmesis may not be household words in every home these days, decreased pain and recovery time are high-value, widely understood terms. But despite the tangible benefits of TEM, Dr. Kazanjian doesn't think all the members of his profession should learn the procedure.

"For practical reasons, it's not worth the time and effort required," he says, "for the average surgeon—or even the average colorectal surgeon—to invest in such a specialized procedure when they're only going to do a limited number of cases per year."

He adds, "The average colorectal surgeon who is trained in this procedure might use it somewhere between zero and 10 times a year. I happened to train at the place where it's done the most in the United States—the University of Minnesota—yet over the course of the last 20 years, they've probably only done about 400 cases."

Even so, surgeons who are willing to learn the procedure and offer it to their patients are likely to find their skills in high demand because TEM is so much better from the patient's perspective.

For example, consider that the patient who received the first-ever TEM operation at LLUMC walked out of the hospital less than a day after the operation.

"The patient's doing very well," Dr. Kazanjian reports. "She is in her late 70s with multiple medical problems and previous surgeries, and the operation was for an early stage I cancer. With conventional surgery, she would have been subjected to a major abdominal operation, a week in the hospital, and possibly even colostomy. But with TEM, there's no incision, no pain, no change in bowel function, and most importantly, after six months of close monitoring, no cancer."

Dr. Kazanjian hopes TEM will be considered by his fellow surgeons whenever conditions are appropriate for its use.

International Society for Experimental Microsurgery grants LLU neurosurgeon and researcher its highest award ...

Continued from page 12

Matthew Schrag, MD, PhD, a 2011 graduate of the LLU School of Medicine who is now at Yale University for a neuroscience residency, affirms Ms. Knecht's observations.

"Dr. Kirsch is an extraordinary scientist," Dr. Schrag says. "He still beats us to the office some days and no one takes more joy in his work than Dr. Kirsch. He is also a phenomenal mentor—the sort who makes his students better than they think they are. His track record of success in research and training students is unmatched."

A look at Dr. Kirsch's curriculum vitae confirms what Dr. Schrag and Ms. Knecht said about him. He has:

- Served as consulting editor for *Science* magazine and editor of *Neurological Research: An Interdisciplinary International Journal*;
- Held appointments or affiliations at Oxford University, Hadassah University, and other international and national institutions;
- Co-authored two textbooks on biochemistry and brain tumors;
- Authored more than 170 scientific papers and

- book chapters;
- Published 70 abstracts of his studies in prestigious journals;
- Raised more than \$11 million in research grants and awards;
- Patented more than 80 medical and scientific inventions, many of which are improving life for countless patients worldwide; and
- Served as visiting professor at dozens of medical schools in Germany, Greece, Japan, and the United States.

Dr. Kirsch currently serves as a member of

national committees or boards for the National Institutes of Health (NIH), National Institute of Neurological Disorders and Stroke (NINDS), and National Cancer Institute (NCI).

In October of 2000, he was presented the gold medal and made an honorary fellow of the International College of Surgeons.

H. Roger Hadley, MD, dean, LLU School of Medicine, points to the far-reaching outcomes of his efforts. "Dr. Kirsch," observes Dr. Hadley, "has had a remarkable and long career of innovative ideas that have made a very positive impact on the quality of lives in thousands of patients."

Art unveiling at LLUMC East Campus reveals a lot about art and life ...

Continued from page 12

a healing environment that is beneficial to patients in the process of recovery.

When Mr. Jackson finishes, Murray Brandstater, MD, the director of physical medicine and rehabilitation at East Campus who is also the brother of the artist, presents an overview of Ms. Hodgen's life.

He explains that while oil painting has always been important to her, it had to compete with the demands of raising a family and maintaining an active career, which included stints as a medical technologist, university professor, and piano teacher. Only in the last two years has she been able to devote her full attention to art.

As the brief ceremony concludes, Ms. Hodgen smiles for pictures with friends and family members and hugs 10-year-old granddaughter Annie.

"We paint together several hours a week," she says with pride. "Annie's quite the good artist!"

The three-panel painting that is the subject of the unveiling depicts the San Bernardino Mountains covered with snow. The peaks are fronted by a row of palm trees protruding above the foothills like the low notes of a musical scale. Working for two to three hours a day from photos and memory, Ms. Hodgen completed the paintings in just three weeks.

As she talks, it becomes clear that she loves the art and craft of painting almost as much as the heroic landscapes she depicts.

"How often do we see the mountains so covered with snow?" she asks.

In discussing "the wonderful rows and tiers of palm trees," she points out that the tree silhouettes "give a solid support to the fantasy of the snowy mountains. The layers of foreground, middle grounds, and distance were interesting, as far as color and shadows were concerned. I spent quite a lot of time matching colors and compositional elements from one painting to the adjacent one."

A plaque below the work suggests Ms. Hodgen takes her calling seriously.

"Rhona Brandstater Hodgen," the plaque begins, "has had a lifetime of interest in Music and Art. For over forty years, she has been a successful musician and painter. While traveling in Australia, Zimbabwe, South Africa and the United States, she remained active in these two life-enriching disciplines which she believes give iconic meaning, inspiration and transcendence to the human spirit."

The plaque continues with her artist statement, offering a glimpse inside the psyche of this remarkably talented and singularly focused artist who—despite 84-plus years of age and a fungal disorder that makes it difficult to breathe—paints for several hours a week.

"I like to work in oils," she writes. "The smell and texture of the paints, the gestures of applying it with the varied softness and hardness of brushes and palette knives, the decision making related to value, composition and tone, the seeking out of harmonious subject matter—these are all challenging, joyful and healing to the spirit. I continuously find parallels between music and painting; concentration in either field can lead one into a dream-like state of suspension where time stands still and there is deep pleasure in just being."

A visit to her home opens the view wider onto the sources of her inspiration. After an introduction to Rhona's husband, Maurice, brother Murray ushers the visitor into a living room filled with paintings by Ms. Hodgen, her friend and fellow painter Hugh Stevenson, and other artists. The works reflect a melding of styles, loosely blending impressionism with contemporary influences.

Ms. Hodgen waits in the family room, tethered temporarily to the breathing tube that helps maintain aspiration when "my disease," as she calls the fungus in her lungs, acts up. At other times, she's fine without it for hours.

The room throbs with color: pillows of blue, orange, and sage dance in chromatic ecstasy with red-orange poppies in a deep blue vase, orange and blue cups, a red canister, a large multi-colored platter in green, mustard, pink, orange, and black—the room looks like a museum of bright and positive colors.

A triptych of the Grand Canyon—companion piece to the images in the Zapara Pavilion—peers down from the wall. By sculpting the massive landforms in rich, sunset oranges with chasmic shadows in purple and blue, Ms. Hodgen has carved a one-dimensional masterpiece almost as 3-D as the canyon itself.

The desire to create art never lapsed across eight busy decades of her life. All the years she was working in medical technology, picking up two master's degrees in music, raising two children,

putting her husband through school, and teaching music, the art impulse kept surging through her veins. Now, with lots of time on her hands, she paints with passion and purpose

"Beats playing bingo!" Ms. Hodgen laughs.

After explaining that the location for an 11 x 14 of a water hole at a golf course is actually an abandoned rock quarry, she asks Murray to fetch a large painting of a jumbled mesa of boulders she painted en plein air in Zimbabwe in the 1960s.

"The place is called Tomato Kopje," she explains, "after the red color on the rocks. I can still feel the sunshine at my back."

But unless anyone should think of Ms. Hodgen as strictly a landscape painter, she rounds up nine small images of ice cream cones in elaborate square frames.

"Maurice and I went to Baskin Robbins for ice cream," she explains. "We took several pictures. My favorite flavor is caramel. Lemon is also wonderful."

She laughs at the whimsical source of her inspiration, admitting that the paintings do look good enough to eat, before turning serious.

"You know," she says, "if I had my life to live over, I'd get another MA; this time in art. When one is brave enough to do what they really want in life, finding the motivation to fulfill your dreams is no longer a problem."

Professor educates National Institutes of Health scientists on laughter ...

Continued from page 9

the cascade of positive effects in the body. Humor and the associated laughter have been shown, with fMRI brain scans, to increase dopamine in the nucleus accumbens—our please reward center. He reiterates: When you change your perception, you change your biology.

Andrew Jones says this message resonated with him. A deputy grants management officer with the National Institute of Arthritis and Musculoskeletal and Skin Diseases at NIH, he is also the committee chair who invited Dr. Berk to speak.

"I learned that humor changes perspective, and a shift in perspective changes your biology," he says. "In stressful times, I try to remember the value in seeing the humor in a situation."

Mr. Jones says the introduction to Dr. Berk's field, known as psychoneuroimmunology, may have been new to many in the audience at NIH.

"I think the reality of a true mind-body connection and how the nervous and immune systems 'speak' to one another is still seen as a novel concept to some," he says. "Dr. Berk got the audience to think—perhaps to change their perspective."



At the recent unveiling of a triptych of her paintings of the San Bernardino Mountains, artist Rhona Brandstater Hodgen (in the hat) celebrated with approximately 40 friends and family members in the lobby of the Tom & Vi Zapara Rehabilitation Pavilion on the campus of Loma Linda University Medical Center East Campus. (Left to right): husband Maurice Hodgen, son Philip and granddaughter Annie Hodgen, brother Murray Brandstater, Ms. Hodgen herself, brother Bernard Brandstater; and sister Lynne Brandstater Bellville.

RESEARCH EXCELLENCE

International Society for Experimental Microsurgery grants LLU neurosurgeon and researcher its highest award

By James Ponder

The International Society of Experimental Microsurgery (ISEM) recently announced that Wolff Kirsch, MD, FACS, director of the Neurosurgery Center for Research, Training, and Education at the Loma Linda University School of Medicine (LLUSM), has been selected as one of two laureates of the Sun Lee Award for 2011.

The Sun Lee Award is bestowed on individuals who have made highly significant contributions to the development of experimental and clinical microsurgery. South Korean researcher Duck Jong Han, MD, is co-recipient.

Dr. Kirsch will travel to Timisoara, Romania, to be honored at the ISEM's 11th Congress in July of 2012. He already received a financial honorarium and a silver platter inscribed with these words: "The Sun Lee Award of 2011 is conferred on Professor Wolff Kirsch, MD, for his excellent innovation of microvascular instruments and application to cerebrovascular surgery."

In the past, the award has been presented to researchers from Canada, Egypt, Germany, Hungary, Italy, Japan, Korea, and the United States. It is named after Sun Lee, MD, ISEM founder, and director of the San Diego Micro-

surgical Institute affiliated with the University of California at San Diego. Dr. Kirsch says Dr. Lee is widely acknowledged as the father of liver transplantation. The ISEM was founded in 1991 to promote microsurgical research worldwide.

In addition to his work as director of the neurosurgery center, Dr. Kirsch serves LLUSM as professor of neurological surgery and biochemistry, and principal investigator on two research studies.

The first—a joint project between LLU and George Mason University (GMU) in Virginia—examines the role of iron metabolic aberrations in Alzheimer's disease. The team generated considerable attention last year when it announced that it had found a trail of biomarkers for the early detection of the syndrome.

The second study, also a joint venture with GMU, involves a search for biomarkers of schizophrenia in human sweat. Currently, the disease cannot be diagnosed until symptoms have been clinically identified and observed for a minimum of six months, but Dr. Kirsch is hopeful the study will lead to an early detection for the disease.

"We have generated the most comprehensive proteomics characterization of sweat to date

and have identified several candidate schizophrenia biomarker proteins," he reports.

Dr. Kirsch is quick to share credit for his successes with several colleagues, including Harry V. Vinters, MD, chief of neuropathology, University of California at Los Angeles; and Lance Liotta, MD, PhD, director of the Center for Applied Proteomics and Molecular Medicine at GMU, as indispensable collaborators.

He also mentions two LLUSM colleagues, Mary Ann Schaepper, MD, and Kangling Zhang, PhD. Dr. Schaepper is an associate professor of psychiatry, and Dr. Zhang is an associate professor of basic sciences. "These projects would never have gotten off the ground without their expertise and support," Dr. Kirsch says.

He heavily underscores the contributions of Yong Hua Zhu, MD. Dr. Zhu, who is the associate director at the neurosurgery center, has been a trusted research partner with Dr. Kirsch since they first met at the University of New Mexico at Albuquerque in 1983.

"Dr. Zhu is my right-hand man," Dr. Kirsch insists. "He's been instrumental in so many projects over the years. He's been responsible for developing many of our inventions. I can't imagine the center succeeding without him."

At 80 years of age, Dr. Kirsch's quest for solutions to pressing medical problems motivates him to stay active as a research scientist and mentor.

It wouldn't be an overstatement to suggest that Dr. Kirsch is fiercely proud of his recently graduated students—Shino Magaki, MD, PhD; Grant McAuley, PhD; Claudius Mueller, PhD; and Matthew Schrag, MD, PhD—as well as



Wolff Kirsh, MD, director of the Neurosurgery Center for Research, Training, and Education at the Loma Linda University School of Medicine, was recently named one of two co-recipients of the International Society for Experimental Microsurgery's prestigious Sun Lee Award for 2011.

Andrew Crofton and Matt Zabel, students from the anatomy department who are now working in the center's laboratory under the tutelage of Dr. Kirsch.

"We've had a great group of students at the center," he beams. "And just this afternoon, Tania Freeman popped in to say she wants to come aboard."

"Dr. Kirsch is loved and admired by his students and employees as well as the patients who had him as their doctor when he was still practicing neurosurgery," says Jackie Knecht, administrative assistant in the neurosurgery center. "He has friends and scientific colleagues around the world who continue to stay in contact with him."

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ARTISTIC GIFTS

Art unveiling at LLUMC East Campus reveals a lot about art and life

By James Ponder

The formal unveiling of a triptych of oil paintings donated to the Zapara Rehabilitation Pavilion at Loma Linda University Medical Center East Campus reveals as much about octogenarian artist Rhona Brandstater Hodgen's philosophy of life and art as it does about the pictures on display.

Though surrounded by approximately 40

admiring friends, family members, and guests at the May 2 event, Ms. Hodgen sits quietly, enjoying the attention with the unperturbed and serene gaze of a journeyman artist.

In his introduction, Michael Jackson, MPH, the since-retired administrator of East Campus, emphasizes the importance of bringing the beauty of nature into the patient care environment. Art, he says, contributes to the creation of

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The fact that Rhona Brandstater Hodgen likes vibrant color is central to an understanding of her philosophy of art and life. The 84-year-old artist, pictured here with a triptych of her paintings of the Grand Canyon, was honored recently when another triptych featuring the snow-clad San Bernardino Mountains was unveiled in the lobby of the Tom & Vi Zapara Rehabilitation Pavilion of Loma Linda University Medical Center East Campus.



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Editor Dustin R. Jones, MA
 Managing editor/layout Larry Kidder, MA

James Ponder
 School of Medicine
 University Medical Center
 Children's Hospital
 Behavioral Medicine Center

CORRESPONDENTS

Doug Hackleman, MA
 School of Dentistry
 Dustin R. Jones, MA
 School of Nursing | School of Religion
 Larry Kidder, MA
 School of Science and Technology

Heather Reifsnnyder, MA
 School of Public Health
 School of Allied Health Professions
 Patricia Thio
 Faculty of Graduate Studies
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 Philanthropy

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