

# NORTH TEXAS HEALTH & SCIENCE

2010, Issue 3

Magazine of the UNT Health Science Center

Can healthy habits trump genetic disposition for chronic diseases?

Battling age-related dementias

Helping law enforcement solve cold cases



# Message from the President



There's an old proverb that sums up the mission of the UNT Health Science Center: *He who has health, has hope. And he who has hope, has everything.*

Our four schools – the Texas College of Osteopathic Medicine (TCOM), the School of Public Health, the Graduate School of Biomedical Sciences and the School of Health Professions – exist for one reason – to improve people's health in North Texas and beyond.

We do that by educating some of the nation's best osteopathic physicians, physician assistants and public health professionals in nationally ranked programs; training some of the world's best researchers; conducting our own research into preventive and curative health measures; and by providing health care for thousands of patients through our physician practice, UNT Health.

In this issue of *North Texas Health & Science*, you'll meet two of the country's leading experts on aging and Alzheimer's disease – Janice Knebl, DO, and James Simpkins, PhD – as they battle the ever-growing issues presented by an aging

population and, in particular, the incidence of dementias. This is a fight they wage both in the clinic and in the laboratory.

You'll read about a TCOM student, Kara Stoudt, who is learning firsthand about the issues older adults face through a mentorship program with a 93-year-old survivor of the Oklahoma dust bowl, and about some of her fellow students who spent their spring break in Mexico – helping the underprivileged.

You'll learn about the dedicated scientists and researchers in our Center for Human Identification, the only academic laboratory in the country with access to the FBI's DNA database. They identify human remains, providing welcome closure and some degree of peace of mind for victims' families – as well as a valuable tool for law enforcement agencies.

And then there's the story of Mark DeHaven, PhD, who is forging community partnerships to reduce risk factors for heart disease and diabetes.

You'll learn about our 40-year history in a special anniversary section, documenting our evolution into a thriving complex on 33 acres in Fort Worth's Cultural District – and about UNT Health's plans to expand into the Alliance Corridor area of Tarrant County with a multi-specialty physician practice.

You'll meet just four of our many impressive alumni who are making a difference in widely varied ways: a flight surgeon, a DNA cold case expert, a physician assistant working in a world-class orthopedic and sports medicine clinic, and the owner of a health care company specializing in the Hispanic population.

You'll read the inspiring story of Gil Scarnati, who graduated from TCOM in 1990 and – even though he suffers from a progressive, degenerative disease – has returned to the Health Science Center for a second doctoral degree. He still believes so firmly in the whole-person emphasis of osteopathic medicine that he is providing a \$75,000 scholarship for qualified handicapped TCOM students.

You'll also meet three of the first graduates of TCOM's Rural Osteopathic Medical Education program as they prepare for practices caring for patients in locations where doctors are rare.

On these fronts, and on many more, UNTHSC is fulfilling its mission. We are indeed in the business of health. And hope.

Scott B. Ransom, DO, MBA, MPH



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**On the cover -**  
Mark DeHaven, PhD.  
See story on pg 4.







Volunteers at Golden Gate Baptist Church in Dallas prepare their community garden for winter planting as part of Mark DeHaven's Healthy Harvest program. The crops will provide much-needed fresh vegetables for residents of South Dallas, where there are few grocery stores selling produce.

# Can healthy habits counter *genetics*?

If you lived in a controlled environment, eating only nutritious pre-packaged meals and working out regularly with a trainer, would you reduce your risk for cardiovascular disease and diabetes – even if you are genetically predisposed for these diseases?

Mark DeHaven, PhD and founder of a groundbreaking study, has good news and bad news.

The good news is that yes, those who live in an environment where nutrition and exercise are carefully monitored can reduce their risk for these diseases, even if their genes are working against them. It's a result of the epigenome – the chemical compounds, separate from the underlying DNA sequence, that tell the gene what to do – in essence the gene's "on-and-off switch." Scientists are discovering that epigenetic mechanisms allow organisms – human and otherwise - to respond to the environment and actually regulate gene expression.

The bad news? People don't live in a controlled environment. Most people eat what they like and have access to, and they often don't exercise. Add other factors, including the stress of daily living, and the risks for acquiring these diseases rises. Those from a lower socioeconomic status face additional barriers.

And now for some more good news, literally: DeHaven's GoodNEWS (Genes, Nutrition, Exercise, Wellness and Spiritual Growth) Program shows great promise for reducing cardiovascular disease and diabetes risks.

Your DNA is not necessarily your destiny, and DeHaven, Health Institutes of Texas professor for the Health Science Center and director of research for the Primary Care Research Institute, is conducting the first large-scale faith- and community-based participatory research trial in the country to determine whether people can reduce risk factors for these chronic diseases while living in the real world. The study is funded by the National Institutes of Health's Heart, Lung and Blood Institute.



Mark DeHaven, PhD

"Our team has always been seeking ways to reduce risks for these diseases that can be implemented in a community setting, and that are effective," said DeHaven, who is working with African-American church congregants in South Dallas to determine if community-based efforts to encourage healthy diets and physical activity succeed in reducing risk factors for heart disease, stroke and diabetes.

The study's potential grows when you realize care-related factors are commonly reported to account for only 10 percent of a person's risk of premature mortality, whereas lifestyle and behaviors represent 50 percent. Twenty percent is related to environment, and another 20 percent is genetics.

"This tells us that we do have a great deal of control over our health," DeHaven said. "Our study participants had always assumed they would die young because their relatives died young. Now they get it – they know that they can influence their risk factors for these diseases.

"They know they don't have to die young."

**"Our team has always been seeking ways to reduce risks for these diseases that can be implemented in a community setting, and that are effective."**

*~ Mark DeHaven*



# GoodNEWS: The view from the pews



Pastor J. Lee Slater of New Millennium Bible Fellowship in Dallas spreads the word that healthy habits can trump genes.

Pastor J. Lee Slater is a man of the Word – and of his word. He saw the GoodNEWS program working in other churches, and he wanted to share it with his own congregation at New Millennium Bible Fellowship in south Dallas. But first, he said, “I had to challenge myself.”

Slater’s powerful presence in the pulpit had grown – by about 30 pounds. He became his church’s first GoodNEWS participant, and now is sharing the program not only with his church, but beyond.

He has arranged “health walks” and provided healthy snacks to local youth, and his next project involves organizing nearby pastors.

“Dallas has a lot of churches,” Slater said. “I’d like to get together a ‘block coalition’ of area pastors and challenge their churches and the Pleasant Grove Chamber of Commerce to introduce GoodNEWS. We are all dealing with the same

problems; we can develop a common format to address them.”

It’s a form of outreach that comes naturally to Slater. His was among the first churches that sheltered and provided food for Hurricane Katrina evacuees.

That commitment foretells even greater success for the GoodNEWS program, and Slater is quick to credit the program’s founder.

“Dr. DeHaven is focused and loving,” said Pastor Slater. “He coordinates and builds these programs, and he keeps a strong team of people around him. GoodNEWS is working for us.”

Monica Henry has always worked in medicine. So when she had the opportunity to contribute to her congregation’s health at Changing Directions Christian Center in the Dallas suburb of DeSoto, she quickly raised her hand. Now she finds herself



Heather Kitzman-Ulrich, PhD, assistant professor, oversees the Healthy Harvest community gardening program in South Dallas.

## Harvesting health and much more

Mom always told you to eat your vegetables, and she was right. But for some, it can be difficult.

“There is one grocery store for 35,000 Fair Park-area residents,” said UNTHSC’s Mark DeHaven, PhD, Health Institutes of Texas professor and research director for the center’s Primary Care Research Institute. Most end up buying groceries at smaller convenience stores that carry little produce, he said.

After having limited success in encouraging grocery stores to open in the area, DeHaven decided the answer lay in the neighborhood’s soil: community gardens. Thus began a program that sprouted into multiple wins for all, the Healthy Harvest Community Gardening effort.

Seven community gardens have been developed, and three more are in various stages of planning – thanks in part to generous donations from Dallas developer and philanthropist Trammell S. Crow. Along with the University of North Texas Health Science Center, other contributors and participants in Healthy Harvest and related initiatives include PepsiCo, St. Philips Academy

and Community Center, Paul Quinn College and several congregations in southern Dallas County.

The non-profit Gardeners in Community Development is providing training and expertise in organic growing.

In most cases, the gardens begin when a church buys a condemned lot and removes the dwelling. Then the land is used productively to grow food, revitalize neighborhoods and provide a safe location for physical activity.

Late this summer, volunteers from several churches, using equipment donated by Hodges Bros. Construction, helped prepare the garden at the Golden Gate Baptist Church in Dallas for a winter planting. The project also could be the start of a neighborhood bonding process. Steve Turner, the garden’s liaison, said he’ll invite participation from the nearby recreation center, elementary and high schools. And the harvest will help the church’s Food Share program.

DeHaven is seeking funding for a similar program in Fort Worth.





Monica Henry helps fellow congregants improve their health.

a lay health promoter in charge of the church's GoodNEWS program.

When her team launched the church's first "10-Mile Crawl, Walk or Run Marathon," it was met with much opposition. But since the walk, many members have continued to make walking a permanent lifestyle change.

"Our health ministry is fortunate to have the support of our pastor, Albert F. Martin IV," Henry said. "He often reminds us of the fact that we need to be physically healthy in order to carry out God's mission for us."

And the benefits are undeniable, she said.

"A lot of people have lost weight and inches, their blood pressures are better controlled and they are eating healthier," Henry said. "Our church dinners are healthier – we have a lot of vegetables and fruits, less sugary desserts and baked meats. People receive it well."

Henry said she's gaining from the program as well.

"Seeing the health changes – knowing the information we provide helps people – is what I get out of this," Henry said. "We need to take our health as a lifestyle, and this program helps us be whole in all aspects."

## GoodNEWS at a Glance

### Background:

Since 2005, the GoodNEWS program has trained "lay health promoters" recommended by their pastors to promote good health practices in 30 primarily African-American churches in south Dallas County. The GoodNEWS program addresses all components of a "healthful" lifestyle: physical, mental, social, intellectual, environmental, spiritual and occupational – to help determine whether genes predisposing one to cardiovascular disease actually express themselves. Participants in the GoodNEWS trial were tested at baseline (October 2008) and after participating in the program for 18 months (April 2010). They will be tested again after an 18-month maintenance program (October 2011).

The program is called the GoodNEWS trial because one goal is to see if it's possible to reduce or prevent disease through combining faith and health in a collaborative way.

### Aims of the NIH-funded study:

- Assess the effect of a health promotion program combined with maintenance programs in African-American congregations that promote healthy physical activity and diet.
- Determine the effects that this program and maintenance interventions have on modifiable cardiovascular risk factors.
- Identify factors associated with increasing and decreasing levels of physical activity and dietary change.

### How it works:

Ten newly trained congregations will work independently for 18 months, and 10 will work with the existing GoodNEWS community of churches to examine whether the collaborative or independent approach is more effective at reducing chronic disease risk factors. At the end of this period, all congregations will work together for 18 months to see if the results change or remain the same.

### Funding:

National Institutes of Health's Heart, Lung and Blood Institute (RO1 HL087768)

Study ends: June 2012

<http://goodnews-trueliving.com/>



Janice Knebl, DO, advises her patients on healthy aging.

# Making sure older adults can do what they want to do

Those whose loved ones have been touched by Alzheimer's are members of a club that no one wants to join – but for which they are extremely grateful for their fellow members. They are the only ones who truly understand the painful stab in the guts that occurs when you realize your loved one now cannot remember that stove burners turned on must also be turned off ... what a telephone is for ... that underwear goes inside clothing ... how to eat ... who you are ... and finally, who they themselves are.

These ugly milestones of an adult seemingly returning to infancy most likely are due to separate brain proteins that unaccountably either begin to snarl within brain cells or that build into plaques that prevent nerves from communicating with each other.

This club membership is growing, and the impact is hitting home. Texas will have the nation's second largest population of senior citizens, 5.5

million, by 2025. In 2050, Texas will remain one of the three states with the largest senior population.

Unfortunately, there is no way to avoid the primary risk factor for dementia: aging. Work is under way, however, to combat Alzheimer's and other aging-related diseases and dementias, among society's costliest conditions. What's the best way to attack these enemies? In the local physician's office? In academia? In the research laboratory?

The UNT Health Science Center is waging the battle on all these fronts.

## In patient care

Janice Knebl, DO, MBA, leads a geriatric care program at UNT Health, the Health Science Center's physician practice that focuses on more than physical ailments.

"Our program is comprehensive," she said. "We look at psychological and social aspects,



mobility, maintaining independence and quality of life. We have a program to handle each of those needs. We want people to be able to maintain the highest level of independence and quality of life possible.”

UNT Health’s Department of Geriatrics treats patients in its clinic, in hospitals and in long-term care facilities.

As people become older, they are at greater risk of becoming vulnerable and less able to handle stressors, Knebl said. They require special care that involves a comprehensive approach to their special needs – physically, functionally, psychologically and socially.

“It’s so important to see what kind of living conditions they have,” she said. “I make house calls, and I consider it a privilege to make a house call. We (physicians) are portable. Our patients often aren’t.”

Knebl said she specialized in geriatrics because she grew up with an extended family that included many senior relatives, and because she spent several summers waitressing at the Flanders Hotel on the

**“This work is about discoveries, about pushing the field of science a little forward. There are few other places where you get the opportunity to work with some of the brightest of the brightest students – medical students and graduate students. They work hard and want to play a role in discovery. That makes for a dynamic environment, and it doesn’t feel like work. When very bright people get together, they make discoveries – they make an important difference.”**

*~James Simpkins*



James Simpkins, PhD, leads the effort to find a cure for Alzheimer’s and other dementias.

New Jersey shore, serving mostly seniors.

“I liked talking to them,” she said. “I was learning so much from them; it was like talking to history books.”

Geriatrics still was a relatively rare specialty when she graduated medical school in the late 70s, and her fellow students “thought I was absolutely loony tunes” for specializing in geriatrics, she said.

“But that was where my heart and passion lie.”

## In education

Knebl, also a faculty member for UNTHSC’s Texas College of Osteopathic Medicine, entered the academic world because “I can exponentially influence the care of older adults,” she said. “I’m training the medical students who will be caring for older adults in the future.”

Knebl earned one of only 42 \$2-million grants from the Donald W. Reynolds Foundation to expand her ability to do just that. The four-year grant program is designed to develop and implement an innovative and sustainable program to strengthen physicians’ training in geriatrics by:

- Implementing an integrated geriatrics curriculum in all four years of undergraduate medical education.

- Implementing an integrated geriatrics curriculum during osteopathic residency training.
- Establishing a geriatrics faculty development program for osteopathic residency training.
- Developing geriatrics continuing medical education programs for practicing physicians.

“This grant enables us to infuse geriatrics in all four years of medical school, residency training programs and help educate practicing physicians,” she said. She also is integrating geriatrics in fellowship programs.

## In the laboratory

James Simpkins, PhD, and his team of 47 faculty and researchers spend their days seeking ways to treat and prevent Alzheimer’s disease and other dementias, such as Parkinson’s disease. He is executive director of UNTHSC’s Institute for Aging and Alzheimer’s Disease Research.

However, one factor continues to slow effective Alzheimer’s research: Identifying those who are at risk for developing the disease before they show symptoms.

“Several hundred drugs have been tested and failed,” Simpkins said. “One contributing factor is that by the time the individual is diagnosed, severe damage has already occurred.”

The Health Science Center’s Robert Barber, PhD, has discovered a genetic variant that identifies those who have a higher chance of developing Alzheimer’s.

“This will allow us to enrich the patient population during clinical trials,” Simpkins said. “And if we know what parts of the mitochondria contribute to Alzheimer’s, we can try to bypass that and correct it.”

Simpkins and his team have been awarded grants from the National Institutes of Health, the Michael J. Fox Foundation, Nestlé Corp., Garvey Texas Foundation, pharmaceutical companies and numerous other sources. Among their projects are:

- Using estrogen to protect the brain from strokes or head injury, an effort currently in clinical trials at Dallas’s Baylor and Parkland hospitals – a joint project with the University of Texas Southwestern Medical School. Simpkins

discovered in the early 1990s that estrogen is a strong protector of nerve cells – a discovery that led to 21 patents.

- Exploring use of methylene blue, a 100-year-old compound used as an indicator dye and for malaria and cyanide poisoning, in treating Alzheimer’s. The substance seems to improve the mitochondrion in cells, which produces a cell’s energy.
- Investigating food supplements that show promise for protecting against Alzheimer’s, strokes and other pathologies.
- Studying the interaction between the supplement L-carnitine, which some studies show may improve blood lipid profiles, and statin drugs.
- Determining the connection between menopause and heart health, important in dementias because “as goes the heart, so goes the brain,” Simpkins said. The evidence is showing that hot flashes may stress the heart.

Knebl conducts her own research and is the clinical site director for the Texas Alzheimer’s Research Consortium, established by the state in 1999 to identify genetic factors associated with the disease and biological markers that impact its development and progression.

Knebl also is conducting clinical trials, testing new medications for effectiveness in treating Alzheimer’s and other dementias.

“It’s good to be able to offer this to patients,” Knebl said. “They are interested in engaging in research that might help somebody else down the line.”

Helping others is a mission that these patients, Knebl and Simpkins clearly share.

Said Simpkins: “This work is about discoveries, about pushing the field of science a little forward. There are few other places where you get the opportunity to work with some of the brightest of the brightest students – medical students and graduate students. They work hard and want to play a role in discovery. That makes for a dynamic environment, and it doesn’t feel like work. When very bright people get together, they make discoveries – they make an important difference.”



# SAGE Seniors Assisting in Geriatric Education



Thelma Swindell, SAGE mentor, shares lifetime memories with TCOM student Kara Stoudt.

Kara Stoudt is learning about geriatric medicine ... and about life ... from a 93-year-old spitfire named Thelma Swindell, who climbs 12 flights of stairs daily – sometimes twice – and has a wall of plaques she has earned for her volunteer service.

Stoudt (TCOM '13), from Plano, Texas – along with all first- and second-year medical students at the Texas College of Osteopathic Medicine – are participating in the SAGE (Seniors Assisting in Geriatric Education) program, funded by a \$2-million grant from the Donald W. Reynolds Foundation. Stoudt explained the program's impact this way:

“Through this experience I have had the occasion to meet a wonderful mentor who has enriched both my medical education and my personal life,” Stoudt said, saying it allowed her to understand a culture she'll never be part of.

“Frankly, I am never going to live through the Oklahoma dust bowl, wringing my only set of clothes free of dust and grime daily,” she said. “I am never going to live through the Great Depression, cutting toothpaste tubes open to scrape the last

morsels free. And I never will understand what it is like to raise six children while my husband is off fighting in World War II.”

The SAGE program links medical students with UNT Health geriatrics patients and older adults in the Meals on Wheels program. Students meet with the older patient periodically and address such issues as home safety, medical history, the physiology of aging and medications. They help patients understand the benefits of a life review and a physical examination. In addition to benefitting the patients, the program helps future doctors be sensitive to

senior needs and relate to these patients as a whole person, not just a medical chart.

Stoudt said the program has been invaluable.

“My senior client's life has offered me insight to a world previously intangible to me,” she said. “We are encouraged to ponder the lessons they've learned in life when it comes to the difficult topics of faith, loss and love. Who better to provide insight into what can be learned from life than someone who has lived 93 years of it? The value of such an opportunity has not been lost on me.

“We are taught to treat our senior mentor as our first patient. We take vitals, practice interviewing, research their medications and hone our physical examination skills. We are encouraged to get to know our client on a personal basis, as a physician would with his patients. We learn to interact with a subset of the population that is growing dramatically, and this will give us an unbelievable advantage in the future. These are skills and memories I will carry with me for the rest of my life.”

Mrs. Swindell would be proud.



## UNTHSC DNA lab helps law enforcement solve cold cases

The Center for Human Identification at the UNT Health Science Center – flooded the last few years by requests to identify human remains related to long unsolved “cold cases” that agencies are trying to clear – has reduced what once was a two-year backlog by 95 percent. This year alone, the center has helped close 83 cases, often providing resolution for family members who have spent years wondering about the fate of their loved ones.

In one case, the body of a teenager who disappeared from Washington was discovered in Montana. In another, the remains of an Oregon girl were found in California.

It was possible to solve these cases because of the creation of the Combined DNA Index System (CODIS) at the FBI and state DNA databases. When a DNA profile matches one already in the database, a case can be solved that initially seemed unrelated to the evidence. Without this national database, the victims may have remained in unnamed graves.

The Health Science Center has one of only nine DNA labs – and is the only academic center – with access to this database. In fact, the Health Science Center enters 50 to 60 percent of the DNA profiles in CODIS and analyzes DNA for law enforcement organizations and medical examiners across the country.

Since 2003, the center's forensics experts have analyzed more than 2,700 samples and made 550 identifications. Close to 80 were “cold hits,” meaning there was no previous association between the victim and the reference sample.

“There are so many families who have been waiting for years, and are still waiting, for some type of resolution to their loved one's disappearance,” said Dixie Peters, technical leader of the Missing Persons Unit of UNTHSC's Department of Forensic and Investigative Genetics. “We need to continue to find ways to reach out to these families and let them know we are here to help them.”

Technology improvements have enhanced the renowned lab's ability to match remains to reference samples provided by families missing a loved one. In some cases, the evidence may have been sitting in a medical examiner's evidence closet waiting to be analyzed with new technology, or the victim's family may not know about the opportunity to provide a reference sample.

“While these DNA associations help law enforcement close cold cases, we acknowledge that our responsibility is to serve the families of missing persons,” Peters said. “We recognize the importance of our work and are pleased to assist in resolving cases that have been unsolved for many years.”



## TCOM's first ROME graduates prepare to help decrease the physician shortage in rural Texas

The backdrop: An exam room replete with jars of wooden tongue depressors, boxes of latex gloves, monitors and other modern medical gear. In the hallway: Scores of patients, young and old, with a variety of needs.

It's the Family Health Center for Waco, and for three of the first graduates of the Texas College of Osteopathic Medicine's Rural Osteopathic Medical Education of Texas (ROME) program, it represents a rich training ground and an invaluable first step toward helping alleviate the dire shortage of physicians in less-populated areas.

Jewel Lincoln, DO; Matt Maruska, DO; and James Qualls, DO; all members of TCOM's class of 2010, say the busy setting also represents progress toward a long-awaited dream – the day they begin serving people who need care in one of more than 150 medically underserved Texas counties.

"A lot of towns are medically isolated," said Qualls, "and there is a great need there for physicians." Lincoln agreed.

"I grew up in the Houston suburbs – in Missouri City, Texas – but my extended family is from rural Mississippi. I saw the importance of small-town doctors," she said. "There are not a lot of doctors available in small towns."

In the world of rural medicine, there's no typical week, let alone typical day. But that's one of the things the three residents say they enjoy most about rural medicine. And they say the ROME program helped prepare them for this unique type of practice in which a doctor's day could include setting a broken arm, delivering a baby, treating a patient's high blood pressure, performing a colonoscopy and doing rounds at the local nursing home.

ROME program students frequently shadow rural physicians, and they spend large portions of their third and fourth years away from campus,



Jewel Lincoln, DO; Matt Maruska, DO; and James Qualls, DO

working as apprentices alongside rural physicians who serve as preceptors.

"The [ROME] program puts you in the rural environment," Qualls said. "You learn how the doctors interact with patients and the involvement of the rural doctor in the community. I had great preceptors along the way."

Lincoln added, "It's very much one-on-one with the attending physicians [in the ROME program]. It's you, the attending physician and nurses, and the patient. So much is expected."

Maruska said the experience provides a good taste of what it's like to be a rural doctor.

"You may think you have an idea of what it's like," he said, "but until you get out there, you don't see the integrated role the family doctor plays. They may be the Little League coach, a city council member, the team doctor – they have an array of roles."

Said Lincoln: "It's amazing just how involved the doctors are in the community. Medicine is their whole life. They work every day, yet they also serve on school boards and health committees and in other roles. Rural doctors are amazing. They really do do everything."

But, they say, they gain as much as they give.

"When you work in a smaller town, you see more of a family atmosphere," Qualls said. "Everybody knows who you are. It's like you're part of an extended family."

## Research

### Community-based participatory research making a difference

Mark DeHaven, PhD, Health Institutes of Texas professor and research director for the Primary Care Research Institute, shows how research can reach beyond test tubes and molecular studies and into the real world. He uses a community partnership approach to develop models for understanding health and risk factors for disease, and to promote healthier lives for individuals, families, neighborhoods and communities. It's called Community-Based Participatory Research (CBPR).

CBPR holds that major factors contributing to health are beyond the reach of the traditional medical practice, and solutions to many of today's health problems may be found in the affected communities themselves. In CBPR, community members and research team members partner throughout every stage in the research process.

The GoodNEWS program currently under way (see story on page 4) is founded on CBPR principles. It is based on an alternative to traditional population-based biomedical research approaches, benefits researchers as well as communities, and ensures that intervention strategies are culturally appropriate.

By linking clinical care and epidemiology with community partners and organizations, it is possible to envision a scientific approach to community health in which health is a social outcome resulting from systematically combining clinical science, collective responsibility and informed social action, DeHaven said.

"Many years ago a trusted and learned person advised me that it would not be possible to build a successful career based on developing community-based approaches to health promotion and disease prevention. The only real advice I can offer anyone is to follow their own heart, for even if it appears



Brendan and Christian Hodges, sons of Dennis J. Hodges, team up to plant a garden at Golden Gate Baptist Church.

to the world that we are not successful, we are still working for that which we know to be important."

It's clear, however, that DeHaven has succeeded. And he wants to do more.

His dream is to establish an endowed Center for Health and Human Life Improvement to train health professionals and community members on health promotion, disease prevention and community health improvement.

The center also would conduct research on the most effective means for reducing risk factors for disease using this approach and addressing the physical, mental, intellectual, social, environmental and spiritual aspects of health.

"This center would be transformative and translational," DeHaven said. "We would take what we have learned from (laboratory) bench and clinical sciences, translate it to the community and reorganize health care delivery to put greater emphasis on preventing disease through health promotion."



## Gonzales earns grant to explore more effective medications, reduce side effects



Eric Gonzales, PhD ('05)

Eric Gonzales, PhD ('05), assistant professor of Pharmacology and Neuroscience, was awarded a two-year, \$100,000 Robert A. Welch Foundation Grant.

Gonzales and members of his lab team will study protein crystallography, which, through X-ray defraction, can determine the atomic structure of proteins. The process

includes shooting X-rays through a crystal made of protein, resulting in a three-dimensional structure.

The goal is to reveal the three-dimensional shape of the target protein, so that drugs can be designed to target only these proteins, thus minimizing adverse side effects.

## UNTHSC awarded close to \$600,000 in cancer prevention and education grants

The UNT Health Science Center received almost \$600,000 from the Cancer Prevention and Research Institute of Texas (CPRIT) for cancer prevention programs in Tarrant County and in South Dallas. Kathryn Cardarelli, PhD, MPH ('99), is the principal investigator for both projects.



Kathryn Cardarelli, PhD, MPH ('99)

The Tarrant County program will focus on preventing cervical cancer and will partner the Health Science Center with the Tarrant County Public Health Department to conduct community and clinical outreach to parents and youths about the human

papillomavirus (HPV) vaccine, which prevents infections from the types of HPV that cause most

cases of cervical cancer. The South Dallas project focuses on breast cancer education.

Texas voters overwhelmingly approved a constitutional amendment in 2007 establishing CPRIT and authorizing the state to issue \$3 billion in bonds to fund groundbreaking cancer research and prevention programs and services in Texas.

CPRIT's goal is to expedite innovation and commercialization in cancer research and to enhance access to evidence-based prevention programs and services throughout the state. CPRIT accepts applications and awards grants for a wide variety of cancer-related research and for the delivery of cancer prevention programs and services by public and private entities in Texas.

## UNTHSC aids law enforcement in reducing prostitution, crime rates

Data evaluated at the University of North Texas Health Science Center has shown not only that the Dallas Police Department's (DPD) Prostitute Diversion Initiative (PDI) is getting prostitutes off the streets, it also is lowering crime rates in areas frequented by prostitutes along Dallas' Interstate Highway 20 corridor.

After two years of enforcement operations, the DPD is seeing the benefits of going to the streets to provide assistance and comprehensive services for those seeking a way out of prostitution.

"The data thus far indicate that this multi-disciplinary collaboration is working with success rates nearing 65 percent for those opting for treatment in lieu of jail," said Martha Felini, PhD, assistant professor of Epidemiology at the Health Science Center. "The data are too preliminary to teach us what is driving these unprecedented success rates. Part of this equation will become more demonstrable as the PDI expands its collaboration to other cities."

The cities of Atlanta; Columbus, Ohio; Las Vegas; Edmonton, Alberta; Montreal and locations in South Korea have contacted the DPD for more information on the program.



Martha Felini, PhD

Felini's data shows that of the 487 adult prostitutes contacted by the Dallas PDI, 53 percent tested positive for a sexually transmitted disease, most often syphilis. More than half reported having at least one mental health disorder, and 97 percent reported a drug addiction.

In addition, program leaders will collaborate with the UNT Center for Human Identification to develop a High-Risk Potential Victim's DNA Database, the first of its kind in the nation. This database will provide law enforcement with a forensic tool to identify deceased victims, and, if their deaths are suspicious, to catch their killer or killers.

## State awards \$2 million to TECH Fort Worth client

TECH Fort Worth client ZS Pharma has received \$2 million in an Emerging Technology Fund (ETF) investment from the State of Texas. This investment will allow ZS Pharma to develop oral sorbents (materials that absorb liquids or gases) designed to eliminate life threatening toxins that build up in patients with liver or kidney disease. At the Health Science Center, ZS Pharma will spend a portion of the ETF funding to advance the commercialization of its technology.

TECH Fort Worth is a non-profit business and technology incubator and commercialization initiative that partners with the UNT Health Science Center.

ZS Pharma's core technology platform uses zirconium silicate crystals to specifically target excess toxins – such as potassium, ammonium, urea and phosphate – that have built up in the body as a result of liver or kidney failure. There is currently no effective treatment for hyperkalemia, or high levels of potassium in the blood, and treatments that do exist are not suited for chronic conditions that require constant treatment.



ZS Pharma received a \$2-million grant from the State of Texas Emerging Technology Fund. Pictured are Fiona Stavros, PhD, ZS Pharma; Robert McClain, PhD, UNTHSC; Jeffrey Keyser, Ph.D., R.Ph., J.D., ZS Pharma; Maria Smith, North Texas Regional Center for Innovation and Commercialization; Jo Maugh, MBA, ZS Pharma; Brent Sorrells, TECH Fort Worth; and Alvaro F. Guillem, Ph.D., ZS Pharma.

Taken with food, ZS Pharma's tasteless and odorless therapy provides an alternative to hemodialysis, which can be dangerous and more expensive. This advanced compound will provide a better quality of life, an alternative to expensive medical costs for dialysis and other procedures, as well as a significant medical breakthrough in the treatment of acute and chronic hyperkalemia.

"The opportunity to work with ZS Pharma arose from our strategic alliance with TECH Fort Worth," said Robert McClain, associate vice president of Technology Transfer and Commercialization at UNTHSC. "It's a good example of how our partnerships can impact our community. ZS Pharma leases space on our campus, uses our Pre-Clinical Services Group and works with our Office of Clinical Trials to partner with UNT Health physicians for planned clinical trials."

The ETF investment fund was designed to attract top scientists and entrepreneurs in growing segments such as life science and pharmaceuticals in the State of Texas. ZS Pharma will hire top researchers and a talented management team, as well as invest significant funds into UNTHSC.



## Facility Update



### New Medical Education and Training Building opens its doors

Our new Medical Education and Training Building (MET) opened for classes and events on May 20. The facility houses classrooms and clinical training space, in addition to an 11,500-square-foot auditorium that can be divided into two 250-seat rooms and features four projection screens and four flat-panel monitors for presentations.

Interior construction on floors three, four and five began in October and will be complete in May 2011. Once complete, those floors will house offices and training space for the Texas College of Osteopathic Medicine, Osteopathic Manipulative Medicine Department and Physical Therapy Department.

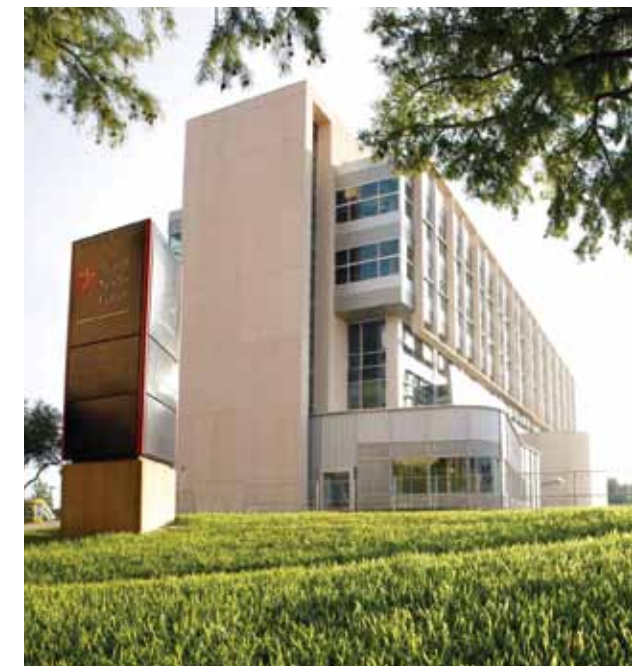
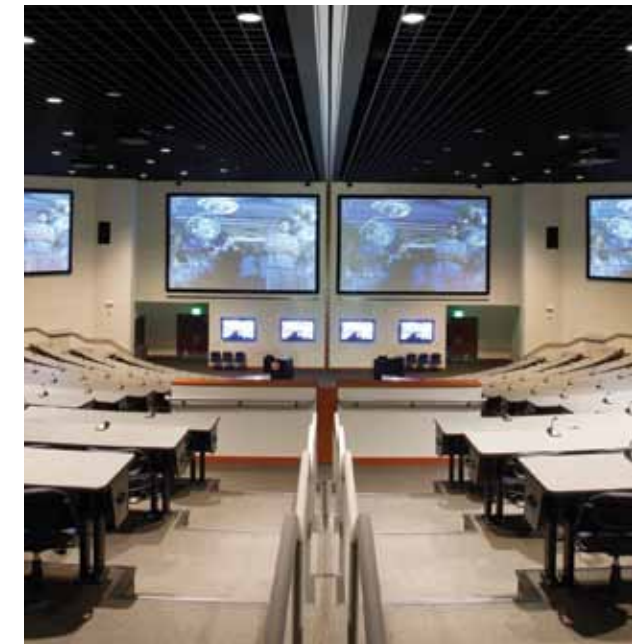
Additional landscaping at the MET, including more trees along Montgomery Street, will also be installed. Eventually the parking lot at Montgomery and Camp Bowie Streets will be converted to green space, and plans are under way to include art pieces to tie our campus into our location in Fort Worth's Cultural District.



### Montgomery Street Parking Garage now open

A parking garage on the corner of Montgomery and Modlin Streets opened in May to increase parking for the new Medical Education and Training building. The garage adds 300 parking spaces to the campus.

The garage, which originally provided parking for the Osteopathic Medical Center of Texas, had been closed since 2003. Prior to opening, it was renovated to include energy-efficient LED lighting and updated elevator equipment. Like other parking on campus, the garage will be available to the community on evenings and weekends.



The new Medical Education and Training Building provides a state-of-the-art setting for health education.





CELEBRATING



YEARS

Texas College of Osteopathic Medicine founders Dan D. Beyer, DO; George J. Luibel, DO; and Carl E. Everett, DO; in 1972

It began four decades ago on an empty hospital floor and then a renovated bowling alley. Today – thousands of graduates and patients later – the mission of teaching, discovery, caring and serving continues. This year, the University of North Texas Health Science Center celebrates 40 years of innovation and leadership in the health sciences.

Taking a look back, the Health Science Center began when the Texas College of Osteopathic Medicine (TCOM) accepted its first students in 1970. Eighteen doctors of osteopathic medicine graduated in that first class of 1974. Since then, TCOM's physical presence has evolved from a former bowling alley and assorted leased facilities into a modern campus of significant impact in Fort Worth's renowned Cultural District.

Coupled with years of steady growth, a new building now fills the horizon – the Medical Education and Training Building, which opened in May. Along with classrooms and clinical training space, the new facility includes an 11,500-square-foot, 500-seat teaching auditorium. Designed as an environmentally sensitive project, the building takes advantage of natural light and incorporates concrete and steel recycled from the past – the demolished Osteopathic Medical Center of Texas.

As the Health Science Center celebrates its 40th anniversary, it is significant to take in the new building and be mindful of the maverick spirit that first opened the doors of TCOM. Reflecting on a history of inter-professional expertise in research and clinical care, the Health Science Center's perpetual aim remains the same: to continue serving the people of Texas and beyond.





# Our Timeline



Committee met to investigate the feasibility of establishing an osteopathic medical school in Texas.  
**1961**



Three osteopathic physicians, D. D. Beyer, George Luibel and Carl Everett, procured a charter from the State of Texas for the Texas College of Osteopathic Medicine.  
**1966**



TCOM hires Henry B. Hardt, PhD, as its first Dean.



C. Ray Stokes, Director of Development, hired as first employee.  
**1969**



TCOM opens as a private college of osteopathic medicine with an entering class of 20 students.

First faculty, Elizabeth Harris, PhD, hired in Microbiology and Mary Lu Schunder, MA, in anatomy.  
**1970**



North Texas State University to provide basic science instruction to first- and second-year medical students in Denton.  
**1972**



TCOM's first 18 graduates receive their Doctor of Osteopathy (DO) degrees.  
**1974**



First rural clinic opens in Justin, Texas.



Ground-breaking for the first permanent building on campus, designated Medical Education Building 1.  
**1976**

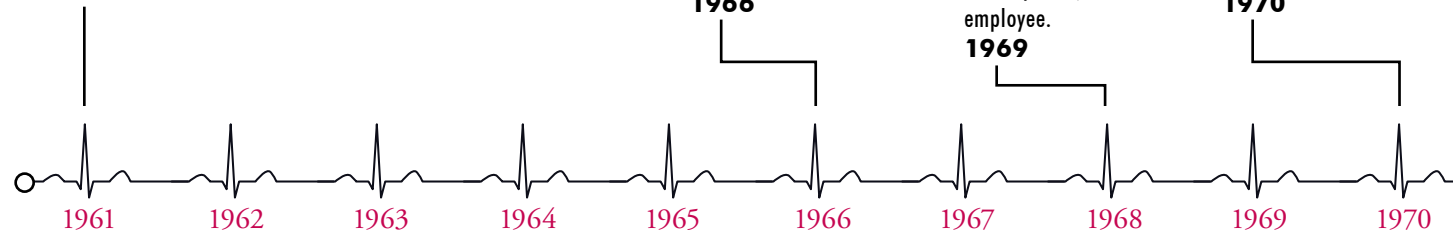


The eight-story Medical Education Building 1 opens, consolidating the basic science and clinical didactic teaching programs in Fort Worth, as well as housing the library and administrative offices.  
**1978**



The Founders' Medal is established to recognize "significant contributions to healthcare and/or osteopathic medical education."

"Design of the Medical Curriculum in Relation to the Health Needs of the Nation" is issued by TCOM's Task Force on Educational Goals. This groundbreaking goals statement calls for increased attention to nutrition, lifestyle and other aspects of preventive medicine in the medical curriculum, in addition to traditional medical teaching.  
**1980**



## Reserve your copy of our history book now

An illustrated history of the Texas College of Osteopathic Medicine and the Health Science Center will be released in coffee-table format as part of our 40th anniversary celebration. Copies will be sold for \$59.95 each.

Please call 817-735-5190 or e-mail [Deborah.Brashear@unthsc.edu](mailto:Deborah.Brashear@unthsc.edu) to place an advance order.

**1971**  
First state funds are received when Senate Bill 160 approved, allowing TCOM to contract with the State of Texas to educate osteopathic medical students.

Renovated bowling alley on Camp Bowie Blvd., houses classrooms, basic science laboratories and administrative offices.



**1973**  
Marion E. Coy, DO, becomes the first president of institution.



The first community outpatient clinic opens on Rosedale Avenue in Fort Worth.

**1975**  
TCOM becomes a state-supported medical school, separate from North Texas State University but under the jurisdiction of the NTSU Board of Regents.

Ralph Willard, DO, is hired as Vice President for Academic Affairs and Dean of TCOM.



TCOM receives full accreditation from the American Osteopathic Association.

**1977**  
The basic sciences program moves from Denton to leased space in the River Plaza office park in Fort Worth.



**1979**  
The Cowtown Marathon is established, co-sponsored by the Institute for Human Fitness.







Medical Education Building 2 opens providing classrooms, basic science offices, laboratories and animal facilities.

**1982**



David Richards, DO, becomes institution's third President.



Groundbreaking for the third major building on campus, Medical Education Building 3.

"Research in the osteopathic medical school: a statement of the research goals of TCOM" is issued, calling for increased emphasis on basic and clinical research as a vital component of the institution.

**1984**

Medical Education Building 3 opens housing a state-of-the-art library, computing services and biomedical communications.

**1986**



The Robert L. Thompson Strategic Hospital at Carswell Air Force Base becomes 12th affiliated teaching hospital, a model of civilian-military cooperation.

**1988**



The DNA Identity Laboratory is created with a special state appropriation to reduce a backlog of paternity cases pending in state courts.

**1990**

1981 1982 1983 1984 1985 1986 1987 1988 1989 1990

**1981**  
Ralph Willard, DO, becomes institution's second President.

Groundbreaking for a biomedical research facility, Medical Education Building 2.



Institution receives member status in the Association of Academic Health Centers.

**1985**  
Co-sponsor and host of the first 12-county high school art competition, the largest high school art competition in North Texas.



**1987**  
"Responsibilities to the institution, the community, and the profession: a statement of the service goals of TCOM" is issued, recognizing the importance of community service, as well as service to professional organizations and continuing medical education.



First medical school in Texas to have a smoke-free environment.



**1989**  
1000th graduate receives diploma.



The UNT Press publishes *Texas College of Osteopathic Medicine: the first twenty years*, by C. Ray Stokes and Judy Alter, documenting the institution's history.



Contract established with the US Bureau of Prisons to provide health services for inmates at the new Federal Medical Center, Carswell.

The Graduate School of Biomedical Sciences awards its first doctoral degrees in biomedical sciences.

**1994**

North Texas Eye Research Institute becomes first research institute on campus.

**1992**

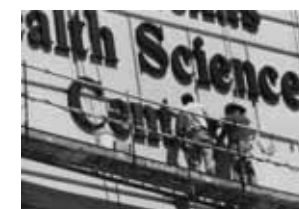
**1991**  
TCOM, UNT, John Peter Smith Hospital, Harris Methodist Hospitals, and UT-Southwestern Medical School combine to form the Tarrant County Medical Education Consortium.



**1993**  
First Annual Research Appreciation Day provides an opportunity for students, faculty and staff to share their research efforts.

Texas Higher Education Coordinating Board approves the request to establish the Graduate School of Biomedical Sciences.

TCOM is officially redesignated and expanded by the State of Texas as the University of North Texas Health Science Center.



With a grant from the Arnold P. Gold Foundation, UNTHSC holds its first White Coat Ceremony. The ceremony is a "rite of passage" for students that encourages a psychological contract for professionalism and empathy.

The Health Science Center and the UNT College of Music collaborate to form the Texas Center for Music and Medicine.

**1996**



**1995**  
The state approves a new bachelor's degree in the Physician Assistant Studies Program.

**1997**  
The Patient Care Center opens, housing all campus clinics.



The Physician Assistant Studies Program (PA) admits first students.



UNTHSC and the University of Texas at Dallas sign an affiliation agreement to establish a joint BS/DO dual-degree program whereby eligible students can obtain their undergraduate and to a Doctor of Osteopathic Medicine degree in seven years.

**1998**



The UNTHSC School of Public Health collaborates with the City of Fort Worth Public Health Department to establish the first African-American Health Fair.

The Physician Assistant Studies Program is granted approval to offer the Master of Physician Assistant Studies (MPAS) degree.

**2000**

**1999**  
The Physician Assistant Studies Program graduates its first class.

The School of Public Health is founded.

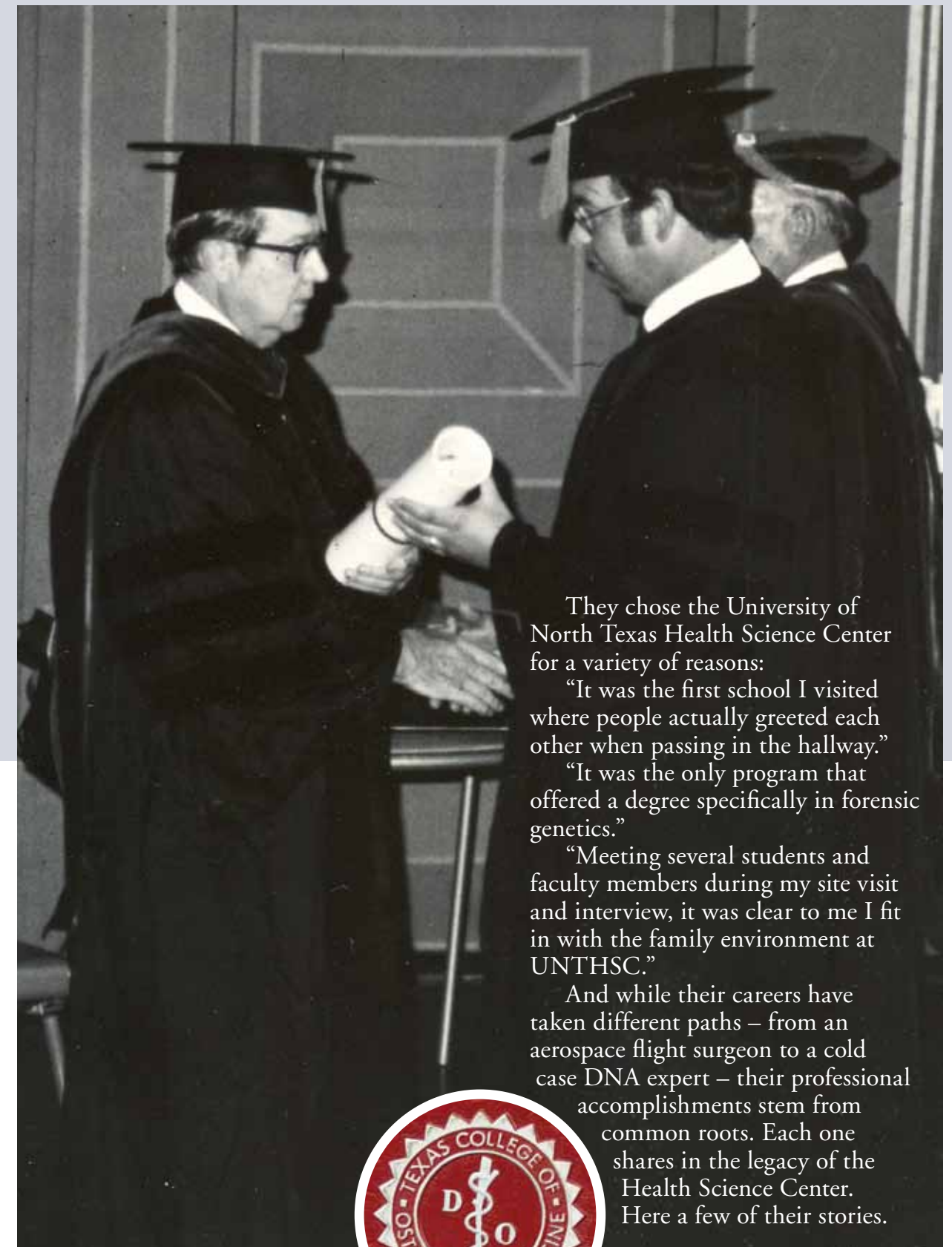


UNTHSC joins the UNT Denton and Dallas campuses to form the University of North Texas System.

UNTHSC co-sponsors the first Hispanic Wellness Fair in Fort Worth. The fair attracts 75 providers and 1,000 participants.



# Representing well ... UNTHSC graduates



They chose the University of North Texas Health Science Center for a variety of reasons:

“It was the first school I visited where people actually greeted each other when passing in the hallway.”

“It was the only program that offered a degree specifically in forensic genetics.”

“Meeting several students and faculty members during my site visit and interview, it was clear to me I fit in with the family environment at UNTHSC.”

And while their careers have taken different paths – from an aerospace flight surgeon to a cold case DNA expert – their professional accomplishments stem from common roots. Each one shares in the legacy of the Health Science Center. Here a few of their stories.



Jobey Claborn was the first student enrolled in TCOM, and, by alphabetical luck, Weldon Bond became the first DO graduated in 1974.



OSTMED®, the world's first comprehensive index to the literature of osteopathic medicine, is inaugurated.



For the first time, TCOM is ranked among the top 50 medical schools in the nation in primary care by *US News & World Report*.

**2002**



The Center for BioHealth, dedicated primarily to biotechnology and public health, opens. It is the first HSC academic building to be built with a combination of public and private funds.

Alumni Plaza is dedicated.

The Osteopathic Medical Center of Fort Worth (OMCT) closes due to bankruptcy.

**2004**



UNT Health is established as the faculty clinical practice for UNTHSC.



Scott Ransom, DO, MBA, MPH, becomes the institution's fifth President.

The Texas Center for Health Disparities at UNTHSC hosts its first Health Disparities Conference, with more than 150 attendees.

**2006**



As part of the Master Plan, demolition of the Osteopathic Medical Center of Texas (OMCT) facility is completed and ground cleared for construction of the new Medical Education and Training Building.

TECH Fort Worth Acceleration Lab is established.

UNTHSC establishes and convenes Board of Visitors as a strategic advisory group.

Institute for Cancer and Blood Disorders is established.

**2008**



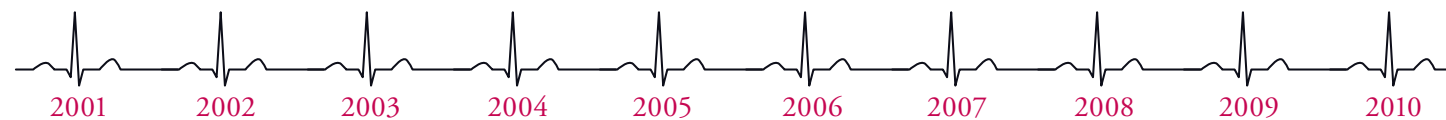
The 112,000-square-foot Medical Education and Training Building opens.

Best of Texas rankings in Family Medicine, Geriatric Medicine, Rural Medicine and Primary Care by *U.S. News & World Report*.

Inaugural class of Rural Osteopathic Medical Education (ROME) graduate

Doctor of Physical Therapy (DPT) program enters its first students.

**2010**



**2001**

The Osteopathic Research Center (ORC) is founded to foster nationwide collaborative research on the efficacy of osteopathic manipulative medicine.

Ronald R. Blanck, DO, becomes the institution's fourth president.



The Texas Missing Persons DNA Database is established at UNTHSC with funding provided by the Texas State Attorney General's Crime Victims Compensation Fund.



For the first time, the Physician Assistant Studies Program is nationally ranked number 33 and the Geriatrics Program is ranked number 15 in their respective programs by *US News & World Report*.

UNTHSC enrollment exceeds 1000 students.

**2003**

**2005**

UNTHSC reaches an agreement with the Tarrant County Hospital District to provide clinical services to John Peter Smith Hospital and the JPS Health Network.

UNTHSC purchases the former OMCT property, doubling the size of the campus.

UNTHSC establishes the Texas Center for Health Disparities (TCHD), one of the NIH-designated EXPORT Centers.



FOR HER, a collaborative health model for women of all ages, is founded.

First Annual Employee Appreciation Day is established.

Institute for Aging and Alzheimer's Disease Research (IAADR) founded.

Osteopathic Heritage Foundation Musculoskeletal Research Laboratory is established.

The Center for Community Health is established.

**2009**

Doctor of Physical Therapy (DPT) program is established.

Center for Learning and Development established to teach the faculty how to be better teachers.

Department of Pediatrics partnership with Cook Children's Health Care System is established.

Master of Health Administration (MHA) is established.

UNT Health implements Electronic Medical Record System (EMR).



**Bascom K. Bradshaw, DO ('01), MPH, MAS,** lives in San Antonio and is a senior flight surgeon with the U.S. Army and board certified in aerospace medicine. He is completing a second residency in psychiatry at Wilford Hall Medical Center at the University of Texas Health Science Center in San Antonio. Among his career highlights:

- U.S. Army Aerospace Medicine Specialist of the Year, 2007.
- U.S. Army Central Command, Area Support Group-Qatar, command surgeon and director of Health Services for Camp As Sayliyah, 2007-2009.
- Task force flight surgeon, Operation Iraqi Freedom, supporting the 205th Military Intelligence Brigade for manned and unmanned aviation operations.

How did the Health Science Center prepare him for these accomplishments?

**“Standing on the patio area of the library at night and watching a space shuttle re-entry. It was quite something, seeing it streak across the sky. Oddly enough, I had no plans of going into aerospace medicine at the time.”**

~ **Bascom K. Bradshaw**

For one thing, the institution provided “great clinical instruction,” Bradshaw said. “I feel that my time spent at the [UNT Health] Seminary Family Medicine Clinic during the third year was pivotal in helping develop my clinical skills.”

UNTHSC, he said, “was the first school where people actually greeted each other when passing in the hallway. I really got the impression from my interviewers that TCOM was about developing good physicians.”

Bradshaw offers a compelling reason why he wanted to be an aerospace flight surgeon: “I couldn’t fit in a tank. And the last time I didn’t pursue my educational opportunities, I spent a lot of time ruck marching (walking briskly over rough terrain with a backpack weighing at least 45 pounds) in a scout platoon. It seemed like a natural progression from being a combat medic in the Army.”



**Bascom K. Bradshaw, DO ('01), MPH, MAS**

In his own words, he has many fond memories of his days at UNTHSC:

- “Standing on the patio area of the library at night and watching a space shuttle re-entry. It was quite something, seeing it streak across the sky. Oddly enough, I had no plans of going into aerospace medicine at the time.”
- “Being selected for a medical clerkship at Johnson Space Center.”
- “Being selected as honor graduate of the U.S. Army flight Surgeon Primary Course as a medical student.”

And, of course: “Drinking beer after exams at the Railhead [barbecue restaurant].” Even med students need to kick back sometimes.

**Shelley Crispin, MS ('04),** lives in Indianapolis, Ind., where she enjoys her job as a cold case DNA expert.

Some career highlights:

- Two years working in the FBI’s DNA Unit 1.
- Currently at the Indianapolis Marion County Forensic Services Agency, where she earned Employee of the Month during her first year on the job for achieving a short turnaround time for DNA cases.
- Chosen to work with the Indianapolis Metropolitan Police Department’s Cold Case Unit to coordinate outsourcing and streamline cold case submissions to the laboratory.

UNTHSC’s Forensic Genetics program gave

Crispin “a solid foundation in the fundamentals of forensic DNA analysis as well as hands-on experience that allowed me to feel comfortable entering the workforce.”



**Shelley Crispin, MS ('04)**

**“The friendships that were made, the wonderful education I received and the dedicated professors. Thank you, UNTHSC, for helping me to realize my professional goals.”**

~ **Shelley Crispin**

hit – and know that I helped provide a detective with an investigative lead.”

She chose to attend the Health Science Center because at the time she applied, it had the only program that offered a degree specifically in forensic genetics.

She has many fond memories of her school days: “Moving from Indiana to Texas was a difficult decision for me to make, as it was the farthest I had lived from family and friends. My birthday was only a month after classes started, and I was feeling homesick. My classmates in the Forensic Genetics program knew my birthday was coming up and threw me a surprise party. I began to think of Texas

The profession beckoned, she said, while she was in high school. “I saw the power of developing DNA technologies to provide probative leads in investigations, identify individuals in mass disasters and resolve historical mysteries, such as the discovery and identification of the Russian Romanov family’s remains.”

Crispin said that her job is most rewarding “when I upload a DNA profile from an unsolved case into the FBI’s CODIS system and get a DNA

as my adopted state, and I made several lifelong friends.”

Another memory: “I do remember the hotdog vendor [Fun on the Bun] in the Stairwell Cafe. Those were the best chili cheese dogs.”

But what she remembers most, she said, “are the friendships that were made, the wonderful education I received and the dedicated professors. Thank you, UNTHSC, for helping me to realize my professional goals.”

**Note:** *The Health Science Center’s Rhonda Roby, PhD, MPH, associate professor of Forensic and Investigative Genetics, assisted with the DNA analysis that led to identifying the Romanov family’s remains.*

**Stanley J. Kotara, PA-C ('01),** of Lubbock, Texas, said the Physician Assistant program at UNTHSC provided him with “a great education with a firm medical foundation, which continues to allow me to apply those principles to my specialized practice and career.”

A career highlight: “I spent almost five years with the Steadman Hawkins Clinic of the Carolinas in Greenville, S.C., a world-renowned orthopedic surgery and sports medicine practice, where I was involved not only in the clinical and surgical management of patients with orthopedic and sports injuries, but also in the areas of education and research into musculoskeletal health, wellness and injury prevention.” He is currently in practice at Lubbock Sports Medicine in Lubbock, Texas, where his group helps provide team medical coverage for football, baseball and several other sports at Texas Tech University.



**Stanley J. Kotara, PA-C ('01)**

**“It was clear to me I fit in with the family environment at UNTHSC.”**

~ **Stanley Kotara**



Kotara said he was always interested in pursuing a career in medicine. “Perhaps what was most appealing to me was the versatility of the PA profession – having the latitude to learn, grow and experience different areas of medicine – and to take those new skills and knowledge with me no matter in which area of medicine I wanted to practice.”

He finds the clinical aspect of his practice the most rewarding part of his career: “I enjoy seeing patients, the challenge of trying to figure out what is wrong and how best to help them. There is nothing more noble than service to others.”

The Health Science Center was one of only a few Texas schools that Kotara said he was interested in attending. “Meeting several students and faculty members during my site visit and interview, it was clear to me I fit in with the family environment at UNTHSC,” he said.

He has several fond – and humorous – memories from his days at the institution, including “late night study breaks with ping pong in the student lounge.”

Kotara has noticed how different the Health Science Center campus is these days, after several expansions, compared to nearly a decade ago. “The campus,” he said, “was quite a bit smaller back then.”

**Carmen Santiago, DrPH ('05), RN, BSN, MS**, lives in Southlake, Texas, where she owns a home health and hospice service, as well as Medical Health Management, a health care management company. Her businesses specialize in serving the Hispanic population, and they represent a long-held dream.

“Ever since I graduated from nursing school, I knew that in order to start working in the community, I would need to increase my knowledge base so as to address their problems,” Santiago said. “I also was certain that increased knowledge in my field would enable and arm me to confront pressing public health issues, i.e., obesity, teenage pregnancy, smoking, HIV, etc.”

She said the UNT Health Science Center’s School of Public Health (SPH) fit the bill perfectly, offering a DrPH degree with a concentration in social and behavioral science that prepared her to work with people from varied cultures who have multiple health issues.

“My studies at UNTHSC strategically centered me with the knowledge and sensitivity that it takes to serve these communities,” Santiago said, adding that the SPH positioned her for a leadership role in health promotion and disease prevention while instilling multidisciplinary and collaborative strategies for solving health-related issues.

“The most rewarding aspect of my profession has always been working with the elderly population and their families, and sensitively addressing their health problems and end-of-life issues,” she said.

Oddly, her fondest campus memory coincided with one of her darkest days.

“I almost wanted to quit while working on my dissertation,” she said. “But to my rescue came [former dean] Dr. Fernando Trevino, whom I ran into in the hallway. Concerned and sensing my stress, he encouraged me not to give up, spun a hearty joke that triggered much mutual laughter and alleviated my concerns – sending me off to complete the task at hand.”

She said she’s grateful for his encouragement, as well as for the accessibility all students had with the SPH faculty and staff. And she’s glad she persevered.

“It’s a source of gratification for me that the studies at UNTHSC helped me make a difference, as a public health servant, in the lives of others who need it most.”



Carmen Santiago, DrPH ('05)

**“It’s a source of gratification for me that the studies at UNTHSC helped me make a difference, as a public health servant, in the lives of others who need it most.”**

*~Carmen Santiago*

## UNT HEALTH PATIENT SERVICES

### UNT Health to expand to Alliance Corridor

As the population of Northeast Tarrant County continues to boom, UNT Health will make health care more convenient and accessible to residents. In January 2011, UNT Health at Alliance, a new

**UNT Health at Alliance**  
12650 N. Beach, Suite 148,  
in the Saratoga Market Place  
817-735-2100

*Opening January 2011*

multi-specialty patient care site, will open its doors. UNT Health at Alliance will offer adult primary care including OB/Gyn and certified nurse midwife services, as well as general internal medicine. The facility will be located at 12650 N. Beach St. in the Saratoga Market Place.

Strategic plans for UNT Health – the physician group and clinical enterprise of the UNT Health Science Center – specifically target growth to keep up with the expansion and needs of residents in Tarrant County.

Additional medical specialties will also be available in the near future, said Darrin D’Agostino, DO, chairman of Internal Medicine at the UNT Health Science Center.

“The ability to address the spectrum of most any health need of the patient at this new location is our goal,” D’Agostino said.

To better meet a patient’s increasing chronic disease management needs, proven

health care delivery models such as group medical visits are planned for the Alliance office.

Opening an adult primary care location in the Alliance Corridor has been months in the planning. The facility will offer residents the right care at the right location.

“Current demographic trends indicate substantial growth in far north Fort Worth, particularly between Heritage Trace Parkway and the Alliance Corridor,” said Kathleen Forbes, MD, chief executive officer of UNT Health and executive vice president for Clinical Affairs and Business Development for the Health Science Center.

“This growth triggers a corresponding need for physicians from various specialties, but most important, that of primary care.”



Members of the department of Obstetrics-Gynecology have moved their offices from the Harris Professional Building into the Klabzuba Tower on the south side of the Texas Health Harris Methodist Hospital campus in Fort Worth. The move nearly doubles the number of exam rooms for patients and provides more efficient space for the physicians and staff.





**UNT Health  
Orthopaedics  
at the Ben Hogan  
Center**

800 Fifth Ave.,  
Suite 400,  
Fort Worth  
817-735-2900

*Beginning  
early 2011*

The UNT Health Orthopaedics Department will relocate to the Ben Hogan Center at the Texas Health Harris Methodist Hospital campus in early 2011.

**Physical Therapy program  
enhances clinical offerings**

The Health Science Center launched its first physical therapy academic program this fall semester, and UNT Health will simultaneously benefit by being able to offer patients clinical physical therapy services from the school's faculty.

Clayton Holmes, PT, EdD, chairman of the program, will oversee the clinical operations. These will initially be available in the Patient Care Center on the campus and will operate with convenient, extended hours.

"The ability to bring an additional clinical and academic program to the UNT Health Science Center where an already stellar clinical and teaching environment exists seems to be such a natural fit," Holmes said. "Especially within the realm of the expertise and focus on the musculoskeletal system, which already excels here, it's a great complement."

Michael Connors, PT, DPT, assistant professor and director of clinical services for the program, will assist in overseeing the clinical operations of the department and will serve as the primary clinician for the Patient Care Center clinic.

The PT faculty practice will offer ambulatory patients rehabilitative care following injury and trauma, and will promote wellness and prevention in the general population.



Michael Connors, DPT, leads the UNT Health Physical Therapy Clinic, which offers the county's only anti-gravity treadmill for rehab.



**A Mother's  
Choice**

Certified Nurse Midwives provide women an option in designing their birth experience

Lindsay Kragle, certified nurse midwife, examines a patient.

Fully 10 percent of babies in the United States are not delivered by the traditional obstetrician – they greet the world with the help of the skilled hands of a certified nurse midwife (CNM). The number represents a dramatic rise over just a decade ago when CNMs handled only 3 percent of U.S. births, according to the American College of Nurse-Midwives (ACNM).

Certified nurse midwives have become the choice for women who want to personalize their birth experience – whether they prefer a hospital setting or a home birth, with pain management or without.

"It's an appealing option for women who want a more individualized, high-touch approach to childbirth," said Candis Pannell, CNM, MS, a UNT Health certified nurse-midwife. Many women design their own birth plans, including selection of delivery environment, pain medications and other nuances.

UNT Health's six CNMs deliver about 70 infants every month. CNMs also provide extensive women's health care, including annual exams, birth control and hormone management, and counseling for vaginal birth after Caesarean section.

They are well qualified for their important duties. CNMs must have at least a master's degree

in nursing, and many earn their doctorates.

UNT Health's certified nurse midwives are members of the Obstetrics and Gynecology department, and they have access to obstetricians for consultation and backup if needed. UNT Health's Kathleen Donaldson, CNM, MS, said the nurse midwife division at UNT Health boasts a Caesarean section rate of 7 percent – far below the national average of 27 percent, which has been criticized as being too high.

Midwives – which literally means "with woman" – have been doing their part for the well-being of women for centuries. Worldwide, midwives are responsible for delivering more than two-thirds of all births. Possibly one of the oldest forms of health care provision, a midwife is being seen more often in primary care-strapped communities across the country, according to the ACNM.

CNMs are being reborn in the modern era to provide women with choice in how they give birth. In addition to traditional deliveries, CNMs offer water births.

"As nurse-midwives, we view pregnancy and childbirth as normal life processes in which every woman should be allowed to actively participate in the decision-making and planning of her care," said Donaldson.



# Alumni

## TCOM graduates reunite

Reunions for the Texas College of Osteopathic Medicine classes of 1975, 1980, 1985, 1990, 1995, 2000 and 2005 were conducted on Sept. 17 and 18 with the theme “Remember ... Celebrate ... Continue the Tradition.”

Gil Scarnati, DO ('90), earned the TCOM Dean's Award for Humanitarian Service, which recognizes TCOM alumni who distinguish themselves through outstanding personal and professional achievements and humanitarian service. (See related story on page 39.)

Albert Yurvati, DO ('86), received the TCOM Dean's Award for Outstanding Philanthropy.

## Board members sought for all four alumni associations

The Health Science Center's alumni associations for the Texas College of Osteopathic Medicine, Graduate School of Biomedical Sciences, School of Public Health and Physician Assistant Studies all are seeking board members to help direct the associations' activities. Board members have opportunities to:

- Build networks of fellow alumni
- Make a positive impact on students
- Play a crucial role in the Health Science Center's vitality
- Serve as ambassadors
- Provide support through time and resources

To explore opportunities, please contact Denise Armstrong or Julie Herrmann in the Alumni Office, 817-735-2445.



Ruth Rector-Wright ('82) and David Wright ('80), along with their daughter, Emily Wright.



Gary Grant; Stanley Weiss, DO, and wife, Beverly Weiss; Jan Lead Lamb, DO ('90); Commie Hisey, DO ('90); Michael Noss, DO ('85); and Gil Scarnati, DO ('90), in foreground.



Winner of the Dean's Philanthropic award Albert Yurvati, DO ('86), and his wife, Sharon Yurvati.



Witold Migala, PhD ('00), assists with public health planning in some of the most remote areas of the world.

## School of Public Health alum takes on global public health

School of Public Health graduate Witold Migala, PhD ('00), MPH ('97), travels the world to make it a better place.

On one mission, taking health care services to the most remote areas of Madagascar, he traveled on foot, by canoe and motorcycle – sleeping on floors, hospital beds and chairs – to visit 136 remote medical facilities in 90 days.

“It's an adventure and a challenge, and it is profoundly rewarding – but the demands of the work can be emotionally draining,” Migala said. “The environment alone can drive you to consider your mosquito net as a close personal friend.”

Former chief epidemiologist and director of the Bioterrorism and Health Emergency Preparedness program for the Fort Worth Health Department, who has previously taught classes in emergency preparedness and catastrophic events for the Health

Science Center, Migala now serves as a free-lance consultant in the most remote and underserved areas of the globe. He coordinates programs for vaccine-preventable diseases, bringing polio immunizations to countries like Madagascar, Haiti and Nigeria; helping U.S. military leadership train for public health issues related to conflict in foreign countries; and serving on medical missions with organizations like the United Nations, UNICEF, World Health Organization, Pan American Health Organization, International Children's Fund and Doctors Without Borders.

Born in France, Migala credits his family's “international roots” as the reason for his wanderlust. His father, an architect, traveled with his family on both business and pleasure, residing in places like France, Thailand, Germany and the U.S. Along the way, Migala and two of his three



brothers, Henri, MPH ('97), and Alexandre, DO ('93), learned to appreciate the differences among the cultures and countries they visited and have all served in relief and humanitarian missions across the globe.

The concept of global public health is not lost on Migala, who views all of society, or the community, as a "single patient" that needs solutions to problems like emerging diseases, access to health care and basics like clean water, safe food and a healthy environment.

"Regardless of the language barriers or the differences among cultures, we are privileged," he said. "To me, it's about reaching out to the people and places that need the most help. As the saying goes, as long as there is a third world, we will never have one world."



Migala immunizes children in a village that rarely sees doctors.

## Healing becomes a family tradition for the McClanahans

Growing up seeing his father treat patients in the emergency room wasn't something John McClanahan, DO ('08), took lightly.

"I knew I wanted to go into medicine," said McClanahan, who shadowed his dad in rural Muleshoe, Texas. "I respected what Dad did, and I liked the idea of taking care of people, taking care of a community. There are a lot of people who really need someone to take care of them, and I'd like to be that person."

Although Mark McClanahan, DO ('87), discussed medicine as a career option with his son, he chose to not push him in any particular direction.

Today, both McClanahans practice family medicine in small communities. John is a resident physician at the Family Health Center in Waco, a public clinic that receives federal funding. Most patients are on Medicaid or have no insurance. Mark opened his own 14,000-square-foot family medicine practice in Plainview nine months ago.

Is dad pleased with his son's career choice?

"You bet," Mark McClanahan said. "I've never been one to say people shouldn't choose medicine, regardless of the challenges associated with it. It's still a lot of fun. I enjoy going to work every day."



John McClanahan, DO ('08)

Being in the same profession as your parent does have some advantages.

"I can call him any time with a question, and he usually knows the answer," John McClanahan said. And "when I get down and in a hard patch, he's very encouraging. In regards to medical school and residency, he says 'there will be an end to this – you will get through this.'"



Mark McClanahan, DO ('87)

There's another parallel between the two – both graduated from the Texas College of Osteopathic Medicine (TCOM).

Mark McClanahan fondly recalls the institution he attended two decades ago as a husband and father of three young children.

"TCOM was a great school with small classes – less than 100 students,"

he said. "There was a personal touch from the day you started until the day you finished. It was an excellent learning environment, and the clinical rotations were good. I ended up delivering 40 to 50 'kiddoes' while I was a student."

Son John chose to enter TCOM's rural track,

which preceded the current Rural Osteopathic Medicine Education of Texas program. In addition to valuable experience on clinical rotation with general surgeon Ray Morrison, DO ('86), in Crockett, Texas, he completed a clinical rotation in his dad's practice.

"TCOM is a very primary-care oriented school," John McClanahan said. "It does the most to serve the needs in Texas."

Father and son hope to do their part to stem the critical shortage of qualified physicians in outlying areas.

"I want to be part of a community and do the full spectrum of medicine – deliver babies and take care of the whole community. I want to mirror what my dad does," John McClanahan said. "It's great to be able to serve this huge need in Waco. I'm providing care these patients probably would not have gotten otherwise."

Someday, they plan to work together as rural family practice physicians in Plainview with another McClanahan – John's brother, Matthew, currently a fourth-year medical student.

"We'll all be under one roof," Mark McClanahan said. "We'll be practicing the full spectrum of family medicine – endoscopy, delivering babies, skin cancer treatments. A family doctor should take care of 85 percent of what's wrong with people. It's what TCOM preaches, and I practice what was preached to me."



John McClanahan, DO ('08), second from left, with his family: Wife Ashley McClanahan, daughter Addison McClanahan, mother Robin McClanahan and father Mark McClanahan, DO ('87)



## Advancement

### Cancer Research Foundation of North Texas awards grant

**Praveen Shetty, PhD**, research scientist in Molecular Biology and Immunology, received a \$25,000 grant for his research project, “Identification of a novel therapeutic target for triple negative breast cancer,” from The Cancer Research Foundation of North Texas (CRFNT). Shetty was honored at the foundation’s Torch of Hope Gala on Oct. 22 at the Fort Worth Club.

### Fifth President’s Invitational Golf Tournament raises \$66,700

The fifth annual President’s Invitational Golf Tournament conducted this spring at Ridglea Country Club attracted 108 participants and 39 sponsors, generating \$66,700 for UNT Health Science Center initiatives.

The President’s Invitational is organized annually by the Health Science Center’s Office of Institutional Advancement to raise funds to expand educational support for tomorrow’s health care professionals and scientists serving the community and Texas.



Top row: Barbara Thompson, Tim Moloney and Jan Sweeney, all of CRFNT; J.K. Vishwanatha, Sharad Singhal, Sushma Yadav and Paul Bowman, all of UNTHSC; and Rachel Wood, CRFNT. Bottom row: Roberta Frost, CRFNT; Praveen Shetty, UNTHSC; and Jackie Finch, CRFNT.



President Scott Ransom, DO, congratulates tournament winners Janice Knebl, DO, and Thomas Fairchild, PhD, with tournament co-chair Michele Reynolds.



## Gil Scarnati illustrates the power of the spirit over life’s tragedies



Until the day he broke his neck on an Australian beach, Gil Scarnati said practicing osteopathic medicine was a fundamental part of his identity and a source of gratification.

He was vacationing in Australia when a wave caught him up and slammed him head first on the beach, causing an injury similar to the one the late actor Christopher Reeve suffered while horse-back riding.

The specialists gave grim prognostications regarding his rehabilitation and recovery. Yet two years later, after two spinal reconstructions; the placement of titanium rods in his upper spine; two years of rehab, Pilates and yoga; and 11 months in a wheelchair; the determined Scarnati came back, to the amazement of his orthopedist, physiatrist and neurosurgeon.

Then two years later, fate intervened again. Unrelated to his previous injuries, Scarnati was diagnosed with a rare, progressive, and degenerative disease called nemaline rod myopathy. It strikes about one in a million people and is believed to be genetic or autoimmune. The disease so quickly ravaged his body that he was forced to give up the practice he loved.

### On osteopathic medicine and the practice he had to give up:

“Osteopathic medicine is an approach and philosophy of medicine which involves both the art and science of medicine. Yet further, it emphasizes treating the patient as a whole, entire human being, rather than a case, disorder or disease. It emphasizes the importance of the interaction and relationship of all aspects of the person as patient, body, mind and spirit.

“It is an endeavor in wholeness, of completeness, and one that places just as great an emphasis upon medical expertise as it does upon understanding, empathy and the humane.

“I loved teaching my patients and answering their questions. Patients came in sick and anxious, and often I was able to allay their fears and anxieties, and to provide comfort, simply by listening and truly communicating with them. Although many physicians believe this humanistic way of medical practice has become impracticable and unrealistic, it is amazing how significant and productive a 15-minute patient visit can be.

“In retrospect, I think that which amazed me the most was the impact one can have on someone else’s life.”

~Gil Scarnati, DO

“This truly broke my heart, because I realized there was no coming back,” Scarnati said. “I enjoyed teaching my patients – helping allay their fears by answering their questions and providing information that would help them manage their condition.”

He had been inspired to become an osteopathic physician by his older brother, also an osteopathic physician, a forensic psychiatrist and professor at the Ohio University College of Osteopathic Medicine.

“I saw the excellent medicine he practiced and how fulfilled he was,” Scarnati said.



Despite his circumstances, Scarnati retains the talents to do anything he wishes. Fluent in three languages and able to read two more, he holds an undergraduate degree from Georgetown University in German and linguistics, and masters degrees from Virginia Commonwealth University (Psychology) and Texas State University (Cell and Molecular Biology). He has designed and built Jacobean- and Elizabethan-style furniture, and his designs, sculptures and furniture in his former home in the Dallas suburb of Highland Park were featured several times in *Architectural Digest* magazine.

He had applied to and was accepted by several medical schools – both osteopathic and allopathic.

“There simply was never any doubt or deliberation,” said Scarnati, who graduated in 1990. “I chose to go to TCOM because I wanted to be an osteopathic physician. I also realized that TCOM would provide superior education and training. At TCOM I perceived an atmosphere of community, of emphasis upon shared values, and of professors and physicians who were deeply committed to their students and their patients.

“And now, 20 years later, I still see it. Technology and knowledge have advanced dramatically, but values are permanent. Quality, excellence and integrity will always endure.”

That spirit, Scarnati believes, has helped TCOM and UNTHSC thrive during a challenging economic time.

“UNTHSC is flourishing because of the students, the faculty and the administrators – there are phenomenal people here,” he said.

He’s more than a casual observer. Scarnati is a student again, negotiating the Health Science Center’s campus on board a scooter while pursuing a doctorate degree in neuroscience from the Graduate School of Biomedical Sciences.

“I want to be productive and contribute,” he said. It’s a logical progression for Scarnati. He was a family practitioner in Dallas, emphasizing HIV/AIDS medicine and serving as the principal researcher in numerous pharmaceutical studies of anti-retroviral medications. He had a rewarding and busy patient practice that he said was based on the

osteopathic principle of “wholeness,” a quality that he believes is becoming rare.

“We are breaking down the component parts of medicine and learning more and more about them, but we are getting away from wholeness. When I closed my practice, many patients said they would never find another physician who cared for and about them as I did. I believe the most precious things you can give people are your time and your compassion.”

Scarnati finds the unique circumstances of his own life have provided insights of their own.

He has directed in his last will and testament that \$75,000 in proceeds from his estate be allotted for a scholarship to a deserving physically handicapped TCOM student – an act of generosity

~Gil Scarnati

he originally intended to be private. But when presented with an opportunity to make the gift public, he decided “there might be some value in influencing and touching the lives of other TCOM alumni to realize the significance of ‘giving back’ and leaving a tangible expression of concern for one’s fellow man – and providing the opportunity to examine their own capacity and realize that if a disabled physician, who lives on disability income and savings, can provide a measure of support, they might be able to as well.”

As he pursues his second doctoral degree, he gladly shares his insights.

“Age is not a limiting factor,” he said. “I am actively pursuing a challenging PhD, but I do not regard it as a job or as a pastime. Because of my age, my love of learning and teaching, and my passion for discovery, this is now a way of life.”

And he’s learned that “your body is not everything.”

“Young people think they are their body,” he said. “We are so much more than our bodies. We are, as individuals, 90 percent our mind, heart, spirit, intellect and talents. Young people who look in the mirror see their reflection and say ‘that’s me.’ As for myself, when I see my reflection in the mirror, knowing that I inhabit a body with severe physical limitations, I tell myself, ‘that is the least important part of who I am.’”

“UNTHSC is flourishing because of the students, the faculty and the administrators – there are phenomenal people here.”

## News & Applause

### Bruce Budowle - Health Care Hero

**Bruce Budowle**, PhD, director of the Health Science Center’s Institute of Investigative Genetics, has been named a Health Care Hero by the Dallas Business Journal. He joined the Health Science Center in 2009, bringing renowned expertise in the areas of counterterrorism, primarily in identification of victims from mass disasters, and microbial forensics.

Before joining the Health Science Center, Budowle spent 40 years as a senior scientist for the FBI in Washington, D.C. He was a principal advisor in efforts to identify victims from the World Trade Center attack in 2001 and helped establish a mitochondrial DNA sequencing program to enable high-throughput sequencing of human remains.

After a lifetime in the Virginia/Washington area, Budowle’s commitment to helping families resolve missing persons cases led him to the Health Science Center to collaborate with researchers on advancing the knowledge and use of forensics and DNA to improve health and safety. Budowle has also been instrumental in establishing the DNA-ProKids initiative to identify missing children internationally.



Bruce Budowle, director of the Institute of Investigative Genetics

### Two from UNTHSC named ‘40 under 40’ honorees

**Jennifer Treviño**, MBA, and **Elizabeth Trevino Dawson**, DrPH (’05), MPH (’02), were recognized in the “40 Under 40” Class of 2010 by the *Fort Worth Business Press*. The Health Science Center employees were honored recently for their contributions to the Fort Worth community.

Trevino, vice president of Administration and chief of staff, oversees Human Resource Services and Office of the President operations.

Dawson is an assistant dean of the School of Public Health, Master of Health Administration director and an assistant professor.







As a Fulbright Fellowship recipient, Esther Han traveled with physicians 16 hours by bus and another four hours on foot to treat patients in a remote Chinese village who had no access to health care.

### Student receives Fogarty Award

**Esther Han**, a third-year Texas College of Osteopathic Medicine student, has received a Fogarty International Research Collaboration Award. Han is one of only 33 students in the United States to receive the prestigious award, which is funded by the Fogarty International Center of the National Institutes of Health.

Han will spend a year in China, researching HIV and other sexually transmitted diseases in sex industry workers at the National Center for AIDS Research in the outskirts of Beijing.

### UNTHSC named Military Friendly School again

The UNT Health Science Center has been named a Military Friendly School for 2011 by *G.I. Jobs* magazine – the second year in a row for the designation. To create the Military Friendly Schools list, *G.I. Jobs* magazine considers institutions' policies, efforts and results used to recruit and retain military and veteran students.

To view the list, visit: [www.militaryfriendlyschools.com](http://www.militaryfriendlyschools.com).



### UNTHSC welcomes two new chairs

**David Mason**, DO, recently was named chair of Osteopathic Manipulative Medicine for the Texas College of Osteopathic Medicine (TCOM) and will serve in the same capacity for UNT Health. Mason comes to the Health Science Center from the University of Medicine & Dentistry of New Jersey, School of Osteopathic Medicine (UMDNJ-SOM), at Stratford, N.J. He received his bachelor of science degree in biology from Rider University and his doctor of osteopathic medicine degree from UMDNJ-SOM.

**Dennis Thombs**, PhD, MA, is the new chair of Social and Behavioral Sciences for the School of Public Health. Thombs holds a PhD in Health Education from the University of Maryland. He received his Educational Specialist degree in community and mental health counseling; his Master of Arts in community and mental health counseling; and Bachelor of Arts in sociology from the University of South Florida. Thombs comes to the Health Science Center from J. Hillis Miller Health Science Center at the University of Florida at Gainesville.

### SPH introduces new professional option master's degree

The School of Public Health now offers a new "generalist" Master of Public Health (MPH) – Professional Option program that can be completed entirely through evening courses. Other one-, two- and three-year degree plans are available through both day and evening scheduling.

This 42-semester credit hour, interdisciplinary degree provides education and training for professionals in any field who want to strengthen their general knowledge and skills in public health. Students gain knowledge, skills and approaches that emphasize the core functions of public health, including the assessment of health risks and current levels of disease; the development of public health policies; the assurance of health improvement through health promotion, disease prevention and health services; and the management of health systems and settings. After completing a set of required

core courses, students have the opportunity to tailor their electives to meet their individual career goals. For more information, call (817) 735-2401.

### FEMA recognizes doctoral candidate

**Tabatha N. Offutt-Powell**, MPH, epidemiology doctoral candidate at the UNT Health Science Center's School of Public Health, was cited by the U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA). Offutt-Powell evaluated the Southwest Center for Advanced Public Health Practice's School Health Surveillance System, a web-based communication portal that helps Tarrant County schools share daily health data with Tarrant County Public Health epidemiologists. The system detects and monitors influenza outbreaks to enable timely public health prevention measures.

### Two named Outstanding Citizens for Seniors for work in geriatrics



Janice Knebl, DO, MBA



Thomas Fairchild, PhD

**Janice Knebl**, DO, MBA, and **Thomas Fairchild**, PhD, were honored as stellar advocates for clinical geriatrics and gerontology by Senior Citizen Services of Greater Tarrant County at the Outstanding Citizens for Seniors event. This is the first time a husband and wife have both received the award since its inception 13 years ago. Knebl is an endowed chair, chief of the UNT Health Science Center's Division of Geriatrics, director of the Gerontology Assessment and Planning Program and professor of internal medicine at the Texas College of Osteopathic Medicine. Fairchild is vice president of the Office of Strategy Measurement.

### Class of 2010 walks the stage



A total of 343 students from all four of the Health Science Center's schools were awarded degrees on May 15, and an honorary degree was conferred upon commencement speaker Camille Miller, MPH, president and CEO of the Texas Health Institute. Earning the Chancellor's Award and delivering remarks on behalf of the class was Navin Rauniyar, PhD ('10); earning the President's Award was Rachel Brennan, DO ('10).



## Alum flies UNTHSC flag to Afghanistan aboard fighter jet

A UNT Health Science Center flag just returned from Afghanistan, where it was flown aboard an A-10 fighter jet thanks to the efforts of U.S. Army Maj. **Robert Carter III**, PhD ('01), MPH ('03). The flag, which was flown by the 81st Expeditionary Fighter Squadron to Kandahar Airfield in Afghanistan on July 6, will be on display at the Health Science Center.

Carter is deputy director for medical systems at the Pentagon, Washington, D.C., and has served previously as a research physiologist with the U.S. Army Research Institute of Environmental Medicine. He has received numerous military awards including the Combat Action Badge, Joint Service Achievement Medal, Meritorious Service Medal, Afghanistan Campaign Medal and NATO Medal. Carter's next assignment will be in Stuttgart, Germany. He has also served as a White House social aide, providing military support for White House ceremonies and social events. Carter's blog is: <http://heatedblogger.blogspot.com/>



Maj. Robert Carter III, PhD, MPH



## Research Appreciation Day draws more than 200 entrants

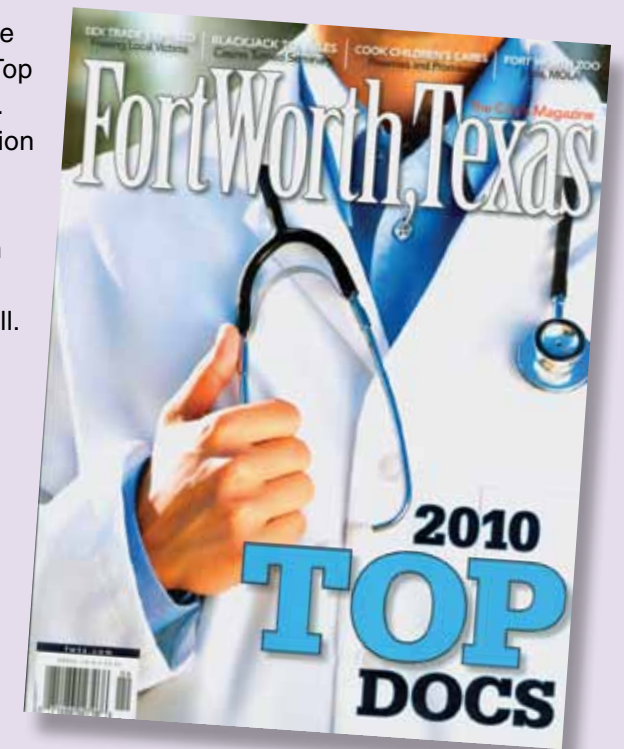


More than 200 research projects were presented at the 18th annual **Research Appreciation Day** on April 23. The annual event was sponsored by Alcon, Healthpoint and Quest Diagnostics, and 20 vendors shared information about their products and services. Brian Smedley, PhD, addressed the topic of "Building Stronger Communities for Better Health: Moving from Science to Policy to Practice" during the luncheon, which was followed by the presentation of poster awards. Pictured are: Andras Lacko, PhD, professor, Molecular Biology and Immunology; Paul Bowman, MD, chairman and professor, Pediatrics; and Suraj Pratap, Molecular Biology and Immunology.

## UNT Health physicians and TCOM alumni named 'Top Docs'

Twenty UNT Health physicians and 28 Texas College of Osteopathic Medicine (TCOM) alumni were named "Top Docs" by *Fort Worth, Texas* magazine in its April edition. They were honored by the magazine at a special reception on national Doctor's Day, March 30.

Nearly 3,000 area members of the Texas Medical Association, the Texas Osteopathic Medical Association and the Tarrant County Medical Society were asked to name the best doctors in the area for the magazine's poll.



### TCOM alumni who received this honor are:

- Shahid Aziz, DO ('86), Gastroenterology
- Carlos Bahrami, DO ('99), Nephrology
- Chris Bajaj, DO ('00), Endocrinology
- Kathleen Bajaj, DO ('00), Anesthesiology
- David Barrera, DO ('93), Oncology
- Pavani Bellary, DO ('01), Internal Medicine
- Sherri Madden-Burke, DO ('89), Pediatrics
- Cynthia English, DO ('03), Obstetrics/ Gynecology
- Scott Ewing, DO ('01), Cardiology
- Gregory Friess, DO ('79), Oncology
- Lisa Gardner, DO ('99), Obstetrics/ Gynecology
- Randall Hall, DO ('93), Cardiology
- Charlece Hughes, DO ('00), Neurology
- Peter Malouf, DO ('95), Dermatology
- Niraj Mehta, DO ('01), Internal Medicine
- Ray Page, DO ('91), Oncology
- Tracy Papa, DO ('87), Obstetrics/Gynecology
- Christopher Pratt, DO ('97), General Family Practice
- Robert Ranelle, DO ('82), Orthopedic Surgery
- Bibas Reddy, DO ('02), Oncology
- Morvarid Rezaie, DO ('06), Internal Medicine
- Jenica Rose-Stine, DO ('05), Pediatrics
- Steven Simmons, DO ('00), Interventional Pain Management
- Keith Vasenius, DO ('86), Cardiology
- Terri Weinman, DO ('87), Neonatology
- Ruth Wiley, DO ('04), Obstetrics/Gynecology

### UNT Health physicians named as Top Docs:

- Barbara Atkinson, DO, Infectious Disease
- Brian Carpenter, DPM, Podiatry
- Kathleen Crowley, MD, Women's Medicine - Women's Health
- Noushin Firouzbakht, MD, Obstetrics/ Gynecology
- Alan Garrett, DPM, Podiatry
- Janice Knebl, DO, Geriatrics
- Kollier Hinkle, MD, Obstetrics/Gynecology
- Alvin Mathé, DO ('89), Geriatrics and Palliative Care
- William McIntosh, DO, Neurology
- Travis Motley, DPM, Podiatry
- Arvind Nana, MD, Orthopedic Surgery
- Carol Nati, MD, Psychiatry
- Bernard Rubin, DO, Rheumatology
- David Slife, DO, Cardiology
- Monte Troutman, DO, Gastroenterology
- DeEtte Vasques, DO, Gynecologic Oncology
- Russell Wagner, MD, Orthopedic Surgery
- Martin Weiss, DO, Cardiology
- Scott Winter, MD, Psychiatry
- Albert Yurvati, DO ('86), Cardio-Thoracic/ Vascular Surgery



## In the Community



### TABS Prep students participate in summer bridge program

This summer, 74 eighth-graders entering the Fort Worth Independent School District's (ISD) new Texas Academy of Biomedical Science (TABS) Preparatory School spent four weeks in a summer bridge program at the UNT Health Science Center, completing four one-week rotations in paleontology with Fort Worth Museum of Science and History, anatomy, a 'science sleuth' segment and a review of public health professions. The students received official lab coats during a formal ceremony in July.

The TABS Preparatory school, which opened this fall at Fort Worth's Stripling Middle School, helps students interested in higher education in the biomedical sciences, public health and medicine pursue these studies. It's a collaborative effort among the Fort Worth ISD, Health Science Center and the UNT Denton flagship campus.

"It was an amazing experience for our students to be educated by world-renowned professors at the Health Science Center and paleontologists from the Fort Worth Museum of Science and History,"

said TABS Prep Principal Keri Flores. "This review of biomedical sciences, public health and health professions is a prelude to the extended learning opportunities in this amazing summer program and the TABS program to follow."

TABS Prep students who proceed to the ninth grade in Fort Worth ISD may apply for enrollment in the full TABS program, a proposed early-college/high-school program scheduled to open next fall.

### UNTHSC's Texas Conference on Health Disparities spotlights national speakers



Katrina Armstrong, MD

The Texas Center for Health Disparities at the UNT Health Science Center focused on women's cancer, HIV, cardiovascular disease and obesity, with a special emphasis on community programs, at its fifth annual Texas Conference on Health Disparities this spring.

The conference featured several nationally known experts, including keynote speaker Katrina Armstrong, MD, from the University of Pennsylvania School of Medicine. Armstrong spoke on "Location, Location, Location: Unraveling Cancer Disparities in the U.S."

## HISPANIC WELLNESS COALITION



Some 6,000 North Texans received free health screenings and education at the 12th annual **Hispanic Wellness Fair** at the Will Rogers Memorial Center in August. Co-founded and now co-sponsored by the UNT Health Science Center, each year the event provides a wide range of medical screenings including back-to-school immunizations; dental, eye, blood pressure, cholesterol, diabetes and body mass screenings; mammograms and cervical cancer screenings; and information on HIV/AIDS; as well as other relevant health information.

## AFRICAN AMERICAN HEALTH EXPO



The UNT Health Science Center concluded National Public Health Week, April 5-11, with an **African-American Health Exposition**. Students with the School of Public Health participated in the event, geared toward educating community members and introducing them to a collaborative health care model that links individuals to providers, public health officials and community resources.

## In Remembrance

**Edna Anton Stokes**, hired in 1969 as the Texas College of Osteopathic Medicine's second employee, died Aug. 17 in Fort Worth at the age of 96. Mrs. Stokes was married to the late Ray Stokes, TCOM's first employee and director of Development. She became a secretary and bookkeeper, and later transferred to TCOM's first community clinic, Rosedale Clinic.



**Charles D. Ogilvie, DO**, former faculty member at the UNT Health Science Center, died July 3 in Fort Worth at the age of 92. Dr. Ogilvie was the founding chairman of the Texas College of Osteopathic Medicine's Department of Medical Humanities and taught ethics and humanities. In 1988, he was named an emeritus professor by the Health Science Center.

**Leon Brachman**, an original UNT Health Science Center Steering Committee member and a founder of the School of Public Health, died Sept. 7 in Fort Worth at the age of 90. Each year, the School of Public Health presents in his honor the Leon Brachman Award for Outstanding Masters Student in Academic Achievement.



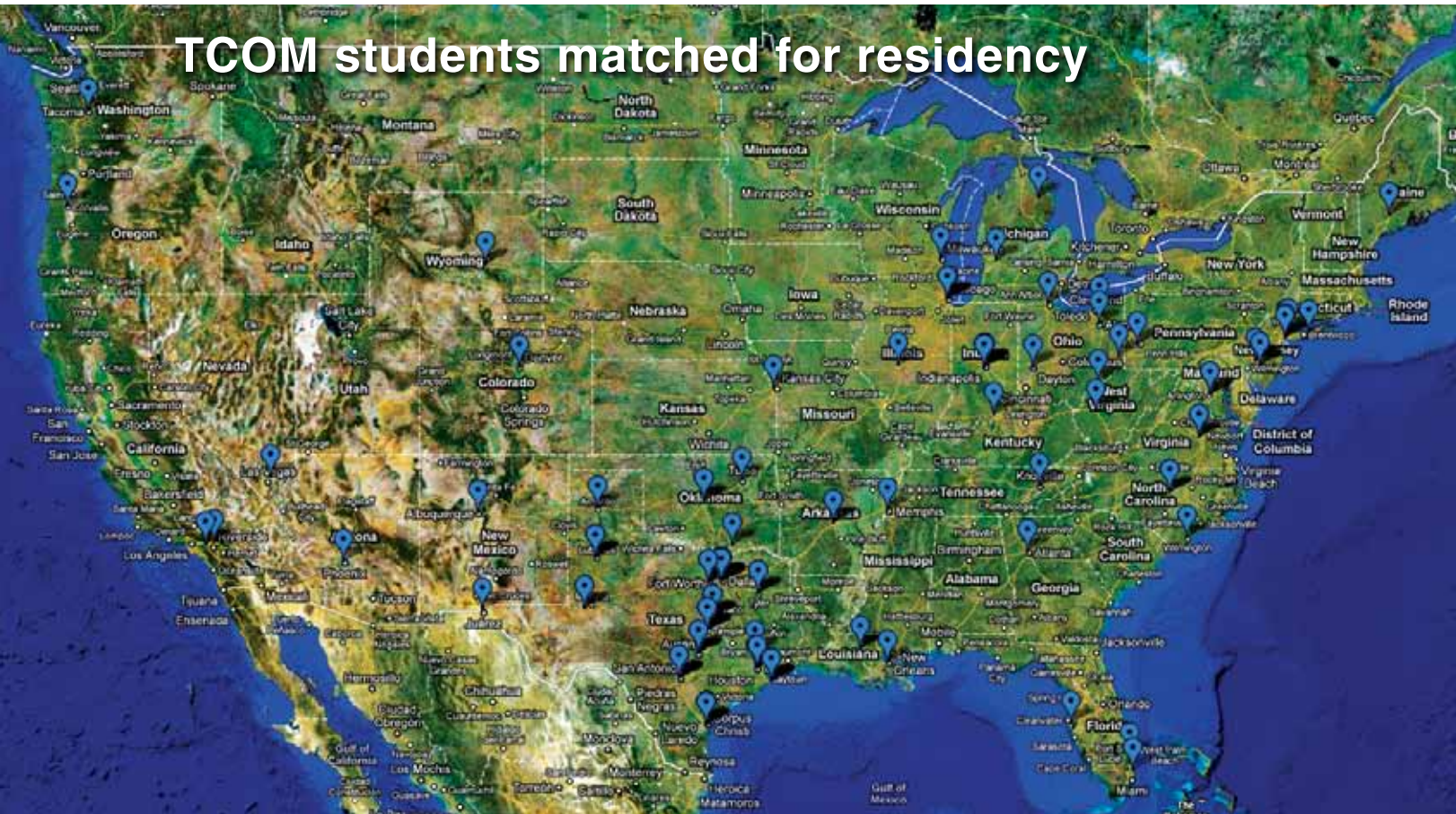




**Gallery Night**

Several hundred art aficionados enjoyed an array of watercolors at the UNT Health Science Center during Fall Gallery Night in September. Sponsored by the Fort Worth Art Dealer's Association (FWADA), the annual event gives art lovers a chance to stroll through participating galleries, museums and other venues and experience the community's unique cultural richness. The Atrium Gallery has been a Cultural District art venue since 1985.

**TCOM students matched for residency**



Texas College of Osteopathic Medicine (TCOM) Class of 2010 students are now matched to residency or internship positions across the U.S. Of the 150 TCOM students matched for residency, 95 are going into primary care; 83 of the 150 will stay in Texas.

According to the NRMP, this was the largest match in history: 30,543 applicants participated — 655 more than last year. Students and graduates from osteopathic schools made up 2,045 of the applicants.



Free Medical Clinic, organized by the church called "King of Kings and Lord of Lords"

**UNTHSC students volunteer in Mexico**

For a group of UNT Health Science Center students, Mexico was the place to be during spring break. But not for the beaches and parties. They were there on a mission trip to provide medical care to people in need.

For seven days in March, more than 80 students from the Texas College of Osteopathic Medicine, Physician Assistant Studies Program

"He practically got up and danced. He told everyone around him that his pain was healed."

~ Linda Schaefer

and the Graduate School of Biomedical Sciences volunteered to provide medical screenings and services to the people of Saltillo and Puebla, Mexico. The group, part of UNTHSC's Christian Medical Association (CMA) student organization, was joined by volunteer physicians, physician assistants and nurses from across North Texas.

For the students, Mexico was the perfect place to turn their training at the Health Science

Center into hands-on experience and to make a difference—many of the patients they treated had little access to health care.

The students worked in makeshift clinics under the supervision of local doctors. They treated more than 500 patients in Puebla and more than 600 patients in Saltillo for everything from common ailments to serious conditions including hypertension and diabetes.

"You could tell that some of the people had hard lives," said Linda Schaefer, second-year Physician Assistant Studies student and mission trip coordinator. "Many came in with muscle and joint pains and skin conditions from working out in the environment."

TCOM students provided osteopathic manipulative treatment to one patient with a stiff shoulder.

"He practically got up and danced," Schaefer said. "He told everyone around him that his pain was healed."



Another local woman brought in her four young children, very concerned about their health and growth. The volunteers gave her advice on nutrition and hygiene, and provided vitamins for her family. To say thanks, the woman came back the next day with lunch for the entire team.

“The people were so grateful for what we could do for them,” Schaefer said. “And many were just grateful to have someone listen to them and their problems.”

In addition to helping the people of Puebla and Saltillo, the Health Science Center students

helped each other. The mission trip was a unique opportunity for students from different programs to work together and learn from one another.

“What was fabulous was the chance for PA students to work alongside medical students,” Schaefer said. “We were able to pull together everything that we have learned so far and integrate it all.

“By the end of the trip, we were like a big family.”



Shane Alexander, TCOM student; Linda Schaefer PA Studies student; and Travis Rhodes TCOM student; break for lunch with other volunteers.



Volunteers Meghan Sanders, RN, and TCU student Drew Worley took villagers' vital signs at the clinic.



Keelie Bruce, TCOM student, with volunteers, including translators, from Santiago, Mexico.



## About the UNT Health Science Center

The UNT Health Science Center, located on 33 acres in Fort Worth’s Cultural District, is exclusively a graduate-level university focusing on the life sciences. It is home to the Texas College of Osteopathic Medicine (TCOM), the Graduate School of Biomedical Sciences, the School of Public Health and the School of Health Professions, which includes the departments of Physician Assistant Studies and Physical Therapy. The Health Science Center is dedicated to improving the health and quality of life for North Texas and beyond through education, research and community outreach. UNT Health, our faculty physician group, is one of the largest multi-specialty physician practices in Tarrant County. TCOM, our cornerstone school, is nationally ranked for Primary Care by *U.S. News & World Report*.

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## *Looking Back*



View of campus in the early seventies: Classes in 1970-71 were held on the fifth floor of the Fort Worth Osteopathic Hospital on Montgomery Street. The administrative offices were in the small white house on the corner with Mattison Street (to the right). The second-story garage apartment housing the anatomy lab is on the far right. The hospital ceased operations in 2004 and was eventually demolished to make way for the Medical Education and Training Building. The Education and Administration Building has stood in the space occupied by the houses and buildings in this photograph's foreground since 1978.