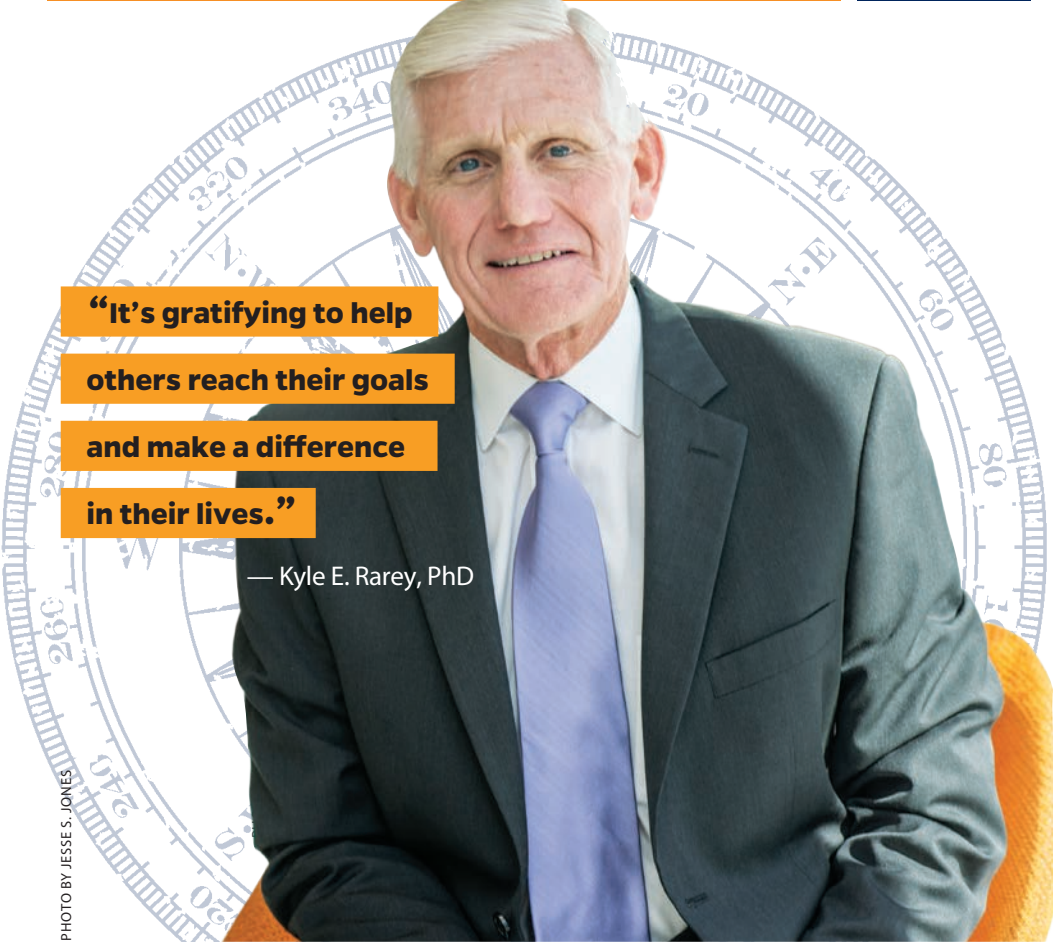


DOCTOR  
GATOR  
COLLEGE OF MEDICINE ALUMNI NEWS

UF  
UNIVERSITY of  
FLORIDA  
SUMMER 2019



“It’s gratifying to help  
others reach their goals  
and make a difference  
in their lives.”

— Kyle E. Rarey, PhD

PHOTO BY JESSE S. JONES

GUIDING STUDENTS TOWARD THEIR  
‘TRUE NORTH’

By TYLER FRANCISCHINE

When Kyle E. Rarey, PhD, a professor in both the department of anatomy and cell biology and the department of otolaryngology, stands before his UF College of Medicine students, he doesn’t simply impart principles of basic science. He aims to help his students achieve their hopes and dreams.

“It’s gratifying to help others reach their goals and make a difference in their lives,” Rarey says. “These individuals come here to realize their dreams of becoming physicians, dentists or physician assistants. There’s a gap between where they are and where they want to be. I make bridges to close that gap and encourage them to strive toward their true north.”

Rarey’s commitment to bolstering both knowledge and spirit was recognized last year when the Association of American Medical Colleges, or AAMC, presented him with the 2018 Alpha Omega Alpha Robert J. Glaser Distinguished Teacher Award. According to the AAMC, the Glaser award recognizes “outstanding contributions to medical education made by gifted teachers.”

“To be selected as one out of hundreds of basic scientists from 150 medical schools is an honor,” Rarey says.

The quality of Rarey’s instruction has long been recognized throughout his 35-year tenure at the UF College of Medicine. He has received 32 awards for excellence in teaching, including five Teacher of the Year awards, nine



Kyle E. Rarey, PhD, right, has taught and mentored UF College of Medicine students for 35 years.

annual Basic Science Teacher awards, eight consecutive annual UF College of Medicine Exemplary Teacher awards and the 2018 Society of Teaching Scholars Lifetime Achievement Award. Last year, the Class of 2020 established the Kyle E. Rarey, PhD, Award for Excellence in the Anatomical Sciences to recognize those students who exhibit not only academic excellence but also attributes instilled by Rarey like perseverance and passion.

*continued on page 8*

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GRADUATE STUDENT EDUCATES LAWMAKERS | 3  
FROM GATOR FOOTBALL TO FAMILY MEDICINE | 4  
DANCE MARATHON CELEBRATES 25 YEARS | 6  
Q&A WITH WELLNESS DIRECTOR | 11

IN THIS ISSUE:



# NEWS CLIPS

## COLLEGE OF MEDICINE RESEARCHER NAMED UF INNOVATE'S 2018 INNOVATOR OF THE YEAR

UF College of Medicine researcher and professor Mavis Agbandje-McKenna, PhD, was named the 2018 Innovator of the Year by UF Innovate during an event that honored innovators who had disclosed, licensed or optioned a technology in the 2018 fiscal year.

Agbandje-McKenna, who serves as the director of the UF Center for Structural Biology, was chosen for the breadth, depth and impact of her work in adeno-associated virus gene therapy. Her multidisciplinary research examines the

events that occur during a viral infection. Though viruses cause many human diseases, they can also serve as vehicles for the delivery of therapeutic genomic material to targeted cells and tissues, serving as a method of treatment for genetic diseases.

"I love discovery and being able to see my ideas become a reality," Agbandje-McKenna said. "For me, doing what you love and being paid for it is a secret that you want to share with everyone." ■



Mavis Agbandje-McKenna, PhD, poses with colleagues and her 2018 UF Innovator of the Year award during a UF Innovate event. *From left to right:* Arun Srivastava, PhD, James Flanagan, PhD, Nicholas Muzyczka, PhD, Robert McKenna, PhD, Kenneth Berns, MD, PhD, and David Norton, PhD.



John Smulian, MD, MPH



Robert Hatch, MD, MPH



PHOTO COURTESY OF JOHN MAYFIELD, MD '19

Drs. Susanne Muehlschlegel, John Mayfield and Danny Muehlschlegel



## A HOST FOR THE HOLIDAYS

When John Mayfield, MD '19, hit the road for residency interviews, he didn't expect to be taken down memory lane. The recent UF College of Medicine graduate traveled to Boston for a residency interview in December and stayed with cardiovascular anesthesiologist Danny Muehlschlegel, MD, and neurologist Susanne Muehlschlegel, MD, who attended medical school in Germany before couples matching at UF for residency in the early 2000s.

"I am of German heritage and celebrated traditional German Christmas with my great-grandmother," Mayfield says. "The Muehlschlegels were great in welcoming me into their home and helping me revisit those Christmas memories from childhood."

The pairing was made possible through the UF Medical Alumni Affairs HOST program, which matches fourth-year medical students with alumni who provide accommodations — along with residency advice and information about their respective communities — to students who are on the residency interview trail.

**Get involved at [drgator.ufl.edu/host](https://drgator.ufl.edu/host).**



## NEW OB/GYN CHAIR APPOINTED

John Smulian, MD, MPH, began his new role as the B.L. Stalnaker professor and chair of the UF College of Medicine department of obstetrics and gynecology in January. He joined UF from Pennsylvania’s Lehigh Valley Health Network, where he served as vice chair, chief of the division of maternal-fetal medicine and director of research in the department of obstetrics and gynecology. Smulian, who was named the 2017 Physician of the Year by the March of Dimes, Northeast Pennsylvania Market, serves on the editorial board of the Journal of Clinical Ultrasound. He has received numerous teaching awards and has been active in educational programs for students, residents, fellows and practitioners. ■

## DR. ROBERT HATCH RECEIVES 2019 STFM EXCELLENCE IN EDUCATION AWARD

Robert Hatch, MD, MPH, has been selected to receive the 2019 Excellence in Education Award from the Society of Teachers of Family Medicine. The award honors Hatch, who has been involved with the organization for more than a decade, as an exemplary medical educator who has demonstrated excellence in family medicine education through his teaching, curriculum development, mentoring and leadership in education on local, regional and national levels. Hatch is a professor and the director of the H. James Free Center for Primary Care Education and Innovation and serves as the clerkship director of the family medicine and ambulatory care clerkship at the UF College of Medicine. He calls the award an overwhelming honor. ■



Jamie Conti, MD '87, FACC

## ALUM NAMED CHAIR OF UF’S DEPARTMENT OF MEDICINE

UF cardiologist Jamie Conti, MD ’87, FACC, has been named chair of the UF College of Medicine department of medicine. An internationally recognized physician in the field of clinical cardiac electrophysiology, she joined the UF faculty in the division of cardiovascular medicine in 1994 and has held a number of positions that have shaped the division’s clinical and training programs. Conti, who has received numerous honors and awards from professional organizations such as the American College of Cardiology, became chief of the division of cardiovascular medicine in 2009 and served as interim chair of the department of medicine for a year prior to her new appointment. ■



## THREE OF JAMA NEUROLOGY’S TOP ARTICLES OF 2018 AUTHORED BY UF RESEARCHERS

In January, JAMA Neurology announced its Top 10 articles of 2018, three of which were authored by UF Health researchers. The rankings were determined by a quantitative measure of the attention each scholarly article received in traditional and social media. Two of the articles focused on deep brain stimulation — one discussed its efficacy and safety when applied to Tourette syndrome, while the other examined its potential use as a treatment for Parkinson’s disease dementia. The third piece shed light on an interdisciplinary service and science hub specialty care model implemented several years ago at UF to improve the patient experience for those with neurological disorders. ■



PHOTO BY MINDY C. MILLER

**“ This internship was an opportunity for me to marry my research with the developing field of science policy.”**

— Heather Drew

Growing up with two environmental engineers for parents, Heather Drew has always been fascinated by observing and measuring the world around her.

# From lab bench to the Senate

UF graduate student educates senators, others on infectious diseases as an intern in Washington, D.C.

By TYLER FRANCISCHINE

When one embarks on a journey of scientific research, there’s no telling what twists and turns the path may take. For Heather Drew, whose interest in infectious diseases was sparked as a child by the novel “War of the Worlds,” her road last year led from Gainesville to the Washington, D.C. office of then-Sen. Bill Nelson.

Drew, a graduate fellow in immunology and microbiology in the University of Florida College of Medicine, spent five weeks as an intern in Nelson’s office sharing her expertise on antibiotic resistance with senators and staffers. She said she learned firsthand the critical role researchers and

scientists can play in helping to craft national policy, a career interest of hers for many years.

“This internship was an opportunity for me to marry my research with the developing field of science policy,” Drew

said. “I’ve seen a lot of gaps among policy, science and the public. This is going to be a growing problem that students and future researchers must change.”

Drew was taking part in a National Institutes of Health-sponsored training program in basic microbiology and infectious disease headed by David

Bloom, PhD, a professor in the UF College of Medicine’s department of molecular genetics and microbiology. She traded the lab bench for a seat at the Senate Committee on Commerce, Science and Transportation, where she sat in on meetings with constituents from across the nation.

“We essentially served as a sounding board and tried to integrate their feelings and concerns to develop legislation reflective of their needs,” she said.

Drew’s duties also included drafting several congressional memos for Nelson, including one about the impact of climate change on human health. Nelson, a Democrat, lost his re-election bid in November to Florida Gov. Rick Scott.

“I wanted to highlight the fact that if we don’t take preventive measures to increase the resiliency of our environment, it’s going to impact human health,” she said.

Drew was pleased to note that politicians on both sides of the aisle appeared supportive of her work.

“I think people like to polarize environmental issues as not being a concern of both parties, but human health should be a nonpartisan issue,” she said. “Taking varying approaches to maintain human health is going to be necessary for the future.”









# ‘Play the next play’

By **STYLIANA RESVANIS**

Recent UF College of Medicine graduate and former Florida Gators football player Michael McNeely looks forward to a bright future as a family medicine physician.

Everything moved slowly and quickly at the same time. The Gators were down in the second quarter of the annual Florida-Georgia football game, but Michael McNeely tuned out the crowd noise and focused on one task: “Catch the ball, then go from there.”

He had worked on this play for days. He lined up to hold the ball for a field goal attempt but instead darted down the field for a touchdown. Everything around him stood still as he ran those 21 yards to the end zone, a move that turned the tide of the game on Nov. 1, 2014, resulting in a win for the Gators.

“It was surreal; as soon as the ball was snapped, everything happened really fast,” McNeely says. “Before I knew it, my teammates were on me, celebrating, and all I could think was, ‘Did that just happen?’ I couldn’t let it sink in because we had to move on to the next play.”

McNeely — a walk-on wide receiver for the Gators who earned the nickname “fake-kick hero” for that moment and made headlines from ESPN to Yahoo Sports — graduated from UF with a bachelor’s degree in fall 2014, trading his jersey for a white coat. After four years at the UF College of Medicine, he now turns his attention to the next play: a family medicine residency at Eglin Air Force Base in the Florida Panhandle.

“I decided to join the military because it’s an excellent opportunity to give back to a country that’s provided so many opportunities for me,” says McNeely, a Clearwater native. “It’s an honor to not only serve the country but also to directly care for those who are doing the same.”

He was first drawn to health care as a child,

when his mom would come home from work overflowing with stories about her job as a pediatrician. When McNeely hit the football field as a high school athlete, he gained an appreciation for the physicians who patched him up and helped him continue pursuing his passion.

His interest in family medicine kicked in during his first preceptorship as a UF medical student at Orlando’s Grace Medical Home, a primary care clinic for the underserved.

“That first exposure to clinical medicine changed my whole perspective,” he says. “Following my military commitment, I’d like to open a doctor’s office like that for people who don’t have access to health care. There’s a shortage of primary care physicians in our country, and I’d like to help. That’s where my heart is. The beauty is that you get to build relationships with patients and walk through little victories with them.”

As he takes the next step in his professional journey, the 2019 graduate says he will hold onto the lessons he’s learned at UF — on and off the field.

“We have a saying in football: ‘Play the next play,’” says McNeely, noting that he has called upon this phrase in situations ranging from rigorous medical school exams to challenging patient encounters. “Regardless of how the last play went, there’s another coming up. You need to forget what happened on the last play, whether your emotional state is high or low, to collect yourself and enter that next play in a place where you can do your best.”



# GOING THE DISTANCE FOR THE KIDS

## DANCE MARATHON AT UF TURNS 25

Twenty-five years, 678 total hours danced, 32,000 student leaders and more than \$18.3 million raised for the kids. This is how you build the most successful student-run philanthropy in the southeastern United States and create meaningful impact.

BY ALEXIS HARWOOD



PHOTOS COURTESY OF TRAVUS WHITE, MD '15





**D**ance Marathon at the University of Florida, one of the five founding Dance Marathon programs in the nation, is a yearlong fundraising effort that culminates in a 26.2-hour dance marathon held in the spring on the UF campus. The event is packed with a variety of activities and supports the patients and families of UF Health Shands Children’s Hospital, our local Children’s Miracle Network hospital.

While Dance Marathon at UF celebrated its 25th anniversary in March, Children’s Miracle Network topped \$100 million in total funds raised for the UF Health Shands Children’s Hospital, which was established as an affiliate CMN hospital in 1985.

This year, Dance Marathon at UF made history by raising a record amount — more than \$3.2 million — supporting more than 9,400 inpatients treated at the children’s hospital each year. Funds raised from Dance Marathon at UF have been vital to sustaining construction and renovation projects in the hospital and have been used to benefit Child Life and Guest Services programs. Dance Marathon donations have been used to purchase equipment like monitors and sleeper sofas and to support pediatric research.

The extraordinary impact of Dance Marathon at UF is most palpable through the passionate volunteers who commit their time and energy to this lifesaving cause. Travus White, MD ’15, has been a proud supporter of Dance Marathon at UF since he was an undergraduate student. As a medical student, White not only started the first UF College of Medicine Dance Marathon team, but he was also the 2013 recipient of the Jen Krug award, which he won for embodying the spirit of Dance Marathon.

“Dance Marathon changed the trajectory of my career and inspired me to go into pediatrics,” White said. “The fact that you can have such an impactful student-driven organization raise so much awareness for pediatric patients is astounding. It is a unique, tangible experience for students — a true celebration of humanity.”

Top: Students reveal total fundraising numbers at the 2019 Dance Marathon at UF event in March at the Stephen C. O’Connell Center.

Bottom row: Students from the UF College of Medicine's Dance Marathon team help raise funds for UF Health Shands Hospital and celebrate pediatric patient Nathan Ferrell, who was named the 2014 Florida Children's Miracle Network Champion.



PHOTO BY JESSE S. JONES



# FACULTY SOUND BITES

“When moms are in the ICU, they often need help breathing, they need a ventilator to breathe for them, and **it may be that there is some period of time where they aren't breathing well enough to get adequate oxygen to the baby.**”



— **Sonja Rasmussen, MD '90**, a professor in the departments of pediatrics and epidemiology, discussing the results of a recent study on flu risk for pregnant women with NPR, Jan. 10.



“Research shows that **humor appreciation does not decrease with age** — in fact, it increases.”

— **Uma Suryadevara, MD**, a UF Health physician who specializes in adult and geriatric psychiatry, discussing how the brain processes humor as people age with AARP The Magazine, Oct. 23.

**“It’s like a marathon.**

They have to do this day in and day out ... The whole point is to teach them and empower them to take care of themselves.”



— **Angelina Bernier, MD '02**, a pediatric endocrinologist and assistant professor in the department of pediatrics, discussing her comic book and video series designed to help educate children with Type 1 diabetes with The Gainesville Sun, July 18.

**Guiding students toward their ‘true north’** *continued from page 1*

Rarey, who has completed triathlons in which he swam, biked and jogged 140.2 miles each time, applies inspirational metaphors from his own experiences to illustrate to his students the effort required to make it to the finish line and receive their degrees.

“I tell my students ‘Stroke, stroke, kick, kick around each buoy of life,’” he says. “When you’re swimming 2.4 miles, you can’t see a finish line. You just see buoys. And they don’t have handles; you can’t stop and hold on for a break. I bring in actual buoys to the classroom to show them that this job takes real effort.”

Recent graduate Stephanie Socias, MD '19, who was taught by Rarey from 2015 to 2017, sums up his teaching style in one word: “inspired.”

“Dr. Rarey teaches science by emphasizing passion and perseverance, which together make grit. He is the coach that motivates his team to show up every day and compete, regardless of outcome,” she says. “Because he knows that medicine is a lifelong endeavor,

he is educating his students to be the type of physicians who never stop learning, adapting and fighting for their patients when things get tough.”

Joseph A. Tyndall, MD, MPH, interim dean of the UF College of Medicine, says, “Throughout his tenure, Dr. Rarey has not only instructed but has also invested in his students through mentorship and innovative teaching methods, instilled grit and character, inspired students to achieve excellence and positively impacted generations of physicians.”

UF College of Medicine senior associate dean for educational affairs Joseph C. Fantone, MD, calls Rarey “an exemplary role model and mentor to students.”

“He individualizes his teaching to each student, promoting active, self-directed learning,” he says. “His scholarly pursuits include researching problem-based learning, computer-assisted instruction and student competence assessment, while continually implementing innovative methods of instruction.”



PHOTO BY W. CHARLES POULTON

Rarey’s anatomy instruction has inspired the UF College of Medicine class of 2020 to create the Kyle E. Rarey, PhD, Award for Excellence in the Anatomical Sciences in his honor.

## Bridging the gap between research and treatment

Michelle Gumz, PhD '04, an assistant professor in the UF College of Medicine division of nephrology, hypertension and renal transplantation, shares her family’s experiences with cancer and how she has applied her scientific background to advocate for treatment options grounded in the latest findings from basic and clinical research. Below is an excerpt from an essay Gumz wrote about her experience for the American Society for Biochemistry and Molecular Biology.

My mom’s initial diagnosis in 2008 came just six months after I had a radical hysterectomy for a rare form of cancer. Having completed postdoctoral training in cancer biology in 2006, my anxiety levels were through the roof. I remembered quite well the molecular biology horror show that is a cancer cell. Although my lymph nodes had come back clear and I didn’t require additional therapy beyond surgery, I worried about the clonal theory — that just one cell might be hiding somewhere and would later result in a recurrence. My cancer was stage IB, and all of my doctors assured me the chance of a recurrence was extremely remote.

Following her breast cancer diagnosis, I assured my mom she would be fine. There are targeted therapies for breast cancer, I told her. If you have to have cancer, this is the kind you want, I tried to comfort her. The TNBC diagnosis came a month later. I had never heard of it. There was no targeted therapy.

Her oncologist was surprised at the brain metastasis articles I found in PubMed, because the prevailing understanding at the time was that Her2neu-positive tumors were the “worst” type of breast cancer. My mom received the neoadjuvant standard-of-care treatment at the time: doxorubicin, cyclophosphamide



PHOTO BY JESSE S. JONES

In her UF lab, Michelle Gumz, PhD '04, right, and her team study the role of the circadian clock in the kidney. By sharing her family’s experience with cancer, she aims to emphasize the importance of the intersection between science and medicine.

and paclitaxel.

By the time she had a brain MRI, it was too late. My mom went on hospice toward the end of August 2008 and died a short time later.

Cancer hit close to home once again in summer 2017 with my sister’s diagnosis of a rare form of uterine cancer. I went to the literature to check the treatments she was being offered, and I reached out to my former colleagues in cancer research and my wider network from my own training period.

As scientists, this is something we can help our friends and family with. For the lay public,

the difference between a Google search and a PubMed search may mean the difference between spiraling into a morass of misinformation on nonmedical and nonscientific websites versus accessing the most recent state-of-the-art findings at the forefront of medical research.

As a principal investigator of a biomedical research lab, I emphasize the importance of networking for the career development of my students and postdoctoral trainees. This was an important part of my own training, and although I never doubted the importance of my network for the advancement of my career, I never imagined how important that network would become in terms of its lifesaving potential.

**Read the entire essay at [news.drgator.ufl.edu](https://news.drgator.ufl.edu).**



# Student-run Equal Access Clinic Network receives financial boost from UF Medical Guild

By JOAN ANDREK

Six decades ago, the wives of faculty members at the fledgling UF College of Medicine banded together to form a volunteer organization rooted in service to the UF Health community. Since then, members of the UF Medical Guild have devoted themselves to funding student scholarships, providing program grants for UF Health and the surrounding Gainesville community and supporting the hospital system in its mission of providing compassionate, high-quality care for patients.

Since its inception, the UF Medical Guild has contributed more than \$1.5 million to these causes. To mark its 60th anniversary, the organization is stepping forward to support a vital student program at the UF College of Medicine

Medical Guild’s anniversary committee chair. “The first goal was to recognize and commemorate the six decades of friendship, volunteerism and philanthropy of the many Medical Guild members. The second was to select a recipient that resonates with the philosophy of the Guild members and provide a gift that would be enduring and serve an unmet need. The Equal Access Clinic Network was a perfect fit, and we are pleased to contribute to its continued success.”

The Equal Access Clinic Network’s mission is two-fold: to give students in the health professions opportunities to engage in leadership roles and gain hands-on experience while providing much-needed health care to the

are borne by the Equal Access Clinic Network, making this endowment a virtual lifeline for operational sustainability.

Joseph A. Tyndall, MD, MPH, interim dean of the UF College of Medicine, joined UF Medical Guild leaders and the student leaders of the Equal Access Clinic Network for a brief ceremony Jan. 8 to sign the gift commitment.

“We are deeply grateful not only for the many decades of contributions from the UF Medical Guild,” Tyndall said, “but especially for their decision to provide enduring support for a program that hones the skills of our students and instills and reinforces the concepts of compassionate and comprehensive care for those in need.”

Diane Yang, past president of the UF Medical Guild, pictured with Joseph A. Tyndall, MD, MPH, interim dean of the UF College of Medicine.

Through a gift of \$250,000, the UF Medical Guild created an endowment for the Equal Access Clinic Network, a free medical service in the Gainesville community.

while also impacting the region’s medically underserved. Through a gift of \$250,000, the UF Medical Guild created an endowment for the Equal Access Clinic Network, a free medical service in the Gainesville community staffed entirely by medical, nursing, pharmacy, public health and dentistry students under the guidance of UF Health faculty. “Our committee worked for over 18 months with two main goals in mind,” said Lynn Newman, the UF

area’s underserved population. The clinics operate in a different location each evening, Monday through Thursday, and offer free primary care and specialty services. In a year, the clinics handle upward of 2,500 visits with patients who otherwise would have limited options for medical care. Equipment, supplies and the costs of care coordination and health outcomes monitoring

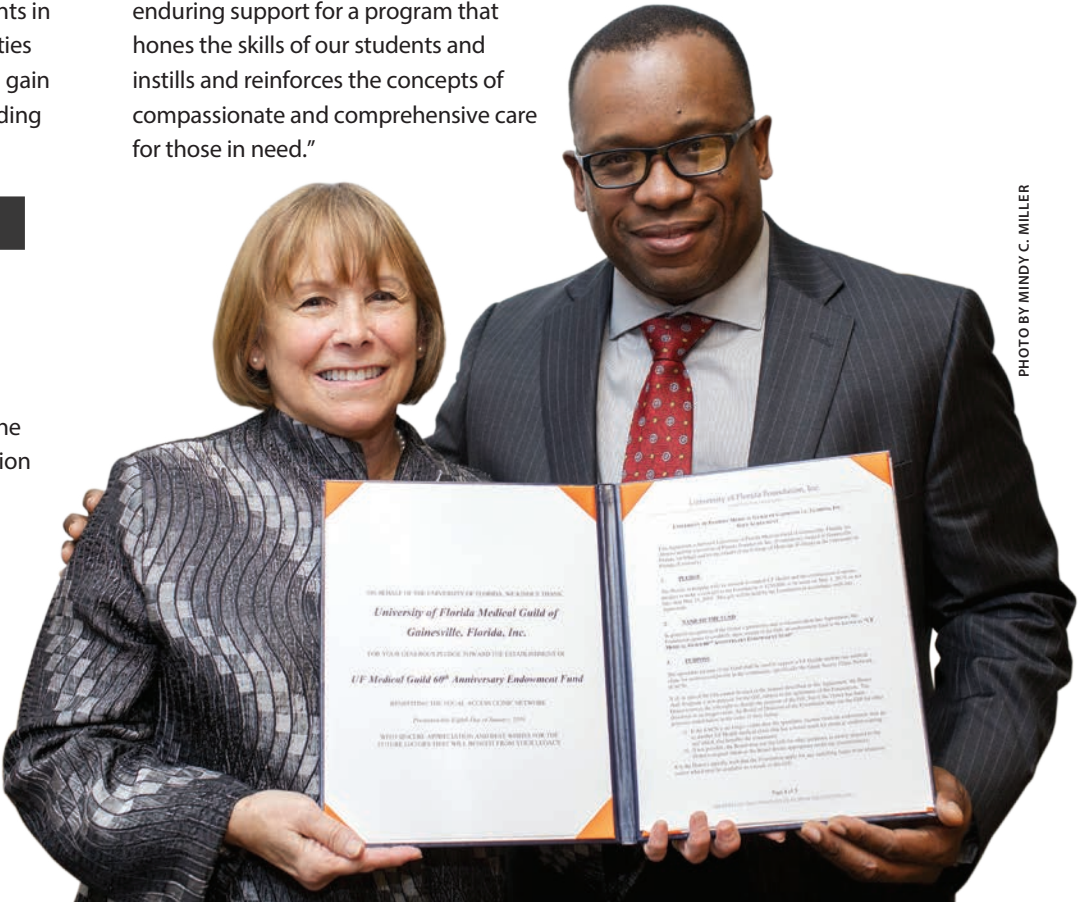
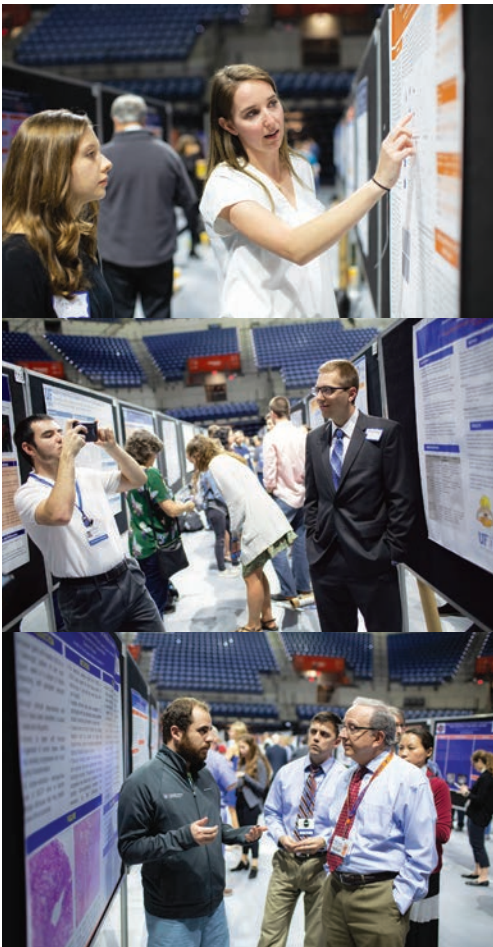


PHOTO BY MINDY C. MILLER

**THE 2019 UF COLLEGE OF MEDICINE RESEARCH POSTER SESSION** was held in the Stephen C. O’Connell Center Feb. 19. The event attracted 1,270 colleagues, friends and family viewing 532 posters. “This annual opportunity for all of us to be together in a single room to share our knowledge, celebrate our latest research discoveries and find new collaborations has become part of the College of Medicine’s culture,” said UF College of Medicine interim dean Joseph A. Tyndall, MD, MPH.



PHOTOS BY MINDY C. MILLER



## THEIR FUTURE YOUR LEGACY



Christine Lalime

PHOTO COURTESY OF CHRISTINE LALIME

## PA student receives scholarship honoring late graduate

For Christine Lalime, a career as a physician assistant offers the perfect balance of everything she wants from her professional life.

"I am excited to work alongside a physician as a member of a team providing the best care possible for patients," says Lalime, a second-year student at the UF School of Physician Assistant Studies, adding that she appreciates the opportunity PAs have to gain experience in a variety of specialties.

A native of Hollywood, Florida, Lalime earned her undergraduate degree at UF and was recently selected as the first recipient of the Jodi Jones Knauf Scholarship. The endowed scholarship supports medical and physician assistant students at the UF College of Medicine, rotating from a PA student to a medical student every few years.

Herbert "Bert" Knauf, MD, a graduate from the UF College of Medicine's class of 1992, established the scholarship in honor of his late wife, Jodi Jones Knauf, a graduate of UF's PA program who passed away in 2015 from cancer. Knauf, an ophthalmologist in Clearwater, Florida, and Jodi's parents, Doris "Dodo" and Glenn Jones, wanted to give back to UF and create a legacy Jodi would appreciate.

Knauf hopes the scholarship will not only honor his wife's memory and her unbreakable spirit, but that it will also encourage students to give back when they have an opportunity to do so.

"When I was told I was awarded this scholarship, it meant more to me than I can explain," says Lalime, who worked as a medical assistant in a cardiology clinic prior to PA school and hopes to do a rotation in pediatric cardiology while at UF. "I will do everything I can to live up to the standard established by the Knaufs and dedicate myself to providing the highest-quality care to my future patients."

## RESEARCH ROUNDUP

### UF HEALTH AMONG ELITE GROUP SELECTED TO CREATE 3D CELLULAR MAP OF HUMAN BODY

UF Health is one of five institutions nationwide selected by the National Institutes of Health to help create a groundbreaking 3D cellular map of large portions of the human body that may one day transform understanding of diseases.

UF Health officials describe this effort as similar in ambition to the Human Genome Project. UF Health and other institutions tackling different organs or tissue systems will map normal tissue from deceased

donors, from the very young to the elderly.

The NIH awarded a multidisciplinary team at UF Health a \$5.1 million, nearly four-year grant as part of the Human BioMolecular Atlas Program, or HuBMAP. Using advanced microscopy, researchers will map key components of the lymphatic system. The project may eventually lead to insights in the battle against 80 autoimmune diseases, from Type 1 diabetes to lupus and some cancers.

### DRUG CANDIDATE OFFERS NEW APPROACH TO TREAT PANCREATIC CANCER

A novel drug candidate based on a marine natural product discovered 20 years ago could be the basis for a new approach to treating pancreatic cancer. Pharmacy researchers at UF Health have developed a novel molecule based on marine cyanobacteria, Apra S10, to target pancreatic cancer cells. In

laboratory testing, Apra S10 inhibited the growth of pancreatic cancer cells derived from patients and maintained high concentrations in the pancreas compared with other organs. Apra S10 originates from a family of molecules known as apratoxins, found in select areas of the Pacific Ocean near Micronesia.

Hendrik Luesch, PhD, and Weijing Cai, PhD, from the UF College of Pharmacy, led the development and testing of Apra S10, a novel drug to treat pancreatic cancer.

### DAILY ASPIRIN USE MAY DO MORE HARM THAN GOOD FOR HEALTHY PEOPLE, RESEARCHERS FIND

Among otherwise healthy people, a daily dose of aspirin does not save lives and causes additional bleeding, an analysis by UF Health researchers found. Their meta-analysis of 11 aspirin therapy clinical trials involving more than 157,000 healthy individuals since the 1980s showed the drug doesn't reduce deaths, heart attacks and strokes. Low-dose aspirin users were also about 50 percent more likely to have major bleeding compared with those who did not use aspirin, the researchers concluded. The findings were published in December in the European Heart Journal. New guidelines from the American Heart Association and American College of Cardiology released earlier this year now advise against daily aspirin use for healthy individuals as a method to prevent heart attack or stroke.

Low-dose aspirin users were about

**50%**

more likely to have major bleeding compared with those who did not use aspirin.





# O&A with *Lisa Merlo Greene*

*In a medical field rife with time pressures, competing interests and so much stress that burnout can seem inevitable, working in an environment that encourages self-care and supports team functioning can make a world of difference for the well-being of today's health care practitioners.*

*It's a tenuous reality that led Lisa Merlo Greene, PhD, director of wellness programs for the UF College of Medicine, to create the first Celebrating Wellness week, held Feb. 11-17.*

*Doctor Gator asked Merlo Greene about the necessity and benefits of wellness programming for those in all stages of their medical training or careers.*

## **Why is wellness programming so vital for today's medical practitioners?**

These days, health care providers are expected to know more than ever before, to work effectively within interdisciplinary teams, to see more patients in less time, to complete huge amounts of paperwork and to maintain excellent customer service at all times. Similarly, those pursuing careers in science are competing for decreasing grant funding while being expected to make new discoveries and disseminate their findings through presentation and publication in the most prestigious outlets. As a result, rates of burnout continue to increase, which can negatively affect patient care, scientific productivity and personal well-being. Institutional wellness programming is a necessary first step to lay the foundation for a culture of wellness that supports the faculty, staff and trainees in their professional development and encourages them to function at their best.

## **How can a culture of wellness be created within an academic health care network?**

Professional fulfillment is most likely to result when doing meaningful work in an environment that supports you to give your best effort without burning out. This requires a focus on well-being by the individual, their team and the institution itself. A culture of wellness can be cultivated when the team members use productive communication strategies and express gratitude. Efficiency of practice is improved by learning strategies that help you work smarter rather than harder. And personal resilience can be improved through self-care strategies like eating well, exercising, getting enough sleep, practicing mindfulness and self-compassion, as well as through seeking help from others when needed.

## **What's the next step for wellness programming at the UF College of Medicine?**

I hope to expand the reach of the programming from the Celebrating Wellness week by working with departments, clinics and other units to plan events that will work for their teams. In addition, I plan to use the results of the recently completed faculty needs assessment to develop new programs and initiatives that were identified as most important in promoting a culture of wellness. I will be working with the GME Wellness Committee to improve resources and programming for house staff, and I will continue working with the Office of Medical Education and the Office of Student Counseling and Professional Development to better support our medical, physician assistant and graduate students as well.

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## Relationship struggles and solutions

Christine B.L. Adams, MD '76, tackles patterns in emotions, relationships in new book "Living on Automatic"

By TYLER FRANCISCINE

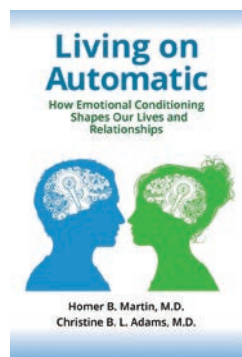


Decades may have passed since early childhood, when a view of the outside world is developed based on the narrow window provided by parents or caretakers.

Despite the time that has elapsed, however, the effects of this early worldview, and its acquired emotional reactions and responses, do not disappear.

In a book released last year, "Living on Automatic: How Emotional Conditioning Shapes Our Lives and Relationships," Christine B.L. Adams, MD '76, along with her mentor Homer B. Martin, MD, explains how paradigms developed at an early age continue to shape both views of self and relationships into adulthood. They call the process emotional conditioning.

"Emotional conditioning explains the ways our parents or caretakers early in our lives shape us emotionally to see ourselves, to experience our emotions and to develop our ways of thinking and how we approach relationships," Adams says. "It's just like how Pavlov's dogs were conditioned to salivate.



It occurs in our first two to three years and stays with us throughout our lives. It causes us to react automatically to the people we meet or live with without thinking."

"Living on Automatic" is separated into three sections. First, Adams and Martin explain the personality types that result from emotional conditioning as children. Then, the pair shows how that process contributes to miscommunication and conflict within adult relationships. Finally, a solution is offered: deconditioning through psychotherapy to decrease one's automatic reactions. Adams says "Living on Automatic" uses case studies and questions for readers to ask themselves in the journey toward their "a-ha moment."

Adams says her and Martin's goal in writing was to aid readers in self-discovery, which can reduce conflict within their relationships.

"Through this book, people will discover things about themselves that will offer more options for navigating their lives and relationships," she says.

"Living on Automatic" is available now through Amazon, Barnes & Noble Booksellers or directly from the publisher by visiting [doctorchristineadams.com](http://doctorchristineadams.com).

## Two UF faculty members elected presidents of academic leadership associations

This year, two UF College of Medicine faculty members, Henry Baker, PhD, chair of the UF department of molecular genetics and microbiology, and Lucia Notterpek, PhD, chair of the UF department of neuroscience, were elected president of their respective academic associations.

Baker, who was elected president of the Association of Medical School Microbiology and Immunology Chairs, said he's proud to serve an association with a mission to "promote high-quality research and education in medical schools throughout North America."

"I think my election is in recognition of the success of the faculty of the UF department of molecular genetics and microbiology and their impact on the disciplines of microbiology, genetics and immunology, both in terms of our research productivity and discovery as well as our innovative teaching approaches and programs," he said.

Notterpek was elected president of the Association of Medical School Neuroscience Department Chairpersons.

"Being chosen by my peers to represent the interests of the organization and promote neuroscience as a scientific discipline at national venues is a privilege and a significant responsibility that will also bring visibility to my department at UF," she said.



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