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THE PULSE

"The Heartbeat of Meharry Medical College"

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FALL 2011

Innovations in Primary Care

Erica L. Judge, SOM III



Primary Care Week panel

National Primary Care Week, a yearly event sponsored by the American Medical Student Association, was held on October 10-14, 2011, on Meharry's campus. Themed "Innovations in Primary Care," the affair featured a health exposition, a distinguished panel of primary care physicians, and a special guest lecture by Dr. Chandra Osborn. The health expo, which adorned the West Basic Sciences Building's atrium throughout the week, featured displays demonstrating the recent advancements in the management of chronic illnesses commonly seen in the primary healthcare setting. This student-made exhibit educated passers-by on prevalent diseases such as diabetes, hypertension, depression, COPD, and many more. Fact-sheets on these illnesses were also available at the health expo throughout the week for students, faculty, and staff to take with

them. These handouts, provided by the FDA's Office of Women's Health, highlighted topics such as Pap smears, HIV, lung cancer, and dyslipidemia. Each fact-sheet featured a section on prevention and management. The panel of primary care physicians was a truly interactive session. Students had the opportunity to sit with physicians in an intimate setting and talk with them about primary care. Panelists included Dr. Millard Collins, family practitioner; Dr. Susanne Tropez-Sims, pediatrician; and Dr. Courtney Kihlberg, preventive medicine. The students came armed with many provocative questions, which gave the panelists the opportunity to discuss topics such as income, work hours, continuity of patient care, and opportunities to work with different patient populations within each specialty. During this session it was reiterated to the students that money is never a reason to go into any medical specialty, and that they should ultimately go into the field that they love. The students definitely left with an expansive foundation of



Meharry students at the health expo

knowledge to build upon. This year, Dr. Chandra Osborn, PhD, MPH, Assistant Professor of Medicine at Vanderbilt University, gave the keynote address of National Primary Care Week. Her talk, "The Use of Technology in the Primary Healthcare Setting," focused on the implications of patient web portals, which allow patients to see lab results, message providers, request appointments, view medical information, pay bills, and review targeted educational information. Studies have shown these portals improve patient outcomes and reduce the morbidity and mortality of chronic illnesses, such as Type II diabetes mellitus and heart disease, by empowering patients to play an active role in their own health maintenance. Dr. Osborn also addressed the barriers that this user-friendly system currently faces—namely, the low socioeconomic status and increased age of the affected population. During this guest lecture, Dr. Osborn also discussed how smart phones and apps can be incorporated into the management of patient care. There are currently phone applications for tracking blood sugar and food choices on a daily basis. The goal of this year's event was to share with students the importance of primary care, as well as current advances in the field and how it will affect underserved communities. This goal was certainly met.



SOM II students Jing Zhou, Karis Browder, and Diosdado Baja

Let's Move! Community Day 2011

Lamercie Saint Hilaire, SOM III



Community Day 2011 logo designed by Reuben Battley
SOM,IV

November 12, 2011, marked the 21st Annual Community Day at Meharry Medical College hosted by the Pre-Alumni Association. Community Day is an opportunity for Meharry's students to give back to the local community through fun and educational activities. This year's theme was "Let's Move!" in which the goal was to focus on an active lifestyle coupled with healthy food choices. This year, over 25 student organizations participated to make this goal a reality.

The physical activities provided by various organizations included a relay race lead by the 100 Black Men of Meharry, Zumba dance lessons provided by the American Medical Women's Association, and a jump rope contest hosted by the Division of Public Health Professional Student Association. There was also a DJ and a bounce house to keep the community dancing and active all day. According to Erica L. Judge, SOM III, who ran

an obstacle course with the Alpha Kappa Alpha Sorority, "Community Day is always an awesome experience. It gives me and the ladies of 'Pretty in Pink' the opportunity to give back; and that is what we are all about."

The healthy food was in abundance at this year's Community Day. The Kappas kept busy blending fresh smoothies and assembling fruit kabobs. There were also student run food demonstrations exhibiting quick and healthy snacks. The Omegas barbecued beef, turkey and veggie burgers, serving them on wheat buns.

Other educational activities included dental screenings given by the American Student Dental Association and the Student National Dental Association, calorie guessing games and various arts and crafts activities. The American Latino Medical Association gave out bilingual health information. According to Ijagha Eme, SOM III, "Personally, Community Day meant a day to put the books to the side and reflect on how privileged we all are to be role models. My organization, Alpha Phi Alpha Fraternity Inc., got the pleasure to teach young boys, men and women how to tie a tie. This gave us a chance to teach them a useful tool they will need to be successful in the professional world. We had an exceptional time at Community Day."

Since its establishment, Meharry Community Day continues to be a success, driven by the true desire of its student body to serve their community.

Exemplifying Meharry's Mission

Eboni Martin, SOM III



Kourtney Simpson, SOD III

"Worship of God through service to mankind." These words reverberate true in the life of third year dental student Kourtney Simpson. She embodies the spirit of this great institution through her dedication to service. This dedication is clearly demonstrated in the many community service projects in which she is involved here at Meharry. For this future health professional, service is far from a new tradition. As an undergraduate, she was a founding member of Pink Women, a student interest group which promoted women's awareness. She also served as peer advocate where she counseled fellow students on issues of abuse and violence. Today, she focuses her energies towards promoting oral hygiene and disease prevention. Her most recent volunteer work includes Trick-or-Treat with 100 Black Men. There she engaged in fun and games with children in the surrounding community, all while explaining the importance of dental hygiene.

Kourtney also volunteers with the Student National Dental Association, the American Association of Women Dentist, and Project Prevention where she performs oral health screenings and presents oral hygiene informational sessions to local community members. When asked about her motivation to serve, she explains, "It is important for people to understand proper oral hygiene, especially children. I'm amazed at how easy it is to touch others and share with them the simple things about dental health that go a long way." With all the demands that third year dental school requires, this budding dentist makes the time to volunteer. Perhaps it is her belief that service is a part of everyday life; it is a simple yet necessary extension of who she is and a beautiful representation of the Meharry spirit.

A Coat Tailored for Meharrians

Italo M. Brown, SOMII



Dental student White Coat Ceremony

symbols of scientific prowess, golden tickets into a society of skilled thinkers, healers, and problem-solvers. On August 19th, 2011, Meharry Medical College opened its doors to celebrate the induction of approximately 200 professional students in the White Coat and Pinning Ceremony.

Following tradition, students from the Schools of Medicine, Dentistry, and Graduate Studies and Research were presented with white coats in exchange for their continued hard work, dedication to service, and commitment to academic excellence. Family and friends traveled to Nashville in droves. Yet, amidst all the commotion, students find peace in knowing that, to some degree, they themselves have arrived.



Medical students at White Coat Ceremony

As loved ones filled the cascading seats in S.S. Kresge Learning Resource Center, many students took a minute to reflect upon their personal journey towards the esteemed White Coat. Although the cuts and lengths of each pressed ivory garment differed – it was evident that each was tailored for a Meharrian.

For some students, like Nicole Johnson, SOM I, this

To the untrained eye, a white coat is nothing more than a smock, an indistinguishable garb built to confer protection in a laboratory. However, among the academic community, white coats are

ceremony was the actualization of a long-awaited dream: “Receiving my white coat served as motivation. I could see my future as a physician – and simply, the reality of finally being a medical student.” Peyton Harris, an entering student in the School of Dentistry, recalls being inspired by his colleagues: “You could tell that everyone had a story, and that this was a peak of the journey for so many of us. I was proud of my colleagues for defying the odds.” Kenya McCaleb, another first-year dental student, attributes the importance of this moment to her family. “They were there each and every step of the way, showing their support and unconditional love.”



Graduate students pose with President Riley

What makes this occasion so rich is the abundant participation by faculty, physicians, dentists, and researchers. As entering medical student Elvis Francois recounted, “Being coated by professors, mentors, and future colleagues was surreal. It was almost as if they were rewarding me for persevering and encouraging me to press forward at the same time.”

Another integral component of this experience was the added support of upperclassmen. Sixth year Ph.D. student, Ashley Huderson says, “I try my best to attend and show support because the white coat ceremony is one of those moments in life where you pause, catch your breath, and realize that everything you’ve worked, prayed, and sacrificed for is finally happening. It’s that important to them, and to us all.”

Experiences like these cement the idea that Meharry is far more than an institution, a training ground, or a lab bench. It is a home, where white coats adorn skilled thinkers, healers, and problem-solvers dedicated to service. This year’s White Coat and Pinning Ceremony, like the many before it, celebrated the prospect of greatness, and ushered in a new class of leaders of tomorrow.

"Receiving my white coat served as motivation. I could see my future as a physician..." - Nicole Johnson, SOM I

Meharry Get Fit Challenge

Idoreyin Montague, SOM III

According to Trust for America's Health report, the state of Tennessee is tied for second place in the nation for obesity, with more than 30 percent of our residents being obese. As future health care providers and health care administrators, we need to do our part to change this statistic. On October 12, 2011, the Meharry SOM Class of 2013 hosted the second annual Meharry Get Fit Challenge kick-off event. Building on last year's Meharry's Biggest Loser momentum, the competition has expanded beyond weight loss to include lifestyle modification categories with an emphasis on smoking cessation, regular exercise and cardiovascular health.



Participants in the Get Fit Challenge



Participant Lakeisha Chism, SOM III

The Meharry Get Fit Challenge is about helping Meharrrians find a way to be healthier and ultimately happier. All contestants will receive a journal to log their progress, an official Meharry Get Fit Challenge T-shirt, a pedometer to track their steps and access to a trainer certified by the American Council on Exercise. When determining their own personal health status, our Get Fit Challenge Contestants are encouraged to focus not solely on the number displayed by the scale but to incorporate better nutrition and less sedentary behavior into their daily routine. Get Fit Challenge contestants are Meharrrians on the move. Come get fit with Meharry!

Staying Fit in Professional School

Deanna Cochran, SOMII



Olivia with her crew team

Olivia Cardenas-Trowers is a second year medical student. She spoke about how she successfully balances an active lifestyle with the rigors of professional school.

When did you begin your fitness journey?

I have been athletic for as long as I can remember. My parents have always encouraged my younger sister and me to be active and play sports.

In what kinds of sports have you been involved?

I have done everything from martial arts, soccer, track and field, basketball, gymnastics, softball, crew... you name it!

How do you fit your fitness routine into your student schedule?

While attending Stanford as an undergraduate student, I was a member of crew. Making the transition to professional school changed my routine drastically. I no longer had coaches and trainers and was not obligated to work out for four hours a day, six days a week. I was actually happy about this newfound workout freedom. I felt I would have more time to focus on school and still be active. I tried to maintain an active lifestyle by running outside or using



Olivia second from the left at a crew competition

Meharry's gym for at least 30 minutes a day, three to four times a week. I really enjoyed this relatively lighter workout regimen for a while, until I found myself uninterested. I began reducing my workout time until I just completely stopped.

What was it that motivated you to start getting in shape again?

I realized that in addition to helping me keep healthy and fit, I enjoy the challenge and training involved in playing sports. Once I realized this, I decided to train for my first half marathon to help me stay motivated to consistently work out.

What are some creative and wallet-friendly workout tips you would suggest to students?

It all depends on your fitness goals and personal limitations. I suggest mixing interval training (sprinting for 30 seconds and going easy for one minute) and stamina training (activity at a moderate pace for 30-45 minutes or more). The interval training is great for fast fat burning and revealing muscle tone, while stamina training is good for calorie burn and therefore weight maintenance. Many women avoid lifting weights because they fear they will get too muscular. However, doing many repetitions of light weight resistance will help burn more fat than just doing cardiovascular training alone.

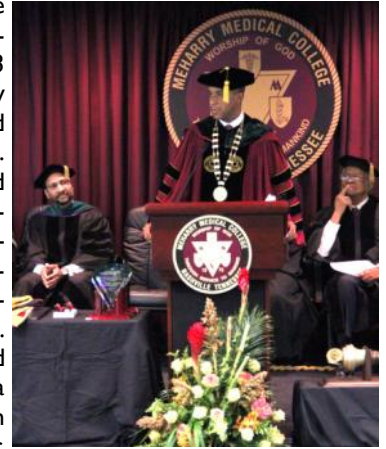
Olivia ran the Woman's Running Magazine Woman's Half Marathon on September 24, 2011 in Nashville, TN. She completed 13.1 miles in 1:45:18. Great Job Olivia!

Convocation 2011

Kyle Adam Gardner, SOGSR

Convocation serves as a moment to acknowledge the accomplishments of past and present Meharrians, as well as recognize the works of others and induct them into the Meharry family. October 3, 2011, marked a milestone as Meharry Medical College celebrated its 136th convocation anniversary. President Wayne J. Riley introduced Dr. John R. Lumpkin, the Senior Vice President and Director of the Health Care Group at the Robert Wood Johnson Foundation, to be the guest speaker for the ceremony. Dr. Lumpkin is a prominent figure and model of excellence and service for all health professionals. As a physician, Dr. Lumpkin holds the noted distinction of being the first African-American trained in Emergency Medicine, at a time where Emergency Medicine was being viewed as a specialty. As an emergency physician in Chicago, Dr. Lumpkin was dedicated to enhancing awareness and risk prevention. He holds a Master's degree in Public Health and was appointed Director of the Illinois Department of Health. His

services of the citizens of Mississippi. A 1993 MacArthur Fellow "Genius" Award winner, Dr. Shirley's hard work and dedication to his community is manifested in the Jackson Medical Mall. This one-of-a kind facility fosters a holistic approach to health care for the underserved while promoting economic and community development in Jackson, Mississippi.



President Riley speaking at Convocation



Richard Benson II, Pre-Alumni President SOM III

experience and knowledge in the field of public health has led him to variety of leadership and advisory board roles for the Center for Disease Control, Institute of Medicine, and Public Health Foundation. Dr. Lumpkin's key message to students and faculty was, "Go upstream," and beyond expectations. Focus not just on solving the problem at hand, but seek and understand the origin of the situation. Dr. Lumpkin advised proposing ideas, changing society, and doing more than what one's job description says. Dr. Lumpkin's accomplishments earned him the President's Meritorious Service Award.

The honorary degree, Doctor of Science, Honoris Causa, was conferred upon alumnus Aaron Shirley, M.D. ('59), who has dedicated his life to the health

President Riley also presented awards to three distinct alumni for their substantial contributions to the fields of medicine, dentistry, and research. Harris Gibson Jr., M.D. ('61), a surgeon with Cardio-Thoracic Associates, Inc. in Medford, Massachusetts, received the Axel C. Hansen, M.D. Distinguished Physician Award; Yolanda Ann Slaughter, D.D.S. ('91), a staff dentist with the Greater Philadelphia Health Alliance, Inc. received the Fred C. Fielder, D.D.S. Distinguished Dentist Award. Goldie Byrd, Ph.D. ('86), Dean of the College of Arts and Sciences and professor of Biology at North Carolina A&T State University in Greensboro, North Carolina, received the Harold D. West, Ph.D. Distinguished Biomedical Scientist Award.



Idoreyin Montague, SOM III sings the black national anthem

Meharry's legacy of greatness continues to shine through its noteworthy alumni. This light will never grow dim due to the quality of future health care professionals within its corridors.

The Salt Wagon Café Grand Opening

Hussein Salifu, SOD II



Ribbon Cutting Ceremony

The Salt Wagon Café opened for business on Tuesday, October 4 at 12:15pm, fulfilling President Wayne J. Riley's vision of satisfying student requests for healthy, on-campus food options beyond vending machines. It is a grab-n-go café located on the back, lower level of the Anna C. Epps, Ph.D. Center for Educational Development and Support building. On opening day, a ribbon cutting ceremony was held. President Riley, various dignitaries, faculty, staff, and students were in attendance.

How did the café get its name? Christopher Watson might be the best person to answer that. Christopher, a first-year medical student, won the naming contest. He said: "From searching the Meharry website as a prospective student, during my interview day, and at freshmen orientation, I have become quite familiar with the "Salt Wagon" story. I also noticed the pride that was associated with the story when told by the students, faculty, staff, and administrators here at Meharry. I am a firm believer and supporter of legacy and tradition. I recommended the name 'The Salt Wagon Café' because of the special association with Meharry's history. I felt the name would uphold Meharry Medical College's rich legacy while making a positive connection to today's students. The story is symbolic of the past, but it's also a symbol of our future as [Meharry becomes] a more progressive campus."

The café is open on weekdays from 7:00am to 7:00pm. It boasts of a delicious menu of hot and cold espresso beverages, fruit smoothies, an assortment of pastries, bagels, sandwiches, salads and wraps. According to café employee Andre Maple, the most popular item is the caramel macchiato.

Duly registered and enrolled students received a personalized dining card, preloaded with \$250.00 each semester for use at the café. The card can also be used to make purchases at the coffee facility in the library.

Boot Camp at Ross Fitness Center

Samuel Pellom, SOM II

Boot Camp is one of the best exercise classes offered at Meharry. Weight training and aerobics become boring so quickly, especially when working out alone. Boot Camp adds variety to working out and exercising in a group is more engaging. The class works all of the major muscle groups including chest, back, triceps, biceps, shoulders, quadriceps, and hamstrings. The main focus is muscle strengthening, toning, and weight loss through fast paced exercises.

Boot Camp usually starts off with a warm up of laps around the basketball court for five minutes, then sets of jumping jacks, squats, push-ups, bicycle kicks and mountain climbers. After the blood is pumping, stretches are done to prepare the muscles for the actual workout. The main workout is usually comprised of either team competitions or individual circuits focused on the upper body, lower body, and core. These exercises include the ones from the warm up along with spider push-ups, leg raises, burpees, crunches, and planks. The segment ends with another set of stretches that help to cool down the body. Finally, the group comes together in a circle with all hands in the middle, ending Boot Camp with, "1....2....3.....NO PAIN, NO GAIN!"



Instructor leads the final team chant at the end of the work out session

Boot Camp is run by Erica Johnson at the Ross Fitness Center on Mondays and Wednesdays from 6:00-7:00 pm. It is a great class for Meharrrians with the goal to lose or maintain weight and build lean muscle. It is perfect for students looking for someone to work out with in a supportive team environment. Any fitness level can participate because you use your own body weight to exercise. The class is also open to faculty and staff. Meharrrians, bring a friend and come feel what Boot Camp is all about.



Boot camp participants preparing for sprints

From the Bench to the Bedside

Deneshia McIntosh, SOM/SOGRS

Melanie Malloy started off as an MD student who asked a lot of questions in class. In her first year Medical Biochemistry class, Dr. Arinze noticed that she was curious about biochemistry (despite having nearly failed it in college) and encouraged her to attend his noontime tutorial sessions. Seeing that every answer he gave prompted another question, he invited her to come to his lab in the summer and do research. This is how she began her scientific career at Meharry, studying nuclear localization of a transcription factor called Nuclear factor-like 2 (Nrf2). Before she started in the lab,

Melanie had an interest in nutrition and the idea that the right diet can promote health and ward off, or even cure, disease. Serendipitously, the transcription factor that Dr. Arinze had begun studying happens to be activated by some of the very foods



Working at the Bench

that are essential to human health (broccoli, tomatoes, garlic, rosemary, etc). Melanie began reading more about Nrf2 and its relation to the so-called "dietary phytochemicals" that prevent disease. She continued to perform research in Dr. Arinze's lab



Melanie preparing to present thesis

and eventually started to find herself thinking like a scientist: formulating questions and thinking of ways to answer them. At Dr. Arinze's suggestion, she applied to the MD/PhD program and was accepted. As a PhD student, she continued to study the molecular mechanisms influencing the biology of Nrf2, developing a thesis from the summer project

she had started. As she got deeper into her research, Melanie started to realize that pure clinical medicine was not her passion. She was disillusioned by the perception that much of Western medicine is based in symptom management and technological innovation, rather than simple prevention. She struggled with the thought of balancing a medical career with the needs of her growing family. She debated whether she even wanted to go back for the medical degree. Eventually, she decided to finish her studies with the knowledge that it would help her define clinical questions based in the traditional wisdom that food can heal. This is rooted in knowledge that understanding the molecular basis of the natural interaction between the foods people eat and their bodies could help them live healthier lives. Melanie is now a third year medical student learning that the art of medicine is more than scratching a prescription on a pad and ordering diagnostic tests. She has seen firsthand how the best doctors at Meharry advocate for the health of their patients by attending not only to their physical problems, but also to the lifestyle decisions that can keep them healthy. She still does not know if she'll pursue a post-doctoral fellowship or a residency, or if she will research the plants that grow around her. In any case, she is happy to have had the experience in the Graduate School to show her that there is always another question, always a way to find an answer, and always another question begged by whatever answer is found.

Melanie Malloy, Ph.D., has seen first hand how the doctors at Meharry advocate for the health of their patients.



Healthy Dining on a Budget at The Wild Hare

Erin LaBranche, SOMIII



316 White Bridge Road Nashville, TN 37209

Whether you are interested in the latest food trends or just a simple home-style meal, you are sure to be pleased by the Wild Hare. The owners, a husband and wife, are foodies with an amazing palate for healthy foods that are also delicious. Accommodating selections and budget-friendly prices make this quaint restaurant an obvious standby.

Tucked away on White Bridge Road, The Wild Hare sits as a nearly unremarkable building, likely to be unnoticed. The décor is minimal yet lively, with pieces contributed by local artists. From the moment you sit down, the staff treats you as if you were a regular. The menu changes seasonally and contains many items that are made with products from local farmers. Deciding on an appetizer can be a difficult task because they are all so delicious. Popular options include the tomato stack with cucumber-watermelon salsa,

the calamari with citrus peppercorn aioli, and the deviled eggs with roasted jalapeño and pickled okra. The excitement continues with the entrées. Try the roasted beer can chicken, the grilled farmer's salad and the Wild Hare house salad. The sides are just divine and you can not go wrong with any of them. The flourless chocolate torte is the perfect ending to this wonderful experience. The serving sizes are quite generous, leaving you with enough for dinner the following night. The Wild Hare also offers different portion sizes, allowing you to tailor to the amount right for you. The restaurant is surprisingly affordable, considering the portion size and quality, ranging from \$4 to \$16.

With a plethora of healthy, reasonably-price options made from fresh local fare, the Wild Hare makes a perfect place to satisfy your taste buds without compromising your health.

Blast From the Past



Meharry students showing support for the merging of the Meharry Hubbard and Nashville General Hospital, 1990

The Pulse is a publication written by students of Meharry Medical College and intended solely as an informative source for Meharry Medical College students, faculty and alumni.