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THE

PULSE™

"The Heartbeat of Meharry Medical College"

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Meharry Without Borders

Uchenna R. Okereke, SOM III

Imagine this scene: You're on the beautiful island of Jamaica driving en route to Dunn's River Falls, a popular tourist waterfall attraction, when you notice traffic comes to slow to a crawl. You think nothing of it until you see a throng of people hurrying to a nearby commotion. Curious, you follow and encounter the aftermath of the worst car accident you've ever seen. A man lies sprawled out on the ground, unconscious, his scalp visibly detached from his skull, bleeding profusely and a severely injured female passenger is still seated in the now destroyed vehicle. Would you step into action? Would the details of the scene paralyze you? This scenario was a reality for MS-IV students Diane Thomas, Tiffany Jones and Natalia Ballesteros. These students refused to let initial shock interfere with patient care and in true Meharry form, sprang into action to help save lives. "It was scary," said Jones, "but after a few seconds, instinct kicks in and you know you have to act." Thomas stated, "You begin thinking, ABCs – assess the airway, breathing and circulation." Jones removed her jacket and applied pressure to the victim's head while Thomas checked his breathing and Ballesteros

**Natalia Ballesteros changing catheters in Urology Clinic**

assessed his pulses. After stabilizing the patient, Thomas and Jones remained with him until the paramedics arrived. Unfortunately, they never learned the patient's outcome, but were optimistic that it was positive.

These three students, along with MS-IV Kerry-Ann Miller, completed a rotation at the teaching hospital of the University of the West Indies. This international medical mission, implemented by Derrick Beech M.D., Chairman of the Department of Surgery at Meharry, affords fourth year students the unique opportunity to practice medicine abroad. Jones and Thomas rotated in the obstetrics and gynecology department, Ballesteros in the department of urology and Miller in the internal medicine department. When asked what was the most impactful lesson learned, Ballesteros stated, "... the ability to maximize limited resources."

This truly inspiring story goes to show that one never knows when they'll be called upon to utilize the valuable skills learned at Meharry Medical College.

**Kerry-Ann Miller drawing blood****Kerry-Ann Miller, Dr. Delroy Fray, Natalia Ballesteros, and Medical Student (K. Browne)**

Rock the Red Pump

Kimyona Roberts, SOM III



Ladies of Meharry "Rock the Red Pump" in honor of National Women and Girls HIV/AIDS Awareness Day

The HIV/AIDS Awareness Committee of the Student National Medical Association (SNMA) has strived to communicate awareness, prevention and the importance of knowing one's HIV status. There are twelve nationally recognized HIV/AIDS Awareness Days, each of which has a yearly theme. For National Latino HIV/AIDS Awareness Day, the committee hit the streets, posting flyers with a list of free testing sites at businesses and community service organizations in the Nolensville Pike area, a Nashville neighborhood with a high

Latino population. December 1, 2010, World AIDS Day kicked off an entire month dedicated to the epidemic. The HIV/AIDS Awareness Committee had a condom drive, as well as a photo display on campus showing photography that depicted HIV and AIDS from around the world.

The final event of the year, on March 10, celebrated National Women and Girls HIV/AIDS Awareness Day in style. The ladies of Meharry, local colleges, high schools and the surrounding community were rallied to participate in the Rock the Red Pump Project, a fashion statement of solidarity. Ladies were encouraged to wear red pumps and spread the message about HIV/AIDS among women through word of mouth, Facebook and Twitter posts. The gentlemen of Meharry were invited to show their support by wearing red shoes as well. The day culminated in a free testing event targeted at serving Meharry's surrounding community. The event was held at the Watkins Park Community Center with close proximity to Metropolitan Development and Housing Agency communities. Community partners included: Nashville CARES, Project

C.O.P.E., Sister to Sister, the Public Health Department and Johnny Mellon of Miles Barbershop. The American Medical Women's Association (AMWA) and the ladies of the SOM Class of 2012 graciously provided pampering services while women waited for the results of their Rapid HIV test. Participants were treated to complimentary appetizers and pampering services that included manicures, eyebrow arching and make-up application, as well as HIV/AIDS information and male and female condoms. Despite the rainy weather, attendees enjoyed a relaxing evening of music, food, fellowship, celebrating womanhood and, most importantly, knowing their HIV status. The event's advertisement efforts inspired the administration of Caremark/CVS, located in Metro Center, to encourage over 350 staff members to participate in the Rock the Red Pump Project. SNMA and the HIV/AIDS Awareness Committee hope to make Rock the Red Pump Project an annual event and look forward to continuing their efforts to increase awareness on campus and in the surrounding community.

George H. Howard Jr. Memorial Heritage Lecture

Ashley Huderson, SOGSR

On March 25, 2011, the Meharry Medical College Graduate Student Association celebrated its 26th Annual George H. Howard Memorial Heritage Lecture. George Henry Howard Jr. was a doctoral candidate in the final stages of preparation for his dissertation in the Division of Biomedical Sciences as well as a student in the School of Medicine at Meharry. Howard passed away unexpectedly two months before his May 1990 Commencement. In recognition of his dedication and hard work, George H. Howard Jr.'s Doctorate of Philosophy degree was conferred at the 125th Commencement Ceremony, held May 2000. Each year the Graduate Student Association honors Dr. Howard with a memorial lecture. The lecture series allows the School of Graduate Studies and Research (SOGSR) and the Meharry family to commemorate Dr. Howard annually. This year's lecture featured guest speaker and 2001 SOGSR alumnus, Dr. Jabbar Bennett. Dr. Bennett is

currently an assistant dean in the graduate school as well as an assistant professor of medicine at The Warren Alpert Medical School of Brown University. He is primarily responsible for recruitment, professional development, mentoring and counseling graduate and postdoctoral students. With an interactive lecture entitled, "Surviving and Thriving in the Academy and Beyond," Dr. Bennett sought to engage and encourage the audience by providing them with resources and advice about navigating through the Ph.D. program. Dr. Bennett's speech was both powerful and enlightening, helping to facilitate growth in the new and rekindling inspiration in the old.

The George Howard Memorial Heritage Lecture series also serves as a white coat ceremony for Ph.D. students who have recently transitioned from graduate students to doctoral candidates by passing their qualifying exams. Candidates are honored and presented with an official white coat by

their research mentor. This ceremony truly embodies the spirit of Dr. Howard and his pursuit of higher education.



Doctoral candidates posing with the Dean of the School of Graduate Studies and Research Dr. Maria F. Lima and guest speaker Dr. Jabbar Bennett. Left to right: Ashley Huderson, Ballington Kinlock, Lakeisha Tillery, Dr. Lima, Dr. Bennett, Vanee Hamilton, Melanie Duncan, and Candice Johnson

Black History Month & MLK Commemoration

Richard Benson, SOM II



MLK scholars Earl Stewart, Jr., LaShica Young, and Melanie Malloy (not pictured)

One of the most esteemed duties of Mr. Meharry is to organize the events of Black History Month, notably the Annual Dr. Martin Luther King Jr. (MLK) Commemorative Ceremony. The title of this year's MLK ceremony was, "Remaining Awake Through a Great Revolution." The program featured speech clips from Dr. King along with Dr. Henry Moses, Executive Director of Meharry National Alumni Association, and speaker for the service. LaShica Young, Earl Stewart Jr. and Melanie Malloy, students from the Schools of Dentistry, Medicine and Graduate Studies and Research, respectively, were honored for exemplifying the principles and philosophies that defined the life of Dr. Martin Luther King Jr. The entire month of February was filled with exciting events, tailored to both the young and the young at heart.

Kicking off the month, a group of Meharrians, partnered with Big Brothers Big Sisters, educated a group of children, ages 6-16, on the history of Blacks in this country. This group was unique in that each one of them has one parent, or both, incarcerated. Our time included combining fun with learning. Some of our events included: face-painting, black history bingo, black history trivia and fruit smoothies stations, just to name a few.

Movies were shown to help illustrate

how historical figures of color overcame adversity and changed American culture. "Something the Lord Made" was a particularly inspiring film for the children, primarily due to the place from where its protagonist hailed. The movie chronicles the life of Vivien Thomas who was a graduate of Pearl Cohn Comprehensive High School, a public high school in Nashville, Tenn. Thomas refused to let the barriers of racism or poverty deter him from being the first African American without a doctorate to perform cardiac surgery on a white patient in the United States. Thomas was an animal researcher & surgical technician at Vanderbilt & Johns Hopkins Universities who pioneered a revolutionary surgical procedure to treat pediatric cyanotic heart conditions. He was also instrumental in the development of surgical tools & the training of generations of qualified cardiac surgeons.

Black History Month festivities didn't stop there. With each passing year, faculty and student participation in the American Red Cross Blood Drive continues to increase. Both the fall and spring drives were a success, collecting over 33 units of blood in one day. A Meharry high! Moreover, a thought-provoking dialogue between Africans and African Americans was hosted on campus where students were able to talk about some of the stereotypes and misconceptions about each other's culture. Continuing with the theme of religious and cultural diversity, a forum

entitled, "Christian and Muslim Perspectives on Martin and Malcolm: A History of African-American History," was enlightening and provocative.

The culmination of the month was the second Annual Meharry Talent Show, where many students and faculty member, Dr. Emmanuel Atta-Asafo-Adjei displayed their talents through dance, song, spoken word and much more. Black History Month 2011 was a time of great education, celebrating both the rich heritage of African-American culture as well as this fine institution.



Dr. Emmanuel Atta performing a traditional Ghanaian dance at the 2nd Annual Meharry Talent show



Students gather at the West Basic Sciences Center for "Black Out Day", an annual Black History Month Tradition

“From the Person to the People”: MSPH Week 2011

Rasheeda Lawson, SOGSR



Meharry Appreciation Day

The mission of the Division of Public Health Practice Student Association (DPHPSA) is to demonstrate the good will of the college to the surrounding community by improving its condition using organized activities which will address particular issues at hand. In fulfilling their mission, the DPHPSA seeks to serve as an educational unit to the community, raising awareness of health and health disparities. This

stress by enjoying chair massages provided by an on-site massage therapist. Participants ended their day with a high energy Zumba class and were encouraged to stay active at the Ross Fitness Center. Tuesday featured an inspirational lecture by the keynote speaker, Dr. Reuben Warren, who gave an enthusiastic speech entitled, “What is this Thang Called Public Health?” On Wednesday, MSPH students hosted an exciting day of physical education classes at Bordeaux Elementary. The children had fun while learning how to maintain healthy eating habits and an active lifestyle. Thursday was deemed “Meharry Appreciation Day” to thank the Meharry family for their various contributions and generous support of DPHPSA’s fundraisers and charity drives. The Week concluded Friday with the MSPH banquet, which was held at the Millennium Maxwell House Hotel. The banquet is a special night because it allows DPHPSA members a chance to showcase their community service projects and activities to Meharry students, faculty and staff. DPHPSA hopes their momentum and presence at Meharry Medical College continues for the benefit of future Meharrians and the Nashville community.

year, the members of this organization have dedicated their time and effort to volunteering at the Metro Public Health Department, the Martha O’Bryan Center and the Nashville Rescue Mission, among others.

In addition to their involvement in community wide service projects, DPHPSA hosts the annual Master of Science in Public Health (MSPH) Week as a tribute to the Nashville community and the Meharry family. During the week of March 21-25, MSPH students organized daily activities and service projects in hopes of inspiring Meharrians and the community-at-large to get “public healthy.”

This year’s theme, “From the Person to the People,” signified the organization’s goal of increasing public health awareness throughout the Nashville community and beyond. On Monday, March 21, 2011, students prepared to “Stamp out Stress” by kicking off the week with a Metro Public Health Department stress management presentation focused on ways to alleviate, get help and work through stressful scenarios as a professional student. After the presentation, the audience members were able stamp out their



Attendees of the MSPH Banquet 2011

Student Research Day: From Bench to Bedside

Deneshia McIntosh, SOM/SOGSR



Students showcasing their research posters at Research Day

Close to 100 posters filled the atrium of the Harold D. West Basic Sciences Center on March 23, 2011 as the School of Graduate Studies and Research hosted the 55th Annual Student Research Day. Student Research Day, started by Dr. Charles W. Johnson in 1956, gives students from the dental, medical and graduate schools the opportunity to come together and share their research with the Meharry family. Students presented posters of their research as colleagues, faculty, administration and anonymous judges listened intently. This year’s keynote speaker was Michael Edidin, Ph.D., a professor of biology at Johns Hopkins University. His lecture was entitled, “Three-Legged Chickens and Flaming Microscopes: My Path from Zoology to Membrane Biophysics.”

Following the poster presentation, students participated in the Student Research Day Award Program where 1st, 2nd and 3rd place prizes were given to students from each category as well as the overall grand prize, the C. W. Johnson Award, for the best poster presentation. Armen Henderson, MS-II, took home the grand prize for his poster “Molecular Cardiac Surgery with Recirculating Delivery (MCARD) in the Treatment of Heart Failure.” The research used cardiopulmonary bypass with special heart isolation as an approach to gene therapy, in hopes of reversing heart failure. Henderson states, “Research day, overall, was a success not only for all who presented. We gained insight into what the future may hold for modern medicine, as research is the hub of medical practice and technological advancement. Making an effort to emphasize research on the student level definitely shows that Meharry is moving in the right direction, the future direction of true evidence-based medicine.”

Professionals on the Ball

Erika King, SOD I



Dental students at the Carabelli Ball

As a part of Meharry's rich tradition, student organizations host annual scholarship fundraising events which honor student achievement and faculty excellence. One of these events, Cadaver Ball, took place on the evening of January 22, 2011 to help the freshman medical and dental classes celebrate an accomplishment that most students never forget: the completion of Gross Anatomy and Embryology. The SOD and SOM Classes of 2014 had a memorable evening to reward their hard work during their first semester. The SOM Class of 2012, along with the Meharry National Alumni Association (MNAA), hosted the event at the Sheraton Music City Hotel. Annual funds raised from Cadaver Ball go to support the DeVail Wyatt Memorial Endowed Scholarship. Two deserving first year students, one from the dental school and another from the medical school, are rewarded. Recipients for the 2011 scholarship were Phillip Battles (SOD) and Ijagha Eme (SOM). Highlights of the evening included a choreographed dance routine

and skits provided by the SOM and SOD classes of 2014.

A recent Meharry tradition continued this year with the second Annual Carabelli Ball at the Loews Vanderbilt Hotel on February 26, 2011. Hosted by the Student National Dental Association (SNDA) and Ewell Neil Research Society, this event recognizes the many accomplishments and future plans of the graduating senior dental students. The name "Carabelli" is derived from a term used to describe a portion of the maxillary first molar tooth. Demarquis Loyd (SOD I) and LaShica Young (SOD IV) were awarded the Carabelli and SNDA Awards, respectively, two honors given to dental students each year. Mary L. Carter, D.D.S., a School of Dentistry alumna, and keynote speaker of the evening, gave the audience insight into the practice of dentistry after graduation. Entertainment included a skit performed by first year dental students, a picture slide show and a live DJ. Since its inception, the Carabelli Ball has quickly become a cornerstone celebration that future Meharrrians will be sure to enjoy.

With the closing of the academic year, Meharrrians come together for fellowship during the Pre-Alumni Association Friends and Family Weekend. Events include campus tours for the families of Meharrrians, a Greek step show and the elegant Pre-Alumni Association Spring Gala. April 2, 2011 marked the 26th year that the Spring Gala honored student and faculty excellence. The evening took place at the downtown Nashville Renaissance Hotel where student organization of the year was announced, faculty members of the year were recognized and student election results were unveiled. The gala also serves as a fundraiser for the John Bull, M.D. Student Emergency Loan Fund. Recipients of the Andre Sesson scholarship as well as 2010-2011 intramural sports champions were also acknowledged.

While each of these Meharry events was hosted by different student organizations, a common thread tied them together: the spirit of Meharry and the will to serve others. Events like these give Meharrrians and their friends and families the chance to reflect on the many blessings they have received and to celebrate the achievements they have worked so hard for.



Newly elected 2011-2012 Meharry Court



Priscilla Clark, MS-III (center) poses with Mr. Malcolm Woodard and Dr. Arthur Jackson & family

Lose Weight and Feel Great

Idoreyin Montague, SOM II



Biggest Loser winners Brittany Heard (L) & Grant Bond (R)

Lose Weight and Feel Great! This was the mantra of the first Annual Biggest Loser competition sponsored by the Medical Class of 2013 and the Student National Medical Association (SNMA). The competition featured 50 contestants with representation from the School of Dentistry, School of Medicine, School of Graduate Studies and Research, faculty, staff and administration. The purpose of this competition, spanning from September 30, 2010 to January 1, 2011, was to foster unity between all members of the Meharry family with the common goal of being healthy and staying

healthy. A personal trainer was available, biweekly, to the contestants in the Ross Fitness Center during the competition months. The kickoff event, held in the atrium of the Harold D. West Basic Sciences Center, featured inspiring stories from participants who were in various stages of weight loss. The central theme of the evening was, "Do not quit!" Contestants were reminded that their health was important enough for them to press through the daily challenges, hardships and struggles that may arise as they attempt to properly balance food intake and daily exercise. The accomplishments of the winners, first year medical students Grant Bond and Brittney Heard, were celebrated at the grand finale event. They lost a combined weight of 62 pounds! Their prizes included free gym memberships to the YMCA and gift cards from Whole Foods Market. The first Annual Biggest Loser Competition showcased the determination, drive and commitment of Meharryians to lead healthier lifestyles.



Antoinette Otto (L) presents Nwakaego Inyamah (R) with a Certificate of Completion for the Biggest Loser contest



Community members were also awarded certificates congratulating them on completing the contest

Kites and Kids: Fighting Childhood Obesity

Chimere Callaway, SOD III

Childhood obesity is rising in America and gaining notoriety in the media. Reality shows such as, ABC's "Food Revolution" with chef Jamie Oliver, have addressed school lunch nutritional programs. MTV's, "I Used to be Fat," chronicles the lives of young people who were previously obese. Many initiatives have been made to call attention to this growing problem, as well as solutions to solve it. First Lady Michelle Obama supports a program called, "Kidsgardening," which encourages children to create their own gardens with fruits and vegetables, thereby promoting healthier lifestyles. The Nashville City Council created "Kites and Kids" to highlight the importance of staying active in combating childhood obesity. Held at childhood obesity, and the importance of a healthy lifestyle, we are Bicentennial Mall on March 20, 2011, this event focused on one step closer to winning the war on obesity. celebrating children and teaching them ways to stay active and



Dental students taking a stand against childhood obesity

healthy. Meharry Medical College School of Dentistry students were invited by State Representative Brenda Gilmore to volunteer for this great cause. The dental students handed out toothbrushes, toothpaste, brushing activity sheets and explained proper brushing techniques as well as healthy food choices.

Robert Wood II, SOD III said, "It was a great experience; I had fun flying kites with the kids. I felt like I was a kid again!"

"I really enjoyed interacting with the community and my colleagues for such a wonderful cause," said Alena Poe, SOD III.

With increased attention given to

Meharry Happy Hour

Brandi Wright, SOM IV

Relieving stress and creating new bonds are some of the social benefits of participating in non-work related fellowship. This extramural fellowship is an invaluable asset for colleagues who must work in syncytium. Co-workers occasionally meet for happy hour after work. At Meharry, our pub is the Ross Fitness Center and West Park Sports Complex, and, our bonds are deeper and stronger than any formed in a bar. Our happy hour consists of softball, basketball, soccer and Brazilian Jujitsu. Some say sports is all about winning. However, intramurals at Meharry is about the intangible connection that lasts long after the season is over.

For students undertaking some of the most stressful graduate work, a positive and constructive stress outlet is a necessity. Sports provide a documented benefit of stress reduction. According to Calvin Spellman, SOM IV and captain of the 2011 intramural basketball champions, "The Realest," he states, "You can't study all the time; you have to do other things outside of school so stress doesn't sneak up on you." Calvin and other participants are reducing burn-out by reinforcing a healthy habit of stress management.

In addition to health and stress benefit, all who have participated and attended Meharry intramurals can attest to the camaraderie experienced from playing with, or supporting your team. Kat Scott, SOM IV, was the unofficial "Booster Club" president of All Girls Squad + I intramural basketball team. When asked why she made a sign, cheered and brought refreshments to every game, Kat noted that supporting the team created a bond between her and the girls who were up against tougher and bigger competition throughout the season. She felt empowered and inspired. Third year medical student, Francisco Vega, states he simply enjoys a scheduled opportunity to reconnect with friends, colleagues and classmates. Dr. Cecil Cone, Dr. Millard Collins and many other faculty members also participated in the activities. Dr. Cone admits, "I love the opportunity to meet students in a relaxed setting and create a connection before I have the opportunity to teach them. A better communication only facilitates mentorship and education."

Although a jukebox and Budweiser may be a common outlet for other professions, the professionals of Meharry cheer aloud, swing bats, shoot hoops and dribble soccer balls to relieve the stress and solidify bonds. So, here's to the fans, the athletes and staff that make intramurals at Meharry all possible!



2011 intramural basketball champions, The Realest



2011 intramural soccer champions, The Big Squeeze



2011 intramural softball champions, The InSOMiacs

Dean's Corner

Janet H. Southerland, D.D.S., M.P.H., Ph.D.
Dean, School of Dentistry



Meharry has a mission of excellence and service; it is my sincere desire to hold true to this great mission and to demonstrate dedication to the shared vision. Therefore, it is an honor and a privilege to serve as the Dean of the School of Dentistry.

I am appreciative for the support and encouragement extended by the administration, faculty, students and staff. The assistance that you have offered and provided during my transition as dean is special. And, I am extremely proud to be a part of the Meharry family.

Meharry dental students are among the best in the nation. And as such, deserve nothing less than the best educational experience possible. We have a faculty and staff made up of nationally recognized and highly qualified individuals prepared to make a positive impact.

We, here in the School of Dentistry, are devoted to reducing and eliminating dental and oral health disparities within racial/ethnic and underserved populations. As students, here at Meharry, there is a unique opportunity to live this mission.

My vision for the Dental School ensures that research training will be fully integrated with the academic experience of our dental students. New emphasis will be placed on enhancing current partnerships and collaborations, while building new relationships to better achieve our goals and objectives and to address challenges that may prevent consumers from achieving quality health care and improved health outcomes.

Dental health is extremely important, however, it is generally not one of the first items included in the budget when resources are limited. As your new dean, I recognize the importance of ensuring quality dental and oral health services that are accessible and available for those who might not otherwise have access to these much needed services. Under my leadership, alternate solutions to funding shortages will be explored to assist in providing dental services to everyone who needs them.

We recognize that there are many challenges ahead; however, with the exceptional support of our committed faculty and staff, we will work to ensure that the educational experience and patient services provided are no less than excellent.

"The Heartbeat of Meharry Medical College"

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.

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