**VITAL SIGNS**

The news beat of Midwestern University.

**MWU Ranked 6th in the Nation of “Best Places to Work in Academia”**

*The Scientist* magazine released their annual list of “Best Places to Work in Academia,” ranking Midwestern University the sixth best academic or noncommercial research institution in the nation. Only 40 universities and research centers in the United States earned rankings, based on 37 different criteria in eight separate areas.

“Midwestern University is honored to be among this elite group of universities and science centers in the United States recognized for supporting critical and important research,” said Kathleen H. Goeppinger, Ph.D., President and CEO of Midwestern University. “As a University, we consider research a vital ingredient for excellent teaching and are pleased that our more than 100 life science researchers are able to bring their enthusiasm and innovative research into the classroom to share with our students.”

The rankings, along with detailed survey results, were published in the July 2011 issue of *The Scientist*. Midwestern joins elite company in America’s top-ranked scientific and educational facilities, including the J. David Gladstone Institute in San Francisco, St. Jude’s Children’s Research Hospital in Memphis, TN, and the Carnegie Institution for Science at Stanford.

*The Scientist*, an award-winning magazine of the life sciences for the past 25 years, provides print and online coverage of the latest developments in the life sciences including trends in research, new technology, news, business and careers.

**2011 Best Places to Work in Academia in the U.S.:**

1. The J. David Gladstone Institutes, San Francisco, CA
2. St. Jude Children’s Research Hospital, Memphis, TN
3. Fred Hutchinson Cancer Research Center, Seattle, WA
4. Carnegie Institution for Science, Stanford, CA
5. Children’s Hospital, Boston, MA
6. Midwestern University, Downers Grove, IL, and Glendale, AZ
7. The Samuel Roberts Noble Foundation, Ardmore, OK
8. Donald Danforth Plant Science Center, St. Louis, MO
9. Princeton University, NJ
10. Oklahoma Medical Research Foundation, Oklahoma City, OK

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Dear Faculty and Staff,

“Vital Signs … The news beat of Midwestern University” began more than 16 years ago after we assessed the need for more communication with our faculty, staff, and students about the achievements of our academic family, as well as our many community outreach service programs. The publication was named through a contest, and while many great suggestions were made, the idea of Vital Signs, as a reflection of our healthcare mission, was adopted. Since that time, the newsletter has taken on different shapes, sizes, and publication schedules. Each change was made to reflect communication needs of the campuses and what would be most appealing for all of you to read and enjoy.

I reflect on these changes as I read with pride the first page of this edition of Vital Signs. We begin with the most exciting news – knowing that we ranked 6th in the nation as the “Best Places to Work in Academia.” What an honor bestowed upon us by our own faculty in The Scientist. I can only thank the many faculty members who participated in the magazine survey and shared their support of our mission, values, and their colleagues.

The pages of this edition of our newsletter are filled with important events. We broke ground on the new Midwestern University Multispecialty Clinic campus in Downers Grove the same month we dedicated the new Downers Grove Science Hall. This beautiful new facility opened this summer after much anticipation and many years of planning. I must thank Dr. Arthur Dobbelaere and Mr. Kevin McCormick along with the Directors of Information Technology and Media Resources (Mr. Erik Carroll and Ms. Kathy Dooley) for their heroic efforts to have the building ready and open for the faculty and staff. They put in many hours and years of planning to make this building meet the needs of our faculty, staff, and students. The actual dedication was held on August 30th when we had over 100 members of the community, elected officials, Board of Trustee members, and faculty and staff come to tour the building and celebrate Science Hall, which is dedicated to the faculty and staff of the University. It was an event we will remember for many years to come. I wish to thank the faculty who moved into this building for their patience, support, and aid in moving! What a task!

Please also take a moment to read about the medical mission to Guatemala and our new clinical outreach. Spend time looking at the wonderful accomplishments of our faculty and staff in research and presentations. And join me in thanking all your colleagues for their contributions. You all make us a great university… and yes … you are a Vital part of our mission.

Many thanks,

Kathleen H. Goeppinger, Ph.D.

Administration Updates

Golfers Tee Up to Support Student Scholarships

Golfers in both Arizona and Illinois tee up each year to support scholarships for Midwestern University students. Revenues from sponsorships, golfer participation, and event activities netted more than $100,000 for student scholarships on both campuses.

In July, more than 130 golfers participated in the annual Downers Grove Golf Classic at Seven Bridges Golf Club in Woodridge, IL. Kathleen H. Goeppinger, Ph.D., President and CEO of Midwestern University, welcomed golfers, including members of the faculty, staff, students as well as key supporters of the University.

In March, the Annual Chippin’ in for Students Golf Classic was held at Arrowhead Country Club in Glendale, Arizona. Alumni, community leaders, and faculty and staff supported the event by playing in the tournament, securing sponsorships, and serving on a volunteer committee. A field of 140 players including Dr. Goeppinger and other members of the administrative team participated in the shotgun start. The day ended with an awards program, raffle, and dinner.

Participants in the Downers Grove Golf Classic could hire Brad Clark, MS-IV (CCOM), to take a tee shot from them during the event that raised funds for student scholarships.

Kathleen H. Goeppinger, Ph.D.
President and
Chief Executive Officer
Midwestern University
APPOTNMENTS, AWARDS, AND GRANTS

Neal Aaron, MS-IV (AZCOM), and Robert Ford of the West Virginia School of Osteopathic Medicine, achieved a second-place rating in The American College of Osteopathic Emergency Physicians (ACOEP) 2011 Student Case Competition.

Shridhar Andurkar, Ph.D. (CCP), Department Chair, Pharmaceutical Sciences, was installed as chair elect, Chemistry Section at the American Association of Colleges of Pharmacy Annual Meeting in July in San Antonio, Texas. Dr. Andurkar also serves as co-chair of the Continuing Medical Education Committee at the 15th Biharashtra Mandel Convention in July in Chicago.

Hugo Arias, Ph.D. (CPG), Associate Professor, Pharmaceutical Sciences, received a contract totaling $309,520 in direct and indirects from Targacept to fund his project “Interaction of Novel Antidepressants with Nicotinic Receptors.”

Lindsey Davis, Pharm.D. (CPG), Assistant Professor of Pharmacy Practice, and Bonnie di Lorenzo, PS-III (CPG), received Pharmacy Award from the Arizona Pharmacy Alliance (AzPA).

Robert G. Frykberg, D.P.M., M.P.H. (AZPod/CHS-AZ), Adjunct Professor, Podiatric Medicine, received the 2011 Roger Pecoraro Lecture Award from the Arizona Podiatric Medicine (AzPA), which is awarded to pharmacists who have made a sustained and substantial commitment to pharmacy in Arizona.

Lindsey Klassen, PMS-III (AZPod/CHS-AZ), was one of four recipients of the 2011 American Association of Women Podiatrists (AAWP) Women’s Scholarship. Ms. Klassen received a $500 scholarship award in recognition of her efforts in organizing the University’s involvement in Relay for Life, a national fundraising event for breast cancer research.

Tyler Kokjohn, Ph.D. (AZCOM), Professor of Microbiology & Immunology, has received a contract from Banner Health totaling $20,000 over four years to provide research services in the Longtime Center for Neurodegenerative Biochemistry Lab at Banner Sun Health Research Institute. He will be involved in the design and execution of APP/AB/Tau biochemistry in transgenic mice, familial and sporadic AD.

Kimberly Patterson, D.D.S., M.S. (CDMA), Assistant Professor, Pediatric Dentistry, successfully completed the American Board of Pediatric Dentistry 2011 Qualifying Examination administered May 4th, 2011.

Cody Peterson, OS-II (AZCOPT), and Brian Sturgill, OS-II (AZCOPT), are two of only 20 national recipients of the United States Air Force’s prestigious Health Professional Scholarship Program (HPSP) in optometry. Both students received two-year scholarships and were sworn into the USAF as second lieutenants.

PRESENTATIONS, SPEECHES, AND COMMUNITY SERVICE

Stephen Barrett, D.P.M., M.B.A. (AZPod/CHS-AZ), Adjunct Professor, Podiatric Medicine, et al., co-authored “Reducing the Pain of Local 1% Lidocaine Infiltration with a Preceding Bacteriostatic Saline Injection: A Double-Blind Prospective Trial” in the Journal of the American Podiatric Medical Association in July.

Thomas Billard, M.B.A., Director of Student Financial Services (Glendale), Kimberly Brown, Ph.D., Director of Finance, and Nathan Ernst, M.Ed., Director of Student Financial Services (Downers Grove), presented Midwestern University’s Financial Literacy program, “Cents-ible Strategies,” at the Graduate Professional Forum of the National Association of Student Financial Aid Administrators’ annual conference in Boston in July.


Robert Chapman, Ph.D. (CCP), Associate Professor, Pharmaceutical Sciences, presented “Herbal Medicines and Dietary Supplements,” at The Reserve of Geneva, Family Home Health and Centered Hospice in July in Geneva, IL.
Research and Activities Update continued from page 3

Susan Cornell, Pharm.D. (CCP), Assistant Director, Experiential Education, presented, “Diabetes Pharmacotherapy Update” at the Texas A&M Health Science Center 7th Annual Diabetes Conference in July in Corpus Christi, Texas. Dr. Cornell also presented “Diabetes Pharmacotherapy Treatment Update” at the 15th Brihan Maharashtra Mandel Convention in July in Chicago; “New Treatment Options for Type 2 Diabetes: Incretin-based Therapies” at the Illinois Valley Pharmacists Association in June in Peru, IL; and “Examining Insulin Delivery Options,” at the Lithuanian American and Polish American Pharmacists Association meeting in June in Oak Brook, IL.

Michael Dietrich, Pharm.D., BCPS (CPG), Assistant Dean, presented “Partnering to Empower Pharmacy Professionals to Provide Optimal Patient Care” for the Arizona Pharmacy Alliance (AzPA) in July.

Christian C. Evans, PT, Ph.D. (CHS-DG), Associate Professor, Physical Therapy, presented the poster, “The Phenomenology of Participation and its Quantification Using Global Positioning System Technology: An Ecological Perspective,” at the World Confederation for Physical Therapy Conference held in Amsterdam, Netherlands in June.

David Jenkins, D.P.M., FACFAS, FAAPSM (AZPod/CHS-AZ), Professor, Podiatric Medicine, presented “Barefoot Running: Claims and Controversies” at the National Scientific Meeting of the American Podiatric Medical Association (APMA) in Boston, MA in July.


Kathy LePard, Ph.D. (CCOM, CDMI), Associate Professor, Physiology, Joseph Cellini, Senior Research Technician, Physiology, Christian C. Evans, PT, Ph.D. (CHS-DG), Associate Professor, Physical Therapy, Mae Ciancio, Ph.D. (CCOM, CDMI, CHS-DG), Assistant Professor, Biomedical Sciences, et al., presented, “Voluntary Exercise Prevents Diet-Induced Obesity,” at the Federation of American Societies for Experimental Biology conference in Washington, DC in April.

Annette Gilchrist, Ph.D. (CCP), Assistant Professor, Pharmaceutical Science, et al., poster presentation, “Evaluating Allosteric Modulators of CCR1 for Multiple Myeloma,” at the Gordon Research Conference on Medicinal Chemistry in August in New London, NH.

Anil Gulati, M.D., Ph.D. (CCP), Professor, Pharmaceutical Sciences and Associate Dean, presented, “Global barriers to new drug discovery and development,” at the Brihan Maharashtra Mandel Convention in July in Chicago.


Jennifer Phillips, Pharm. D., Assistant Professor, Pharmacy Practice, et al., presented the poster “Medication Errors Associated with the Use of Technology,” at the Advocate Research Forum in May in Park Ridge, IL. Dr. Phillips et al. received the Best Overall Poster for this presentation.

Frank Prerost, Ph.D. (CCOM, CDMI), Professor, Family Medicine, Sharon Song Ph.D., ABPP, (CHS-DG), Assistant Professor, Behavioral Medicine, et al. presented the poster, “Meaningful sense of purpose and medical illness purpose” at the Annual Convention of the American Psychological Association in Washington, DC in August. Drs. Prerost and Song presented the paper, “Treating the untreatable: Behavior change for family physicians,” at the 32nd Forum for Behavioral Science in Family Medicine in Chicago in September. They also presented the poster, “Bipolar disorder: Emotions, attitudes, perceptions, self-concept and the parenting role,” at the Annual American Osteopathic Association Research Conference in Orlando, FL in October, and the poster, “Psychological aspects related to physical functionality” at the Annual Convention of the Gerontological Society of America in Boston, MA in November.

Lon Van Winkle, Ph.D. (CCOM), Professor and Chair of Biochemistry, served on the program committee for the 15th Annual meeting of the International
Tara Storjohann, Pharm.D. (CPG), Assistant Professor, Pharmacy Practice, “Treatment of Alzheimer’s Disease and OTC Medications to Avoid” on January 14; Robert Kramer, D.M.D. (CDMA), Assistant Professor, “Senior Smiles: A Healthy Approach to a Healthy Life” on January 19; Mark Abzug, D.D.S. (CDMA), Clinical Care Coordinator, “Importance of Good Oral Health” on April 12; Thomas McDaniell, D.M.D. (CDMA), Associate Professor, “Oral Hygiene and Oral Health Issues” on May 19; Donald Jarnagin, O.D. (AZCOPT), Dean, “Your Eyes and the Golden Years” on May 20; Pamela Potter, Ph.D. (CPG), Chair, Pharmacology, “Treatment of Alzheimer’s Disease and OTC Medications to Avoid” on June 16; Bob Nithman, D.P.T., GCS (CHS-AZ), Assistant Professor, Physical Therapy, “Exercise and Bone Health” on June 17.

Numerous representatives from CCP participated in the American Association of Colleges of Pharmacy Annual Meeting in July in San Antonio, Texas.

The participants include:
Sally Arif, Pharm.D., BCPS, Assistant Professor, Pharmacy Practice, round table facilitator for the discussion, “Initiating and evaluating global pharmacy advanced pharmacy practice experiences.”
Robert Chapman, Ph.D. (CPG), Associate Professor, Pharmaceutical Sciences, poster presentation, “Design and development of a coordinated and multidisciplinary approach to teaching pharmacy student oncology contents.”
Nancy Fjortoft, Ph.D. (CCP), Dean, presented, “Work-life Balance: Part-time and Co-funded faculty positions, considerations and challenges.”
Annette Gilchrist, Ph.D. and Dr. Chapman, and Deborah Hass, Pharm.D., BCPS, BCOP (CCP), poster presentation, “Design and Development of a Coordinated and Multidisciplinary Approach to Teaching Pharmacy Students Oncology Concepts.”
Mary Ann Kliethermes, Pharm.D., presented “Incorporating the Medical Home Model Concept into the Pharm.D. curriculum.”
Kathy Komperda, Pharm.D., BCPS, Associate Professor, Pharmacy Practice, Jennifer Phillips, Pharm. D., Robin Zavod, Ph.D., Associate Professor, Pharmaceutical Sciences, Ana Quinoñes-Boex, Ph.D., Associate Professor, Pharmacy Practice, Huzefa Master, Pharm.D., Associate Professor, Pharmacy Practice, Susan Winkler, Pharm.D., BCPS, Department Chair, Pharmacy Practice, and Avery Spunt, Associate Dean, Experiential Education, poster presentation, “Faculty perceptions of the first year of an e-portfolio program in a college of pharmacy.”
Dr. Quiñones and Thomas Reutzel, Ph.D., Professor, Pharmacy Practice, poster presentation, “Potential Life-Threatening Events in Schools: The Opinions, Knowledge Levels, Practices, and Experiences of School Nurses Regarding Rescue Inhalers, Epinephrine Pens, and Diabetes Testing and Glucagon Delivery Devices.” Dr. Quinoñes-Boex, was installed as secretary for the Social and Administrative Science Section.
Mr. Spunt, presented, “Admissions Workshop: Career Explorers Program.”
Kathleen Vest, Pharm.D. (CCP) Associate Professor, Pharmacy Practice, and Dr. Kliethermes, poster presentation, “Incorporating Advanced Pharmacy Practice Experiential (APPE) Students into Clinical Research as a Required Rotation Assignment.”
Dr. Vest, poster presentation, “Incorporating advanced pharmacy practice experience students into clinical research as a required rotation assignment.”
Dr. Winkler, presented “Academic Leadership Fellows Program: Curricular Mapping; GPS in Pharmacy Education” and the poster presentations: “The Changing Face of Pharmacy Practice Faculty: The use of adjunct faculty for teaching,” and “Factors in Faculty Retention in a College of Pharmacy.” Dr. Winkler also was a round table facilitator for the discussion, “Developing, Delivering and Assessing Problem-based Workshops within Large Classes” and was a graduate of the Academic Leaders Fellows Program.
Dr. Zavod, presented “Sunscreens, Fabric Softeners, Plastic and Pharmaceuticals: Personal and Environmental Exposure Ramifications,” and the poster “Auxiliary labels; how well do our students understand the scientific foundation.”

STUDENT GROUPS AND UNIVERSITY AWARDS & SERVICE

The Illinois Council of Health-System Pharmacists student chapter on the Downers Grove Campus was awarded Student Society of Health-System Pharmacists Recognition from the American Society of Health-System Pharmacists for the 2011-2012 academic year.
Midwestern University Breaks Ground on $120 Million Multispecialty Clinic

This summer, University officials and civic leaders from Downers Grove and DuPage County gathered at a groundbreaking ceremony for the Midwestern University Clinic, a $120 million facility that will house a multispecialty clinic and low-cost dental clinic for the community.

“This facility is an academic building whose foundation will be built on the already strong academic programs at the University and will allow us to expand our clinical education opportunities for students,” said Kathleen H. Goeppinger, Ph.D., President and CEO of Midwestern.

Once open in 2013, the five-story 200,000 plus square-foot building will provide space for a dental medicine clinic as well as other healthcare clinics where third and fourth year students from the Downers Grove Campus will provide healthcare to the community under the guidance of faculty mentors.

“This will be the first new clinic facility that we have built in Downers Grove and it will serve the entire community. We are looking forward to providing excellent healthcare in an integrated, holistic approach that models our core value of service to the community,” Dr. Goeppinger added.

“The addition of the new clinic will greatly benefit the region,” said Martin T. Tully, Mayor of Downers Grove. “This will fill an essential need of affordable dental care for the people in Downers Grove and DuPage County.”

Science Hall Opens on Downers Grove Campus

After much anticipation, the Science Hall on the Downers Grove Campus officially opened this summer. Faculty and staff got an early peek into the new 239,000 square-foot academic building in July and several national and local officials toured the building in late August. Congressman Peter Roskam, State Senator Ron Sandack, Downers Grove Mayor Martin T. Tully, and other members from the community were at the dedication ceremony led by Kathleen H. Goeppinger, Ph.D., President and CEO of Midwestern University.

This beautiful new academic facility is the culmination of several years of planning and provides much needed classroom, laboratory, and research space for faculty and students. In addition, the new building is home to the state-of-the-art Dental Simulation Lab, which will be used by the inaugural class of dental medicine students.

The building features technology-rich classrooms, an OMM lab, a Testing Center that allows 230 students to simultaneously take an exam electronically, an accreditation suite, and a new anatomy laboratory. The high-energy efficient building is controlled by a Building Automation System, which controls the temperatures in occupied and unoccupied spaces.
MWU Library Improves Online Access

By Natalie Reed, M.L.I.S., Director of Library Services

Midwestern University Libraries have recently undergone a significant upgrade to the next generation of computer systems with a new-look and -function library catalog available at http://millennium.midwestern.edu.

Resources are much easier to find due to the ability to limit a search for an item to a library location, to a particular format such as print or ebook, and to whether it is checked out or available. State-of-the-art discovery tools are also now available, such as cross-database searching, relevancy ranking, and subject tag clouds.

New services include the ability to place holds on checked out items, to log into one’s individual account to see when items are due, and to do all of this from handheld devices. Library staff are pleased that all of the behind-the-scenes work modules are fully integrated for greater efficiency and faster service.

Every year a greater percentage of library resources are available electronically. For example, 96% of MWU journal subscriptions are now online only. Paper copies are not even received any longer. As a result, by far the most significant computer system improvement is the simplification of online access. Logins and passwords have been consolidated and links to full text are embedded everywhere. Now all library resources are accessed with a single login that is identical to an individual’s login to the MWU email system, or the rotation management system. The old Athens IDs have been retired. Interlibrary loan and document delivery services (ILLiad) will continue to have a separate login.

Library staff welcome questions and will be glad to troubleshoot any online access problems.

MWU Named to President’s Community Service Honor Roll for 4th Straight Year

For the fourth consecutive year, Midwestern University has been named to the President’s Higher Education Community Service Honor Roll with distinction for its strong institutional commitment to service and compelling campus-community partnerships that produce measurable results for the community.

“One of the fundamental missions of our University is to reach out to our communities through service,” said Kathleen H. Goeppinger, Ph.D., President and CEO of Midwestern University. “I am proud and humbled by the dedication shown by our students, our faculty, and our staff to helping our neighbors. Their compassion, caring, and enthusiasm are values that we encourage and strive for on both a professional and personal level.”

Out of over 850 institutions considered for the honor, only 114 received the recognition of Honor Roll with distinction. The distinction is an indication that Midwestern University displays a strong institutional commitment to service and has formed compelling partnerships that produce measurable results.

The award, which is the highest federal recognition a college or university can achieve for its commitment to service and civic engagement, is presented by the Corporation for National and Community Service (CNCS) in collaboration with the Department of Education, the Department of Housing and Urban Development, Campus Compact, and the American Council on Education.

Midwestern University has a strong tradition of community service on both campuses. Midwestern University students coordinate health fairs in underserved neighborhoods; provide healthcare at homeless shelters and inner-city clinics; organize fundraisers for public service agencies; conduct high school physicals; and give presentations on health-related topics at local schools. Midwestern’s faculty and staff are also active in the community, serving on local nonprofit boards, judging school science fairs, volunteering at local agencies, and providing free health lectures for the community.

“Congratulations to Midwestern University and its students for their dedication to service and commitment to improving their local communities. We salute all the Honor Roll awardees for embracing their civic mission and providing opportunities for their students to tackle tough national challenges through service,” said Patrick Corvington, CEO of the CNCS.

Honorees for the President’s Higher Education Community Service Honor Roll are chosen based on a series of selection factors, including the scope and innovation of service projects, the extent to which service-learning is embedded in the curriculum, the school’s commitment to long-term campus-community partnerships, and measurable community outcomes as a result of the service.
Littlejohn Awards Announced on Downers Grove Campus

Midwestern University presented its highest honor – the Littlejohn Award – to one faculty member, one staff member, and one alumnus who best embody the qualities of service and commitment to the University.

Alejandro M. S. Mayer, Ph.D., M.S.Ed., Professor of Pharmacology, received the faculty Littlejohn Award. Dr. Mayer’s research areas include marine antineuroinflammatory pharmacology and marine toxicology which explores the pharmaceutical potential of the enormous biodiversity of organisms present in the world’s oceans. He also received the first two patents awarded to Midwestern University for his discovery of the marine anti-inflammatory Manzamines, compounds found in a marine sponge.

The alumni award was presented to Dr. Parise who received his doctor of osteopathic medicine degree from Midwestern University’s Chicago College of Osteopathic Medicine in 1983. Currently, Dr. Parise is the Course Director for Family Medicine at Midwestern University.

Jim Ciway, an Electrician in the Campus Facilities Department, received the staff Littlejohn Award. Mr. Ciway is responsible for electrical installation and maintenance, campus telecommunications installation and maintenance, installation and operation of the campus access control system and the campus emergency alert system.

The Littlejohn Awards, established in 2000, are named after the three brothers – John Martin, James Buchanan, and David – who, in 1900, established the Chicago College of Osteopathic Medicine, Midwestern’s founding college.

AZCOPT Holds Inaugural Pinning Ceremony for Class of ’13

The Arizona College of Optometry held its first Pinning Ceremony for its third-year students on Thursday, June 23, 2011 at Ocotillo Hall on the Glendale Campus.

Kathleen H. Goepinger, Ph.D., President and CEO of Midwestern University, was on hand to offer remarks and explain the significance of the ceremony to the students, faculty, and staff. It was a heartwarming experience for students and their families, as well as the AZCOPT faculty and staff who celebrated with them as the third-year students made this rite of passage.

The AZCOPT lapel pin signifies that the AZCOPT student has transitioned from basic science and pre-clinical courses to clinical rotations at the Midwestern University Eye Institute. Third-year AZCOPT students began rotations at the Eye Institute in June, the first AZCOPT class to do so since the College’s launch in 2009.
Summer of Pharmacy Career Exploration

By Damienne Souter, MBA, Assistant to the Dean, Chicago College of Pharmacy

On June 20, 2011, 68 high school students from the Chicago area began six weeks of pharmacy exploration at Midwestern University’s Chicago College of Pharmacy (CCP). The Career Explorers Program is specifically geared towards those who have just completed their junior or senior year of high school and demonstrate a strong interest and aptitude for pursuing a career in pharmacy.

The Program offers an intensive, integrated six weeks of classroom study and hands-on activities working as a pharmacy technician at a community pharmacy or hospital. Directed by Sheri Stensland, Pharm.D., AE-C, Associate Professor, Pharmacy Practice, the program was developed to help increase the number of students applying to pharmacy schools and prepare them for careers in pharmacy.

“This program is also designed to prepare students to be successful pharmacy technicians,” explains Dr. Stensland. “It allows students to explore various career opportunities in community and hospital pharmacies, link students to mentors who will provide career counseling in this health professional field, and provide information and guidance to prepare students for a pharmacy education.”

This is the 12th year of the Career Explorers Program, and it is administered as a partnership with the Walgreen Company, Jewel/Osco Pharmacies, Inc. and CCP. Admission into this program is highly competitive. This year, 193 applications were received, 183 interviews were conducted, and 68 students were admitted. Each year, the caliber of students admitted into the program increases. The mean cumulative grade point average of the students in the Walgreen and Jewel/Osco programs were 3.91 and 3.85 (both on a 4.0 scale) respectively for last year’s class of students.

Classroom discussions cover the gamut of pharmacy topics including history, medical terminology, pharmacology basics, law, and calculations. Students also have the opportunity to work in a classroom lab. At the conclusion of the 2010 program, 92% of the Career Explorers Program students said that they planned to pursue a career in pharmacy. All of the students said they would recommend this program to a friend.

Claire Pitstick from Naperville North High School receives her official white coat on the opening day of the MWU-CCP Career Explorers Program from Bill Powers, Pharm.D., Pharmacy Supervisor for Walgreens Company.

Find out what’s happening at your University. Join us on Facebook at Midwestern University’s Official Fan Page.
Graduates from the Midwestern University Class of 2011 assembled on both the Downers Grove and Glendale Campuses in May and June respectively to celebrate the culmination of years of intense study and preparation for medical careers.

Graduations began in May on the Downers Grove Campus for the Chicago College of Osteopathic Medicine (CCOM) and Physical Therapy and Biomedical Sciences programs from the College of Health Sciences (CHS-IL). Ceremonies continued in June with events for the Arizona College of Osteopathic Medicine (AZCOM); College of Health Sciences (CHS-AZ) Podiatry, Cardiovascular Science, and Biomedical Sciences programs; and the College of Pharmacy-Glendale (CPG). In all, between the two campuses, over 650 new medical professionals were added to the nation’s workforce.

Significantly, approximately half of the 327 graduates from CCOM and AZCOM will enter primary care residencies, while other graduates matched into specialties such as emergency medicine, psychiatry, radiology, neurology, and surgery. Over half of the CCOM graduating class

**Graduate Quotes**

“We have earned and been given much as we have attended classes and sharpened our skills at Midwestern. A great deal is now expected of us.”

Matheau Eysser, D.O.,
AZCOM Valedictorian

“My spark, a small flicker compared to the others I’ve mentioned, grew because of those I shared a classroom with. It was in the classroom that I really began to understand that it’s not where you come from that’s important, it’s where you want to be.”

James Fletcher, M.B.S., CHS-IL
Biomedical Sciences Class President

“Do not cease in your quest for knowledge and remain diligent and optimistic. As you continue down your path, hold on to your compassion and humanity. Each of us has earned the opportunity to make a difference for those who need it most.”

Rebecca Smith, D.P.M.,
AZPod/CHS-AZ
Honor 2011 Grads on Both Campuses

will stay in Illinois for their residency programs, while 27 AZCOM graduates will remain in-state for their programs. An additional 27 graduates from both campuses matched into military residency programs.

Kathleen H. Goeppinger, Ph.D., President and CEO of Midwestern University, presided over the commencement ceremonies and acknowledged the many achievements of the graduates during their years of rigorous study and training. Dr. Goeppinger encouraged the graduates to remember to keep their focus on those they serve in the healthcare profession. “I hope that as you go into your clinical settings and residencies that you take with you the importance of the patient first,” Dr. Goeppinger said, “and that you show the compassionate care that you were taught here. You will be a better healthcare professional if you remember that.”

Midwestern University’s College of Health Sciences will honor graduates from its other programs at commencement ceremonies in August (Glendale) and September (Downers Grove).

SPRING COMMENCEMENT BY THE NUMBERS

- MWU recognized over 650 graduates from both campuses
- Approximately half of CCOM/AZCOM graduates will match to family medicine residencies
- Between Downers Grove and Glendale, 27 graduates matched to military residencies

ABOVE: David Lauck, D.O., receives his academic hood from Isaac Kirstein, D.O., Associate Dean, Postdoctoral Education, during the 2011 CCOM commencement ceremony.

LEFT: Rebecca Smith, D.P.M., addresses the assembled students and families at the Glendale Campus CHS commencement ceremony in June.

RIGHT: The commencement ceremony begins with a procession across campus led by bagpiper David Johnston.
Campus Events

Glendale Health Careers Institute Brings AZ Students Closer to a Dream Career

By Victor Camargo, RCB Medical Arts Academy, Guest Writer

Note: Victor Camargo graduated from RCB Medical Arts Academy in Spring 2011 and attended Midwestern University’s Health Careers Institute for High School Students this past summer. He is certified in first aid and CPR and served as his school’s athletic trainer. He currently is planning to attend college and is considering a career in emergency medicine.

During my high school career, I didn’t actually have my mind set on what exactly I wanted to do with my life, so I decided that I wanted to try some extracurricular activities at school, which I didn’t have an interest in before. At school I kept hearing about a student-run club that taught you about health and gave you the chance to compete with other high school students on health-related topics. It sounded like an interesting challenge, so I went to talk to my health teacher, who was also the club advisor, and she told me all about the club. I was already doing athletic training for my school and I enjoyed it, so she encouraged me to join. That was the start of my passion and desire to learn about the medical field.

On May 4th 2011, a tragic event happened at school that gave me even more desire to pursue medicine. One of our most beloved staff members, coach, and cafeteria worker, who was as a mother to many of the RCB students, suffered a seizure. As someone certified in first aid and CPR, I tried to do my best to help her as much as I could. Another teacher came to intervene, but by then we realized she had passed away, taking her last breath. After that moment, I decided I wanted to pursue a career as an ER doctor so I could help save lives.

Toward the end of my high school career, one of my teachers, Mrs. Robinson, recommended that I submit an application for the summer Health Careers Institute at Midwestern University. A few weeks after I filled out the application, I got an email from Midwestern congratulating me for getting selected from 130 other high school students in Arizona. The 47 students and I who had been selected would have an opportunity to learn from the great health career programs Midwestern has to offer. I felt like it was the greatest decision I ever made.

When the HCI program started, many of us didn’t know each other. It was like starting at a new school where you don’t know anyone. But the Midwestern University mentors made us feel comfortable; they talked to us like we were best pals, and they helped us with any questions we had. We also played a scavenger hunt game that helped us meet other students, which was a blast.

Every day of the HCI program we were learning about the many health careers at Midwestern. Every day we did something new, from presentations to us by the great Midwestern University doctors, surgeons, nurses, health professionals, mentors, and staff to hands-on labs. We learned medical terminology, anatomy, and the technique for taking notes on patients (subjective, objective, assessment, and plan, or “SOAP”). We also experienced life in the ER through the simulation labs. We learned the procedure for venipuncture – one of the many jobs a phlebotomist does – by drawing blood from an artificial arm. We learned the difference between occupational and physical therapy, and in the anatomy lab we were able to inspect various body parts from people who donated their bodies to science. At the end of the HCI, we put our knowledge to work to see what we had learned in real life patient scenarios at the sim labs.

I really want to thank Midwestern University and the HCI program for allowing me and many other high school students to have a great experience and brighten our futures and for teaching us about the health careers Midwestern has to offer. The HCI helped us all to be more informed about the medical profession and gave us options to choose from for our future careers. I would really recommend that other high school students give the HCI program a chance because it is one huge step in getting closer to working in the medical field. Thank you, HCI, for helping me set my mind to achieve my dream career.
As the first year of medical school drew to an end for eight AZCOM students, the excitement of an upcoming trip to Guatemala began to brew. After months of planning, preparing, and packing, we eagerly took off for Antigua and San Andres Itzapa, Guatemala to put our new medical skills to the test. We had heard a lot about the work that one of our professors, Alan Schalscha, D.O., Clinical Assistant Professor, Family Medicine, had been doing in the area and we couldn’t wait to be a part of it.

During our first week in Guatemala, we spent our time travelling to schools and clinics around Antigua. We handed out toothbrushes and parasite medications at local schools and researched the malnutrition rates in school children to identify at-risk kids by calculating their BMIs. We also had the opportunity to do physical therapy and rehabilitation exercises with children who suffered from severe physical and mental disabilities.

Additionally, we ventured out to experience the clinics in Guatemala and gain first-hand knowledge of the health system of the country. After having the opportunity to tour several of the clinics, we experienced how physicians there had to learn to cope without ambulances and expensive technologies. We spoke with clinicians about health concerns that one would rarely see in the States, such as certain parasites, fungal diseases, and tuberculosis.

We spend our second week in San Andres Itzapa working with a school and clinic with whom Midwestern University and DOCARE have a close relationship. As we spent time with children at the San Bartalome school and researched the malnutrition for kids in the area, we soon learned that the reason the children will travel great distances to get their education at this particular school is partly because they graciously provide a daily meal. For many of the kids, this is the only meal they will have that day. We had the exciting opportunity of taking funds raised by the Midwestern student chapter of DOCARE and bought a chest freezer for the San Bartalone school in San Andres. We purchased the freezer and non-perishable food items for them in hopes that it would improve the nutrition of the students who rely on the meal they receive at school as a large part of their daily diet.

While in San Andres, we also worked with a new continuity clinic that was in the process of being established by DOCARE. A nurse who had been a part of the community for a long time was running the clinic and DOCARE had just brought in a doctor to work with her and serve the people of this region. We thoroughly enjoyed spending days with Dr. Eric, practicing our medical Spanish and learning how to do a history and physical on patients in their country. The new president of DOCARE, Tyler Cymet, D.O., along with Dr. Schalscha, James Cole, D.O., Founding Dean, AZCOM, and many other physicians in the osteopathic community joined us down in Guatemala for a grand opening ceremony of the clinic. It was an exciting event in history to witness and be a part of, and we learned so much about the importance of continuity care in an area like San Andres. The opening of the clinic will have a profound impact on the lives and health of the indigenous people of this region, and will also provide an amazing opportunity for osteopathic medical students to do rotations abroad and gain an understanding of practicing in a third world country.

All in all, our trip to Guatemala was a very rewarding experience. It was extremely motivating to realize that we, even as first-year medical students, could give back so much to the Guatemalan people. Their appreciation was overwhelming, and every single one of us came home with a new sense of purpose—one that would help motivate us through the rest of our medical school career and hopefully bring us back to Guatemala someday.

From left to right: First-year AZCOM students Tim Roberts, Rachael Bailey, and Jackie Dozier; Alan Schalscha, D.O., Clinical Assistant Professor (AZCOM); first-year students Emily Schmid, Tim Degan, Courtney Graybeal, and Janelle Estrada. Not pictured: Patrick Polach, MS-I.
Student Activities

PT Students Receive Honorable Mention in National Fundraising Challenge

By Christian Evans, PT, Ph.D.
Associate Professor, Physical Therapy Program

The Downers Grove Campus Student Physical Therapy Organization (SPTO) proudly submitted a check for $4,825 on behalf of the Midwestern University Physical Therapy Classes of 2011-2013 as part of the Pittsburgh-Marquette Challenge. Sixty-two physical therapy programs in the U.S. participated in the Challenge and winners were announced on June 9th at National Harbor, MD. Midwestern University was one of 14 schools that raised more than $3,000 and received Honorable Mention for their hard work.

The major fund raising events included the 2nd Annual “Karaoke Night with the Professors” as well as a raffle and the 1st annual MWU Winter Olympics. Karaoke Night with the Professors included live performances by a dozen Midwestern faculty and even more students. For the past 10 years, PT students have been very successful, raising over $32,000 for research through various events. One hundred percent of the proceeds from the events are donated to the Foundation for Physical Therapy, a non-profit research organization that funds physical therapy-related research. This is the 15th year that the Midwestern PT students have participated in the Challenge. They have also received honorable mention four times previously - in 2002, 2003, 2004, and 2008 - and have won the Award of Excellence for raising over $10,000 in 2010.

The events were coordinated by members of the new SPTO. The SPTO members involved included former SPTO President Elise Robustelli, DPT Class of 2012, as well as Sarah Blatti, Maureen O’Connell, Bryon Schneider, Sarah Hyland, Lauren Hoepfner, Erin Meyerhoff, Allison Rushing, Nicole Viverito (current SPTO President) and many other volunteers among the 1st, 2nd, and 3rd year PT classes. In addition, students worked with restaurants in Downers Grove, local businesses and establishments, and physical therapy-related companies such as Accelerated Rehabilitation to raise money through sponsorship and donations for the raffle.

The Challenge began in 1989 when students at Marquette University urged students in physical therapy programs across the country to contribute to the development of an “evidence-base” for the practice of physical therapy by raising money to support research. The money raised by these students goes to the Foundation for Physical Therapy which funds clinically-relevant research grants related to PT practice.

The DPT Class of 2012 would like to thank all of their sponsors including: Accelerated Rehabilitation Centers, Capitol Mechanical Industries, Inc., AthletiCo, Lundstrum Pharmaceuticals, Tropical Smoothies, Blatti Aviation Inc., Provena Health and Anyways Grill. A special thanks to Dr. Goeppinger, Midwestern University, and the Student Services Department for all of your support. Lastly, the organizers would like to thank Lori Vozari-Rafaj, Director of Student Services, Don Evans, Director of Campus Recreation, Cathy Pratscher, Senior Administrative Assistant in the PT Program, and all members of the PT Classes of 2011, 2012, and 2013 for their help and dedication.

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Visiting Pharmacy Student Experiences U.S. Pharmacy Practices and American Culture

By Damienne Souter, MBA, Assistant to the Dean, Chicago College of Pharmacy

Antonia El-Schaeddhei, a pharmacy student from the United Kingdom, visited the Chicago College of Pharmacy for three months this past spring. During this time, she expanded her understanding of pharmacy practice in the U.S. and took in the sights and culture of Chicago.

She’s currently finishing her third year of study for her Masters in Pharmacy at the University of London (there is no doctoral pharmacy degree in the U.K.). She has one more year of study in her “preregistration,” after which she’ll take her exam to become a Registered Pharmacist. As part of her curriculum, it was her idea to study abroad.

“Antonia contacted us after deciding she wanted to come to the U.S, and specifically Midwestern University. She had reviewed the web sites of all the colleges of pharmacy in the Chicago area, and she believed Midwestern would best match her goals,” says Nancy Fjortoft, Ph.D., Dean and Professor of CCP. “We hadn’t had a visiting pharmacy student from overseas before. But once we realized we could make this work, we welcomed her.”

Her agenda in coming to the United States was to gather information for her 12,000-word paper, “Clinical Pharmacy in the U.S.A,” which includes an overview of what it is now and how it has transformed over time. In gathering her observations, she joined various CCP faculty members at their clinical sites, including Justin Schmidt, Pharm.D., BCPS, Assistant Professor, at the Hines VA Hospital, Jen D’Souza, Pharm.D., Associate Professor, at Dreyer Medical Group, and Sally Arif, Pharm.D., BCPS, Assistant Professor, at Rush Medical Center. She also accompanied Susan Cornell, Pharm.D., Assistant Director, Experiential Education, to a free clinic of volunteers. On campus, where she lived during her visit, she attended courses on the History of Pharmacy and Evidence-Based Medicine. One of her more unique experiences was a bus trip to Springfield to advocate for pharmacy issues along with CCP students.

She also had a great time getting better acquainted with the American culture. Among her highlights were visits to Oak Street Beach, a Bulls game, a Cubs game, as well as pizza at Giordano’s, burritos at Chipotle’s, and of course, Chicago-style hot dogs at Portillo’s. As she explains, “It’s so hard to pick a favorite of all these. They are all so uniquely American!”

“Visiting pharmacy student from the United Kingdom, Antonia El-Schaeddhei, poses with one of her favorite American foods during her visit.”

“We will certainly look into continuing this tradition for other international students wishing to come here,” says Dr. Fjortoft. “This has been a great experience for us, too!”

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John Burdick, Ph.D., Vice President of Basic Sciences (right), and Diane Wilkinson, Executive Assistant (middle), met with Glendale, AZ Rotary Club President Ray Nunez (left) in June and delivered a presentation and video to the club about Midwestern University’s medical missions to Guatemala.

David Jenkins, D.P.M., FACFAS, FAAPSM (AZPod/CHS-AZ), second from right, poses with members of the Special Olympics Healthy Athletes Fit Feet team at the 2011 Special Olympics World Summer Games held in late June in Athens, Greece. Dr. Jenkins was part of an international team that screened up to 3,000 Special Olympics athletes for structural, dermatological, and biomechanical/gait abnormalities, as well as recommending proper shoe fit and appropriate socks for the athletes’ chosen sports.

From left to right: Donald Jarnigan, O.D. (AZCOPT), Dean; Cody Peterson, OS-II; William Rainey, O.D. (AZCOPT), Clinical Coordinator; Brian Sturgill, OS-II; and recruiter Sgt. Louis Becerra, United States Air Force, following Brian Sturgill’s official swearing-in ceremony on August 2, 2011. Cody and Brian are two of only 20 national recipients of the USAF’s Health Professional Scholarship Program (HPSP) in optometry.

Runners prepare for the 16th-annual Chicago-to-Peoria St. Jude relay run. More than 150 runners kicked off the 160-mile relay to Peoria from the Downers Grove Campus. The run raised nearly $200,000 for the advancement of children’s cancer research for the St. Jude Children’s Research Hospital.

Ozzie, the Kane County Cougar’s baseball team mascot, greets fans from Midwestern University at an event this summer for alumni, students, faculty and staff at the minor league ballpark in Geneva, IL.

Laura Kim, PS-III, gives participants in the annual Take our Daughters and Sons to Work Day an idea of how many books Midwestern University students need for a typical quarter. More than 50 children participated in the half-day event sponsored by the Human Resources Department.

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