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SCHOOL  MEDICINE

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≡ **2013** ≡

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ANNUAL REPORT

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## MESSAGE FROM THE DEAN

This year marked continued expansion of opportunities at the medical school. We are training high quality health care providers, while staying on the cutting edge of research.



Betty M. Drees, M.D., F.A.C.P.  
Dean and Professor of Medicine

**WE ARE IN AN** exciting time at the School of Medicine. Throughout this year, we have added educational opportunities for current and perspective students, started a new department, celebrated the construction of a new student housing project on Hospital Hill and our researchers are continuing to advance the health of the community through cutting edge translational research.

These opportunities are possible because of the solid foundation left by E. Grey Dimond, M.D., founder of the UMKC School of Medicine and Provost Emeritus for Health Sciences, who passed away on Nov. 3. He was a great man who will be greatly missed. With his legacy in tow, we are continuing to be innovative in our

teaching and educational offerings.

The new Physician Assistant Program will welcome its first class in January. Also starting in January is a new interdisciplinary Ph.D., which will allow students to integrate clinical research skills into their doctoral programs. As our student base grows, so do our resources at the School. Construction began this year on a \$30.33 million, 254-bed Hospital Hill student apartment, which is scheduled to be complete in time for the fall 2014 semester.

The School of Medicine and Truman Medical Centers have established a new Department of Neurology and Cognitive Neuroscience. Neurology is a critically underserved medical specialty in the Kansas City area, and this department will

aim to help fill this need. Anne Foundas, M.D., the founding chair of the department, is working to increase clinical work and research to develop new treatments for debilitating brain disorders.

Neuroscience is a major research area of focus at the School of Medicine with basic and clinical research under way in areas such as vision, substance abuse, mental illness, stroke and brain injury. The School is participating in research that is directly improving patient care and quality of life.

Thanks to the support from our alumni and friends, we are able to train future physicians to be leaders in their fields and answer research questions that can make vast improvements on the health of the community.

Anne Foundas, M.D., joins the School as the founding chair of the new Department of Neurology and Cognitive Neuroscience.



ROBERT STECKMEST

## BRAIN AND BEHAVIOR RESEARCH OFFERS HOPE

“We want to make a difference in the lives of patients in our hospitals and citizens in our community.”

– Betty Drees, M.D., F.A.C.P.  
Dean and Professor of Medicine

**IN THE HEART** of the urban core, the School of Medicine’s research priorities address critical needs in Kansas City and Jackson County. Brain and behavior conditions are an area of urgent need for research focus due to the burden of disease and health status in our community.

More than one-in-four Jackson County residents suffer from major depression and report they have recently used drugs. In addition, one-in-five report some type of vision impairment, with many of those suffering from debilitating eye conditions that lead to low vision or blindness. These are only three of the health factors that affect Jackson County residents at higher than average rates.

“Our research in these brain and behavior conditions is advancing the health of our community,” said Dean Betty Drees, M.D., F.A.A.C. “We are focused on translational research, which takes research discoveries and applies them to human health. We want to make a difference in the lives of patients in our hospitals and citizens in our community.”

Research is made possible, in part, by the strong affiliations with the hospitals where our faculty see patients. Truman Medical Centers, Saint Luke’s Hospital, Children’s Mercy Kansas City, Center for Behavioral Medicine, and Research Medical Center all have strong clinical programs that serve patients with brain and behavior disorders.

Through these partnerships, faculty at

the School of Medicine had \$21 million in contract and grant expenditures in 2013, with \$12 million in federal funding spent. Faculty research continues to produce more published works each year. For 2012, faculty published more than 673 manuscripts, monographs and book chapters. This is almost a 20 percent increase in two years.

Research experience continues to enhance our medical students’ education. In fact, 71 percent of students report having participated in research with faculty by the time of graduation, and 36 percent authored a paper that was submitted for publication. About one-in-five students explored research in a community-based program. These research experiences attract applicants to our medical education program, prepare our graduates for residency programs and instill life-long learning skills.

Neuroscience, or brain and behavior, research for the School encompasses conditions such as mental health, substance abuse, autism, Alzheimer’s disease and vision research. Several Jackson County statistics point out why it is so important to focus on these conditions:

- 43 percent have major depression
- 44 percent report recent drug use
- 27 percent report Alzheimer’s disease
- 20 percent report some type of vision impairment
- 13 percent of deaths are a result of suicide

(Source: *Community Health Status Report, Jackson County*)

In Missouri, reported autism cases increased seven-fold, with one-in-72 children diagnosed with the condition. This is only one of the research strengths Anne Foundas, M.D., founding chair of the medical school’s new Department of Neurology and Cognitive Neuroscience, brings to UMKC. She is building a clinical and research enterprise designed to develop new treatments for debilitating brain disorders. This includes working with **Michele Kilo, M.D., ’84**, director of behavioral sciences at Children’s Mercy.

“The strong patient base and innovative treatment at Children’s Mercy with Dr. Kilo and her colleagues will be a great asset to the department’s autism work continues,” Foundas said.

Foundas comes to the School of Medicine from New Orleans, La., where she served as director of the brain and behavior program at the Children’s Hospital and as vice chair of clinical research in the Department of Neurology, Cell Biology and Anatomy at Louisiana State University.

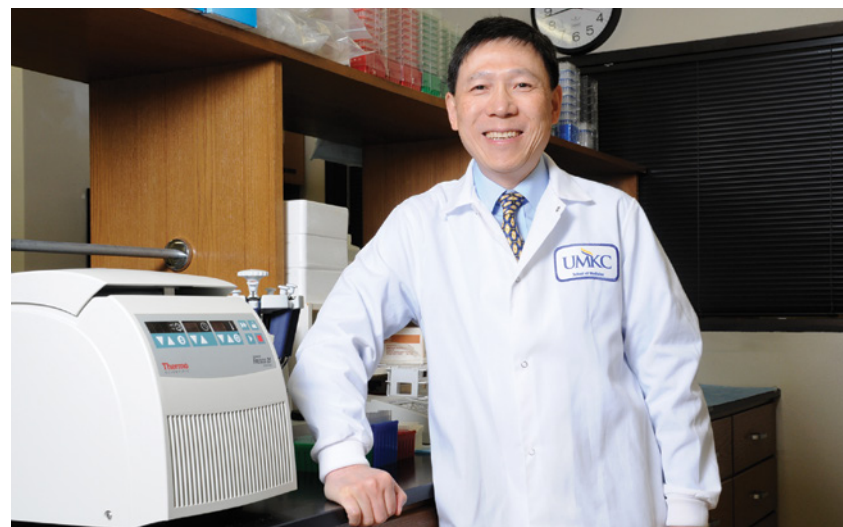
The National Institutes of Health’s National Eye Institute estimates that more than 38 million Americans age 40 and older experience blindness, low vision or an age-related eye disease. This is expected to grow to 50 million Americans by 2020. Effective long-term treatments are not available for those who have age-

related macular degeneration, glaucoma and diabetic retinopathy – which are among the leading causes of blindness.

“There is an urgent need to accelerate the research in order to stop the adverse effects of eye diseases,” said **Nelson Sabates, M.D., ’86**, professor and chair of the UMKC Department of Ophthalmology and founder of its Vision Research Center. “At the Vision Research Center, we wish to enhance the ability of eye disease treatment and altogether remove blinding eye diseases as a threat to our quality of life.”

Ashim Mitra, Ph.D., chair of the Division of Pharmaceutical Services at the School of Pharmacy and director of translational research at the School of Medicine, works in research focused on drug delivery systems for the eye. Peter Koulen, Ph.D., Felix and Carmen Sabates/Missouri Endowed Chair in Vision Research, focuses on potential drugs and medical devices to prevent debilitating eye disease. The Vision Research Center at UMKC has a number of potential drugs and medical devices that are ready for further evaluation. The Center includes researchers from the schools of Medicine and Pharmacy.

“The School of Medicine has a strong neuroscience program and possesses a competent and multidisciplinary research team specialized in addiction research,”



JOHN CARMODY

said John Wang, M.D., Ph.D., Westport Anesthesia/Missouri Endowed Chair in Anesthesia Research. “Our drug abuse research is supported well by the NIH and evidently plays a leading role in this area at the national and international level.”

Wang recently received a five-year, \$1.69 million grant from the National Institute on Drug Abuse to look at the role of glutamate receptors in substance abuse and addiction. Results of the project could ultimately help in the development of new therapeutic agents by targeting brain glutamate receptors.

Stanley A. Edlavitch, Ph.D., and Bill D. Geis, Ph.D., are part of the mental health research faculty evaluating better ways to identify individuals at high risk for suicide and target preventive interventions. They were funded with a

grant from the Health Care Foundation of Kansas City for their work.

Patient behavior and compliance is another research area in the brain and behavior focus. Mary Gerkovich, Ph.D., Julie Banderas, Pharm.D., and Karen Williams, Ph.D., in the Department of Biomedical and Health Informatics evaluate patient populations to see factors that influence patient behavior and compliance with treatment, especially those with HIV infections. They partner with research faculty in the Department of Psychology in the UMKC College of Arts and Sciences to study medication adherence.

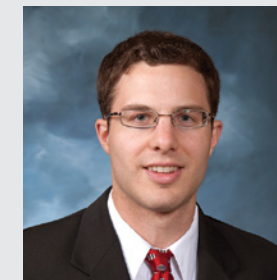
To continue advancing the School’s research mission, state-of-the-art research space is a vital need. Enhanced research space for the School is an important goal in UMKC’s capital campaign.



Michele Kilo



Steven Waldman



Corey Waldman

## UMKC ANNOUNCES 2014 ALUMNI AWARD WINNERS

**SCHOOL OF MEDICINE** graduates are being recognized for their dedication to their careers, their community and to UMKC.

**Michele Kilo, M.D., ’84**, is the recipient of the 2014 School of Medicine Alumni Achievement Award and the family of **Steven Waldman, M.D., ’77**, and **Corey Waldman, M.D., ’12**, is the winner of the 2014 UMKC Legacy Award.

The Alumni Achievement Award recognizes a graduate who has achieved notable success in his or her professional field and rendered outstanding service to the community. Kilo, associate professor of pediatrics and chief of the Section of Developmental and Behavioral Sciences at Children’s Mercy Kansas City, has dedicated her career to special needs children. Her specialty areas are Autistic Spectrum Disorders, Mental Retardation and Related Disorders and Attention Deficit Disorders.

A past recipient of the Leonard Tow Humanism in Medicine Award, Kilo has served as president of the SOM Alumni Association and chairman

of the School of Medicine’s Board of Visitors. She was appointed by Governor Jay Nixon to a two-year term on the Missouri Autism Commission and has served on the Juvenile Diabetes Research Foundation Board. She also served as chair of the Jellybean Conspiracy, a group of high school performers from both regular and special education classes who perform together to show peers throughout the region how to recognize similarities, respect differences and celebrate one another’s talents and gifts.

For the second year in a row, the UMKC Legacy Award – given to a family chosen for its professional achievements, community service and tradition of attending and supporting UMKC – includes SOM alumni. Three generations of Waldmans have received their degrees from UMKC. Spanning the schools of Law and Medicine and the College of Arts & Sciences since 1929, the Waldmans have followed the Roo tradition. Steven Waldman received his M.D. degree from the SOM in 1977 and his juris doctor degree from the law school in

1996. Waldman is the director of Statewide Outreach Services at the School of Medicine, the docent for M.D. students, and clinical professor of anesthesiology and medical humanities and bioethics. All four of Waldman’s and his wife, Kathy’s, children have attended or are currently attending the University: David attended the College of Arts & Sciences, Corey is a 2012 graduate of the SOM, and Jennifer and Reid are current SOM students.

The Waldman family and Kilo will receive their awards during the annual Alumni Awards Luncheon on April 24, 2014.

School of Medicine 2013 alumni winners included the family of **Michael Sweeney, M.D., ’78**, that received the University’s Legacy Award; UMKC Alumnus of the Year **Maj. Gen. Mark Ediger, M.D., M.P.H., ’78**; UMKC Spotlight Award winner **Nelson Sabates, M.D., ’86**; SOM Alumni Achievement Award winner **Brig. Gen. John Owen, M.D., ’81**; and **Thomas Toth, M.D., ’86**, received the 2013 E. Grey Dimond, M.D., Take Wing Award.

Katy Nickols, MS 5, sees a patient in the clinic at Truman Medical Center.



ROBERT STECKMEIST

## KATY NICKOLS CREDITS SCHOLARSHIPS WITH ENABLING HER TO THRIVE, SUCCEED

“Having someone help out financially is a huge relief, especially being the youngest of five kids. I feel very fortunate to have received so many scholarships from the School.”

– Katy Nickols, MS 5

**KATY NICKOLS, MS 5**, dreams of becoming a pediatric oncologist.

The daughter of two research scientists and the youngest of five children, Nickols said it was a mixture of her parents’ search for effective cancer treatments and her desire to become a pediatrician that led her to this goal.

From Wentzville, Mo., a rural area outside of St. Louis, Nickols said she knew she wanted to attend the UMKC School of Medicine because of its six-year, B.A./M.D. program and early, hands-on exposure to patient care. After her acceptance into the School, Nickols quickly became heavily involved in the School’s and national organizations while maintaining outstanding academic standing.

Nickols has received multiple scholarships from the School, including the Virginia Calkins Scholarship, the Missouri State Medical Association Scholarship, the Roy and Katherine Nelson Scholarship and the Dean’s Scholarship.

“Scholarships mean so much to me, as well as my family,” she said. “Being able to focus on my goals and dreams and participate in so many activities without having to worry as much about the financial aspect of my education enables me to really make the most of my time here and soak up every opportunity.”

An active advocate for the B.A./M.D. program, Nickols is a representative of

the SOM Council on Selection, has been a student ambassador since Year 2, and often sits on panels to answer questions from high school students about the program. Nickols is the vice president of the Pediatric Interest Group and the Medical Student Research Interest Group, and is a color officer at the SOM. She also manages to stay involved in intramural volleyball and basketball at UMKC.

This past summer, Nickols completed the nine-week Pediatric Oncology Education Program at St. Jude Children’s Research Hospital. Only 60 medical, nursing and undergraduate students were accepted into the program, which pairs each student with a mentor in his or her particular field. Nickols also had the opportunity to work on a retrospective chart review – looking at a chemotherapy drug and its side effects – in addition to shadowing her physician mentor on rounds and in clinic. Nickols said the experience showed her first-hand how well the UMKC B.A./M.D. program prepares its students. Working with medical students from around the country – many going into their second year of medical school after four years of undergraduate work – Nickols realized they still hadn’t had any patient interaction before heading to St. Jude’s.

“I was so proud to say, ‘I’m from UMKC, and I’ve been seeing patients and doing procedures since Year 1,’” Nickols said.

“The amount of autonomy and respect we receive at UMKC is remarkable. Being trusted with seeing patients on our own and coming up with treatment plans has been the best way for me to learn.”

Nickols cites the docent system as one of the most valuable aspects of the SOM.

“It really is a family environment,” she said. “I’m used to a big family setting and teamwork. So, it was nice to see that replicated in our docent system when I got to the School.”

Nickols’ docent, **Carol Stanford, M.D., ’79**, associate professor of internal medicine, said it has been a joy working with her, and she looks forward to seeing what Nickols will accomplish in the future.

“Katy is amazing. She has so much talent and enthusiasm, and the patients love her,” Stanford said. “Sometimes, after working with students, you think, ‘this is the kind of person I would love to practice with.’ She’s going to make a big difference in medicine and make all of us proud.”

It is this encouragement, along with scholarship support, that Nickols said keeps her motivated to excel.

“It’s refreshing to know you’re receiving this scholarship money from people who believe in you and really recognize your accomplishments,” Nickols said. “It’s an awesome way to feel supported, not just financially, but to know that someone else is encouraging you to pursue your dreams.”

Stephen Wiles, M.D., '87, examines a patient at Perfect Sense Complete Eye Care in North Kansas City.



ROBERT STECKMIEST

## ALUMNUS HELPS STUDENTS MEET THE CHALLENGE OF BECOMING A DOCTOR

“I wanted to give back to the School where I received a great education and became well-prepared for the medical field. I want to help others get their start.”

– Stephen Wiles, M.D., '87

**STEPHEN WILES, M.D., '87**, values a challenge. And through the Stephen Wiles Matching Scholarship, he is helping students with one of their biggest challenges: paying for their medical education.

Wiles established in 2005 the scholarship, which is offered to incoming Year 1 medical students who are residents of Missouri with financial need. Wiles acknowledged that it's not always easy to help, especially during times of economic downturn. He said if alumni come together, they could make a big difference for students.

“Every little bit helps,” he said. “It's good for alumni to establish an endowment if possible; you could help a number of people each year. One endowment fund cannot do it all, we have to have a number of people involved. We need to help these students.”

Board certified by the American Board of Ophthalmology, Wiles has been practicing in Kansas City since 1991. He is also a Fellow of the American College of Surgeons and member of a long list of organizations that includes the American Academy of Ophthalmology, the American Society of Cataract and Refractive Surgery, and the International Society of Refractive Surgery.

Wiles knew he wanted to go into medicine when he was in high school. He had an appreciation for and fascination with

science that served as the foundation for his career. As a student at the School of Medicine, he received scholarship support, which he said was vital.

“I remember the stress of tuition, and I was thankful to have help,” he said. “I also had a job during my training. Going to medical school is not inexpensive. The combination of loans, working and scholarships allowed me to stay in the program.”

Wiles said it's important for him and others to pass on this relief to the next generation of future physicians. Originally from St. Louis, Wiles completed his residency at the University of Missouri – Columbia and has been practicing in Kansas City ever since. He said he appreciates the challenging aspects of ophthalmology and while a student, he gravitated toward the specialty because of the combination of surgical and medical treatments. Although, it is the patient feedback and connection that he said keeps him enthusiastic about his career choice.

“You can relate to people very quickly about their vision,” he said. “When they can't see, they become extremely concerned. The feedback is virtually instantaneous on whether or not the treatment is working and when you're able to help, patients are very appreciative.”

In addition to improving his patients' lives, Wiles also gives his time as an active

volunteer, participating in organizations such as EyeCare America and Medical Missions International. He's had opportunities to support the Children's Center for the Visually Impaired, the Pediatric Brain Tumor Foundation, and the Research to Prevent Blindness Foundation. He was also a Hurricane Katrina Relief Eye Care volunteer.

Most recently, Wiles took his daughter, a pre-medical student at Texas Christian University, on a mission trip to Peru.

“Those patients left a huge impression on me,” he said. “These people were blind and had nowhere to turn. We couldn't possibly have helped everyone in need during our time there, but by restoring their sight we changed the lives of the people we treated forever.”

With a daughter preparing for medical school and a son in dental school at Creighton University in Omaha, Neb., Wiles is again seeing first-hand the benefits and expense of medical education. He said he and his wife look forward to the thank you letters they receive each year from students who receive the Stephen Wiles Matching Scholarship.

“I'm pleased to help facilitate their medical school education,” he said. “Every recipient has been incredibly grateful, and I really enjoy hearing how the scholarship is helping them with their quest to become a doctor.”



JOHN CARMODY

## UMKC SCHOOL OF MEDICINE FOUNDER E. GREY DIMOND, M.D., LEAVES A LASTING LEGACY

“I didn’t mean for this to become the next 45 years of my life. But I have no regrets.”

— E. Grey Dimond, M.D.

**E. GREY DIMOND**, founder of the University of Missouri-Kansas City School of Medicine, died peacefully in his sleep at his home on Nov. 3. He was 94.

Dimond was a cardiologist, teacher, author, world traveler, artist and a medical pioneer. He lived a long life by following his own prescription for good health: “stay skinny, don’t smoke.”

A national medical education consultant and the former chair of the University of Kansas Department of Medicine, Dimond was recruited to start the UMKC School of Medicine that was founded in 1971. At his insistence, UMKC refused to follow the traditional medical school format — four years of premedical education plus four years of medical training — and replaced it with an intensive six-year curriculum modeled on Dimond’s accelerated education during World War II. Students would work nearly year-round, and they would have contact with patients almost from the start.

More than 3,100 physicians have graduated from the UMKC School of Medicine.

“E. Grey Dimond was an innovator and a leader, as well as a healer,” said UMKC Chancellor Leo E. Morton. “A man with immense gifts of intellect, imagination and insight, he put those gifts to work to benefit his community, his university, his

profession and the world at large. Many of us at UMKC feel his loss deeply and personally; all of us are the beneficiaries of his vision, and the years of intense effort he put into the realization of that vision.”

In 1971, the same year the medical school was founded, Dimond was one of a handful of physicians invited inside Communist China. It was the first of more than two dozen trips to China, a nation, people and culture that grew to become a lifetime passion.

The late international journalist, Edgar Snow, opened Dimond’s mind to China in the early 1960s. Snow, a Kansas City native, had lived in China for 14 years. Dimond’s wife, Mary Clark Dimond, who died in 1983, created a fund in honor of Snow. Now called the Edgar Snow Memorial Foundation, the organization plays host to a number of opportunities to bridge relations in the United States and China, including the Snow Symposium, conducted biennially in Kansas City and China. The foundation is an affiliate constituent organization of UMKC, which maintains the Edgar Snow Archives.

In 1994, Dimond dedicated his modernist house on Hospital Hill to UMKC to be used for university and community events, meetings and receptions. The house at 25th and Holmes is named Diastole, a medical term for the interim between

heartbeats, when the heart muscle relaxes. It was the sort of rest-plus-invigoration role Dimond intended the home to perform.

Dimond also published 18 books including “Essays from an Unfinished Physician: Lessons From People, Patients and Life” (2000) and “Inside China Today: A Western View” (1984).

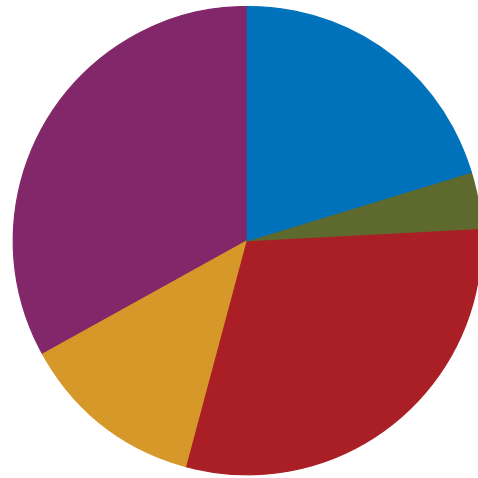
As UMKC Provost Emeritus of Health Sciences, Dimond received in 2011 the Chancellor’s Medal, UMKC’s highest non-academic honor. The medal, given at the discretion of the chancellor, honors those who have shown unwavering support and volunteer service.

Dimond held the medical profession and its education dear until his death. His impact is visible throughout the School of Medicine. The E. Grey Dimond, M.D., Program in International Medicine gives students the opportunity to develop an understanding of patient cultures and traditions in foreign countries and to gain international experience. The E. Grey Dimond, M.D., Take Wing Award honors a graduate who has excelled in medicine, academic medicine, research or community service. Take Wing is a bronze sculpture cast from a carving that Dimond created in 1952 from a piece of driftwood. The sculpture stands in front of the School of Medicine, just one of his many legacies.



**GIVING BY GROUP**

■ Alumni	\$157,786.67
■ Corporations	\$31,380.00
■ Foundations	\$233,002.00
■ Parents and Friends	\$98,725.26
■ Organizations	\$257,047.52



# HONOR ROLL OF DONORS

The UMKC School of Medicine recognizes our Honor Roll of Donors, acknowledging gifts received between July 1, 2012, and June 30, 2013. These gifts are essential in advancing the quality of medical education and research conducted at the School.

**\$100,000+**

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