MAYO CLINIC

ALUMNI

2015 • Issue 4

Mayo Clinic Alumni Association 69th Biennial Meeting

MAYO CLINIC ALUMNI

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ABOUT THE COVER | At the 69th Biennial Meeting in Arizona in October, Juan Sarmiento, M.D. (right), of Atlanta, Georgia, handed over the presidency of the Mayo Clinic Alumni Association to Susheela Bala, M.D. (left), of San Bernadino, California.

CELEBRATING 100 YEARS of Shared ideals and experience

A letter from the secretary-treasurer

Peter C. Amadio, M.D.
- Secretary-Treasurer
  Mayo Clinic Alumni Association
- Lloyd A. and Barbara A. Amundson
  Professor of Orthopedics

It was heartwarming to see so many enthusiastic alumni at the 69th Biennial Meeting in Phoenix and Scottsdale in October. While alumni came from across the country, it was particularly nice to see the turnout from the West Coast and Southwest.

The Scientific Program provided updates on innovation at all Mayo Clinic locations, including the multi-site medical school, online learning advances, proton beam therapy which debuts in Arizona this spring, and regenerative and individualized medicine. At the President's Gala, Dr. Juan Sarmiento passed the gavel to Dr. Susheela Bala. She'll bring energy and excitement to the role.

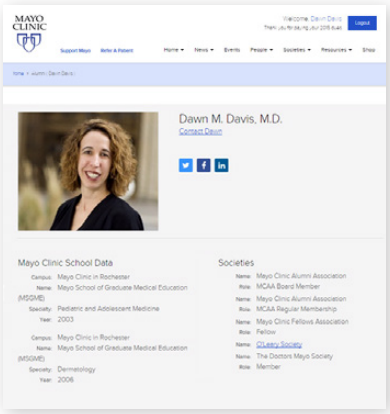
Alumni who attend these meetings — whether they're regional, national or international — inevitably make connections they didn't anticipate with former colleagues and mentors or new friends.

It was a particular pleasure to reconnect with one of our keynote speakers, Kenneth Nollet, M.D., Ph.D. (BIOC '93, MDPD '93, PATH '97, TRMED '98). He spoke on *Healthcare at the intersection of danger and opportunity: responding to Japan's earthquake, tsunami and nuclear crisis.* Dr. Nollet is the director of International Cooperation at the Radiation Medical Science Center of Fukushima Medical University, Fukushima, Japan — the site of the nuclear power plant crisis after the 2011 tsunami. I was vice chair of the Mayo Medical School admission committee when Dr. Nollet was admitted, and we had met a few times during his student days. It is a wonderful experience to see our graduates travel so far and do so well.

I encourage you to consider attending an upcoming meeting. In June the International Meeting is in Whistler, British Columbia, Canada. And in fall 2017 the 70th Biennial Meeting will be in Jacksonville, Florida. No doubt you'll be glad you made the time to renew your Mayo connections.

In 2001 Alumni Association President Dr. Christine Mroz-Baier (S '73, S '78) shared the benefit she got from attending her first Biennial Meeting, which I think sums up how many of us feel:

"… I was feeling the wear and tear of private practice. … That visit with old friends and consultants completely stimulated my interest in learning again. I was reminded of the Mayo motto, 'The Needs of the Patient Come First,' which restored satisfaction and joy in my daily practice of medicine."



Update your alumni profile

Is your profile on the Mayo Clinic Alumni Association website up to date? New profile features allow you to:

- Upload a photo.
- Link to your Twitter, Facebook and LinkedIn profiles.
- Provide information about where you work.
- Choose privacy options you prefer.

"We encourage alumni to keep their profiles current because Mayo Clinic staff members access our alumni directory every day to refer patients," says Dawn Marie Davis, M.D. (PD '03, DERM '06), medical director, Alumni Center.

alumniassociation.mayo.edu

INNOVATION CENTENNIAL

Celebrating 100 years of alumni contributions

Mayo Clinic Alumni Association | 69th Biennial Meeting
October 2015 | Phoenix–Scottsdale, Arizona

The 69th Biennial Meeting of the Mayo Clinic Alumni Association in Phoenix and Scottsdale, Arizona, celebrated the 100th anniversary of the Alumni Association and drew alumni and their guests from 23 states and four countries. The pages that follow provide an overview of key speakers and awards.

Log in to mayo.edu/alumni2015 to view select segments of the meeting on a private YouTube channel.

(Near left) Dawn Marie Davis, M.D. (PD '03, DERM '06), and Richard Zimmerman, M.D. (NS '90), served as Scientific Program co-chairs of the 69th Biennial Meeting.

There's reason for great optimism for Mayo Clinic and health care in the United States. A lot of chaos, too, but a lot of reason for hope."
– Wyatt Decker, M.D.

69TH BIENNIAL MEETING

Historic changes in medicine amidst chaotic health care environment

The 69th Biennial Meeting of the Mayo Clinic Alumni Association opened with outgoing President Juan Sarmiento, M.D. (SR '96, PRES '98, S '00, S-GI '02), of Emory University School of Medicine, thanking the meeting's host, Wyatt Decker, M.D. (MED '90, I '93), Mayo Clinic vice president and CEO of Mayo Clinic in Arizona, and recalling their meeting 19 years ago.

"In 1996 I had my first ER call in Rochester. I spoke little English, and the consultant in the ER was Dr. Decker," said Dr. Sarmiento. "He welcomed me with a big smile. We were there for 12 hours overnight, and he had the same smile and was the same gentleman as the moment we met."

Dr. Decker said he recalled being impressed with the young intern, who is now chief of surgery at Emory.

Dr. Decker spoke to assembled alumni about the chaotic health care environment due to an aging population, fragmentation, variable quality, avoidable errors and physician burnout. He said, however, that people will look back on this period as one of historic change in medicine because of innovations including:

- Data mining to improve care and lower the cost of health care, including Mayo Clinic's Center for the Science of Health Care Delivery and partnership in OptumLabs.
- The power of genomics and how Mayo Clinic's Center for Individualized Medicine is guiding treatment of cancer and other serious conditions, and is collaborating on applications for a soon-to-be introduced direct-to-consumer genomics product.
- In Mayo Clinic's Center for Regenerative Medicine, engineering adult stem cells from a patient's own body to restore organ function or create new tissue.
- Redesign of medical school curriculum in collaboration with Arizona State University. Dr. Decker described Mayo Clinic's "bold initiative" to create a national medical school — one school with three campuses, one governance and one curriculum. Mayo Clinic in Arizona will feature a four-year campus of Mayo Medical School, with the first class of 50 students starting in July 2017. Medical students from Rochester will have the opportunity to spend their third and fourth years at Mayo Clinic in Florida starting in 2016. "Since the Flexner Report more than 100 years ago led to a redesign of medical school, its basic design has changed little although health care has changed significantly," he said. Mayo Medical School will be the first medical school to span three states across the country.
- Scaling Mayo Clinic knowledge to provide credible, trustworthy health care information to millions of people around the world through mayoclinic.com and 35 Mayo Clinic Care Network affiliates. Mayo Clinic shares its knowledge and practices to make sure the organization is relevant for a broad swath of patients globally.

Outgoing Alumni Association President Juan Sarmiento, M.D., opened the Biennial Meeting.

"It's an unbelievably exciting time for medicine, with individualized, personalized medicine and big data coming together for the patient," said Dr. Decker. "Mayo Clinic is the most widely recognized brand in health care in the world and a leader in innovation in health care and its systems. We have a history of having smart, creative people such as Dr. Henry Plummer on staff, and that continues to be an important part of our organization today.

"There's reason for great optimism for Mayo Clinic and health care in the United States. A lot of chaos, too, but a lot of reason for hope." ◆

Left: Mayo Clinic in Arizona's Wyatt Decker, M.D., hosted the meeting and provided an overview of historic innovations occurring in medicine.

M. Edwyn Harrison, M.D.

SPEAKERS, AWARDS AND RECOGNITIONS

Speaker highlights

M. Edwyn Harrison, M.D.

(GI '92) Associate Dean of Academic Affairs
Mayo Medical School in Arizona

Innovation in medical training

Mayo Clinic received a grant from the American Medical Association to accelerate changes in medical education and is innovating Mayo Medical School curriculum across three campuses.

A new topic, the science of health care delivery, will be interwoven into the curriculum and include patient-centered care, leadership, team-based care, population-centered care, high-value care, health policy/economics and technology. All medical students will receive a certificate in the science of health care delivery from Arizona State University and Mayo Clinic. Students will have the option to complete a master's degree in the science of health care delivery from Arizona State University during their four years at Mayo Medical School.

The new medical school curriculum will incorporate teaching techniques such as online learning. Students in Arizona and Florida will have more options for experience at partner organizations including Maricopa Medical Center (Phoenix, Arizona), Mountain Park Health Center (Arizona), University of Florida Health (Gainesville), and Wolfson Children's Hospital and Nemours Children's Health System (Jacksonville, Florida).

Diane Jelinek, Ph.D.

William Stone, M.D.

Gianrico Farrugia, M.D.

(I '91, GI '94) Mayo Clinic Vice President
CEO of Mayo Clinic in Florida

Innovation in Florida

Mayo Clinic in Florida:

- Contributes $1.6 billion to the Florida economy.
- Is constructing a new facility to clean and restore lungs unfit for transplant in collaboration with United Therapeutics. This lung restoration center will prepare 1,000 more lungs for transplant than were previously available.
- Is attempting to produce pharmaceutical-grade stem cells through the Center for Regenerative Medicine.
- Is investing in nanomedicine and establishing a nanotechnology center.
- Received a $13.3 million grant to test a breast cancer vaccine and will embark on a phase 2 clinical trial in 2016.
- Changed its practice in total knee replacement based on data from Mayo Clinic's Robert D. and Patricia E. Kern Center for the Science of Health Care Delivery, resulting in shorter length of stay, reduced cost and reduced pain.
- Made remarkable improvements in liver transplant care that resulted in a shorter length of stay. The program already had one of the shortest lengths of stay for liver transplant patients.

Diane Jelinek, Ph.D.

(IMM '91) Dean of Research, Mayo Clinic in Arizona
Gene and Mary Lou Kurtz Professor of
Multiple Myeloma Research

William Stone, M.D.

(S '88) Department of Surgery, Mayo Clinic in Arizona

Innovation in Arizona

Mayo Clinic in Arizona:

- Has almost 300 active clinical trials underway.
- Received a five-year standalone SPORE grant for multiple myeloma — the first SPORE grant at Mayo Clinic in Arizona. Investigators are exploring viral therapy and precursors to multiple myeloma.
- Is redesigning practice from the patient's first phone call to discharge. The clerical burden associated with a patient's appointment already has been reduced by 15 minutes in some departments.
- Has introduced check-in kiosks.
- Had engineers map patient flows in the Breast Clinic, which was then designed for maximum efficiency for patients and staff.
- Is experimenting with remote scribes using Google Glass. Primary care physicians have saved 20 minutes of documentation time per day. ◆

Gianrico Farrugia, M.D.

SPEAKERS, AWARDS AND RECOGNITIONS

Raymond Pruitt Lecturer, keynote presentation

This lectureship honors Raymond Pruitt, M.D., the first dean of Mayo Medical School. The lecturer demonstrates qualities admired in Dr. Pruitt — integrity, scholarship, humility and the empathy of the truly concerned.

Leadership and the adaptive organization

Michael Crow, Ph.D.

President, Arizona State University

Michael Crow, Ph.D., is an academic leader and educator, designer of knowledge enterprises, and science and technology policy scholar. He has been the 16th president of Arizona State University (ASU) since 2002. He is guiding the transformation of ASU into one of the nation's leading public metropolitan research universities, an institution combining academic excellence, inclusiveness and society impact — a model he terms the New American University.

During his tenure, ASU has developed a new-era academic design built around innovation, established more than 15 transdisciplinary schools and research initiatives, and witnessed an unprecedented academic and learning technology infrastructure expansion, quadrupling of research expenditures and attainment of record levels of diversity.

Crow was previously executive vice provost and professor of science and technology policy at Columbia University in New York City. He is a fellow of the American Association for the Advancement of Science and the National Academy of Public Administration. He is the author of books, articles and designs for new knowledge enterprises, science and technology policies, highly adaptive higher education institutions and transdisciplinary concepts for enhanced human welfare.

Dr. Crow received a Ph.D. in public administration from the Maxwell School of Citizenship and Public Affairs at Syracuse University in Syracuse, New York.

"Mayo Clinic was a significant design experiment — a group of doctors and providers organized and structured around the patient's care. Mayo Clinic is one of the most fantastic designs America has produced within a collapsing system of health care and an example of adaptive organizational design. If Mayo was the gold standard of the American medical system, we would go from 24th or 25th in health outcomes in the world to second or third with 30 percent lower cost to the nation, freeing up a trillion dollars for productive investment that could build our economy." ◆

SPEAKERS, AWARDS AND RECOGNITIONS

Judd-Plummer Lecturer

The Judd-Plummer Lecture was established to honor two early, distinguished members of the Mayo Clinic medical staff — E. Starr Judd, M.D., chief of the surgical staff, and Henry Plummer, M.D., chief of the Division of Medicine. This recognition is presented to an outstanding physician, surgeon, scientist or educator.

Stool DNA testing: a new high bar for noninvasive colorectal cancer screening

David Ahlquist, M.D.
(MED '77, I '80, GI '83) Division of Gastroenterology and Hepatology
Carol M. Gatton Professor of Digestive Diseases Research Honoring Peter Carryer, M.D.
Mayo Clinic Rochester

David Ahlquist, M.D., was appointed to the Mayo Clinic staff in 1983. He completed a fellowship in gastroenterology and residency in internal medicine at Mayo School of Graduate Medical Education. He received a medical degree from Mayo Medical School and bachelor's degree from the University of Minnesota.

Dr. Ahlquist is internationally recognized for his research in the early detection of colorectal and other gastrointestinal neoplasms. His research has focused on the development and clinical validation of novel molecular screening tools that are noninvasive, accurate and user-friendly. He has mentored more than 50 residents and fellows in his research program, published extensively and holds numerous patents related to his research. He and his team co-developed a stool DNA test for colorectal cancer screening that was recently approved by the FDA and is now commercially available.

Dr. Ahlquist has received numerous honors and awards throughout his training and career, including the 2014 Mayo Investigator of the Year. He has held multiple internal and external professional leadership positions in his subspecialty, and has given many national and international presentations. At Mayo Clinic, he served as president of the staff (Rochester) and medical director for the Department of Development.

"The new FDA- and CMS-approved multi-target stool DNA test opens doors for other areas and offers a cancer screening vision for the future. We could create a single noninvasive tool to screen for multiple cancers and predict tumor sites." ◆

SPEAKERS, AWARDS AND RECOGNITIONS

Plummer Society Award for Excellence

This award is presented by The Plummer Society to an alumnus or alumna, nominated by his or her peers, to honor excellence and unique contributions to practice, education, research or administration in internal medicine and subspecialties.

Gregory Gores, M.D.

(I '83, GI '85) Mr. and Mrs. Ronald F. Kinney Executive Dean for Research Honoring Ronald F. Kinney, Jr.
Consultant, Division of Gastroenterology and Hepatology, Department of Internal Medicine and Department of Physiology and Biomedical Engineering
Professor of Medicine, Professor of Physiology
Reuben R. Eisenberg Professor
Mayo Clinic Rochester

Gregory Gores, M.D., has made significant contributions to research, clinical practice, education and leadership. His research contributions include sustained federal funding (more than 25 years), more than 500 publications, an H-index of 101 and more than 30,000 citations. Based on these accomplishments, he was appointed as a Distinguished Mayo Clinic Investigator.

His clinical focus on hepatobiliary neoplasia has led to pioneering work employing novel protocols for cholangiocarcinoma combined with liver transplantation. Dr. Gores' educational activities include mentoring more than 75 fellows and directing a liver transplant fellowship program. These activities have been recognized with an American Gastroenterological Association Distinguished Mentor Award and Mayo GI Fellows Teacher of the Year Award.

His extramural leadership positions include past presidency of the American Association for the Study of Liver Diseases and the International Liver Cancer Association. He is a current member of the American Gastroenterological Association Governing Board. Intramural positions include serving as past chair of the Gastroenterology and Hepatology Division at Mayo Clinic in Rochester, medical director of the Liver Transplant Program and current executive dean for Research across the Mayo enterprise.

Dr. Gores completed two fellowships in gastroenterology and a residency in internal medicine at Mayo School of Graduate Medical Education. He received his medical degree from the University of North Dakota School of Medicine and Health Sciences and an undergraduate degree from the University of North Dakota — both in Grand Forks. ◆

SPEAKERS, AWARDS AND RECOGNITIONS

Doctors Mayo Society Lifetime Achievement Lecturer

This lectureship was established to highlight significant achievement by a Mayo alumnus/alumna.

E. Rolland Dickson, M.D.

(I '64) Emeritus Mary Lowell Leary Professor of Medicine
Mayo Clinic College of Medicine
Mayo Clinic Rochester

E. Rolland Dickson, M.D., initiated the Liver Transplant Program at Mayo Clinic and served as its first director in 1985. He is internationally recognized as an expert in liver disease and transplantation. His research interests have included mathematical models of liver transplantation as it relates to selection, timing and complications. He has been continually funded by the National Institutes of Health since 1986. His work has been instrumental in defining key outcomes and the selection process for patients with complex liver disease, leading to transplantation.

By establishing interest and clinical trials in relatively rare diseases such as primary biliary cirrhosis and primary sclerosing cholangitis, Dr. Dickson launched the clinical and research activities that led to Mayo's position as the leading transplant center in the country. The data acquired through his research was the basis and forerunner for the Model for End-stage Liver Disease (MELD) score that is used throughout the world for assigning priority to patients awaiting transplantation.

Dr. Dickson served in senior leadership positions at Mayo Clinic including director of Development, head of the Section of Gastroenterology, member of the Institutional Research and Institutional Fiscal committees, and director of the International Activities Committee. He was a member of the Board of Trustees at Mayo Foundation from 1999 to 2003. He joined the Mayo Clinic staff in 1964 as a consultant in the Division of Gastroenterology and Hepatology, Department of Internal Medicine.

He has received awards and recognitions including:

- Fiterman Foundation Clinical Research Award, American Gastroenterological Association
- Distinguished Clinical Investigator Award (Liver Disease and Nutrition) for Outstanding Research in Hepatobiliary Disease, American Gastroenterological Association
- Mastership, American College of Physicians
- Career Achievement Award, Mayo Foundation
- Distinguished Alumni Award, Mayo Clinic
- Mayo Clinic Department of Medicine Research Achievement Award
- Distinguished Alumni Award, Ohio Wesleyan University

"Mayo Clinic's journey to establishing a liver transplant program was a great experience and an excellent example of Mayo Clinic teamwork. The future is very bright, and Mayo's young colleagues are very promising and up to the challenge." ◆

69TH BIENNIAL MEETING

President's Gala

The 69th Biennial Meeting included an evening event — the President's Gala — at the Westin Kierland Resort & Spa in Scottsdale. The event celebrated the 100th anniversary of the Mayo Clinic Alumni Association.

The new Alumni Association president was installed, with a passing of the gavel from Juan Sarmiento, M.D. (SR '96, PRES '98, S '00, S-GI '02), of Atlanta, Georgia, to Susheela Bala, M.D. (PAIM '87), of San Bernadino, California.

The Mayo Clinic Alumni Association Humanitarian and Professional Achievement awards were presented to Charles MacCarthy, M.D. (OPH '71), of Wausau, Wisconsin, and Alan Sessler, M.D. (ANES '62), of Rochester, Minnesota.

The President's Gala concluded with music and dancing. ◆

69TH BIENNIAL MEETING
PRESIDENT'S GALA — AWARDS

Humanitarian Award

A highlight of the President's Gala is presentation of the Mayo Clinic Alumni Association Humanitarian Award. This award acknowledges significant contributions — beyond any volunteer service to Mayo — by an alumnus or alumna of Mayo's education programs to the welfare of the community, country or humanity.

Charles MacCarthy, M.D.

(OPH '71) Co-founder, Good News Project
Wausau, Wisconsin

Charles MacCarthy, M.D., was awarded the 2015 Mayo Clinic Alumni Association Humanitarian Award in recognition for several decades of work in a nonprofit organization he founded with his wife, Peggy, in 1983.

Based in Wausau, Wisconsin, the Good News Project works in St. Lucia, St. Vincent, Dominica and Grenada in cooperation with church, government and civic leaders to enhance living conditions in the Caribbean islands. Volunteers in the organization have come from 38 states and eight countries. They serve in schools, clinics, hospitals and other institutions by building and painting homes, tutoring and teaching, providing musical entertainment and talent, visiting elderly and sick people, providing medical and nursing care, leading church services and building communities.

Good News has built more than 700 houses with lumber shipped from the organization's warehouse in Wausau and obtained in part by volunteers salvaging tear-down homes and barns. Good News also has built and maintained two children's homes for St. Lucia orphans, runs medical clinics and a home for disabled children, and helped establish a children's library in Dominica.

Dr. MacCarthy provides ophthalmic services to St. Lucians, offering free eye examinations and eyeglasses, and brought patients with complicated medical problems from the Caribbean to Wausau.

He also has volunteered with his local church, schools, arts and other organizations and is a founder of the hospice program in Wausau.

Dr. MacCarthy practiced at the Eye Clinic of Wisconsin — a practice with five locations and 120 employees — and was a staff physician and surgeon at Aspirus Wausau Hospital for 27 years. He retired from practice in 1998.

"I've spent the years since I first came to Mayo Clinic in 1968 trying to live up to the ideals of my mentors. Forty years later, my wife needed expert medical care, and we came back to Mayo Clinic. I have two reasons to be grateful — both as a student and the family member of a patient. You can practice medicine for decades, but it doesn't prepare you for the shock when a family member is a patient." ◆

Residency: Ophthalmology, Mayo School of Graduate Medical Education
Military Service: U.S. Navy School of Aviation Medicine; Navy Flight Surgeon
Internship: Mercy Hospital, Chicago, Illinois
Medical School: Stritch School of Medicine, Loyola University Chicago
Undergraduate: University of Detroit Mercy, Marquette University
Native of: St. Paul, Minnesota

69TH BIENNIAL MEETING
PRESIDENT'S GALA — AWARDS

Professional Achievement Award

A highlight of the President's Gala is presentation of the Mayo Clinic Alumni Association Professional Achievement Award. This award acknowledges exceptional contributions by an alumnus or alumna in a clinical, research, educational or administrative field.

Alan Sessler, M.D.

(ANES '62) President, Foundation for Anesthesia Education and Research
Rochester, Minnesota

Fellowship: Anesthesiology, Mayo School of Graduate Medical Education
Military Service: U.S. Naval Hospital, Great Lakes, Illinois
Residency: Dartmouth-Hitchcock Medical Center, Lebanon, New Hampshire
Medical School: Tufts University School of Medicine, Boston, Massachusetts
Undergraduate: Dartmouth College, Hanover, New Hampshire
Native of: Boston

Alan Sessler, M.D., was awarded the 2015 Mayo Clinic Alumni Association Professional Achievement Award for attaining the highest levels of achievement in and making significant contributions to anesthesiology.

Dr. Sessler was a consultant in the Mayo Clinic Department of Anesthesiology from 1962 to 1995 and was chair for 11 years. He helped to establish the first ICUs at Methodist and Saint Marys hospitals in the late 1960s and directed the units at Saint Marys through the 1970s. He was active in the design of the new surgical suite and initial computerization of the ICUs at Saint Marys Hospital. He also opened the Pre-Anesthesia Medical Evaluation Clinic in the Mayo Building. He served as chair of the Clinical Practice Committee and on Mayo Clinic's Board of Governors from 1989 to 1993.

Dr. Sessler's research and contributions to medical knowledge have been primarily in pulmonary physiology under mechanical ventilation during anesthesia and the mechanics of perfusion and ventilation during cardiopulmonary bypass. His role in human research into the respiratory effects of anesthetic agents is notable.

Dr. Sessler is known for his contributions in medical education. He led the anesthesiology residency program into significance and sent dozens of finely educated anesthesiologists into practice throughout the United States and world. He was dean of Mayo School of Graduate Medical Education from 1989 until 1995.

He has been a director and member of the American Board of Anesthesiology, and vice president for scientific affairs of the American Society of Anesthesiologists. He is president emeritus of the Foundation for Anesthesia Education and Research, which provides grants for the education of anesthesiology residents and start-up research grants for young investigators.

Dr. Sessler received the Distinguished Service Award from the American Society of Anesthesiologists and is a fellow in the Royal College of Surgeons of England and the Royal College of Surgeons in Ireland for his contributions to anesthesiology.

"I've benefited from the Mayo heritage of excellence. … Despite challenges in medicine today, we can rise above the storm. Institutions that are aligned with education endure for centuries." ◆

69TH BIENNIAL MEETING

New Alumni Association President Susheela Bala, M.D.

The new president of the Mayo Clinic Alumni Association decided her future involved medicine at age 10. "My dad, who was a lawyer, kept telling my sister and me he thought medicine was a good profession for women," says Susheela Bala, M.D. (PAIM '87). "I always knew I'd be a doctor and have never regretted it. My sister is an obstetrician/gynecologist in London."

Dr. Bala grew up in India, married her husband, gastroenterologist Kumar Bala, M.D. (GI '87, HEPAT '88), and moved to London, England, for medical training. There, she had her first child, Divya, now an attorney in Los Angeles, California.

Dr. Bala and her husband moved to Rochester in 1995 for fellowships at Mayo Clinic. "We were well aware of Mayo's great reputation in India and the U.K.," says Dr. Bala. "It was an honor to train there and an incredible experience to see how the patient was always put first in ease of appointments that were given back to back and the time consultants spent in explaining to patients about their medical problems."

Dr. Bala had her second daughter, Saranya Balasubramaniam, M.D. (I-1 '13, OPH '16), now a resident in ophthalmology at Mayo School of Graduate Medical Education, at the end of her fellowship in allergy and immunology. Dr. Bala worked as an associate consultant at Mayo Clinic while her husband completed his fellowship. Then the family moved to Southern California.

Dr. Bala's career in allergy includes part-time private practice and working at the J.L. Pettis VA Medical Center. "I've always enjoyed teaching, and practicing at the VA allows me to do that," she says. "You always learn from your students."

Having trained on three continents, Dr. Bala says she has a good perspective about how medicine works in different places. "Mayo Clinic is a unique environment where everything revolves around the patient and, primary care and specialties work together to achieve that."

Her interest in becoming involved in the Alumni Association stems from a regional meeting. "My husband and I went to this meeting only because it was in Northern California. But then I felt a connection with the other alumni. We have so much in common," says Dr. Bala. "That was the first step. Mayo Clinic has given far more to us than we can ever give back. I'm glad to be able to try to give back with my time."

Additionally, Dr. Bala says being involved with the Alumni Association helps her stay current on Mayo Clinic. "Mayo has changed through the years. I've always referred patients, family and friends. Knowing what's new helps me make better-informed referrals." ◆

Fast 5 with Dr. Bala

1. Organic gardening is a big hobby. "We live in an orange grove."
2. "I'm a very good cook."
3. She has a 2-year-old granddaughter, Lila.
4. She moved to California to escape harsh winters.
5. She credits her Mayo Clinic mentors John Yunginger, M.D. (PDA '71), and Edward O'Connell, M.D. (PD '63, PDA '65), with teaching her not only medicine but also the American system of medicine.

Susheela Bala, M.D., was joined at the President's Gala by her husband, Kumar Bala, M.D., and daughters Divya Bala (second from left) and Saranya Balasubramaniam, M.D. (right).

Susheela Bala, M.D.
Private Practice, Adult and Pediatric Allergy, Asthma and Immunology
San Bernardino, California
Chief of Allergy, J.L. Pettis VA Medical Center
Loma Linda, California

Fellowship: Allergy and Immunology, Mayo School of Graduate Medical Education
Research Fellowship: Pediatrics, St. Thomas' Hospital, London, England
Residency: Pediatrics, Guy's Hospital and St. Thomas' Hospital, London, England; New York–Presbyterian Hospital, New York City
Medical School: Madras Medical College, India
Native of: India

69TH BIENNIAL MEETING

Board member recognition

The 69th Biennial Meeting ushered in a changing of the guard in the Mayo Clinic Alumni Association.

Outgoing Board members

Outgoing members of its Board of Directors, Executive Committee and officers, whose service is complete, include:

- Douglas Chyatte, M.D. (NS '85), De Pere, Wisconsin
- Gregory Mayer, M.D. (S '87), Phoenix, Arizona
- Loni Neal, M.D. (GIM '00), Rochester, Minnesota
- Scott Ross, D.O. (PMR '99, PAIN '01), Colorado Springs, Colorado
- Guillermo Ruiz-Argüelles, M.D. (HEM '83), Puebla, Mexico
- Jerry Sayre, M.D. (FM '96), Gainesville, Florida
- Marcia Sparling, M.D. (I '87, RHEU '89), Vancouver, Washington

Another Board member has moved to an officer position:

- Carl Backer, M.D. (MED '80), Winnetka, Illinois, now vice president of Alumni Association

Another Board member has changed positions:

- Dawn Marie Davis, M.D. (PD '03, DERM '06), Rochester, Minnesota, now medical director of Alumni Center

New Board members

Newly appointed Board members include:

- Robert Bratton, M.D. (FM '93), Lexington, Kentucky
- Serta Cicek, M.D. (CS '97), Gebze, Kocaeli, Turkey
- John Loftus, M.D. (MED '89, S '94, VASS '95), Napa, California
- David Skillrud, M.D. (I '82, THD '85), Bloomington, Illinois
- Olayemi (Yemi) Sokumbi, M.D. (MED '09, I-1 '10, DERM '13), Brookfield, Wisconsin
- Enrique Wolpert, M.D. (GI '69), Mexico City, Mexico

New Executive Committee members

Newly appointed members of the Executive Committee include:

- David Agerter, M.D. (MED '79, FM '82), Rochester, Minnesota
- Robert Shannon, M.D. (FM '00), Ponte Vedra Beach, Florida
- Maria Valdes, M.D. (PD '91), Rochester, Minnesota

New trainee Board representatives

Newly appointed Board representatives from Mayo Medical School, Mayo Graduate School and Mayo School of Graduate Medical Education include:

- Saranya Balasubramaniam, M.D. (I-1 '13, OPH '16), president, Mayo Clinic Fellows Association, MSGME representative, Rochester, Minnesota
- Erin Garvey, M.D. (S '16), president, Mayo Clinic Fellows Association, MSGME representative, Scottsdale, Arizona
- Christopher Livia (BIOM '21), Mayo Graduate School representative, Rochester, Minnesota
- Olufunso Odunukan, M.B.B.S. (I '12, CV '16), president, Mayo Clinic Fellows Association, MSGME representative, Jacksonville, Florida
- Brian Rodysill (CTSA '16, MED '18), Mayo Medical School representative, Rochester, Minnesota
- Leah Schmelkin (MED '17), Mayo Medical School representative, Rochester, Minnesota ◆

Know your board

MAYO CLINIC ALUMNI ASSOCIATION BOARD OF DIRECTORS

Provides leadership | Makes policy decisions | Decides strategic direction and vision

Eric Edell, M.D.
(THD '88)

Vice President, Board Member

- Division of Pulmonary and Critical Care Medicine, Professor of Medicine, Mayo Clinic Rochester
- The Connor Group Professor of Thoracic Diseases Honoring Claude Deschamps, M.D., and Eric S. Edell, M.D.
- Fellowship: Thoracic Diseases, Mayo School of Graduate Medical Education
- Residency: Internal Medicine, Saint Luke's Hospital of Kansas City, Missouri
- Medical School: University of Kansas School of Medicine, Kansas City
- Undergraduate: University of Kansas, Lawrence
- Native of: Smith Center, Kansas

Why did you decide to pursue medicine?

I've always been attracted to helping people. I was involved in Scouting from a young age and took on leadership roles, including tending to Scouts who got sick on camping trips. I was on a swim team with my sister when I was 16, and she had an epileptic seizure in the deep end of the pool. I gave her CPR.

I was from a small town and went to college in a big city. The first year, my GPA wasn't good, so I set myself a goal to get into medical school. That set me on the right course.

Why did you train at Mayo Clinic?

I became interested in pulmonary and critical care medicine as a subspecialty during my residency. I met an alumnus in that field and asked him to write a letter recommending me for a fellowship. When I went to Mayo Clinic I had no intention of staying. My wife and I are both from Kansas, and we planned to return there. I planned to join a big hospital in Kansas City.

Then my wife met a woman whose husband worked in that hospital practice. She told my wife about a family drawing their son made in school. The drawing didn't show the father. When asked

> Mayo Clinic offered an integrated practice that enabled a simple Kansas boy to develop a world-class practice and still be home for dinner."
>
> **– Eric Edell, M.D.**

why, the boy said, "He's probably working." My wife shared the story. I promised her that if we stayed at Mayo Clinic, I'd be home for dinner every night. Mayo Clinic offered an integrated practice that enabled a simple Kansas boy to develop a world-class practice and still be home for dinner.

What valuable lesson have you learned at Mayo Clinic?
Practicing in a team of experts provides the best care because the members make each other better for the sake of the patient.

Mayo Clinic's pyramid is configured correctly, with the patient at the top and research and education as a foundation to improve patient care.

In Latin doctor means teacher. It's our job to teach patients what they need to know so they can take control of their health rather than us prescribing or telling them what to do. This takes more time and humility, but it's more effective, I think.

How do you contribute to the Mayo Clinic Alumni Association?
My career is oriented around how to preserve the team-based system that allows doctors to practice in the way described in the Mayo Model of Care. Whenever I meet external alumni, they talk about those principles. I try to reconnect with alumni, and reconnect them to Mayo.

What do you do in your spare time?
My wife and I like to visit New Mexico. I enjoy the outdoors and fishing and hunting, and spending time with family and friends.

What would people be surprised to know about you?
I've worn a bolo tie every Friday for the last two years. I had a patient from Wyoming who made a big impact on me. His prognosis was to live for three years, but he lived for 15. He and his wife were raising their two grandchildren, and he wanted to be there for them. He overcame more physical challenges than anyone I've seen in my practice. He was a cowboy. One day I visited him in the ICU in my cowboy-best bolo tie, and he sat up and gave me a big bear hug. Shortly thereafter, he decided to turn off his ventilator and he died. I connected with his spirit and respected his fight. I told his wife I'd celebrate his life by wearing bolo ties.

Brian Rodysill
(CTSA '16, MED '18)

Board Member, Executive Committee, Mayo Medical School Student Representative

- Medical School: Mayo Medical School, Rochester, Minnesota
- Undergraduate: University of Southern California
- Native of: Rochester, Minnesota

Why did you decide to pursue medicine?
I had a spinal cord injury at 21 and was treated at Mayo Clinic. The exposure to various aspects of health care and my experience as a patient emboldened a sense of purpose toward healing the sick and broken.

I give Mayo a lot of the credit for rehabilitating me from my injury. I have been able to hike,

> "The exposure to various aspects of health care and my experience as a patient emboldened a sense of purpose toward healing the sick and broken."
>
> **– Brian Rodysill**

run and dance at weddings again. When I was fortunate enough to be accepted to Mayo Medical School, it was a no-brainer where to train to be a physician and conduct research in regenerative neurobiology.

What lesson have you learned at Mayo Clinic?
I have learned through my experiences as a patient and my training about all the little things surrounding patient care that make a huge difference in terms of healing and in the comfort of the patient and their family.

What do you contribute to the Mayo Clinic Alumni Association?
I offer perspective as a medical student looking at the changing landscape of medicine, with different experiences growing up than many other members of the Alumni Association and with an ability to connect with the millennial generation.

What do you do in your spare time?
I love the outdoors — hiking, running, swimming, reading a book on a park bench. I have been to all of the state parks in Minnesota and completed hiking the Superior Hiking Trail from Two Harbors, Minnesota, to the Canadian border.

Recently I've taken up playing the banjo.

Leah Schmelkin
(MED '17)

Board Member, Executive Committee, Mayo Medical School Student Representative

- Medical School: Mayo Medical School, Rochester, Minnesota
- Undergraduate: University of Illinois at Urbana-Champaign
- Native of: Buffalo Grove, Illinois

Why did you decide to pursue medicine?
I used to wear a pink Power Ranger uniform and would only respond to the name of this character, Kimberly. I thought I could fly but discovered the force of gravity after a 5-foot leap from playground equipment. Even in my Power Ranger suit, I could not defy the laws of physics. I was beyond discouraged. I needed a new career that did not necessitate superpowers. Even at age 4 I understood the importance of focus and drive.

Soon thereafter I discovered a passion for service and science. I felt most fulfilled when addressing the needs of others and most intrigued during science in school. Still driven to be a superhero of sorts, I began to pursue a career in medicine. I was shaped by volunteer experiences in a special-education classroom, on the wards in a psychiatric hospital and within a research laboratory at my undergraduate institution.

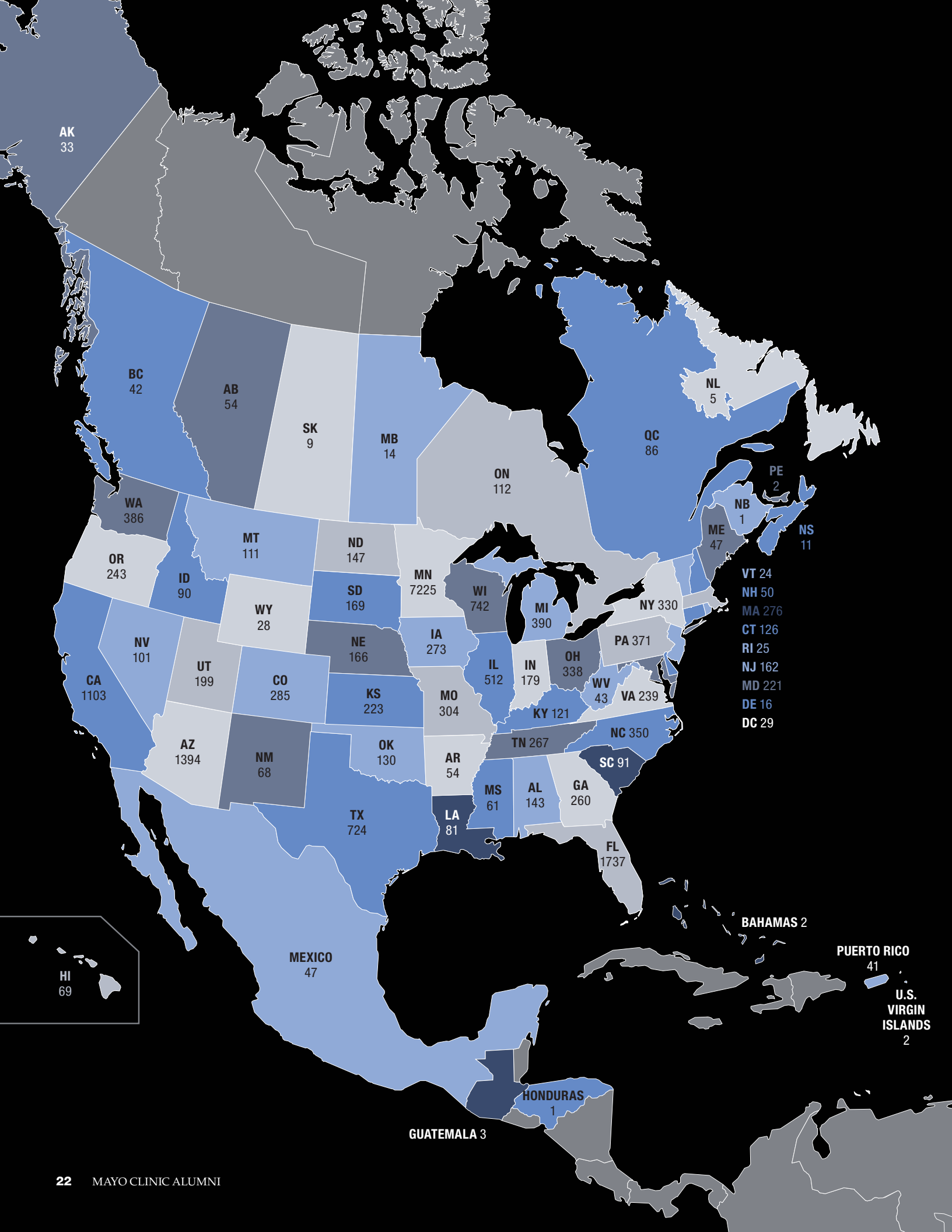
> I remember calling my mom from the shuttle to the airport, saying, 'This is Disney World!'"
>
> **– Leah Schmelkin**

What was your initial impression of Mayo Clinic?
I remember my interview at Mayo Medical School as if it were two days ago rather than two years ago. I remember calling my mom from the shuttle to the airport, saying, "This is Disney World! I cannot believe I got an interview." The day I received an acceptance call remains one of the most exciting of my life.

I have not lost that sense of wonder. I feel humbled and honored by the opportunity to learn at this institution.

What do you do in your spare time?
I watch guilty-pleasure TV shows at the gym. At least I get in a good workout.

What would people be surprised to know about you?
I can recite the alphabet backward in three languages — English, Hebrew and French. My linguistic talents end there. I am only fluent in English. ◆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RI 25
NJ 162
MD 221
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WA 386
OR 243
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MT 111
WY 28
UT 199
AZ 1394
CO 285
NM 68
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SD 169
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MO 304
AR 54
LA 81
WI 742
IL 512
MS 61
MI 390
IN 179
KY 121
TN 267
AL 143
OH 338
WV 43
GA 260
FL 1737
SC 91
NC 350
VA 239
PA 371
NY 330
HI 69
MEXICO 47
BAHAMAS 2
PUERTO RICO 41
U.S. VIRGIN ISLANDS 2
HONDURAS 1
GUATEMALA 3

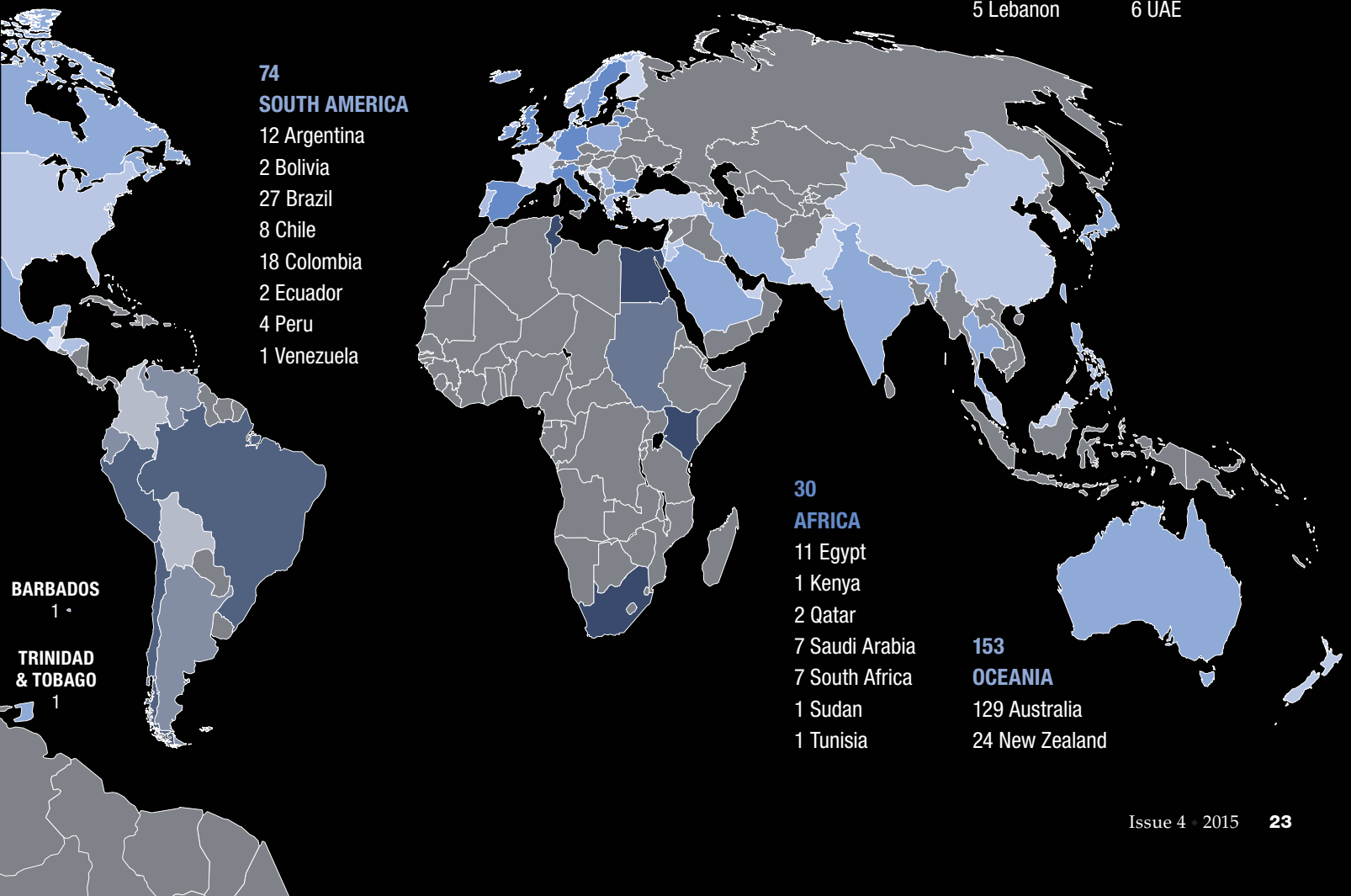
22,735 alumni across the globe

A much-traveled Mayo Clinic consultant, returning from an extended trip, once remarked, "When I travel, I never really leave home." His point was that the more than 22,000 members of the Mayo Clinic Alumni Association located around the world and in every U.S. state are eager to hear from other current and former students, trainees and consulting staff members of Mayo Clinic. Current distribution of alumni is shown on these pages. ◆

21,178
NORTH AMERICA
2 Bahamas
1 Barbados
336 Canada
3 Guatemala
1 Honduras
47 Mexico
1 Trinidad & Tobago
20,787 USA

623
EUROPE
17 Austria
26 Belgium
1 Bulgaria
4 Croatia
1 Cyprus
11 Czech Republic
7 Denmark
1 Estonia
5 Finland
41 France
101 Germany
18 Greece
2 Hungary
7 Iceland
60 Ireland
52 Italy
1 Lithuania
2 Malta
27 Netherlands
6 Norway
11 Poland
9 Portugal
6 Scotland
3 Serbia
56 Spain
15 Sweden
35 Switzerland
104 UK

677
ASIA
72 China
2 Hong Kong
46 India
3 Iran
36 Israel
297 Japan
3 Jordan
1 Kuwait
5 Lebanon
6 Malaysia
5 Pakistan
5 Philippines
49 Singapore
45 South Korea
42 Taiwan
34 Thailand
20 Turkey
6 UAE



74
SOUTH AMERICA
12 Argentina
2 Bolivia
27 Brazil
8 Chile
18 Colombia
2 Ecuador
4 Peru
1 Venezuela

30
AFRICA
11 Egypt
1 Kenya
2 Qatar
7 Saudi Arabia
7 South Africa
1 Sudan
1 Tunisia

153
OCEANIA
129 Australia
24 New Zealand

On the shoulders of giants

Trio credits mentor with start in biomechanics research

In 1986 Peter Amadio, M.D. (OR '83), was newly on staff at Mayo Clinic in the Department of Orthopedic Surgery without an outlet for his research interests. "My background was in tendon biology, but we had no tendon biology scientists," he says. "Biomechanics engineer Dr. Kai-Nan An (BIOM '75) was willing to assist me, provide me with space and collaborate on tendon biomechanics in his lab. This developed into a 25-year collaboration that resulted in more than $12 million in NIH funding."

That same year Kenton Kaufman, Ph.D. (BIOM '89), began working on his thesis with Dr. An. "He provided me with the training necessary to begin my career, which has produced more than 200 publications and more than $40 million in funding. He is a tremendous person who cares more about his fellows and staff than anyone else I know."

A decade later Dr. Kaufman became co-director of the Biomechanics Laboratory, and Dr. An extended his mentorship to Chunfeng Zhao, M.D. (BIOM '98, OR '00), then a new research fellow.

"I was an orthopedic surgeon who practiced in China for 15 years," says Dr. Zhao. "I started my research career studying spine biomechanics under Dr. An's direction, then joined him and Dr. Amadio in the soft tissue research group. I am now a career scientist and full professor in orthopedics and biomedical engineering. I hold five Mayo patents, have published more than 180 peer-reviewed publications and have three current NIH grants. Not only did Dr. An help me establish my professional career, but we have become lifelong friends."

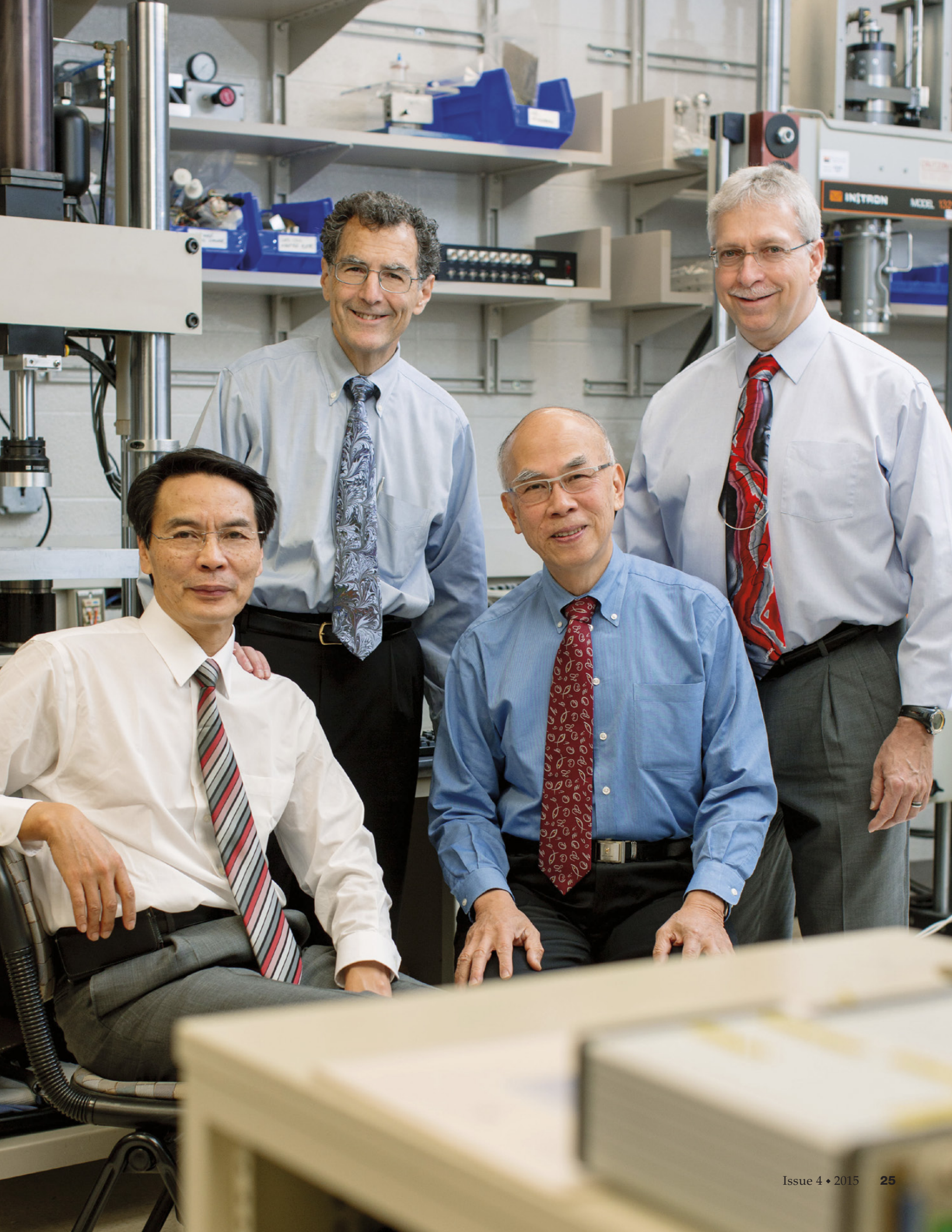
In August 2015 Drs. Amadio, Zhao and Kaufman honored their research mentor with the International Symposium in Recognition of Kai-Nan An, Ph.D. The symposium highlighted key biomechanics findings that were conceived in the Biomechanics Laboratory at Mayo Clinic. More than 100 alumni from 10 countries attended — including 66 former fellows — demonstrating Dr. An's influence.

"Mayo Clinic is well known in orthopedic surgery in part due to the research conducted in the Biomechanics Laboratory by Dr. An, his staff and fellows," says Dr. Amadio.

Dr. An joined the lab — founded in 1971 by Edmund Y.S. Chao, Ph.D. (ORR '74) — in 1975, became its director in 1992 and the John and Posy Krehbiel Professor of Orthopedics in 1993. In 2015 he received the Muybridge Award, the most prestigious award given by the International Society of Biomechanics.

"He made countless seminal contributions to biomechanics and has had an enormous impact on the profession," says Dr. Kaufman, the W. Hall Wendel, Jr., Musculoskeletal Research Professor. "In hand and upper extremity biomechanics, he is one of very few legendary figures to make classical biomechanics recognized and accepted by our medical counterparts. He has trained more than 300 fellows from six continents and has won every research award from every society he's been affiliated with. He's a true role model for all bioengineers."◆

Right: Chunfeng Zhao, M.D. (left), Peter Amadio, M.D. (second from left), and Kenton Kaufman, Ph.D. (right), share a mentor in Kai-Nan An, Ph.D. (second from right).


INSTRON

Patients asked, Mayo Clinic answered

Integrative medicine consultation in the Integrated Cancer Center

Beginning in February cancer patients at Mayo Clinic in Arizona will be offered a consultation with an integrative medicine physician — part of the multidisciplinary Integrative Medicine Program in the Department of Medicine.

The new Mayo Clinic Building – Phoenix features the Integrated Cancer Center on the third floor, Breast Center on the first floor, and Integrative Medicine Program and Department of Radiation Oncology on the concourse level.

"We've offered a loose collection of integrative medicine services for about 10 years," says Denise Millstine, M.D. (WHLTH '13), Division of Women's Health Internal Medicine. "Now we have a dedicated space that ultimately will serve the entire clinical practice. Initially we're focusing on the cancer practice, but our colleagues in every discipline are encouraged to refer patients for integrative medicine consultation, education and services."

Essential component of health care

Dr. Millstine, one of four integrative medicine fellowship-trained physicians in the practice, says Arizona has a strong culture for what was formerly called complementary or alternative medicine (CAM).

A recent survey of patients and caregivers distributed at Mayo Clinic in Arizona's Living with Cancer Symposium revealed a significant desire for integrative medicine offerings in cancer care. Many patients seek the services elsewhere in the community, without guidance or knowledge of a provider's training, cost effectiveness or value. Often they get advice from

> Patients expect these services and consider them when choosing where to have cancer treatment. Integrative medicine is proving to be an essential component of health care."
>
> **– Denise Millstine, M.D.**

> Unless we look beyong strict science to understand what can benefit patients, we're depriving them of useful strategies they can use in managing their cancer."
>
> **– Donald Northfelt, M.D.**

the Internet and family members. Patients indicated they want trustworthy resources and information about integrative medicine services at Mayo Clinic.

"Patients expect these services and consider them when choosing where to have cancer treatment," says Dr. Millstine. "Integrative medicine is proving to be an essential component of health care. Patients look to Mayo as the most trusted leader in medical care to point them to high-value services. Mayo Clinic leadership is forward thinking and has put strong support behind this initiative."

Ruben Mesa, M.D. (MED '95, I '98, HEMO '02), deputy director of the Mayo Clinic Cancer Center, says integrative medicine is a cornerstone of the new and improved cancer wellness initiatives starting with the consolidation of the Integrated Cancer Center in Arizona in 2016.

"Dr. Millstine and Arizona's Cancer Center leadership team have designed a cancer wellness program for our patients that aims to address their needs above the traditional diagnosis and treatment of the cancer," says Dr. Mesa. "An assessment will accompany the beginning of a cancer patient's journey at our Center, and we will implement resources and programs including integrative medicine, education, nutrition, social work, rehabilitation, chaplain services and resiliency training to try and bring recovery and wellness to our patients."

Under the same roof

Donald Northfelt, M.D. (HEMO '02), Division of Hematology and Medical Oncology, says having colleagues who are specialty trained in integrative medicine under the same roof is a decided advantage. "These are Mayo colleagues we know and trust. I'm confident that their expertise can provide value to my patients.

Denise Millstine, M.D. (center), regularly confers with Cancer Center colleagues including Donald Northfelt, M.D. (left), and Samir Patel, M.D. (right), to provide cancer patients with integrative medicine consultations and services including acupuncture, exercise, yoga, nutrition, massage and resilience training.

Mayo Clinic in Arizona Consultative Medicine physicians Larry Bergstrom, M.D. (I '83) (left), and Luciana Funtowicz, M.D. (I '05) (center), work closely with Cancer Center colleagues including Deputy Director Ruben Mesa, M.D. (right).

"As a fellowship-trained medical oncologist, I didn't receive training in nutritional or physical activity strategies or herbal and natural products to promote patients' well-being. I need to look beyond the boundaries of my subspecialty for other ways to help patients. There's a vast world of strategies cancer patients use to enhance their well-being. If I limit my patients' care to my repertoire, they may miss out on a huge swath of valuable strategies with a basis in science and practice. Now I can reach out to other specialists who have that training."

Beyond strict science

Dr. Northfelt says his feelings about integative medicine have evolved.

"Years ago when patients asked for nutritional strategies or herbal supplements, I told them I didn't know anything about them. After 25 years of cancer practice, I've matured. My humility has increased as I've realized I don't have all the answers people seek and sometimes fail to help cure patients. Physicians have to acknowledge there are issues and concerns our patients have that are outside the scope of what science has taught us to date. Unless we look beyond strict science to understand what can benefit patients, we're depriving them of useful strategies they can use in managing their cancer. I have an obligation to learn about and incorporate integrative medicine and reach out to colleagues for help to complement patients' care."

Dr. Northfelt says he's proud of Mayo Clinic's open-mindedness and innovation in incorporating integrative medicine into the practice.

"Our patients want integrative medicine. I'd much rather they find quality services at Mayo Clinic from skilled providers rather than leave our care for what they seek. I'm grateful to Mayo Clinic for having breadth of thinking. We take information and knowledge even when it's a little outside the scope of science-based medical practice and incorporate it into providing better care for our patients."

He cites acupuncture as an example. "In its purest form, acupuncture is based on a theory of health that's

> We can't ignore the basics that patients want and need such as managing stress, finding the mind-body connection, eating healthy and incorporating movement into their lives."
>
> **– Denise Millstine, M.D.**

separate from our scientific approach — the traffic of qi in the body governing health. I may not understand it from my limited science-based perspective, but I must acknowledge there's something valuable there. This theory of health and illness has existed for thousands of years and is as alive today as it was centuries ago. Typically things don't persist without some value. I may tell a patient I don't understand how it will help them, but I don't want to stand in their way. I'll encourage and support what my integrative medicine colleagues do."

Samir Patel, M.D. (RADO '11), Department of Radiation Oncology, says oncology tends to be very focused on technical, clinical aspects of treatment. "We don't always address patients' overall well-being and quality of life. Yet many cancer patients are highly stressed and overwhelmed and have difficulty coping with their diagnosis and treatment. Many patients manifest these concerns in ways such as insomnia, psychosocial conflicts or decreased generalized well-being. In a two-hour consultation with Dr. Millstine, they can learn about coping mechanisms, exercise, relaxation and nutrition. I've found that patients who have diseases that require lengthy treatment are particularly interested in integrative medicine and pleased that we're providing them with a safe space to discuss alternatives."

Dr. Patel says providing integrative medicine options enhances patients' already-positive impressions of Mayo Clinic and its comprehensive approach to care. "Our integrative medicine colleagues understand both sides of medicine — traditional practice and other therapies — and reconcile the two, using scientific evidence."

Mayo Clinic in Arizona radiation oncologist William Rule, M.D. (RADO '11), points out that most treatment is done to the patient. "Treatment can really beat up patients. Integrative medicine can help empower them and make them feel more in control.

Radiation oncologist William Rule, M.D. (left), pictured with Consultative Medicine colleague Paul Snyder Jr, M.D. (I '81), says cancer treatment takes a toll on patients, and integrative medicine can empower them to feel more in control.

"Patients have wanted this and have been doing it whether we knew about it or not. Many patients ask about supplements, and many of us have been willfully ignorant about them. Let's get them in with our colleagues who do know about integrative medicine and what is safe and will not interfere with their cancer treatment. If our integrative medicine colleagues are reasonably certain that an integrative therapy is not harmful, and it potentially brings value to patients, it's worth it. We're always striving to improve patients' quality of life in some way, shape or form."

Full disclosure

Dr. Millstine points out that while 64 to 81 percent of cancer survivors reportedly use supplements, many do not disclose their use of integrative medicine therapies because providers don't ask, patients anticipate they won't approve or patients think the information is irrelevant.

"It's important for us to know if patients are taking dietary supplements because some can interact negatively with treatment," she says. For example, popular antioxidants may affect treatment efficacy, and fish oil supplements may be associated with chemotherapy resistance.

Back to basics

Dr. Millstine says integrative medicine plays a supportive role in the disease journey and focuses on healing and facilitating health rather than curing or managing disease — with an array of approaches to accompany conventional treatment.

"Now, when patients are treated for cancer, our oncology specialists will still talk to them about chemotherapy, radiation therapy, medical oncology and surgery as they always have. But patients will also be offered a consultation with integrative medicine to help keep them healthy and mitigate the side effects of treatment. Services are evidence-informed and emphasize patient safety and value."

Dr. Millstine applauds the arrival of sophisticated technology for cancer patients, such as the new proton beam therapy program, but says patients also want "the basics."

"We can't ignore the basics that patients want and need such as managing stress, finding the mind-body connection, eating healthy and incorporating movement into their lives. We can give patients more — the latest and greatest as well as some essential aspects of care." ◆

A vision for integrative oncology

The vision for integrative oncology at Mayo Clinic in Arizona is one in which every patient has access to information about nutrition, exercise and mind-body strategies including resilience training, natural products and supplements to enable them to:

- Experience healing care including complementary and integrative medicine when appropriate
- Understand how they can use complementary and integrative medicine to enhance their health for the rest of their lives
- Receive honest, reliable information about integrative medicine

Research will be part of the integrative medicine practice, leading to greater understanding of complementary and integrative medicine therapies in health and healing.

The integrative medicine practice offers cancer patients and their loved ones services including:

- Acupuncture
- Dietitian
- Exercise and yoga
- Massage for patients and caregivers
- Resilience/mindfulness training

Most health insurance plans cover integrative medicine physician consultations. For other services, patients pay out-of-pocket and can submit to their insurance companies for reimbursement.

Mayo Clinic Distinguished Alumni Award

2015 recipients • Honoring excellence in patient care, research and education

The Mayo Clinic Board of Trustees established the Mayo Clinic Distinguished Alumni Award in 1981 to acknowledge and show appreciation for the exceptional contributions of Mayo alumni to the field of medicine including practice, research, education and administration. Individuals who have received the award have been recognized nationally and often internationally in their fields.

The 2015 Mayo Clinic Distinguished Alumni Awards were presented on Nov. 2, 2015.

C. Garrison Fathman, M.D.

Chief, Division of Immunology and Rheumatology,
Department of Medicine
Professor of Medicine
Co-director, Institute for Immunity,
Transplantation and Infection
Director, Center for Clinical Immunology at Stanford
Stanford University School of Medicine
Stanford, California

C. Garrison Fathman, M.D. (IMM '77), is among the leading clinical immunologists in the United States. He helped to develop clinical immunology as an interdisciplinary specialty at the international level. Throughout his career, he has sought to apply his laboratory findings to the treatment of patients. His first great contribution to immunology and rheumatology was his description in *Nature* in 1978 of the first demonstration that T cell clones could be propagated in vitro. Dr. Fathman has made numerous other contributions including early experiments using peptides of autoantigens to reverse and prevent autoimmunity and studies identifying the role of different T cell subsets in both autoimmunity and transplantation rejection. More recently his team has led the application of two areas of modern science in the management of immunologically based disease — using gene therapy in immune deficiency and developing mutants of cytokines to act as agonists of damaging cytokines. Dr. Fathman helped establish the Clinical Immunology Society and was its president in 2000. He is acknowledged for his mentoring skill and has trained two generations of research fellows. He has more than 300 publications.

Mayo Clinic, Department of Immunology, Associate Professor, 1977–1981

Clinical Fellowship: National Cancer Institute, National Institutes of Health
Fellowship: Immunology, Stanford University
Residency: Dartmouth Affiliated Hospitals, Hanover, New Hampshire
Medical School: Washington University School of Medicine, St. Louis, Missouri
Undergraduate: University of Kentucky, Lexington
Native of: Clarksville, Missouri

Bernard Gersh, M.B., Ch.B., D. Phil.

Consultant, Division of Cardiovascular Diseases
Department of Internal Medicine
Professor of Medicine
Mayo Clinic Rochester

Bernard J. Gersh, M.B., Ch.B., D. Phil (CV '79), is an exceptional academic cardiologist, educator and investigator. Few Mayo Clinic alumni have had careers that have so profoundly enhanced recognition of Mayo throughout the world. In 2013 he was designated at the European Society of Cardiology as one of four legends of modern cardiology. Dr. Gersh is first and foremost a clinician who is frequently called upon to see the most complex cardiac problems that come to Mayo Clinic. He also is a superb clinical investigator and has taught the world a great deal about the natural history of important cardiac disorders including coronary artery disease, atrial fibrillation and many cardiac arrhythmias. He has made considerable contributions to the understanding of interventions in coronary artery disease and hypertrophic cardiomyopathy. Dr. Gersh has written 776 articles and 137 book chapters. He is the editor of 14 books and on the editorial board of 25 journals. He is one of the most sought-after speakers in cardiology and has lectured and taught all over the world.

Mayo Clinic, Consultant, Division of Cardiovascular Diseases and Internal Medicine, 1979–1993, 1998–present; Professor of Medicine, 1986–1993, 1998–present

Fellowship: Cardiovascular Diseases/Internal Medicine, Mayo School of Graduate Medical Education
Graduate School: D. Phil., Trinity College, University of Oxford, Oxford, United Kingdom
Medical School: University of Cape Town, South Africa Hilton College, Natal, South Africa
Native of: Johannesburg, South Africa

Audrey Nelson, M.D.

Emeritus Consultant, Internal Medicine and Rheumatology
Emeritus Consultant, Pediatric and Adolescent Medicine
Emeritus Professor of Medicine
Mayo Clinic Rochester
Consulting Staff Member, Shriners Hospital for Children, Minneapolis

Audrey Nelson, M.D. (I '69, RHEU '71), is one of the founders of pediatric rheumatology. She has made impressive contributions and was a national and international leader in education, research, clinical practice and administration in rheumatology and medicine in general. When she joined the Mayo Clinic staff, she was the only woman in the Department of Medicine and became the first section head of Pediatric Rheumatology. Dr. Nelson's research interest is in juvenile rheumatoid arthritis and localized scleroderma. She is a noted national expert in localized scleroderma and a contributing author for chapters on this topic in the only pediatric rheumatology textbook. She established a classification system for localized scleroderma that is still in use today. She was a teacher and preceptor at Mayo Medical School and director of the pediatric rheumatology training program for 26 years. She was the first woman elected to the Mayo Board of Governors (1982 to 1989) and one of the first women to serve on the Mayo Clinic Board of Trustees (1982 to 1993).

Mayo Clinic, Consultant, Department of Internal Medicine and Division of Rheumatology, 1972–2002; Founding Chair, Division of Pediatric Rheumatology, Department of Pediatric and Adolescent Medicine; Chair, Section of Pediatric Rheumatology (1993–1999); Professor of Medicine (2000–present)

Fellowship: Rheumatology, Mayo School of Graduate Medical Education
Residency: Internal Medicine, Mayo School of Graduate Medical Education
Internship: University of North Carolina, Chapel Hill
Medical School: University of Minnesota Medical School, Minneapolis
Undergraduate: University of Minnesota
Native of: Austin, Minnesota

Kristina Rother, M.D.

Staff Clinician
Chief, Section on Pediatric Diabetes and Metabolism in Diabetes, Endocrinology, and Obesity Branch
National Institute of Diabetes and Digestive and Kidney Diseases
National Institutes of Health
Bethesda, Maryland

Kristina Rother, M.D. (PD '88, PD '91, PDE '94), is an accomplished translational investigator and clinical pediatric endocrinologist, distinguished by her strong scientific and bench research laboratory background. She has built a first-rate investigative program at one of the nation's premier research centers. Her basic research centered on insulin action and signaling, and her work was published in top-rated journals. She then focused on islet transplantation and regeneration, and beta cell preservation in patients with Type 1 diabetes. She has contributed to revamping patient-oriented research at the clinical center of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Her investigation into the metabolic effects of artificial sweeteners has significantly advanced knowledge in this field and will influence the prevention and treatment of obesity in diabetes. Dr. Rother received the NIH's Nancy Nossal Fellowship Award for supporting young people, including providing a work environment that allows young women to succeed in medicine and science while caring for their families. Dr. Rother has authored more than 70 papers in highly regarded journals and is a sought-after speaker for pediatric endocrine national and international meetings. ◆

Fellowship: Pediatric Endocrinology, Massachusetts General Hospital, Boston; Mayo School of Graduate Medical Education
Research Fellowship: Pediatric Endocrinology, Children's Hospital, Zurich, Switzerland
Residency: Pediatrics, Mayo School of Graduate Medical Education
Graduate: Master of Health Sciences in Clinical Research, Duke University, Durham, North Carolina
Medical School: University of Freiburg, Germany
Undergraduate: University of Freiburg
Native of: Loerrach, Germany

CELEBRATING
100
YEARS
of
Shared ideals and experience

THE ALUMNI ASSOCIATION

The fourth quarter-century

The Mayo Clinic Alumni Association marks its 100th anniversary in 2015. Each of the four issues of *Mayo Clinic Alumni* magazine in 2015 includes special content about the Alumni Association, one quarter-century at a time.

This issue focuses on the period from 1991 to 2015, a time of innovation and transformation.

BEST HOSPITALS
U.S.News & WORLD REPORT
HONOR ROLL
2014-15

INNOVATION AND TRANSFORMATION 1991-2015

NEW WAYS TO SERVE HUMANITY IN INCREASINGLY CONNECTED WORLD

Mayo Clinic has continued to maintain the legacy of its founders while finding new ways to serve humanity with innovative practice models — including the Mayo Clinic Care Network and telemedicine — and alumni in increasingly diverse roles and nontraditional fields.

Similar to the preceding 25 years, the most recent quarter-century saw dizzying change — connectivity to reach patients outside of conventional venues, individualized medicine, health care reform, greater emphasis on diversity, partnerships and changes in education. Despite all the change, the Alumni Association served as a unifying force and touchstone to its members.

A change in the landscape

In 1991 alumni were invited back to Rochester to witness significant changes in the physical landscape. Biennial Meeting General Chair Joseph Gibilisco, D.D.S. (OMS '56), said:

> *… we think our alumni family will find this return "home" particularly rewarding. At no time in our history has Mayo undergone such enormous physical change. Among these are the integration with Saint Marys and Rochester Methodist hospitals, the construction of new facilities as well as the addition of new buildings, and the expansions to Jacksonville and Scottsdale. Despite these many changes, Mayo has retained its oneness as a national and international health care resource.*

Gordon Moore, M.D. (I '64, P '67), then secretary-treasurer of the Alumni Association, said:

> *In the last 150 years, particularly in Western society, most of us defined our goals and personal change in association with educational experiences. I suspect a collective desire to recall the defining experience at Mayo is the adhesive that binds together our association. The beneficial things we do as an association are a tangible acknowledgment of a very personal yet shared period of our lives.*

All was not rosy and nostalgic. Looming in the decade were health care costs increasing at twice the rate of inflation. Sixteen percent of Americans were insured, and managed care was expanding to control costs. The 1991 meeting theme was "Toward the 21st Century," and Keith Kelly, M.D. (PHYS '67, S '68), chair of the Department of Surgery, spoke to alumni about trends, including:

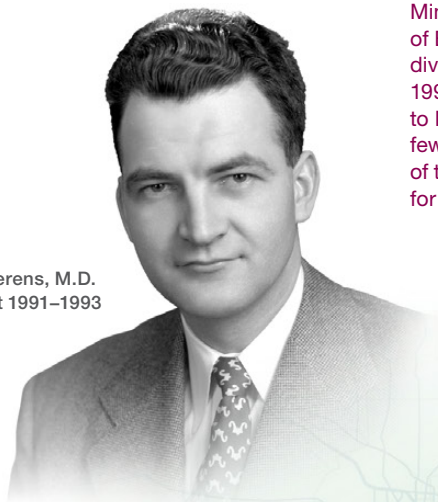
- Increase in group practices.
- A shorter work week — "Young doctors want a more balanced lifestyle, and that's probably a good thing. But they must recognize that they will get less pay. And we must ensure that decreased hours or a shorter work week does not impair patient care."
- More women in surgery — Heidi Nelson, M.D. (CRS '88, S '89), the first woman surgeon at Mayo Clinic, joined the practice the previous year.
- Increase in subspecialization — No new surgical specialties had been certified by the American Board of Medical Specialties since the "specialization era" peaked in the '60s, but subspecialty certificates were emerging.
- Increasing technology — "Twenty years ago when doing a liver resection, I used to ask the nurse for a scalpel. Today, Dr. [David] Nagorney [S '82] in our department asks for a $50,000 ultrasonic dissector and a $20,000 ultrasonic imaging device that shows exactly where the veins of the liver are during the dissection. Technology has allowed more complicated surgery that is faster and safer."
- Change in focus — Patients wanted to participate in decisions about their treatment and quality of life after surgery.

Heidi Nelson, M.D.

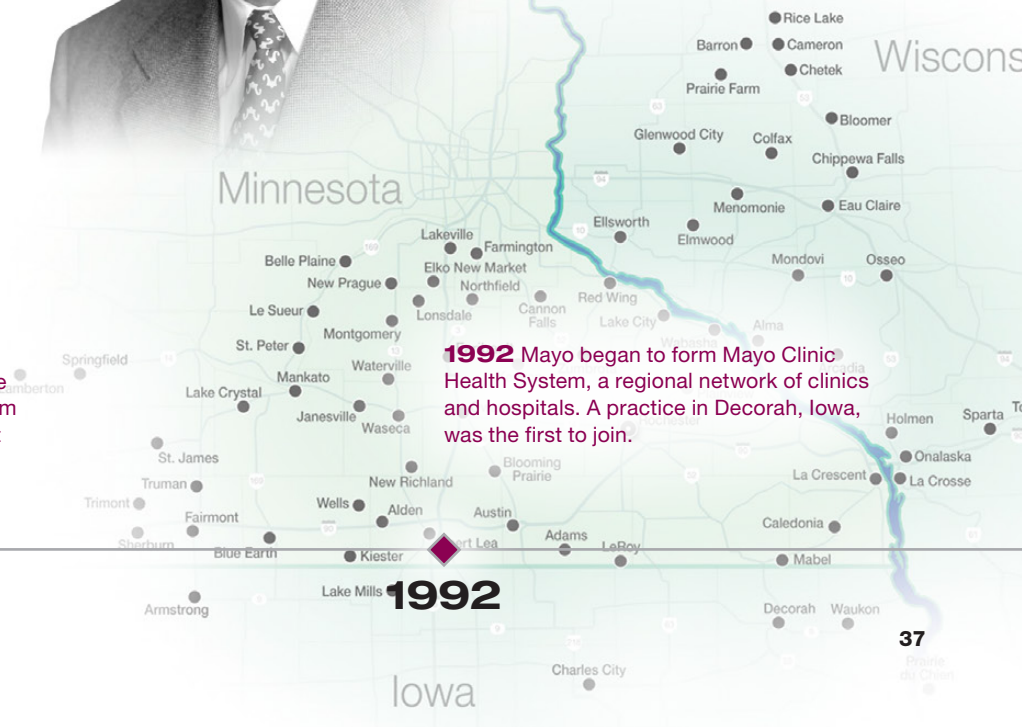
1991 Mayo Graduate School admitted its first students into a neuroscience Ph.D. track.

1991 *The Mayo Alumnus* magazine name changed to *Mayo Alumni* explaining: "It is a small but significant change, one which we think represents individuals, not merely an individual, and which better recognizes that those individuals are men and women."

1991 Patient registrations grew by the fastest rate since 1975. However, one-half of the increase came from patients covered by Medicare, to whom services were provided "below cost." For the first time in two decades, the number of new patient registrations increased.


James Berens, M.D.
President 1991–1993

1991 Mayo Clinic established the Office of Minority Student Affairs for the Department of Education Services to attract an ethnically diverse student and resident population. By 1996 underrepresented minority applications to Mayo Medical School would increase from fewer than 100 to 350, comprising 16 percent of the student body — compared to 11 percent for all U.S. medical schools.



1992 Mayo began to form Mayo Clinic Health System, a regional network of clinics and hospitals. A practice in Decorah, Iowa, was the first to join.

1991 **1992**

Prevailing health care economics

The economics of health care dominated conversation in the 1990s. At the 1993 Biennial Meeting in Nashville, Tennessee, Louis Rukeyser, economic commentator and host of the PBS program "Wall Street Week," spoke at the President's Dinner.

Secretary-Treasurer Stephen Harner, M.D. (ENT '73), reached out to alumni in 1994, beseeching them to act on health care reform:

> *Mayo Foundation is attempting to influence legislation at the federal and state level with some success. I urge each of you to look at the opportunities that are available in your community. Each of us can write to our legislators; it does have an effect. In addition, communication with legislators and other officials at the state and federal level is important. Finally, financial support is imperative. For those of us who have benefited, we need to support legislators who have similar views, and institutions such as Mayo that will feel the effects of decreased funding [for education and research] in the future.*

Mayo Clinic and the Alumni Association continued to address the financial implications of changes in the health care environment.

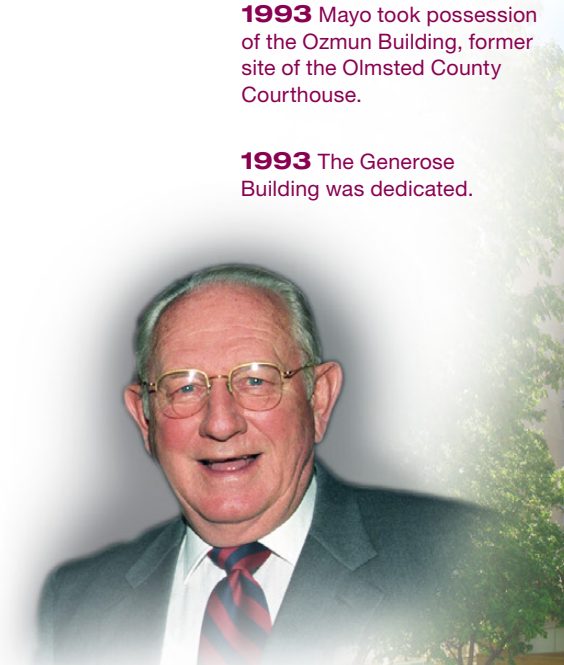
David Herman, M.D. (MMS '83, OPH '87), Scientific Program chair, noted the 1995 Biennial Meeting in San Diego, California, would be different, with education programs in the morning hours and afternoons free, to attract more alumni participation: "With the changing reimbursement patterns in medicine, all of us are becoming more selective in how we spend our CME funds, and the Mayo Alumni Association is trying to provide a unique program for our alumni to consider."

Mayo Clinic President and CEO Robert Waller, M.D. (I '67, OPH '70), addressed alumni at the meeting regarding bewildering changes: "Someone has said that if you are not confused by what is happening in health care these days, you are not thinking clearly."

He cited issues including possible federal and state legislation, the growth of business coalitions, managed care and for-profit medical organizations. Dr. Waller said by the year 2000 Mayo hoped to have further defined inpatient, outpatient and preventive home-health care practices, increased the number of managed-care networks and made hospital practices even more efficient.

1993 Mayo took possession of the Ozmun Building, former site of the Olmsted County Courthouse.

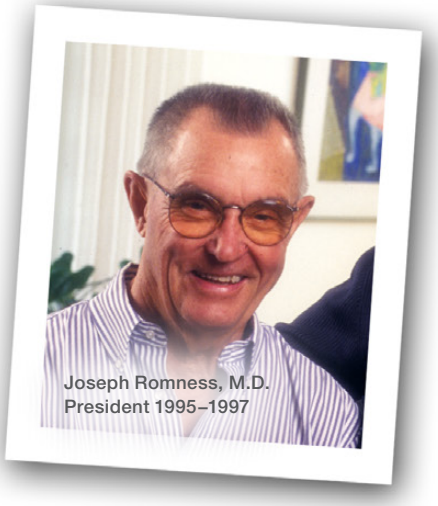
1993 The Generose Building was dedicated.



Frank Gatchell, M.D.
President 1993–1995

1994 Construction began on a new outpatient care building located on the site of the Damon Parkade and attached to the Mayo Building.

1994 Mayo Clinic Scottsdale opened its Mayo Thunderbird Family Medicine Center with an electronic medical record (EMR). Mayo Clinic Jacksonville planned to roll out an EMR to its entire clinic soon thereafter. Mayo Clinic Rochester had projects underway to study EMRs dating back to 1966.



Joseph Romness, M.D.
President 1995–1997

1995 The Alumni Association introduced an Internet presence and email address.

1993 **1994** **1995**

Arnold Relman, M.D., former editor of *The New England Journal of Medicine* and the 1995 Judd-Plummer lecturer, said that medicine faced problems that could be solved only by physicians, and he called upon them to assume leadership in determining what medicine would be like in the future:

> *The practice of medicine is now truly under corporate contract. Physicians are being told what to do and are facing restraints in their practice. Moreover, insurance companies are increasingly limiting what they will and will not cover. … The problem is that the task was not taken by the health care providers themselves, by doctors and their organizations; somebody else stepped in. That somebody else was industry. … Now managed care is the single major factor in the American health care system. … We have to ask ourselves what this means for the practice of medicine 10, 20 or 30 years from now. … These are our problems. We are in hot water now because we have not realized our role. We have been too focused on our narrow, but profoundly important professional responsibilities.*

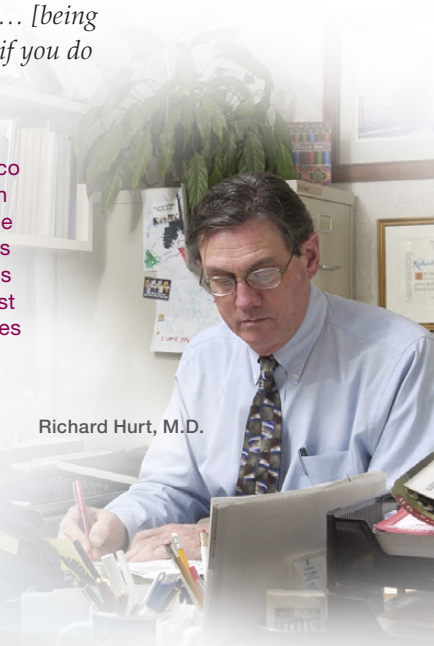
In a 1997 survey of alumni, many expressed their certainty that Mayo Clinic would prevail despite drastic changes in health care. Indicative of the comments was: "Mayo will endure. There will be good and bad times from economic and government influences, but the Mayo tradition and character will outlast adversity."

At the 1997 Biennial Meeting in Rochester, Dr. Waller reminded alumni that it often takes decades for the nation to resolve issues of major social concern — citing civil rights and environmental legislation — and that it was still the relatively early stages of the health care debate.

Alumni Association President Joseph Romness, M.D. (OR '55), of Arlington, Virginia, passed the gavel to Dr. Gordon Moore, who had interesting observations about the changes in health care and medical education:

> *I hear some in the profession saying, "Woe is me, how can we go on!" But the way I see it, no one has stopped wanting doctors to take care of them. I see patients every day and listen to them. … That fundamental relationship is not going to change. … There was a time when, if you didn't cure the patient, you got your head cut off. So it's always had its hazards. No one wants to ban physicians. People just want some say in how it all works. … [being a physician] is still a grand thing to do, if you do it for the right reasons.*

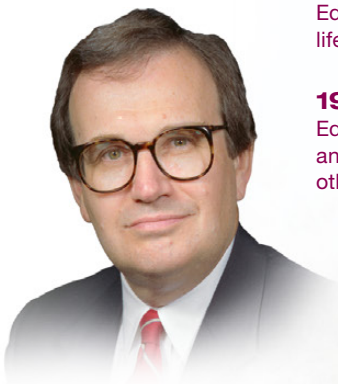
1998 In the Minnesota tobacco trial, tobacco companies agreed to pay a record $6.6 billion in an out-of-court settlement that changed the way Americans viewed tobacco. Mayo Clinic's Richard Hurt, M.D. (I '76), was the first witness against the tobacco industry. This was the first lawsuit in the nation pitting tobacco companies as a group against taxpayers to go to trial.



Richard Hurt, M.D.

1996 Mayo School of Continuing Medical Education formally became a school to facilitate lifelong accessibility to medical education.

1996 Mayo School of Graduate Medical Education had started 20 new residency and fellowship programs based at sites other than Rochester since 1992.



Gordon Moore, M.D.
President 1997–1999

1998 Mayo Clinic Hospital opened in Scottsdale, Arizona.

1996 **1998**

Recognition of changes in association makeup

In 1998 the Alumni Association reflected on changes in its makeup. Secretary-Treasurer of the Alumni Association Dr. Stephen Harner said:

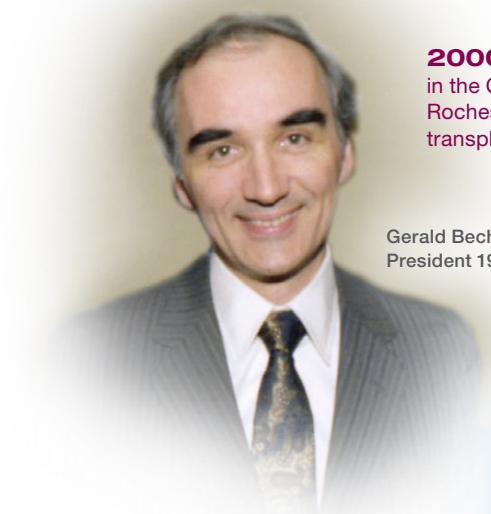
> *The Mayo Alumni Association has a long and illustrious history. Originally founded by the fellows in the early part of the 20th century to maintain an educational link to Mayo, over time the organization has expanded to include all physicians who have completed a defined program at Mayo Foundation. In addition, graduates of Mayo Medical School and Mayo Graduate School are members. For those who think only of those programs in Rochester, it is important to remember the students completing their studies and training in Scottsdale, Jacksonville, Des Moines and St. Cloud. The alumni association office in Rochester has had to adapt to the challenges of Mayo's expanding educational activities while looking for innovative ways to achieve our mission.*

The decade concluded with the 1999 Biennial Meeting in Acapulco, Mexico — the first outside of the United States since the 1981 meeting in Montreal. The Judd-Plummer lecturer was Donato Alarcon-Segovia, M.D. (I '64, RHEU '65), of Mexico City. Members of the Mexican press were present throughout most of the meeting.

President Dr. Moore said:

> *Mayo Clinic has been international since its founders, Doctors Will and Charlie, fostered a world view by their travel, relationships with physicians outside the United States and support of training of international graduates. Through Mayo's International Activities Coordinating Committee, attempts are ongoing to offer a more complete understanding of Mayo at various international sites. ... These efforts are directed towards mutually beneficial relationships. … The Mayo Alumni Association also is becoming more inter-national. Through our travel program, get-togethers with international alumni have occurred in Ireland, Italy, Australia, Scandinavia, Singapore, Bali, Germany and the Malaysian state of Sarawak in the last few years. The German-speaking and the European Mayo alumni associations have formed and are thriving entities, holding annual meetings. In other countries, alumni meet under less formal auspices.*

Dr. Harner noted that the alumni office fielded ongoing requests for Mayo-trained physicians around the world. He said there are few places where such requests cannot be accommodated, with more than 14,000 alumni in more than 60 countries. "Their sheer numbers and extent of their worldwide distribution speak volumes about the prevalence of their global influence and the substantial contributions that they return to the institutions whose values they carry."



Gerald Bechamps, M.D.
President 1999–2001

2000 The Transplant Center opened in the Charlton Building at Mayo Clinic in Rochester — the first multidisciplinary transplant center in the country.

1999 About 30 percent of patients at Mayo Clinic in Rochester were covered by managed care contracts.

2000 The Stabile Building opened at Mayo Clinic in Rochester.

2000 Mayo Clinic's Genomics Task Force issued recommendations for strategies to integrate genomic research at Mayo and prepare staff and students for developments in medical genomics.

New challenges in a new century

In the 2000s Mayo Clinic faced managed care and health care reform, and genomics was big news in research. A shortage of some allied health care workers was evident, and Mayo expanded its education programs for graduate medical education and allied health care despite declining federal support for medical education.

Patients increasingly became conscientious consumers of health care services — the result of growing personal accountability for health, an increasing demand for accurate, reliable health information and the public's increased awareness of medical errors. Mayo Clinic responded by reaffirming the Mayo Model of Care and its tenets — adequate time with the patient, a defined doctor in charge, multispecialty teamwork, a thorough explanation of diagnoses and therapies, and timely, comprehensive communication and coordination with the home physician.

The first Alumni Association Biennial Meeting of the new century was in Atlanta, Georgia. President Christine Mroz-Baier, M.D. (S '73), of Memphis, Tennessee, reminded alumni of the value in reconnecting with Mayo roots:

I have often said that the best years of my medical career have been those I spent as a fellow at Mayo Clinic Rochester. The total dedication to patient care, the quiet pride of being part of something special, the camaraderie with other fellows and the benefit of learning by example of admired consultants made this a truly rewarding experience. Ten years after I left the clinic in 1978, I was feeling the wear and tear of private practice, including managed care contracts, malpractice threats and the pressures of coordinating career and family. About that time, I went to my first International Meeting [Biennial Meeting] of the alumni association, which was held in Rochester. That visit with old friends and consultants completely stimulated my interest in learning again. I was reminded of the Mayo motto, "The Needs of the Patient Come First," which restored satisfaction and joy in my daily practice of medicine.

2001 Mayo Clinic Health System had grown to encompass clinics, hospitals and nursing homes in 60 communities in southern Minnesota, northern Iowa and western Wisconsin.

2001 The 20-story Gonda Building opened at Mayo Clinic in Rochester, with special activities for alumni in attendance at grand opening events. The Alumni Association dedicated a piece of art to the building — a 63-foot double-panel mural titled "My Brother and I," which presents the seasons of personal and professional life as experienced by the Mayo brothers.

2001 Mayo Clinic introduced a modified three-shield logo that included the full Mayo Clinic name.

2001 The bronze doors of the Plummer Building were closed Friday, Sept. 14 — the first time this century. The closing marked the National Day of Prayer and Remembrance in honor of the victims of the attacks on Sept. 11.

2001 Mayo Clinic in Rochester welcomed its 6 millionth patient.

Christine Mroz-Baier, M.D.
President 2001–2003

2002 A study showed Mayo Clinic's economic impact on the state of Minnesota in 2000 was $3.97 billion — 1.3 percent of the total state economy. The study's author said Mayo Clinic's impact in Minnesota was bigger than the state impact of any other health care organization studied. The impact exceeded that of all Minnesota's professional sports and hospitality industries combined.

2002 Internal medicine alumni formed the Plummer Society to recognize and celebrate its specialty.

2001 2002

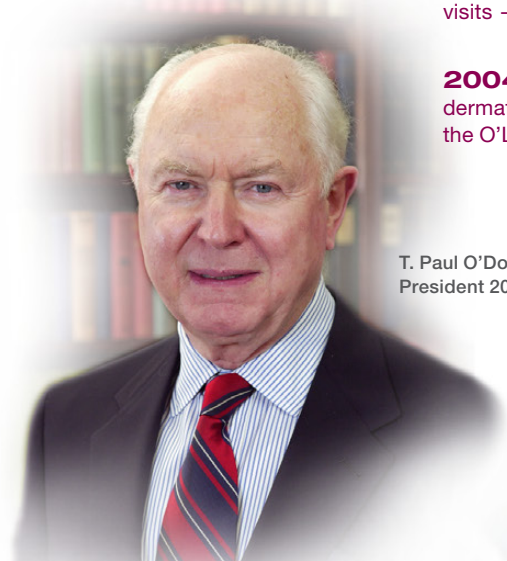
Sticking close to Mayo homes for meetings

The 2003 Biennial Meeting in Scottsdale, Arizona, began the location rotation among Mayo Clinic cities exclusively. Dr. Mroz-Baier handed the gavel to new president T. Paul O'Donovan, M.D. (I '66, CV '67), of Chicago, Illinois, and two new awards were established by the Alumni Association — the Mayo Clinic Alumni Association Professional Achievement Award and the Humanitarian Award.

The first recipient of the Professional Achievement Award was Bernard Harris, M.D. (I '85), a former NASA astronaut and president and chief executive officer of a venture capital business accelerator for medical informatics and technology. The first recipients of the Humanitarian Award were Mayo Clinic's Kenneth Calamia, M.D. (I '78, RHEU '81), and William Fryda, M.D. (I '78, HEM '80), a Catholic priest.

The 2005 Biennial Meeting was in Jacksonville, Florida, and then it was back to Rochester in 2007. Glenn Forbes, M.D. (R-D '77), CEO of Mayo Clinic in Rochester, welcomed alumni:

Alumni are the expression of our principles to the outside world. We are pleased to have you here in Rochester where all of us, at one time or another, worked and learned the value of teamwork and the importance of putting patients at the center of all that we do.



T. Paul O'Donovan, M.D.
President 2003–2005

Scott Litin, M.D.
President 2005–2007

2004 Mayo Clinic in Rochester moved to EMRs for its 1.5 million annual outpatient visits — a technology milestone.

2004 Alumni in dermatology formed the O'Leary Society.

2003 The most powerful magnet ever made for research into cellular proteins and DNA was installed at Mayo Clinic in Rochester.

2003 Mayo Clinic created a single unifying name to represent its research and education programs — Mayo Clinic College of Medicine.

2005 A new biomedical scientific facility that joined Mayo Clinic and the Translational Genomics Research Institute (TGen) in a unique strategic partnership opened on the Scottsdale campus of Mayo Clinic.

2005 The Mayo Clinic Multidisciplinary Simulation Center opened in Rochester.

2003 **2004** **2005**

A new era in leadership

Mayo Clinic's change in leadership was manifest at the 2009 Biennial Meeting in Arizona.

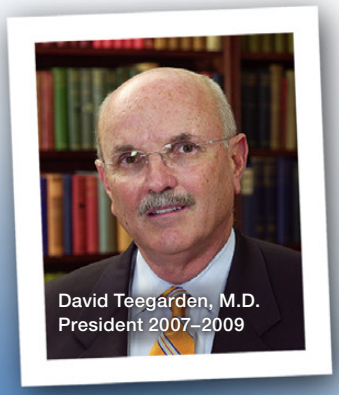
Denis Cortese, M.D. (I-1 '71, I '72, THD '76), outgoing president and CEO of Mayo Clinic, attended as did his successor, John Noseworthy, M.D. (N '90). Dr. Cortese, also the Judd-Plummer lecturer, addressed current efforts in health care reform.

New Alumni Association President Mark Laney, M.D. (PDN '89), of St. Joseph, Missouri, said about Dr. Cortese's impact on Mayo Clinic: "[He] established a road map for the future and helped make words like transformation, health care delivery and individualized medicine part of everyday language at Mayo Clinic."

Dr. Laney continued, commenting on the Mayo principles:

Mayo had a huge, lasting effect on me. I learned to practice team medicine and the advantages of a multispecialty group practice. I learned the importance of physician leadership in medicine and why the needs of the patient should come first. Mayo-trained physicians have influenced the practice of medicine and replicated the Mayo Model of Care around the world. I've applied the Mayo principles in building and maturing the practices I've been involved with. Mayo is a national treasure, and it has invested in me. Everyone who trained at Mayo takes a bit of it wherever they go. The values the brothers built the clinic on are alive and well around the world, through Mayo alumni. What a wonderful story.

2007 Mayo Clinic established a Center for Innovation to transform the way health care is experienced and delivered.

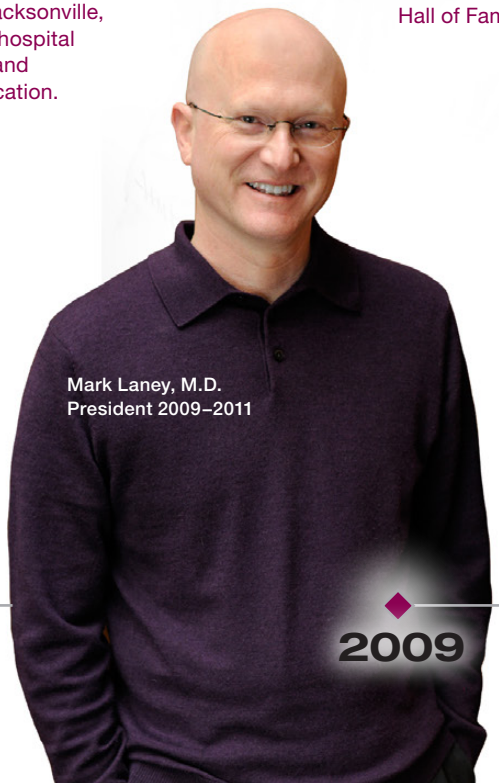


David Teegarden, M.D.
President 2007–2009

2008 Mayo Clinic's commitment to education was demonstrated by these numbers: 1,469 clinical residents and fellows in the Mayo School of Graduate Medical Education; 271 predoctoral and other students in the Mayo Graduate School; 169 students in Mayo Medical School; and more than 1,400 students in Mayo School of Health Sciences.

2008 Mayo Clinic opened a new 214-bed hospital at its Jacksonville, Florida, campus, uniting hospital services, specialty care and physician visits in one location.

2008 Thirty-seven percent of Mayo's residents were women, compared to 9.8 percent in 1978.



Mark Laney, M.D.
President 2009–2011

2009 The Mayo brothers were inducted into the Healthcare Hall of Fame.

2007 2008 2009

Looming reform just one more storm to weather

Health care reform hadn't receded in prominence. In fact it was the centerpiece of a panel discussion at the 2011 Biennial Meeting at Mayo Clinic in Florida.

Mary Grealy, president of the Healthcare Leadership Council in Washington, D.C., told alumni: "Mayo is an example of what the health care system should be about. There's no problem we can't solve if we could just find a way to 'Mayo-ize' the entire system. There are many lessons we can learn from what Mayo has done and what is underway."

Grealy commented that while health care reform had been viewed as a battle, it was really just a warmup of things to come. "There is a battling over budgets in a way I have never seen before. Deficit reduction is a primary focus and is part of the debate every day. There's no question health care is going to play a significant role in these discussions. The question is whether the impact will be for the better or for worse."

Back in Rochester for the 2013 Alumni Association Biennial Meeting, Judd-Plummer lecturer Marilyn Carlson Nelson, former chair and CEO of Carlson and a member of the Mayo Clinic Board of Trustees, reassured alumni that Mayo would persevere because of its stalwart foundation:

An organization's culture sees it through crises. Mayo was born of a stormy past. Organizations that hold tight to their foundations can weather storms. When patients acknowledge you and your expertise, it's because of 'the Mayo effect' — where you came from.

2010 A study showed that Mayo Clinic directly and indirectly supported more than 144,000 jobs throughout the United States, with an annual economic impact on the U.S. economy of $22 billion.

2010 Mayo Clinic established an Office of Diversity and Inclusion to build greater diversity into every level of the organization.

2011 Mayo Clinic launched the Center for the Science of Health Care Delivery to improve how health care is delivered; Center for Individualized Medicine to understand patients at a molecular level and to customize treatment; and Center for Regenerative Medicine to restore damaged tissues and organs, and offer hope for people with conditions beyond repair by conventional medicine.

2011 The Mayo Clinic Care Network was established to improve the delivery of health care to patients and communities and provide Mayo's subspecialty care to patients without ever leaving home.

Eric Grigsby, M.D.
President 2011–2013

2012 Approximately 11,000 patients participated in clinical trials at Mayo Clinic. The Institutional Review Board approved 2,686 new human studies.

2013 A new multidisciplinary simulation center opened at Mayo Clinic in Florida.

2013 Destination Medical Center, an innovative partnership, was established when the state of Minnesota agreed to support an estimated $5.6 billion in capital investments over 20 years. It was projected that this initiative would secure Mayo Clinic's and the state of Minnesota's position as a global medical destination.

2010 2011 2012 2013

REFLECTIONS OF A PAST PRESIDENT

Mark Laney, M.D. (PDN '89)
St. Joseph, Missouri
President 2009–2011

Dr. Laney describes his presidency as a transitional time. "We were moving from print to electronic communication for many matters, and we devoted a lot of time to what became the Alumni Association's website," he says. "We focused on strategic planning for our very changing demographic. Different ages wanted different things from the association, and we took steps to remain relevant into the future."

Dr. Laney, president of Heartland Health, reflects on his term as president: "I wanted to do something that would give back to Mayo Clinic in appreciation for everything they did in my professional life. I got to see the inner workings of Mayo Clinic, got to know Dr. Noseworthy personally and attended the international meeting in Argentina. The more you put into the Alumni Association, the more you get out of it. It's a great way to stay close to Mayo Clinic, and it can help you meet amazing, brilliant people from all over the world who share your training."

2014 Mayo Clinic celebrated its sesquicentennial with events throughout the year and a mobile exhibit that traveled the United States and Canada.

2014 Saint Marys Hospital and Methodist Hospital in Rochester transitioned to a single licensed hospital and became known as Mayo Clinic Hospital – Rochester.

Juan Sarmiento, M.D.
President 2013–2015

2014 Mayo Clinic achieved the highest honor in the 2014–2015 *U.S. News & World Report* ranking of top hospitals, with more number-one rankings than any other provider.

2015 Mayo Clinic in Rochester began treating patients with proton beam therapy.

2015 Mayo School of Graduate Medical Education celebrated its centennial. The school has more than 270 training programs in every specialty across all Mayo campuses.

2015 Mayo Medical School's plan to establish branch campuses in Scottsdale, Arizona, and Jacksonville, Florida, were endorsed by the Liaison Committee on Medical Education.

2015 Mayo Clinic in Arizona debuted a new building to house its consolidated Cancer Center practice and its new proton beam therapy program.

2014 2015

Alumni Association International Meeting

MAYO INTERNATIONAL REVIEW OF SELECT TOPICS IN MEDICINE AND SURGERY

June 16–18, 2016
Whistler, British Columbia, Canada
Fairmont Chateau Whistler

Bring along your family to the majestic Canadian Pacific Northwest to renew the ties that bind Mayo alumni to one another.

- Enjoy a wide-ranging, interactive CME program over two half-days, leaving plenty of free time to sightsee.
- Explore fun-filled pre- and post-conference adventure opportunities.

Thursday, June 16

Welcome reception for the entire family

Friday, June 17

Speakers:

- *Proton beam therapy at Mayo Clinic — beam on!*
  Robert Foote, M.D. (RADO '88)
- *Gut microbiome*
  Ernest "Tasso" Bouras, M.D. (GI '96, GI '98)
- *Connected care — telemedicine*
  Bart Demaerschalk, M.D. (N '01)
  Maria Aguilar, M.D. (N '06)
- *We don't think the way we think we think: uncovering hidden biases that affect the care of our patients*
  Michelle van Ryn, Ph.D. (HSR '13)
- *To take care of me, you need to know me — providing better LGBTI care*
  John Knudsen, M.D. (R-D '90)
  Joseph Gallego, M.D. (MED '16)
  Mioki Myszkowski, M.D. (FM '07)
  Denise Dupras, M.D. (MDPD '89, PHAR '89, I '92, ADGM '93)
- *Maintenance of certification: making lemons of lemonade — MOC controversy and Mayo's viewpoint*
  Erik St. Louis, M.D. (I-1 '94, N '97, N-EEG '98)
- *Vaccine-averse people: tips for effective conversations*
  Robert Jacobson, M.D. (PD '89)
- *Quality improvement*
  Amy Williams, M.D. (I '87, NEPH '89, NEPH '90)
  Ann Colbourne, M.D. (I '93, ADGM '94)
- *Pediatric concussion: what you need to know for your kids and grandkids*
  David Soma, M.D. (PD '11, PDCMR '12)
  Cara Prideaux, M.D. (PD '11, PDCMR '12)

Saturday, June 18

Speakers:

- *Arrhythmias in women*
  Fred Kusumoto, M.D. (CV '04)
  Juna Misiri, M.D. (CV '12, CV-EP '14)
- *It's not rocket surgery: dermatology pearls for when cortisone isn't the answer*
  Rochelle Torgerson, M.D., Ph.D. (MBIO '00, MDPD '00, I-1 '01, DERM '04, DERMI '05)
- *Medical aspects of travel*
  Steven Krotzer, M.D. (I '01)
- *Blood 101: scary versus non-scary conditions*
  Joe Mikhael, M.D. (HEMO '08)

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 9 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Fairmont Chateau Whistler sits at the base of Blackcomb Mountain.

- *It's not brain surgery: mindfully planning for the rest of your life*
  Steven Swanson, M.D. (MED '79)
- *Beyond mortality — the other critical outcomes*
  Margaret Johnson, M.D. (THDCC '96)
- *Advance directives — the best gift you can give your loved ones*
  Maisha Robinson, M.D. (I-1 '08, N '11, NHOSP '13)
  Alva Roche Green, M.D. (FM-PM '11)
- *High performing health systems and the search for value: characteristics of a high functioning care system of the future*
  Robert Nesse, M.D. (FM '80)
- *Five questions to ask your surgeon before the operation*
  Robert Cima, M.D. (CRS '01)
- *Mayo Clinic and Canada — a historical overview*
  Matt Dacy

Saturday, June 18

Gala closing dinner
Squamish Lilwat Cultural Centre — a stunning venue overlooking the mountains

Stay in splendor

Fairmont Chateau Whistler
4599 Chateau Boulevard
Whistler, British Columbia
Canada VON 1B4
604-938-8000

- Located at the base of Blackcomb Mountain
- $249 CAD (rate good for three days pre- and post-conference; reservations must be made by May 17 to obtain this rate)

Fun on the side

Enhance your trip with activities for the whole family:

- Pre-conference activities in Whistler, June 15
- Post-conference tour options
  - Alaska cruise, June 19–26
  - Alaska cruise and land tour, June 19–30

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Mayo Update

Web-only stories

Growing up in the Grand Canyon

Much of this issue of *Mayo Clinic Alumni* focuses on Arizona, the location of the 69th Biennial Meeting. Alumnus Paul Schnur, M.D. (S '70, PLS '72), grew up in Arizona when his father, Leo Schnur, M.D., was medical director of the Grand Canyon Hospital from 1948 to 1955. The family lived on the south rim of the Grand Canyon, within the national park. Dr. Schnur wrote a chapter for a book entitled "A Gathering of Grand Canyon Historians: Ideas, Arguments, and First-Person Accounts."

Dr. Schnur was a consultant in the Division of Plastic and Reconstructive Surgery at Mayo Clinic in Arizona from 1988 to 2000 and was chair of the division from 1993 to 2000. He was president of the American Society of Plastic Surgeons.

Mayo Clinic and American Gastroenterological Association leadership

Eight Mayo Clinic physicians have served as president of the American Gastroenterological Association, including current president Michael Camilleri, M.D. (GI '84), Division of Gastroenterology and Hepatology.

Learn more about these physicians' contributions to the AGA, gastroenterology and hematology:

- Walter Clement Alvarez, M.D. (I '26)
- J. Arnold Bargen, M.D. (I '26)
- Mandred Comfort, M.D. (N '28)
- Hugh Butt, M.D. (I '36)
- Charles Code, M.D., Ph.D. (PHYS '36)
- Douglas McGill, M.D. (I '61)
- Nicholas LaRusso, M.D. (I '72, GI '75)

Michael Camilleri, M.D.

Read the complete stories at alumniassociation.mayo.edu.

Obituaries

Lauren Burtz, M.D. (I '15), died Sept. 13, 2015.

Manley Cohen, M.D. (I '67, GI '69), died July 2015.

Joseph Cullen, M.D. (EEG '71, PDN '72), died Oct. 4, 2015.

Thomas Driscoll, M.D. (I '73), died July 18, 2015.

Ludwig Frank, M.D. (P '52), died May 15, 2015.

Andre Guay, M.D. (ENDO '74), died Dec. 16, 2014.

Magdalena Heras, M.D. (CV '89), died Aug. 3, 2014.

Willis Hubler, M.D. (I '52), died Oct. 16, 2015.

Edward O'Shaughnessy Sr., M.D. (U '53), died Oct. 5, 2015.

David P'Pool Jr., M.D. (DERM '68), died Oct. 5, 2015.

George R. Smith, M.D. (S '66), died Sept. 30, 2015.

H. Wallace Vandever, M.D. (PD '56), died Nov. 19, 2015.

Complete obituaries and the Update section, with alumni and staff news, are available on the Mayo Clinic Alumni Association website, alumniassociation.mayo.edu/people.

Named professors

Mayo Clinic has awarded 16 new named professorships — the highest academic distinction at Mayo Clinic.

Daniel Billadeau, Ph.D. (IMM '99)
Division of Oncology Research
Department of Medical Oncology
Department of Biochemistry and Molecular Biology
Mayo Clinic Rochester
Edmond A. and Marion F. Guggenheim Professor

Joseph Dearani, M.D. (TS '96)
Chair, Division of Cardiovascular Surgery
Division of Transplantation Surgery
Mayo Clinic Rochester
Sheikh Zayed Professor of Cardiovascular Diseases Honoring George M. Gura, M.D.

Jim Maher III, Ph.D. (BIOC '95)
Department of Biochemistry and Molecular Biology
Dean, Mayo Graduate School
Mayo Clinic Rochester
Bernard Pollack Professor

Jan Buckner, M.D. (ONCL '85)
Chair, Department of Oncology
Mayo Clinic Rochester
Betty J. Foust, M.D., and Parents' Professor

Bradley Leibovich, M.D. (U '01)
Chair, Department of Urology
Mayo Clinic Rochester
David C. Utz, M.D., Professor of Urology

Mark McNiven, Ph.D. (GI '89)
Division of Gastroenterology and Hepatology
Department of Internal Medicine
Mayo Clinic Rochester
George M. Eisenberg Professor

Fergus Couch, Ph.D. (PATH '97)
Chair, Division of Experimental Pathology and Laboratory Medicine
Department of Biochemistry and Molecular Biology
Department of Health Sciences Research
Mayo Clinic Rochester
Zbigniew and Anna M. Scheller Professor of Medical Research in Honor of Dr. Thomas J. McDonald

Claudia Lucchinetti, M.D. (N '94, NIMM '95)
Chair, Department of Neurology
Mayo Clinic Rochester
Mary Lowell Leary Professor of Medicine

Jae Oh, M.D. (I '82, CV '85)
Division of Cardiovascular Diseases
Mayo Clinic Rochester
Samsung Professor of Cardiovascular Diseases

Leonard Petrucelli, Ph.D.
(NSCI '03)
Chair, Department of Neuroscience
Mayo Clinic Florida
Ralph B. and Ruth K. Abrams Professor

Margaret Redfield, M.D.
(I '87, CV '88, CV '91)
Division of Cardiovascular Diseases
Department of Internal Medicine
Mayo Clinic Rochester
Walter and Leonore Annenberg Professor of Cardiology and Critical Care in Honor of Dr. Raymond Gibbons

Mark Stegall, M.D.
(TRANS '98)
Transplantation Surgery
Department of Immunology
Mayo Clinic Rochester
James C. Masson Professor of Surgery

Rosa Rademakers, Ph.D.
(NS '07)
Department of Neuroscience
Mayo Clinic Florida
Mildred A. and Henry Uihlein, II, Professor of Medical Research

Lewis Roberts, M.B., Ch.B., Ph.D.
(I '95, GI '97, GI '98)
Division of Gastroenterology and Hepatology
Department of Internal Medicine
Mayo Clinic Rochester
Peter and Frances Georgeson Professor of Gastroenterology Cancer Research

Jennifer Westendorf, Ph.D.
(IMM '96)
Department of Orthopedic Surgery
Mayo Clinic Rochester
Margaret Amini Professor of Orthopedic Regenerative Medicine Research

Vincent Rajkumar, M.D.
(HEMO '99)
Division of Hematology
Department of Laboratory Medicine and Pathology
Mayo Clinic Rochester
Edward W. and Betty Knight Scripps Professor of Medicine in Honor of Dr. Edward C. Rosenow, III

Featured physician and scientist positions at Mayo Clinic locations nationwide

For complete descriptions and a list of other available opportunities, visit: physicians.mayo-clinic-jobs.com.

Mayo Clinic in Rochester

Pediatric transplant hepatologist

The Division of Pediatric Gastroenterology, Children's Center and Transplant Center seek a physician board certified in pediatric gastroenterology and transplant hepatology with a strong track record in pediatric liver transplantation; willingness to advance the transplantation program to national and international prominence, with as much as 40 percent dedicated time; and experience in teaching and clinical, basic or translational research.
Contact: Becky Schulte, schulte.becky@mayo.edu

Mayo Clinic in Arizona

Medical geneticist

The Center for Individualized Medicine and Department of Clinical Genomics seek a board-certified/board-eligible clinical genetics physician who is interested in translating knowledge of the human genome to improving health. Patient care is the primary role, but an active program or interest in developing a translational program in research is highly valued.
Contact: Katherine Harris, harris.katherine@mayo.edu

Mayo Clinic in Florida

Oncologist — gastrointestinal

The Division of Hematology/Oncology, Department of Medicine seeks an associate professor/professor-level medical oncologist with expertise in gastrointestinal cancer; a demonstrated interest in treatment and research related to the lower GI track and/or neuroendocrine tumors.
Contact: Marissa Anderson, anderson.marissa@mayo.edu

Mayo Clinic Health System

Urologist — SW Wisconsin region

Board-certified/board-eligible urologist with expertise in current urologic procedures and laparoscopic skills is sought for La Crosse general practice with outreach services.
Contact: Maddie Dosch, dosch.madalyn@mayo.edu

Pediatrician — SE Minnesota region

Full-time board-certified/board-eligible pediatrician is sought to join Owatonna medical center.
Contact: Graham Frie, frie.graham@mayo.edu

Ophthalmologist, glaucoma — NW Wisconsin region

Board-certified/board-eligible glaucoma-focused ophthalmologist is sought to join an established Eau Claire practice of ophthalmologists — including subspecialists in pediatrics, cornea, glaucoma and vitreoretinal surgery — and optometrists.
Contact: Aaron Hooks, hooks.aaron@mayo.edu

Orthopedic surgery — SW Minnesota region

The Department of Orthopedic Surgery seeks a physician to join the Mankato practice, which has special interests in total joint, foot and ankle.
Contact: Becky Schulte, schulte.becky@mayo.edu

Alumni Association centennial book available

The 100-year history of the Mayo Clinic Alumni Association has been serialized in the four issues of *Mayo Clinic Alumni* in 2015. The series has been published as a special edition book, "Mayo Clinic Alumni Association, 100 Years of Shared Ideals and Experiences, 1915–2015." It has special features including:

- Welcome addresses to alumni at the organization's annual meeting in 1919 by William J. Mayo, M.D., and Charles H. Mayo, M.D.
- Remarks by Harold Foss, M.D., founder and then-president of Alumni Association, at 1919 annual meeting
- Lists of past presidents of Alumni Association
- Lists of all recipients of Mayo Clinic Alumni Association awards
  - Distinguished Alumni Award
  - Professional Achievement Award
  - Humanitarian Award
  - Donald C. Balfour Research Award
  - Edward C. Kendall Research Award

To purchase a copy of "Mayo Clinic Alumni Association, 100 Years of Shared Ideals and Experiences, 1915–2015," visit alumniassociation.mayo.edu/shop. The cost is $10.

Mayo Clinic Alumni magazine is published quarterly and mailed free of charge to physicians, scientists and medical educators who studied and/or trained at Mayo Clinic, and to Mayo consulting staff. The magazine reports on Mayo Clinic alumni, staff and students, and informs readers about newsworthy activities throughout Mayo Clinic.

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- Alumni meetings
- Receptions

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507-538-0055
doctorsmayosociety@mayo.edu

Mayo Clinic is committed to creating and sustaining an environment that respects and supports diversity in staff and patient populations.

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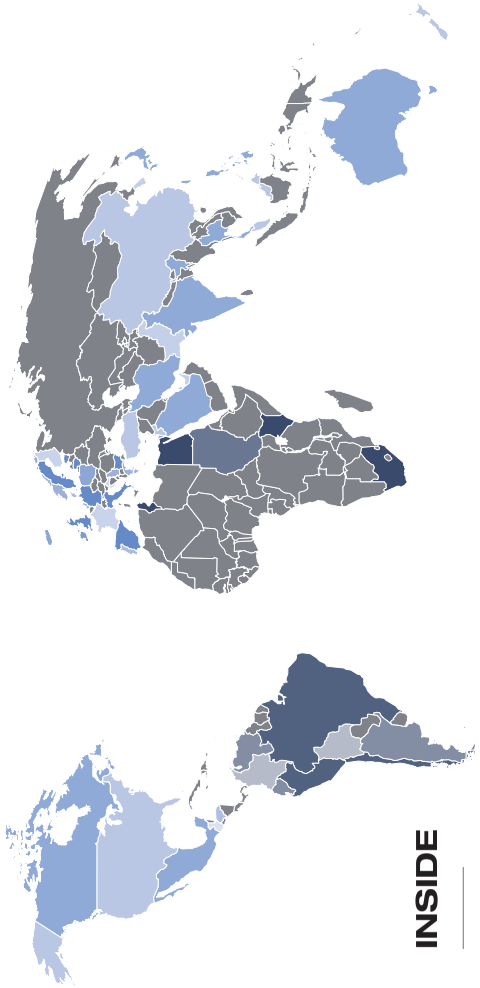

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