

ALUMNI

MAYO CLINIC ISSUE 4 2017



BIENNIAL
MEETING

DISTINGUISHED
ALUMNI AWARD

^^
OUTGOING ALUMNI
ASSOCIATION
BOARD MEMBERS

LETTER FROM THE PRESIDENT

I'm honored to take over as president of the Alumni Association from Dr. Susheela Bala, and I look forward to serving for the next two years. I hope to continue the great strides already underway toward providing an even more robust alumni experience, with a useful website, informative social media presence and meaningful meetings.

Our recent Biennial Meeting was a success, and we appreciate those of you who participated. At the meeting, Dr. Fredric Meyer (page 8), our executive dean for Education, provided a historical review of education at Mayo Clinic. His talk reminded me that one of Mayo's great strengths is our alumni and the education they received at Mayo Clinic. As president, I want to promote the contributions of our alumni to support our educational efforts.

In this issue you'll read about the five alumni who received the 2017 Distinguished Alumni Award. Their accomplishments are remarkable. You'll also find an interesting look at 50 years of the Department of Medicine, including interviews with past and current chairs. Congratulations to the Department of Medicine — and all of its alumni — on this significant milestone.

I want to be an accessible president. If you have ideas for the Alumni Association or are interested in getting involved, please contact me: mayoalumni@mayo.edu



ERIC EDELL, M.D. (THD '88)

- Division of Pulmonary and Critical Care Medicine
- The Connor Group Professor of Thoracic Diseases in Honor of Claude Deschamps, M.D., and Eric S. Edell, M.D.
- Mayo Clinic in Rochester

“ ... one of Mayo's great strengths is our alumni and the education they received at Mayo Clinic.”

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About the cover: Outgoing Alumni Association board members (from left to right) Burkhard Wippermann, M.D., Alan Freedman, M.D., Louis (Jim) Maher III, Ph.D., Theresa Emory, M.D., Kenneth Layton, M.D., Mary Reynolds, M.D., Steven Rose, M.D. Not pictured: Holly Geyer, M.D., and David Graham, M.D.



THE FUTURE OF MEDICAL EDUCATION AND CUTTING-EDGE INNOVATION

Mayo Clinic Alumni Association
70th Biennial Meeting
October 2017 • Jacksonville, Florida

The 70th Biennial Meeting of the Mayo Clinic Alumni Association in Jacksonville, Florida, celebrated the future of medical education and cutting-edge innovation. The meeting drew alumni and their guests from 17 states and four other countries. The pages that follow provide an overview of key speakers and awards.







GIANRICO FARRUGIA, M.D.



70TH BIENNIAL MEETING

OPENING REMARKS FROM FLORIDA HOST



The 70th Biennial Meeting of the Mayo Clinic Alumni Association opened with outgoing president Susheela Bala, M.D. (PAIM '87), of San Bernardino, California, thanking the meeting's host, Gianrico Farrugia, M.D. (I '91, GI '94), Mayo Clinic vice president and CEO of Mayo Clinic in Florida.

Dr. Farrugia spoke to assembled alumni about Mayo Clinic growth and innovation and building destination medical centers at all three Mayo Clinic campuses. He mentioned the Ken Burns documentary about Mayo Clinic that is scheduled to air on PBS in fall 2018. The first hour of the documentary focuses on Mayo's history, and the second hour focuses on the present. Burns and his team filmed at all three campuses. Mayo Clinic leaders who viewed a rough cut of the documentary described it as powerful and emotional. "You're part of a very special institution that made Ken Burns want to make this documentary," Dr. Farrugia told alumni.

He highlighted Mayo Clinic's growth — the new medical school campus in Arizona, Discovery Square in Rochester, an influx of new physicians in Florida, and new construction on the Florida campus including the Destination Medical and Mayo South buildings, a lung restoration center, Hope Lodge and a cyclotron.

"Why are we doing all this?" he asked. "The needs of the patient come first — that's why we're doing what we're doing. It's our job to take what was given to us and leave Mayo Clinic much stronger than it was." Dr. Farrugia thanked alumni for their dynamic contributions to Mayo Clinic. ▲

“It's our job to take what was given to us and leave Mayo Clinic much stronger than it was.”

– Gianrico Farrugia, M.D.



SPEAKERS, AWARDS AND RECOGNITIONS

HIGHLIGHTED SPEAKER



Alexander Parker, Ph.D. (HSR '00)

- Cecilia and Dan Carmichael Family Associate Director for the Center for Individualized Medicine, Mayo Clinic in Florida

“Individualized Medicine: A View at the Crossroads of Promise and Reality in the Practice”

In June 2000 when the first human genome was sequenced, it was predicted this would revolutionize how diseases are diagnosed and treated. Dr. Parker says genomic sequencing has indeed ushered in a new era of individualized medicine that is already transforming health care, and its impact is growing. “It’s not simply a promise anymore; it is now actual practice.”

As one example, patients with rare undiagnosed diseases, who number 3 to 5 million in the U.S. alone, are able to find the answers they deserve through the power of genomic sequencing. Mayo Clinic helps approximately 30 percent of the patients it sees with these rare and undiagnosed disorders by giving them definitive diagnoses through whole-genome sequencing. In some cases these efforts even led to life-altering new treatments.

Pharmacogenomics is another area where individualized medicine is affecting patient care,

eliminating trial-and-error methods of selecting medications and helping to make sure patients get the right drug the first time. The exciting new area of liquid biopsy uses sequencing of cancer DNA found in the blood to diagnose, monitor and treat tumors — revealing important information on key genetic changes in tumors through a simple blood sample.

Dr. Parker pointed out that it cost \$3 billion and took 15 years to map the first human genome. Today it costs only \$1,000 and takes less than 24 hours, and the price will continue to go down, making the technology accessible to more people.

“The amount of information we can generate on a person is incredible,” says Dr. Parker. “We need teamwork and collaboration to further individualized medicine and bring the power of genome sequencing to all patients. We’ll know we’ve made progress when the things that seemed unimaginable only a few years ago become unremarkable and commonplace.” ▲

“We’ll know we’ve made progress when the things that seemed unimaginable only a few years ago become unremarkable and commonplace.” – Alexander Parker, Ph.D.



ALEXANDER PARKER, PH.D.

SPEAKERS, AWARDS AND RECOGNITIONS

RAYMOND PRUITT LECTURER

This lectureship honors Raymond Pruitt, M.D. (I '43), the first dean of Mayo Clinic School of Medicine. The lecturer demonstrates qualities admired in Dr. Pruitt — integrity, scholarship, humility and the empathy of the truly concerned.



Fredric Meyer, M.D. (NS '87)

- Juanita Kious Waugh Executive Dean for Education, Mayo Clinic College of Medicine and Science
- Dean, Mayo Clinic School of Medicine
- Alfred Uihlein Family Professor in Neurologic Surgery, Mayo Clinic College of Medicine and Science
- Mayo Clinic Rochester

Dr. Meyer joined the Mayo Clinic staff in 1988. He completed special clinical and research fellowships and residency in neurological surgery at Mayo Clinic School of Graduate Medical Education in Rochester, Minnesota. He received his medical degree from Boston University in Boston, Massachusetts, and an undergraduate degree from the University of Pennsylvania in Philadelphia.

Dr. Meyer has held many leadership positions in professional organizations including president of the American Academy of Neurological Surgery and a member of the board of directors of the American Association of Neurological Surgeons. He has been director, secretary and chair of the American Board of Neurological Surgery and is the current executive director. ▲



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.



Alfredo Quiñones-Hinojosa, M.D. (NS '16)

- William J. and Charles H. Mayo Professor, Mayo Clinic College of Medicine and Science
- Chair, Department of Neurologic Surgery
- Mayo Clinic Florida

Dr. Quiñones-Hinojosa joined the Mayo Clinic staff in 2016. He completed a postdoctoral fellowship in developmental and stem cell biology and residency in neurosurgery at the University of California, San Francisco. He received his medical degree from Harvard Medical School in Boston, Massachusetts, and an undergraduate degree from the University of California, Berkeley.

Dr. Quiñones-Hinojosa's clinical interests are surgical treatment of primary and metastatic brain tumors with emphasis in motor and speech mapping during surgery, and treatment of patients with pituitary and skull base tumors using minimally invasive approaches. He leads NIH-funded research to cure brain cancer. His research focuses on brain tumors and stem cell migration, health care disparities for minorities and clinical outcomes for neurosurgical patients.

Dr. Quiñones-Hinojosa has received awards and honors including being named Neurosurgeon of the Year and recipient of the Gary Lichtenstein Humanitarian Award by Voices Against Brain Cancer in 2014, and one of Mexico's most brilliant minds in the world by



Forbes in 2015. He also is co-founder and is president of Mission: Brain, Bridging Resources and Advancing International Neurosurgery, a nonprofit foundation.

He has published an autobiography, "Becoming Dr. Q," about his journey from migrant farm worker to neurosurgeon. Recently, Disney and Plan B Entertainment announced that Dr. Quiñones-Hinojosa's inspirational life story will be featured in a movie. ▲

SPEAKERS, AWARDS AND RECOGNITIONS

DOCTORS MAYO SOCIETY LIFETIME ACHIEVEMENT LECTURER

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

[See more on page 28](#)



Amy Williams, M.D. (I '87, NEPH '90)

- Chair, Department of Medicine
- Consultant, Division of Nephrology and Hypertension
- Professor of Medicine, Mayo Clinic College of Medicine and Science
- Mayo Clinic Rochester

Until recently Dr. Williams was the medical director of Hospital Operations for Mayo Clinic Hospital, Rochester; chair of the Hospital Practice Committee; and co-chair of Mayo Clinic Midwest Hospital Executive Group. She holds leadership positions at Mayo Clinic while maintaining an active role in inpatient and outpatient clinical duties. Her leadership roles include being a member of the Midwest Executive Operations Team responsible for oversight of Mayo Clinic Rochester and in the Midwest; serving as medical director of the Eisenberg Dialysis Unit, Mayo Clinic Dialysis Services Home Dialysis Program; and serving as medical director of the Mayo Clinic Rochester Nurse Practitioner/Physician Assistant Executive Committee.

Dr. Williams' main areas of interest are in chronic and acute renal failure, critical care nephrology and innovative renal replacement therapies.

She served as president of Women in Nephrology for two consecutive terms and remains active in career development and mentoring initiatives. Her knowledge of public policy, quality, safety and clinical outcome metrics, and models of efficiencies of care as they relate to end-stage renal disease has been recognized and enhanced by being appointed to serve on numerous task forces and boards of the American Society of Nephrology (ASN). These include the Accountable Care Organization Task Force, Quality Metrics Task Force, Public Policy Board and Quality and Patient Safety Task Force, on which she was chair. Her service to the ASN includes being selected to serve on the Blue Ribbon Taskforce to address workforce issues in nephrology and enhance career development, particularly for diverse individuals. ▲

70TH BIENNIAL MEETING

BOARD MEMBER RECOGNITION

The 70th Biennial Meeting ushered in a changing of the guard in the Mayo Clinic Alumni Association.



Outgoing board members

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

- Alan Freedman, M.D. (PLS '89), Great Neck, New York
- Holly Geyer, M.D. (I '11), Scottsdale, Arizona
- David Graham, M.D. (MED '87, I '90, HEMO '93), Cornelius, North Carolina
- Kenneth Layton, M.D. (R-NEU '05), Dallas, Texas
- Louis (Jim) Maher III, Ph.D. (BIOC '95), Rochester, Minnesota
- Mary Reynolds, M.D. (MED '98), Golden, Colorado
- Steven Rose, M.D. (MED '81, I '82, ANES '84), Rochester, Minnesota
- Burkhard Wippermann, M.D. (BIOM '87), Hildesheim, Germany



ENRIQUE WOLPERT, M.D.



S. ANN COLBOURNE, M.D.

Another board member has moved to an officer position:

- Theresa Emory, M.D. (PATH '94), Williamsburg, Virginia, now vice president of the Alumni Association

New board members

Newly appointed board members include:

- Melanie Brown, M.D. (MED '98), Minneapolis, Minnesota
- Erin Gillaspie, M.D. (TS '16), Nashville, Tennessee
- Kyle Kircher, M.D. (MED '94, FM '97, FMSP '98), Stillwater, Minnesota
- Thomas Smith, M.D. (MED '83), Littleton, Colorado
- Dan Townsend, M.D. (MED '80), Boston, Massachusetts
- Kajetan von Eckardstein, M.D. (NS '08), Goettingen, Germany

New Executive Committee members

Newly appointed members of the Executive Committee include:

- Bruce Horazdovsky, Ph.D. (MBIO '02), Rochester, Minnesota
- Mitchell Humphreys, M.D. (U '06), Scottsdale, Arizona
- Erik St Louis, M.D. (I-1 '94, N '97, N-EEG '98), Rochester, Minnesota

New trainee board representatives

Newly appointed board representatives from Mayo Clinic School of Graduate Medical Education include:

- Jay-Sheree Allen, M.D. (FM '18), Mayo Clinic Rochester
- Andree Koop, M.D. (I '18), Mayo Clinic Florida
- Rafael Nunez Nateras, M.D. (U '11, PRES '14, U '18), Mayo Clinic Arizona ▲



DAVID AGERTER, M.D., AND JAY-SHEREE ALLEN, M.D.



70TH BIENNIAL MEETING

PRESIDENT'S GALA

The 70th Biennial Meeting included an evening event, the President's Gala, at the Ponte Vedra Inn & Club in Ponte Vedra, Florida.

The new Alumni Association president was installed, with a passing of the gavel from Susheela Bala, M.D. (PAIM '87), of San Bernardino, California, to Eric Edell, M.D. (THD '88), of Rochester, Minnesota.

The Mayo Clinic Alumni Association Humanitarian and Professional Achievement awards were presented to Eduardo Peña Dolhun, M.D. (MED '96, FM '99), of San Francisco, California, and Jon Thomas, M.D. (MED '88, ENT '93), of Minneapolis/St. Paul, Minnesota. ▲





HUMANITARIAN AWARD

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



EDUARDO PEÑA
DOLHUN, M.D.

Eduardo Peña Dolhun, M.D. (MED '96, FM '99)

- Founder and Inventor, DripDrop ORS
- San Francisco, California

Dr. Dolhun was awarded the 2017 Mayo Clinic Alumni Association Humanitarian Award in recognition for his work in developing DripDrop ORS (oral rehydration solution).

As a medical student on a relief mission in Guatemala, Dr. Dolhun witnessed people, especially children, dying unnecessarily from dehydration due to infectious diarrhea. This remote location had a shortage of intravenous saline and individuals skilled in the art of starting IV therapy. Dr. Dolhun learned how effective, less painful and speedy an oral rehydration solution could be in treating and preventing life-threatening dehydration — the second-leading cause of preventable death globally for children younger than 5. He also learned the major limitation of existing oral rehydration solutions — bad taste due to medically relevant high electrolyte levels — that impeded or prevented their use. In 2007 he began to create a new formula that patients would reliably drink. He perfected his formula for DripDrop ORS in 2010 — the first oral rehydration solution to combine medical-grade hydration and excellent taste — and received a patent in 2013.

DripDrop is distributed in relief settings to save lives in the most challenging circumstances — from treating patients with cholera in Haiti to Ebola patients in Liberia — and is used in the American health care system as a less-expensive, less-invasive rehydration solution. DripDrop has been adopted by the U.S. military, firefighters across the U.S. and elite athletes.

Dr. Dolhun has a long history of volunteering with underserved communities. During medical

school in Rochester, Minnesota, he assisted Latino migrant farmers, spent a month in Guatemala during a cholera epidemic and spent three months in Nepal conducting molecular epidemiology research in tuberculosis. As a resident in Jacksonville, Florida, he volunteered at a homeless clinic for three years. Since 2005, at his primary care clinic in San Francisco, Dr. Dolhun has provided pro bono or reduced-fee care to 15 percent of his patients.

He is the founder of the Dolhun Clinic in San Francisco, California, and the founder and director of Doctors Outreach Clinics, a San Francisco-based nonprofit organization. In addition to being the founder and inventor of DripDrop ORS, Dr. Dolhun is the founder of the DripDrop Foundation and an adjunct assistant clinical professor and co-director of ethnicity and medicine at Stanford University in Stanford, California. ▲

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- Fellowships: Obstetrics and gynecology, Santa Clara Valley Medical Center/Stanford University, San Jose, California; family medicine research and faculty development, University of California, San Francisco
 - Residency: Family medicine, Mayo Clinic School of Graduate Medical Education, Jacksonville, Florida
 - Medical school: Mayo Clinic School of Medicine, Rochester, Minnesota
 - Graduate: Master's degree, Spanish literature
 - Undergraduate: Marquette University, Milwaukee, Wisconsin
 - Native of: Milwaukee, Wisconsin

“I'm proud and grateful to have had the Mayo experience. It's like being a kid in a candy store.”

– Eduardo Peña Dolhun, M.D.

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.



JON THOMAS, M.D.

Jon Thomas, M.D. (MED '88, ENT '93)

- Managing partner, Ear, Nose and Throat SpecialtyCare
- Minneapolis/St. Paul, Minnesota

Dr. Thomas was awarded the 2017 Mayo Clinic Alumni Association Professional Achievement Award for attaining the highest levels of achievement in and making significant contributions to how state medical boards approach telemedicine and how medical licensure portability can improve access to health care across the country.

Dr. Thomas was appointed to the Minnesota Board of Medical Practice by Governor Jesse Ventura in 2001. He was reappointed in 2005 and 2010 by Governor Tim Pawlenty, and in 2014 by Governor Mark Dayton. Dr. Thomas served as chair of the Complaint Review Committee from 2003 to 2006, secretary of the board in 2005, vice president in 2006, and president in 2007 and 2012. As president, he also served on the Work Study Group on Controlled Substances, which was instrumental in setting up the prescription drug-monitoring program in the state. He also chaired the Policy and Planning Committee and the Continuing Competency and Maintenance of Licensure Task Force.

Dr. Thomas has been active with the Federation of State Medical Boards, where he served on the board of directors and in various other leadership capacities. The federation represents the nation's 70 state medical and osteopathic boards and co-sponsors the United States Medical Licensing Examination (USMLE). Dr. Thomas was nominated chair-elect of the Federation of State Medical Boards in 2012 and was invested as chair in 2013. He appointed the State Medical Boards'

Appropriate Regulation of Telemedicine (SMART) Workgroup to develop model guidelines for appropriate use of telemedicine. He also provided leadership and marshalled the development of the Interstate Medical Licensure Compact. His work in these areas clarified state medical boards' approach to telemedicine and support of a novel way to enable medical licensure portability that will improve access to health care across the country.

Dr. Thomas is managing partner and former president and CEO of Ear, Nose and Throat SpecialtyCare in Minneapolis/St. Paul, Minnesota, a group of 21 otolaryngologists, 13 audiologists and 67 employees who provide comprehensive ENT care throughout the Twin Cities metropolitan area, including western Wisconsin. He also is past chief of staff and past chair of the Medical Executive Committee at United Hospital in St. Paul, and a past ex officio member of the United Hospital Foundation. ▲

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- Graduate: M.B.A., University of St. Thomas Opus College of Business, Minneapolis, Minnesota
 - Residency: Otolaryngology-head and neck surgery, Mayo Clinic School of Graduate Medical Education, Rochester, Minnesota
 - Medical school: Mayo Clinic School of Medicine
 - Undergraduate: Carleton College, Northfield, Minnesota
 - Native of: Los Angeles, California

“ My time at Mayo Clinic was the best time of my life. I received a phenomenal education that’s allowed me to do what I do today.”

– Jon Thomas, M.D.

NEW ALUMNI ASSOCIATION PRESIDENT ERIC EDELL, M.D.



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

- Division of Pulmonary and Critical Care Medicine
- The Connor Group Professor of Thoracic Diseases
Honoring Claude Deschamps, M.D., and Eric S. Edell, M.D.,
Mayo Clinic College of Medicine and Science
- Mayo Clinic Rochester

-
- Fellowship: Thoracic diseases, Mayo Clinic School of Graduate Medical Education
 - Residency: Internal medicine, St. Luke's Hospital, Kansas City, Missouri
 - Medical school: University of Kansas Medical School, Kansas City, Kansas
 - Undergraduate: University of Kansas, Lawrence
-

If you said the new president of the Mayo Clinic Alumni Association was the consummate all-American Boy Scout, you'd be right. Eric Edell, M.D., is an Eagle Scout from Smith Center, Kansas. He took on leadership roles including caring for scouts who became ill on camping trips. That taste of medicine, along with another, sharpened his interest in pursuing a medical career.

"When I was 16 my sister had her first epileptic seizure in the deep end of the pool during swim

team practice," says Dr. Edell. "I was fortunate to have received training to instinctively provide the CPR she required."

After undergraduate, medical school and residency in the Kansas City area, Dr. Edell and his wife, Rosemary, moved to Rochester, Minnesota, for his subspecialty training in pulmonary and critical care medicine at Mayo Clinic. They intended to stay in Rochester for his fellowship but no longer. "My wife and I are from Kansas and planned to return and join a hospital practice in Kansas City." Thirty-two years later, the Edells remain Rochester residents. Dr. Edell joined the Mayo Clinic staff in 1988.

"Rosemary met a woman who was a preschool teacher, and one of her pupils was the son of the doctor I was joining in Kansas City," he says. "She told my wife about a family drawing the son made; it didn't include the father. When asked why, the boy said, 'He's probably working.' My wife shared the story with me, and I promised 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."

Dr. Edell is a past vice chair of the Division of Pulmonary and Critical Care Medicine. His clinical



interests include the diagnosis and management of patients with lung cancer and other disorders of the airway. He helped develop Mayo Clinic's interventional bronchoscopy practice that includes flexible and rigid bronchoscopy, airway stenting, ultrasound bronchoscopy and navigational bronchoscopy. His research focuses on bronchogenic carcinoma. Dr. Edell established Mayo's Thoracic Specimen Registry that has provided tissue specimens for more than 60 studies for early detection, novel treatments and the molecular biology of lung cancer patients.

His interest in the Alumni Association flows from his self-described passion for Mayo Clinic, the integrated practice concept, and the vision of the Mayo brothers and Franciscan sisters. "How lucky am I to have ended up here?" he says. "I can pick up the phone and consult with any one of many Mayo colleagues whose collective knowledge of medicine is unparalleled. I'm also part of a unique network of alumni around the world who share a common understanding that the needs of the patient come first.

"Our alumni frequently call to refer patients. They know we're not interested in 'stealing' their patients. It's a special feeling to know that our

FAST 5 DR. EDELL

1. He enjoys the outdoors — fishing, hunting, hiking and bicycling.
2. He reads historical fiction, history and leadership books.
3. He often wears a bolo tie to work. He started doing it once a week in tribute to a patient and has expanded it to be a more frequent accessory.
4. He and his wife have two daughters — Katherine, 31, an occupational therapist in Denver, Colorado; and Anna, 29, an elementary-school teacher in Salt Lake City, Utah, who is getting married in February.
5. His hidden talent is whistling — loudly. "I can whistle louder than 90 percent of the population," he says.

shared core value prevails above all else. We continue to strive and help our alumni with their practices in any way we can. Mayo Clinic may be ranked No. 1 in the country, but those who have trained or practiced here provide the richness of talent and tradition that make Mayo what it is. When Mayo alumni succeed, we all succeed." ▲



**Mayo Clinic Alumni Association
Board of Directors**

KNOW YOUR BOARD

**Provides leadership • Makes policy decisions
Decides strategic direction and vision**



JAY-SHEREE ALLEN, M.D. (FM '18)

- Executive Committee Member

**Mayo Clinic Rochester-Mayo Clinic School of
Graduate Medical Education representative**

- Residency: Family medicine, Mayo Clinic School of Graduate Medical Education
- Medical school: Meharry Medical College, Nashville, Tennessee
- Undergraduate: City College, City University of New York, New York
- Native of: Montego Bay, Jamaica

Why did you decide to pursue medicine?

My mom is a PACU nurse in New York City, and she told me stories about the residents at her hospital. I think she planted the seed for me to pursue a medical career when I was in middle school.

Why did you train at Mayo Clinic?

Mayo had recruited at Meharry, and my dean said, "It's the best institution. Prove to yourself that you're the best." I'd planned to return to New York for residency but decided to take him up on his challenge. During my fourth year at Meharry I did a visiting medical student rotation in family medicine at Mayo Clinic. I enjoyed it and was impressed with what I'd learned in a month. I thought about how much I could learn in an entire residency.

I came for a second look, and the deal was sealed. The first deciding factor was Dr. Kurt Angstman (FM '89), Department of Family Medicine. He asked me what I wanted to do and where I saw my career going. He was one of very few people who didn't make me feel my goals were unrealistic or out of reach. I needed someone in my corner to help me accomplish my goals. The other deciding factor was Dr. Robert Bonacci (FM '00), the residency program director. During my second look weekend, he came in from vacation in jeans and a T-shirt to see me and learn why I wanted to come to Mayo Clinic.

What was your initial impression of Mayo Clinic?

Some big institutions aren't as good as they're promoted to be. Mayo is one of the few places I've been that is better than it's advertised. Everyone does their job so well — from the deans to the maintenance workers. It makes for an awesome work environment.

I was born in Jamaica and, since moving to the U.S. at age 11, I've only lived in a big city, and that's where I planned to practice. I didn't have any Midwest residency programs on my radar — especially not Rochester, Minnesota. I came here for Mayo. The institution is impressive, and I'm grateful for the opportunity to train here.

What do you contribute to the Alumni Association?

I contribute the current resident perspective. Diversity is a big issue at Mayo Clinic, and I hope to contribute to discussions on that topic.

What do you do in your spare time?

I travel a lot. I went to Nicaragua in July with 53 people from the Rochester and Arizona campuses for a global health mission trip. I went to Ghana, Africa, to participate in the Mayo International Health Program in April 2017. I went to China on vacation in 2017 to visit a friend who opened a business there. I love experiencing new cultures and seeing how other people live.

I also enjoy doing yoga at the Dan Abraham Healthy Living Center, and I love to read for pleasure.

What would people be surprised to know about you?

I'm a National Health Service Corps Student to Service Award recipient, which means I'll work in an underserved area of the U.S. after my residency. After that I'd love to return to Mayo Clinic.



ANDREE KOOP, M.D. (I '18)

Mayo Clinic Florida-Mayo Clinic School of Graduate Medical Education representative

- Residency: Internal medicine, Mayo Clinic School of Graduate Medical Education
- Medical school: Dartmouth University, Hanover, New Hampshire
- Undergraduate: University of Florida, Gainesville
- Native of: Naples, Florida

Why did you decide to pursue medicine?

My dad is an internal medicine physician, so I had a lot of exposure to medicine while growing up. I felt like medicine was a good balance of being able to use science and helping people. I enjoy learning about things on a cellular level.

I plan to pursue a fellowship in gastroenterology. I like the diversity of diseases and the procedural aspect of the specialty.

Why did you train at Mayo Clinic?

I wanted to be back in the Florida area and was very impressed when I interviewed at Mayo Clinic. Everyone said patients come first, and I could see that they practiced that. Mayo also really values resident education. Our simulation lab is state-of-the-art. The training here is collaborative and patient focused. Mayo allows us to spend good quality time with patients.

What valuable lesson have you learned at Mayo Clinic?

Never forget the patient. As residents, we can get sucked into the workload of putting in orders and other aspects of the electronic health record. It's important to stay focused on the patient despite the technological requirements.

What was your initial impression of Mayo Clinic?

Everything is new at the hospital — tidy, sleek and well organized. Everyone was friendly. Patients seemed very satisfied with their care. It seemed like a top-of-the-line institution. I haven't been disappointed.

What do you contribute to the Alumni Association?

I'm president of the Mayo Fellows' Association in Florida, and we hold a lot of events — social, community service, etc. — for our residents and fellows. I can share what I learn from them with the Alumni Association.

What do you do in your spare time?

I spend time with my wife and our dog. We go to the beach, and I exercise and fish. My wife is a pediatric occupational therapist.

I want to be a great physician but also spend time with my family and have a life outside of medicine. As physicians, we spend about 90 percent of our days in front of a computer. I'm always trying to become more efficient in my work. Having outlets outside of work is important to take care of myself.

What would people be surprised to know about you?

I'm a fraternal triplet. Three boys — one with red hair (me), one with brown hair and one with blond hair. ▲



ON THE SHOULDERS OF GIANTS

'My success is her success is the group's success'



Talk to anyone in the Division of Hematology's Myeloma, Amyloid and Dysproteinemia Group at Mayo Clinic in Rochester, and they'll describe a "secret sauce" that bonds the group.

"There are no egos. Everyone is down to earth and committed to each other's success," says Rahma Warsame, M.D. (I '13, HEMO '16, HEMA '17, HEMO '17), who came to Mayo Clinic in 2010 for an internship and stayed for residency and fellowship. She joined the staff in 2017 and is the group's newest member. "On day five of my internship, someone suggested I meet with Dr. [Angela] Dispenzieri to focus on publishing a paper. I had no research or publishing experience. She gave me a small project, which I completed and published the results. She's been my mentor for the last seven years."

Taxiarchis Kourelis, M.D. (HEMO '15, HEMA '16, HEMO '16), says the group's core philosophy of mentoring helps ensure a successful program. "The horizontal philosophy of fairness and sharing the wealth with career-defining projects isn't always the case in competitive academic environments. It's very reassuring to have that experience early in your career. Everyone believes in you and wants to see the young faculty thrive."

Drs. Warsame and Kourelis say their mentor, Angela Dispenzieri, M.D. (I '94, HEMO '98), manifests that secret sauce. But Dr. Dispenzieri credits Robert Kyle, M.D. (I '59) — the "godfather" of the Myeloma,

Amyloid and Dysproteinemia Group, a world leader in the field and one of her mentors — as the wellspring of the secret ingredient.

"Dr. Kyle established a culture of sharing in the group, which was a one-man operation from 1960 to 1975, a two-man operation until 1982 and now, including all three Mayo campuses, the largest myeloma practice in the world," says Dr. Dispenzieri. "I'm not sure if Dr. Kyle taught people how to be like him or just collected people like him. Whatever the case, as the practice grew, each member of the group nurtured that special culture."

"Dr. Kyle was always very conscious of adding people's names to things to give them a foot in the door. He imbued sharing and generosity in the group. Putting a hand down to pull the next person up the ladder is just as important as climbing the next rung yourself. Our group lives by that principle today."

Dr. Warsame describes Dr. Dispenzieri's approach to the group's principle: "She has patiently taught me research methods and connected me with other collaborators. She looks for opportunities for me to get experience and exposure. My success is her success is the group's success."

Dr. Kourelis, who came to Mayo Clinic in 2012 for his hematology-oncology fellowship and began working with Dr. Dispenzieri, concurs: "I didn't have a background in research, so Dr. Dispenzieri



All for one and one for all in the Division of Hematology's Myeloma, Amyloid and Dysproteinemia Group: (left to right) Angela Dispenzieri, M.D., Rahma Warsame, M.D., Taxiarchis Kourelis, M.D., and Robert Kyle, M.D.

'spoon fed me' information while I sat next to her. Nowadays, when I come up with a good idea, she helps me move it forward and points out the big picture of what our field needs. She puts time and effort into me, and I don't want to let her down."

They both also cite her immediate availability and open-door policy.

"I hear from friends that they wish their mentors got back to them as quickly as mine does," says Dr. Warsame. "Nothing is better than a fast-responding mentor!"

Dr. Dispenzieri says Dr. Kyle is a role model for responsiveness. "I learned to put my mentees'

needs ahead of the things I need to do so they remain interested and excited. Our group is known for being a major player in the world in myeloma, amyloid and dysproteinemias, so we have a high level of pride in wanting to be the best. To do that, we need to bring out the best in each other.

"We have a culture of trust, kindness and collaboration that is really important, and I'm humbled to be part of it and share it with our newer faculty. We know that we are standing on the shoulders of giants, and we have enough insight to realize we need to get our shoulders ready to be stood on, too. It's an honor to be part of maintaining the Kyle legacy." ▲



MAYO CLINIC DISTINGUISHED ALUMNI AWARD

2017 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 2017 Mayo Clinic Distinguished Alumni Awards were presented on Oct. 30, 2017.

The 2017 Mayo Clinic Distinguished Alumni Award recipients: (left to right) Thomas Spelsberg, Ph.D., Robert Nirschl, M.D., Stephen Challacombe, Ph.D., Donald Greydanus, M.D., and Robert Waller, M.D.



Stephen Challacombe, Ph.D.

Professor of Oral Medicine
King's College
London, England

Stephen Challacombe, Ph.D. (IMM '79), was the Martin Rushton Professor of Oral Medicine at King's College London and University of London, a consultant in diagnostic microbiology and immunology to Guy's and St Thomas' Hospitals, and dean for External Affairs at King's College London Health Schools. He has made sustained, significant contributions to the clinical specialty of oral medicine and to his research specialty of mucosal immunology. He has been president of organizations including the International Association for Dental Research, British Society for Oral and Dental Research, and European Association of Oral Medicine. In more than 40 years at Guy's and King's College he has taught oral medicine to more than 5,000 dental students — a significant proportion of practicing dentists in the United Kingdom.

Fellowship: Immunology research, Mayo Clinic School of Graduate Medical Education, Rochester, Minnesota (1978-1979)

Graduate: Doctor of Philosophy, University of London, England (1972-1976)

Undergraduate: Bachelor of Dental Surgery, University of London (Guy's Hospital Dental School) (1964-1968)

Native of: London, England



Donald Greydanus, M.D.

Professor, Founding Chair and Program Director
Department of Pediatric & Adolescent Medicine
Western Michigan University School of Medicine
Kalamazoo, Michigan

Donald Greydanus, M.D. (S '74, PD '76), is the founding chair and program director of the Department of Pediatric and Adolescent Medicine at Western Michigan University, and a professor of pediatric and adolescent medicine. He also is a professor of pediatrics and human development at Michigan State University. He was director of the pediatrics residency program at Michigan State for 22 years. He is an advocate for quality health care for adolescents in the U.S., as demonstrated by his sustained record of outstanding contributions to the field of adolescent medicine. He received the Adele Dellenbaugh Hofmann Award for distinguished contributions in the field of adolescent health from the American Academy of Pediatrics, Honored Alumnus Award from the Mayo Clinic Department of Pediatrics, and Outstanding Achievement in Adolescent Medicine award from the Society for Adolescent Medicine.

Fellowship: Adolescent medicine, New York University School of Medicine, New York City (1976-1978)

Residency: Pediatrics, Mayo Clinic School of Graduate Medical Education, Rochester, Minnesota (1974-1976)

Medical school: College of Medicine and Dentistry of New Jersey (Rutgers Biomedical and Health Sciences), Newark

Undergraduate: Calvin College, Grand Rapids, Michigan

Native of: Paterson, New Jersey



Robert Nirschl, M.D.

Attending Orthopedic Surgeon, Virginia Hospital Center
Founding Director, Nirschl Orthopedic Center for Sports Medicine
and Joint Reconstruction

Orthopedic Consultant and Founding Medical Director,
Virginia Sportsmedicine Institute
Arlington, Virginia

Associate Clinical Professor of Orthopedic Surgery
Georgetown University School of Medicine
Washington, D.C.

Robert Nirschl, M.D. (OR '63), is the founder of the Nirschl Orthopedic Center for Sports Medicine and Joint Reconstruction and founding medical director of the Virginia Sports Medicine Institute. He is recognized around the world by sports medicine physicians, especially those who treat epicondylitis (tennis elbow). He has been instrumental in the initial recognition, treatment and investigation into the pathophysiology of this condition. He was appointed orthopedic consultant to the President's Council on Physical Fitness and Sport and was a founding member of the U.S. Tennis Association's Sports Science Committee. He trained and directly influenced hundreds of surgeons. He received a Distinguished Lifetime Career Award from the Virginia Orthopedic Society and an Outstanding Service Award from the Uniformed Services University for Health and Sciences.

Postgraduate: Master of Science Orthopedic Surgery, University of Minnesota, Minneapolis (1963-1966)

Residency: Orthopedic surgery, Mayo Clinic School of Graduate Medical Education, Rochester, Minnesota (1959-1963)

Medical school: Marquette University (Medical College of Wisconsin) (1954-1958), Milwaukee, Wisconsin

Undergraduate: Marquette University (1953-1954); College of the Holy Cross, Worcester, Massachusetts (1951-1953)

Native of: Milwaukee, Wisconsin



Thomas Spelsberg, Ph.D.

Emeritus George M. Eisenberg Professor of Biochemistry
Mayo Clinic College of Medicine and Science
Rochester, Minnesota
Waunakee, Wisconsin

Thomas Spelsberg, Ph.D. (BIOC '73), is a professor emeritus of biochemistry and molecular biology at Mayo Clinic College of Medicine and Science, and a past professor of cell biology and biochemistry at the University of Minnesota Graduate School. He was a member of the Department of Biochemistry and Molecular Biology at Mayo Clinic for more than four decades, the George M. Eisenberg Professor of Biochemistry, chair of the department of Biochemistry and Molecular Biology for five years, and president of the Mayo Clinic Staff. He was an endowed Distinguished Investigator in medical research at Mayo Clinic and director of the Mayo Clinic Rochester Medical Genomics Education Program and Mayo's Center for Reproductive Biology. He received continuous NIH funding for 38 years. He mentored more than 65 fellows and students in the various schools at Mayo Clinic.

Mayo Clinic Rochester: Consultant, Department of Biochemistry and Molecular Biology (1973-2014); Consultant, Department of Orthopedic Surgery (2011-2014); George M. Eisenberg Professor of Biochemistry (1984-2015); Professor of Biochemistry and Molecular Biology (1978-2015); Distinguished Investigator (1986-2015); President, Mayo Clinic Staff (1995-1996); Director, Mayo Center for Reproductive Biology (1985-1992); Chair, Department of Biochemistry and Molecular Biology (1989-1994)

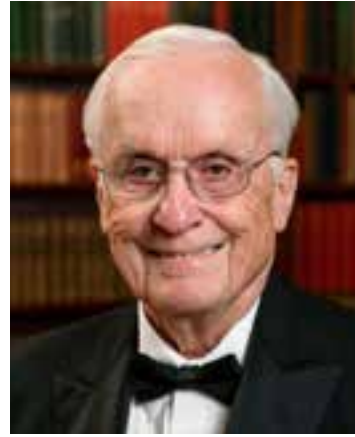
Fellowship: National Genetics Foundation, Vanderbilt University Medical Center, Nashville, Tennessee (1970-1973)

Postdoctoral: Biochemistry, M.D. Anderson Hospital and Tumor Institute, University of Texas, Houston (1967-1978)

Graduate: Ph.D., biochemistry and genetics, West Virginia University, Morgantown, West Virginia (1963-1967)

Undergraduate: West Virginia University (1957-1962)

Native of: Clarksburg, West Virginia



Robert Waller, M.D.

Emeritus Chair, Department of Ophthalmology
Emeritus President and CEO, Mayo Clinic
Rochester, Minnesota
Memphis, Tennessee

Robert Waller, M.D. (I '67, OPH '70), represented Mayo Clinic in patient care, education, research and administration during a 30-year career. He was department chair in ophthalmology for 10 years, professor of ophthalmology for 20 years, and the Whitney and Betty MacMillan Professor in Ophthalmology in Honor of Robert Rex Waller. He served on the Mayo Clinic Board of Governors for 15 years, including five years as chair; and on the Mayo Clinic Board of Trustees for 21 years, including 11 years as president and CEO. He was chair of Mayo's Diversification Committee that developed the plan to transition the institution into a national health care system and resulted in merging the two hospitals in Rochester, establishing medical centers in Arizona and Florida, and creating a network of hospital and physician partners in the Midwest.

Mayo Clinic Rochester: Consultant, Ophthalmology (1970-2001); Chair, Department of Ophthalmology (1974-1984); Professor of Ophthalmology (1980-2000); Board of Governors (1978-1993); Chair, Board of Governors (1988-1993); Board of Trustees (1978-1999); President and CEO (1988-1999); Chair, Rochester Methodist Hospital (1988-1993); Chair, Board of Trustees, Saint Marys Hospital of Rochester (1990-1993); Chair, Mayo Foundation for Medical Education and Research (1988-1998)

Fellowship: Oculoplastic surgery, University of California, San Francisco (1973)

Residency: Internal medicine, ophthalmology, Mayo Clinic School of Graduate Medical Education, Rochester, Minnesota (1966-1970)

Medical school: University of Tennessee College of Medicine, Memphis (1960-1963)

Undergraduate: Duke University, Durham, North Carolina (1955-1958)

Native of: New York, New York



ALUMNI ASSOCIATION INTERNATIONAL MEETING



**Mayo international review of select topics in medicine and surgery
June 21–23, 2018 • Berlin, Germany • Hotel Adlon Kempinski**

The meeting kicks off with a private reception at the Adlon Kempinski Hotel on the evening of Thursday, June 21. The program includes scientific talks on Friday and Saturday mornings; afternoons are free for exploring Berlin. The program concludes with a gala dinner on Saturday, June 23.

Speakers:

**“Mayo Clinic School of Medicine in Arizona:
New Skills for the 21st Century”**

Michele Halyard, M.D. (RADO '89)

“How to be an Effective Advocate for Immunizations”

Robert M. Jacobson, M.D. (PD '89)

“3-D Imaging and Printing: New Applications for Practice”

*Jane Matsumoto, M.D. (MED '80); Jonathan Morris, M.D. (R-D '06,
R-NEU '07)*

“Travel Medicine Update” *Steven Krotzer, M.D. (I '01)*

“Rapid Response to Stroke” *Joern P. Sieb, M.D. (N '93)*

“HIV 2018: From Fatal Illness to Chronic Disease”

Stacey Rizza, M.D. (MED '95, I '98, INFD '01)



- Five-star historic hotel adjacent to Brandenburg Gate
- Saturday, June 23, scientific sessions in Horsaal Lecture Hall at historic Kaiserin Friedrich Haus
- Robust speaker lineup
- 6-day, 5-night optional post-conference tour beginning in Berlin, including visits to Leipzig, Weimar and Erfurt

“Healthy Aging: Lessons from Long-Lived Individuals and Societies” Amit A. Shah, M.D. (I '14)

“Case Studies in Palliative Medicine”
Maisha Robinson, M.D. (I-1 '08, N '11, NHOSP '13)

“Preserving and Sharing Mayo Clinic Values in a Changing World”
David Agerter, M.D. (MED '79, FM '82)

“The Burden of Chronic Disease”
Victor Montori, M.D. (I '99, CMR '00, CLRSR '01, ENDO '02)

“Plummer Project — An Investment in the Future”
Steve G. Peters, M.D. (I '82, THD '84, CCM-I '85)

“Breast Cancer Screening and Diagnosis: Controversies and New Options”
Deborah Rhodes, M.D. (GIM '97)

“Spine Care: Controversies and New Developments”
Juergen Kiwit, M.D. (NS '91)

“Emerging Infections 2018”
M. Teresa Seville, M.D. (INFID '07)

“Delivering Highest Value Care at Mayo: How to be Trusted and Affordable”
Pablo Moreno Franco, M.D. (CCM-I '12)

“Enhancing Physician Well-Being and Preventing Burnout”
Lisolette Dyrbye, M.D. (CIM '01)

“Mayo Clinic and Oxford University — a New Transatlantic Partnership”
Stephen Cassivi, M.D. (TS '02)

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Registration information:
alumniassociation.mayo.edu/events



DEPARTMENT OF MEDICINE AT 50 YEARS



Reflections from former and current chairs



The Department of Medicine (DOM) at Mayo Clinic in Rochester celebrated its 50th anniversary in 2017. In recognition, *Mayo Clinic Alumni* interviewed the five living former chairs of the department and the current chair — the first woman to hold the position — about their memories, major accomplishments and thoughts about the Department of Medicine.

Facts about the DOM

- It has more physicians than any other Mayo Clinic department, with 602 physicians and fellows and 177 residents.
- It's one of Mayo's largest departments, with 2,378 employees.
- It supports all of the department's groups and subspecialties, coordinates care for millions of patients and educates future health care providers.

(Clockwise from upper left) Current Department of Medicine Chair Amy Williams, M.D., and former chairs Morie Gertz, M.D., Robert Frye, M.D., and Richard Weeks, M.D.



JAMES HUNT, M.D., 1974–1978

A bit of history to set the stage. Mayo Clinic exploded after World War II, when many of the staff returned from military service. Among the huge changes were new staff, facilities, programs and the approach to graduate medical education. How do you handle growth of that magnitude and maintain what Mayo Clinic was best known for — the place to go if you had a difficult medical problem?

What was Mayo Clinic like when you arrived?

In 1954 a first-year internal medicine fellow was assigned to a section of internal medicine, did histories and physicals for staff physicians, and attended almost nightly seminars at the Mayo Foundation House. The administrative unit was a group of five to seven men who largely managed patient care and education activities. Staff had little control of their practice calendars, and developing a specialty interest was the responsibility of the individual staff member. Research activity was an after-hours function. Sections with hospital services rotated coverage so that individual staff usually experienced one or two months of hospital-based specialty practice each year. There were no medical “critical care” hospital units. Second-year quarterly fellowship assignments were in basic science and medical-related sections — for me, pathology, neurology and psychiatry. Third-year assignments were hospital-based.

What do you recall about Dr. Reitemeir’s time as department chair?

In the early 1960s the Board of Governors provided sections an opportunity to develop subspecialty programs. To foster that progress, Dr. Reitemeir merged similar sections and singular specialty sections into divisions. Some administrative functions, including finance, research, staff recruitment and education programs — formerly managed in the graduate school — became a departmental responsibility. Individual staff were encouraged and assisted in developing research projects. Staff members were urged to participate in the planning process.

Department chairs

- **1967–1974:** Richard Reitemeir, M.D. (I '54), deceased 2006
- **1974–1978:** James Hunt, M.D. (I '58), retired former chancellor, University of Tennessee Health Science Center, Memphis
- **1978–1987:** Richard Weeks, M.D. (I '57), Division of Endocrinology, Diabetes, Metabolism, & Nutrition, Emeritus Staff
- **1987–1999:** Robert Frye, M.D. (CV '62), Department of Cardiovascular Medicine, Mayo Clinic in Rochester
- **1999–2008:** Nicholas LaRusso, M.D. (I '72, GI '75), Division of Gastroenterology and Hepatology, Department of Biochemistry and Molecular Biology, Mayo Clinic in Rochester; Charles H. Weinman Professor
- **2008–2016:** Morie Gertz, M.D. (HEM '83), Division of Hematology, Mayo Clinic in Rochester; Roland Seidler, Jr., Professor of the Art of Medicine Honoring Michael D. Brennan, M.D.
- **2016–present:** Amy Williams, M.D. (I '87, NEPH '90), Division of Nephrology and Hypertension, Mayo Clinic in Rochester

How did you carry on when you became chair?

My first responsibility was to improve and continue the implementation of Dr. Reitemeier's plan. To help foster institutional engagement, we developed two new divisions and other programs, including divisions of Family Medicine and Regional Internal Medicine. It was understood that Family Medicine would subsequently acquire departmental status. Regional Internal Medicine provided preferred access for residents of southern Minnesota.

What did you do after you left Mayo?

In 1978 I joined the University of Tennessee as a tenured professor of medicine and dean of the College of Medicine. In 1981 I became vice president for Health Affairs and chancellor of the Health Science Centers in Memphis and Knoxville, Tennessee. In 1993 I became a University Distinguished Professor, charged to develop and direct a Clinical Scholars Program to place generalist physicians in Tennessee's medically underserved areas. Experience gained and friendships established with Midwest family medicine chairs while developing family medicine at Mayo proved invaluable to a successful outcome with this challenge. I retired with emeritus status in 2001.

If one leaves Mayo in mid-career, he or she quickly realizes how great Mayo is. I was fortunate. The Mayo Board permitted me some advisory functions. I continued my personal health services with Mayo staff. Irene and I have an apartment in Bloomington, Minnesota. We hope for more on-campus time at Mayo.

Current Mayo staff should know that Mayo's evolution did not just happen. The opportunities you have resulted, in part, from the blood, sweat and tears of those staff there 50 years ago and longer. We had the future in mind. We hope you can imagine how pleased we are with what you do now and what you are capable of doing tomorrow.

Mayo Clinic is still "my institution." I was the luckiest guy in the world when invited to join the Mayo Clinic staff. I came for one year and stayed 24. The opportunities you have today are the results of the contributions of a lot of Reitemeiers who led the way.



RICHARD WEEKS, M.D., 1978–1987

I served two five-year appointments as chair and afterward was CEO of Mayo Clinic in Florida for two years. I'd been ready to retire but went to Jacksonville to run the hospital and then the clinic. I retired at the end of 1989.

What was the department like when you were chair?

I was chair at a time when we were still trying to become a department rather than a group of sections. The relationship between the chair of a section and the Board of Governors had been 1:1, so a lot of people didn't welcome the change. Getting everyone on board was delicate and an increasing problem during my years as chair.

What are you most proud of about your time as chair?

I'm proud that the parts of the department became much more unified, and our education program improved tremendously. It had been a pretty independent bunch of physicians when I became chair. I took every task that came along and tried to figure out the best solution. I tried to be fair. I enjoyed darned near everything about it, even the fights.

I put in my full 33 years and now live at Charter House. I'm 93. I decided early on that the worst thing an ex-chair could do was meddle and complain about things when he doesn't understand all the current ramifications.

“ Current Mayo staff should know that Mayo’s evolution did not just happen. The opportunities you have resulted, in part, from the blood, sweat and tears of those staff there 50 years ago and longer. We had the future in mind.” – James Hunt, M.D.



ROBERT FRYE, M.D., 1987–1999

I trained at Johns Hopkins and the National Heart Institute after medical school at Vanderbilt and came to Mayo Clinic in 1961 as a special appointee in cardiology — intended for only one year. Mayo was the center of the universe in cardiac surgery and cardiology — that’s why I stayed. There was no Department of Medicine when I arrived — only individual sections based on subspecialties. They all had general medicine responsibilities, too. The only reason the department was formed was because of the Residency Review Committee.

What was the biggest change in the department during your tenure?

I took over as chair from Dr. Weeks. The biggest change during my term was moving from the concept that everyone was an internist first and the subspecialty practice was secondary. General medicine had been distributed among all the divisions — everyone in the department had been expected to provide general medicine access. It had become apparent that we needed a general medicine subspecialty division. If we wanted to progress in subspecialties, we needed to focus on letting physicians subspecialize first. We created a general medicine division to make up for the access. That was a major focus of my time as chair.

How did the education program evolve?

We tried to build on the existing excellent educational program. Drs. Henry Schultz (I ’78, CIM ’79) and Roger Nelson (I ’73, ENDO ’77) led that charge and did a fantastic job, emphasizing academic activities in the residency program. All residents were expected to engage in scholarly activity. I’m particularly proud of the job Drs. Schultz and Nelson did in advancing the residency program in that regard.

What did you most want to accomplish during your time as chair?

I tried to make a difference for individuals in the department to achieve their personal goals. I didn’t always succeed, but we made important changes. The fundamental goal was to achieve happiness. I hope I reflected that during my term.

The department has only improved and flourished with subsequent leaders. Everything will be fine as long as we remain committed to our basic values and don’t let the challenges of reimbursement drive things.



NICHOLAS LARUSSO, M.D., 1999–2008

When I took over the department from Dr. Frye, it was in very good shape. He was a mentor to me, especially in the first few years, which was reassuring. He's unflappable. Equanimity is a major aspect of his persona. I learned a lot from him.

What were the goals of the department in your era?

Monumental changes happened in the department. Our goals were to serve patients, advance the science, stimulate innovation, promote staff satisfaction, optimize financial performance and plan our future.

“The size of the faculty doubled, the percentage of women increased, new divisions were organized, and major changes in organizational structure of the department in size and composition occurred.”

– Nicholas LaRusso, M.D.

The size of the faculty doubled, the percentage of women increased, new divisions were organized, and major changes in organizational structure of the department in size and composition occurred. We introduced novel organizational structures. I'm most proud that many of the things we did in the department are now integrated into the enterprise.

We completely reorganized inpatient activities in the department with geographically based units and an admissions coordinating unit, which is now standard at Mayo Clinic.

Our team stayed together for nine years, with few exceptions. We had a really good time together and were respectful of each other. Virtually all of the important decisions and initiatives were jointly fabricated and developed. We were ambitious — to be the best at the art and science of medicine.

What's your reflection on your career at Mayo Clinic?

I've been at Mayo for my entire career. The two best professional decisions I've made were coming to Mayo Clinic and staying at Mayo Clinic. I hope all of our alumni have respect for the Mayo Clinic legacy and know how fortunate they are to have trained at Mayo Clinic, have been on staff at Mayo Clinic or be on staff here.

Department of Medicine

- Division of Allergic Diseases
- Division of Endocrinology, Diabetes, Metabolism, & Nutrition
- Division of Gastroenterology and Hepatology
- Division of General Internal Medicine
- Division of Geriatric Medicine and Gerontology
- Division of Hematology
- Division of Hospital Internal Medicine
- Division of Infectious Diseases
- Division of Nephrology and Hypertension
- Division of Preventive, Occupational and Aerospace Medicine
- Division of Primary Care Internal Medicine
- Division of Pulmonary and Critical Care Medicine
- Division of Rheumatology



MORIE GERTZ, M.D., 2008–2016

Being chair was a wonderful opportunity and great training for me. I miss the networking with division and associate chairs and working with them and their administrative chairs. It's a high-functioning group that encourages each other to perform at the highest level of their ability.

What were the most pressing issues for the department during your tenure?

When I was chair, the Department of Medicine was a tremendous advocate for promoting research, clinical innovation and high levels of education for all internists in the department as well as an advocate for increased research funding to enhance Mayo Clinic's reputation.

“ Each division changed in the last 20 years from being well-rounded generalists to highly specialized physicians with niche practices where referring physicians can be assured that doctors seeing their patients have unique knowledge not available at other medical centers.” – Morie Gertz, M.D.

We partnered with the Mayo Clinic School of Graduate Medical Education to ensure that training for our trainees was unparalleled. Our support of research and way in which future alumni are trained has changed quite drastically, with advanced electronic techniques, didactic lectures and the way in which the practice is streamlined to ensure efficient flow of trainees among specialties.

We developed a clinical research office with resources for general medicine divisions that have ideas but lack resources. We've been aggressive in establishing career pathways for new staff so they have career development plans and can contribute to research. We made contributions to AskMayoExpert that have gone a long way to ensure we have standardized care processes for patients seen in the department.

Each division changed in the last 20 years from being well-rounded generalists to highly specialized physicians with niche practices where referring physicians can be assured that doctors seeing their patients have unique knowledge not available at other medical centers.

How did the department's structure change when you were chair?

We organized into six specific areas — outpatient, inpatient, research, resident/fellow education, safety and quality — and promoted portfolios for each of those. We developed quality and safety initiatives and standardized processes so we have almost-checklists for most diseases so patients don't need to worry about which doctor they see. They get the same treatment and answer no matter who they see.

Did you have an opportunity to work with now-chair Amy Williams, M.D.?

Amy Williams [M.D.] was my vice chair for three years. It's a profound sea change that she's the first woman chair. It reflects Mayo's commitment to diversity and inclusion. When I started there were no women division chairs in the department. Now women are on all the executive teams of divisions, which puts them in a position to lead into the future.



AMY WILLIAMS, M.D., 2016–PRESENT

I kept my name in the running for department chair to show everybody that no matter the speed of your career trajectory, gender or background, you can reach your goals at Mayo Clinic. It's a true honor to be the first woman chair of the department. I have an obligation to succeed in this position so it reflects that women can do this if they have the skills and support of top leadership.

How do you view the department within the larger Mayo Clinic context?

The DOM is sort of the glue that holds the Mayo Clinic practice together. It's the go-to place for complex multi-organ disease. We're set up to tackle just about anything that can come our way because we have sub-sub-specialists and community care

Dr. Williams on promoting women and women promoting themselves

"One of my goals has been to sponsor and promote other women," says Amy Williams, M.D., the first woman chair of the Department of Medicine." I've been heavily involved as a leader in a subspecialty organization, Women in Nephrology, that has provided me with a visible, tangible way to promote women.

"Often women at Mayo create their own glass ceiling by becoming stagnant in their career development or not looking for opportunities to gain leadership skills or get involved in high-profile projects. They often wait to be tapped to do something whereas men go to their boss and explain why they're needed for a particular opportunity. We need to change how women promote themselves to avoid that trap."

physicians. We can take care of patients throughout the pyramid of complexity and manage them when they're at risk for disease and when they have acute episodes of disease; and we can diagnose them, no matter how complex their conditions. We help stabilize them as a multidisciplinary, multispecialty team and keep them as healthy as they can be.

Many think of the Department of Medicine as the front door to Mayo Clinic. We're much more than that — we innovate, discover and are the masters of collaboration. As we see changes in health care trends and quality metrics, this front door will need to take different forms.

What's most important for the future of the department?

We need to continue to support an integrated practice and be there for our surgical colleagues. We can help define the risks patients have going into surgery or procedures, decrease risk for adverse events and work with the perioperative team to have the best possible outcomes. We also need to continue to innovate for our patients as well as for the success of Mayo Clinic. An example is our procedural practice, which is very innovative and has grown in numbers and scope.

Diversity in the department is much broader than it was in the past — much more inclusive of background, expertise and experiences. We're incredibly busy and continue to modify our care teams to be more effective and efficient to help meet patients' needs.

Is the department well prepared for the challenges health care faces in the future?

We face challenges as health care evolves and the expectations of our patients change. We must look at new models of care including virtual and connected care versus the patient in the office with us for every visit. Interactions with patients through the portal have increased; not all interactions are face-to-face. We help patients where they are as opposed to always bringing them to Rochester. We must go back to our roots of the integrated care we're famous for and look at new metrics for shared responsibility of patients as they go from department to department.

The DOM is filled with incredibly talented people who are committed to doing the right thing for the institution and patients and each other, which makes it easier. Everyone is aligned under the same vision, mission and motivation. ▲

DR. WILLIAMS' TOP TIPS

1. Be dependable in your practice.
2. Be strategic, and keep your goals in front of you.
3. Once you master your "main shield," get outside of your small environment to become visible at Mayo Clinic. Be part of a big project.
4. Take initiative and seek opportunities to gain leadership skills. The days of leadership posts falling in people's laps are gone.
5. Collaborate.
6. Help and mentor others.
7. Don't do all the work without getting credit for it. Make sure people see that it's your work or that you're part of the work.
8. Be generous in your timeline to meet those goals. Stay in the game no matter what your pressures are.
9. Be direct, tough and demanding without being nasty.
10. Don't make enemies; gain teammates, allies and friends on the way.

MAYO CLINIC UPDATE

Online stories

The Alumni Association website features additional news stories, colleague notes and New Chapter stories (below and at right) featuring alumni in earlier stages of their careers.

- **Jason Golbin, D.O. (THDCC '08)**, says many of his fellow lifelong New Yorkers believe medicine begins and ends in the Empire State. He gave the Upper Midwest a chance for his fellowship and “was blown away” by the quality of care delivered at Mayo Clinic. In his new position as chief quality officer for the Catholic Health Services system of Long Island, he is emulating Mayo’s approach to patient care.
- **Katrin Wacker, M.D. (OPH '16)**, completed a two-year postdoctoral clinical research fellowship in the Department of Ophthalmology at Mayo Clinic in Rochester — fitting the fellowship into her residency program in her native Germany. She has returned home to Germany and recently received a research award from the Mayo Alumni German Speaking Chapter. She continues to collaborate with Mayo Clinic and hopes to further an evidence base for more precise treatment of Fuchs’ endothelial corneal dystrophy.

alumniassociation.mayo.edu



Follow us on Facebook



The Mayo Clinic Alumni Association Facebook page is a good source for Mayo Clinic and Alumni Association news.

facebook.com/mayoclinicalumniassociation

The Mayo Clinic Alumni Association private group is a good place to talk to other alumni and ask questions in a closed setting.

facebook.com/groups/mayoclinic.alumni



Call for nominations — Distinguished Alumni Award

Who should be nominated for the 2018 Distinguished Alumni Award?

This award was established by the Mayo Clinic Board of Trustees to acknowledge and show appreciation for the exceptional contributions of Mayo alumni to the field of medicine, including medical practice, research, education, and administration. Individuals receiving this award are recognized nationally — and often internationally — in their field (page 24).

Nomination information:

alumniassociation.mayo.edu/people/awards/mayo-clinic-distinguished-alumni-award/

Deadline: March 1

Obituaries

Rene Beaudry, M.D. (I '66), died July 17, 2017.

John Drumheller, M.D. (I '45, PD '49), died July 25, 2016.

Jacques Duquette, M.D. (I '55), died May 23, 2017.

Murray Dworetzky, M.D. (I '51), died May 20, 2017.

Eugene Fibuch, M.D. (ANES '74), died Aug. 20, 2017.

David Ivey, M.D. (OPH '69), died July 31, 2017.

Robert Jordheim, M.D. (I '60), died May 31, 2017.

Edward Kaplan, M.D. (NS '64), died July 18, 2017.

Scott Kuhnert, M.D. (I '96, ANES '99), died Dec. 5, 2014.

James McAllister, M.D. (I '59), died June 27, 2017.

Charles Merwin, M.D. (DERM '63), died May 2017.

Daniel O'Donnell, M.D. (R-D '57).

Bryant Pickering, M.D. (I '62), died Sept. 11, 2017.

John Saycich, M.D. (PD '57), died Jan. 11, 2017.

Gerald Scott, M.D. (S '64), died July 13, 2017.

Raelinn Spiekhou, M.D. (I '00), died Aug. 12, 2017.

Edmund Taylor, M.D. (S '49), died June 23, 2017.

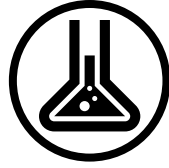
George "Bruce" Thow, M.D. (S '62, CRS '63), died Oct. 6, 2017.

Billups Tillman, M.D. (OR '67), died Feb. 15, 2017.

John J. "Jake" Turner, M.D. (S '57), died Aug. 12, 2017.

John Wolford, M.D. (PHYS '59), died Sept. 23, 2017.

Complete obituaries and alumni news
alumniassociation.mayo.edu/people



YOUNG INVESTIGATORS RESEARCH SYMPOSIUM

March 23–24, 2018 • Rochester, Minnesota

This March brings the fourth biennial Mayo Clinic Young Investigators Research Symposium to Rochester. The symposium integrates basic and clinical research and provides a forum for young researchers to gain knowledge from expert Mayo Clinic investigators.

Speakers include:

- Michael Lee, Ph.D., Department of Neuroscience, University of Minnesota, Minneapolis
- Evanthia Galanis, M.D. (I '94, HEMO '98), Chair, Department of Molecular Medicine, Mayo Clinic Rochester
- Hollis Potter, M.D., Chair, Department of Radiology and Imaging, Hospital for Special Surgery, New York City
- David T. Jones, M.D. (N '11, CI '13), Division of Behavioral Neurology, Department of Neurology, Mayo Clinic Rochester
- Noel Mueller, Ph.D., Department of Epidemiology, Johns Hopkins Bloomberg School of Public Health
- Ronald C. Petersen, M.D., Ph.D. (MED '80, N '84), Division of Behavioral Neurology, Department of Neurology, Mayo Clinic Rochester
- Dietram Scheufele, Ph.D., Department of Life Sciences Communication, University of Wisconsin-Madison
- Sharonne Hayes, M.D. (I '86, CV '90), Division of Cardiovascular Diseases, Mayo Clinic Rochester ▲



About the Young Investigators Research Symposium

- Established in 2010; held biennially
- For graduate students, medical students, allied health students, undergraduates, residents, clinical fellows, postdoctoral fellows and junior faculty
- Poster session and oral presentations
- Organized by Mayo Fellows' Association, Mayo Research Fellows' Association, Mayo Clinic Alumni Association, and Mayo Clinic College of Medicine and Science

alumniassociation.mayo.edu/events/

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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SAVE THE DATE

MAYO CLINIC YOUNG INVESTIGATORS RESEARCH SYMPOSIUM

March 23–24, 2018 • Rochester, Minnesota

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MAYO CLINIC ALUMNI ASSOCIATION INTERNATIONAL MEETING

June 21–23, 2018 • Berlin, Germany

See page 28

