

ALUMNI

MAYO CLINIC ISSUE 4 2019



BIENNIAL MEETING
RECAP

NEW PRESIDENT
CARL BACKER, M.D.

DISTINGUISHED
ALUMNI AWARDS

LETTER FROM THE PRESIDENT

I am very excited and honored to be your new president. I never imagined being in this position when I started at Mayo Medical School in 1976. I look back on my time at Mayo Clinic with great fondness, and I treasure my ties with my medical school classmates. The years when we get together for reunions are definite high points for me. I was quite happy to see some of those classmates at the recent Biennial Meeting of the Alumni Association in Rochester.

As I prepared to take the gavel from President Dr. Eric Edell (THD '88), I spoke with alumni from many states and countries. I noted the great enthusiasm they have for the institution where we got our footing in medicine. Hearing the remarks of the award recipients (Humanitarian and Professional Achievement Awards, page 16) reminded me of the core values we all learn at Mayo Clinic. These values have been the most important guiding principles of my career.

I encourage you to read about the recipients of the Mayo Clinic Distinguished Alumni Award. These six individuals, who represent four countries, have had remarkable careers and are beyond inspiring. I know two of them personally through service on the Alumni Association Board of Directors and can attest to their being among the best ambassadors Mayo Clinic could have.

The next major event on the alumni calendar is the 2020 International Program in Lisbon, Portugal. I was there in 2018 and can verify that we have a fantastic venue. I hope you'll think about joining me in Lisbon, where we'll learn in scientific sessions



CARL BACKER, M.D. (MED '80)

- President, Mayo Clinic Alumni Association
- A.C. Buehler Professor of Surgery
- Ann & Robert H. Lurie Children's Hospital of Chicago
- Northwestern University Feinberg School of Medicine
- Chicago, Illinois

and enjoy leisure time with alumni from around the world. I know it's hard to plan time away from work — I'm a busy pediatric heart surgeon. But the fellowship and goodwill you experience among fellow alumni is rejuvenating — a reminder of why you pursued a career in medicine. I hope to see you in Lisbon!

Sincerely,

See profile of Dr. Backer on page 25

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END-OF-YEAR MESSAGE FROM MAYO CLINIC LEADERSHIP

In August, the Board of Trustees approved our strategic plan leading to 2030, “Bold. Forward.”

In the face of rapid change in the health care industry, we are not waiting to see what happens. Instead, we are making things happen by transforming health care from within. Grounded in our values and strengthened by partners, including our alumni, we will cure, connect and transform health care on the path to 2030.

- **Cure** reflects our mission of providing team-based medical expertise. We are committed to finding more cures to some of medicine’s most vexing challenges through our discovery, translation and application cycle.
- **Connect** addresses health care’s complexity, fragmentation and inaccessibility. We will develop new physical and virtual tools to connect with patients and partners like you — when and where you need it. To accomplish this we will set up a center for digital health.
- We will **transform** health care by developing the Mayo Clinic Platform. This digital ecosystem will house our data and through AI allow us to improve our own practice. It will also deliver knowledge and insights globally, providing world-class health care. To be successful, we need many more partners to join us in this new digital space.



It is an ambitious and necessary plan. Like many of our patients, we don’t have the luxury of time. Our values compel us to act now to transform health care in the best interest of patients.

The Board fully endorsed our strategic direction, and we are quickly moving forward with implementation. Look for many more opportunities to collaborate in practice, education and research as “cure, connect and transform” continue to move from concept to reality.

Thank you for your continued support in the exciting journey ahead.

Sincerely,

Gianrico Farrugia, M.D.
President and CEO

The John H. Noseworthy, M.D., and Jay Alix
Distinguished Chair
Mayo Clinic



Mayo Clinic Alumni Association Board members at Mayowood

TOGETHER WE ARE MAYO CLINIC

**Mayo Clinic Alumni Association
71st Biennial Meeting
September 2019 • Rochester, Minnesota**

The 71st Biennial Meeting of the Mayo Clinic Alumni Association in Rochester, Minnesota, drew alumni and their guests from 25 states and seven other countries. The pages that follow highlight key speakers and awards.



71ST BIENNIAL MEETING

OPENING REMARKS



The 71st Biennial Meeting of the Mayo Clinic Alumni Association opened with remarks from outgoing President Eric Edell, M.D. (THD '88), of Rochester, Minnesota, and Mayo Clinic President and CEO Gianrico Farrugia, M.D. (I '91, GI '94).

Dr. Farrugia remarked that the meeting was an opportunity to reminisce; renew friendships; and hear about the future of education, research and practice at Mayo Clinic. "The Alumni Association gives you access to an extensive network of colleagues and a variety of experts on notable topics. Take advantage of being here, and enjoy your time with peers and friends."

Dr. Farrugia discussed how everything done at Mayo Clinic is aligned with the organization's values, which are the bedrock of the newly approved strategic plan leading to 2030. "Health care is in a state of transformation and disruption, and we must continue to shift to more consumer-focused care to make sure Mayo Clinic remains accessible. But we need to retain the human touch that is unique to Mayo and integral to our values. We can't become like any other health care organization."

The Mayo Clinic Board of Governors directed the development of the 2030 plan, which included an exhaustive trend analysis. Among these trends were that diagnoses will occur anytime and anywhere, at the convenience of the patient; virtual interactions will replace a number of physical visits; investments in research, education and meaningful partnerships are essential for the success of Mayo Clinic; and financial reimbursement models are changing. Dr. Farrugia shared that Mayo Clinic is in a position of strength, including being in the top decile for quality and safety, and he outlined the pillars of the 2030 plan, "Bold. Forward." (page 2).

"The foreseeable changes in health care and our 2030 plan present an opportunity for Mayo Clinic to lead and continue to help people around the world," says Dr. Farrugia. "I'm excited to lead us into the next decade." ▲



“The Alumni Association gives you access to an extensive network of colleagues and a variety of experts on notable topics. Take advantage of being here, and enjoy your time with peers and friends.”

— Gianrico Farrugia, M.D.



SPEAKERS, AWARDS & RECOGNITIONS

SPEAKER HIGHLIGHTS



The scientific sessions at the Biennial Meeting represented a cornucopia of topics. Among the pearls offered were the following:

- Mayo Clinic now asks new patients about their sex at birth and gender identity and preference; and has expanded demographic data collection to include sex development, gender identity and sexual orientation-related information. *John Knudsen, M.D. (RD '90), medical director, Mayo Clinic Office of Health Equity and Inclusion, Mayo Clinic in Rochester; Joseph Gallego, M.D. (MED '16), resident, Department of Psychiatry, Yale School of Medicine, Dean's Advisory Council for LGBTQI Affairs, Stamford, Connecticut*
- 2019 has seen a global increase in measles — three times the number of cases in 2018 and the highest incidence since 2006. Measles is among the leading causes of death in children worldwide. The decrease in measles vaccine uptake is a victim of its own success — loss of community memory about the severity of the disease. *Pritish Tosh, M.D. (I '06, INFD '09), Division of Infectious Diseases, Mayo Clinic in Rochester*
- Ebola is transmitted through direct contact with blood and body fluids of symptomatic patients. Poor public health and health care infrastructure, poor sanitation practices, poor access to medical

care and unsanitary burial practices contribute to its spread. Proven public health intervention, trained health care workers and coordinated international effort with boots on the ground, contact tracing, monitoring of exposed contacts and care of infected patients help to stop the spread of ebola. The ebola vaccine, which is in phase III clinical trial, is 97.5% effective.

Pritish Tosh, M.D. (I '06, INFD '09), Division of Infectious Diseases, Mayo Clinic in Rochester

- A pretravel consultation should include immunizations, medication for self-treatment and appropriate advice, including the importance of practicing safe sex while traveling. The leading causes of death among travelers are accidents (motor vehicle accidents and drowning among younger travelers) and cardiovascular incidents (among older travelers). Short-term travelers are most likely to get sick from traveler's diarrhea caused by *E. coli*. This condition can be prevented by drinking only boiled or commercially bottled beverages, eating only steaming hot cooked food, avoiding fresh fruit unless you can confidently peel it (e.g., bananas), eating only pasteurized dairy products, and avoiding salad. *Mary Kasten, M.D. (INFD '92), Division of Infectious Diseases, Mayo Clinic in Rochester*



Pritish Tosh, M.D.



Mariela Rivera, M.D.



Stephen Kopecky, M.D.



Sunil Mankad, M.D.



Anjali Bhagra, M.D.

- We need to recharge ourselves as much as we recharge our cell phones. Ways to do this include practicing morning gratitude, connecting with loved ones for at least two minutes when we return home, and silently wishing others well. *Anjali Bhagra, M.D. (I1 '05, I '08), Division of General Internal Medicine, Mayo Clinic in Rochester*
- 50% of what makes us healthy is lifestyle, 20% is genetics, 20% is environment and 10% is access to care. The No. 1 health risk factor in the U.S. is poor nutrition. The anti-inflammatory Mediterranean diet reduces myocardial infarction, stroke and cardiovascular death. Adherence to a pro-vegetarian food pattern further reduces mortality. Interval aerobic exercise — short bursts of energy — has greater health benefits than continuous moderate-intensity exercise. We stopped getting enough sleep when the internet was launched in 1991. Screen time should stop one hour before bedtime for optimal sleep. *Stephen Kopecky, M.D. (I '84, CV '87), Division of Preventive Cardiology, Mayo Clinic in Rochester*
- Breast cancer is increasing globally and is the second most common cancer in the world. It accounts for 25% of cancers in women, is the fifth-leading

cause of death from cancer in the world and is the most frequent cause of cancer death in women in less-developed countries. The most common age of breast cancer diagnosis is 62-63 years — approximately 10 years after menopause. One in eight women will develop breast cancer by age 80. The benign breast diagnosis that is most important to act on clinically is atypical hyperplasia.

Lonzetta Neal, M.D. (GIM '00), Division of General Internal Medicine, Mayo Clinic in Rochester

- The best methods of educating include frequent assessment, engaging resources, memory and skill acquisition, and feedback. Simulation learning is educational, interactive and safe. Mayo Clinic now sends low-fidelity training models along with interview packets to surgical residency candidates, letting them know they'll be tested in reading chest X-rays, surgical knot tying, suturing and other skills. After matching, residents receive a second package and a video. They're asked to practice the assigned skills and tape themselves performing them. The submitted videos are assessed and sent back to candidates for further practice. Once residents are at Mayo Clinic, they participate in Surgical Olympics — a full day



Lonzetta Neal, M.D.



learning surgical and nonsurgical skills. Performance metrics are used to develop curriculum for weekly simulation training. At the start of each week, trainees receive a video of the skills they'll be learning. Low-fidelity models are available 24 hours a day in vending machines. Six months later, trainees are assessed again. *Mariela Rivera, M.D. (CCMS '11), Division of Trauma, Critical Care & General Surgery, Mayo Clinic in Rochester*

- Incidence of atrial fibrillation is increasing. People who aren't taking anticoagulation medication are at risk of preventable stroke. Compared to warfarin, novel oral anticoagulants have lower incidence of intracranial hemorrhage, lower rate of major bleeding, greater control of target anticoagulation, and fewer food and drug interactions. Ablation as a primary treatment is likely to increase, especially in individuals with congestive heart failure. Ablation is more effective than antiarrhythmic agents to maintain sinus rhythm, and reduces mortality or hospitalization by 17% compared to drug therapy. *Sunil Mankad, M.D. (CV '06), Division of Cardiovascular Ultrasound, Mayo Clinic in Rochester* ▲

Video of the 71st Biennial Meeting scientific sessions is available at alumniassociation.mayo.edu



Lois Krahn, M.D.

SPEAKERS, AWARDS & RECOGNITIONS

RAYMOND PRUITT LECTURER

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

Walter Franz III, M.D. (FM '82)

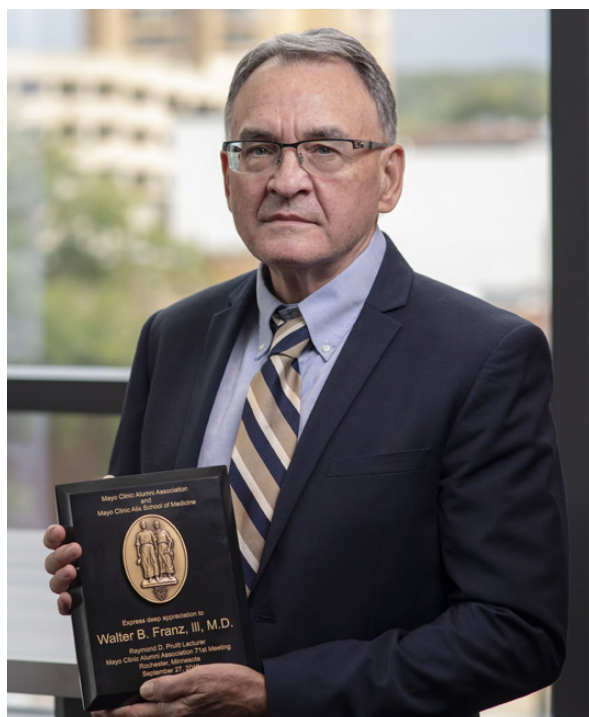
- Department of Family Medicine, Mayo Clinic in Rochester
- Assistant professor of family medicine, Mayo Clinic College of Medicine and Science

Dr. Franz's medical practice and institutional responsibilities include an emphasis on acute care, care of the underserved, care of military veterans, and disaster and emergency management. His educational and teaching interests focus on simulation of global health issues and mentoring learners in providing care in austere and underserved environments.

Dr. Franz was commissioned in the U.S. Army Reserve in 1991 and retired with the rank of colonel after 23 years of service. He served three tours in Iraq and one in Afghanistan, including command of a forward critical care and trauma team. His military awards include the Bronze Star Medal and Combat Medic and Combat Action badges. He serves as co-chair of the Veterans MERG (Mayo Employee Resource Group).

Dr. Franz has participated in Mayo Foundation missions for Hurricane Katrina relief to New Orleans and Louisiana; Mayo-sponsored humanitarian missions to Albania and Colombia; Program of Underserved and Global Health missions to Haiti; and Mayo Clinic Alix School of Medicine missions to the Dominican Republic, Guatemala and Nicaragua.

Dr. Franz completed family medicine fellowship and residency at Mayo Clinic School of Graduate



Medical Education in Rochester, Minnesota, where he was a member of the first class of family medicine residents. While a resident, he received a national Mead Johnson award for residency performance. He received his medical degree from the University of Missouri-Columbia School of Medicine in Columbia, and an undergraduate degree from William Jewell College in Liberty, Missouri. ▲

SPEAKERS, AWARDS & RECOGNITIONS

JUDD-PLUMMER LECTURER

This lectureship was established to honor two early, distinguished members of the Mayo Clinic medical staff — E. Starr Judd, M.D., (S '04) 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.

Bobbie Gostout, M.D. (MED '86, I '87, OBG '91, BIOC '93, GYNO '96)

- President, Mayo Clinic Health System
- Departments of Obstetrics and Gynecology and Surgery, Mayo Clinic in Rochester
- Professor of obstetrics and gynecology, Mayo Clinic College of Medicine and Science
- Member, Mayo Clinic Board of Trustees and Board of Governors

Dr. Gostout's clinical interests are robotic surgery and endometrial and ovarian cancer. She has authored more than 125 peer-reviewed journal articles and abstracts, and has reviewer responsibilities for several prominent journals.

Dr. Gostout completed a gynecologic oncology fellowship, obstetrics and gynecology research fellowship, obstetrics and gynecology residency and internal medicine residency at Mayo Clinic School of Graduate Medical Education in Rochester, Minnesota. She received her medical degree from Mayo Clinic Alix School of Medicine. She received an undergraduate degree from St. Mary's College and a bachelor's degree in nursing from the College of St. Teresa in Winona, Minnesota. ▲



“ Union of forces allows us to find solutions — 18% of surgical cases at Mayo Clinic involve more than one specialty. The national average is 2%.” — Bobbie Gostout, M.D.

SPEAKERS, AWARDS & RECOGNITIONS

DOCTORS MAYO SOCIETY LIFETIME ACHIEVEMENT LECTURER

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

S. Ann Colbourne, M.D. (I '93, ADGM '94)

- Clinical professor emeritus, University of Alberta, Edmonton, Alberta, Canada

Dr. Colbourne is former chair of the Board of Governors of NorQuest College in Edmonton, Alberta, Canada, and a former member of the Mayo Clinic Alumni Association Board of Directors. She has a career history of mobilizing individuals, teams, middle managers and decision-makers in transformational activity to maximize quality outcomes. Dr. Colbourne and her team received the 2013 and 2017 Alberta Health Services President's Excellence Awards: Quality & Safety, Patient & Family Centred Care for Collaborative Care Innovation.

Dr. Colbourne completed advanced internal medicine and internal medicine fellowship and residency at Mayo Clinic School of Graduate Medical Education in Rochester, Minnesota. She has a master of arts degree in theology and bachelor of arts degree in theology (Rhodes Scholar) from the University of Oxford, United Kingdom; and medical, bachelor of medical science and bachelor of science in biochemistry degrees from Memorial University of Newfoundland in Canada. ▲



“The recurrent conversation in my head returns to the Mayo core value of ‘The needs of the patient come first.’ It is incredibly clear, grounding and fundamental. It is what makes all the difference.”

— S. Ann Colbourne, M.D.

71st BIENNIAL MEETING

BOARD MEMBER RECOGNITION

The 71st 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:

- David Agerter, M.D. (MED '79, FM '82), Rochester, Minnesota
- Peter Amadio, M.D. (OR '83), Rochester, Minnesota
- Susheela Bala, M.D. (PAIM '87), San Bernardino, California
- S. Ann Colbourne, M.D. (I '93, ADGM '94), Edmonton, Alberta, Canada
- Suzanne Tollerud Ildstad, M.D. (MED '78), Louisville, Kentucky
- Joseph Mayo III, M.D. (MED '83, I '85, OR '89), Placentia, California
- Richard Morgan, M.D. (CCM-A '85), Lenexa, Kansas
- Robert Shannon, M.D. (FM '00), Ponte Vedra Beach, Florida
- Gene Siegal, M.D., Ph.D. (PATH '79), Mountain Brook, Alabama
- Sumeet Teotia, M.D. (PRES '97, S '01, CI '03), Dallas, Texas



Joseph Mayo III, M.D.



Peter Amadio, M.D.

New Board members

- Amado Baez, M.D. (EM '05), Augusta, Georgia
- Daniel Chan, M.D. (MED '11, I '14, GI '17), Mililani, Hawaii
- Elizabeth Cozine, M.D. (MED '11, FM '14), Rochester, Minnesota
- Sean Dinneen, M.D. (I '91, ENDO '94), Galway, Ireland
- Olufunso Odunukan, M.B.B.S. (I '12, CV '16), Atlanta, Georgia
- Michael Rock, M.D. (OR '82), Rochester, Minnesota
- Olayemi Sokumbi, M.D. (MED '09, II '10, DERM '13), Jacksonville, Florida
- Elaine Yacyshyn, M.D. (I '96, RHEU '98, GERI '99), Edmonton, Alberta, Canada
- Patricia Yugueros, M.D. (PLS '99, HAND '00, PRES '02), Atlanta, Georgia

New officers

- M. Molly McMahon, M.D. (ENDO '87), Rochester, Minnesota; secretary-treasurer
- Burkhard Wippermann, M.D. (BIOM '87), Hildesheim, Germany; vice president

New trainee Board representatives

- Sydney Larkin (MED '20), Mayo Clinic Alix School of Medicine representative, Rochester, Minnesota
- William Sheaffer, M.D. (S '20), Mayo Clinic School of Graduate Medical Education representative, Scottsdale, Arizona
- William Stross, M.D. (I '17, RADO '21), Mayo Clinic School of Graduate Medical Education representative, Jacksonville, Florida
- Tamiel Turley (MPET '21), Mayo Clinic Graduate School of Biomedical Sciences representative, Rochester, Minnesota ▲



Olayemi Sokumbi, M.D.



M. Molly McMahon, M.D.



71ST BIENNIAL MEETING

PRESIDENT'S GALA

The 71st Biennial Meeting included an evening event, the President's Gala, at the Hilton Hotel in Rochester, Minnesota.

The new Alumni Association president was installed, with a passing of the gavel from Eric Edell, M.D. (THD '88), of Rochester, to Carl Backer, M.D. (MED '80), from Winnetka, Illinois.

The Mayo Clinic Alumni Association Humanitarian Award was presented to Philippe Baele, M.D. (ANES '81), of Brussels, Belgium, and Patricia Walker, M.D. (MED '81, I '84), of Minneapolis, Minnesota. The Mayo Clinic Professional Achievement Award was presented to Claudette Lajam, M.D. (OR '04), New York, New York. ▲





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.

Philippe Baele, M.D. (ANES '81)

- Professor and chief, Department of Anesthesiology
- Cliniques Universitaires Saint-Luc
- Brussels, Belgium

Over several decades Dr. Baele has contributed enormously to the development of anesthesiology in Africa (Benin, Burkina Faso, Guinea-Conakry and Guinea Bissau) and South America (Chile, Argentina).

Dr. Baele became interested in improving anesthesia in poorer parts of the world and identified an area particularly affected by a shortage of qualified anesthesiologists — West Africa. In 1994 he and a local physician established an anesthesiology training program in Cotonou, Benin. The school has enrolled more than 200 physician trainees from 16 African countries, and 95% of them are active in teaching anesthesia in their home countries. This snowball effect has resulted in the creation of anesthesia schools in Benin, Mali, Togo, Guinea, Chad, Burkina Faso, Gabon and, soon, Niger. This program has revolutionized the demography of physician anesthetists in the region and offered safety in anesthesia and perioperative medicine to people of these countries. Currently, Dr. Baele is assisting with the development of a school for nurse anesthetists in Guinea.

He also set up a course in the medicolegal aspects of transfusion in Rosario, Argentina. Dr. Baele and his wife established a fund to support the education of Cotonou or Rosario alumni who lead progress in their locales. The fund has financed 26 alumni from 11 countries, with nine more scheduled.

Dr. Baele also is a major supporter of the Lifebox Foundation, a nongovernmental organization dedicated to improving the safety of anesthesia and surgery in low-resource countries. One of its major activities has been the development of a low-cost pulse oximeter for use in operating rooms in countries that have no reliable electricity for surgery and anesthesia, no ability to maintain complex medical instruments, and unrelenting technology and provider shortages.

Dr. Baele completed anesthesiology training at Clinique Saint-Pierre Ottignies in Ottignies, Belgium; at Cliniques Universitaires Saint-Luc in Woluwe-Saint-Lambert, Belgium; and at Mayo Clinic School of Graduate Medical Education in Rochester, Minnesota. He completed internal medicine residency at Clinique St-Michele, Cliniques de l'Europe, in Brussels, and completed his medical studies at the Catholic University of Louvain in Belgium. ▲



“ My career was strongly influenced by the Mayo Clinic values. The front wheel of the tricycle is clinical practice. That wheel needs the support of two other wheels — research and education.” — Philippe Baele, M.D.

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.

Patricia Walker, M.D. (MED '81, I '84)

- Professor, Division of Infectious Disease & International Health
- Adjunct faculty member, School of Public Health
- University of Minnesota
- Minneapolis, Minnesota

Dr. Walker is associate program director of Global Health Pathway, Division of Infectious Disease and International Health at the University of Minnesota Medical School, and medical director of HealthPartners Travel and Tropical Medicine Center. She is an internationally recognized pioneer in refugee and immigrant health, and leader in tropical medicine.

Dr. Walker was the first Mayo medical student to volunteer internationally, responding to the Cambodian refugee crisis in 1979. That experience sparked a lifelong commitment to refugee and migrant advocacy.

Dr. Walker co-edited the definitive textbook "Immigrant Medicine" and founded the St. Paul Center for International Health — the national model for such centers. She served as president of the American Society of Tropical Medicine and Hygiene, and established the Global Health Course at the University of Minnesota — one of only 18 ASTMH-accredited courses in the world and the only course conducted in collaboration with the Centers for Disease Control and Prevention (CDC). She is a CDC GeoSentinel site co-director for Minneapolis/St. Paul.

Dr. Walker has received awards including "Favorite Role Model for Women in Health Care," *Minnesota Women's Press* annual reader survey; fellow, American Society of Tropical Medicine and Hygiene; Distinguished Alumni Citation in the Field of Medicine, Gustavus Adolphus College; "Local Legends of Medicine" for Minnesota, National Library of Medicine, National Institutes of Health; Community Health Commitment Award for overseeing creation of the Hmong Mass Screening Clinic, Minnesota Hospital Association; Champions of Health Award, Blue Cross Blue Shield Foundation of Minnesota; Top 100 Influential Health Care Leaders, *Minnesota Physician*; Minority Affairs Committee Meritorious Service Award, Minnesota Medical Association; and Twin Cities International Citizen Award, mayors of Minneapolis and St. Paul.

Dr. Walker completed Bush Medical Leadership fellowships at Mahidol University's Hospital for Tropical Diseases in Bangkok, Thailand; at London School of Hygiene & Tropical Medicine in London, England; and at the University of St. Thomas (health care management) in St. Paul, Minnesota. She completed internal medicine residency at Mayo Clinic School of Graduate Medical Education and medical school at Mayo Clinic Alix School of Medicine in Rochester. Dr. Walker received her undergraduate degree from Gustavus Adolphus College in St. Peter, Minnesota. ▲



“ Be guided by your core values. Find your voice. Optimism and compassion are moral imperatives.” — Patricia Walker, 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.

Claudette Lajam, M.D. (OR '04)

- Associate professor of orthopedic surgery, NYU School of Medicine
- Division of Adult Reconstructive Surgery, NYU Langone Orthopedic Hospital
- New York, New York

Dr. Lajam is the ninth recipient of the Professional Achievement award and the first woman to be honored with it. Dr. Lajam is a fellow in the American Academy of Orthopedic Surgeons (AAOS) and has served in leadership roles including Communications Cabinet, Board of Councilors, and Executive Committee of the AAOS PAC. She is chair of the AAOS Advocacy Resource Committee and a member of its Annual Meeting Program Committee and will serve as its chair in 2021.

Dr. Lajam is past president of the Ruth Jackson Orthopedic Society, which offers professional development for women in orthopedics and focuses on mentoring young surgeons. Membership in the Ruth Jackson Society has increased exponentially as a result of Dr. Lajam's enthusiasm and leadership. Dr. Lajam edited the second edition of the "Ruth Jackson Guide for Women in Orthopedics," a guide for trainees in orthopedic surgery.

Dr. Lajam's clinical practice focuses on hip and knee replacement surgery. She is director of Quality for Adult Reconstructive Surgery at NYU Langone Orthopedic Hospital and chief orthopedic quality officer for the Department of Orthopedic Surgery.

She has identified solutions to quality issues that have led to improved outcomes.

Dr. Lajam is teaching the next generation of orthopedic surgeons to think, evaluate and act in the operating room and world of medicine. She developed the Strategy and Policy Track for the NYU Langone Orthopedic Residency Program — a joint program with the NYU Wagner School of Health Policy that provides an opportunity for residents to complete coursework for a certificate in health care policy.

Dr. Lajam is a member of the department's Diversity Committee and has developed programs for medical students from underrepresented minorities to visit the department for rotations and other clinical experiences.

Dr. Lajam has been a significant contributor to the sixth edition of "Insall & Scott Surgery of the Knee," co-authoring three chapters and providing eight online video contributions.

Dr. Lajam completed a physician nurse leadership fellowship at NYU Langone Health, a leadership fellowship with the American Academy of Orthopedic Surgeons, and an adult reconstruction and sports fellowship at Insall Scott Kelly Institute at Lenox Hill Hospital in New York City. She completed orthopedics residency and internship at Mayo Clinic School of Graduate Medical Education in Rochester, Minnesota. Dr. Lajam received her medical degree from Cornell University Medical College in New York City and an undergraduate degree from the University of Pennsylvania in Philadelphia. ▲



“ Physicians should drive what medicine is in 10 years. We need to educate the people who make the laws in this country. Advocacy is crucial to the future of our profession. If you’re not at the table, you’re the meal.” — Claudette Lajam, M.D.



71ST BIENNIAL MEETING

'STRONG' WOMEN PHYSICIANS & SCIENTISTS

leave gathering 'inspired & grateful'



More than 70 physicians, scientists and trainees convened at the first-ever meeting of the Mayo Clinic Alumni Association Women Physicians & Scientists Group. Alumnae heard from keynote speaker Bobbi Gostout, M.D. (MED '86, I '87, OBG '91, BIOC '93, GYNO '96), president, Mayo Clinic Health System; Departments of Obstetrics and Gynecology and Surgery, Mayo Clinic in Rochester, who spoke about vulnerability as an asset and as the birthplace for creativity and change.

Dr. Gostout was followed by a panel of leaders from different career stages and led by S. Ann Colbourne, M.D. (I '93, ADGM '94), clinical professor emeritus, University of Alberta, Canada. Panel members included:

- Claudette Lajam, M.D. (OR '04), NYU Langone Orthopedic Hospital, New York City
- Diane Jelinek, Ph.D. (IMM '91), Dean for Research, Mayo Clinic in Arizona; the Gene and Mary Lou Kurtz Professor of Multiple Myeloma Research
- Anjali Bhagra, M.D. (I1 '05, I '08), chair, Diversity and Inclusion Committee in Rochester, Mayo Clinic in Rochester
- Narjust Duma, M.D. (HEMO '19), University of Wisconsin Carbone Cancer Center in Madison



Keynote speaker Bobbi Gostout, M.D.



S. Ann Colbourne, M.D., poses a question to Anjali Bhagra, M.D.



Members of the Mayo Clinic Alumni Association Board of Directors who developed and organized the Women Physicians & Scientists Group meeting: Olayemi (Yemi) Sokumbi, M.D. (MED '09, I1 '10, DERM '13), Mayo Clinic in Florida; Michelle Wyatt, M.D. (MED '14, OBG '18, MFM '21), Mayo Clinic in Rochester; Melanie Brown, M.D. (MED '98), Children's Hospitals and Clinics of Minnesota, Minneapolis; and S. Ann Colbourne, M.D. (I '93, ADGM '94), clinical professor emeritus, University of Alberta, Edmonton, Alberta, Canada.

If you're interested in serving in a leadership role or on a committee/task force to determine the future of the Mayo Clinic Alumni Association Women Physicians & Scientists Group, please email your interest to mayoalumni@mayo.edu.

Panel members shared career advice and discussed personal stories of challenges and success.

The day culminated with participants brainstorming and networking in small group discussions about issues that affect women in medicine, including work-life balance, working part time, establishing career objectives, finding time for self-care, learning to take risks, recognizing the effect of stress on health, being persistent at demanding change, challenging the expectations of female behavior, finding allies, getting real feedback, and identifying mentors and sponsors.

Alumnae in attendance who completed a survey of the event indicated 100% satisfaction, with their primary suggestion being that the event should be longer:

- "We needed more time to reap the most from this fertile field of resources and collective wisdom."
- "I'm new to Mayo Clinic, and this helped me meet other women physicians and scientists so I can integrate sooner and expand work opportunities."
- "This helps me maintain connections while I'm outside of Mayo Clinic."

- “Next time, let’s have role-playing scenarios; talks on challenges women face in career advancement, leadership skills, and gender bias from colleagues, co-workers, nurses and patients.”
- “Let’s continue the conversation with a formal women’s group, regular meetings, an annual full-day conference and a website.”
- “Please, do it again soon.”

The task force of alumnae who organized the event (page 23) will recommend next steps to the Alumni Association Board of Directors.

“We were delighted with how this initial event turned out and the lively engagement of the alumnae who participated,” says task force chair Melanie Brown, M.D. (MED ’98), program director of Integrative Medicine at Children’s Hospitals and Clinics of Minnesota in Minneapolis. “We believe this is a good foundation for establishing a thriving alumni women’s group.” ▲

Participants responded to three questions about the event and being women physicians and scientists. The words below indicate the most common responses.

1. What word describes how you feel about today’s session?
Inspired. Grateful. Empowered.
2. What word describes a challenge that you face as a woman physician or scientist?
Balance. Time. Perception.
3. What word do you associate with being a woman physician or scientist?
Strong. Trailblazer. Multitasker.



NEW ALUMNI ASSOCIATION PRESIDENT CARL BACKER, M.D.



Carl Backer, M.D. (MED '80)

- Congenital heart surgeon
 - Surgical director, Heart Transplant Program
 - Ann & Robert H. Lurie Children's Hospital
 - A.C. Buehler Professor of Surgery
 - Northwestern University Feinberg School of Medicine
 - Chicago, Illinois
-
- Fellowship: Pediatric cardiovascular-thoracic surgery, Children's Memorial Hospital, Chicago
 - Residency: Cardiothoracic surgery and general surgery, Northwestern University – McGaw Medical Center, Chicago
 - Medical school: Mayo Clinic Alix School of Medicine, Rochester, Minnesota
 - Undergraduate: Northwestern University, Evanston, Illinois
-

Carl Backer, M.D.'s experience with Mayo Clinic dates back to the early 1960s. He attended kindergarten through second grade in Rochester, Minnesota, when his father, Gordon Backer, M.D. (OPH '63), was an ophthalmology resident. His uncle, William Backer, M.D. (OPH '64), also was an ophthalmology resident.

"I remember the very tall Mayo building and Assisi Heights, which we drove past on the way to my uncle's house," says Dr. Backer. The brothers

took over a solo practice in Wausau, Wisconsin, that became the Backer Eye Clinic (now Eye Clinic of Wisconsin).

Dr. Backer considered ophthalmology, but cardiac surgery caught his attention. "During a rotation in medical school at Mayo, I fell in love with cardiac surgery," he says. "There was something magical about using the heart-lung machine, opening up a child's heart and doing a repair that would last a lifetime."

Unbeknownst to Dr. Backer at the time, he was observing some of the true giants in the field — Dwight McGoon, M.D. (S '57), Robert Wallace, M.D. (CS '64), James Pluth, M.D. (TS '69), Gordon Danielson, M.D. (CS '67), and Peter Pairolero, M.D. (S '71, TS '74). "They had a profound influence on me, and I secretly hoped I could do what they did," says Dr. Backer.

Off he went to Northwestern for residency. "I'd done an away rotation there as a medical student and received my undergraduate degree there, so I had friends in Chicago," says Dr. Backer. "I've been there ever since."

Dr. Backer and the late Farouk Idriss, M.D., performed the first heart transplant at Children's Memorial Hospital (now Ann & Robert H. Lurie Children's Hospital of Chicago) in 1988. Dr. Backer has now performed more than 300 heart transplants

and is the surgical director of the only pediatric heart transplant program in Illinois. He became division head of Pediatric Cardiovascular and Thoracic Surgery in 2008. Children's Memorial Hospital moved from Lincoln Park to a new hospital facility in downtown Chicago in 2012, and the Heart Center subsequently moved to a new 44-bed cardiac unit on the top floor of the hospital.

Dr. Backer's clinical interests include neonatal cardiac, tracheal, vascular ring and arrhythmia surgery. He has authored or co-authored more than 300 refereed articles, 105 book chapters and five textbooks. He is co-editor of three cardiac surgery textbooks: "Pediatric Cardiac Surgery" (2nd, 3rd and 4th editions), "Atlas of Pediatric Cardiac Surgery" with Constantine Mavroudis, M.D., and "Wilcox's Surgical Anatomy" (4th edition) with Robert H. Anderson, M.D.

Despite his long tenure in Chicago, Dr. Backer keeps Mayo Clinic values and ideals close to his heart. "If you look around my office, there's a photo of Drs. Will and Charlie and a Mayo Clinic Alumni Association chair," he says. "The influence of Mayo Clinic is probably the fundamental reason I'm doing what I'm doing. I had an example of what a world-class pediatric heart surgeon could be like, and I've tried to live up to that legacy."

Dr. Backer maintains deep ties to Mayo Clinic. His medical school class has stayed in close contact and has gathered for 10-year and 25-year reunions. "We are a cohesive group," he says. "We went through



FAST 5 DR. BACKER

1. He's been married to Julia, a NICU nurse, for 27 years.
2. The couple has four children: Charlotte, 21, a student at the Perkins School in Massachusetts; Annabelle, 20, a ski instructor in Telluride, Colorado; Ford, 17, a senior in high school; and Findlay, 15, a sophomore in high school.
3. The family has three dogs: a miniature poodle, Maltese and Maltipoo.
4. In winter the family skis in Telluride, Colorado. In the summer they visit Nantucket Island, Massachusetts.
5. He has a plaque with a quote from Dr. Will in his office: "There's no fun like work." "A lot of my Saturday mornings are spent working on the *Journal of Thoracic and Cardiovascular Surgery*. Dwight McGoon, M.D., was the editor from 1977 to 1987. I never thought I'd be an associate editor."

“When patients tell me they want to go to Mayo Clinic because of what they’ve heard, I tell them there is no better place.”

— Carl Backer, M.D.

a lot of formative experiences together — late night studying, anatomy lab, our first clinical rotations, Match Day. We had football and baseball teams, and played tennis on the Rochester public courts. We went to each other’s homes for barbecues. I lived with three other medical students in the red brick house on the road leading to Mayowood, and we had a lot of impromptu parties there. When we get together now, it’s like going back in time.”

Dr. Backer believes that the strength of the Mayo Clinic Alumni Association lies in the profound effect Mayo Clinic has on the lives of its trainees. “The Mayo Clinic way of taking care of patients, which started with Will and Charlie, makes an indelible impression. Training at Mayo Clinic has allowed us to have rewarding professional occupations,

take excellent care of our patients and advance the science in our respective fields. My wife and I joined the Doctors Mayo Society in 1996. I’m honored to be president of the Alumni Association and hope to persuade more alumni to become members of the Doctors Mayo Society — especially my medical school classmates and cardiothoracic surgery alumni. It is extremely important to perpetuate the values of Mayo Clinic by giving back because much was given to us.”

Dr. Backer is close friends with Joseph Dearani, M.D. (TS ’96), chair, Department of Cardiovascular Surgery at Mayo Clinic in Rochester and the Sheikh Zayed Professor of Cardiovascular Diseases Honoring George M. Gura, M.D. The two met through involvement in the Midwest Pediatric Cardiology Society and then, more recently, Dr. Dearani succeeded Dr. Backer as president of the Congenital Heart Surgeons’ Society.

“When patients tell me they want to go to Mayo Clinic because of what they’ve heard, I tell them there is no better place,” says Dr. Backer. “When they return from Rochester, they invariably remark on what a great experience they had. I’m proud that Lurie Children’s is ranked No. 2 in the country for pediatric cardiology and heart surgery by *U.S. News & World Report*. But I’m even prouder that Mayo Clinic is the No. 1 ranked hospital.” ▲



Summer 2019, Nantucket Island. Carl Backer, M.D., with children Charlotte, Findlay, Annabelle, Ford, and wife, Julia.



100 YEARS OF NEUROLOGY TRAINING



In 1919, St. Paul, Minnesota, native John B. Doyle, M.D. (N '21) — fresh from military service — became Mayo Clinic's first neurology trainee. Dr. Doyle remained at Mayo for a decade before moving to Los Angeles for private-practice neurology and psychiatry.

Trainee No. 1 Doyle might not recognize the training program today. The path he first trod has been followed by 1,040 other neurology residents and fellows at Mayo Clinic in Rochester. In 2019, women and underrepresented racial and ethnic minorities represented a larger proportion of neurology trainees than any time in the program's history — well ahead of national benchmarks. At any given time the training program includes 27 adult neurology residents, six pediatric neurology residents, and 25 to 30 neurology clinical fellows. Along with significant growth at Mayo Clinic since Dr. Doyle's era have come robust neurology residency and fellowship programs on the Arizona and Florida campuses. Technology has revolutionized the practice of neurology since 1919, but the focus on education in Mayo's training program hasn't wavered.

Graduates of Mayo's neurology training program have gone on to chair neurology departments across the country, lead specialty societies and even serve as Mayo Clinic CEO — John Noseworthy, M.D. (N '90), from 2009 to 2018.



John B. Doyle, M.D., was Mayo Clinic's first neurology trainee. His son, John B. Doyle Jr., M.D. (S '53, NS '59), followed in his footsteps as a Mayo trainee (surgery and neurologic surgery) in the 1950s.

"Mayo Clinic has long recognized the strategic value of investing in education," says Lyell Jones Jr., M.D. (I1 '01, N '04, NEMG '05), Department of Neurology and residency program director. "The vision for our training program is to prepare the next generation of leaders in neurology. Our graduates have achieved remarkable success at Mayo Clinic and elsewhere."

Mayo Clinic Alumni spoke with six neurologists who trained in the program through the years to get their perspectives on neurology training at Mayo Clinic.



Physicians in the Mayo Clinic Section of Neurology in 1931 included John B. Doyle, M.D. (center, back row).

Inspired to become a neurology educator

Barbara Westmoreland, M.D. (EEG '71), Mayo Clinic Emeritus Staff, cannot speak highly enough about the quality of her EEG fellowship training at Mayo Clinic under Donald Klass, M.D. (NPSY '58). "Dr. Klass was extraordinary as was his knowledge of EEG — no one could replace him."

EEG technology has changed somewhat in the last half century, but Dr. Westmoreland says some things have stayed the same in neurology training at Mayo Clinic. "The spirit of collaboration, collegial respect and compassion for patients remain constant."

Dr. Westmoreland so valued the neurology training she received at Mayo Clinic that she involved herself in education when she joined the department's staff in 1971. She became director of EEG education a few years later and established a career focused on training future generations of neurolo-

gists. She organized the EEG didactic material for the training program and developed teaching manuals. Her work followed that of Jasper Daube, M.D. (NPHY '70, Mayo Clinic Emeritus Staff), on the EMG side.

Together, Drs. Westmoreland and Daube developed the first introductory course in clinical neurophysiology — both EEG and EMG — for residents and fellows. Dr. Westmoreland also became involved with the neuroscience course for first-year Mayo medical students. "Instead of relying on lectures, we taught students in small interactive groups," she says. "While this teaching method is common today, it wasn't in the early 1970s. We were at the forefront of this type of teaching."

In the 1980s the duo developed and co-directed update courses in clinical neurophysiology in the Mayo Clinic School of Continuous Professional Development. Dr. Westmoreland also contributed the



Barbara Westmoreland, M.D.

EEG content for “Clinical Neurophysiology” (now in its fourth edition) and co-wrote the first edition of “Medical Neurosciences: An Approach to Anatomy, Pathology and Physiology by Systems and Levels” along with Dr. Daube and Burton Sandok, M.D. (N ’69) (now in its sixth edition).

Dr. Westmoreland collaborated with Dr. Daube on developing a structured clinical neurophysiology fellowship program, and in 1987 she became its first program director. Subsequently, comparable fellowships were instituted on Mayo’s Arizona and Florida campuses.

“We worked with EEG, EMG, neurological and psychiatry organizations and societies to get the clinical neurophysiology fellowship approved and recognized as an official subspecialty,” says Dr. Westmoreland. “It was the first time a subspecialty involving lab tests was approved by the American College of Graduate Medical Education (ACGME) and American Board of Psychiatry and Neurology (ABPN) — a major accomplishment.”

Drs. Westmoreland and Daube were subsequently appointed to the ABPN Board Exam Committee to develop the clinical neurophysiology certifying exam.

When Dr. Westmoreland reflects on her career in neurology education, she says she appreciates

the opportunities Mayo Clinic gave her to teach and participate in all levels of education. “It has been a privilege to be involved in education and a joy to work with students, residents and fellows. One of the strengths of our Department of Neurology is its influential role in education — teaching physicians at Mayo and at other institutions. We have only to look at the many trainees we have helped launch into national and international recognition and neurology leadership positions for validation. It’s been my honor to have played a part.”

Propelled to presidency of premier professional society

Terrence Cascino, M.D. (N ’80), Mayo Clinic Emeritus Staff, says Mayo’s neurology training program, like the department itself, maintains its excellence even throughout changes in leadership.



Terrence Cascino, M.D.

“ Mayo staff are dedicated to education and given the time to do it in a thoughtful, organized way.”

— Terrence Cascino, M.D.

“Some places have ups and downs depending on personnel, but Mayo Clinic’s program and the quality of education have been consistently excellent since the beginning — excellence of faculty and staff, approach to education and appreciation for residents.

“Residents are treated like colleagues and students, not bodies to cover the services. Mayo staff are dedicated to education and given the time to do it in a thoughtful, organized way.”

Dr. Cascino led the Neurology Residency Program from 1989 to 1994, and was dean of Mayo Clinic Alix School of Medicine and Mayo’s executive dean for Education, and a former president of the American Academy of Neurology. He’s seen his share of trainees in several decades and says he believes he could pick out the Mayo neurology trainees in a group.

“Maturity and professionalism — from how they dress to how they work in teams — distinguish Mayo residents,” says Dr. Cascino. “They act as if they’ve been physicians for years and understand what needs to be done.”

About his own neurology residency experience at Mayo Clinic, Dr. Cascino says he appreciated the clinical orientation and workload. “Some programs have more emphasis on hospital rather than clinic rotations, but the latter better prepares you for a career

in neurology. Mayo also sees the individuality of each resident — what they need that’s different from one to another. We see other programs emulating Mayo’s. At least once a week for the last 30 years I’m asked by someone, ‘How can we make our program like Mayo’s?’”

Rigor imparted at Mayo Clinic guides her in training the next generation

In the early 1990s neurology resident Ann Poncelet, M.D. (NEMG ’93), was counseled by faculty at Stanford University to consider Mayo Clinic for EMG fellowship, including one faculty member who was a Mayo alumnus.

“EMG fellowships tend to be small programs, and you find out about them by word of mouth,” says Dr. Poncelet. “I wasn’t familiar with Mayo Clinic, but I followed my colleagues’ advice. I was impressed with the strength of the Mayo program and I signed on. It was totally worth it.

“Mayo Clinic approaches things with rigor and a standardized approach that I practice to this day. The commitment to learners was strong, and the quality of practice that the residents and fellows emerge with is at the highest level.”

Mayo Clinic-trained neurologists around the world

The numbers that follow show where neurologists who trained at Mayo Clinic in Rochester are today:

872	25	8	4	3	2	1
United States	Japan	Australia Canada	South Korea	Germany Mexico	Italy UK	Brazil Denmark Israel Switzerland



Ann Poncelet, M.D.

Today Dr. Poncelet is on staff at the University of California, San Francisco, specializing in treating myopathy and neuromuscular disorders. She has a special interest in medical education — especially third-year medical students — and says she imparts the rigorous approach she learned at Mayo Clinic to a new generation of learners.

“The secret sauce of Mayo Clinic is the culture and values that manifest in patient care and education,” says Dr. Poncelet. “I try to translate that in the work I do as director of the academy of medical educators at UCSF — supporting, appreciating and investing in our teachers and learners. I’m grateful to be a product of that Mayo tradition.”

Prepared to lead by training with esteemed leaders

Familiarity with Mayo Clinic came early for Claudia Lucchinetti, M.D. (N ’94, NIMM ’95). As a college student at Northwestern University in Evanston, Illinois, she worked in the labs of Moses Rodriguez, M.D. (N ’83), and Vanda Lennon, M.D., Ph.D. (N ’78), the Dorothy A. Adair Professor, Department of Neurology at Mayo Clinic in Rochester. She continued to work and rotate during college and medical school, and says she fell in love with neurology, the

department and Mayo Clinic. She completed neurology residency and neuroimmunology fellowship at Mayo as well as a fellowship in experimental neurology at the University of Vienna, Austria, as a Mayo Foundation Scholar.

Mighty oaks from little acorns grow. Today Dr. Lucchinetti is Mayo Clinic enterprise chair of Neurology, chair of the Department of Neurology at Mayo Clinic in Rochester, and a Eugene and Marcia Applebaum Professor of Neurosciences. She says Mayo’s neurology training program prepared her to lead, in part because it allowed her to train with esteemed leaders.

“As residents, we don’t always realize how world renowned the physicians we train with are. In my first rotation, I was petrified to work alongside then department chair Jasper Daube, M.D. (NPHY ’70). I recall him skillfully and with great compassion giving a patient an ALS diagnosis. When we left the room, Dr. Daube said, ‘Claudia, if you feel like crying, go ahead. It’s a devastating disease and difficult diagnosis to deliver.’ He was mindful of me and the impact the patient’s diagnosis might have on me. I saw that generosity of mentorship repeated over and over in my training.”

Neurology Residency Program directors

Joe Brown, M.D. (N ’43), 1962-1968

Frank Howard Jr., M.D. (I ’57, N ’59), 1969-1974

William Karnes, M.D. (N ’64), 1975-1982

Jasper Daube, M.D. (NPHY ’70), 1983-1985

Jasper Daube, M.D., and Emre Kokmen, M.D. (N ’78), 1986

Emre Kokmen, M.D., 1987-1988

Terrence Cascino, M.D. (N ’80), 1989-1994

Charles (Michel) Harper Jr., M.D. (I ’83, N ’86), 1994-1995

Jerry Swanson, M.D. (N ’82), 1996-1998

Robert Brown Jr., M.D. (MED ’87, N ’92), 1998-2005

Christopher Boes, M.D. (N ’00), 2005-2013

Lyell Jones Jr., M.D. (I1 ’01, N ’04, NEMG ’05), 2013-present



Past Neurology Residency Program directors:
Robert D. Brown Jr., M.D., Charles (Michel)
Harper Jr., M.D., Christopher Boes, M.D.,
Terrence Cascino, M.D., Lyell Jones Jr., M.D.,
and Jerry Swanson, M.D.



Claudia Lucchinetti, M.D.

Dr. Lucchinetti was influenced during residency by Bahram Mokri, M.D. (N '74), who emphasized finding one's passion. "Dr. Mokri said it's not enough to come to work, see patients and leave," she says. "We need to have a fire inside of us to pursue unanswered questions and improve processes. Mayo's program makes having that fire a priority for each trainee."

Dr. Lucchinetti saw the fire in the teachings of Eduardo Benarroch, M.D. (N '89), and Burton Sandok, M.D. (N '69). "The joy Dr. Benarroch felt in teaching was obvious. He made the most complex concepts understandable and had a masterful ability to teach during the examination process. Similarly, I saw Dr. Sandok's passion. He inspired and challenged us to think critically and remain mindful of the patient."

Dr. Lucchinetti says she followed those examples when, as a resident, she taught neuroscience to Mayo medical students and, as a senior resident, ran the hospital service and taught junior residents. She got her feet wet in leadership in those roles and as a member of the residency recruitment committee.

"Despite being a resident, my voice carried as much weight as any other around the table in ranking residents," she says. "That role helped me develop confidence to share my thoughts and opinions."



Brenda Barwell, M.D.

A figure who would become central in her career entered her life during fellowship. "John Noseworthy, M.D. (N '90), was a division chair, then department chair, then Mayo Clinic CEO, and he had a profound effect on who I am, what I aspire to be and what I value in leaders."

Dr. Noseworthy cheered her on when she took a risk and went to the University of Vienna, Austria, for a Mayo Clinic Scholar fellowship, studying her identified research passion — multiple sclerosis. "Taking that risk set up my research career and showed me that risk-taking can pay off — an important leadership skill," says Dr. Lucchinetti.

Experience in risk-taking came in handy when Dr. Lucchinetti was asked to re-engineer the department after joining the staff. "As chair, Dr. Daube looked for opportunities to challenge and prepare us to lead — stretch assignments.

"I am proud and humbled to stand on the shoulders of these incredible educators and leaders, and build on their remarkable legacy. Education is a cornerstone of what we do at Mayo Clinic. Our trainees continue to succeed and mentor others, propagating the unique differentiators of what is arguably the best neurology training program in the country."

Positioned her for the rest of her career

Brenda Banwell, M.D. (NMD '99), learned about Mayo Clinic from David Dodick, M.D. (I1 '91, N '94), who was on staff at Sunnybrook Hospital in Toronto, Canada, where she was a resident. "Dr. Dodick (now on staff at Mayo Clinic in Arizona) is a consummate neurology expert and world expert in headache," says Dr. Banwell. "He was an early influencer who told me what it was like to be a Canadian at Mayo Clinic."

Dr. Banwell completed a fellowship in neuromuscular research at Mayo Clinic in Rochester. "I loved my time at Mayo," she says. "It was intellectually invigorating. Mayo allows trainees the time to push themselves as high as their intellect allows. I trained with Dr. Andrew Engel (I '61, N '62, Department of Neurology), who is one of the most pivotal scientists in neuromuscular medicine. I pursued neuromuscular pathology training in his lab and saw patients who came to see him from around the world. I learned how to think through complex neurology problems, which positioned me well for the rest of my career."

Dr. Banwell returned to the Hospital for Sick Children in Toronto and remained there until 2012, when she moved to Children's Hospital of Philadelphia (CHOP). She's chief of the Division of Neurology and the Grace R. Loeb Endowed Chair in Neurosciences at CHOP, which ranks as one of the top five pediatric hospitals in the world and has the largest pediatric neurology residency in the U.S. In

her time as chief, Dr. Banwell has grown the division from 28 pediatric neurologists to 55. She also is on the board of directors of the American Academy of Neurology.

"Mayo Clinic is an amazing place with a rich fabric of opportunities," says Dr. Banwell. "You have access to lectures from invited Nobel laureates and other renowned physicians and scientists who enrich your view enormously. The DNA of Mayo Clinic includes world experts making themselves available when their colleagues need them. I try to emulate that collegiality where I am now."

"I got to know Claudia Lucchinetti, M.D. (N '94, NIMM '95, Mayo Clinic's enterprise chair of Neurology), when we were residents at the same time, and we've supported each other's careers through the years. She and Dr. Engel were invited lecturers at CHOP this year, and I collaborate with people at Mayo on research projects. Connections with people at Mayo don't end when your training ends. The Mayo experience binds us and helped prepare me to be a leader in neurology."

Challenged to think big, she created her own subspecialty

Maisha Robinson, M.D. (I1 '08, N '11, NHSP '13), Department of Neurology at Mayo Clinic in Florida, says people who train at Mayo Clinic are interested in educational experiences that are different from

 **The DNA of Mayo Clinic includes world experts making themselves available when their colleagues need them."**

— Brenda Banwell, M.D.

anywhere else. “Mayo Clinic offers more breadth and depth than anywhere else, allowing neurology trainees to gain wide exposure to subspecialties.

“As a resident I sat on committees including education and resident recruitment. As chief resident, I had the opportunity to meet many Mayo leaders in administration, neurology education and other departments. That experience helped me identify my leadership style and have a training ground to practice leading younger trainees and medical students.”

As a resident at Mayo Clinic in Rochester, Dr. Robinson says her mentor, Ruple Laughlin, M.D. (N '05, NEMG '06, Department of Neurology), helped her think through a career path. “I wasn’t sure which subspecialty to pursue, and she encouraged me to think about my strengths in neurology, my personality and the things that gave me satisfaction. I thrived on working with people who were in serious,

challenging situations and supporting them and their family members. I enjoyed the communication aspect of medicine and talking to people about their medical care goals, preferences and wishes.

“I learned the principles of palliative care during my fellowship at Memorial Sloan Kettering Cancer Center and, in discussion with neurology colleagues, planned how to bring palliative medicine to patients with neurological diseases. I’m the only neuropalliative care specialist at Mayo Clinic but likely not the last — trainees are now planning to specialize in this area.

Dr. Robinson says one of the greatest gifts she got from training in neurology at Mayo Clinic was the opportunity to be creative about her career. “Without seeing the full range of what Mayo has to offer, I might not have considered this dual specialty. I was challenged to think beyond the capacity of what a neurologist traditionally specializes in.” ▲



Maisha Robinson, M.D.

'Ultimate educator' retires

Joseph Parisi, M.D. (LABM '90), Division of Anatomic Pathology, Department of Laboratory Medicine and Pathology, retired in 2018 after 28 years at Mayo Clinic in Rochester. He served as director of the Peripheral Nerve Laboratory and Neuromuscular Laboratory, and was instrumental in establishing the Neuropathology Fellowship and Anatomic Pathology/Neuropathology Residency — both of which he directed.

Dr. Parisi's contributions to neuropathology are significant. He served as president of the American Association of Neuropathologists in 2004, received the organization's Award for Meritorious Contributions to Neuropathology in 2006, and has a named lectureship established in his honor. The Parisi Lectureship of the American Association of Neuropathologists kicked off in 2008. The first Parisi Lecturer was Mayo Clinic's own Claudia Lucchinetti, M.D. (N '94, NIMM '95), enterprise chair of Neurology and chair of the Department of Neurology at Mayo Clinic in Rochester.

Dr. Parisi has made seminal contributions on neurodegenerative, inflammatory demyelinating, vascular and neoplastic diseases of the central nervous system. He helped define the pathologic spectrum of normal aging in Alzheimer's disease and other neurodegenerative disorders. Along with others, he published a high-impact paper in *Brain* that highlights the underappreciated involvement of neurons in multiple system atrophy. In

the *Journal of Neurosurgery*, Dr. Parisi described the incidence of hemorrhage in pilocytic astrocytoma. He helped to define the pathological spectrum of central nervous system inflammatory demyelinating disorders and mimickers and the heterogeneity in multiple sclerosis pathology.

Dr. Parisi's scientific accomplishments pale perhaps in comparison to the impact he made on hundreds of trainees in pathology, neurology and neurosurgery, according to Dr. Lucchinetti. "Dr. Parisi was the ultimate educator. He demonstrated encyclopedic knowledge, unparalleled availability to trainees and colleagues, and boundless generosity — never failing to ask residents how they were doing."

Mayo Clinic recognized Dr. Parisi in 2018 with a Distinguished Educator Award in recognition of substantial and sustained contribution to Mayo's educational mission.

Dr. Parisi says having an influence on the next generation was his reward. "If you can make a positive impact on someone and stimulate their interest, that's very important. I hope I challenged them to always question themselves and their work, and read and critically review the literature and current concepts — activities that promote lifelong learning. Dig deeper, think harder, look further — that was my mantra."







MAYO CLINIC DISTINGUISHED ALUMNI AWARD

**2019 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 medicine, including practice, research, education and administration. Individuals who have received the award have been recognized nationally and often internationally in their fields.

The 2019 Mayo Clinic Distinguished Alumni Awards were presented on Oct. 21, 2019.

2019 Mayo Clinic Distinguished Alumni Award recipients:
Franklyn Prendergast, M.D., Ph.D., Joseph Szurszewski, Ph.D.,
S. Ann Colbourne, M.D., Timothy O'Brien, M.D., Ph.D.,
Patricia Simmons, M.D., and Enrique Wolpert, M.D.



S. Ann Colbourne, M.D.

Clinical professor emeritus
University of Alberta
Edmonton, Alberta, Canada

Visionary health care system transformer for Canada

S. Ann Colbourne, M.D. (I '93, ADGM '94), led systems-level transformation in the Alberta, Canada, health system in clinical, operational and medical partnerships. Her legacy has been an effort to shift a culture of care to patient-centric collaboration — attempting to inculcate the Mayo Clinic value that the needs of the patient come first into Canadian health care. Dr. Colbourne has been an ambassador for Mayo Clinic, the Mayo model of care and Mayo Clinic training throughout Canada. She was an award-winning clinician who devoted her career to improving patient care through innovation and transformation. She was a visionary health executive for Alberta Health Services and received research funding for quality-oriented transformative and innovative programs before the term quality improvement was in common use. Most recently she served as chair of the Board of Governors of NorQuest College, Alberta, Canada.

Fellowship: Internal medicine, Royal College of Physicians & Surgeons of Canada (1990-1994); advanced general internal medicine, Mayo Clinic School of Graduate Medical Education, Rochester, Minnesota (1993-1994)

Residency: Internal medicine, Mayo Clinic School of Graduate Medical Education (1990-1993)

Graduate: Master's degree, theology (Rhodes Scholarship), University of Oxford, England (1983-1987)

Medical school: Memorial University of Newfoundland, Canada (1983-1987)

Undergraduate: Memorial University of Newfoundland (1976-1980); University of Oxford (1980-1983)

Native of: St. John's Newfoundland/Labrador, Canada



Timothy O'Brien, M.D., Ph.D.

Dean, College of Medicine, Nursing and Health Sciences
Professor of medicine
Director, Regenerative Medicine Institute
National University of Ireland, Galway (NUIG)
Lead endocrinologist, Saolta University Health Group
Co-director, CURAM research centre, Science Foundation Ireland
Galway, Ireland

Influencer of generations of Irish clinicians & scientists

Timothy O'Brien, M.D., Ph.D. (ENDO '93), has influenced a generation of Irish clinicians and scientists. His ties to Mayo Clinic allow trainees from Ireland to spend time at Mayo Clinic and for Mayo faculty to spend time in Galway, Ireland, ensuring that the Mayo Clinic ethos is evident on the wards and in the clinics and laboratories in Ireland. Dr. O'Brien is an internationally recognized clinician-scientist with expertise in regenerative medicine applied to the treatment of diabetes complications, and director of the only GMP-accredited stem cell manufacturing facility in an academic institution in Ireland.

Mayo Clinic in Rochester: Consultant, Division of Endocrinology, Diabetes, Metabolism, & Nutrition, Department of Medicine (1994-2001); associate professor of medicine, Mayo Clinic College of Medicine and Science (1995-2001)

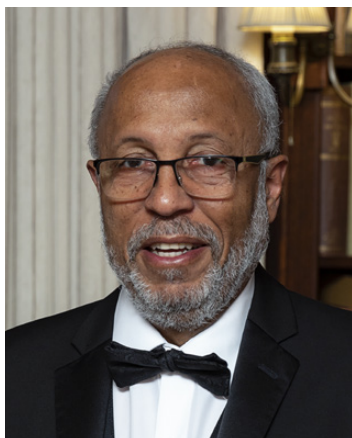
Graduate: Ph.D., Medicine, University College Cork, Ireland (1993-1996)

Fellowship: Postdoctoral fellowship (Mayo Clinic Scholar), Gladstone Institute of Cardiovascular Disease, San Francisco, California (1993-1994); endocrinology and metabolism, Mayo Clinic School of Graduate Medical Education, Rochester, Minnesota (1990-1992)

Residency: Internal medicine, Cork Regional Hospital, Ireland (1984-1988); internal medicine, Medical College of Wisconsin, Milwaukee (1988-1990)

Medical school: University College Cork (1978-1984)

Native of: Cork, Ireland



Franklyn Prendergast, M.D., Ph.D.

Emeritus professor of biochemistry, molecular biology and pharmacology
Mayo Clinic College of Medicine and Science
Broomfield, Colorado

Catalyst for Mayo's national footprint

Franklyn Prendergast, M.D., Ph.D. (BIOC '77), achieved excellence as a scientist and held major leadership roles inside and outside of Mayo Clinic beginning in the early 1980s and continuing until his 2014 retirement. His research focused on the structure, dynamics and function of proteins; and biochemistry and biophysics of bioluminescence and optical spectroscopy and imaging. Dr. Prendergast has made significant contributions to scientific and academic leadership in the extramural research community. He has extensive service on prestigious federal government panels, academic boards, foundations, councils and industry committees. He held key leadership posts at Mayo Clinic and advanced a highly integrated vision of basic and clinical research toward the goal of improved patient outcomes. Under his leadership, the Mayo Clinic Comprehensive Cancer Center became the first of its kind to have a national footprint. Dr. Prendergast's leadership was central to Mayo Clinic becoming a multisite, three-shield organization.

Mayo Clinic in Rochester: Consultant, Department of Molecular Pharmacology and Experimental Therapeutics (1980-2014); chair, Department of Biochemistry and Molecular Biology (1985-1988); professor in biochemistry and molecular biology, Mayo Clinic College of Medicine and Science (1986-2014); professor in molecular pharmacology and experimental therapeutics (1987-2014); Edmond and Marion Guggenheim Professor of Biochemistry and Molecular Biology (1987-2014); director for Research (1989-1992); Board of Governors, Mayo Clinic in Rochester (1989-1996); Mayo Clinic Board of Governors (1999-2007); Mayo Clinic Board of Trustees (1992-2009); director, Mayo Clinic Comprehensive Cancer Center (1994-2006); director, Mayo Clinic Center for Individualized Medicine (2006-2011); Mayo Clinic Distinguished Investigator (1988)

Postdoctoral: Master's degree, physiology, Oxford University, England (1979)

Graduate: Ph.D., biochemistry, Mayo Clinic Graduate School of Biomedical Sciences (1971-1977)

Residency: Internal medicine, Mayo Clinic School of Graduate Medical Education (1971-1973)

Undergraduate: Physiology (Rhodes Scholarship), Oxford University, England (1969-1971)

Medical school: University of West Indies, Jamaica (1963-1968)

Native of: Linstead, Jamaica



Patricia Simmons, M.D.

Emeritus professor of pediatrics
Mayo Clinic College of Medicine and Science
Lakewood, Washington

Leader at Mayo & in broader community & state

Patricia Simmons, M.D. (PD '80, PDE '82), exemplified excellence and service across the three traditional shields of Mayo Clinic and further distinguished herself in the fourth — administration. Her career was punctuated by focused and pioneering expertise and international repute in the area of adolescent gynecology and breast disorders, sustained leadership at the highest levels of organizations, and dedicated service to her local community and state. She's held leadership positions including chair of the University of Minnesota Board of Regents; and board member of the Greater Rochester Area University Center, Minnesota Public Radio and American Public Media, and Minnesota Business Partnership. She was the founding president of the Destination Medical Center Economic Development Agency.

Mayo Clinic in Rochester: Consultant and chair, Division of Pediatric and Adolescent Gynecology, Department of Pediatric and Adolescent Medicine (2008-2014); consultant, Department of Obstetrics and Gynecology (2009-2014); professor of pediatrics, Mayo Clinic College of Medicine and Science (2004-2014); executive medical director, Health Policy and Government Relations (2011-2014); Mayo Clinic Board of Trustees (1999-2003); board chair, Mayo Medical Ventures (1999-2001)

Fellowship: Pediatric endocrinology, Mayo Clinic School of Graduate Medical Education, Rochester, Minnesota (1980-1982)

Residency: Pediatrics, Mayo Clinic School of Graduate Medical Education (1977-1980)

Medical school: University of Chicago, Illinois (1973-1977)

Undergraduate: Carleton College, Northfield, Minnesota (1969-1973)

Native of: Northwest Missouri



Joseph Szurszewski, Ph.D.

Emeritus professor of physiology
Mayo Clinic College of Medicine and Science
Rochester, Minnesota

Mentor to world-class leaders & next generation in physiology

Joseph Szurszewski, Ph.D. (PHYS '73), has made superb contributions to research and education in physiology and medicine and longstanding, consistent efforts in mentoring the next generation of scientists, clinicians and world-class leaders. His unwavering commitment to Mayo Clinic and his field kept physiology and clinically relevant biomedical research alive and available for generations to come. Dr. Szurszewski helped to establish and lead Mayo Clinic's NIH-funded Enteric Neurosciences Program, and his work on the enteric nervous system has had a long and lasting impact.

Mayo Clinic in Rochester: Consultant, Department of Physiology and Biomedical Engineering (1977-2014) and chair (1983-1997); consultant, Department of Molecular Pharmacology and Experimental Therapeutics (1973-2003); consultant, Division of Gastroenterology and Hepatology, Department of Medicine (1997-2014); professor of physiology, Mayo Clinic College of Medicine and Science (1977-2014); Bernard C. Pollack Professor of Research (2001-2014)

Postdoctoral: BSc, pharmacology, J.H. Burn University Fellow, University of Oxford, England (1970-1971); Fulbright Scholar, Monash University, Clayton, Australia (1969-1970); NIH research fellowship, physiology and biophysics, Mayo Clinic Graduate School of Biomedical Sciences, Rochester, Minnesota (1966-1968)

Graduate: Ph.D., physiology, University of Illinois at Urbana-Champaign (1962-1966)

Fellowship: NIH predoctoral research fellowship, physiology and biophysics, University of Illinois at Urbana-Champaign (1962-1966)

Undergraduate: Duquesne University, Pittsburgh, Pennsylvania (1958-1962)

Native of: Pittsburgh, Pennsylvania



Enrique Wolpert, M.D.

Medical director, American British Cowdray Medical Center
Mexico City, Mexico

Pioneer of public health in Mexico

Enrique Wolpert, M.D. (GI '69), is medical director of the American British Cowdray Medical Center in Mexico City, Mexico; chair of the Scientific Committee of the Mexican Liver Foundation; a member of the governing board of the General Hospital in Mexico City; and a consultant in gastroenterology at Clinica Lomas Altas in Mexico City. He is recognized as a national and international leader in medicine and has a great commitment to public health. He has held prestigious positions in the government of Mexico, including under-secretary of health and general coordinator of the National Institutes of Health, for which he received the Dr. Eduardo Liceaga Award Certificate and Gold Medal in 2013. Dr. Wolpert was president of the National Committee of Medical Specialties of Mexico and chair of the Organizing Committee of the Pan American Congress of Gastroenterology. He is recognized as an expert in the treatment and management of hepatitis C.

Fellowship: Gastroenterology, Mayo Clinic School of Graduate Medical Education, Rochester, Minnesota (1967-1969)

Residency: Gastroenterology (1966-1967), internal medicine (1964-1966), Instituto Nacional de Ciencias Medicas y Nutricion (Salvador Zubiran), Faculty of Medicine, National University of Mexico (UNAM), Mexico City, Mexico

Medical school: Faculty of Medicine, National University of Mexico (1957-1964)

Undergraduate: Federal High School, Tijuana, Baja California State, Mexico (1951-1956)

Native of: Culiacan Sinaloa, Mexico

Call for nominations — Distinguished Alumni Award

Who should be nominated for the 2020 Distinguished Alumni Award?

The award was established by the Mayo Clinic Board of Trustees to acknowledge and show appreciation for the exceptional contributions of Mayo alumni to medicine, including practice, research, education and administration. Individuals who receive the award are recognized nationally and often internationally.

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

Deadline: March 1



Refer-a-friend

Alumni can refer friends and family who are not their patients through a handy new referral tool. These referrals receive priority attention. alumniassociation.mayo.edu/resources/refer-a-friend



YOUNG INVESTIGATORS RESEARCH SYMPOSIUM

March 20–21, 2020 • Rochester, Minnesota



This spring brings the fifth 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 investigators from Mayo Clinic and elsewhere.

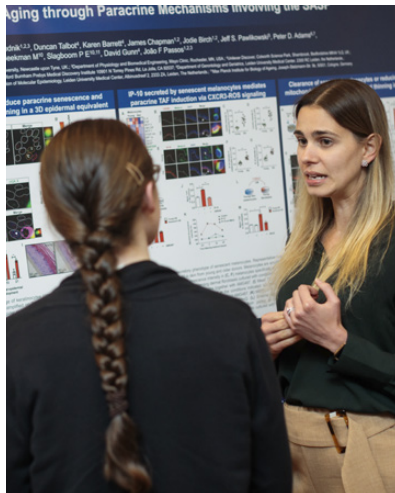
Mayo Clinic President and CEO Gianrico Farrugia, M.D., will provide opening remarks on March 20, when the symposium kicks off in the evening with elevator talks. March 21 includes speakers on the themes of “Communicating Your Hard Work” and “Bringing Your Idea to Market” as well as a poster session.

Mayo Clinic alumni are welcome to attend the symposium.

About the Young Investigators Research Symposium

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

alumniassociation.mayo.edu/events



March 21 speakers

- Keynote: Gordon Guyatt, M.D., Distinguished Professor of Clinical Epidemiology and Biostatistics, McMaster University, Hamilton, Ontario, Canada
“The Past, Present and Future of Evidence-Based Medicine”

Dr. Guyatt was one of the earliest champions of evidence-based medicine, resulting in McMaster University being considered the birthplace of evidence-based medicine. Dr. Guyatt has made major contributions in the measurement of health-related quality of life, including landmark publications in the *Journal of the American Medical Association*. His more than 1,200 peer-reviewed publications have been cited more than 130,000 times, making him the 14th most-cited scientist in the world.

- Karl Nath, M.D. (NEPH '96), editor-in-chief, *Mayo Clinic Proceedings*; Division of Nephrology and Hypertension, Mayo Clinic in Rochester; the Robert Joseph Patnode Professor of Nephrology
“Writing for Biomedical Journals”
- Peter Hornung, Norddeutscher Rundfunk, public radio and TV, Hamburg, Germany
“Predatory Journals and Conferences”

- Mark Johnson, Pulitzer Prize-winning health and science reporter, *Milwaukee Journal Sentinel*
“Explaining Biomedical Research to the General Public”
- Panel discussion — “Communicating Your Work”
- Keynote: Eric Schadt, Ph.D., Dean for Precision Medicine, Mount Sinai Professor in Predictive Health and Computational Biology, Icahn School of Medicine at Mount Sinai
“What I Didn’t Learn in Graduate School”
- Paul Friedman, M.D. (CV '96, CVEP '97), the Norman Blane and Billie Jean Harty Chair, Mayo Clinic Department of Cardiovascular Medicine, Honoring Robert L. Frye, M.D.
“Working with Biomedical Industry”
- Joseph Ross, M.D., co-director, National Clinician Scholars program; professor of medicine and public health Yale School of Medicine, Yale Medical School
“10 Steps to Successfully Conduct Policy-Relevant Research”
- Katie Thomas, reporter on the business of health care, *The New York Times*
“Conflicts of Interest in Medicine”
- Panel discussion — “Bringing Your Ideas to Market” ▲



ALUMNI ASSOCIATION INTERNATIONAL MEETING



**Mayo Clinic international review of select topics in medicine and surgery
Sept. 10–12, 2020 • Lisbon, Portugal • Grande Real Villa Italia Hotel & Spa**



The meeting kicks off with a welcome reception on the evening of Thursday, Sept. 10. The program includes scientific talks on Friday and Saturday mornings; afternoons are free for exploring Lisbon. The program concludes with the President's dinner on Saturday, Sept. 12. *Vejo você em Lisboa!*

- Five-star hotel in Cascais facing beaches of Lisbon
- Welcome reception, CME program, President's dinner
- Optional six-night post-conference tour including Lisbon and Porto



Registration information:
alumniassociation.mayo.edu/events

Speakers:

“Inherited GI Cancer Syndromes”

*Niloy Jewel Samadder, M.D. (GIAE '11)
Division of Gastroenterology and Hepatology
Mayo Clinic in Arizona*

“Genomics for Primary Care”

*R. John Presutti, D.O. (FM '97)
Chair, Department of Family Medicine
Mayo Clinic in Florida*

“Car-T Cell Therapy”

*Saad Kenderian, M.B., Ch.B. (HEMO '13)
Division of Hematology
Mayo Clinic in Rochester*

“Psychiatric Issues in the Patient with Cancer”

*Robert Bright, M.D. (P '07)
Department of Psychiatry & Psychology
Mayo Clinic in Arizona*

“Vaping”

*Barbara Ruddy, M.D. (I '86, EMS '87)
Division of Community Internal Medicine
Mayo Clinic in Arizona*

“Global Health Disparities”

*Augustine Chavez, M.D. (FM '18)
Department of Family Medicine
Mayo Clinic in Arizona*

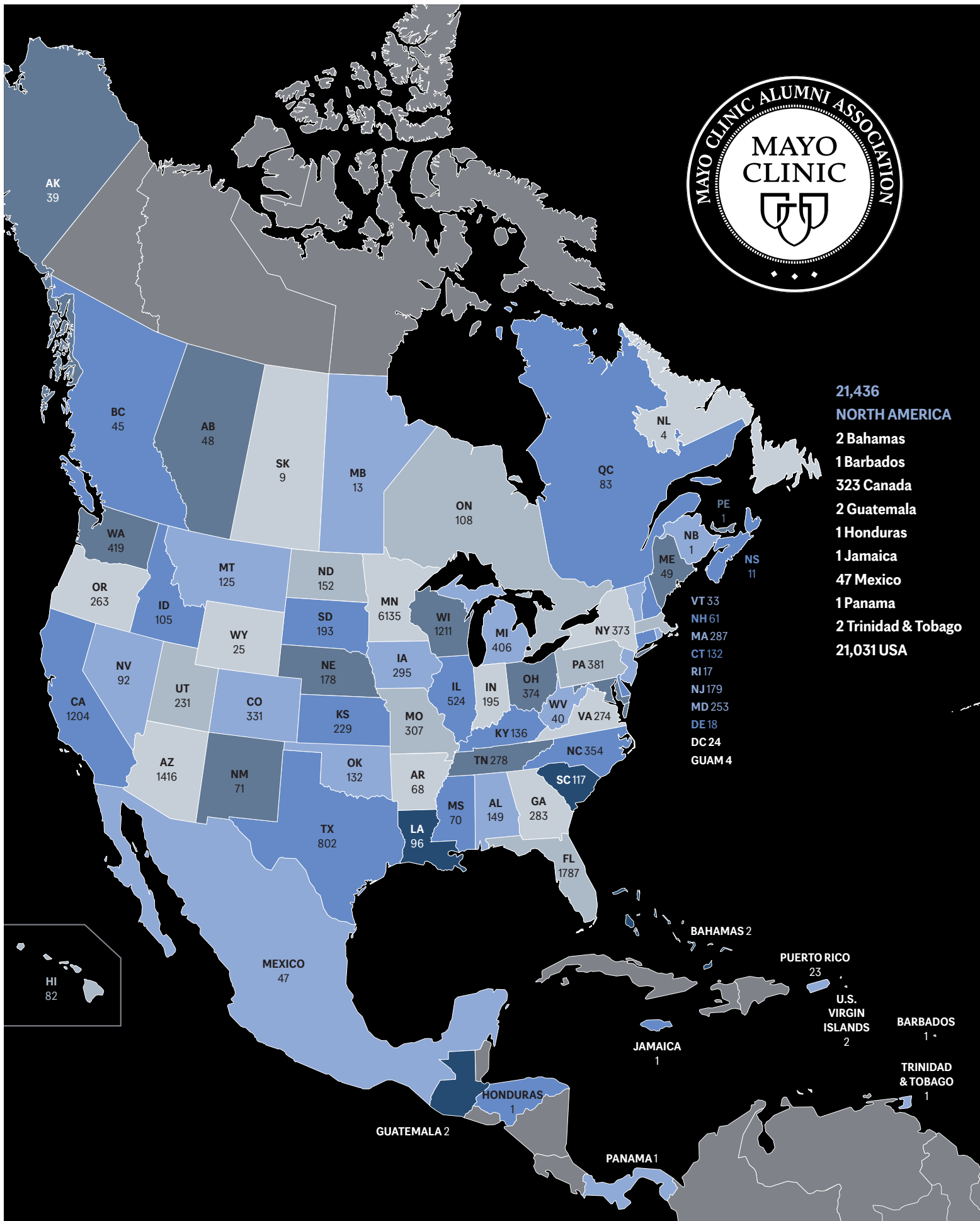
“Perioperative Medicine Pearls”

*Karen Mauck, M.D. (ADGM '01, CLRSH '03)
Division of General Internal Medicine
Mayo Clinic in Rochester*

**“Cardiovascular Factors in Women:
Are They the Same as for Men?”**

*Susan Wilansky, M.D. (CV '03)
Department of Cardiovascular Diseases
Mayo Clinic in Arizona*





29,060* 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 29,000 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 this page.

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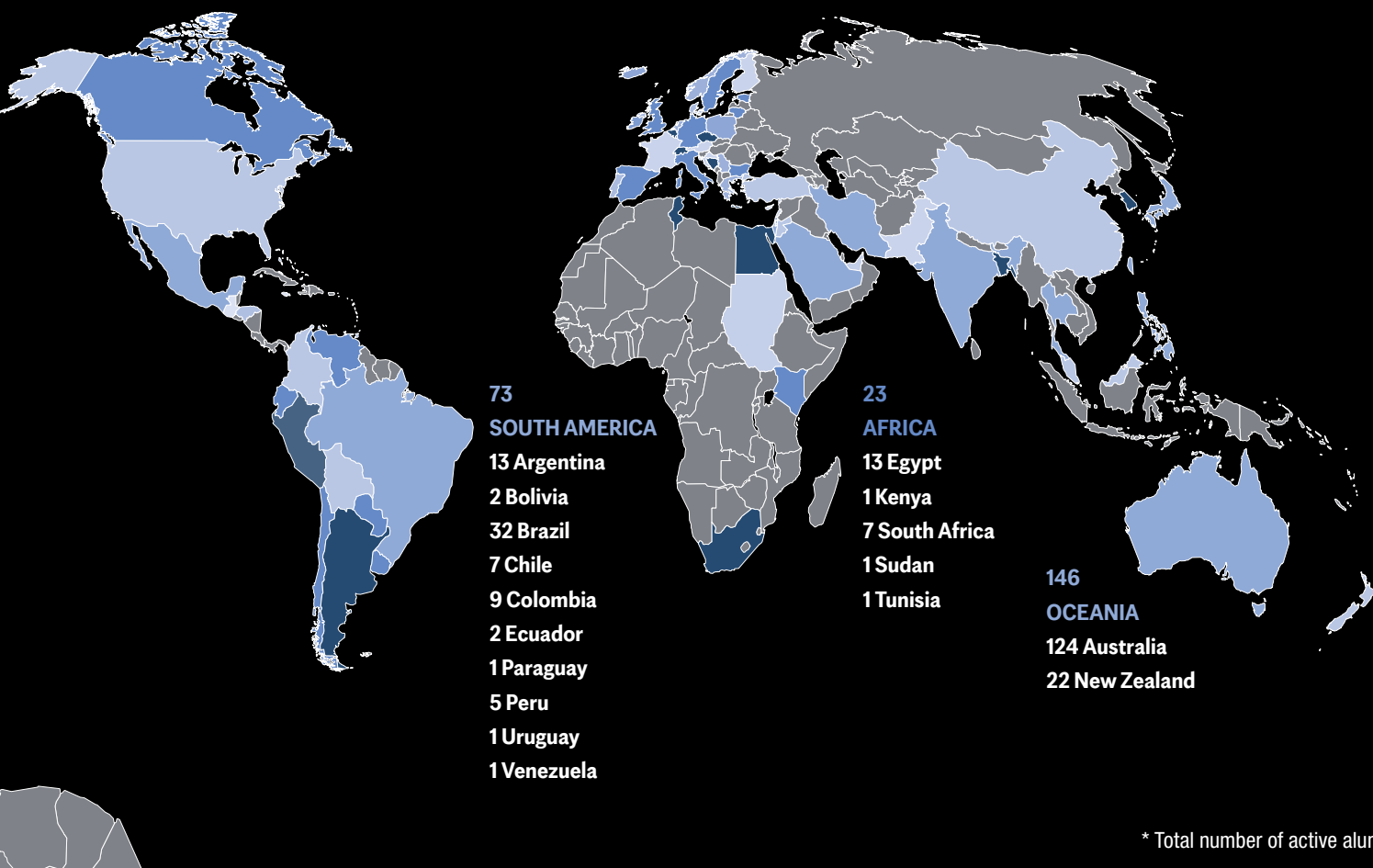
EUROPE

20 Austria	7 Denmark	62 Ireland	8 Portugal
24 Belgium	1 Estonia	49 Italy	3 Serbia
1 Bosnia	5 Finland	1 Lithuania	51 Spain
1 Bulgaria	38 France	1 Malta	15 Sweden
4 Croatia	97 Germany	26 Netherlands	27 Switzerland
1 Cyprus	19 Greece	7 Norway	104 UK
12 Czech Rep.	6 Iceland	12 Poland	

678

ASIA

1 Bangladesh	3 Lebanon	38 South Korea
88 China	6 Malaysia	19 Taiwan
51 India	8 Pakistan	36 Thailand
3 Iran	6 Philippines	19 Turkey
36 Israel	2 Qatar	7 UAE
289 Japan	13 Saudi Arabia	
8 Jordan	45 Singapore	



* Total number of active alumni

MAYO CLINIC UPDATE

Mayo Clinic selects Google as strategic partner for health care innovation, cloud computing

Mayo Clinic and Google announced a 10-year strategic partnership. Mayo Clinic selected Google Cloud to be the cornerstone of its digital transformation. Mayo will use advanced cloud computing, data analytics, machine learning and artificial intelligence to redefine health care delivery, and bring together global providers and consumers to make health care better.

With the help of Google, Mayo Clinic will transform the way it advances virtual care with artificial intelligence (AI) enabled digital diagnostics. Mayo also will leverage Google technology to boost its ability to conduct medical research. Through the partnership, Mayo Clinic will be able to develop and deploy new machine learning models designed to improve treatment precision and clinical outcomes of diseases.

“Data-driven medical innovation is growing exponentially, and our partnership with Google will help us lead the digital transformation in health care,” says Gianrico Farrugia, M.D. (I ’91, GI ’94), president and CEO of Mayo Clinic. “It will empower us to solve some of the most complex medical problems; better anticipate the needs of people we

serve; and meet them when, where and how they need us. We will share our knowledge and expertise globally while caring for people locally and always do it with a human touch.”

Google Cloud will secure and store Mayo Clinic’s data while working with Mayo to apply AI and other cloud computing technologies to solve complex health care problems. Mayo will continue to control access and use of its patient data by using Google’s cloud technologies, and will specifically authorize the use of data in projects to create new health care insights and solutions in conjunction with partners.

Under the partnership, Google will open a new office in Rochester, where its engineers will work side by side with Mayo Clinic researchers, physicians, information technology staff and data scientists to apply advanced computing techniques to health care problems.





Mayo Clinic Cancer Center renews research funding from NCI

The Mayo Clinic Cancer Center has renewed funding for its Cancer Center Support Grant from the National Cancer Institute (NCI). The NCI grant award provides approximately \$28.7 million in funding over five years through 2024, which will mark the center's 49th year of NCI funding.

The NCI awards Cancer Support Grants to institutions that demonstrate a reasonable depth and breadth of research activities in each of three major areas: basic laboratory; clinical; prevention, control and population-based research, and which have substantial transdisciplinary research that bridges these areas.

The NCI also renewed Mayo Clinic Cancer Center's designation as an NCI comprehensive cancer center. To earn this distinction, an institution must demonstrate scientific leadership, resources, and depth and breadth of research in basic, clinical and/or population science, as well as substantial transdisciplinary research.



Integrated Education and Research building added to Phoenix campus expansion

The Mayo Clinic Board of Trustees approved an Integrated Education and Research building as part of the Phoenix, Arizona, campus capital expansion project. With this addition the expansion plan increases from a \$645 million project to a \$728 million project. What was once called Arizona Forward is now called Arizona. Bold. Forward.

This phase of the expansion lays the foundation for continued innovation and personalized care through collaboration, intentional collision and cross-pollination between the practice, clinical researchers, scientists, learners and educators. The building will increase research capabilities including wet bench laboratories and provide more classroom and administrative space for all Mayo Clinic College of Medicine and Science learners, including medical students.

Education and research were identified as key differentiators in the naming of Mayo Clinic as *Newsweek's* "Best Hospital in the World," and this building accommodates the growth of both.



Stephanie Faubion, M.D., is medical director, North American Menopause Society

Stephanie Faubion, M.D., Division of General Internal Medicine, Department of Medicine, Mayo Clinic in Rochester, was appointed medical director of The North American Menopause Society. The society is North America's leading nonprofit organization dedicated to promoting the health and quality of life of women during midlife and beyond through an understanding of menopause and healthy aging.

Dr. Faubion is the director of Mayo Clinic Center for Women's Health and director of Executive Health and International Medicine. She is principal investigator for the Data Registry on Experiences of Aging, Menopause and Sexuality.

Mayo Clinic receives gift for Center for Women's Health

Mayo Clinic received a \$5 million gift from Penny and Bill George and the George Family Foundation for its Center for Women's Health. The center is a destination where women can receive personalized, holistic health care that is tailored to meet their needs throughout their lives.

Stephanie Faubion, M.D. (GIM '97), the Penny and Bill George Director of the Mayo Clinic Center for Women's Health, says the center will set a new national standard for women's health care, providing personalized care that considers women as partners in their health care. "The center's goal is to become a destination for women's health care where patients are not only treated for a specific condition but also empowered with the tools and knowledge they need to improve their overall health and wellness — mind, body and spirit."

Study shows need to revisit lung cancer screening criteria

A Mayo Clinic-led study suggests that lung cancer screening may need to be expanded to include more high-risk people. Current U.S. Preventive Services Task Force screening recommendations include a low-dose CT scan for people age 55 to 80 who:

- Have smoked a pack of cigarettes per day for 30 or more years
- Currently smoke
- Quit smoking in the last 15 years

However, only a third of patients with lung cancer would meet the current screening criteria, according to several recent studies.

Ping Yang, M.D., Ph.D. (HSR '96), Department of Health Sciences Research at Mayo Clinic in Arizona and senior author of the study, found that people who quit more than 15 years prior to diagnosis (long-term quitters) and people age 50 to 54 have a similar risk of death to those who meet current USPSTF criteria. "Our findings highlight the need to update the USPSTF screening criteria and the conventional risk assessment model based on age and smoking history," she says.

Low cervical cancer screening rates require out-of-box thinking

The percentage of women who are screened for cervical cancer may be far lower than national statistics suggest according to a Mayo Clinic study published in the *Journal of Women's Health*.

Fewer than two-thirds of women ages 30 to 65 were up to date with cervical cancer screenings in 2016. The percentage is even lower for women ages 21 to 29, with just more than half current on screenings. Those figures are well below the 81% self-reported screening compliance rate in the most recent survey.

In addition to lower-than-expected screening rates, Mayo Clinic researchers found racial inequities in cervical cancer screening rates. African American women were 50% less likely to be up to date on cervical cancer screening than were white women in 2016, and Asian women were almost 30% less likely than white women to be current.

Kathy MacLaughlin M.D. (FM '03), Department of Family Medicine at Mayo Clinic in Rochester and the study's lead author, says the results should prompt health care providers to consider new ways to reach patients to ensure they get screened. Ideas include setting up Pap clinics with evening and Saturday hours, and offering cervical cancer screenings at urgent care clinics. For patients who qualify for the newest screening using primary HPV screening, clinics could explore providing at-home testing kits.



"These screening rates are unacceptably low, and we must start thinking outside the box on how best to ensure women receive these effective, potentially lifesaving screening tests," says Dr. MacLaughlin. "Routine screening every three years with a Pap test or every five years with a Pap-HPV cotest ensures that precancerous changes are detected early and may be followed more closely or treated."

Mayo Clinic in Arizona transplant programs recognized as national leader

The heart, kidney and liver transplant programs at Mayo Clinic's Arizona campus have been ranked No. 1 in the U.S. by the Performance Modeling Program at Interlink Health's Centers of Excellence Networks & Programs.

Interlink Health has developed a performance modeling program that uses a combination of data from the Scientific Registry of Transplant Recipients

and its own outcome-weighting algorithms, allowing the organization to rank transplant programs using a more holistic approach than focusing on one-year survival rates.

Mayo transplant programs in Arizona, Florida and Rochester all have received recognition as Interlink Centers of Excellence.



Mayo ranked among ‘Best Children’s Hospitals’ by *U.S. News & World Report*

Mayo Clinic Children’s Center has again been ranked as one of the top-performing children’s hospitals in Iowa, Minnesota, North Dakota and South Dakota in *U.S. News & World Report’s* 2019–2020 “Best Children’s Hospitals” rankings.

Rankings of 191 of the nation’s pediatric centers identify the top 50 in each of 10 specialties. Mayo Clinic Children’s Center ranked as a top performing children’s hospital in 6 of 10 pediatric specialties.

Mayo Clinic’s rankings by pediatric specialty are:

- Cardiology and Heart Surgery (No. 30)
- Diabetes and Endocrinology (No. 15)
- Neurology and Neurosurgery (No. 32)
- Orthopedics (No. 24)
- Pediatric Gastroenterology and GI Surgery (No. 44)
- Urology (No. 36)

Collaboration will lead to comprehensive genomics database

Mayo Clinic is collaborating with Regeneron, a leading science and technology company, to generate whole exome sequencing and genotype data of 100,000 DNA samples from consented participants in research studies at Mayo, including the Mayo Clinic Biobank. The collaboration will result in one of the most comprehensive genomics databases in the world and will enable researchers to learn more about how genes affect health and disease.

“Having access to large-scale sequencing and genome-wide analysis will help our researchers identify new associations between genetic variants and all phenotypic traits,” says A. Keith Stewart, M.B., Ch.B. (HEMO ‘05), the Carlson and Nelson Endowed Director of the Mayo Clinic Center for Individualized Medicine, and the Vasek and Anna Maria Polak Professor of Cancer Research. “This knowledge may lead to better treatments and preventive measures for diseases.”

Integrated oncology facility with proton beam therapy planned for Mayo Clinic’s Florida campus

Mayo Clinic will construct an integrated oncology facility that includes proton beam therapy on its Florida campus. The 140,000-square-foot facility is expected to be completed in late 2023.

The facility will allow Mayo Clinic to offer patients on the Florida campus the full spectrum of cancer treatment options including chemotherapy, immunotherapy, CAR-T cell therapy, surgery, proton beam therapy, gamma knife radiosurgery and traditional radiotherapy. Patients also will have access to proton beam therapy clinical trials offered through Mayo’s National Cancer Institute-designated comprehensive cancer center.

Mayo Clinic successfully introduced proton beam therapy at its campuses in Rochester, Minnesota, in 2015 and Arizona in 2016.



2019 Distinguished Mayo Clinic Investigator Award recipients

The Mayo Clinic Research Committee announced 2019 recipients of the Distinguished Mayo Clinic Investigator Award. The award honors individuals whose research career demonstrates evidence of great distinction, high distinguished scholarship, creative achievement, and excellence in education and administrative responsibilities.

Veronique Roger, M.D. (CV '92)

- The Elizabeth C. Lane, Ph.D., and M. Nadine Zimmerman, Ph.D., Professor of Internal Medicine
- Division of Comprehensive Cardiology, Department of Cardiovascular Medicine
- Mayo Clinic in Rochester

Over the past two decades, Dr. Roger's research has focused on the epidemiology and outcomes of cardiovascular diseases (CVD). She and her team made notable contributions to the understanding of the evolving epidemiology of CVD, specifically in the study and respective outcomes of myocardial infarction, heart failure and atrial fibrillation. In doing so, Dr. Roger and her team assembled large population-based cohorts of patients who experienced CVD and, within these cohorts, developed a major line of work on multimorbidity, multiple chronic conditions, and social determinants of health related to the presentation and outcome of CVD. Her formidable research also extends to

the development of novel approaches for "electronic epidemiology," using large-scale datasets and electronic health records.

Vijay Shah, M.D. (GI '98)

- Carol M. Gatton Professor of Digestive Diseases Research Honoring Peter Carryer, M.D.
- Chair, Division of Gastroenterology and Hepatology, Department of Medicine
- Department of Physiology and Biomedical Engineering
- Mayo Clinic in Rochester

Dr. Shah was the first director in the Office of Postdoctoral Affairs and is a member of the institutional Research Committee, as well as the Cancer Cell and Tumor Biology programs. He has served as medical director of Mayo Clinic Global Business Solutions and is associate director for the Mayo P30 Digestive Disease Center for Cell Signaling in Gastroenterology. He leads a task force to engage Mayo divisions and departments in accelerating research.

Dr. Shah is an international expert in alcoholic liver disease. His research focuses on chronic liver disease, including both alcohol and nonalcohol-based types of liver cirrhosis. He studies mechanisms of chronic liver disease and its complications — and his research team is investigating new treatments where few options exist.

Scientists discover autoimmune disease associated with testicular cancer

Scientists from Mayo Clinic, Chan Zuckerberg (CZ) Biohub and the University of California, San Francisco (UCSF) have discovered an autoimmune disease that appears to affect men with testicular cancer.

Called testicular cancer-associated paraneoplastic encephalitis, the disease causes severe neurological symptoms including progressive loss of control of limbs, eye movement and sometimes speech. The disease begins with a testicular tumor that appears to cause the immune system to attack the brain. Affected men often are misdiagnosed or undiagnosed, and appropriate treatment is delayed.

Scientists identified a highly specific and unique biomarker for the disease by using a variation of programmable phage display technology. Their refined version of this technology simultaneously screens more than 700,000 autoantibody targets across all human proteins.

UCSF researchers evaluated cerebrospinal fluid from a man who had a history of testicular cancer and debilitating neurological symptoms. The enhanced phage technology identified autoantibodies targeting Kelch-like protein 11 (KLH11), which is found in the testes and parts of the brain.

The results were correlated and validated with patient samples from Mayo Clinic. In addition to identifying the cause of this mysterious neurological disease, the results point the way to using this protein biomarker as a diagnostic test for men with testicular cancer-associated paraneoplastic encephalitis.



Obituaries

Malvin Barer, M.D. (OR '67), died May 8, 2019.

Norman Browse, M.D. (PHYS '65), died Sept. 12, 2019. *Dr. Browse received the Mayo Clinic Distinguished Alumni Award in 1993.*

Francis Haddy, M.D., Ph.D. (I '51), died Jan. 25, 2017. *Dr. Haddy received the Mayo Clinic Distinguished Alumni Award in 2003.*

Joseph Kiser, M.D. (TS '67), died April 11, 2019.

Miles Lynch, M.D. (I '65), died May 23, 2019.

Vincent Lynch, M.D. (SR '69), died March 22, 2018.

Paul Piche, M.D. (S '61), died Aug. 23, 2019.

James Rex, M.D. (S '61), died Nov. 21, 2018.

Alejandro Ruiz Arguelles, M.D. (M '82), died June 25, 2019.

Charles Schmidt, M.D. (I '61), died Oct. 2, 2013.

Charles Scott Jr., M.D. (U '55), died Dec. 31, 2018.

Lael Stone, M.D. (N '96), died Feb. 4, 2019.

Peter Van Vliet, M.D. (PATH '64), died Nov. 23, 2018.

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

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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Mayo Clinic swag

Take a gander at what's available in Mayo Clinic and Alumni Association swag. Among the new items are Mayo Clinic logo socks, a gray athletic cap and a bolo tie. Profits from memorabilia help the Alumni Association provide programs and recognition to alumni and Mayo Clinic trainees and students.

In the past all alumni have received a memorabilia brochure via mail. This year we emailed alumni a link to the brochure to help reduce costs and be more environmentally friendly. For a hard copy of the brochure, contact the Alumni Center, mayoalumni@mayo.edu or 507-284-2317.

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