



alumni

2024 • Issue 2

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Letter from the president

Reflecting on my first impression of Mayo Clinic, I recall driving into Rochester in 1990 to interview for residency and coming upon the sculpture of “Man and Freedom” on the outside of the Mayo Clinic building. Next, I saw the beautiful aesthetic of the Plummer Building and knew this was a unique medical institution. From its inception, the link between art and healing has been integral to Mayo Clinic and Mayo Clinic values.

This issue of Mayo Clinic Alumni magazine focuses on Humanities in Medicine in all its forms. From patient programs such as “Art at the Bedside” to programs for employees and learners such as the “Literature in Medicine” workshops, Mayo Clinic has rich and robust programs for everyone which span all aspects of the humanities. Mayo Clinic Alix School of Medicine learners are using their creative talents to enhance their understanding and help others, while alumni are continuing their humanities practices wherever they are. These stories remind us of the power of the arts on patients when facing a long, difficult medical journey and the impact Mayo Clinic’s Humanities in Medicine programs has on students, learners, staff and alumni. Integration of the arts and other expressions of human culture into the healing environment benefits everyone. I appreciated the words of **Dawn Mussallem, D.O.** (FM ’11), Division of Hematology and Medical Oncology and Medical Director for the Lyndra P. Daniel Center for Humanities in Medicine at Mayo Clinic in Florida, when she said “the Humanities in Medicine program embodies the warmth and caring of Mayo Clinic.”

Also in this issue, meet the recipient of the alumni association’s Donald C. Balfour Award for Meritorious Research, **Jwan Naser, M.B.B.S.** (I ’23, AIHC ’26, CV ’27), and the recipient of the Edward C. Kendall Award for Meritorious Research, **Josh Bock, Ph.D.** (CV ’20). In addition, see who received Mayo Clinic School of Graduate Medical Education awards recognizing excellence among residents and fellows. Congratulations!

Our next major meeting will be the association’s Biennial Meeting in Florida, November 13–15, 2025. Please consider joining us. It’s a great opportunity to reconnect with fellow alumni and relax and rebalance. I encourage you to reach out to me if you have ideas for the alumni association or are interested in getting involved. mayoalumni@mayo.edu



A handwritten signature in black ink that reads "Theresa Emory".

Theresa Emory, M.D. (PATH ’94)
President, Mayo Clinic Alumni Association
Anatomic and clinical pathologist
Peninsula Pathology Associates
Newport News, Virginia

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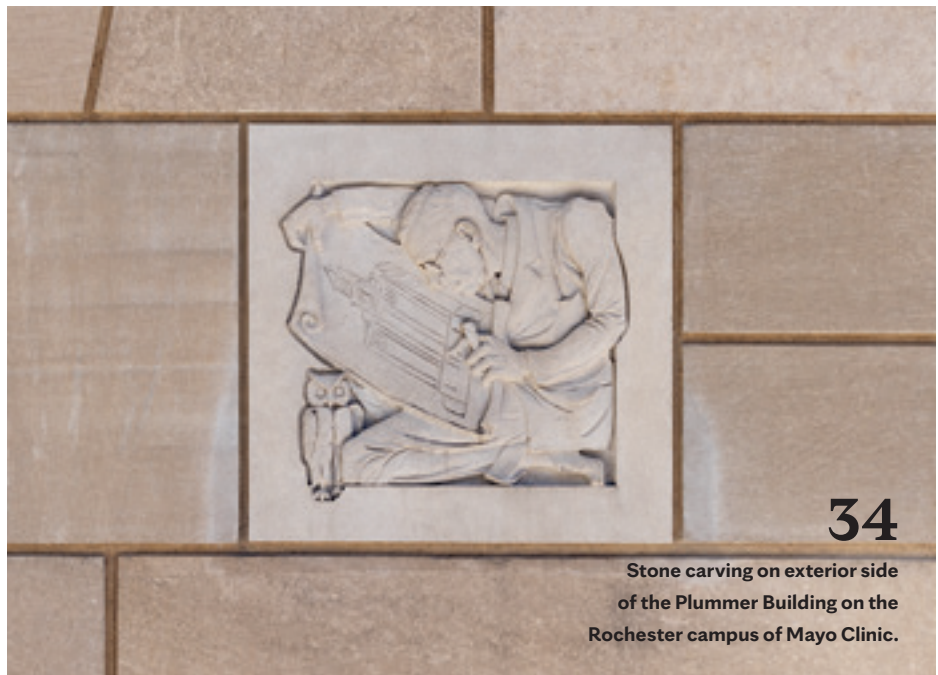
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An abstract graphic featuring a central, irregularly shaped area filled with a textured blue color. This central area is overlaid with a complex network of thin, dark blue lines that crisscross and form a grid-like pattern. The lines extend from the central area towards the corners of the page, creating a sense of depth and connection. The overall composition is balanced and visually striking.

Humanities in Medicine

At the center of healing, hope & well-being

Gohar Manzar, M.D., Ph.D.,
photographed at Herman Park in
Houston. See story, page 22.



Humanities in Medicine
supports Mayo Clinic’s
primary value — **the needs
of the patient come first** —
with an aim to care for the
whole patient in a hopeful,
healing environment and
train a humanistic, agile and
well workforce.

Throughout time, people have used arts including singing, painting and dance for healing purposes. Modern healthcare settings continue to use art to contribute to well-being — art in physical spaces where healthcare is delivered, musical performances in lobbies and healing gardens, arts at the bedside programming to provide distraction and hope to patients, and creative arts therapy as part of clinical plans. Arts and artistic expression, both appreciating and creating it, can help people in multiple ways, such as through reducing anxiety and increasing motivation to recover.

According to the American Congress of Rehabilitation Medicine, making or seeing art can affect the brain by increasing serotonin levels, increasing blood flow to the part of the brain associated with pleasure, fostering new ways of thinking and imagining a more hopeful future.

In a 2020 report, “The Fundamental Role of the Arts and Humanities in Medical Education,” the Association of American Medical Colleges says that by integrating arts and humanities in medical education, trainees and physicians can become better observers and interpreters — and build empathy, communication and teamwork skills. “Now more than ever, physicians must learn to interweave their developing scientific knowledge with emotional intelligence, critical thinking skills and an understanding of social context. The integration of the arts and humanities to educating a physician workforce that can effectively contribute to optimal health care outcomes for patients and communities.”



Humanities in Medicine leaders Dawn Mussallem, D.O., Scott Breitingger, M.D. and Shelley Noland, M.D.

Humanities in Medicine leadership

MAYO CLINIC HUMANITIES IN MEDICINE

- **Enterprise chair**
SHELLEY NOLAND, M.D. (PLS '15),
Division of Plastic and Reconstructive Surgery
- **Director**
KATHLEEN VAN BUREN, PH.D.

MAYO CLINIC IN ARIZONA

Center for Humanities in Medicine

- **Medical director**
SHELLEY NOLAND, M.D. (PLS '15),
Division of Plastic and Reconstructive Surgery
- **Program director**
KATHERINE KOUGH, M.A.

MAYO CLINIC IN FLORIDA

Lyndra P. Daniel Center for Humanities in Medicine

- **Medical director**
DAWN MUSSALLEM, D.O. (FM '11),
Division of Hematology and Medical Oncology
- **Program director**
CHRYSANTHE YATES, M.A.

MAYO CLINIC IN ROCHESTER

Dolores Jean Lavins Center for Humanities in Medicine

- **Medical director**
SCOTT BREITINGER, M.D. (P '19),
Department of Psychiatry and Psychology
- **Program director**
SARAH MENSINK


Furthermore, engaging in creative means of expression such as narrative writing can provide trainees and physicians an opportunity to reflect upon and process their experiences, which can enhance their own well-being. Whether engaging the provider or the patient directly, applied humanities programs and activities ultimately serve the patient.

Mayo Clinic's enterprise-wide Humanities in Medicine programming, made possible by benefactor and institutional support, integrates arts and humanities into the healing environment through clinical practice, education and research. Humanities in Medicine supports Mayo Clinic's

primary value — the needs of the patient come first — with an aim to care for the whole patient in a hopeful, healing environment and train a humanistic, agile and well workforce.

HUMANITIES IN MEDICINE HOMES

Mayo Clinic incorporates arts for enjoyment and creative arts in patient care through three humanities-focused centers: the Center for Humanities at Mayo Clinic in Arizona, the Lyndra P. Daniel Center for Humanities in

A woman with dark hair, wearing a blue blazer and white top, stands in front of a vibrant, abstract background of colorful, overlapping shapes. She has her hands clasped in front of her.

“Art can go beyond treating symptoms and can improve the whole person — physical, mental and emotional. Whoever you are, we have something for you.”

– Shelley Noland, M.D.

A member of the Ritz Chamber Players, a musical group featuring professional musicians of the African diaspora, performs during the Lyndra P. Daniel Center for Humanities in Medicine Music is Good Medicine program.



Medicine at Mayo Clinic in Florida, and the Dolores Jean Lavins Center for Humanities in Medicine at Mayo Clinic in Rochester — as well as enterprise programming that is offered across campuses.

All of the centers sponsor exhibits and concerts; Music is Good Medicine performance series by Mayo Clinic employees, retirees and students who share their musical gifts; special performances of music, poetry and literature; arts programs at the bedside; and curriculum, workshops and special events for learners and staff.

Recent live and virtual events featured a lecture by Ada Limón, poet laureate of the United States, for the 2023 Irving S. Cooper Visiting Professorship, and a concert performance by Michael Feinstein, vocalist, pianist and ambassador for the Great American Songbook, followed by a panel discussion, “The Brain on Music,” for the 2023 Robert H. Rewoldt and Susan M. Rewoldt Lectureship Honoring Martha and Fred Rewoldt.

“Our programming is designed to meet the needs and interests of all who come to Mayo Clinic,” says **Shelley Noland, M.D.** (PLS ’15), enterprise chair of Mayo Clinic Humanities in Medicine. “Whether the encounter with humanities is in the design of a hospital’s physical space, an art exhibit, a performance by a renowned musician, an impromptu concert or dedicated art at the bedside, each has a place in promoting the well-being of individuals and communities. Art can go beyond treating symptoms and can improve the whole person — physical, mental and emotional. Whoever you are, we have something for you. No previous experience with the arts and humanities is required to participate.”

This issue of Mayo Clinic Alumni magazine highlights some Humanities in Medicine programming. •

Humanities in Medicine programming at Mayo Clinic

HOSPITAL PATIENTS

- Creative arts therapy led by board-certified music and art therapists for individual patients in coordination with clinical care teams.
- Bedside arts programs that pair professional artists with hospitalized patients, extending traditional patient care to include creative pursuits and self-discovery.
- Visual art exhibitions featuring art from around the world that enhances and encourages interaction with the healing environment.
- Mayo TV on-demand humanities channel.

OUTPATIENTS

- Concerts, art exhibits, special events available throughout the day.
- Visual art exhibitions.

LEARNERS AND STAFF

- Medical school selectives, Mayo Clinic Alix School of Medicine Distinction in Applied Medical and Health Humanities, “The Tempest” student arts publication.
- Graduate medical education workshops with opportunities to reflect, interact and express oneself through methods and techniques including art making, creative writing, improvisation, music and mindfulness.
- Humanities in Medicine for the Physician monthly seminars for residents and fellows involving analysis, reflection and participation in medical humanities activities in areas including narrative medicine, literary arts, music, visual arts, medical improvisation, dance and movement, healing gardens, and museum and art exhibition visits. This award-winning program contributes to resident education and well-being and is embedded in the core curriculum of multiple residency programs.
- Skill-building in communication, teamwork, empathy and creative reflection.
- Visual art exhibitions.
- Biomedical Ethics and Humanities Grand Rounds.
- Live theater, music and dance performances to inspire, teach and encourage discussion around universal human issues.
- Lectures by renowned speakers in medical and health humanities addressing diverse topics.



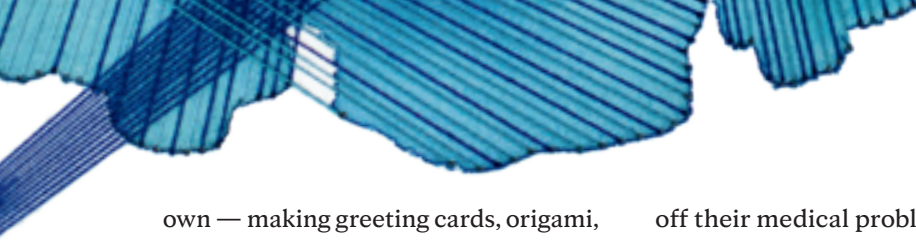
Humanities at the bedside

Comfort, healing, distraction & purpose

CRAYON TO CLAY

Robin Anderson is an artist with the Dolores Jean Lavins Center for Humanities in Medicine program. Twice a week, she visits hospitalized patients at Mayo Clinic in Rochester — often cancer, transplant or pregnant patients on long-term bedrest whose providers have requested a visit with the Arts at the Bedside artist. Anderson has worked in the behavior health field using art as therapy for much of her career. Now she wheels a cart with art supplies to patients' rooms, offering them an opportunity to talk about and engage in art projects.

During the pandemic, she created eight art projects with accompanying videos and kits that patients and their visitors can request and do on their



own — making greeting cards, origami, mandalas and tissue paper flowers; painting with watercolors; and drawing on scratchboards.

She worked with a hospice patient on several projects for over a month. When the patient could no longer do art, Anderson engaged her grandchildren in a family waiting room to make art for their grandmother. The family was very grateful that the children had a way to communicate with their grandmother through art.

“Many patients tell me they haven’t picked up a crayon since they were 5 years old, and others are professional artists who want to show me their work,” says Anderson. “Sometimes our time is spent talking about and sharing art, not necessarily making it.”

Anderson helped a heart transplant patient weather a lengthy hospital stay and find a new purpose. Katie White of Victoria, Minnesota, had heart failure due to congenital heart disease. She’d been living at Mayo Clinic for a month, waiting for a transplant, and was bored, anxious and approaching hopelessness. “For the first time in my life, I had nothing to do,” says White, a former registered nurse.

Anderson presented art options, and White showed interest in polymer clay. Anderson helped her get started making jewelry from clay, launching what is now a career for White. Anderson brought in supplies each week, and White’s mother baked the clay earrings at home.

“Working on jewelry every day during two and a half months of my hospital stay gave me something to look forward to, a purpose and the will to live,” says White, who launched a jewelry company during her post-transplant stay.

Anderson has worked with patients as young as three and as old as 97, and says that Arts at the Bedside provides a much-needed distraction. “Patients tell me things like, ‘I can’t believe I forgot about my cancer while I was doing art with you.’ It’s rewarding to help take their minds

off their medical problems and see their creativity shine. I think it’s just as important to nurture the human spirit as it is to nurture the physical aspects of healing. Any kind of creativity can be part of the healing process.”

Arts at the Bedside aims to enhance the hospital experience and provide a way to distract and engage patients. It differs from art therapy, which supports patients’ clinical needs.

Last year, hospital units went through almost 2,000 of the art kits Anderson and her team of volunteers created.



Opposite page: Robin Anderson, photographed in front of “Untitled”, acrylic on canvas painting by Alicia LaChance on the Rochester campus of Mayo Clinic, sponsored by James and Anna Hutchison. Left: Mayo Clinic volunteers assembling art kits for patients. Below: Art kit components provided by Robin Anderson.





*“Writing and art at the bedside help us **connect with patients as whole people** and allows them to reconnect with who they are outside of the hospital.”*

– Ariel Boswell

PEN TO PAPER

Ariel Boswell provides a similar service to Anderson’s — creative writing at the bedside. Boswell visits with referred patients who have longer hospital stays, primarily in intensive care, obstetrics, oncology and pediatrics.

She helps patients get their thoughts and experiences on paper — assisting a pregnant patient in writing a letter to her baby and journaling about her pregnancy, scribing a poem for a stroke patient, writing about a pediatric patient’s pets and helping a patient at their end of life with legacy writing to leave for family members.

“Writing about things that comfort you normally — outside of the hospital — can bring you comfort when you’re in the hospital,” says Boswell, a registered nurse who also works

one day a week in the Department of Family Medicine.

“As a nurse, I understand the importance of prioritizing the medical side of the patient. Writing and art at the bedside help us connect with patients as whole people and allows them to reconnect with who they are outside of the hospital. Helping them open up to creativity can facilitate healing in a different way. I love connecting with patients during their time of suffering and waiting. Providing creative writing at the bedside has helped me view health as physical, mental and emotional, which makes me a better nurse, I think.”

Boswell, who is pursuing a Master of Fine Arts degree, also serves as a facilitator for Literature in Medicine workshops, part of Humanities in

Ariel Boswell doing a creative writing project with Thea Meyer.



Medicine programming, for Mayo Clinic employees and learners. Once a month, interested employees and learners gather virtually to read a selection from literature and talk and write about it.

“In the course of the workday, we don’t have the opportunity to focus attention on things besides medicine,” she says. “Literature in Medicine provides a respite to notice beautiful art and words and express our own. Just like the benefits of art and writing at the bedside for patients, sharing about art and creative writing can help employees reflect, express and validate emotions, heal and connect with others, and find comfort and meaning.” •

“A dear friend who has been hospitalized took part in the Arts at the Bedside program. I don’t think I’m overstating to say it has saved her life by giving her the will to live. I haven’t seen her so happy and full of life in years. She’s like a different person.”

– A Mayo Clinic employee



Seeing the whole person,

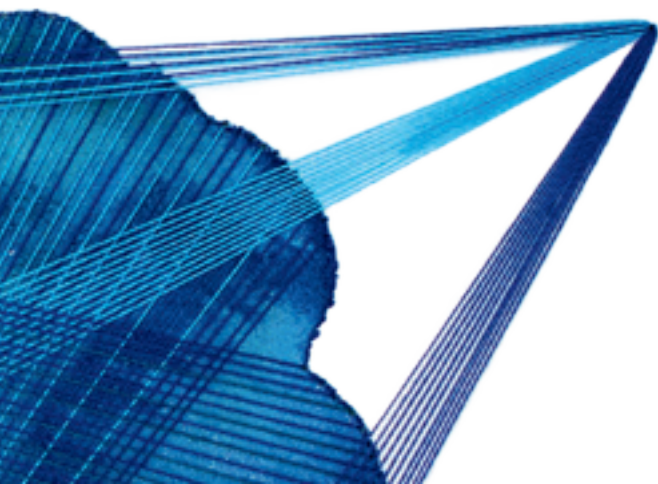
“When I look in the eyes of a patient and see the vulnerability and fear often associated with critical illnesses, it’s reassuring to know that I have a supportive tool in the Humanities in Medicine program.”

– Dawn Mussallem, D.O.

As a palliative medicine physician, **Zaheera Lukman, D.O.** (PLM ’22), Mayo Clinic in Florida, cares for patients who have chronic, progressive disease and prolonged hospital stays — often transplant and cancer patients — that can result in fatigue, anxiety, stress and other mood changes in addition to their medical symptoms. Dr. Lukman knows she can order a Humanities in Medicine consultation to help the patient remember life outside of hospital walls.

“It’s easy to lose sight of patients besides their medical course,” she says. “Being able to offer a nonpharmacological coping tool through the Humanities in Medicine program helps me help the patient refocus their thinking and feel more motivated about their hospital stay and treatment. Having a nonmedical person come to their room and engage in an activity for an hour or two can make a world of difference.”

Dr. Lukman orders a Humanities in Medicine consultation three to five times a month. She gets to know patients





Zaheera Lukman, D.O., collaborates with Dawn Mussallem, D.O., on research to determine the effectiveness of Humanities in Medicine programs. Photograph taken in front of “Hydrosphere”, mixed media painting by Heather Patterson, on the Jacksonville campus of Mayo Clinic.

making a referral

and their likes and dislikes so she can advise the Humanities in Medicine coordinator about which type of offering to consider — art or music at the bedside (page 10).

“Patients tell me they love the program, appreciate that we see them as whole people, and take time to understand and care about what’s important to them,” says Dr. Lukman. “The Humanities in Medicine program is a beautiful way to set us apart from other hospitals.”

Dawn Mussallem, D.O. (FM ’11), Division of Hematology and Medical Oncology and Medical Director for the Lyndra P. Daniel Center for Humanities in Medicine at Mayo Clinic in Florida, also refers patients for Humanities in Medicine consultations. “When I look in the eyes of a patient and see the vulnerability and fear often associated with critical illnesses, it’s reassuring to know that I have a supportive tool in the Humanities in Medicine program. There are questions we sometimes shy away from in medicine that patients can explore through art and music to help alleviate their distress and enhance their well-being. The program allows them to be people with full lives rather than only patients.”

Dr. Mussallem is involved in research studies to evaluate the effects of humanities in medicine on transplant patient well-being.

In addition to the value to patients, Dr. Mussallem points out the value of the Humanities in Medicine program to medical students, residents and trainees. “In our fast-paced practices and growth at Mayo Clinic, humanities is an important foundation and support we give to them — the human element and human touch. It helps to give trainees greater insights into the human condition, including illness and suffering, and opens them up to their own vulnerability. I think we develop better interpersonal skills to connect with patients when we immerse in this program.

“I believe this unique program helps us touch the hearts and souls of patients and helps us connect with them and our own humanity and why we chose careers in medicine. The Humanities in Medicine program embodies the warmth and caring of Mayo Clinic.” •

**T.N. Diem Vu, M.D., and
Jeremy Cutsforth-Gregory, M.D.,
photographed at Historic
Chateau Theatre.**





Selecting humanities for **enriching experiences & skill-building**

Medical students at Mayo Clinic Alix School of Medicine have opportunities to select from five Humanities in Medicine selectives:

- “The Human Element: A Series in the Healing Arts” — Workshops in storytelling, poetry, spoken word, narrative medicine, visual arts, music therapy, theater, presence and other humanities topics.
- “Looking at Art: A Way Into Seeing Patients and Self” — Essential skill-building for physicians including visual literacy (observation skills), critical thinking and language to express what individuals see, active listening and collaborative problem-solving, by looking at art and engaging in discussions that make the experience meaningful.
- “Where I’m From: The Hospital as a Microcosm” — Exploration of the ways that culture, identity and narrative shape lived realities and diverse experiences of healing.
- “Serious Play: Learning from Improvisational Theater to Deepen Therapeutic Connections and Collaboration in Medical Settings” — Medical improv class based on principles of improvisational theater to help participants develop skills to deliver humanistic patient care, connect with peers and experience a creative approach to self-care.

- “Poetry in Medicine” — Exploration of the evolving relationship between poetry and illness, as well as the therapeutic efficacy of writing to holistic healing.

Kathleen Van Buren, Ph.D.,
Director of Humanities in
Medicine, states:

“Humanities in Medicine selectives provide students with a unique opportunity to learn from arts and humanities scholars, professional arts practitioners, and physicians who engage in arts and humanities activities for personal enjoyment or clinical practice. Through these differing perspectives, students gain practical skills in areas such as creative expression, communication and innovation, and an understanding of how arts and humanities approaches can contribute to their well-being and to their clinical work. They learn not only that arts and humanities are relevant to their personal and professional lives, but also that engaging in creative processes may in fact make them better physicians. Numbers of students who participate in Humanities in Medicine selectives range from five to 17 per course.”



**Kathleen Van
Buren, Ph.D.**

“Through Humanities in Medicine selectives, I got to explore other perspectives, practice empathy and think about ways I can connect to others.”

– T.N. Diem Vu, M.D.

THE POWER OF IMPROV

T.N. Diem Vu, M.D. (MED '16, S '21, CCMS '22), Division of Trauma, Critical Care and General Surgery at Mayo Clinic in Rochester, participated in “Humanities for the Physician in Training” during her first year of medical school in 2013, along with “The Practice of Narrative Medicine” (offered in 2012) and “Medical Illustration” (offered in 2013).

“I consider myself a very introverted person and would’ve described my discomfort level with the concept of improv as a 10,” she says. “But, in medical school, I quickly saw that medical training and practice require many moments of extroversion — presenting patients on rounds in a room full of people, presenting research at local and national conferences, and taking command and leading a healthcare team in high-stakes situations. I thought the improv selective would be a way to practice coming out of my shell.”

After the selective, and now eight years after completing medical school, Dr. Vu describes her discomfort level with improv as a seven. “It didn’t turn me into an extrovert, but it made me more comfortable with the discomfort of public speaking and situations that require quick thinking.

“In trauma, we often get notification that a patient is en route from the scene of an accident. We have little information about the patient, and a roomful of virtual strangers has to prepare for anything that is thrown at us.

The trauma surgeon has to take command of the group in a scary, unknown situation. The ‘Humanities for the Physician in Training’ selective taught me to embrace the improv mantra of ‘yes and’ — not being able to say no or I don’t want to do this. It helped me learn to face challenges head on, think on my feet and prepare for the discomfort of the kind of uncertainty we face in trauma situations.”

Dr. Vu says the training also helped her become more comfortable having difficult conversations and explaining complex concepts to patients and their families on the worst days of their lives.

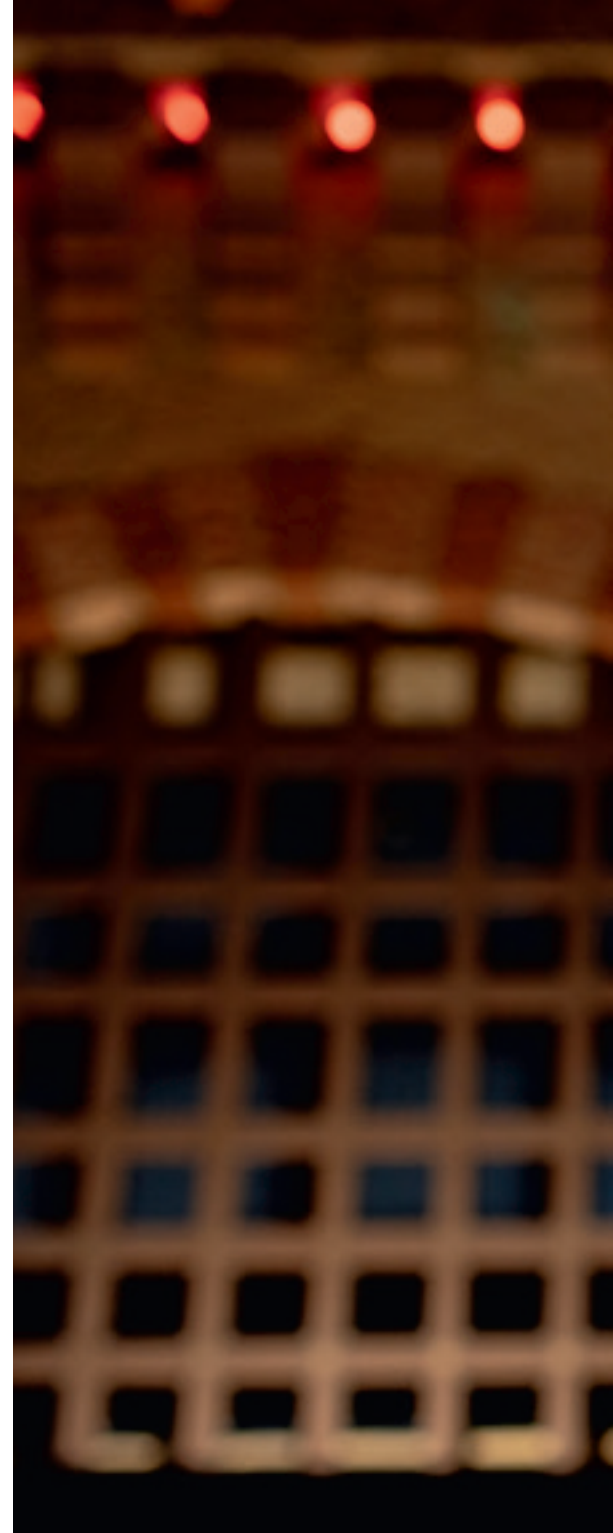
“Being exposed to humanities — nonscientific, nonmedical areas of living — enriches your experiences so you can find things in common with patients. Through Humanities in Medicine selectives, I got to explore other perspectives, practice empathy and think about ways I can connect to others. The program exposes you to other life experiences through stories, painting and performances, which helps you step into other people’s shoes.

“I was recently involved in a care conference for a patient who wasn’t doing well. Experience in humanities helped me read the emotion in the room when I spoke with the family, use analogies and metaphors in explaining the medical issues, and be as sensitive as I can be in delivering bad news.”



“Caring for patients involves listening to and retelling their stories in the ways that allow us to diagnose and treat their specific needs.”

– Jeremy Cutsforth-Gregory, M.D.



GOOD STORYTELLING

Jeremy Cutsforth-Gregory, M.D. (MED '10, I1 '11, N '14, MD '15, NAUD '16), Department of Neurology at Mayo Clinic in Rochester, was in the first Mayo medical school class to be offered Humanities in Medicine selectives. He participated in a previous offering, “Telling the Patient’s Story”, which used artists from the Guthrie Theater in Minneapolis to teach storytelling skills through improvisation, writing, movement and acting exercises.

“When we get bogged down in administrative tasks, dictation of notes and rounding on patients, it can be easy to forget that each one pertains to a real person,” he says. “Good storytelling in medicine includes keeping

the patient in what we say about them — Ms. Smith is an active right-handed pickleball player who lives in a metropolitan area, for example. That uses precise language to keep the person front and center in our day-to-day work and helps to ensure that the patient isn’t just another note or room to visit but is, instead, a real person every time.”

Dr. Cutsforth-Gregory, who is a member of the Humanities in Medicine subcommittee in Rochester, notes that many physicians and scientists don’t have formal training in humanities courses in college because they focus on the accelerated pace of medical and scientific training. Humanities offerings at Mayo Clinic help them connect science to people and learn



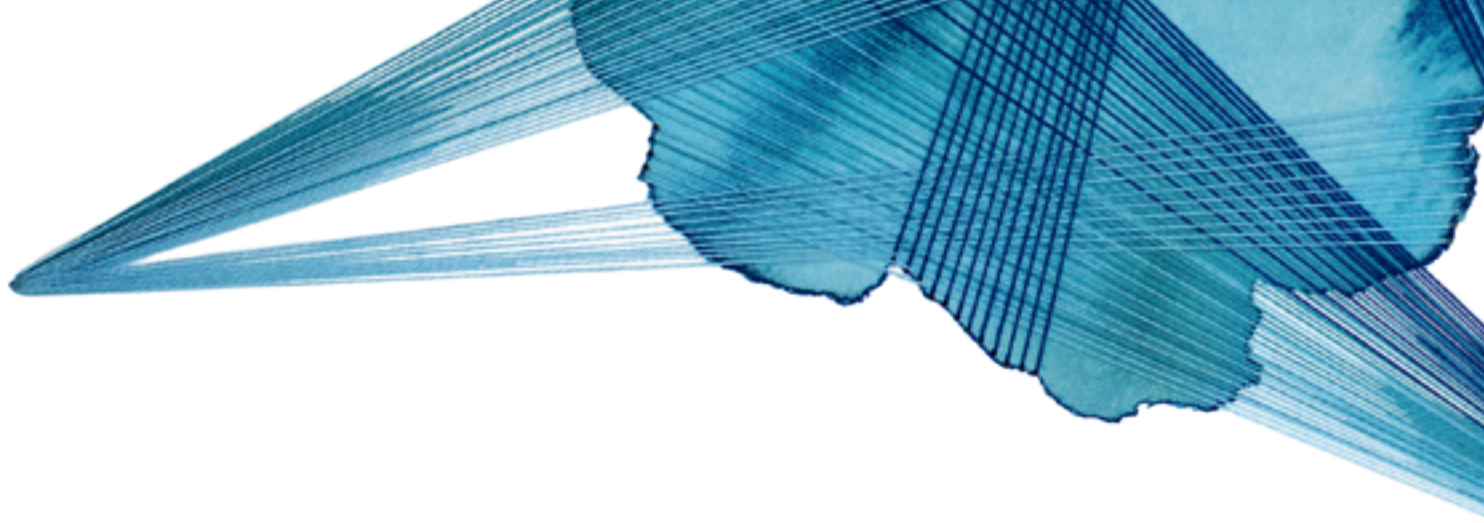
to appreciate storytelling and communication through observational skills.

Along with colleagues, Dr. Cutsforth-Gregory wrote a paper that was published in “Medical Humanities” in 2011, covering the results of a study on the effectiveness of the “Telling the Patient’s Story” course. The paper focused on assessing the value of theater training to improve medical students’ case presentation skills:

“There was unanimous agreement (among participants) that a doctor’s ability to present a clear case history is critical to the practice of medicine, and that good doctor–patient communication in the medical

interview can improve efficacy, enhance compliance and improve patient outcomes.... All students agreed that learning theater performance techniques improved their delivery of patient histories, corresponding with increases in students’ self-rating of competence.”

“Caring for patients involves listening to and retelling their stories in the ways that allow us to diagnose and treat their specific needs,” Dr. Cutsforth-Gregory said. “Medical humanities and storytelling have been the vehicles carrying the patient through everything I do as a Mayo Clinic physician, scientist and educator.” •



Connecting with patient & self through humanities

Alumni who participated in Humanities in Medicine programming at Mayo Clinic Alix School of Medicine, who are now at other institutions, continue their humanities practices wherever they are.

'I'M HAPPIER'

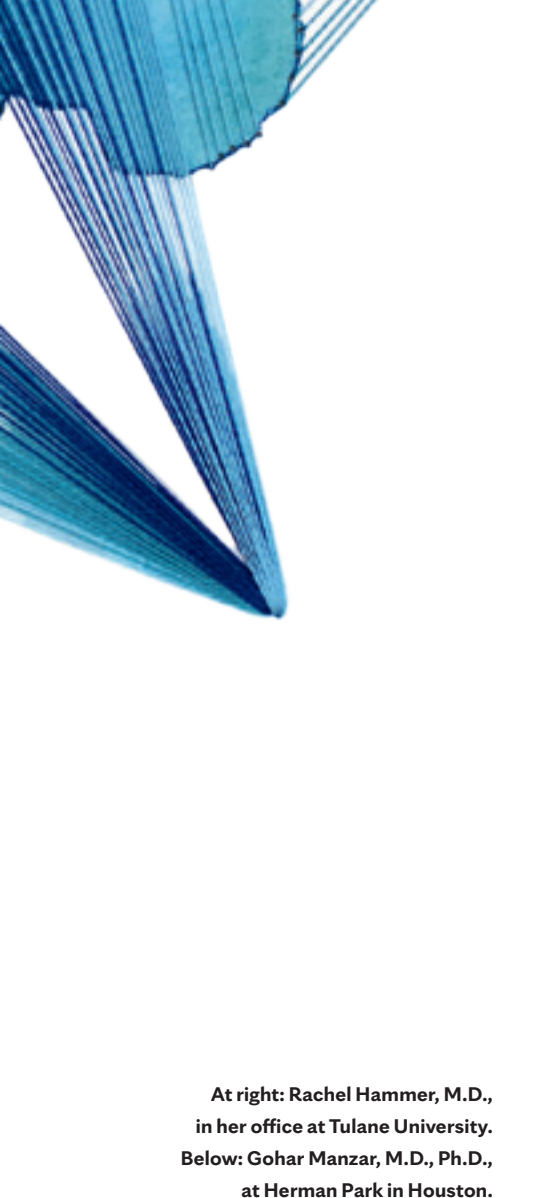
When **Rachel Hammer, M.D.** (MED '15), was a student at Mayo Clinic Alix School of Medicine, feedback from a professor prompted her to pursue writing.

J. Michael Bostwick, M.D. (P '98), Department of Psychiatry and Psychology at Mayo Clinic in Rochester, had assigned medical students a reflective writing assignment. He wrote on Dr. Hammer's paper, "Why don't you stop publishing these in my inbox and publish them where others can enjoy your writing?"

Dr. Hammer says she had self-identified as a writer before medical school but didn't necessarily value that part of herself. "Dr. Bostwick's comment gave me permission to recognize writing as something to take seriously if it brought me joy. At that point in my early adult life, I had been overly focused on doing things

that others valued; being what others expected me to be."

She participated in and designed Humanities in Medicine selectives related to telling the patient's story with theater exercises and improvisation classes. She also studied the practice of narrative medicine, which involves a myriad of approaches to the analysis of narratives (in film, oral history, visual art and literature) and explores how representations of self both facilitate and interfere with the relationships at the center of all healing work. An exploration of narrative medicine with a leader in the field convinced Dr. Hammer to pursue a dual degree — medicine and a Master of Fine Arts degree in creative nonfiction writing from Seattle Pacific University in Seattle, Washington — supported by a scholarship from the medical school.



At right: Rachel Hammer, M.D.,
in her office at Tulane University.
Below: Gohar Manzar, M.D., Ph.D.,
at Herman Park in Houston.





*“Creative work through art and writing make me feel like a more fulfilled, joyful human — and **being a better human most certainly makes me a better therapist and doctor.**”*

– Rachel Hammer, M.D.

“At the time, I didn’t realize that I was being pulled toward a career in which creative writing and analysis of narrative is part of the skill set,” says Dr. Hammer, who subsequently completed residency in psychiatry and internal medicine at Tulane University in New Orleans, Louisiana and continued study as an analytic candidate at the New Orleans Birmingham Psychoanalytic Center. “Now I’m training to be a psychoanalyst, which feels closest to anything I’ve done in healthcare to the work I enjoyed in narrative medicine. Patients talk through their thoughts, memories, dreams and feelings. In the telling of them to me they may experience those memories again, in new and familiar ways. I bear witness, I make my own representation of what they have to share, I analyze their words, thoughts and feelings and try to contain it all, hold space to help them feel heard and supported and hopefully to make sense of these things in their lives so we can understand it together.”

Dr. Hammer is the associate program director of Tulane’s combined internal medicine and psychiatry residency training program, where she leads sessions in narrative medicine for residents and palliative care fellows. “Typically, we read a short piece of literature together, discuss the work and write

our own short pieces in the shadow of the text. Narrative medicine is all about developing narrative competence and exercising the skills of attention, representation and affiliation. No two people read a poem the same way, neither do two people assess a patient the same way — we all look through different windows with our own particular shutters and blinds. These skills are necessary in all areas of medicine. Doing this work together underscores our human intersubjectivity.”

Weaving into her clinical approach things that give her joy, such as writing and creativity, help to make her a better physician, she says. “Creative work through art and writing make me feel like a more fulfilled, joyful human — and being a better human most certainly makes me a better therapist and doctor.”

‘THIS FILLS MY CUP’

Gohar Manzar, M.D., Ph.D. (MED ’19), says Humanities in Medicine selectives and events were part of her experience at Mayo Clinic Alix School of Medicine from day one.

“In ‘The Human Element: A Series in the Healing Arts’ selective, we had fireside chats, poetry readings, musical events, visits to art centers, theater experiences and more. I immersed myself in these areas that

I had a passion for but no formal training in.”

In her fourth year of medical school, Dr. Manzar was editor in chief of “The Tempest”, a collection of poetry, prose and visual art created by Mayo Clinic Alix School of Medicine students. She’d been involved with the publication since its inception, contributing poems related to medicine.

Dr. Manzar says exploring Humanities in Medicine offerings helped her decide her professional future. She was interested in working with cancer patients but had doubts. “I have a soft heart and cry easily,” she says. “In our genetics course, during a small group session led by **Jacob Strand, M.D.** (MED ’08), Division of Community Internal Medicine, Geriatrics, and Palliative Care at Mayo Clinic in Rochester, we discussed resiliency, coping and delivering bad news. He shared with me that it was important to be human with and in some cases ‘okay’ to cry with patients. It was very helpful to me in deciding to continue with oncology.”

Today, Dr. Manzar is a fifth-year resident in radiation oncology at MD Anderson in Houston, Texas. She loves to draw and produce graphic design. She plays guitar and the ukulele, is a beginner on the piano and writes poetry.

“Music is a universal language for expression and connection, and playing for patients helps me connect with them and other team members.”

– Gohar Manzar, M.D., Ph.D.

At a recent American Society for Radiation Oncology (ASTRO) conference, she co-moderated a workshop in narrative medicine and delivered a talk about writing poetry. “I’m a lab scientist, so I use my right brain a lot,” she says. “This was an opportunity to use my left brain to discuss poetry at a formal medical conference and how it can be a tool to make sense of things that happen in medical practice and in life. It was well received — probably my favorite talk that I’ve ever given.”

When Dr. Manzar started medical school, her Ph.D. lab manager — who Dr. Manzar affectionately calls her “lab mom” — gave her a ukulele and showed her how to play it. “I didn’t think playing it was in my DNA, so I gave it back to her and told her I’d rather she use it.”

During a visit to her “lab mom” several years later, Dr. Manzar asked for the ukulele back. “I had more free time toward the end of medical school and decided to give it a try.” She played the ukulele at the Mixed Bag medical school talent show. In her last year of medical school, she began taking the ukulele to work and playing and singing for patients. “It’s a versatile, portable, happy instrument,” she says. She continued doing that during her intern year at Memorial Sloan Kettering Cancer Center in New York City and now at MD Anderson.

“I invite patients and their families to clap along. Some patients dance in their beds. Nurses come to the rooms to listen. Sometimes there are a lot of tears.”

Dr. Manzar recently played at the bedside of a cancer patient the day before her final treatment, treating the patient to “Closing Time” and including the patient’s son virtually.

“The patient told me, ‘You make me feel heard and seen,’” says Dr. Manzar, who will begin as an assistant professor and physician-scientist in pediatric radiation oncology at MD Anderson in September 2024. “At Mayo Clinic, I learned the importance of putting patient needs first and meeting them at eye level, and I use that in all of my patient encounters. For me, an extra touch comes in the form of providing music therapy when I am on inpatient services. I primarily see patients in the clinic, so I love taking my ukulele on rare weekend hospital rounds.

“Music is a universal language for expression and connection, and playing for patients helps me connect with them and other team members. But it also is self-care. Residents often have little control over their schedule and little control over patient fate. Playing music and writing and sharing poetry help me normalize what I’m feeling and make me feel human. I wouldn’t be who I am without my humanities disposition. I’m grateful Mayo Clinic had a program for it. It’s such a vibrant program that can be a model for other medical institutions. Without it, I’d be a little sadder and a little emptier. I wouldn’t be the best provider for my patients. This fills my cup.” ●



Rebekah Bihun, M.D.,
with examples of her art.





‘The practice of **my art**’

Hippocrates called medicine “the practice of my art.” In that vein, Mayo Clinic Alix School of Medicine introduced a Distinction track in Applied Medical and Health Humanities in 2021.

The Distinction track in Applied Medical and Health Humanities supports learners who show exceptional involvement, accomplishment and scholarship in medical and health humanities. The track provides opportunities to engage in theoretical study, creative practice and research skills to gain knowledge in medical and health humanities.

Ten medical students were accepted to the track in the first year, including **Rebekah Bihun, M.D.** (MED ’24), and **Yeonsoo Sara Lee, M.D.** (MED ’24).

SEEING THE HUMANITY IN HERSELF & IN OTHERS

Dr. Rebekah Bihun, a recently graduated medical student at Mayo Clinic in Rochester, grew up in an artistic family and always had art and music hobbies but hadn’t thought about how it could be part of her professional identity. When she started at Mayo Clinic Alix School of Medicine, she realized she needed art in her life.

“It’s how I process things. I grew up playing music, having art as a hobby and studying literature — I crave it,” she says. “I signed up for Humanities in Medicine selectives,



Examples of textile art by Rebekah Bihun, M.D.

including ‘The Practice of Narrative Medicine.’ I submitted a poem and an embroidery piece to ‘The Tempest’ (an annual published collection of poetry, prose and visual art created by Mayo Clinic Alix School of Medicine students).”

When a faculty member in anatomy asked Dr. Bihun if she could draw figures he needed for a paper, she says she had a lightbulb moment. “It dawned on me that I could apply my illustration skills for research. I hadn’t thought to apply artistic interpretation directly to scientific data. Medical illustration was new to me. My first project was a colored pencil drawing of the angular vein.”

In the spring of her first year of medical school, the Distinction track in Applied Medical and Health Humanities was established, and she applied with the aim of studying visual arts.

Dr. Bihun met with Mayo Clinic medical illustrators to learn more about their skills and realized she’d need to learn digital painting skills. She mastered those skills on her own and practiced by filling additional requests for scientific illustrations depicting the use of ultrasound for facial soft tissue filler and toxin injections, ophthalmic artery branches and vasa previa types, among others.



“Both art and medicine are disciplines that are never fully accomplished in a way that can be checked off a to-do list. It is a practice — a way of living. It is being human.”

– Rebekah Bihun, M.D.

She says creating medical illustrations helps her to learn, especially anatomy. “Every line on the page is a decision. Art is iterative — back and forth, trying things, returning to them over and over in an effort to improve. That discipline is important for my clinical work and growth as a physician.”

Dr. Bihun also draws nonmedical subjects and writes poetry. She does it to process her feelings as a medical trainee and about medical problems she’s had.

She also enjoys textile arts. She says it helps keep her calm and her hands busy. “One of my earliest memories is of my grandmother teaching me to cross-stitch. She was a prolific sewist and stitcher. In the few moments she took aside to teach me to use the needle, she handed me the same thread that has been passed from mother to daughter and granddaughter for generations.”

For her wedding in 2022, Dr. Bihun made a rushnyk, a ceremonial cloth representing a Ukrainian couple’s new home together. Traditionally, the bride makes the rushnyk, sewing her hopes and wishes for the marriage into it. The couple stands on the cloth throughout the wedding ceremony.

“This was my way of integrating my husband’s Ukrainian culture with my own,” she says. “It was a labor of love over nine months.”

Dr. Bihun says art teaches a way of seeing humanity in herself and in others. “A doctor is a servant of human needs experienced by real people in moments of crisis.

There is a discipline in seeing this way. Both art and medicine are disciplines that are never fully accomplished in a way that can be checked off a to-do list. It is a practice — a way of living. It is being human. Part of what attracted me to Mayo Clinic was the Humanities in Medicine program and medical school selectives. I’m grateful for these many experiences and plan to continue to pursue them throughout my career and life.”

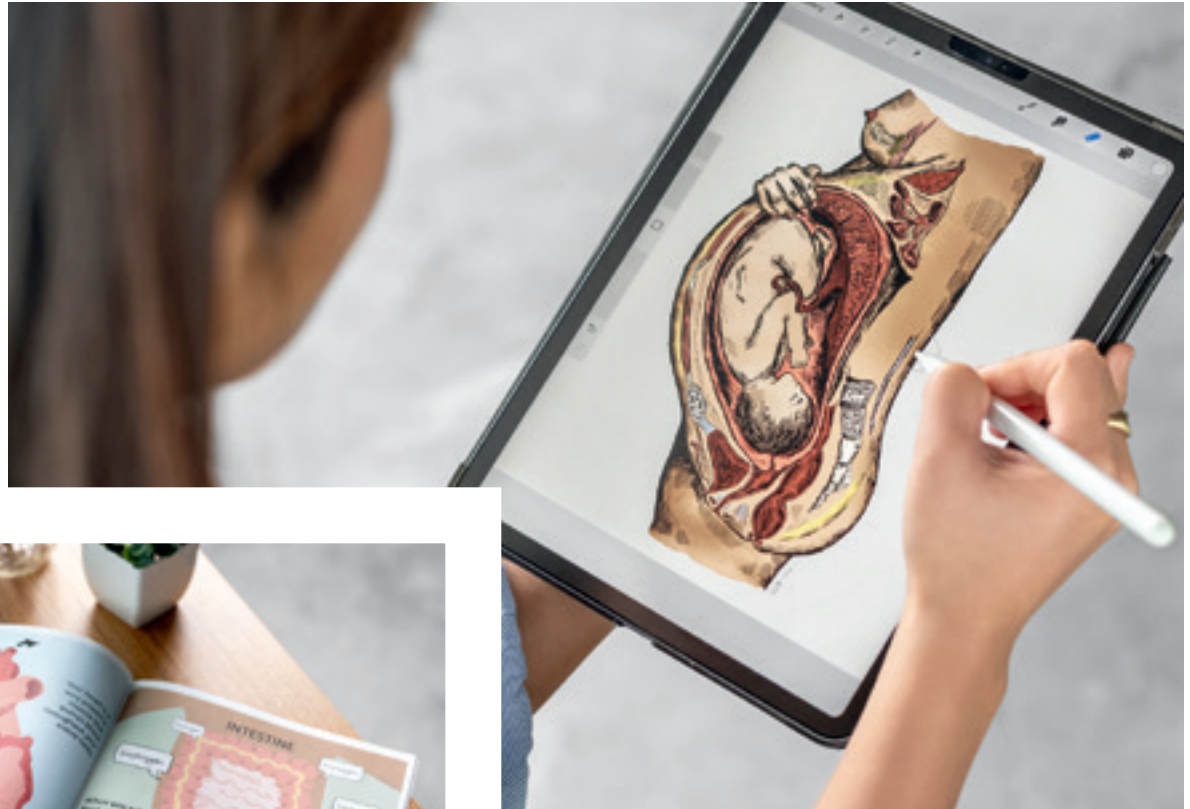
Dr. Bihun matched in radiology — a visually oriented field — at Brigham and Women’s Hospital in Boston, Massachusetts and hopes to continue to use her artistic skills to portray research and discovery and enhance patient education.

**USING ART TO DECOMPRESS, LEARN,
COMMUNICATE, BUILD COMMUNITY,
AND SHARE JOY AND MEANING**

Dr. Sara Lee, a recently graduated medical student at Mayo Clinic in Florida, says she did art recreationally when she was growing up but didn't take it seriously. It took a backseat to sports in high school and college. In medical school, first at Mayo Clinic in Arizona, she found art was helpful to learning and therapeutic during a stressful time.

"I started medical school during the pandemic, so learning was largely virtual," she says. "Drawing helped me parse and retain information, including anatomical structures, and provided me with a tactile way to learn. My notes usually included illustrations. I made study guides





Left: The ABC's of Anatomy, book by Sara Lee, M.D. (Author & Illustrator), Jordan R. Pollock, M.D. (MED '24) (Author) and M. Lane Moore, M.D. (MED '24) (Author).

and shared them with classmates. Soon, word got out to faculty members who encouraged me to keep going.”

When the Distinction track in Applied Medical and Health Humanities was announced, Dr. Lee says it resonated with her interests. “I’d recently become excited about doing art in medicine and never imagined I’d be able to incorporate it into my academics.”

Like Dr. Bihun, Dr. Lee met with Mayo Clinic medical illustrators to learn about their craft.

Dr. Lee says she appreciates that art lets her make mistakes, revise them and be satisfied with that process. “It’s humbling to have to keep fixing it until I get it right. If I look at an illustration of the abdomen I made in my first year of medical school, it would look different from what I did in my third year. I’m constantly informed by what I’ve learned.”

Dr. Lee is a former advocacy chair for the American Medical Women’s Association (AMWA), and she created an illustration of a physician who popularized the use of Pap smear for an AMWA publication. She also designed the cover for the American Urological Association’s (AUA) national journal. She created a T-shirt design for a nephrology group at Mayo Clinic and created a watercolor after a code for a patient’s heart attack as a reflections assignment to help her process caring for someone in a

crucial moment in their life. Along with two other Mayo medical students, she wrote and illustrated a children’s book about anatomy. She’s created drawings to gift to others on the medical team to capture moments on the job. Most recently, she worked on a 3D printing project with Mayo Clinic urologists — the specialty she’s chosen.

Dr. Lee recently matched at Mayo Clinic in Florida. She says she wants to continue to grow in learning how to visually represent scientific information and discover ways to use it in research, academics and patient education.

“If you’d asked me before medical school if I liked art, I’d have said ‘kind of.’ Now, it’s a massive part of my life. I used it to decompress during my busy surgical clerkship, remain alert at night during my obstetrics rotation, learn and help others learn, communicate surgical techniques, build community with like-minded individuals in medicine, and share joy and meaning. Outside of work, I enjoy drawing and painting watercolors of snapshots of memories, including a beautiful hike, a recent trip to Africa or a portrait of a friend’s dog.

“Art satisfies me intellectually and professionally and as a person. I encourage others to seek out the many benefits of celebrating the art and humanity in medicine. Medical humanities will help keep me grounded no matter where I go.” •





Art through the ages

A history of art at Mayo Clinic



Opposite page: Intricate ceiling detail inside the Plummer Building. This page, top left: Carving by Charles (Carlo) Brioschi on Plummer Building doors depicting a figure with a paint palette and brushes to represent the fine arts. This is one of six symbolic panels interspersed throughout each door. Center: A detail from a bas-relief carving on the Plummer Building. Top right: Tiffany lamp, one of the many gifts of art received by Mayo Clinic. Above: Detail of “The Bronco Buster”, bronze sculpture by Frederic Remington. All on the Rochester campus of Mayo Clinic.

Mayo Clinic has a deep-rooted history of integrating the arts into its walls — both literally and figuratively — beginning with the 1914 Mayo Clinic building (which was replaced by the Siebens building in the 1980s). In its construction, the building’s architecture was fashioned with Rookwood tile and other aesthetic features, embodying the Mayo brothers’ belief that the building should be beautiful inside, and out, for staff and patients alike.

This belief continued with Henry Plummer, M.D., when constructing the Plummer Building in 1928. Artistic craftsmen were sought out to add intricacies to the building’s façade and woodwork. This took shape in the building’s sandstone carvings, hand-painted ceiling designs, iconic bronze doors and much more. And it was from these



Left: “Man and Freedom”, sculpture by Ivan Mestrovic, located in Landow Atrium, Gonda Building. Opposite page: “Man and Achievement”, sculpture by William Zorach, located on the east wall of the Mayo Building. Both sculptures on the Rochester campus of Mayo Clinic.

beautifully crafted structures that Mayo Clinic began implementing art into its DNA, values and Model of Care through the decades.

As Mayo Clinic began its rapid expansion in the 1950s, a more contemporary building design based on functional requirements was needed. However, there was concern that the building would take on a more sterile environment despite the use of top-quality building materials. To avoid this, the creation of an art program was proposed, ensuring that art forms be integrated with the architecture of the building. **Samuel F. Haines, M.D.** (I '24), chair of the Mayo Clinic Board of Governors at the time, was assigned the task of establishing this “Art and Ornamentation Program”. With his direction, and professional advice

from artists and architects alike, “centers of interest” were woven into the infrastructure of the diagnostic building. It was in these centers where various art forms were placed to be studied by patients and visitors while waiting on appointments and to create a pleasant working environment for Mayo Clinic staff.

It was in this first formal art program that the theme “Mirror to Man” was developed. While it was up to artists to interpret the theme, much of the work was done by Minneapolis sculptor, painter and art educator, Warren T. Mosman. His artistic philosophy “in all ages, man has made things first to be useful and then he made them beautiful” blended well with the desire to create a functional but aesthetically pleasing building. Because Mayo Clinic worked

intimately with people, Mosman believed that the art should be geared toward people. It was decided that the various artworks to be presented in the building should have varied approaches by different artists to the many phases of mankind’s living. Out of this came sub-themes of “Man and Home”, “Man’s Desire for Knowledge”, “Man and Companionship” and many others that complimented the overarching “Mirror to Man” theme.

With the themes in place, selected artists were invited to visit Rochester and received a copy of “The Doctors Mayo” by Helen Clapesattle to inspire their approach to the main and sub-themes. Initial sketches of the artworks were inspected and then approved by both the Building Committee and the Board





Ceramic tiles of children's artwork, created for the Mayo Eugenio Litta Children's Hospital, Rochester, Minnesota.

of Governors. As construction progressed, so did the artwork, and it was eventually completed and positioned throughout the building. One of the building's most well-known sculptures, "Man and Freedom", was, at the time, positioned on the building's north face. The 28-foot, 6,900-pound cast bronze sculpture by Croatian sculptor Ivan Mestrovic hung in that position for 44 years, until it was moved into the Nathan Landow Atrium of the Gonda Building in August 2000. Later, a series of four sculptures entitled "Man and Achievement" was added to the building's east exterior wall. The series depicts various fields where one might express their creative drives and remains on that wall to this day.

In 1966, a nine-floor extension to the Mayo Building was approved. With this approval, it was agreed that the art program launched in 1953 should continue. Again, a committee was formed to approve another art installation — "Man and Recreation" — to be added to the building's south wall. However, once this

was completed, the art committee disbanded in an official capacity, with informal discussions surrounding art continuing. Through the help of various consultants, it was agreed that Mayo Clinic had a need for a formal art program, prompting the creation of the Mayo Foundation Art Program in the early 1970s.

With the creation of this formal art program came changes to how art was acquired and presented at Mayo Clinic. The "Mirror to Man" theme was now seen as too restrictive and was discontinued in favor of a pluralistic program. It was agreed that acquired art should look to the past as well as the future while integrating other mediums such as sculpture, paintings, graphics, abstract art and more. Acquisition of art also focused on contemporary pieces, making it more budget friendly. In addition, Mayo Clinic accepted art pieces from generous donors, and continues that practice presently.

The implementation of art didn't stop at Mayo Clinic in Rochester, Minnesota. Both Mayo Clinic campuses in Arizona and Florida

feature art throughout their buildings, as well as hospitals that are part of the Mayo Clinic Health System. For example, Luther Hospital in Eau Claire, Wisconsin, a part of the Mayo Clinic Health System — Northwest Wisconsin region, acquired more than 300 pieces of art in the 1990s. This collection featured works by regional artists — a practice continued by Mayo Clinic at its various locations. The hospital also featured art by children on the pediatrics floor — much of which was acquired at an area-wide children’s art show. This process was also incorporated on the Saint Marys Campus of Mayo Clinic Hospital in Rochester, Minnesota, in the form of artwork from 9,000 southeast Minnesota school children that could be reproduced on ceramic tiles.

Today, Mayo Clinic persists in its goal of enhancing the medical environment into one that provides an uplifting, comforting nature. Mayo Clinic displays donations of specific artwork — such as the 13 Chihuly chandeliers in the Gonda Building and the Andy Warhol Endangered Species Series — and uses funding to commission works for its locations. In addition, the displayed artworks are highly diverse in terms of artists’ backgrounds, subjects, materials and media — aligning with Mayo Clinic’s commitment to multicultural respect.

The various artworks are also accompanied by live music and related events available for Mayo patients, visitors and staff alike. Art booklets are provided at welcome desks providing an in-depth exploration of Mayo’s art history. In addition, volunteers at the Rochester campus provide hour-long art tours Monday through Friday for patients, caregivers and staff. For every creative interest, there is something to be enjoyed by all. By striving to serve patients and visitors in a very understanding, human way, Mayo Clinic has created an environment that reflects its dedication to providing compassionate care while complimenting the efforts of all Mayo Clinic staff. •



Samples of artwork by regional/local artists at Luther Hospital, Eau Claire, Wisconsin. Top: “Waiting for the Hatch”, sculptural tile by John Turula. Center: “Flour Sack Laundry”, watercolor painting by Kay Dawson. Bottom: “City Street in Red and Yellow”, painting by Mark Horton.



SHE'S ALL IN

Jwan Naser, M.B.B.S. (I '23, AIHC '26, CV '27), grew up in Jordan with physician parents who imparted a simple rule to her and her three sisters, including a fraternal twin: There's no halfway — it's either all or nothing. This advice helped Dr. Naser pour her efforts into her area of professional interest.

A perusal of Dr. Naser's accomplishments and comments from her mentors at Mayo Clinic suggest that she's heeded her parents' rule.

"Simply put, she is the best resident or fellow I have been privileged to mentor," says **Sorin Pislaru, M.D., Ph.D.** (CV '01, I '04, CI '06, CV '08), chair, Division of Structural Heart Disease, Mayo Clinic in Rochester. Dr. Pislaru has mentored researchers in the echocardiography laboratory for a decade and is the former chair for Research in the Division of Cardiovascular Ultrasound.

HOW COLD TURNED TO WARMTH

Dr. Naser says she always enjoyed learning about human biology. Her

experiences with a close relative who had cancer in her early 40s opened Dr. Naser's eyes to all the difficult details patients go through and sparked her interest in helping to alleviate the suffering of patients. In medical school in Jordan, she became fascinated with cardiology. She spent free time in the echocardiography lab scanning patients, enchanted with the technology that allows for the evaluation of the heart structure and function in real time. She went to Mayo Clinic in Rochester, Minnesota, for a month in 2019 as a visiting medical student in the cardiology consult service.

"It was the coldest winter in decades, yet I experienced the warmest moments at Mayo Clinic," she says. "I was warmed by the way every team member learned from the others, the absence of hierarchy, the way everyone did their best to provide the best care for the patient."

During the visiting elective, Dr. Naser met Dr. Pislaru, who mentored her in a research project. "I had no research experience whatsoever. But watching how the team worked together to answer a

Jwan Naser, M.B.B.S.

Fellow, cardiovascular diseases

Mayo Clinic in Rochester

Fellowship: Cardiovascular diseases, Mayo Clinic School of Graduate Medical Education; research

Postgraduate: Master's in Artificial Intelligence in Healthcare, Mayo Clinic Graduate School of Biomedical Sciences

Residency: Internal medicine, Mayo Clinic School of Graduate Medical Education

Medical school: Jordan University of Science and Technology, Irbid, Jordan

Hometown: Irbid, Jordan



Jwan Naser, M.B.B.S., studying the application of AI to traditional ECG methodology.

question relevant to patient care — from data collection and analysis to interpretation of the results and publishing the manuscript — made me really eager to become part of the process of learning and contributing to the science and improving patient outcomes. This is when I decided to return to Mayo Clinic for a year of research training in the echocardiography lab with Dr. Pislaru after completing medical school. I learned research techniques and skills from scratch, with his guidance and support.”

WHEN THE HEART FALLS FOR THE HEART

Dr. Naser’s research has focused on advancing the knowledge of the incidence, risk factors, outcomes and management strategies for

valvular heart disease and heart failure. She has been particularly interested in functional tricuspid regurgitation, diastolic dysfunction and a relatively recently recognized type of mitral regurgitation — atrial functional mitral regurgitation and how atrial fibrillation interacts with these diseases. She has started, designed and carried out multiple research projects that have received prestigious awards and national recognition and been published or accepted in leading cardiology journals, including the European Heart Journal and JACC. She has published 34 peer-reviewed papers, including 27 as first author, and has another eight under review. She has had 34 abstract presentations at national and international meetings.

For this research, Dr. Naser received the 2024 Mayo Clinic

Alumni Association Donald C. Balfour Award for Meritorious Research.

Dr. Naser also is pursuing a master’s degree in Artificial Intelligence in Healthcare at Mayo Clinic Graduate School of Biomedical Sciences.

“It makes me happy to know that my research findings are having a direct impact on patient care,” says Dr. Naser. “I hope to be a clinician scientist and a leader in valvular heart disease and diastology and to utilize all the techniques out there, including AI, to advance the field. Seeing how the AI-ECG succeeded in detecting diseases that traditional ECG cannot fascinated me, and I look forward to applying AI to echocardiography to push it beyond its current limits.

“I’ve been extremely lucky to have such supportive mentors at Mayo. My other mentors in the Department of Cardiovascular Medicine include

Barry Borlaug, M.D. (CV '06), **Patricia Pellikka, M.D.** (MED '83, I '86, CV '89), the Betty Knight Scripps–George M. Gura, Jr., M.D., Professor of Cardiovascular Diseases Clinical Research, **Vuyisile Nkomo, M.D.** (I '97, CV '01), **Hector Michelena, M.D.** (CVAD '06), **Grace Lin, M.D.** (I '03, CV '07) and biostatistician Christopher Scott. I've learned so much from them all. The statistics programmer, Austin Kennedy, has been an invaluable member of the research team as well, helping us obtain pertinent data from the cardiovascular data marts. On the artificial intelligence side, **Itzhak Zachi Attia, Ph.D.** (CV '14), **Peter Noseworthy, M.D.** (CV '13), **Garvan Kane, M.D., Ph.D.** (I '01, CV '04, CPHAR '04, CV '07) and Eunjung Lee — with whom I co-developed an AI echo view classifier — have been instrumental in my career.”

The AI echo view classifier resulted from applying AI deep learning techniques — specifically convolutional neural networks — to echocardiographic views. The classifier can automatically identify specific views of interest from full echocardiographic exams, constituting the building blocks that allow for the application of neural networks to echocardiography on a large scale and omitting the need to manually go through a remarkable number of studies to identify pertinent views. The new tool is being used in multiple ongoing AI-based projects to train deep learning algorithms directly on raw echocardiographic images to detect diseases including reduced ejection fraction and aortic stenosis.

Dr. Pislaru says Dr. Naser's work on the incidence and natural history of atrio-genic mitral regurgitation and functional tricuspid regurgitation are landmark studies with major implications for the clinical practice. “Indeed, the atrio-genic mechanism responsible for valvular dysfunction is now firmly recognized as an important source of morbidity. Understanding its natural evolution allows appropriate patient triage to

catheter-based therapies or to early surgical intervention.”

Dr. Pellikka agrees about Dr. Naser's promise. “She has had a remarkable ability to identify knowledge gaps in the literature relating directly to patient care and to critically define hypotheses and design full studies to address relevant questions. She was a finalist at the American Society of Echocardiography Young Investigator Award competition for her fully initiated and executed project on the incidence, risk factors, and outcomes of atrial functional mitral regurgitation in atrial fibrillation or sinus rhythm. This competition is intense, and it was a great honor for Dr. Naser and Mayo Clinic. Her study revealed the significant role of rhythm control in the prevention of atrial functional mitral regurgitation in patients with atrial fibrillation — a type of mitral regurgitation that is independently associated with mortality.

“She is now working on the application of the AI-augmented echocardiography and electrocardiography to identify patients at elevated risk of developing ischemic strokes — a novel idea she developed that has major implications on patient management and outcomes. Dr. Naser is exceptionally motivated to advance the fields of valvular heart disease, diastolic dysfunction and echocardiography.”

Dr. Naser credits her success with her ability to always find work that excites her. “I found something I'm truly excited about. It makes me ready to jump from bed in the morning to do. It makes me feel as if my job was a hobby. I believe if someone wants something badly enough, they should go for it. The key is to be patient and persistent. It's OK to fail but to then regroup and keep going. I experienced all that, and my pathway to success has been exponential. I made small steps and small achievements for a long time before making some leaps and bounds to get to where I am now.” ●

“It makes me happy to know that my research findings are having a direct impact on patient care.”

– Jwan Naser, M.B.B.S.

Balfour Award nominees are residents or fellows on any Mayo Clinic campus who have a clinical appointment — or have completed an appointment in the past year — in medical and laboratory specialties, surgery and surgical specialties, or internal medicine and medical specialties.

Mayo Clinic Alumni Association
Edward C. Kendall Award for Meritorious Research

MINDING THE GAP

Mentors of **Josh Bock, Ph.D.** (CV '20), Department of Cardiovascular Medicine at Mayo Clinic in Rochester, cite his talent for identifying clinically significant gaps in the literature.

“Perhaps Dr. Bock’s most significant findings from his work at Mayo Clinic are on sex differences in the pathophysiology of obstructive sleep apnea,” says **Erik St. Louis, M.D.** (I1 '94, N '97, NEEG '98), chair, Division of Sleep Neurology at Mayo Clinic in Rochester. “He was interested in exploring potential sex differences in the immunophenotype of patients with obstructive sleep apnea. His research revealed that females with sleep apnea have an altered immune profile whereas no such impact was observed in males. He also found that females, but not males, with sleep apnea have a blunted hemodynamic response to orthostasis of autonomic dysfunction. More recently, he began collecting data on aortic hemodynamics in patients with sleep apnea. Preliminary findings suggest that while males with sleep apnea have a higher brachial blood pressure, females with sleep apnea have more impaired aortic pressure wave reflection.”





Josh Bock, Ph.D.

Department of Cardiovascular Medicine

Department of Physiology and Biomedical Engineering

Mayo Clinic in Rochester

Postdoctoral: Research fellowship, Department of Cardiovascular Medicine, Mayo Clinic, Rochester, Minnesota

Postgraduate: Ph.D., rehabilitation science, University of Iowa, Iowa City; master's degree, clinical exercise physiology, Ball State University, Muncie, Indiana

Undergraduate: Salisbury University, Salisbury, Maryland

Hometown: Berlin, Maryland

*“Perhaps Dr. Bock’s most significant findings from his work at Mayo Clinic are on **sex differences in the pathophysiology of obstructive sleep apnea.**”*

– Erik St. Louis, M.D.

Dr. Bock says he was frustrated when he began this area of research with support from the Mayo Clinic SCORE (Specialized Center of Research Excellence) and BIRCWH (Building Interdisciplinary Research Careers in Women’s Health) programs, and found gaps and discrepancies in the literature. He didn’t find many studies on sex differences in sleep apnea, and women were a small minority of the overall study populations. “Science isn’t about confirming what’s known; it’s figuring out what isn’t known. When I’ve talked to women clinicians at conferences, they’ve thanked me and said they see many women patients who have sleep apnea but find nothing about it in the literature.”

Dr. Bock wants to spread awareness, including among clinicians, that sleep apnea doesn’t occur only in older, heavier men and isn’t characterized only by loud snoring. That’s important because sleep apnea affects the brain, blood vessels and heart and, according to Dr. Bock, has downstream effects that include increased risk for stroke, heart disease and Alzheimer’s disease.

“Sleep apnea reduces breathing by as much as 60%,” says Dr. Bock. “A reduction in air flow for 15 seconds can lower oxygen levels in the blood. Anyone who has symptoms of sleep apnea, including daytime tiredness, gasping for air in the night, headaches and dry mouth or throat upon waking should be screened. We have increased capacity to test, screen and diagnose today.”

Through an award from the Sleep Research Society, Dr. Bock is also studying early morning neurocirculatory blood pressure control and the effects of nocturnal inorganic nitrate supplementation on the neurobiology of sleep. He also led a clinical trial exploring the benefits of statin therapy on cardiometabolic health and adipocyte senescence in patients with obstructive sleep apnea.

For his research accomplishments, including more than 30 original research publications — 13 as first author — and more than \$500,000 in recent research support as a principal investigator, Dr. Bock received the 2024 Mayo Clinic Alumni Association Edward C. Kendall Award for Meritorious Research.

FINDING HIS WAY TO MAYO CLINIC

Dr. Bock says he’s always been interested in how things work. As a child, he wanted to be a marine biologist. He played sports in school and became interested in performance — what makes one athlete better than another, so he focused on exercise science in college. He learned about opportunities at Mayo Clinic through his Ph.D. mentor **Darren Casey, Ph.D.** (ANES ’11), director of Human Integrative and Cardiovascular Physiology, University of Iowa Health Care. Dr. Casey completed a postdoctoral research fellowship at Mayo Clinic. Like his mentee, Dr. Casey received the Mayo Clinic Alumni Association Edward C. Kendall Award for Meritorious Research in 2012.



Early morning exercise for Josh Bock, Ph.D., at the Dan Abraham Healthy Living Center.

“Dr. Casey put Mayo Clinic on my radar,” says Dr. Bock. “His dissertation topic built on topics that **Virend Somers, M.D., Ph.D.** (HYT ’99), Division of Preventive Cardiology and the Alice Sheets Marriott Professor, researched when he was a fellow and, as luck would have it, Dr. Somers became my primary mentor at Mayo Clinic.”

Although he’s not a clinician, Dr. Bock loves working side by side with cardiologists in a mutually respectful environment. “I get to scratch my cardiology itch without medical training by conducting clinical trials and developing therapeutics to improve patients’ quality of life.”

FINDING HIS SLEEP SWEET SPOT

One may wonder about Dr. Bock’s own sleep patterns, given his in-depth interest in the study of sleep quality. In part because the subjects he has studied for years must fast from food and caffeine before 6 a.m. lab appointments, Dr. Bock is an early riser. His alarm goes off at 4 a.m. He’s yawning by 8:30 a.m. and eating lunch at 10 a.m. He’s usually in bed by 8 p.m. He considers sleeping in to be a 5:30 a.m. wakeup call. Fortunately, his wife, who also works at Mayo Clinic, has adopted his sleep schedule.

“I’m particular about my sleep and try not to do things that will interfere with it, such as blue light or technology time in evening hours,” he says.

FINDING HIS HOME

Dr. Bock advises other trainees and junior staffers to be curious and to cast a wide net — traits that have served him well at Mayo Clinic. “I’m not trained as an immunologist but received a SCORE award to study immune-mediated inflammation in women with sleep apnea. I made a friend in immunology, submitted an application and got funded. Similarly, I didn’t know about the BIRCWH program when my mentor **Sarah Baker, Ph.D.** (ANES ’15), Anesthesia Research, Mayo Clinic in Rochester, forwarded me a request for applications. I didn’t think my idea would qualify, but she said it was good and I got into the program. The collegiality at Mayo is second to none.”

The wide net extends to geography. “I’m from the East Coast and didn’t think Rochester, Minnesota, would appeal to me for the long term, but it has grown on us,” he says. “Opportunities abound at Mayo ... It’s like having a catalog of world experts at your fingertips. I can ask a question and know that the expertise is right down the hall. I don’t think you find that access anywhere else.” •

Kendall Award nominees are M.D.s or Ph.D.s on any Mayo Clinic campus who received a doctoral degree in the past five years and have a post-doctoral research training appointment (includes research fellows and research associates but not fellows eligible for the Balfour Award or visiting scientists) approved by the Mayo Clinic Research Committee or have completed the appointment in the past year.

Mayo Clinic School of Graduate Medical Education gives awards

Each year, Mayo Clinic School of Graduate Medical Education recognizes excellence among residents and fellows. This year's awards include the following:

MAYO BROTHERS DISTINGUISHED FELLOWSHIP AWARD

Recognizes qualities associated with William J. Mayo, M.D., and Charles H. Mayo, M.D. Each year since 1997, Mayo Clinic School of Graduate Medical Education has selected six trainees from Arizona, Florida and Rochester/Midwest to receive the award based on outstanding clinical performance, humanitarianism and scholarly activity.



Bryce Baird, M.D.
(U '24)
Department of Urology
Mayo Clinic in Florida



Benjamin Mundell, M.D., Ph.D.
(OR '15, MED '19, S '24)
Division of General Surgery
Mayo Clinic in Arizona



Roman Kowalchuk, M.D.
(RADO '24)
Department of
Radiation Oncology
Mayo Clinic in Rochester



Alejandra Vasquez Avila, M.D.
(PDN '24)
Division of Child and
Adolescent Neurology
Mayo Clinic in Rochester



Anthony Mikula, M.D.
(NS '24, NSSE '24)
Department of
Neurologic Surgery
Mayo Clinic in Rochester



Saurabh Zanwar, M.B.B.S.
(I '21, HEMO '24)
Hematology Oncology
Mayo Clinic in Rochester

BARBARA BUSH DISTINGUISHED FELLOWSHIP AWARD

Recognizes outstanding clinical performance and scholarly activity with a particular emphasis on humanitarianism. The award is named to honor the contributions of Barbara Bush, former U.S. first lady and former Mayo Clinic trustee.



Christian Karime, M.D.
(I '24)
Department of
Internal Medicine
Mayo Clinic in Florida

PATIENT SAFETY AWARD AND QUALITY IMPROVEMENT AWARD

These awards recognize an outstanding patient safety project and an outstanding clinical or nonclinical quality improvement project.



Juliana Capp, M.D.
(NS '26)
Department of
Neurologic Surgery
Mayo Clinic in Rochester

DIVERSITY AWARD

Recognizes individuals or projects that have significantly contributed to greater MCSGME diversity and support recruitment or retention of diverse learners.



Dontre' Douse, M.D.
(ENT '25)
Department of
Otolaryngology – Head
and Neck Surgery
Mayo Clinic in Rochester

HEALTHCARE DISPARITIES AWARD

Recognizes an outstanding healthcare disparities project.



Chelsea Handfield, M.D.
(DERM '24)
Department
of Dermatology
Mayo Clinic in Rochester



Nasro Isaq, M.D.
(I '21, DERM '24)
Department
of Dermatology
Mayo Clinic in Rochester

WELL-BEING AWARD

Recognizes individuals or projects that have significantly contributed to greater MCSGME or overall clinical care team well-being.



Anna Demian, M.B.B.S.
(FM '24)
Department of
Family Medicine
Mayo Clinic in Florida

Mayo Clinic Update



The exterior of the Kellen Building, taken at the dedication in late 2023.

Mayo Clinic opens Anna-Maria and Stephen Kellen Building for research

Mayo Clinic celebrated the grand opening of the 11-floor Anna-Maria and Stephen Kellen Building in late 2023. The building will support hiring more scientists to contribute to Mayo Clinic's unique capabilities to bring scientific discoveries to patients. It joins other Mayo Clinic research facilities where investigators discover scientific advancements that affect patient care, leading to better outcomes and improved quality of life in Minnesota and beyond.

Work on the building began in June 2021 with a lead gift from the Anna-Maria and Stephen Kellen Foundation. Contributions from the Kellen Foundation and other generous benefactors have supported the majority of the construction costs for this new research building. The Kellen Building features 11 floors, 176,000 square feet and subway connectors to other Mayo Clinic buildings. The new research facility joins other community and industry partners dedicated to improving patient care, health and wellness in downtown Rochester's Destination Medical Center Discovery Square district, a research, innovation and development hub.

Charles Bruce, M.B., Ch.B., named 2023 Mayo Clinic Distinguished Inventor

Charles Bruce, M.B., Ch.B. (I '96, CV '00), Department of Cardiovascular Medicine, was named a 2023 Mayo Clinic Distinguished Inventor. The award recognizes innovative inventors and is presented to a member of the Mayo Clinic voting staff whose career demonstrates great distinction in innovative and significant contributions to improving people's health.

Dr. Bruce is the chief innovation officer and medical director of the Innovation Exchange at Mayo Clinic in Florida, medical director for the Center for Digital Health Innovation and Emerging Technology, director for Business Development at the Center for Regenerative Biotherapeutics and a professor of medicine in the Mayo Clinic College of Medicine and Science.

His primary areas of focus have been valvular heart disease, echocardiography and remote monitoring, and using data to improve healthcare delivery. He has helped drive innovations that span many areas of medicine and is responsible for an array of new technologies used today.



Mayo Clinic awards named professorships

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

Tanios Bekaii-Saab, M.D. (HEMO '16)

David F. and Margaret T. Grohne Professor of Novel Therapeutics for Cancer Research

- Vice chair of practice, Division of Hematology and Medical Oncology, Department of Internal Medicine
- Mayo Clinic in Arizona



Susan Slager, Ph.D. (HSR '01)

Endowed Professor of Lymphoma Research

- Division of Computational Biology, Department of Quantitative Health Sciences
- Division of Hematology, Department of Internal Medicine
- Mayo Clinic in Rochester



Peter Harris, Ph.D. (NEPH '99)

Gordon H. and Violet Bartels Professor of Cellular Biology

- Nephrology Research Unit, Division of Nephrology and Hypertension, Department of Internal Medicine
- Department of Biochemistry and Molecular Biology
- Mayo Clinic in Rochester



Liewei Wang, M.D., Ph.D. (PHAR '03, MPET '03) *Rose M. and Morris Eisenberg Professor*

- Bernard and Edith Waterman Director, Pharmacogenomics Program, Center for Individualized Medicine
- Division of Clinical Pharmacology, Department of Molecular Pharmacology and Experimental Therapeutics
- Mayo Clinic in Rochester



Mayo Clinic gives 2023 Distinguished Educator & Outstanding Emerging Educator awards

The Distinguished Educator Award recognizes Mayo Clinic faculty who have significantly contributed to excellence in education throughout their careers; have demonstrated leadership in education, education research or administration; have been recognized or honored by students or faculty; have shown a commitment to diversity; have created new ways of teaching or applied innovative techniques that foster the educational process; have contributed to the body of knowledge and methodology in medical education; and have actively mentored education faculty.



ARIZONA

Victor Pizzitola, M.D. (RD '08)
Department of Radiology
Assistant professor of radiology



ROCHESTER/MIDWEST

John Chen, M.D., Ph.D. (OPH '14)
Department of Ophthalmology
Professor of ophthalmology and neurology



FLORIDA

Pablo Castillo, M.D. (N '02, CBVD '03, SLEP '05)
Division of Pulmonary, Allergy and Sleep Medicine
Professor of neurology, assistant professor of medicine



ROCHESTER/MIDWEST

Sandhya Pruthi, M.D. (FM '94)
Division of General Internal Medicine
Professor of medicine

The Outstanding Emerging Educator Award recognizes faculty members who have demonstrated exceptional leadership, innovation and commitment to biomedical education early in their careers. The award recognizes physicians, scientists and allied health staff who have served in an education role for 10 years or less at Mayo Clinic.



ARIZONA

Adam Milam, M.D., Ph.D. (ANES '21)
Department of Anesthesiology and Perioperative Medicine
Associate professor of anesthesiology



ROCHESTER/MIDWEST

Susan Moeschler, M.D. (ANES '09, REG '10, PAIN '11)
Department of Anesthesiology and Perioperative Medicine
Professor of anesthesiology



FLORIDA

Dana Herrigel, M.D. (HIM '16)
Division of Hospital Internal Medicine
Assistant professor of medicine



ROCHESTER/MIDWEST

John Ratelle, M.D. (I '13, CMR '14)
Division of Hospital Internal Medicine
Associate professor of medicine



FLORIDA

Juan Carlos Leoni Moreno, M.D. (CV '14, TXCV '15)
Department of Transplantation
Assistant professor of medicine



Leigh Griffiths, Ph.D., named dean of Mayo Clinic Graduate School of Biomedical Sciences

L Leigh Griffiths, Ph.D., MRCVS (CV '16), is the new dean of Mayo Clinic Graduate School of Biomedical Sciences.

Dr. Griffiths is a veterinary cardiologist, cardiovascular surgeon and research scientist on the Rochester campus. His research focuses on identifying and overcoming immunological barriers in organ transplantation, with the goal of applying such insights in cardiovascular regenerative medicine and tissue engineering. Dr. Griffiths also has longstanding interest in modernizing and shaping educational curricula and recently worked with faculty to reform the Biomedical Engineering and Physiology track core curriculum.

Prior to joining Mayo Clinic in 2007, Dr. Griffiths was a tenured faculty member at University of California, Davis, where he was selected as a Dean's Teaching Scholar and trained in education theory. He led reform of the school's professional veterinary school curriculum.

Dr. Griffiths, a professor of medicine in the Mayo Clinic College of Medicine and Science, succeeds **Bruce Horazdovsky, Ph.D.** (BMB '02), who served as interim dean.



Vijay Shah, M.D., appointed Executive Dean of Research, Mayo Clinic

Vijay Shah, M.D. (GI '98), chair, Department of Internal Medicine at Mayo Clinic in Rochester, is the new Mr. and Mrs. Ronald F. Kinney Executive Dean of Research Honoring Ronald F. Kinney, Jr.

Dr. Shah has joint appointments in the Division of Gastroenterology and Hepatology and Department of Physiology and Biomedical Engineering. He has maintained National Institutes of Health-funded programs at Mayo Clinic for 25 years related to advanced liver disease that cross basic science, artificial intelligence and clinical trials. He was named a 2019 Distinguished Mayo Clinic Investigator. Dr. Shah is the Carol M. Gatton Professor of Digestive Diseases Research, Honoring Peter Carryer, M.D.

He succeeds **Gregory Gores, M.D.** (I '83, GI '86), who has served with distinguished leadership in the position for 10 years.



Mayo Clinic Board of Trustees elects new member

Jim Robo, former chairman and CEO of NextEra Energy, was elected at the board's quarterly meeting in February 2024.

Hirohito Kita, M.D. & Tsuneya Ikezu, M.D., Ph.D., named 2023 Arizona and Florida Investigators of the Year

Mayo Clinic recognized two physician researchers as Investigators of the Year — a recognition of significant advances that have strongly influenced the honorees' fields of research.



ARIZONA INVESTIGATOR OF THE YEAR

Hirohito Kita, M.D. (IMM '91), Division of Allergy, Asthma, and Clinical Immunology and the Walter and Leonore Annenberg Professor of Pulmonary Medicine, has conducted laboratory-based research to investigate the immunological mechanisms of allergic diseases during his 31 years at Mayo Clinic. His research program has continuously been supported by the NIH since 1994, with funding totaling more than \$32.5 million.

Dr. Kita's initial work helped to define the immunobiology of eosinophils, including eosinophil effector functions and their roles in human diseases. He expanded the scope of his research and has investigated the cellular and molecular mechanisms involved in type 2 immune responses. This body of work contributed to the recognition of immunological activities of allergens and the understanding of how innate and adaptive immune cells play a role in the development of disease.

Dr. Kita received his medical degree from Mie University in Japan. He completed his residency and postdoctoral fellowship in pediatrics and allergy at Mie National Hospital. He completed a postdoctoral fellowship in immunology and internal medicine at Mayo Clinic in Rochester.

FLORIDA INVESTIGATOR OF THE YEAR

Tsuneya Ikezu, M.D., Ph.D. (NSCI '21), Department of Neuroscience, joined Mayo Clinic in 2021 and leads the Molecular Neurotherapeutics Laboratory. He is internationally recognized as an expert in Alzheimer's disease and related dementias, with research focusing on investigating extracellular vesicles and their role in how disease spreads in the brain.

Dr. Ikezu's research has been published in *Nature Neuroscience*, *Science Translational Medicine*, *Journal of Extracellular Vesicles*, *Alzheimer's & Dementia*, *Molecular Neurodegeneration and Brain*, and he has consulting positions with dozens of international journals. Dr. Ikezu has secured extramural funding, primarily from the NIH, and has received six NIH R01 grants since joining Mayo Clinic. He is a professor of neuroscience in the Mayo Clinic College of Medicine and Science.

Dr. Ikezu's educational background includes a medical degree from the Faculty of Medicine, University of Tokyo; a Ph.D. from the University of Tokyo Graduate School of Medicine; a research fellowship in anesthesia from Shriners Burns Institute, Massachusetts General Hospital; and a postdoctoral fellowship in neurosciences at Cleveland Clinic Foundation.

Another step in meeting patient needs at Mayo Clinic in Rochester

Meeting the needs and maintaining the dignity of all patients was the motivation behind a new space at Mayo Clinic in Rochester. The space on the first floor of the Gonda Building features a spacious restroom with an adult changing table and space for two caregivers, a ceiling lift, a shower nozzle, and two privacy rooms for nursing mothers and patients who need to change a catheter or feeding tube or take insulin. Dignity kits with scrubs and other supplies are available for patients who need them.

The area is available for patients with needs including:

- A patient needs to perform a tube feeding and can't find a space except for the general lobby area, affording no privacy and safety.
- A mother needs to change her teenage son who has cerebral palsy, but there isn't sufficient space in a handicap accessible restroom.

"We estimate that 3,000 times a year vulnerable patients need restroom support in general areas on the Rochester campus, and several times a week patients need a higher level of support that may include fresh clothing and personal cleaning supplies," says Diane Howard, Administrative Services, Mayo Clinic in Rochester. "This space, which is accessible by employee badge, will help to preserve the dignity of patients who are waiting between appointments."



Interior view of a special needs restroom for outpatients, designed to accommodate personal health challenges beyond a standard restroom.

Laura Breeher, M.D. (PREV '13), chair, Safe Patient Handling Committee at Mayo Clinic in Rochester, says the project exemplifies Mayo Clinic values of compassion, teamwork and respect. "It has been a pleasure to be a part of this project and support the multidisciplinary team during the process."

Patients who may need the facility will be notified in the patient portal, by their healthcare teams and by concierge staff, general services staff and any Mayo employee who sees a patient in need in the Gonda Building.

Mayo Clinic Board of Trustees approves transformative plan for Mayo Clinic in Rochester

Mayo Clinic's Board of Trustees has approved Bold. Forward. Unbound. in Rochester, a multiyear strategic initiative that advances Mayo Clinic's Bold. Forward. strategy to Cure, Connect and Transform healthcare for the benefit of patients everywhere. It reimagines Mayo Clinic's downtown Rochester campus and introduces new facilities with a combination of innovative care concepts and digital technologies that will give Mayo Clinic the ability to scale transformation in ways never imagined.

This Rochester initiative is part of Mayo Clinic's Bold. Forward. Unbound. physical plan to achieve seamless integration of physical spaces and digital capabilities to meet patients' unmet and evolving needs across all sites. Projects are well underway in Arizona, Florida, La Crosse, Wisconsin, Mankato, Minnesota, and now soon in Rochester.

A future issue of Alumni magazine will cover in greater detail the evolving physical plans at all Mayo Clinic sites.

Obituaries

Eleanor Botha, M.D. (N '48), died May 14, 2023.

Paul Davidson, M.D. (I '60), died July 9, 2022.

James Donadio, M.D. (I '64, NEPH '66), died Feb. 14, 2024.

David Dubois, M.D. (S '72, PLS '74), died June 23, 2023.

Ralph Ellefson, Ph.D. (BIOC '60), died Jan. 13, 2024.

Gerald Gau, M.D. (I '67), died Feb. 28, 2024.

Thomas Kennedy, M.D. (RD '48), died Oct. 20, 2013.*

William Manger, M.D., Ph.D. (I '55), died Feb. 28, 2024. Mayo Clinic Distinguished Alumni Award recipient, 1992; Mayo Clinic Alumni Association President, 1985–1987.

S.T. Elmo Newton, III, M.D. (S '61, OR '64), died Oct. 30, 2023.

Gertrude Tyce, Ph.D. (BIOC '63), died Feb. 15, 2024. Mayo Clinic Distinguished Alumni Award recipient, 2003.

*Recently reported; included by request.

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ABOUT THE MAGAZINE

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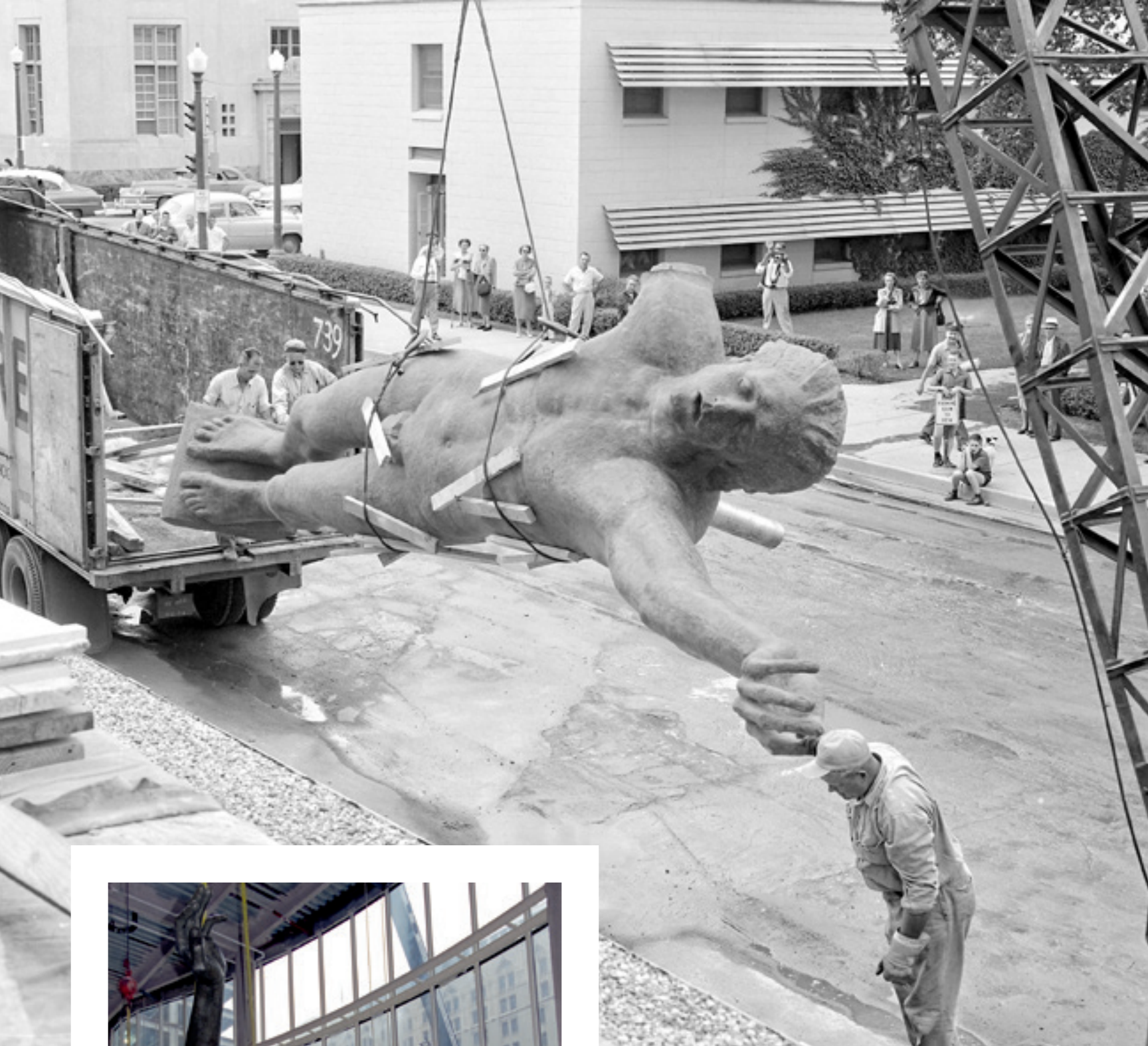
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Above: Installation of Ivan Mestrovic's sculpture "Man and Freedom", on the north façade of the Mayo Building in July 1954, on the Rochester campus of Mayo Clinic.



Left: The "Man and Freedom" sculpture on the move to its new indoor location during construction of the Gonda Building in August 2000.



November 13–15, 2025

Save the Date

Mayo Clinic Alumni Association
74th Biennial Program

Conference venue: The Ritz-Carlton,
Amelia Island, Florida