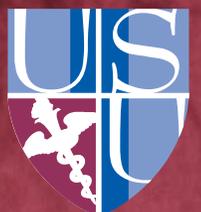


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Photo by Thomas C. Balfour

On the cover

Air Force Col. Kevin Glasz, the new brigade commander at the Uniformed Services University, is a medical service corps officer with extensive leadership experience.

(See story, page 2)

USU holds brigade change of command

By MC2 Brittney Cannady



Photo by Thomas C. Balfour

Air Force Col. Kevin Glasz assumed command of the Uniformed Services University's brigade during a change of command ceremony held in USU's cafeteria, June 5.

Air Force Col. Kevin W. Glasz relieved Navy Capt. (Dr.) Tanis Batsel Stewart as brigade commander in a change of command ceremony held at the Uniformed Services University, June 5.

The university's brigade commander is the senior active duty military officer and is responsible for ensuring uniformed personnel at USU maintain the appropriate standards set by their respective service.

Batsel Stewart, who will retire this month, is a former line officer and the first USU alumna to serve as brigade commander, having earned both a Doctor of Medicine and Master of Public Health degree from the university in 1993 and 2000, respectively.

"I'm proud to be a graduate, but I'm more proud to have been the brigade commander," she said.

Like his predecessor, Glasz brings a wealth of education and experience to USU's brigade. He earned a Bachelor of Science in Biology from the University of Nebraska in 1996, a Master of Healthcare Administration from Virginia Commonwealth University, a Master of Military Operational Arts and Sciences from the Air Command and

Staff College in Alabama, and a Master of Strategic Studies from the Air War College in Alabama.

Before coming to USU, Glasz served as chief of the Health Support Division and command administrator at Headquarters, Air Force Space Command in the Office of the Command Surgeon, where he collaborated with leaders from other agencies to ensure optimal resourcing levels were available to enable medical care in support of operational mission of AFSPC bases.

During this tour, and throughout his military career, Glasz had opportunities to work with university graduates, and now he looks forward to working with the next generation of USU alumni.

"I am personally and professionally energized by this assignment," said Glasz. "The daily interaction with students and a multidisciplinary team of professional faculty and staff members is very rewarding."

Now, as the senior leader in the university brigade, Glasz will have many opportunities to work with alumni, graduates, enlisted personnel and staff members over the next several years.



USU alumni return as senior university leaders

By Christine Creenan-Jones, editor



Dr. William Gilliland



Air Force Col. (Dr.) Arnyce Pock



Navy Capt. (Dr.) Patricia McKay

The Uniformed Services University has experienced several major leadership changes over the past year. Some administrators are new to campus and others—like Dr. William Gilliland, Air Force Col. (Dr.) Arnyce Pock and Navy Capt. (Dr.) Patricia McKay—have ties that reach back several decades.

Gilliland, the new associate dean for Medical Education, is one of USU's most seasoned faculty members. He arrived on campus as a medical student in 1983, and returned as a billeted faculty member twelve years later.

Since then, Gilliland has served in a variety of leadership roles, including a six-year tenure as director of the Army's rheumatology fellowship at Walter Reed Army Medical Center, which boasted a 100 percent board certification passing rate for all trainees in the program.

He set other standards for USU, as well, including incorporating new simulation innovations into the curriculum while overseeing the Introduction to Clinical Medicine Course.

These experiences, and membership on a wide variety of USU committees, were good primers for Gilliland's new responsibilities. Besides managing every aspect of USU's medical education, Gilliland stays on top of current trends and policies that affect higher learning.

"Over the next several years, I anticipate numerous influences, including proposed changes in assessment that will make it even more imperative to constantly review and adapt our curriculum using sound educational principles to better meet the needs of our 21st century students," he said.

Pock, a fellow alumnus and the new assistant dean for Curriculum, shares Gilliland's purview, especially when it comes to academics.

In 2010, she returned to USU to help facilitate the implementation of a new curriculum called Molecules to Military Medicine, which integrated basic science with clinical medicine in a more cohesive, comprehensive fashion.

The new program divides the medical school curriculum into three main phases: pre-clerkship, clerkship and post-clerkship. The pre-clerkship phase incorporates a series of organ-system modules that emphasize the integration of basic science with clinical medicine. Other features include an increased emphasis on small-group instruction, an earlier introduction to clinical medicine, and a much earlier start to the traditional, clinical rotations. Also included is the opportunity for an individualized research project and the deliberate integration of basic science across all four years of medical school.

As an assistant dean, Pock will continue to coordinate the implementation of these major changes, so the transition remains seamless, collaborative and effective.

"One of the key aspects of my job involves working with both billeted and non-billeted faculty and staff, with our students, and with USU's senior leadership to help ensure each aspect of the curriculum proceeds smoothly and efficiently," she said.

Managing a program that is responsible for turning out innovative leaders is challenging work, but Pock is well-suited for this role. Not only is she a respected internist, but her acupuncture work is also regarded by many in the scientific community as cutting-edge treatment for a wide variety of problems and injuries, including acute and chronic pain, stress disorders, obesity and smoking addiction.

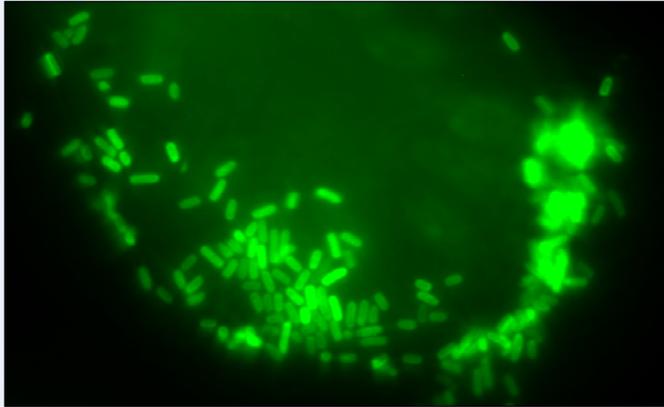
Pock is pushing this work forward, while still teaching medical students and serving as the senior service advisor for the brigade and university president.

"Being both a USU graduate and having had the benefit of serving in a variety of clinical, operational and senior leadership positions has really allowed me to be more effective in my job," she said.

Continued to page 4

High-fiber diets may increase susceptibility to *E. coli* Infection

By Sharon Willis, managing editor and deputy vice president for External Affairs



Courtesy Photo

Researchers in the Uniformed Services University's Department of Microbiology and Immunology are studying links between high-fiber diets and higher *E. coli* colonization levels.

Consuming diets higher in fiber may increase the risk for *Escherichia coli* O157:H7 infection and severe disease according to a new study called, "Dietary choice affects Shiga toxin-producing *Escherichia coli* (STEC) O157:H7 colonization and disease," that was published in The Proceedings of the National Academy of Sciences on May 20.

Scientists from the Uniformed Services University demonstrated that mice fed high-fiber diets (HFD) had elevated levels of intestinal butyrate which—although a beneficial gut metabolite—enhanced the gut binding-capacity of Shiga toxin made by a food-borne bacterium called *E. coli* O157:H7.

The study, led by Alison O'Brien, PhD, chair of USU's Department of Microbiology and Immunology and funded by the National Institute of Allergy and Infectious Diseases of the National Institutes of Health, showed that the amount of gut bacteria in HFD-fed mice increased while the percent of commensal *Escherichia* species decreased compared to gut bacteria in mice fed a low-fiber diet.

"These changes led to higher *E. coli* O157:H7 colonization levels, more weight loss, and greater rates of death in HFD-fed than in LFD-fed STEC-infected mice," said O'Brien. Co-authors on the study include Steven D. Zumbun, PhD, Angela Melton-Celsa, PhD, Mark A. Smith, VMD, Jeremy J. Gilbreath, Ph.D, and D. Scott Merrell, PhD, all from the Department of Microbiology and Immunology at USU.

Although the study showed the connection between high-fiber diets and a greater risk for *E. coli* O157:H7 infection and disease in mice, O'Brien does not advocate changing healthy eating habits.

"High-fiber diets are good for you," she said. "However, fresh produce comes from all over the world, so we need to be extra vigilant in keeping our produce free of microbial contaminants."

USU celebrates CFC awards ceremony

By Christine Creenan-Jones, editor

The Uniformed Services University celebrated a successful 2012 Combined Federal Campaign during an awards ceremony, June 3. The university exceeded its \$165,000 goal by more than \$28,000.

This accomplishment is the result of many hard-working and generous people, but several outstanding individuals were recognized for their extraordinary contributions, including Army Lt. Dale Russell, the campaign manager for the CFC, HM1 Wendy Cajas, the noncommissioned officer in charge of the CFC, Stephen Huntington, the key worker coordinator for the CFC, and Marsha Howell, a key worker for the Graduate School of Nursing.

The university as a whole was also recognized with Participa-

tion, Summit and President's Awards from the CFC.



USU alumni return...

Continued from page 3

McKay, the new assistant dean for Clinical Sciences, brings the same experience and legacy to USU. Like Gilliland and Pock, she is a USU graduate with an impressive military record that includes deployment experience aboard the USNS Comfort in support of Operation Iraqi Freedom. She was also the director of the orthopedic surgery residency at the National Naval Medical Center in Bethesda, Md., before she returned to USU as commandant of the School of Medicine. Later, McKay served as both interim and deputy chair of the Surgery Department, where she helped guide and shape research, education and clinical practice missions at USU.

In many ways, McKay's new leadership role at USU is an extension of the work she's already done here. As an assistant dean for Clinical Sciences, she supervises education during both the clerkship and post-clerkship periods. McKay also creates and monitors academic standards for clinical sciences that are rigorous but attainable. This ensures USU officers graduate with the competencies they need to succeed in military medicine.

"I enjoy working closely with medical students on a regular basis and supporting them as they develop into well trained physicians," she said. "I find medical education to be a highly rewarding endeavor. Working with bright, enthusiastic people in pursuit of a life-long passion brings me a great deal of personal satisfaction."

USU researcher discovers link between migraine, depression and smaller brain volume

By Christine Creenan-Jones, editor

For migraine sufferers, intense, debilitating waves of pain are common place. Other bothersome symptoms include nausea, vomiting and sensitivity to light and sound. And while there are effective migraine treatments, there is no cure.

Furthermore, migraine has been linked to a variety of other conditions, which makes the disorder even more impactful, and a new discovery at the Uniformed Services University is raising even more warning flags.

A study conducted by Larus S. Gudmundsson, PhD, a postdoctoral fellow in USU's Department of Preventive Medicine and Biometrics, found that people with both migraine and depression – disorders that have been linked by several independent studies – have slightly smaller brain volume in later life than people with one or neither condition.

His research is supported by more than 4,000 brain imaging scans taken from participants in mid and late life. Gudmundsson compared the scans and found that people with both migraine and depression had about two percent smaller brain volume compared to others, but saw no real difference for people without these dual diagnoses.

Unlocking this mystery and understanding what causes the differences in brain size in the first place will take more research, but Gudmundsson is eager to find answers to these and other perplexing migraine questions.

“It is important to note that previous studies on migraine and changes in brain function over time have not shown differences. In this most recent study, subjects were only imaged once, so it is not certain whether migraine caused brain volume reduction or if these differences were pre-existing. Future longitudinal studies with multiple brain scans will help us to sort this out,” said Gudmundsson.

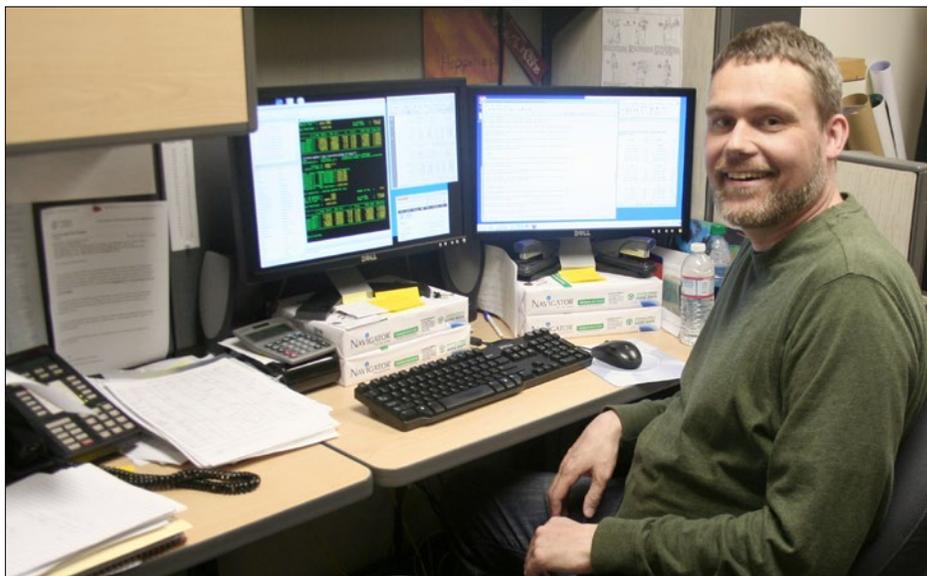


Photo by MCG Britney Camody

Larus S. Gudmundsson, PhD, a postdoctoral fellow in the Uniformed Services University's Department of Preventive Medicine and Biometrics, is studying migraine's effects on the brain.

Gaining more knowledge about migraine could make a huge impact. Migraine is a widespread disorder affecting millions of people worldwide.

“There was a study published recently that discussed the burden of migraine, and it was very high. Yet, there is no blood or imaging tests that can tell if someone has migraine, which tells me we have a lot to learn still,” he continued. “It's also important for us to raise awareness levels about migraine, which despite being a very common disorder, is not regarded by many in the scientific community or in the general populace as a serious condition.”

Gudmundsson, who previously conducted research that linked migraine to cardiovascular disease and all-cause mortality, is challenging perceptions about migraine by identifying some of the potential long-term effects associated with the painful disorder.

“A lot of people are suffering because of migraine, and there is still so much about it we don't understand or know,” he said. “I hope my work helps push the knowledge forward, so we can treat migraine, and all of its side effects, more effectively.”

Gudmundsson's research was based on the AGES-Reykjavik study, a National Institutes of Health-funded longitudinal study, in collaboration with Dr. Lenore Launer from NIH and Ann Scher from USU.

Save the Date

June 17, 2013

115th hospital corps
birthday celebration

The Uniformed Services University's brigade will host a ceremony to celebrate the 115th birthday of the Navy hospital corps on June 17 in Sanford Auditorium at 1 p.m. The guest speaker will be retired Master Chief Laura Martinez and will include a traditional cake-cutting by USU corpsmen and refreshments in the lobby following the ceremony. All USU staff, students and faculty members are invited to attend this event.

USU faculty member delivers prestigious keynote address at Hood College

By Christine Creenan-Jones, editor

The Uniformed Services University seeks out the brightest, most impactful figures in military medicine and public health to deliver its keynote commencement addresses each year. Other universities do as well, and for Hood College in Maryland, that meant welcoming Zygmunt Dembek, PhD, a senior scientist at USU's Center for Disaster and Humanitarian Assistance Medicine.

During his commencement address, Dembek regaled audience members with his inspiring speech, "Use Your Prepared Mind," which offered valuable advice to members of Hood's graduating class.

"Now that you have earned your master's degree from Hood College, realize the important milestone that you have achieved, and always remember to use your prepared mind. You deserve to stop, rest, relax, reflect, realize and fully enjoy your personal accomplishments. But never forget that your prepared mind will be of inestimable value in your life and in your career," he said.

Dembek's speech drew inspiration from personal experience. After earning a master's degree in biomedical science from Hood College and both a Doctor of Philosophy in Biochemistry and a Master of Public Health from the University of Connecticut, he followed dual careers



Ronald Volpe, PhD, president of Hood College, Maria Green Cowles, PhD, dean of Hood's Graduate School, and Zygmunt Dembek, PhD, a senior scientist at the Uniformed Services University's Center for Disaster and Humanitarian Assistance Medicine, attended Hood College's 2013 Graduate School Commencement, where Dembek delivered the keynote speech.

as an epidemiologist at the Connecticut Department of Public Health and a biochemist in the Army Reserve.

Dembek's military assignments included an extended tour of duty at the US Army Medical Research Institute of Infectious Diseases, where he served as director of Education and Training, which included travel to five continents to conduct biomedical and public health training.

Although Dembek retired from the Army Reserve Medical Services Corps as a colonel in 2011, he's still using his "prepared mind" at USU. Not only

does he teach classes at the university, Dembek works on a grant in support of the Defense Threat Reduction Agency's Cooperative Biological Engagement Program and is responsible for providing public health knowledge and facilitating relationships with international scientists and officials.

In recognition of Dembek's unique accomplishments, Hood College conferred a Doctor of Humane Letters – an honorary degree given to people who make extraordinary contributions to society – upon him during commencement.



Save the Date, June 11, 2013 USU Education Day Celebrating Excellence in Research

Blended Learning Initiatives for the 21st Century Student

Keynote speakers: Jane Clark, PhD, and Marcio Oliveira, PhD

Word on Campus

By Christine Creenan-Jones, editor

Father's Day is June 16. For most of us, it's a day to recognize all of the invaluable wisdom our dads have imparted on us over the years. And since the Uniformed Services University is filled with many wise individuals, the Pulse wants to know: What is the best advice your father gave you?



"It's not always what you do, sometimes it's what you don't do that matters most."

Army Capt. Heather Bangerter, Family Nurse Practitioner student in the Doctor of Nursing Practice Program



"My father has a saying in Moroccan that goes something like this: Don't worry about money because it comes and goes. So does health. But if you lose your reputation, it's gone forever."

Amal Nadel, lab manager in the Department of Surgery



"Treat people like you want to be treated. It's the golden rule I live by. He also told me to put God first, and everything else will work out just fine."

Sheena Ferrell, administrative officer for the Office of Admissions



"My father gave me advice through life lessons. One time when I was little, my dad asked me to paint the white picket fence around our house, and do it the way he told me, even if people

from our neighborhood advised differently. Sure enough, I got different painting tips from just about everyone you can imagine, but I took my dad's advice, which to me meant following my gut and the people I trust. It's a life lesson I still carry with me today, five decades later."

Willie Allen, director of the Multidisciplinary Laboratories

USU holds town hall meeting

By MC2 Brittney Cannady, writer



Courtesy Photo

Dr. Charles Rice, president of the Uniformed Services University, held a town hall meeting to discuss university developments, June 4. During the meeting, he talked about the Department of Defense-wide hiring freeze and furloughs, staff and faculty accomplishments and other USU updates.

The furlough, a topic of concern for many general schedule employees, is set to begin on July 8 and will last 11 weeks, if no alternative agreement is reached by Congress.

If the furlough takes effect, compressed and alternative work schedules will be suspended effective June 29. This means no federal employees will be able to work from home or exceed an eight-hour work day, unless otherwise authorized. Furthermore, overtime and compensatory time will cease with the exception of work needed to accomplish mission-essential tasks and emergency activities. Finally, leave is allowed, but it may not be taken concurrently with an employee's scheduled furlough day.

After providing a somber furlough update, Rice shared some positive news with the USU community, including HM1 Daryl Mercado's recent selection as the Junior Enlisted Sailor of the Year by the Office of the Secretary of Defense. Staff Sgt. David Manzanares and Patrick Deleon, PhD, were also commended during the town hall meeting. Manzanares graduated from the Advanced Leader's Course at Fort Sam Houston in Texas with distinguished honors, and Deleon received the Life Achievement Award in Practice of Psychology from the American Psychology Foundation.

Before closing out the meeting, Rice also mentioned important upcoming events, including Education Day on June 11, the Board of Regents meeting on Aug. 29-30, and the Graduate School of Nursing's 20th Anniversary Celebration on Aug. 27.

Final Frame



Photo by Thomas C. Balfour

Navy Capt. (Dr.) Tanis Batsel Stewart took over as the brigade commander at the Uniformed Services University in 2010. She held the position for more than three years during a period of significant growth and change for USU, including a major curriculum reform in the School of Medicine, the addition of a new Doctor of Nursing Practice degree in the Graduate School of Nursing and the addition of a Postgraduate Dental College with satellite campuses across the country.

Batsel Stewart's leadership, and the support of her brigade, has been a major contribution to USU's success during this time.