

AOA @USU

The Newsletter of the Maryland Gamma Chapter of Alpha Omega Alpha



Bushmaster Excellence Continues

This October, Class of 2017 deployed to the notional country of Pandakar for Operation Bushmaster. This capstone experience common to USU alumni, truly represents the very best of training. Good medicine in bad places was practiced, and the bonds formed between classmates, nurses, and international students will persist long into our careers. Because of this, we are not only better clinicians but better individuals.

Fall 2016

Message from the AOA President	2
Annual AOA Banquet	3
Service Projects	4
Keeping in Touch	5
A Parting Thought	6

Learning to Care For Those In Harm's Way

Save the Date!

Specialty Night 15 Nov 16

Join us in the USU cafeteria to meet with residency directors from many military programs.

N Street Village 21 Nov 16

The next class will focus on the topic of diabetes.

Clerkship Transition 12-16 Dec 16

Be on the lookout on how to participate in MSII transition week.



Message from AOA President

I write to you today with the blur of the military residency interview season behind our students and my heart brimming with excitement as our chapter approaches our busiest time of the year. My peers and I returned from “Pandakar” reinvigorated with a profound love of service and leadership. We now ask that you to join us as we embark on fulfilling our commitment to military students and those who are in need in our communities. While we are asking for your support moving forward – let’s review a little of what we have been up to in the past couple of months.

I would first like to thank 2LT Ryan Mann and Dr. Joseph Lopreiato who have been diligently planning our annual AQA Residency Specialty Night. This year we are expecting HPSP students from across the country to join USU students on November 15th in the USU Dining Facilities to meet with Program Directors and other specialty representatives in what is looking will be the most well represented tri-service showing in recent years. If you belong to a residency program and are unaware if yours will be represented I implore you to inquire with your program directors and remind them of the importance of this night. If you are not a program director, but feel that there is something special you can offer our growing military medical officers please feel free to contact either Ryan or myself and we will find a way to incorporate you (ryan.mann or andrew.branting@usuhs.edu).

Beyond the walls of NSA Bethesda we have continued to find ways of broadening our community outreach initiatives. Our commitment to the N St Village in Northwest DC is as strong as ever with many chapter members going above and beyond to ensure we keep up our monthly sessions. Our chapter is currently in the process of collaborating with the Walter Reed Internal Medicine Residency to make this a more robust experience and while investigating other potential service sites. I would like to thank ENS Adrienne Wendling and ENS Lizzy Rettie for making these connections so successfully.

Another project I am proud to announce is a new peer mentorship/tutoring program. The brainchild of our Underclass Outreach & Mentoring leads - 2dLt Khang Lu, 2LT John Curtin and 2LT Matt Smith - the program hopes to address the needs and concerns of USU students seeking specialty advice, study skills, clerkship survival techniques, presentation coaching and several other services. While on the topic of mentorship we are continuing our efforts to improve our alumni relations and networking. If you find yourself in the National Capital Area and are interested in the idea of quarterly social gatherings, local fellowship

events and/or coming to speak with our current chapter members to impart some of your experience and knowledge on us please contact ENS Elise Sienicki and 2dLt Jakob Fischer (elise.sienicki and jakob.fischer@usuhs.edu). If you are located at one of our many “home away from home” MTFs please reach out to ENS Tyler Short and 2dLt Jeremy Brenneman (tyler.short and jeremy.brenneman@usuhs.edu) so that we can begin to organize efforts to support fellowship amongst all our members near and far.

In closing I would also like to make a plug for chapter elections and awards. Please continue to be mindful of considering the individuals you know have demonstrated that they are “worthy to serve the suffering.” Exact numbers are yet to be determined, but we anticipate another full student class this year along with several Resident/Fellow, Faculty and Alumni **inductees that need your nomination!** Please be on the look out on our chapter website www.usuaoa.org for more information in the coming weeks. Also please begin nominating individuals for both national and chapter awards. We will be looking to honor our Chapter Faculty and Resident Mentor, Teacher, and Volunteer of the Year as well as continuing to build our “Fellow in Leadership Award”. Please contact myself or 2LT Kelley Flesher with any questions (kelley.flesher@usuhs.edu).

It has been an incredible year thus far, but I know there is much more to accomplish and experience before we all come together for the banquet in May. 2dLt Shannon Thompson, our outstanding Newsletter coordinator, has compiled a short summary of many notable achievements and celebrations within the chapter. Please continue to share your stories with us via our website or contacting Shannon directly (shannon.thompson@usuhs.edu). Until we speak again take care and enjoy the day!

Very respectfully,
2dLt Andrew Branting, Class of 2017



AOA Annual Banquet

The Spring Banquet was a wonderful success! After welcoming remarks by Jeremy Bolin, Chapter President and COL Patrick O'Malley, MC, USA, Chapter Councilor, new members were welcomed into the chapter, and senior members were awarded their honor cords to be worn at the Commencement Ceremony Saturday, 21 May 2016. Chapter Awards were presented including: Faculty Mentor of the Year-Norman Waecker, Faculty Teacher of the Year-Heather Yun, and Resident Teacher of the Year-Elizabeth Perkins. The guest speaker of the evening was RADM (Ret) Boris D. Lushniak, MD, MPH who served as acting Surgeon General of the United States from July 2013- December 2014. He encouraged Alpha Omega Alpha members to be advocates for public health as well as to "look over the walls" to the people we are serving. As we progress through our medical careers, we should never become so encapsulated by the walls of seemingly endless training that we forget the people for whom we are training. The night was concluded with closing remarks by incoming Chapter President, Andrew Branting, who recognized the outstanding accomplishments of the 2016 class and presented a vision for moving forward with continued Alpha Omega Alpha involvement in community service and wellness advocacy. Thank you to all the faculty, staff, alumni, and guests who made this a very special night!

-If you are a member and would like some of the archived photographs please email: shannon.thompson@usuhs.edu



News, Poetry, and Creativity

Material for newsletter wanted.

Send your news, poetry, art, and other creative works to
shannon.thompson@usuhs.edu

STAYING IN
TOUCH
AND
SEEKING FOOD
FOR THOUGHT





Service Projects

AOA strives to serve the USU and local community. If you have an idea or would like to participate please contact Adrienne Wendling at adrienne.wendling@usuhs.edu.

How Your Body Works: N Street Village

Each month AOA leads an educational class called "How Your Body Works" at the N Street Village for women. These classes empower women to learn more about how their own bodies work and take control of their healthcare needs. The next class is on 21 Nov and will focus on diabetes.



Clinical Rotation Tutoring

Remember when you were an MS2.5 and you may or may not have struggled with juggling presentations, life on the road, and studying for shelf exams? We would like to create a list of people willing to help. Clerkship students would contact you for advice, to practice presentations, etc.

Mentoring Program

Attending USU has the distinct advantage of becoming accustomed to military life while still in medical school. Let's help our colleagues with less military experience navigate the waters. AOA will be setting up mentor relationships with students transitioning from civilian to military. More info to come.



Keeping in Touch

Josh Fields, M.D.

Dr. Fields published an article “Rheumatoid arthritis in patients with HIV: management challenges” in *Open Access Rheumatology: Research and Reviews* as well as presenting a case report on Antisynthetase Syndrome at a Rheumatology Conference in Destin, FL. In addition, an article that he previously worked on while in medical school was published in *Current Problems in Pediatric and Adolescent Health Care*. Dr. Fields is a second year Internal Medicine resident at Keesler and would welcome the opportunity to answer any questions about the program.



Philip Flatau, M.D.

Dr. Flatau has been working with AFSOC regarding partner nation capacity building and Global Health. He published an article in *Journal of Special Operations Medicine* titled “Searching for Sustainability: How Niger’s CASEVAC Success Is Leading the African Continent and Educating the GHE/IHS Community.” Maj Flatau is the Deputy Surgeon for the Air Force Special Operations Air Warfare Center (AFSOAWC) and is a USU ’08 graduate. Dr. Flatau is looking forward to participating in chapter activities when he returns to the area May 2017.

Emmanuel Cassimatis, M.D.

Dr. Cassimatis writes “I just retired as President and CEO of the Educational Commission for Foreign Medical Graduates in Philadelphia. My wife, Pat, and I have moved back to our Kensington, MD, home, near USUHS. I will remain involved with ECFMG as a Consultant for the next two years, and hope to continue to serve on the USUHS faculty, perhaps through teaching medical students and psychiatry residents. It is good to be back near USUHS and WRMMC!” Dr. Cassimatis is a Professor of Psychiatry at USUHS and a Consultant for ECFMG.

Chris Knaus, M.D.

Dr. Knaus published “Multiple Endocrine Neoplasia, Type 1: Imaging Solutions to Clinical Questions” in *Current Problems in Diagnostic Radiology*.” Dr. Knaus is a ’12 graduate of USU and currently a Radiology PGY5 at Walter Reed NMMC.

Keeping in Touch (cont.)

Daniel Karakla, M.D.

Dr. Karakla was invited to present “Neck Schwannoma Masquerading as Thyroid Nodule” and “Utility of Endoscopic Ultrasound in Assessment of Esophageal Invasion of Thyroid Cancer” at the VSO Annual Meeting in June 2016. His most recent journal publication was “Consideration of Submandibular (Undescended) Etopic Parathyroid Glands in Surgery and Localization Studies” published in *JAMA Otolaryngology-Head and Neck Surgery*. Dr. Karakla is an '86 Graduate of USU and is currently the Director of Head and Neck Surgery and Director of Medical Education at Eastern Virginia Medical School.



M. Benjamin Larkin, PharmD

Ben recently published the article “Early venous thromboembolism chemoprophylaxis in combat-related penetrating brain injury” in the *Journal of Neurosurgery*. The follow up project is: Determine Long Term Mortality and Functional Outcome of Combat Related Penetrating Brain Injury which looks at GOS score at 6, 12, 24 months and a sub-group covariant analysis for UE and LE amputations, Seizure Diagnosis, Anxiety Spectrum Disorders, & Poly-pharmacy. Ben is Class of 2017 and welcomed Michael Elias Larkin, 8lbs12oz, into the world on 22 March 16.

Yevgeniy Maksimenko

Yevgeniy is working on a validation study for the HEART score (low-risk ED chest pain admission tool) in the population at SAMMC. He is working with Michael April, MD and Joshua Oliver, MD. It is a retrospective and prospective analysis of chest pain in the ED from 2014 until now. It will involve nearly 2000 patients. Yev is Class of 2017 and was married to Stephanie Escudier in Annapolis, MD on 22 Oct 2016!



Keeping in Touch (cont.)

Cindy Lee Pubols

Cindy won second place for best poster at the USU Alumni Fair Competition in September 2016 for her poster titled "Case Series: Primary Wound Healing with Amniotic Membrane 'Biologic Allograft.'" The cases series detailed 3 cases in which an amniotic membrane was used to assist in healing of soft tissue wounds. Cindy is Class of 2017.

Andrew Branting

Andrew was married Sept 23 in Rockville, MD to Kasey Personius with fellow classmate Andrew Mertz presiding over the event.



Thank you to everyone who sent items to contribute! It truly is fun to see everyone's life events and to learn what we might like our careers to look like in the future. Please continue to send items to shannon.thompson@usuhs.edu. Feel free to include works of art, poetry, writings, etc.

PLEASE REMEMBER if you have recently moved or have changes in your contact information please update it with AOA National and you can also send us any updated email addresses. We use the information from the National database to keep our own roster updated so that we are connected with our members.

A Parting Thought

“Who you are speaks so loudly, I cannot hear what you are saying.”
– Ralph Waldo Emerson

