



OH BABY –WHAT A WAY TO END THE YEAR!

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A flight from Europe arrived in Boston with an extra passenger on Wednesday, December 31, 2008, after a woman on board gave birth somewhere over Canada.

Dr. Natarajan Raman, a radiology oncologist from Minneapolis, helped another doctor on board the flight with the delivery.

"The amazing part of clinical medicine is it's like riding a bike, once you learn it you never forget it," he said, shortly after acknowledging the "last time I delivered a baby was in 1988 in my intern year of obstetrics."

The mother was eight-and-a-half months pregnant when she went into labor two hours out of Boston.

The flight crew asked the passengers if there was a doctor on board, and as the flight approached Boston from Canada, Drs. Raman and Paresh Thakker went to work.

The child's head had already emerged, and the rest of the delivery went "perfectly," according to Dr. Raman. "Northwest Airlines had all of the equipment we needed to be there, and even though we didn't have a labor room delivery set up, it was just perfect," Dr. Raman said. They handed the baby to its mother and everyone on board reportedly burst into cheers.

Ninety minutes later, they were on the ground and the baby was whisked away to the hospital. She weighed six-and-a-half pounds, and already has a name: Sasha.

The child will reportedly be considered a Canadian citizen because she was born over Canadian airspace.

Meantime, Dr. Raman's colleagues are already boasting of his heroic flight.

"He's very kind, very calm, very competent. He's a good person to have come in and pitch in," said **Dr. Scott Davies**, Chief of Medicine at HCMC.

[Star Tribune 1/2/09]



DR. DAVID HILDEN ON THE AIR WITH "HEALTHY MATTERS"

Dr. David Hilden is the host of WCCO Radio's "Healthy Matters" show, every Sunday morning from 7:30 – 8:30 on WCCO Radio (830 AM)

Dr. Hilden believes that good health requires both science and art, attention to the mind as well as the body, and a dose of laughter for good medicine. He partners with men and women from all walks of life on their way to health in all aspects of their lives. Dr. Hilden most enjoys time spent face-to-face with patients, and feels privileged to get to know people, to hear their stories, and to learn of their joys and frustrations.

A Fellow of the American College of Physicians, Dr. Hilden strives to apply the most current

medical science to each person's unique needs.

You can also read his weekly health tip every Wednesday at mspmag.com/health



Podcasts are also available on hcme.org. Recent guests: February 1 – Dr. Robert Maisel; February 8 – **Dr. Bradley Bart**; February 15 – **Dr. Roberta Meyers**.

Managing Producer

Sandra Main

Editors

Joy Christiansen

Belinda Rogers

Dr. David Williams

STAFF UPDATES

Departures



Dr. Martin L. Freeman will be leaving HFA after 23 years to assume a leadership role as Director of the Division of Gastroenterology at the University of Minnesota. Dr. Freeman began his career at HCMC in 1986 after completing his fellowship in Gastroenterology at the University of Minnesota. In the years since, Dr. Freeman quickly developed a world-wide reputation in the endoscopic management of upper gastrointestinal bleeding and complex ERCP.

He has published well over 100 clinical publications and numerous book chapters and has lectured on 5 continents. His research into predictive factors for complications of ERCP was published in the *New England Journal of Medicine* in 1996 and this seminal article remains the gold-standard publication in this field. He is widely renowned as an innovative endoscopist and he remains at the forefront of the field of interventional pancreatic and biliary endoscopy. In addition, he has trained many advanced endoscopists who have gone on to successful careers.

Dr. Freeman will continue to collaborate with HCMC under the auspices of the Minnesota Pancreas and Biliary Center, a collaborative effort which he helped forge between the University of Minnesota Physicians, the University of Minnesota, HCMC and HFA. We wish him continued success.

Shawn Mallery

Hospitalist Program, Leadership Changes



Dr. Glen Varns will begin a Palliative Care Fellowship at the University of Minnesota Medical School in July 2009. Dr. Varns has done an outstanding job getting our Hospitalist Program operational and leading the program since its inception in 2005. I trust you will join me in thanking him for his years of leadership and service as well as congratulating him on his new endeavor in palliative medicine.

I am delighted to announce that following an internal recruitment and search process within the Department of Medicine, **Dr. Leslie Surbeck** has been selected as the new Group Leader of our Hospitalist Program and will assume Dr. Varns' position on July 1, 2009.

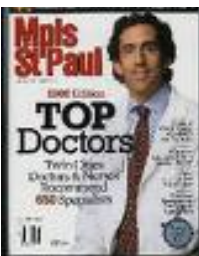
With the continued growth and responsibilities of our Hospitalist Program, I felt it necessary to appoint an Assistant Group Leader and **Dr. Ayesha Rashid** has been selected by the search committee for this role.

Please join me in congratulating Drs. Surbeck and Rashid. They will be great leaders for this important, growing program.

Scott Davies



KUDOS!



25 Hennepin Physicians on Top Doctors List. The January edition of *Mpls/St Paul Magazine* includes a list of Top Doctors in the Metro Area and 25 Hennepin physicians are on the list! These doctors have been identified by their peers as tops in their field through a survey of local physicians and nurses.

Mpls/St. Paul Magazine sends surveys to 2,500 doctors and 2,500 nurses who are randomly selected from the State of Minnesota's list of licensed physicians and nurses in the 10-county Metro Area. Those surveyed are asked to recommend physicians in each of the seventy specialties certified by the American Board of Medical Specialties. Physicians receiving the top 15% of the votes in each specialty are named a "Top Doctor."

The Department of Medicine Top Doctors are:

Dr. Richard Asinger, Cardiology
Dr. Ellen Coffey, General Medicine
Dr. Scott Davies, Pulmonary and Critical Care Medicine
Dr. Martin Freeman, Gastroenterology
Dr. Conrad Iber, Pulmonary and Critical Care Medicine
Dr. Michelle Johnson, HFA Internal Medicine
Dr. Lawrence Kerzner, Geriatric Medicine
Dr. James Leatherman, Pulmonary and Critical Care Medicine
Dr. Douglas Rausch, Hematology/Oncology
Dr. Henry Smith, HFA Internal Medicine

[Scanner 1/12/09]

CONGRATULATIONS!



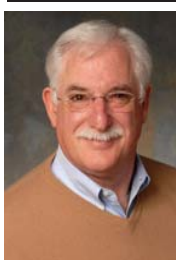
Dr. Jason Baker will be the co-chair of a sub-study that HCMC is participating in an international NIH-funded trial beginning in March 2009. This trial will examine the effects of early treatment of HIV infection on cardiovascular risk.



Dr. Anne Murray was awarded the Fesler-Lampert Chair in Aging Studies last fall. This one-year position (October 1, 2008-September 30, 2009) through the University of Minnesota is awarded to support the pursuit of a program of study or grant writing that will enhance a career in aging and further the overall goals of the University's aging program.

Dr. Murray is also a member of the Geriatric Neurology Board Exam Committee for the United Council of Neurologic Subspecialties. This committee is writing the first board exam for the new subspecialty of Geriatric Neurology.

Recent MMRF Grant Awardees:

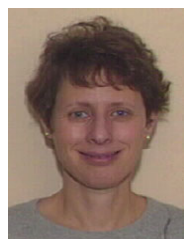


Dr. Allan Collins
Morbidity and Mortality in Home Daily Hemodialysis versus In-Center Hemodialysis.
Funding Source: NxStage.

The Relationship Between Post-Transplant Renal Function and Long-Term Kidney Transplant Survival. Funding Source: Bristol Myers Squibb.



Dr. Ronald Schut
Community HIV Health Education and Risk Reduction. Funding Source: MDH.



Dr. Barbara Segal
Endothelial Function and Oxidative Stress in SLE. Funding Source: MN Lupus Foundation.

Scleroderma - QuERI. Funding Source: Actelion Pharmaceuticals USA Inc.

IN THE NEWS

Dr. Guilford Hartley was interviewed on FOX 9 News on January 27, 2009, for a news segment entitled, "Fat virus can be caught, evidence shows." He spoke about studies on strains of adenovirus (both avian and human) that cause (in the case of experimental animals) or are associated with (in the case of human beings whom one may not intentionally infect with the adenovirus) a curious syndrome of increased

body fat and decreased cholesterol. There is evidence that the adenovirus induces adult stem cells to differentiate into fat cells, and this may be a part of the pathophysiology of this syndrome. It is unlikely that adenovirus infection has "caused" the epidemic of obesity in the world over the first 50 years, but it may have contributed to it.

MEETING AND PRESENTATIONS

Drs. Jason Baker and **Keith Henry** attended the 16th Conference on Retroviruses and Opportunistic Infections (CROI) in Montreal, Canada, February 8-11, 2009. This year's CROI gathered 5000 of the world's leading clinical researchers and basic scientists to hear and discuss 1000 scientific papers. Over 50% of the investigators were from international sites. Highlights of the meeting included data on new medications, promising data on microbicides and

pre-exposure prophylaxis, and active debate on the optimal time to start antiretroviral therapy. Dr. Baker presented a poster, "Untreated HIV infection is associated with impaired arterial elasticity," based on a pilot study he conducted in the Positive Care Center at HCMC. Dr. Henry attended the annual meeting of the US DHHS Panel on Antiretroviral Therapy held during CROI where updates to the current US guidelines for treatment were planned.

ADMINISTRATIVE STAFF RECOGNITION

Congratulations to the following Department of Medicine Administrative Staff on recognition of their years of service in the Department of Medicine:

Cheryl Christenson, Division of Cardiology, 1 Year of Service, January 7, 2009

Wendy Yates, Division of Pulmonary and Critical Care Medicine, 11 Years of Service, February 1, 2009





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BEST OF HENNEPIN

Sponsored by Hennepin County Medical Center



HENNEPIN CME & CELEBRATION EVENT

May 14 - May 16, 2009 • The Depot, Minneapolis, MN

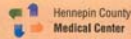
This event is for all physicians, nurses, health care providers and Hennepin Alumni.

Space is limited! Register early.

17 AMA PRA Category I Credits™ available

View our brochure and register at:

www.bestofhennepin.org



Dear Fellow Faculty,

For the past 15 months Dr. Morris Davidman and myself have been working on the planning committee for a very exciting upcoming event. This will be a 2 and ½ day CME conference honoring and recognizing the HCMC campus' rich history and exciting future. The name of the event is the Best of Hennepin and it will be held on May 14-16, 2009, at The Depot in Minneapolis. Notices have been sent to everyone who has trained at HCMC and includes all current and previous staff and residents from the Department of Medicine. The program will present a whole host of current topics as well as nostalgic presentations of Hennepin's history. **Dr. Scott Davies** will be hosting a panel presentation on the "Best of Internal Medicine," and Morris and myself will be conducting a panel on "Medical Education into the Future." Several of our own current Medicine staff will be presenting, including:

Drs. Michael Belzer, Paul Pentel, Richard Asinger, Conrad Iber, Allan Collins, Bert Kasiske, Gavin Bart, Scott Davies, Anne Pereira, and Marty Stillman.

In addition to the CME activities, social events include an **Evening at the Guthrie** as well as an enjoyable **Dinner and Dance**. It should be a wonderful opportunity to meet and greet current and old friends of the past. It is a chance for all of us to celebrate our proud title of being a "Hennepinite." All of you should have received the initial save the date with easy instructions to view the brochure and register on line at www.bestofhennepin.org. I encourage all of you to attend.

Tom Stillman

RECENT GUEST SPEAKERS IN THE DEPARTMENT OF MEDICINE

Thursday, January 8, 2009 Medicine Grand Rounds.

Dr. Tara L Gustilo, Associate Professor, University of Minnesota, Physician, OB-GYN HCMC. "Acupuncture: getting to the point."

Tuesday, January 27, 2009 International Medicine Conference.

Dr. Ann Settgast, Center for International Health, Regions Hospital, St. Paul, MN. "Visceral Leishmaniasis (Kala azar) in Ethiopia—experiences with MSF (Doctors Without Borders)."

Thursday, January 29, 2009 Medicine Grand Rounds.

Dr. William B. Orr, Director, Geriatric Psychiatry & Assistant Professor of Psychiatry, University of Minnesota School of Medicine. "The confusion of old age: the relationship of dementia, depression and agitation to executive dysfunction in the elderly."

Thursday, February 5, 2009 Medicine Grand Rounds.

Dr. John C. Alexander, Chief, Thoracic Surgery, Evanston Northwestern Healthcare, Evanston, IL. "Cardiac ablation surgical maze EPICOR HIFU ultrasound energy efficacy and outcomes."

Thursday, February 12, 2009 Medicine Grand Rounds.

Dr. John Bantle, Professor of Medicine, University of Minnesota School of Medicine. "Diabetes Mellitus: what's new?"



NEW ARRIVALS



Congratulations to **Dr. Woubeshet Ayenew** and his wife Rahel on the birth of their son, Tebarek Woubeshet, whose name means "may you be blessed" in Amharic. He was born on January 11, 2009, weighing 8 lbs, 3 oz. Says his

dad, "Tebarek will match any baby in the neighborhood with his vigor to demand food, get rid of it and keeping his parents up at night!"



Congratulations to **Dr. Melody Mendiola** and her husband Cedric on the birth of Mallory Anne Mendiola born on January 29, 2009. She weighed 8 lbs, 6 oz, and was 21 inches long. Mom, dad, big sister Madison (3 and ½) and baby Mallory are doing well.

DOWNTOWN DINNER HEALTH SERIES

Starting in March, doctors and medical experts from Hennepin County Medical Center will lead a series of one-hour health educational discussions at the Palamino Restaurant in downtown Minneapolis. This is your opportunity to acquire cutting edge information from leading physicians who care for patients, conduct research, and teach tomorrow's doctors on topics critical to health and well-being. \$25 per session or \$130 for all six. All sessions include dinner and one drink. Contact Jane Lieberman for more information: 612.347.4582, jlieberman@mmrf.org. or Register at www.MinnesotaMonthly.com

March 17, 2009: **Dr. David Williams**, International Travel: Your Personal Health Passport

April 21, 2009: Dr. Andrew Kiragu, Cranium: It's Not Just a Game

May 19, 2009: **Drs. David Hilden and Meghan Walsh**, Live to be 100 or Die Trying

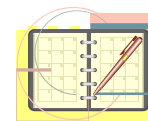
September 15, 2009: Dr. Tara Gustilo, Menopause: The Times They Are A Changin'

October 20, 2009: **Dr. Gavin Bart**, Addiction: The Number One Preventable Cause of Death

November 17, 2009: Dr. Robert Taylor, Stroke Prevention and Intervention: Time is Brain



MARK YOUR CALENDARS.....



- ✓ March 5, 2009, Noon Grand Rounds Visiting Professor. **Dr. George Karam**, Paula Garvey Manship Professor of Medicine, Louisiana State University School of Medicine, New Orleans, LA.
- ✓ March 19, 2009, Noon Grand Rounds Distinguished Resident Alumnus of the Year. **Dr. Kenneth McQuaid**, University of California, San Francisco, CA.
- ✓ May 14-16, 2009, Best of Hennepin CME and Alumni Celebration, The Depot, Minneapolis.
- ✓ May 29, 2009, Department of Medicine Residency Graduation Banquet, Golden Valley Country Club.

IM Newsletter is a bimonthly publication from the HCMC Department of Medicine.

Please forward any inquiries, corrections, comments or items you have for our next issue to: sandra.main@hcmcd.org.