



Jon Nalick



Ryan Ball

Keck School seniors celebrate their residency matches on March 17, with: (clockwise from top) William Lundergan leaping for joy; Michael Leathers posing for his father's photo with his match letter and Marcia Ciccone taking in the jubilant scene.



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## Playing with matches: Keck students get fired up about residencies

By Sara Reeve

At 8:59 a.m. on March 17, 163 seniors from the Keck School of Medicine stood with bated breath, waiting for the moment when they would learn where their medical careers would take them.

One minute later, at 9 a.m.—the same moment as medical schools across the country—they began opening their official letters from the National Residency Matching Program (NRMP). The NRMP is designed to provide an orderly and fair mechanism to match the preferences of applicants to U.S. residency positions with the preferences of residency program directors.

Shouts, whoops and tears of joy erupted from the crowd, which included Akash Gupta, who will be heading home to Seattle, and the University of Washington's orthopedic surgery program.

"Orthopedic surgery has been a dream of mine and an uphill fight for me," said

Gupta. "I matched—which, in and of itself, is an amazing thing. I matched at a place I have always dreamed of going—close to home, and it's an amazing program. It's probably the best day of my life that I can remember. It's absolutely a dream come true."

This year out of 163 Keck School students who participated in the match, 116 will spend all or part of their residencies in California. Fifty students will perform their residencies at LAC+USC Medical Center, up from 40 last year.

Twenty-nine students will enter internal medicine residencies, making it the most common specialty for Keck School seniors. Other popular specialties include emergency medicine, psychiatry and pediatrics.

Keck School of Medicine Dean Carmen A. Puliafito declared the match the best in the last decade at USC. "Everyone in Educational Affairs takes it as their responsibility

to help you make your dreams come true," he said. "And for all of you, your dreams are about to come true today. This is exciting."

Donna Elliott, associate dean for student affairs at the Keck School, congratulated students and stated that she expected most students to be delighted with their matches.

"There are always a few of you who may be surprised with your results," said Elliott. "Maybe it's a different program, maybe a different city than you expected. I want to encourage you that this is a journey filled with unexpected opportunities, so remain open. Remain positive and embrace the opportunities that have been laid out before you."

According to the NRMP, the total number of positions in the match program exceeded 26,000 for the first time ever. Overall, U.S. seniors' participation in the program also increased with 16,559 applicants—489 more than in 2010.

See **MATCH**, page 2

## Nurses, support staff step out in uniform

By Tania Chatila

Patient care providers at USC University Hospital have debuted a new look.

Registered nurses, licensed vocational nurses, patient care technicians, patient companions and unit secretaries are now all wearing distinctive, colored uniforms to make it easier for patients, families, physicians and other staff to distinguish who they are.

The uniforms were implemented at the beginning of this month. The looks are:

- cardinal-colored scrubs with the Nurses of USC logo for registered nurses;
- navy blue scrubs with the Nurses of USC logo for licensed vocational nurses;
- ceil blue scrubs for patient care technicians and patient companions;
- and navy blue polo T-shirts for unit secretaries.

"I think the uniforms are really nice, especially the cardinal ones," said Marcia Ciccone. See **UNIFORMS**, page 4

## Women's conference features USC physicians

By Carole Omoumi

More than 300 Trojan women learned about key health issues from a panel of prominent Doctors of USC at the third annual University of Southern California Women's Conference on March 11.

Besides women's health topics, the conference offered workshops on career development, financial strategies, nutrition, beauty and leadership. The USC Alumni Association at the University Park Campus presented the Women's conference, which attracted about 700 people in all. The Doctors of USC and the USC School of Pharmacy were among the sponsors.

The women's health workshops, moderated by Jane Brust, associate senior vice president, health sciences public relations and marketing, focused on quality of life issues related to spine and back pain, gynecology and arthritis.

See **CONFERENCE**, page 4

**'It's probably the best day of my life that I can remember. It's absolutely a dream come true.'**

**—Akash Gupta, Keck School of Medicine student**



# ‘Successful aging’ appears to be by-product of wisdom

By Vincent Lim

Dilip Jeste, an expert in the field of aging, discussed his ongoing research on the criteria and determinants of successful aging Jan. 27 as part of the USC Schaeffer Center for Health Policy and Economics Seminar Series.

Jeste, director of the Sam and Rose Stein Institute for Research on Aging at the University of California, San Diego, is at the forefront of research efforts to develop a definition of, as well as criteria for, successful aging.

He noted there was a time not long ago when successful aging was not taken seriously as an area of scientific research. “Some people have said ‘successful aging’ is an oxymoron,” Jeste said.

These perceptions began to change in the 1980s when John Rowe and Robert Kahn started investigating aging in studies funded by the MacArthur Foundation, which dispelled widely held myths and assumptions about the aging process. Their work spawned the groundbreaking book *Successful Aging* and jump-started research into what it means to age successfully.

Still, Jeste said that extant research on successful aging remains limited, and there is no consensus on what defines successful aging. “There is less literature on successful aging than on the diseases of aging,” Jeste said.

Interest in the topic continues to grow among the gerontological community and general public in a nation where the fastest-growing population is also the oldest seg-

ment of the population.

For his part, Jeste—along with a group of other researchers—launched a project called the UCSD Successful Aging Evaluation Study that sought to investigate the cognitive and emotional aspects of successful aging. The results of the study revealed an unusual paradox of aging. In spite of marked declines in physical and cognitive ability, the study found that the oldest individuals also had the highest levels of psychological well-being.

What is Jeste’s criterion for successful aging? He considers optimal brain and mind functioning to be the foundation for successful aging. Part of this foundation is a result of the wisdom that generally comes with age.

Wisdom, much like successful aging, is an area of burgeoning research. It is also a concept that researchers are struggling to measure and define.

“We need more reliable measures of wisdom,” Jeste said. “Most measures are sub-optimal.”

However, there is one notion about wisdom that he believes to be true: “Wiser people live longer.”

The event was sponsored by the Leonard D. Schaeffer Center for Health Policy and Economics at USC; the USC Edward R. Roybal Institute on Aging; the USC School of Policy, Planning, and Development; the Titus Family Department of Clinical Pharmacy and Pharmaceutical Economics and Policy; and the USC School of Pharmacy.

‘There is less literature on successful aging than on the diseases of aging.’

—Dilip Jeste, director of the Sam and Rose Stein Institute for Research on Aging at the University of California, San Diego



Jon Nalick

Cathia Vazquez reacts to hearing the news of a fellow Keck School of Medicine student’s residency match.

## MATCHED: Medical students celebrate

Continued from page 1

As they gave hearty congratulations and hugs to each other, many students reflected on the quality of the education they received at the Keck School and at LAC+USC Medical Center, where students train under supervision of Keck School faculty physicians.

Chris Yurko and Marianna Papademetriou, who participated in the match program as a couple and will be heading to Duke University in Durham, N.C., attributed their successful matches to the hands-on learning they received.

“We were given a lot of responsibility as medical students—the opportunity to do a lot that other medical schools don’t,” said Yurko, who will be entering Duke’s radiology program. “A lot of people I’ve talked to at other schools have more experiences where they just watch and learn, but here you get right into it, right away.”

Papademetriou, who matched into the medicine program at Duke, added, “We got to be doctors from Day One.”

## Overheard on Match Day

“Match Day is a culmination of a year-long process. It marks our last steps as pretend doctors, and we have been waiting for this day for four years. For some of us, we’ve been waiting even longer. For some of us today, it’s the first step in fulfilling a childhood dream.”

*Ryan O’Shea, Keck School of Medicine Class of 2011 co-president*

“These were my top choices for both and I am incredibly excited. I’m stoked about going home. It’s where I want to be. I love LA, but I’m going home.”

*Keck senior and Seattle-native Ben Godwin, matched to University of Washington in radiology and Huntington Memorial for preliminary year*

“I feel fantastic and I feel that everything has finally paid off. ... Keck has prepared me really, really well. I don’t regret a second of it. I’d choose it again in a heartbeat.”

*Rebecca Shatsky, Keck senior who matched to UCLA in internal medicine*

“I can’t think of any place that would have prepared me better. The vast array of pathology here [at LAC+USC], and the patients who were willing to let us observe that pathology and help them with that pathology, and the clinicians and instructors who are so dedicated to our success—it all just makes for the best educational experience I could hope for, even better than I could hope for.”

*Ashley Prosper, Keck School of Medicine Class of 2011 co-president who matched to LAC+USC Medical Center for radiology and Huntington Memorial for a preliminary year*

“I’m kind of stunned, shocked and can’t believe it’s all coming to fruition. This is the best medical school—I’ve had the best four years that I could have imagined. I’m very happy that I went here to school.”

*Michael Leathers, Keck senior who matched to UCLA in orthopedic surgery*

**USC’S GLOBAL REACH**—A USC leadership delegation led by President C. L. Max Nikias, first lady Niki Nikias, Board of Trustees chairman Edward P. Roski Jr. and Gayle Garner Roski traveled across India Feb. 20-27. The delegation met with entrepreneurs, educators and elected officials to exchange ideas about new avenues for collaboration in a nation that is widely expected to be pivotal to the development of international commerce and culture in the 21st century. Pictured at a stop in New Delhi are (from left): Inderbir Gill, Niki Nikias, C. L. Max Nikias, Gill’s brother-in-law K. N. Dhillon, Gill’s sister Taminder Dhillon, and Madeline Ramer, wife of USC Trustee Bruce Ramer.



Paul Peterson, Embark LLC

The Weekly

Next Issue: April 1

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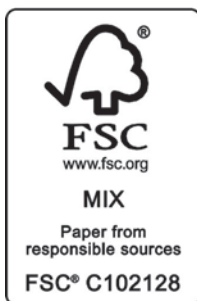
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# Workshop aims to make health and well-being a priority

**By Laura Sturza**  
While many people harbor a secret hope to magically stretch their daily schedules to fit in more exercise, reading or even napping, Camille Dieterle has ideas for making such wishes come true. At a March 16 Women in Management (WIM) breakfast led by Dieterle, director of the USC Occupational Therapy Faculty Practice, a responsive group of USC staff and faculty learned strategies for incorporating more of their favorite activities into their busy lives.

“Our culture is really good at pushing us to be ‘on’ all the time,” said Dieterle, a licensed occupational therapist. But in order to be even more productive, we actually need to take more breaks and include activities in our day that energize us, she said. “Having a sense of control about how we spend our time can lower stress levels,” Dieterle added. Different individuals find different activities restorative or depleting, and it is up to each person to identify how certain activities affect them,

## Keck School dean delivers key Ophthalmology Society lecture

Keck School of Medicine Dean Carmen A. Puliafito recently delivered the annual Harvey E. Thorpe Lecture at the 47th Annual Spring Meeting of the Pittsburgh Ophthalmology Society. Delivering the meeting’s premier lecture on March 18, Puliafito spoke on “Optical Coherence Tomography, 20 Years of Progress: How Imaging Has Revolutionized the Practice of Ophthalmology.” Puliafito, a co-inventor of optical coherence tomography, also presented two additional lectures at the meeting: “What’s New in the Management of Wet and Dry Macular Degeneration in 2011” and “Management of Retinal Vein Occlusions and Diabetic Retinopathy: Current Treatment Options.” The society’s website and meeting program is at <http://www.ophed.com/node/2726>.



Laura Sturza

Occupational therapist Camille Dieterle speaks at the March 16 Women in Management breakfast.

Dieterle said. Since everyone must occasionally do things they might find draining, she encouraged participants to schedule restorative activities on their calendars and planners. Workshop participants offered examples of small things they do in order to stay engaged including walking around the block, talking with a colleague and the all-important act of eating chocolate. Others suggested longer, after-work breaks such as receiving a massage, going to Disneyland or “watching a movie my kids don’t like,” as one participant said. The workshop also focused on multi-tasking. Dieterle cited research studies that show how the growing volume of media competing for our attention can create symptoms that mimic ADD, even in individuals who did not have

the disorder. One study from the University of London showed that workers distracted by email and phone calls suffered a drop in IQ more than twice that of marijuana smokers. “The multitasking information is alarming,” said WIM member Ginger Mayerson. Though it was Mayerson’s day off, she attended the breakfast because she wanted to learn more about time management skills. “I need to reevaluate how I spend my time,” she said. Another time management concept addressed by Dieterle is Time Deepening, an alternative to multi-tasking. Time Deepening refers to simultaneously performing two or more activities that do not compete for the same kind of cognitive attention, she said. Participants mentioned their favorite examples such as driving while listening to books on tape. Time Deepening is one of the ways that our minds can relax a bit. We need “space to wander in our mind in order to develop new and often better ideas,” Dieterle said. Participants offered their own ideas for creating more focused time for themselves and ways to have a more healthy relationship with time. Suggestions included leaving the phone off for a period of time or only answering emails during certain parts of the day. “I have a little list of things I need to unlearn, such as doing too many things at once,”

WIM member Stacy Patterson said. “Now I feel empowered to do things differently.” Dieterle and her staff of clinical faculty occupational therapists offer individual consultations and workshops at the USC Occupational Therapy Faculty Practice, located on the Health Sciences Campus and the University Park Campus. She specializes in the Lifestyle Redesign® treatment process for prevention and better management of chronic conditions such as overweight/obesity, cardiovascular disease, oncology, chronic pain and mental illness. Women in Management regularly hosts breakfast and lunch meetings on both campuses. WIM members represent a broad spectrum of university roles: advisors, administrative staff, department directors, managers, faculty, associate vice presidents and deans. The group features speakers on a variety of topics and welcomes new members and guests. For additional information about Lifestyle Redesign and USC Occupational Therapy Faculty Practice visit the website at: <http://ot.usc.edu/patient-care/faculty-practice>, email [otfp@usc.edu](mailto:otfp@usc.edu) or call (323) 442-3340. For more information about USC’s Women in Management, visit the website at: <http://www.usc.edu/org/wim/> or contact WIM President Tracy Kerr at (213) 821-5334 or [tkerr@usc.edu](mailto:tkerr@usc.edu).

‘Having a sense of control about how we spend our time can lower stress levels.’

—Camille Dieterle, director of the USC Occupational Therapy Faculty Practice

**REMEMBERING WENDY QUINN—**  
*Trojan Hospitality staff gathered to remember colleague Wendy Quinn with the unveiling of her portrait in Edmondson Faculty Center, where she worked as catering sales manager for 25 years.*  
  
*Quinn died of cancer in February 2010. Her daughter, Meg Quinn (center) was touched by the gesture and the many kind words shared by her mother’s friends and co-workers. Sherri Sammon, associate director of operations for the Office of the Dean of the Keck School of Medicine, said the portrait was suggested by Philip Lumb of the Department of Anesthesiology “so that everyone entering the EFC would still be greeted by Wendy.”*  
  
*Attending the event were family members, friends and coworkers including (from left): Sammon, Pasqui Yslas, Reverend Phil Manly, Jenny Macias, Lydia Vasquez, Meg Quinn, Mercedes Guzman, Brenda Perez, Josefina Cuevas, Susan Wong and Angel Guerra.*



Ryan Ball

## The Weekly NEWSMAKERS

<p>A March 13 MSNBC News story interviewed <b>David Quinn</b>, assistant professor of clinical oncology at the Keck School of Medicine of USC and medical director of the USC Norris Cancer Hospital, about biomarkers associated with prostate cancer risk. MyHealthNewsDaily also quoted Quinn.</p> <p>A March 13 social calendar in the <i>Pasadena Star-News</i> highlighted an upcoming USC Hospital</p>	<p>Guild Speaker Series lecture featuring <b>Cynthia Herrington</b>, associate professor of clinical cardiothoracic surgery at the Keck School of Medicine of USC and founding director of the USC Transplant Institute.</p> <p>A March 18 article in the <i>New York Times</i> quoted <b>Jonathan Samet</b>, professor and chair of the department of preventive medicine at the Keck</p>	<p>School of Medicine of USC and chair of the Tobacco Products Scientific Advisory Committee to the Food and Drug Administration, about the committee’s report stating that there would be a public health benefit to removing menthol cigarettes from the market. Samet was also quoted by stories in the <i>Wall Street Journal</i>, <i>USA Today</i>, Bloomberg News, <i>San Francisco Chronicle</i> and an Associated Press story in the <i>Washington Post</i>.</p>
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# Calendar of Events

This Calendar of events is also online at [www.usc.edu/hscalendar](http://www.usc.edu/hscalendar) for the Health Sciences Campus community

## Monday, Mar. 28

**Noon.** The Beyond Medicine Lecture Series. “Beyond the MD: Social, Political & Cultural Forces in Modern Medicine,” Various speakers. HMR 100. Lunch will be provided. Info: (323) 442-1678

**3 p.m.** Pharmacology and Pharmaceutical Sciences Seminar. “Nanoparticles as Cancer Therapies: Gold at the End of the Rainbow,” Joseph Barchi, National Cancer Institute at Frederick. PSC 104. Info: (323) 442-2341

**4 p.m.** Pharmacology and Pharmaceutical Sciences Seminar. “Glycan Arrays and Cancer Vaccines: Partners for Life,” Jeff Gildersleeve, National Cancer Institute at Frederick. PSC 104. Info: (323) 442-2341

## Tuesday, Mar. 29

**8:30 a.m. – 6:30 p.m.** KSOM MD/PhD Annual Symposium. Key-note speaker: Martin Pera, USC. BCC Conference Rm. Info: (323) 442-2965

**Noon.** The Beyond Medicine Lecture Series. “Beyond the Specialist,” Various speakers. NML West Conference Room. Lunch will be provided. Info: (323) 442-1678

## Wednesday, Mar. 30

**Noon.** The Beyond Medicine Lecture Series. “The Chronic Disease Crisis in America: Can We Manage the Diabetes Epidemic?” Moderated by KSOM Dean Carmen A. Puliafito and will include various speakers. NRT Aresty Aud. Lunch will be provided. Info: (323) 442-1678

**4 p.m. – 6 p.m.** Center for Excellence in Research. “Developing and Submitting a DoD and DoE Basic Research Grant Application,” James Murday, USC. NML West Conference Rm. Info: (213) 740-6709

## Thursday, Mar. 31

**Noon.** USC Religious Life. “The Soul of Medicine,” Norman Levan, USC. MCH 256. Info: (213) 740-6110

**Noon.** ZNI Seminar. “Late Endocytic Transport: Impact on Autophagy-lysosomal Function and Neurodegeneration,” Qian Cai, NIH. ZNI 112. Info: (323) 442-2144

**Noon.** Cellular Homeostasis Lecture. “TGF-B Signaling and Epithelial-Mesenchymal Transition,” Rik Derynck, UC San Francisco. MCH 156. Info: (323) 442-3121

**Noon.** The Beyond Medicine Lecture Series. “A Dual Perspective,” Various speakers. NRT Aresty Auditorium. Lunch will be provided. Info: (323) 442-1678

## Friday, Apr. 1

**Noon.** Medicine Grand Rounds. “Peutz-Jheghers,” Nudrat Usman, USC. IPT Conference Rm. B. Info: (323) 226-7556

## Tuesday, Apr. 5

**Noon.** Psychiatry Grand Rounds. “Do Family Dynamics Matter in the Treatment of Childhood OCD?” John Piacentini, UCLA. ZNI 112. Info: (323) 442-4065

## Wednesday, Apr. 6

**Noon.** ZNI Seminar. “The Regulation of Critical Periods and Plasticity in the Mature CNS,” Aaron McGee, CHLA. ZNI 112. Info: (323) 442-2144

**Noon.** Global Health Lecture. “Innovation for the Control and Elimination of Neglected Tropical Diseases,” NRT Aresty Aud. Info: (323) 865-0419

## Tuesday, Apr. 12

**Noon.** “Earthquake Preparedness: What Every Person in LA Needs to Know,” Steve Goldfarb, USC. NML East Conference Rm. Info: (213) 740-5127

**Notice:** Deadline for calendar submission is 4 p.m. Monday to be considered for that week’s issue—although three weeks’ advance notice of events is recommended. Please note that timely submission does not guarantee an item will be printed. Send calendar items to *The Weekly*, KAM 400 or fax to (323) 442-2832, or e-mail to [eblaauw@usc.edu](mailto:eblaauw@usc.edu). Entries must include day, date, time, title of talk, first and last name of speaker, affiliation of speaker, location, and a phone number for information.

## CONFERENCE: Speakers spotlight advanced treatments

Continued from page 1

Michael Huoh, assistant professor of clinical neurology and neurological surgery at the Keck School of Medicine of USC, started his presentation with an overview of the different conditions associated with spinal and back pain.

Huoh highlighted the high prevalence of back pain in the United States and recommended ways to prevent it, such as stretching before activity, controlling weight, maintaining proper posture and avoiding smoking. He also emphasized the importance of proper workplace and driving ergonomics. “When driving, it is important to move the car seat closer to the steering wheel and higher up to avoid back pain,” said Huoh.

The discussion then moved to a more sensitive subject—gynecological health. Azin Shahryarnejad, assistant professor of clinical obstetrics and gynecology at Keck and director of urogynecology research at LAC+USC Medical Center, and Begüm Ozel, assistant professor of clinical obstetrics and gynecology, focused on three topics women don’t like to discuss: urinary incontinence, pelvic organ prolapse and pelvic pain.

“Women are often too embarrassed to talk



*Begüm Ozel (left), assistant professor of clinical obstetrics and gynecology, and Daniel Oakes, associate professor of orthopedic surgery, speak at the March 11 Women’s Conference at the University Park Campus.*

about these conditions with their physicians, although they can be extremely disabling and dramatically affect their quality of life,” said Ozel.

Both speakers highlighted the advanced treatment options offered at USC Gynecology Services, including minimally invasive surgery and the

multi-disciplinary team approach to care, which has improved outcomes for patients.

Another health issue of particular concern for women is arthritis of the hip and knee. According to Daniel Oakes, associate professor of orthopedic surgery and director of the USC Joint Replacement Program, women account for 65 percent of all joint replacements performed yearly in the United States. Oakes explained that the wearing out of cartilage over time causes osteoarthritis and that non-operative treatment of arthritis and joint pain is a balancing act between activity and rest.

Oakes also highlighted the new advances in hip and knee surgery at USC University Hospital, such as the use of regional anesthesia protocols to reduce post-operative pain, as well as minimally invasive surgery approaches to facilitate optimal healing and easier rehabilitation.

## UNIFORMS: Changes prove popular with patients

Continued from page 1

Lahaie on a recent visit to the hospital to see her brother-in-law. “Everyone knows USC for its colors. This shows a lot of pride.”

Since implementing the uniforms house-wide, hospital staff said they’ve already received many positive comments from visitors and patients about the distinctive colors.

“They think it’s good because it helps them to easily recognize who is who,” said nurse Latrice Holmes.

The effort to get the uniforms off the ground began last summer, with nurses putting the idea of uniform scrubs to a vote.

At that time, of the more than 300 nurses who participated, two out of three voted in support of distinctive uniforms and the majority voted for cardinal over five other colors.

Additionally, nursing polled 176 patients and family members about their thoughts on uniforms. Of those surveyed, 76 percent said the presence of uniforms would help them readily identify nurses, and 77 percent said they preferred nurses to wear distinctive USC scrubs.

The positive feedback spurred administrators to implement the uniforms not only among nurses, but also among nursing support staff.



Registered nurses Rose Young (left) and Tuesday Crews wear cardinal-colored scrubs with the Nurses of USC logo.

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**Visit the USC Web: <http://emergency.usc.edu>** This page will be activated in case of an emergency. Backup Web servers on the East Coast will function if the USC servers are incapacitated.