

Classnotes

1950s

Morton Spivack, MD

'58, writes: "In 2003, I retired as full-time director of the Blood Bank at Montefiore and Mt. Sinai medical centers after more than 40 years. Carol also retired, after 35 years as director of a nursery school. We are enjoying retirement, travel and our children and nine grandchildren." E-mail address is: vipsmo@aol.com.

1960s

John J. LaMar, Jr., MD '63,

writes from Pennsville, NJ: "I retired six years ago! This past summer I worked on a commercial crabbing boat. My sixth grandchild arrived in December. All of my family is back in the U.S. now. My son-in-law is a major in the Army Judge Advocate Corp." E-mail address is: jlar36@netscape.com.

Ronald G. Nathan, MD '63,

writes: "I have retired from my psychiatric practice and divide my time between Tucson, AZ, and Huntington Beach, CA. My two sons and three grandchildren live in Southern California. My wife,

Patricia, passed away three years ago. Besides visiting family, I enjoy traveling, snorkeling, sailing and daily swims. I try to maintain my skills by reviewing cases for Social Security disability and taking CME courses. Last summer I visited family in Buffalo and got lost a couple of times. Things have changed, mostly for the better I think." E-mail address is: rgnathan@hotmail.com.

William Burleigh, MD '67,

writes: "After 25 years at Eisenhower Medical Center in Rancho Mirage, CA, as chief of clinical pathology, transfusion services director and medical director of the School of Medical Technology, I was awarded the contract and made chair of the Department of Pathology, effective April 1, 2004." E-mail address is: wburleigh@emc.org.

1970s

Bruce J. Dolnick, PhD '77,

Department of Pharmacology and

Therapeutics, Roswell Park Cancer Institute, was elected a Fellow of the American Association for the Advancement of Science (AAAS) by his peers. Dolnick and other new Fellows were introduced in the October 29 issue of the journal *Science*. He was elected for his distinguished contributions to understanding novel mechanisms of gene regulation in nucleotide and folate metabolism related to cancer drug mechanism of action. Dolnick has authored or co-authored more than 70 journal publications and abstracts.



He is a member of the American Society for Microbiology; the American Association for Cancer Research; and the American Society for Biochemistry and Molecular Biology; and a life member of the Society of Chinese Bioscientists in America.

Janice D. Williams, MD '77,

FACOG, writes: "I am a contract physician (civilian) to the navy, working at Portsmouth Naval Medical Center in Virginia. We are a teaching hospital and the high-risk OB center for the Atlantic Fleet. We do 365-plus deliveries a month using state-of-the-art equipment. I love

working for the navy—great people!" E-mail address is: jandwillmd@aol.com.

1980s

Linda Ahlqvist Walsh, MD '80,

writes from Glen Arm, MD: "I purchased my own family practice in 2000. I now have another family doctor and a family nurse practitioner working with me. My husband, Jeff, and I will celebrate our 25th anniversary next June. Our daughters, Katie and Christie, attend the University of Maryland. Life is good." E-mail address is: lindawalsh@comcast.net.

Charles S. Tirone, MD '63



Charles Tirone was honored by the School of Medicine and Biomedical Sciences at the National Philanthropy Day luncheon held on Wednesday, November 17, 2004, at the Adam's Mark Hotel, Buffalo, NY. As a philanthropist, Tirone led efforts to establish the Class of 1963 Medical Scholarship Fund and has been a lead donor for UB medicine, athletics, and management.



1990s

Pamela A. Clark, MD '90, writes: "I am chief of pediatric endocrinology at the University of Louisville, director of the newly established Pediatric Endocrinology Fellowship Training Program, and president of Pediatric Endocrinology Specialists, PSC. Our triplets, Zachary, Matthew and Ryan, turned five in December. There is never a dull moment at our house! My husband, Mike, has an even tougher job than his previous materials

manager position—now a stay-at-home dad and soccer coach." E-mail address: paclark@pol.net.

Raymond V. Paolini, Jr, MD '90, [see Tara Paolini, MD '95].

Cynthia (Leberman) Jenson, MD '92, writes: "We are still in Maine, but I now live and work in Waterville. I am in a small private-practice anesthesia group, enjoying a great lifestyle. Mark is a stay-at-home dad. Alex is 9 and in fourth grade. Erica is 6 and in first grade. We are looking

forward to winter and skiing at Sugarloaf." E-mail address: mcaejenson@verizon.net.

Andrew J. Bauer, MD '93. Ulrich Bauer, MD, father of Andrew, wrote in mid-November: "My son, a major in the army and chief of pediatric endocrinology at Walter Reed Army Medical Center, has been deployed to Iraq to serve in a forward support battalion of the First Cavalry Division."

Myron Glick, MD '93, founding physician and CEO of Jericho Road Family Practice in

Buffalo, received Houghton College's Distinguished Service Award at the college's 2004 Founders' Day Convocation. The award recognizes Glick's "commitment to service, humility and willingness to help those in need." Jericho Road Family Practice partners with Journey's End Refugee Resettlement Service and area churches to provide health care to approximately 250 refugees per year from more than 50 countries. Glick is a graduate of Houghton College.

Tara S. Paolini, MD '95, writes: "In April my husband, Raymond V. Paolini, Jr, MD '90, and I had our third daughter. Serafina joins sisters Dora, age 4, and Romy, age 2. We look forward to catching up on family and careers this spring at our 10th and 15th reunions. E-mail address is: tsosa@yahoo.com.

Kristin E. Larsen, PhD '97, writes: "I gave birth to our first child, Jacob Martin, on October 8, 2004. Unfortunately, Jacob was extremely premature, and despite heroic efforts by the

James S. Marks, MD '73



James Marks, MD '73, MPH, has been named senior vice president and director of the Health Group of The Robert Wood Johnson Foundation. In this capacity, he oversees programs to reduce the prevalence of childhood obesity, expand and improve treatment for alcohol and drug addiction, improve the public health system's leadership and capacity, and prevent and alleviate harm caused by tobacco

use, as well as programs focusing on vulnerable populations.

Marks previously served as the acting director of the Center for Disease Control and Prevention's (CDC) Coordinating Center for Health Information and Service and director of the CDC's National Center for Chronic Disease Prevention and Health Promotion.

"We are extraordinarily fortunate to have Dr. Marks join us," says Risa Lavizzo-Mourey, MD, MBA, the foundation's president and CEO. "His acknowledged expertise on chronic diseases and prevention will serve us and the nation well as we strive to meet our mission of improving the health and health care of all Americans, especially the most vulnerable among us. Jim is a passionate advocate of the belief that all people have the right to a long

life, in which they are measurably healthier. And he challenges the conventional wisdom that chronic diseases must be an inevitable, acceptable fact of life."

After receiving a medical degree from UB in 1973, Marks trained as a pediatrician at the University of California at San Francisco and was a Robert Wood Johnson Clinical Scholar at Yale University, where he earned an MPH. In 1976, he was a member of the CDC's Epidemiological Investigation Service, where he participated investigations into Legionnaires' Disease and the Swine flu campaign.

Marks has received numerous federal, state and private awards, including the U.S. Public Health Service Distinguished Service Award, the Surgeon General's Award for Distinguished Service, the Association of State and Territorial Chronic Disease Directors' Award for Excellence, the American Cancer Society's Distinguished Service Award, and the National Arthritis Foundation's Special Award of Appreciation. He has published more than 130 articles in the areas of maternal and child health, health promotion and chronic disease prevention and has served on numerous government and non-profit boards and committees devoted to improving public health. 

— Andrea Daitz

NICU staff at Columbia Presbyterian, he died five days later.”
E-mail address is: kell4@columbia.edu.

Lisa Thebner, MD '99. Last fall, Thebner spent over an hour being interviewed by Dan Rather of *60 Minutes* for a segment on childhood immunizations and the public's fear of a possible link to autism and other conditions. In the interview, she

discussed these concerns and described her experience working with parents who refuse to allow their children to receive the immunizations, which they are required to have before they enter school. Although the interview with Thebner was cut before the show aired on October 20, 2004, portions of it appeared in a teaser that ran in a number of markets around the

country. Currently, Thebner is in private practice as a general pediatrician in New York City. Prior to that, she worked at the New York Weill Cornell Medical Center and the North Shore University Hospital. In addition to her practice, she periodically writes spots for Dr. Max Gomez, the health reporter for the NBC affiliated in New York City. **BP**

In Memoriam

Arnold Gross, MD '41, died on August 2, 2004.

Kenneth W. Bone, MD '43, died on October 23, 2004.

Reginald H. Farrar Jr., MD '43, died on September 24, 2004.

Ellsworth Marriner, MD '48, died on November 29, 2003.

Lester E. Wolcott, MD '51, died September 21, 2004.

George V. Stevens, MD '53. (Notification of death received September 20, 2004.)

Leo H. Buchner, MD '57, died on November 30, 2003.

Ann A. Tracy, MD '58. (Notification of death received September 7, 2004).

William C. Biddle, PhD '88 (pathology) died on September 2, 2004.

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Learning to Be *Boss of Their Own Bodies*

BY PAT CAHILL

Holistic pediatrician David Gottsegen, MD '82

Heath B. Roberg of Holyoke, MA, 15, looked down at his hands, where the two thumbs were lined up side by side. He was trying to keep them apart. But no matter how he tried, how much effort he concentrated on those thumbs, they kept pulling back together.

It wasn't a game, but a hypnotherapy exercise that Heath was doing under the guidance of Dr. David Gottsegen of Holyoke Pediatric Associates.

Gottsegen describes himself as a holistic pediatrician. That means he is open to "alternative" or "complementary" therapies that are safe and evidence-based, in addition to using traditional approaches.

In this pill-popping society, he will sometimes suggest ginger for nausea or garlic to strengthen the immune system. Not in pharmaceutical doses, but from real food.

Unlike drugs, these remedies don't have side effects.

For example, in addition to using traditional asthma medicine, Gottsegen might teach diaphragmatic breathing to a child with asthma. Also, studies have also shown that massage can alleviate the anxiety associated with asthma.

"If it's something I know to be safe and effective, I can endorse it," says Gottsegen. "What I try to do is take a common-sense approach."

Gastroenterologists, neurologists and other doctors have referred young patients to Gottsegen for such complaints as migraines and other headaches, recurrent abdominal pain, bedwetting, anxiety and tic disorders of the kinds found in Tourette's syndrome.

Heath was one of these patients. At his tender age, the handsome young football player was having chest pains. He said his family consulted what seemed like a dozen specialists before finding Gottsegen.

Fortunately, the pain was not the result of a deadly illness. Rather, it was connected to the stress in Heath's life. After working with the holistic physician for a month, said Heath, "the pain decreased dramatically."

Eventually it disappeared, the doctor reports.

Gottsegen has special training in hypnotherapy, which he prefers to call "self-regulation." That's what he used to treat Heath.

As the teen-ager sat in an armchair opposite him, the doctor began one of their sessions by helping him focus all his emotions on the thumbs that insisted on coming together.

"Notice how your breathing has slowed down right away," he told the boy in a gentle voice. "You're breathing in comfort. You're breathing out any worries and tension."

"If there's any tension in your shoulders and chest, let it go right down to your hands."

As the session proceeded, the doctor helped the youth enter a favorite place in his mind, encouraging him to experience the sunlight, the colors, the aromas of food, the sounds of people laughing.

Toward the end of the session, still in the same soothing voice,



Gottsegen praised the boy for the way he had taken a role in his own health. "I'm very proud of the work you're doing," he said.

It's important to Gottsegen that children know they have the power to be "the 'boss of their own body.'" We use that phrase a lot," he said.

Finally, he told Heath that anytime he felt the pains coming back, he should put his thumbs together and squeeze hard for about 10 seconds. He also stresses the importance of doing relaxation "homework" between visits.

Gottsegen says hypnotherapy should not be confused with stage acts that profess to turn people into zombies. "That has nothing to do with hypnotherapy," he says.

Rather, he says, as a certified hypnotherapist, he taps into the fact that children are very imaginative and fall naturally into trance-like states when, for example, they are watching TV or daydreaming or play-acting.

All good pediatricians do it, says Gottsegen. That's what they are doing when they use puppets to relax young children or give them soap bubbles to "blow the 'ow-ee' away" upon getting a shot.

"I do not 'hypnotize' people," says Gottsegen. "I teach them skills of self-regulation that they can use for the rest of their lives."

Gottsegen says he has always been interested in nature, the environment, natural foods and the social and occupational aspects of health. (One summer he studied workers in a ribbon factory in New York.)

He graduated from Brown University in Providence, R.I., in 1977 and from the Medical School of the State University of New York at Buffalo in 1982. During his internship and his residency at the University of Minnesota Hospital in Duluth, he studied child development and behavioral pediatrics.

"My main interest," says Gottsegen, "is in the relationship between emotional lives and the physical body."

At Duluth he met Karen Olness and Daniel Kohen, world-renowned experts on child hypnotherapy, who became his mentors.

Gottsegen still cites Kohen when he says, "You always meet the child where they are. The No. 1, 2 and 3 rules of pediatric hypnotherapy are rapport, rapport, rapport."

Gottsegen says his colleagues at Holyoke Pediatrics have been very supportive of his nontraditional work.

In a sense, says Gottsegen, all pediatricians tend toward the holistic because they spend, or should spend, "a lot of time on child development, mental and emotional health, diet, exercise, family, community life."

He especially values his position at Holyoke Pediatric because 40 percent of his young patients are from underprivileged families on

Medicaid. Since most complementary medicine isn't covered by insurance, it's usually the more affluent who can afford to explore it. This way, Gottsegen gets to introduce a whole range of patients to his holistic approach. **BP**

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E-mail Us

Classnotes can also be submitted by
e-mail to: bp-notes@buffalo.edu

All Roads Lead to UB's Medical School Reunion



Photo by Joe Gasco

Friday, April 15 and Saturday, April 16, 2005 2005 Class Chairs

First row, left to right: Robert J. Patterson, MD '50, Sidney Anthone, MD '50, Herbert E. Joyce, MD '45, James R. Kanski, MD '60, Roger S. Dayer, MD '60, Joseph G. Cardamone, MD '65, Donald P. Copley, MD '70.

Second row, left to right: Eric B. Kirker, MD '00, Jeffrey L. Amodeo, MD '00, Martin C. Mahoney, MD '95, PhD '88, Tara S. Paolini, MD '95, Raymond V. Paolini, MD '90, Jack Coyne, MD '85, Beth Maher, MD '85, Margaret W. Paroski, MD '80, Jack Freer, MD '75.

Not pictured: Albert C. Rekate, MD '40, John H. Peterson, MD '55, Martin Terplan, MD '55, Theresa Stephan Hains, MD '80.



Brian Krabak, MD '93

Working the Olympic Circuit

If you can't beat 'em, treat 'em.

That could have been the motto of Brian J. Krabak, MD '93, last summer, when he served as a member of the volunteer medical team at the XXVIII Olympic Games in Athens, Greece. An assistant professor of physical medicine and rehabilitation at Johns Hopkins Medical Institute—and a competitive athlete himself—Krabak worked at the Aquatic Center, site of some of the games' most thrilling moments.

As it turned out, he saw more action as a fan than as a physician. "My injury management there was very minimal," says Krabak, who also serves as assistant professor of orthopedic surgery. "During the two weeks I was in Athens I treated five people."

There were a couple of reasons for that. One, many of the large teams travel to the games with their own medical staff. Also, because swimming is relatively gentle on the body, Krabak was called into service only for minor complaints, like a lower-back strain and shoulder tendonitis. He also tended to an unusual aquatic injury involving a member of Egypt's water polo team who suffered a lacerated tongue when an opponent delivered an uppercut.

Krabak has firsthand experience with winter and summer Olympics, having worked in the same capacity at the 2002 Salt

Lake City Games. He has also volunteered his medical expertise for a number of national athletic events for the disabled, including the cerebral palsy Victory Games and the 1996 Paralympics.

While such work fulfills Krabak professionally, he's also passionate about it for personal reasons. Several years ago he started training for a marathon; after that, he got involved in competitive adventure racing, a 24- to 48-hour team event that incorporates mountain biking, running, climbing, rappelling and kayaking, but no sleep.

Next up: an Ironman Triathlon in June.

"As an amateur competing, it really helps me understand the extent of the training these athletes do," he says. "I swim 2,000 meters, and then there's Michael Phelps, swimming 10,000 meters a day.

"I do it more for self-gratification as opposed to winning a medal, but I still have to train for the swimming, the running and the biking, so I can appreciate the spirit of the competition, and, to some extent, the intensity they feel."

Whatever the outcome of the June triathlon, Krabak can already claim victory in a non-athletic arena. In the December 2004 issue of *Baltimore Magazine*, he was featured in a story about that city's most eligible bachelors.

—NICOLE PERADOTTO