

OEMR SYNAPSE

2014 Annual Report

2015, 7th Ed. Editors: Laurent Benedetti, MD, MPH; Tiffany K. Sarkissian

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**From OEMR Program Director and Associate Professor:
 Stefanos N. Kales, MD, MPH, FACP, FACOEM (OEMR 1993)**

Welcome to the seventh edition of the Harvard T.H. Chan School of Public Health (HSPH) Occupational and Environmental Medicine Residency (OEMR) Annual Report, the OEMR Synapse. This edition features our current residents, 2014 graduates, resident and alumni achievements, and a recap of last year's events. It will also update you on our progress, as well as our continuing impact on the field of OEM.

As you will see, 2014 has been a busy year for us. We graduated three more residents, and continuing our success with the ABPM exam, all three certified in OM last fall. We had yet another resident receive an ACOEM Resident Research Award, and residents, fellows and recent alums have added additional publications.

We had a great time catching up with friends and colleagues in San Antonio at AOHC at our annual reunion dinner.

In September, following the major success of conferences in 2010 and 2012, the Initia-

tive for Productivity and Health Management held the symposium "Mediterranean Diet and Workplace Health". With excellent collaboration from our HSPH Nutrition colleagues and others from around the globe, we hosted more than 125 thought leaders from nine countries for an unforgettable experience of learning accompanied by the very best of Greek food and wine (page 12).

During NECOEM, we welcomed our own Philip Parks as the incoming President, and I was most honored to receive the Harriet Hardy Award in the company of current and past residents, colleagues and friends.

Although, I must report that OEM training continues to face financial threats, in 2014, we had a most exciting development! Our trusted friend and supporter, Ms. Nyla Medlock brought us an anonymous donor who established an endowed OEM training fund in Nyla's name with a \$250,000 anchor gift. Much remains to be done, but this was truly a major step forward. I would like to

take this opportunity to thank the generous donor, Nyla and those alumni and supporters who have already donated to the fund. I urge everyone else to join me in making a tax-deductible gift to the HSPH OEMR. We are seeking a 100% alumni support rate. Growing the endowed fund is a slow, but certain way to ensure the survival of OEM at HSPH. Because of our large resident census, we have significant financial needs that exceed NIOSH funding. I cannot stress enough that we need all of your support.

In closing, let me extend my wishes for health and success in 2015 to you and your families. We look forward to seeing you at HSPH, NECOEM, AOHC and beyond.

Best regards, Stefanos



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Current Residents: First Year



Samuel D. Turner, MD, UMO (MPH '15, OEMR 16) is a US Navy Scholar from the Blue Ridge Mountains of Southwest Virginia. He is a graduate of the University of Virginia and the Medical College of Virginia. He was commissioned an Ensign through UVA's NROTC program and attended MCV on the Navy's Health Professions Scholarship Program. After Graduating from medical school, he completed a general surgery internship at the National Naval Medical Center in Bethesda, MD. He was then assigned to the Marines where he spent two years as a Medical Officer with an infantry battalion, and deployed to both Iraq and Afghanistan.

Afterwards he attended the Navy's Undersea Medical Officer Course and earned the qualification of Undersea and Diving Medical Officer. He was subsequently assigned as an Undersea and Diving Medical Officer with the Marines and was one of the first Medical Officers with the newly formed Marine Corps Special Operations Command. He served with the 2nd Marine Logistics Group and returned to Afghanistan as the Group's Senior Medical Officer. Spending most his career in coastal North Carolina, Sam, his wife and four children are still adjusting to the New England climate (and traffic).



Jeffrey E. Vogel, MD (MPH '16, OEMR '16) is a first year OEM resident, originally from Baltimore, Maryland. Jeff attended Lafayette College and majored in Biology. During this time, Jeff spent his summer and winter vacations working at the Center for Vaccine Development (CVD), conducting research focused on the stabilization of plasmid-based vaccine delivery utilizing Salmonella Typhi live vectors. Jeff continued his training at the Emory University School of Medicine, graduating in 2011. Jeff performed a General Surgery Internship at Vanderbilt University. He then completed

two years of Plastic and Reconstructive Surgery at Loma Linda University in Southern California. Based on Jeff's keen interest in lifestyle and workplace health promotion as well as entrepreneurial endeavors, he decided to change career course and enter OEM training. In the 2015-6 academic year, Jeff will be the inaugural Nyla Medlock Fellow in OEM.

Outside of medicine, Jeff enjoys traveling, cooking, and exercise. He is an avid downhill skier and scuba diver.



Shane Journey, PhD, MD (MPH '15). Shane is originally from Nova Scotia, Canada and obtained his MD from Dalhousie Medical School, where he was able to complete an away OEM rotation in his final year at HSPH/CHA. Prior to medical school, Shane received a Bachelor's of Science as well as a Master's degree from the University of Ottawa, where he investigated the effects exercise and heat stress on cardiovascular physiology. He subsequently completed a PhD in Toxicology with a focus on nanotechnology at the University of Saskatchewan.

He has represented Canada at the International Space University in Strasbourg, France, where he received a Diploma in Space Studies. Shane was also chosen by the Canadian Space Agency to complete a month long rotation in aerospace medicine at the NASA Johnson Space Center. He has over 30 peer reviewed publications and serves on the editorial board of the Journal of Occupational Medicine and Toxicology. Together with his current OEM training, Shane is concurrently in the 4th year of Physical Medicine and Rehabilitation residency at the University of Toronto.

Current Residents: First Year



Kevin Loh, DO, FS (MPH '15, OEMR '16), is a US Air Force Scholar. Kevin is originally from Taiwan and immigrated to the U.S. during high school. After completing his Bachelor's of Science in Chemical Engineering degree at California State Polytechnic University, he worked as a Bioenvironmental Engineer in the U.S. Air Force, giving him a strong foundation in industrial hygiene. He subsequently completed medical school at the Western University of Health Sciences. After finishing his internship at Keesler Medical Center,

Mississippi, he served as a U.S. Air Force Flight Surgeon. His experiences have included: being the main medical liaison officer between the U.S. Air Force and a Singaporean flight squadron stationed at Mountain Home AFB, Idaho; deployment to a Contingency Aeromedical Staging Facility providing care to wounded soldiers returning home; and working as a medical consultant on an B-1 Lancer Crash Accident Investigation Board. Kevin resides in Melrose, MA, with his wife and two year old daughter, enjoying the Boston area.



Deborah Barbeau, MD, PhD, MSPH, (OEMR '15) Deb is originally from Wellesley, MA. She received her MD from Columbia University College of Physicians and Surgeons and completed Internal Medicine training at the Columbia Presbyterian. She then completed a combined Infectious Diseases/Epidemiology Fellowship at Emory University and the CDC in Atlanta, GA. She is Board Certified in Internal Medicine and Infectious Diseases. Her research interests including Travelers' Health, water quality and sanitation prompted

her to pursue a Master's of Science in Public Health and subsequently a PhD in Environmental Health from Tulane University School of Public Health and Tropical Medicine, focusing on the health effects of traditional and emerging pollutants. She hopes to pursue clinical and research activities that allow her to combine her medical and public health interests, focusing on the interactions between the environment, infectious diseases, and human health. Deb currently lives in Dedham, MA with her husband, JB, and their two sons, Harry Rex and William ("Will").

Current Residents: Complementary Pathway



Soni Mathew MD, MBA (OEMR '15) Soni Mathew is a Board Certified Family Medicine Physician, who grew up in the Bronx, NY. He graduated from medical school in South India, and completed Family Medicine Residency at Bronx Lebanon Hospital in NY, where he became chief resident. After graduation, Soni served as the Medical Director of the Employee Health Service at Bronx Lebanon Hospital for seven years. This strong practical experience in occupational medicine prepared him to apply to our Complementary

Pathway at HSPH. Soni is now our second trainee to have undertaken this special pathway approved by the American Board of Preventive Medicine. He is completing this program on a full-time basis and will graduate in June 2015. He will then be Board-eligible in Occupational Medicine. Prior to coming to HSPH, Soni achieved a Master's in Business Administration from the University of Tennessee. Soni's hobbies include performance cars and "do it yourself" projects. Soni's motto in life is "work smarter, not harder."

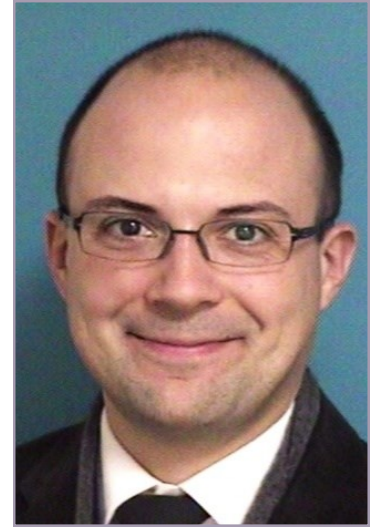
Current Residents: Senior Year

Laurent Benedetti, MD, MPH (OEMR 2015), is originally from southern France. He majored in English at the University of Massachusetts, Amherst and wrote his honors thesis on whether *Yersinia pestis* could have caused the Black Death in 14th Century London and if epidemiologic vectors were in place to sustain the pandemic.

Before attending medical school at the University of Massachusetts in Worcester, Laurent volunteered in rural health clinics in Nepal, and worked for the National Health Service in England and for the Ministry of Agriculture in France. Laurent completed a General Preventive Medicine Residency at the University of Massachusetts, as well an MPH from the University

of Massachusetts, Amherst. During his preventive medicine training, he worked with clinic and hospital task forces to develop innovative practice models to improve patient care delivery. His interest in international health policy prompted his work with the WHO in Geneva, where he helped to publish the QualityRights Tool Kit, a method for countries to improve the quality of their mental health and social care facilities.

Laurent has strong interests in innovative mobile platform technology and its application in healthcare. Laurent is Board Certified in General Preventive Medicine. He is serving as the Chief Resident for the 2014-15 academic year.



Mason Harrell, III, MD, FS (HSPH MPH 2014, OEMR 2015). Mason is a US Navy Scholar who hails from Southern California and is a graduate of the U.S. Military Medical School, USUHS, in Bethesda, Maryland. Prior to medical school matriculation, Mason majored in Spanish at Brigham Young University in Provo, Utah and studied at the University of Alicante, Spain. While at USUHS, Mason investigated Dengue Fever in Iquitos, Peru, and worked for two months in Mexico City at the Federal Hospital. After completing a Transitional Internship at Naval Hospital San Diego, Mason completed the mili-

tary Humanitarian Medicine course and traveled with a team of physicians to Kampala, Ghana to distribute medical supplies and provide medical aid. Mason was winged a Naval Flight Surgeon in 2010 and served at the Naval Air Station Sigonella, Italy as the Base Flight Surgeon and Department Head of Aerospace Medicine. While at Sigonella, he served as the NATO medical liaison during the Libya conflict of 2011, and deployed to Uganda with the Marines. So-Cal Mason and his Mediterranean wife are learning to appreciate the Boston winter.



Erin Teeple, MD (HSPH MPH 2014, OEMR 2016) Erin graduated with honors from Brown University and received her MD from Brown Medical School. Erin's interest in Occupational Medicine developed from her desire to more effectively evaluate and treat musculoskeletal injuries and osteoarthritis, a topic she began to consider during her Orthopedic Surgery Residency and Sports Medicine Research Fellowship at Brown/Rhode Island Hospital. Erin is completing her OEMR training over three years through a joint appointment in the OEMR and on the NIAMS T32 Grant held by Drs. Jeffrey N. Katz and Elena Losina in the

Orthopedic and Arthritis Center for Outcomes Research (OrACORE) at Brigham and Women's Hospital. This program will allow Erin to fully pursue her cross-disciplinary research interests.

Erin has published in the areas of cartilage mechanics and osteoarthritis pathophysiology, and she is particularly interested in maximizing functional outcomes in osteoarthritis treatment.

She now lives in Westborough, MA with her husband, a professor of Classics at the College of the Holy Cross in Worcester, and their two children.



2014 Graduates



Diane Chen, MD, MPH (OEMR 2014), is a graduate of the HSPH Occupational and Environmental Medicine Residency program. She majored in chemistry at Haverford College before matriculating to Harvard Medical School, where she received her MD. Diane then completed anesthesiology residency training at Harvard's Massachusetts General Hospital (MGH). She is board certified in anesthesiology and practiced as staff at Harvard's Mass Eye & Ear Infirmary. She subsequently obtained her MPH in environmental and occupational health from HSPH in 2008, and then performed

phthalate research in Taiwan as a Harvard Frederick Sheldon Fellow.

In 2012, Diane returned to HSPH to complete the OEMR, where she did research on the effects of body mass index on driving simulation.

Since her graduation from the OEMR program, Diane has achieved Board Certification in OM and has been working as an Occupational Health physician for Reliant Medical Group in Worcester, MA.



Sharon S. Lee, MD, MPH (OEMR 2014), is a graduate of the HSPH Occupational and Environmental Medicine Residency program and native New Yorker. She graduated from SUNY Binghamton University and SUNY Downstate Medical School. Prior to medical school, she worked in cancer research at Weill Medical College of Cornell University and the NYU Cancer Institute. She completed two years of clinical training in pediatrics at NYU Medical Center and then finished her residency in General Preventive Medicine and Public Health at the University of Rochester Medical Cen-

ter, where she also earned her MPH.

While at HSPH, she received an ACO-EM resident research award at the AOHC in San Antonio.

Sharon is Board Certified in General Preventive Medicine and Occupational Medicine. After graduation from the HSPH OEM, Sharon has gone to become an Assistant Professor in Preventive Medicine at the Icahn School of Medicine at Mt. Sinai and works as a staff physician in occupational medicine at the Mt Sinai Hospital system in New York.



Michael Shusko, MD, MPH, FAFAP (HSPH MPH 2013, OEMR 2014) was a US Navy Scholar while at HSPH and served as the Chief Resident during the 2013-14 academic year. Michael is originally from Long Branch, New Jersey and enlisted in the Marines in 1985. he went on to serve for 13 years before receiving a commission in the Navy after earning his undergraduate degree in Middle Eastern Studies and Arabic from Rutgers University. He earned his MD at Wake Forest University School of Medicine before completing a transitional internship at the Naval Medical Center in Portsmouth, VA. After a tour with the Marines and a year in Iraq, he returned to the US to complete a Family Medicine Residency

at the Naval Hospital at Camp Lejeune, NC. Michael is board certified in Family Practice. After family medicine residency, he was assigned to the newly established Marine Forces Special Operations Command as a Regimental Surgeon, deploying on 14 missions throughout the globe before transferring to the International Security Assistance Force in Afghanistan to serve as the Officer in Charge of the NATO Clinic in Kabul. Then just prior to his training at the OEMR, he was the Senior Medical Officer at the Naval Branch Health Clinic in Bahrain.

Following graduation, Michael certified in Occupational Medicine and is serving as the Director of Public Health, at the US Naval Hospital in Okinawa, Japan.

Alumni Spotlight: Dr. Marcelo C. Targino, MD, MPH, FACOEM

Marcelo C. Targino, MD, MPH, FACOEM, (HSPH OEMR 2006), is the Medical Director for the Americas at Global Health Services, Johnson & Johnson. At J&J, Marcelo is responsible for the deployment and performance of Global Health Services strategy, policies, standards and compliance across the Americas region in the area of occupational health and workplace health risk management. He also directly supports clinical operations at a number of New Jersey J&J locations. Beyond the Americas, Marcelo is also a member of the J&J Global Solutions Center. In addition, Marcelo works as a hospital medicine specialist (hospitalist) at Doylestown Hospital, Doylestown, PA. As a hospitalist, he admits and takes care of

critically ill adults, with a focus on ICU care.

Marcelo received his BS in architectural design from the Massachusetts Institute of Technology, and his MD from the University of South Florida. He completed residency training in internal medicine at the Cambridge Health Alliance, Cambridge MA, and in Occupational and Environmental Medicine at the Harvard School of Public Health, where he also received his MPH. He is board certified in internal medicine and occupational medicine, and is also a medical review officer.

Marcelo lives in Doylestown, PA with his wife Emma, daughter Zoe (10), daughter Ivy (9), and son Max (6). His fourth child Phoebe (21) is completing her undergraduate studies at Cornell. Zoe, Ivy and



Max are lobbying hard for a dog, and by the time you read this, Marcelo may have given in and added a canine member to the family. Marcelo is happy to connect with residency graduates who would like to discuss career paths in OEM, particularly corporate occupational medicine.

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Alumni Spotlight: Dr. Belayneh A. Abejje, MD, MPH



Belayneh A. Abejje, MD, MPH (OEMR 2007) is an Associate Clinical Professor of Medicine at the University of California San Francisco- Fresno Medical Education Program. He is also the Medical Director of Employee Health Services at Community Medical Centers that encompass three hospitals. Belayneh's responsibilities

include clinical practice in internal medicine, occupational and environmental medicine; teaching medical students and internal medicine residents; supervising mid-level medical providers; conducting research in collaboration with other divisions of internal medicine; developing and reviewing standardized procedures and policies and leading Employee Health Services.

Belayneh received his Medical Degree from Addis Ababa University Gondar College of Medical Sciences, Ethiopia. He achieved broad clinical experience in tropical medicine and public health while he was a practicing physician in Ethiopia. He subsequently obtained his Masters of Public Health Degree in

Epidemiology from Tulane University. Belayneh then completed an Internal Medicine Residency at Louisiana State University-Shreveport.

He completed Occupational and Environmental Medicine Training at Harvard School of Public Health, where he served as a chief resident during the 2006-7 academic year. His research at HSPH led to co-authoring two publications related to asbestos exposure. Belayneh is board certified in Internal Medicine, and Occupational Medicine. Belayneh has also earned a Teaching Scholars Certificate from University of California San Francisco School of Medicine.

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Resident Research Awards and Presentations

Sharon Lee, MD, MPH OEMR 2014 received a Resident Research Presentation Award from the American College of Occupational and Environmental Medicine (ACOEM) at AOHC in San Antonio for research conducted in collaboration with Liberty Mutual Scientists. Sharon's work examined the incidence and consequences of emergency department physicians prescribing

opioids for acute, work-related low back pain. Sharon's award was the 21st AOHC award for HSPH residents since 2000, and her presentation marked the 12th year that HSPH was on the resident award podium within the last 15 AOHC meetings.

Michael Shusko MD, MPH OEMR 2014 received a Resident Research

Award from Cambridge Health Alliance's 2014 Academic Session for his work on entry fitness levels and subsequent academy performance in Massachusetts Police Recruits. He also presented these findings as a poster presentation at the 2014 ACOEM annual meeting in San Antonio.



Sharon Lee MD, MPH



Michael Shusko receives his award at the CHA Academic Session

ABPM Board Exam Successes

We are pleased to report successful American Board of Preventive Medicine exam results for OEMR 2014 graduates: Diane Chen, MD,

MPH, Sharon Lee, MD, MPH and Michael Shusko, MD, MPH who all passed the ABPM exam for certification in Occupational Medicine.

Once again, HSPH scores on average exceeded the national means for OM-residency trained examinees. Congratulations to all!

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IN MEMORIAM – MEHRDAD O. HAMEDANI, MD



NECOEM and the New England Baptist Hospital lost a beloved physician and community member on July 10, 2014, Mehrdad O. Hamedani, MD. Dr. Hamedani received his medical education and post graduate training in orthopedics in Iran at Shiraz University. After immigrating to the United States, he completed an internal medicine residency at the Yale – Griffin Hospital. He worked in the Boston area at settings including the East Boston Health Center and the New England Baptist Hospital. He was a vital member of the Occupational Medicine team as an Occupational Environmental Health Center Physician, and provided outstanding care for countless patients in his 15 years at the Baptist and with the Baptist's partner community hospitals.

Here's what NECOEM member Fred Kohanna, MD, MPH, FACEOM, has to say: "Dr. Hamedani and I spent two years working together at the Logan International Airport Occupational Health Center. He was a member of NECOEM who frequently attended the annual conference and we always sat together. I know that in the latter part of his career, he worked at the Baptist Hospital Occupational Health Clinic. Dr. Hamedani was a very soft-spoken and kind individual. With his experi-

ence in orthopedics, he was excellent at handling work related musculoskeletal injuries. He was well-respected and well-liked by his colleagues. He will be greatly missed by the occupational health community in New England." Incoming NECOEM President Philip Parks, MD, MPH, FACOEM remembers Dr. Hamedani "to be a compassionate and skilled clinician and also an excellent teacher and mentor."

"We were devastated at the indescribable loss of this kind physician and gentleman with whom we had worked for the past 15 years. It is truly difficult to accept that this man who always showed us his dedication, positive spirit and glass half full mentality is no longer with us" stated Thomas Winters, MD, President and Chief Medical Officer of OEHN and Chief of Occupational Medicine at New England Baptist Hospital. Dr. Winters went on to say that "Over the years, we frequently heard patients, clients and other clinicians describe him as a wise, kind, gentle, patient and an incredible teacher.

So it was fitting that in 2013, he was named Teacher of the Year at the HSPH OEM Residency Program, an honor of which he was immensely proud". Residents praised not only his knowledge but his patience and particularly appreciated the elaborate illustrations he used to provide as a teaching aid. Doctors, NPs, RNs and other clinical staff at the Occupational and Employee Health clinics where he worked would always express appreciation for his taking the time to assist them with a case and teach them something new, despite his full patient schedule. You were never "a bother" to him.

It was discovered in conversations after his death, that he would routinely visit the PT area in one of the clinics to provide educational sessions for the therapists. This was not in his job description, but he felt a sense of duty to impart his knowledge and he did it so well.

Karin Sullivan, Executive Director of OEHN (Occupational and Environmental Health Network) and Dr. Lee

Okurwoski, CEO of OEHN and Medical Director of Occupational Health at New England Baptist Hospital, also shared many facets of Dr. Hamedani's character with the editorial team including the manner in which he treated his patients and trained physicians and residents alike, sharing little pearls of wisdom and stories when you presented him with a problem or issue and being there when you needed him, a benevolent, positive force, whose soft calm voice and little story could instantly lift your spirits and provide some direction.

NEBH and OEHN (Occupational and Environmental Health Network) have established a fund in memory of Dr. Hamedani to help strengthen the Baptist's innovative efforts to treat and prevent workplace injuries and to train the next generation of occupational health practitioners to approach medicine with the zeal and dedication that Dr. Hamedani demonstrated each and every day. If you would like to contribute to this fund in memory of Dr. Mehrdad O. Hamedani, please mail your contributions by check to the Office of Philanthropy, 125 Parker Hill Avenue, Boston MA 02120. In the memo line of your check or in an accompanying letter, please indicate that this gift is in memory of Dr. Hamedani and should be earmarked for the Mehrdad O. Hamedani, MD Fund. If you prefer to give by phone, please call the Office of Philanthropy at 617-754-6880, and be sure to indicate that your credit card gift should be directed to this fund. If you prefer to give online, please visit www.nebh.org/giveonline, follow the instructions for "Gifts in Memory," indicating in the comments section at the bottom of the page that this gift should be directed to the Mehrdad O. Hamedani, MD Fund.

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Dr. Kales Receives the 2014 Harriet Hardy Award

On Thursday, Dec. 4, 2014, the New England College of Occupational and Environmental Medicine (NECOEM) awarded Dr. Kales with the distinguished Harriet Hardy award at its 2014 Annual Conference in Newton. NECOEM presents this award annually to an individual who has made outstanding contributions to the field.

In his accepting remarks, Stefanos thanked and recognized among many others his residents and other trainees and mentors past and present. He also emphasized his good fortune to have trained under so many former Hardy Award winners.

His keynote address, "Cardiovascular Disease in Firefighting and Law Enforcement: the Journey from Resi-

dent Project to State of the Science", summarized just that. He described how his work with public safety professionals began as a project while a senior OM resident with Dr. Christiani and roughly 40 Hazmat firefighters from the Boston Metro area and evolved into 2 decades of work, much of it grant-funded and published in major journals.

A particularly moving moment was when Stefanos recognized firefighters, Mike Leone and Mike Castro, two of the original members of Metro-Fire Hazmat in the audience. Stefanos also recognized Chief George Sherill (Holden, MA Police) for his contributions to their law enforcement studies and remarked that all of the fire and police personnel who have assisted his research team over

the years have been more than study participants— being true colleagues who have selflessly helped to advance science.

Past Hardy Award winner, HSPH alum and former ACOEM President, Dr. Robert McCunney, stated that he had heard many Hardy presentations over the years, and found Stefanos' "to be one of the best ever".

**Dr. Rose Goldman
named CHA Site
Director for New
HMS Practice of
Medicine Course**

Dr. Goldman is the Cambridge Health Alliance (CHA) site director for the new "Practice of Medicine Course" (POM), part of Harvard Medical School's transformation of the curriculum. Starting with the August 2015 entering class, first year students will immediately start clinical training by spending Wednesdays in the POM Course at one of four sites (CHA, MGH, Brigham & Women's, BIDMC). POM has four components: Interviewing and Communications, History and Physical examination, Introduction to the Profession and a Foundational community clinic. Their remaining time will be spent in focused basic science programs at HMS.

After 14 months they will enter the "principle clinical experience" (basic clinical rotations). In addition to setting up and running the program at CHA, Dr. Goldman has been involved in curriculum development for POM, in particular, infusing more occupational/environmental health curricula into the various relevant course locations. We hope this exposes more HMS students to our field.



Dr. Kales receives the 2014 Hardy from NECOEM President and HSPH Alum, Dr. Philip Parks

Mediterranean Diet and Workplace Health 2014 Initiative for Productivity and Health Management Conference



Dr. Kales & Conference Staff

The Conference Chairs, Dr. Kales and world-renowned Chef, Michael Psilakis, welcomed more than 125 participants from nine different countries across the globe for this innovative, unique experience. Among the 13 universities represented were Harvard, John Hopkins's and the University of Pennsylvania; and participants across diverse disciplines such as medicine, pharmaceuticals, nutrition, fitness, government & military, fire/ police, labor, academics, food service, and gastronomy. The representation of major national and international companies such as Proctor & Gamble, General Electric, Johnson & Johnson, Barilla Pasta, Market Basket and Plastic Molding Manufacturing further contributed to broad and influential perspectives. Sponsorships were also crucial to our success including: FAGE USA, Chateau Nico Lazaridi, Costas Provisions, Flying Olive Farms and Yoleni's, as well as the invaluable support of Boston's Greek Consulate.

Dr. Kales, opened the conference discussion by tackling the obesity/ diabetes epidemic that plagues both adults and children alike. He offered four basic possible causes of this phenomenon, including: 1) "supersizing", the increased amount of food currently offered; 2) a dramatic reduction in physical activity; 3) significant reductions in daily sleep time; and 4) the increased use of portable electronic devices. Dr. Kales highlighted the importance of the Mediterranean or Traditional Greek diet in combating this epidemic, and suggested workplaces and schools as key vehicles for change.

Mr. George Stamou from the PBS TV show, *The Cooking Odyssey*, offered a

multi-media presentation of the flavors of Greek cuisine surrounded in picturesque Greek landscapes. Harvard Professor Eric Rimm then presented the biochemical-nutritional basis for the benefits of essential Mediterranean foods, such as olive oil, nuts, legumes, fresh fruits/vegetables, wine, Greek yogurt and fish.

Harvard Professor Dr. Walter Willett provided a summary of major epidemiologic evidence, indicating the unquestionable superiority of the Mediterranean Diet, describing it as the "Rolls Royce" of healthy eating, better health status, longevity, and lowered risks of chronic diseases. In addition, Dr. Willett introduced the idea of translating all this knowledge to Sebastian's Café at HSPH – the application of nutritional guidelines, recipes, and other resources for creating and promoting healthy, delicious foods, notably, the HSPH "Heart of the Plate" program, featuring daily choices of lean proteins, vegetables/legumes and whole grain dishes for a balanced healthy meal. Prof. Frank Sacks presented another tour de force of evidence from clinical trials again demonstrating a myriad of

benefits from Mediterranean-style diets.

Dr. Gianluca Tognon, an Italian scientist who is working at the University of Gothenburg in Sweden, highlighted the fact that among children from eight countries, a Mediterranean dietary pattern was associated with a lower risk of obesity.

Participants were introduced to programs that follow the principles of the Mediterranean Diet (University of Massachusetts, Amherst serving 45,000 meals/day; "Obesity Weight Loss Program" Broward County's Fire Department; and Compass Group North America, serving seven million meals /day). Prof. David Eisenberg presented on his innovative "Healthy Kitchens Course", which teaches medical providers about nutrition while they learn to cook. These examples of applied principles of the Mediterranean Diet prove that change is not only possible, but also beneficial to good health in schools and workplaces.

This innovative conference was also considered to be an unquestionable success, due to its dissemination of current knowledge combined with tasting traditional Greek food and wine. Michael Psilakis and Dianne Kochilas, two of the world's finest chefs, made remarkable contributions in this regard to our program.



Participants enjoy healthy refreshments in between plenary sessions.

Outstanding Clinical & Academic Teaching Awards

Each year, OEMR residents elect one clinical preceptor from their clinical rotations and one faculty instructor from their Masters in Public Health courses who have had an especially meaningful impact on their training and education to receive awards of recognition.

We are delighted to announce that Albert Rielly MD MPH received the 2014 award of Outstanding Clinical Faculty and Jim Stewart Ph.D. CIH, CSP received the 2014 award of Outstanding Academic Faculty. On behalf of the OEMR program, we would like to thank you both for your time, dedication and outstanding mentoring.

Dr. Stewart is an instructor in the Department of Environmental Health and teaches OEMR residents in both the Introduction to the Work Environment and Practice of Occupational Health.

Dr. Rielly is board certified in Internal, Preventive and Occupational and Environmental Medicine and precepts residents at clinic sites at Cambridge Health Alliance and Massachusetts General Hospital. He is also a Visiting Scientist at HSPH.



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Drs. Anthony and Joyce Kales

\$5,000-\$7,499

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Dr. Stefanos Kales '93 and Ana Kales

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Thank you!

This list reflects donations to the HSPH OEMR
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Mr. John Yong, Finance
EOME, Bldg I, 14th Floor, Room 1402
Harvard T.H. Chan School of Public Health
665 Huntington Avenue
Boston, MA 02115



Nyla Medlock Recognized by the OEMR

On February 27th, 2014, Nyla Medlock was recognized as a steadfast supporter of the HSPH OEMR. Alumni, faculty, residents and other HSPH staff celebrated Nyla with an elegant dinner at Legal Sea Foods in Chestnut Hill. Dr. Kales presented Nyla with a framed plaque to officially acknowledge her strong support of our programs, including recruiting referrals, alumni reunions and annual reports.

As Stefanos' cover letter notes, Nyla did not rest on these laurels. Last spring, she brought HSPH a most generous anonymous donor who elected to establish an endowed OEM training fund in Nyla's name with a \$250,000 anchor gift. Nyla has not stopped there, and has also personally donated significant additional monies to this endowed gift. The fund will partially support its first resident this fall.

“Obstructive Sleep Apnea has been implicated as a causal factor in major transportation accidents in both the United States and Japan”

Harvard-IATSS Symposium on Sleep Apnea & Driving Safety

Dr. Kales' research team hosted a delegation from Japan's International Association for Traffic and Safety Sciences from October 7-9, 2014 for a closed symposium on sleep apnea and driving safety. The Japanese team was led by Prof. Takeshi Tanigawa of Tokyo's Juntendo University.

While at HSPH, the symposium participants had a se-

ries of interactive sessions with medical, economic, policy, legal and trucking experts. The guests included: Prof. Charles Czeisler of Harvard Sleep Medicine, HSPH Prof. Milt Weinstein, Attorney Dan Ramsdell, Prof. Steve Burks (Univ. Minnesota Morris) and Mr. Don Osterberg of major trucking firm, Schneider National Inc. The symposi-

um's main goal was to examine ways to increase screening, diagnosis and treatment of obstructive sleep apnea among commercial drivers and other transportation operators.

The symposium was considered to be very fruitful by both the US and Japanese participants.



Center: Drs. Czeisler, Kales and Tanigawa flanked by the other Symposium participants.

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BEST WISHES from the Harvard T.H. Chan School of Public Health's OEMR in 2015!



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Optimizing Health and Safety

Best wishes to the OEM Residents and
Graduates at Harvard School of Public Health

Thomas H. Winters, MD, FACDEM, FACPM
Lee Okurowski, MD, MPH, MBA
and Team

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