

IMPACT

Advisory Group recommends changes in course structure

By Heidi Lutz

This summer, in response to ongoing discussions about mandatory training, the Institutional Online Training Advisory Group began identifying issues and searching for ways to streamline and improve the online training process. By October, the committee had reviewed 79 online training courses and made appropriate recommendations for changes to the system.

The committee still has two courses to review, but among the major decisions is to combine General Compliance, HIPAA and Sexual Harassment courses into one refresher course for all employees. This refresher will be required every two years.

Information Protection, Computer Ethics and Acceptable Use, Computer Virus Protection, E-mail Etiquette and Protection, and Password Protection also will be combined into either one or two courses. This new course will be required every three years for all employees with e-mail or UTMB-USERS-M access.

Overall, the advisory group determined that 25 courses would be removed from the system entirely and 43 would be revised and continued.

Contact any advisory group member with questions about the review, ideas or suggestions. Members are: Committee Chair Richard Moore, Jennifer Baer, Dr. Christine Baker, Ralph Farr, Dr. Jeanette Hartshorn, Cril Payne, John Pemberton, Jennifer Raeke, Terry Reeves, Dr. Trish Richard, Dr. Rebecca Saavedra, Judy Sloumb-Farrell, Doug Stark, Jay Taner, Angela Tyson, Dr. Cindy Wigg and Dr. Mark Winter.

A PATIENT PLACE *Care Management puts patients first with new discharge lounge*

By Heidi Lutz

On Oct. 1, Care Management opened its patient discharge lounge, offering discharged patients waiting for a ride home after a hospital stay a pleasant area to wait for their ride, for prescriptions to be filled or for assistance finding a ride home.

By sending eligible patients to the lounge, that patient's room can be made available for the next patient more quickly.

"I am so excited about this creative and successful initiative," said Dr. Karen Sexton, vice president and chief executive officer of UTMB Hospitals and Clinics. "It demonstrates what happens when we have a patient-first culture that focuses on doing the right thing. I am so very appreciative and proud of our staff who identified an issue, found a potential solution, and followed through and made it happen."

In October and November, 42 patients spent nearly 58 hours in the lounge after being discharged from the hospital. That is nearly 58 hours that beds were available when they weren't prior to the opening of the lounge.

Patients waiting for hospital rooms also can use the facility, which is a more quiet place to wait than the main lobby in John Sealy Hospital. At the end of November, 44 patients used the lounge while waiting for a hospital bed.

Care Management relies on the nursing staff to refer patients to the lounge upon discharge. The staff at the John Sealy Hospital Information Desk refers patients waiting for hospital admission.

"Our success is teamwork," said Melanie



Pictured in the Care Management patient discharge lounge are Vernie Williams, a nurse manager for John Sealy Hospital units 6A, 6B and 8A; Dianne Breish, administrative manager for Care Management; Mike Hill, executive director in Hospital Administration; Vey McNeil, nurse manager for units 5C and 5D in John Sealy; Sexton; and Anthe Caruso, nursing director. In October and November, 86 patients have benefited from the lounge, saving nearly 58 hours of bed availability time.

Mencacci, director of the Bed Information Center, Care Management and TDCJ Care Management, who credited the Care Management support staff— Jessica Hughes, Carmen Arevalo, Becky Genzer and Josephine Delao—with going the extra mile to make sure the lounge was ready.

"The support staff has worked very hard and long hours to make the lounge a success, but we couldn't have done it without Melanie's leadership and support," said Dianne Breish, administrative manager for Care Management. "She has been with us

every step of the way and has been our biggest cheerleader."

The Care Management support staff organized the construction and delivery of chairs and supplies, and even helped by painting the walls and decorating the area.

"Amazingly, it has been accomplished with no real added costs to the environment," Sexton said. "Care Management has 'raised the bar' for all of us by showing that we can indeed improve quality of care and patient satisfaction without adding costs. We need to do more of it."

Impact is the semimonthly newsletter of the University of Texas Medical Branch at Galveston (UTMB). Published by the Office of University Advancement, it is distributed free of charge in support of UTMB's education, patient care and biomedical research objectives.

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Send your items for inclusion in *Impact* to the *Impact* editor via email or campus mail, or call us with your ideas. All submissions are subject to editing as necessary.

FROM RAGS TO RICHES

Grateful UTMB patient establishes cardiovascular research fund

By J. Christian Messa

Muhammad Hussain was looking forward to starting a new life when he immigrated nine years ago to the United States from Karachi, Pakistan. Settling in Houston with his wife and four children, Hussain began to live his dream of providing a better life for his family in America.

He took a sales job with no benefits as the Pakistan and India country representative for A1 Rags, a Houston-based used-clothing exporter that purchases items from Goodwill and the Salvation Army. Hussain sells containers of used clothing to his overseas contacts on credit. "These countries are quite poor, and the merchants repay A1 Rags as they sell their shipments," he said.

Eight years ago, not long after he arrived in the United States, Hussain began having heart problems. He came to UTMB where he underwent a procedure to place stents, or supports, in clogged arteries to keep them open. In April of this year, Hussain's life was briefly sidetracked when he again began experiencing heart problems. He already knew through word-of-mouth and his prior experience that UTMB was the place to go for his condition. "He was having severe chest pains, so they put him in bed there right away," said his son, Munir Hussain.

Added Muhammad Hussain, "What we found was a first-class cardiothoracic surgeon in Dr. Andras Kollar."

Following quadruple-bypass surgery, Hussain was visited by one of his brothers from Pakistan. Hussain described to his brother how well he had been treated during his stay at UTMB, by everyone from nurses to the surgeons. He was even more appreciative of the care he received at UTMB since he does not have health insurance. Munir Hussain said that while his father was allowed to pay reduced bills for both surgeries based on his income and ability to pay, he might have been denied



Grateful patient Muhammad Hussain, center, visits with his surgeon, Dr. Andras Kollar, at right, to thank him for the treatment he received during his heart surgery. At left is Hussain's son, Munir. In gratitude for his care, Hussain contributed \$15,000 toward a cardiothoracic surgery research fund for Kollar.

health care in other countries had he not shown proof of insurance or been able to pay for the operations in full.

Muhammad Hussain agreed. "I wanted to do more but had little means," he said.

In gratitude to UTMB, Hussain wanted to financially contribute to a program at the university. "I said to my brother, 'Get me some money,' so he did when he returned to Pakistan," he recalled. In fact, his brother was able to collect \$15,000 from friends and family.

Hussain donated the money to support a cardiothoracic surgery research fund for his surgeon, Dr. Andras Kollar. He visited Kollar at UTMB to personally thank him.

"You people are very nice and did wonderful work on me," said the soft-spoken Hussain. "I am so thankful for my brother's gift to me, and if I had more, I would want UTMB to benefit."

Kollar, in turn, credited the nurses, anesthesiologists and other members of his surgical team for making the operation a success. "Heart surgery requires the close cooperation of a dedicated team of health care professionals," said the assistant professor. "I'm proud of what we've done together as a group."

Kollar stated that he noticed a different patient-care perspective at UTMB when he joined the faculty almost two years ago.

"After I came to UTMB, I realized the mentality here is very patient-oriented," Kollar said. "That makes a positive difference in the doctor-patient relationship."

Hussain knows only too well how that viewpoint saved his life. He can now resume living his American dream and feels a debt he doubts he can ever repay—but he will try. "If God grants me more money, I'll give more to this hospital," he said.



Numbers to know

UTMB Fraud and Abuse Hotline

1 (800) 898-7679
Your guide to honesty!

- To report suspected waste, abuse and fraud.
- All calls are strictly confidential and anonymous.
- Available 24 hours a day, 365 days a year.

UTMB Logo Guidelines

www.utmb.edu/identity_system

- Log on for information to help you understand and properly apply the UTMB Identity System to your promotional materials, including publications, web sites, speciality items and videos.

(409) 772-2618

- Call Public Affairs if you have any questions, or to arrange for the required institutional review of your promotional materials.



Commit to Fit

www.utmb.edu/getfit

- Visit the Commit to Fit web site for ideas and tips on how you can join the campus initiative to get in shape.



Children's Hospital patient shares her gratitude, art with other patients

Kadi Griffin is a cute 11-year-old girl with a heart of gold, plus a great sense of humor and creativity.

Recently, she was diagnosed with cancer and is being treated at Children's Hospital. For many—children and adults alike—undergoing treatment for cancer is enough to contend with each day. But not Kadi. She hasn't let her treatment diminish her concern for others.

Kadi is so grateful for all she has, and wanted to share that with the other children who are in the hospital. Her family has supported this idea by helping her create some goodie boxes to give to the patients.

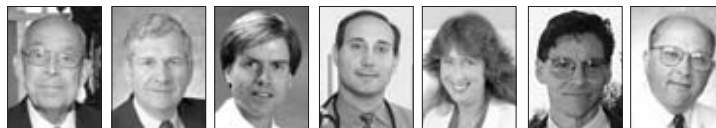
Kadi and her family had a blast shop-

ping for stickers, munchies, markers, silly straws, lip gloss, puzzles, books, stuffed animals and baby toys that all went into the boxes. Kadi then used paint pens to decorate the outside of each box. No two boxes are alike and they are all colorful.

Then, with the assistance of Child Life Intern Brittnie Malloy, Kadi and her family delivered each box to other children in the hospital.

Kadi says she is not done yet, and that more boxes are at home waiting to be decorated. She'll be making her rounds again in the near future.

Story submitted by Regina Burdett, Child Life and School Services



Dr. John Calverley Dr. Vincent Conti Dr. B. Mark Evers Dr. Matthew Hay Dr. Nancy Hughes Dr. Scott Lick Dr. Courtney Townsend

Seven UTMB doctors listed among Texas Super Doctors

Seven UTMB doctors were selected by some 52,000 of their peers to be among the 2004 Texas Super Doctors, a list of the best of the best in 20 specialty areas.

UTMB doctors making the list in the December issue of *Texas Monthly* magazine are cardiothoracic surgeons Vincent Conti and Scott Lick, pediatrician Matthew Hay, internist Nancy Hughes, general surgeons Courtney Townsend and B. Mark Evers, and neurologist John Calverley, who died earlier this year.

Last spring, *Texas Monthly* hired a media research firm to survey more than 52,000

Texas physicians, asking them to whom they would refer a loved one or patient for diagnosis or treatment.

The research team also identified Texas doctors who had achieved special recognition from their peers and had demonstrated expertise in their specialties. Finally, the researchers checked the credentials and licensing of each doctor who made the final cut.

Congratulations to our seven Super Doctors. They are among the best of the best in Texas.

Researchers discover way to shrink uterine fibroid tumors

By Jennifer Reynolds-Sanchez

Women who have complications from fibroid tumors but who are not ready for a hysterectomy might soon have another option, according to a study recently released in the *American Journal of Obstetrics and Gynecology*.

By finding a new treatment for fibroid tumors, scientists at UTMB are reducing the chances that women will have to face a hysterectomy or other treatment that could prevent or endanger a pregnancy.

Fibroid tumors of the uterus are the most common tumors found in the female genital tract. The non-cancerous growths affect 20 to 40 percent of women older than 35 and can cause pelvic pain, complications for pregnancy and heavy menstrual bleeding. Of the 600,000 hysterectomies performed each year in the United States, one-third are due to uterine fibroid tumors.

Dr. Ayman Al-Hendy, assistant professor of obstetrics and gynecology, demonstrated that by using a mutated estrogen receptor gene in mice, normal estrogen genes that cause tumor growth can be inactivated, thus shrinking and possibly eliminating fibroid tumors.

"In essence we are stripping the estrogen

Uterine fibroid tumors are the most common reason for women to choose hysterectomy surgery.

receptors from the tumor cells," he explained. "Once the tumor cells are deprived of their normal estrogen receptors, they cannot grow and they become unhealthy and eventually die, which leads to shrinkage of the tumor."

Joining Al-Hendy in the study were Dr. Eun J. Lee from Northwestern University Feinberg School of Medicine in Chicago, Ill., and Drs. Hui Q. Wang and John A. Copland, both faculty members at UTMB.

Al-Hendy and his team believe that this research could eventually lead to safe, non-surgical treatment of fibroid tumors in women by injecting the therapy directly into a tumor during an office visit. Al-Hendy predicted clinical studies will be under way in about three to four years.

"Our goal is to develop less invasive alternatives for women who do not desire to have a hysterectomy," he said.

Hammack to lead UTMB telehealth, electronic network

Executive Vice President E.J. Pederson has named Dr. Glenn Hammack to lead UTMB's electronic health network and to advance the telehealth and other electronic capabilities needed to provide affordable, high-quality health care over distances. Hammack's appointment was effective Dec. 1.

As assistant vice president and executive director for UTMB's Electronic Health Network, a newly established university-wide center, Hammack will be responsible for developing and managing the next generation of telehealth at UTMB. This is the first time a single individual has been responsible for the university's public, private and correctional telehealth services.

"Glenn has great strength in bringing groups together to work on a common purpose and a vision for how we can use telemedicine to continue doing the special things we now do for vulnerable populations," Pederson said. "He has extraordinary technical expertise, business acumen, and broad knowledge of physicians and physician programs."

As the person responsible for overseeing the UTMB Electronic Health Network, Hammack will integrate UTMB's Center for Telehealth and the Digital Medical Services system, including pilot programs,



Dr. Glenn Hammack

new technology, training and distance education. Hammack will also head the SBC Telehealth Research Center, which focuses on outcomes research to guide public policy development.

"I'm very excited about the possibilities," Hammack said. "We have excellent talent in our programs and this integration of our telemedicine and electronic health programs will allow us to achieve even greater

success and position ourselves as a truly international resource."

UTMB's extensive telehealth program is recognized as the largest and most far-reaching in the world, with medical personnel in 24 specialties providing an average of 4,000 consultations per month. The system combines advanced video conferencing technology, high-resolution computer imaging capabilities, sophisticated electronic medical records, standardized drug formularies and proven disease management guidelines, all focused on improving access to cost-effective, high-quality health care.

Digital Medical Services, an advanced integrated medical delivery technology, is used to provide health care for more than 180,000 patients as part of customized managed health care programs in Texas. The UTMB telehealth system serves diverse populations such as pregnant women and children in 20 clinics in 14 medically underserved Texas counties, special-needs children and epilepsy patients in Southeast Texas, and provides services to clinics that care for the uninsured.

The system also serves cruise ship passengers and workers at South Pole research stations, and even offers convenient care to corporate employees who would otherwise

have to take several hours off work to see a doctor during the week.

As former director of health informatics and telemedicine for UTMB's Correctional Managed Care Program, Hammack led the implementation and management of a large-scale electronic medical record and telemedicine system that now supports more than 2,000 users daily and offers advanced telemedicine services to more than 100 locations for primary care and specialty medicine.

"The change will allow us to merge all the pieces of our telemedicine operations under a single roof, bringing correctional telemedicine together with free-world telemedicine and providing opportunities for tremendous growth in both areas," said Dr. Ben Raimer, the first director of UTMB's Center for Telehealth. "Glenn is a superb choice to take the lead."

Raimer will continue in his capacity as vice president for community outreach. He will also assume responsibility for all business-related functions of the Correctional Managed Care program from Leon Clements, chief administrative officer and associate vice president since 1994, who retires Dec. 7.

Raimer and Hammack will work closely during the coming year to ensure a seamless transition.

New M.D./Ph.D. program combines medical and molecular studies

By Marsha Canright

A new degree program combining medical and molecular studies will be introduced in fall 2005 by UTMB and The University of Texas at Austin.

The M.D./Ph.D. program will focus on graduating high-level physician-scientists rigorously trained to push the boundaries of medical science and to advance human health. Graduates will receive a medical degree from UTMB and a doctoral degree in cell and molecular biology from UT-Austin.

"This program will expand a rich array of research and career opportunities for faculty and students at both UTMB and UT-Austin," said Dr. Sheldon Eklund-Olson, provost of UT-Austin. "Initiating this new M.D./Ph.D. program marks a red-letter day for both institutions."

"We know that some of the most exciting advances in medical science emerge where

New program a collaboration between UTMB and UT-Austin

disciplines meet," said Dr. Stanley Lemon, director of UTMB's Institute for Human Infections and Immunity, who is leading the medical curriculum for the new degree program. "These students will have the advantage of working closely with graduate and medical students, as well as researchers and physicians. We believe this exposure will enable them to integrate the rigor of research with a physician's sensitivity to human health."

More than \$1.5 million is being set aside to start and support the degree offering.

Students accepted into the program will spend their first two years in medical school at UTMB, where they will study primarily pre-clinical basic sciences. They will spend the subsequent three to four years focusing on Ph.D. course and research work at UT-Austin, followed by

18 months of clinical rotations.

The program will be administered by a joint faculty committee appointed from both institutions, and will complement the M.D./Ph.D. dual degree program in biomedical engineering at the two schools.

Graduates of the M.D./Ph.D. program are expected to become medical researchers who are uniquely prepared to study issues of human health.

"A medical researcher might be interested in how RNA folds but a physician-scientist would likely be interested in how misfolding causes a particular disease," Lemon said. "Whether these individuals are working in basic or applied science, the focus would be on improving human health."

The federal government is trying to foster an increase in the number of physician-sci-

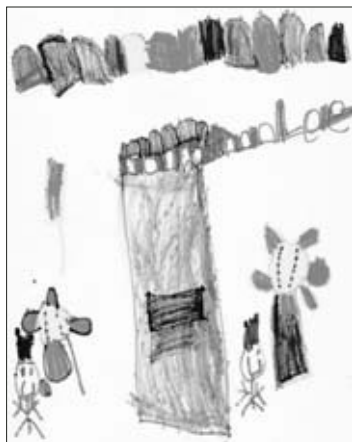
entists by supporting M.D./Ph.D. students through its Medical Scientist Training Program under the auspices of the National Institutes of Health.

"In this era of molecular medicine, it's clear that the nation needs more such researchers," Eklund-Olson said. "This new program combines the medical strength of UTMB and the research strength of UT-Austin in a way that will be attractive to students throughout the country."

The program will be highly competitive and selective. It is expected to create opportunities for additional funding to both schools through support from the National Institutes of Health.

For information about the program, including information on how to apply, contact UT-Austin Professor Karen S. Browning or UTMB's Randy Goldblum, professor in the Pediatric Child Health Research Center.

SEASONS OF ART



Children's Hospital patients' artwork selected for greeting cards

The children artwork of four Children's Hospital patients is now featured on greeting cards available in Lori's Gift Shop on the first floor of John Sealy Hospital.

The four patients—Johnathan Lee, 4, Shelby Willner, 12, Le'Anthony Larry, 5, and Tiffany Thomas, 16—participated along with 12 other Children's Hospital patients in a recent art contest that had the children illustrate the seasons of the year.



The winning entries were printed on the front of blank greeting cards and sold in the gift shop. Proceeds from the sale of the cards will benefit UTMB Children's Hospital and Pediatric Clinics.

"The notecards have met with enthusiasm and we plan to continue these efforts for next year, with broader distribution," said Denise Healey, pediatrics administrator. "We appreciate the generosity that these efforts receive and the difference they make in the lives of our special children. In pediatrics, our goal is to take care of these children as if they were our own. We wouldn't have it any other way."



Healey said the project began as a way to fund projects that benefit children, but are not typically projects covered by state funding or insurance companies. One example she gave was a more comfortable environment in the outpatient chemotherapy clinic.



Contest judges were Dr. Valerie Parisi, dean of the School of Medicine; Dr. Karen Sexton, vice president and chief executive officer for UTMB Hospitals and Clinics; Dr. Pamela Watson, UTMB dean of the School of Nursing; Penney Lemon, local artist; and Clint Willour, executive director and curator of the Galveston Arts Center.

The children's artwork to be featured on the cards is, from top to bottom, by Johnathan Lee, 4, Tiffany Thomas, 16, Le'Anthony Larry, 5, and Shelby Willner, 12. See color versions of the artwork online at www.utmb.edu/impact/stories/04NOV15/childrensart.htm.

Weight management program designed especially to help morbidly obese patients

By J. Christian Messa

Due to the state's growing number of overweight residents, UTMB has started a multidisciplinary program designed exclusively to help people who are morbidly obese, defined as being at least 100 pounds above ideal weight. Morbid obesity is considered to be a potentially life-threatening chronic disease.

Coordinated by UTMB's Center for Weight Management, the weight-loss program features expertise in such specialties as surgery, gastroenterology, diabetes care and internal medicine.

Pharmacists, dieticians, physicians, psychologists, nurses, and physical and occupational therapists are available to help patients reach their weight goals by introducing them to diet and lifestyle management plans and medications. Morbidly obese patients could qualify to benefit from revolutionary surgical options as well.

The weight management center also has acquired special furniture and equipment to successfully treat morbidly obese patients. A generous grant from The Sealy & Smith Foundation funded the purchase of surgical tables and equipment, patient beds, wheelchairs and hospital waiting-room seats that can accommodate severely overweight people.

According to the American Obesity Association, morbid obesity afflicts about 9 million adults in the United States. And, according to the Center for Health Statistics in the Texas Department of State Health Services, some 1.3 million adult Texans were classified as morbidly obese last year. The rate of morbid obesity among the state's adults almost tripled between 1990 and 2003, from 3 percent to 8 percent.

Obesity, which can increase a person's risk for heart disease, type 2 diabetes, some kinds of cancer and other medical conditions, is second only to tobacco use as the most preventable cause of death. The AOA cites various factors that contribute to obesity, including environment, eating behavior and genes.

In response to the rise in obesity cases, the recently established Center for Weight Management developed a weight-control program that takes into account not only the patients' willingness to change their lifestyles but also the importance of their

Program features expertise in such specialties as surgery, gastroenterology, diabetes care and internal medicine

social support system—namely family and friends. "We invite the patients to bring along their social support to the center from the beginning," said Dr. Michael D. Trahan, one of the center's surgeons. "Any changes we ask the patients to make in their lives affect their families as well."

Patients can be evaluated to determine if they are successful candidates for surgery, which typically requires them to be morbidly obese and in good enough health to undergo a major operation.

Gastric bypass surgery, a type of bariatric surgery that alters the stomach and intestines to help the person lose weight, was first performed by the center's surgeons in July 2004. About 90 percent of those who have the surgery lose 50 percent to 80 percent of their excess body weight.

A UTMB plastic surgeon, Dr. Garry W. Killyon, specializes in performing a variety of procedures for body contouring to improve the appearance of those who have experienced dramatic weight loss.

Trahan stresses that bariatric surgery, while successful in many cases, can be risky and is no substitute for healthy eating and exercise. In fact, people who have the operation can still gain their weight back if they are not careful with their diet.

"Part of the whole process is to learn how to eat properly; the operation doesn't do all the work for them," Trahan said.

The center is dedicated to extensive post-operative follow-up, support and education to ensure maximum weight loss and resolution of medical conditions that accompany obesity.

For those who are not candidates for bariatric surgery, the center offers other solutions, such as weight-loss medications and counseling. For information about the Center for Weight Management, call (409) 772-1296 or visit the center's web site at <http://www.utmb.edu/cwm>.

Houston returns after two years with NASA

Dr. Clifford Houston returned to his duties at UTMB in November after completing a two-year appointment as deputy associate administrator for education programs in the Office of Education at NASA.



Dr. Clifford Houston

In accepting the special NASA appointment, Houston took on the challenging and ambitious

agenda to promote at the national level improved cooperation and coordination among the individual education programs at NASA's 10 field centers. To that end, he played a major role in the recruitment of directors for three new divisions within the Office of Education, including elementary and secondary education, higher education, and informal education. The latter division seeks to provide stimulating educational experiences outside of formal classroom environments through media, exhibits and community-based programming.

In addition to his leadership role in bringing about greater coordination of the agency's educational programs, Houston was heavily involved in activities to attract and maintain a work force that reflects the diversity of the U.S. population.

Thanks to his efforts, the first-ever NASA Explorers Scholarships were presented in 2003 to 10 Hispanic scholars from several universities. He also visited a number of college campuses, including Tuskegee University where he spoke with students and faculty about career opportunities at NASA as part of the agency's new "Awareness and Job Exploration Days" recruitment program. Additionally, he played a leading role in the development of a mechanism to competitively allocate Office of Education funds through a new review process, and he co-authored a number of policies, proposals and plans detailing measures to expand and sustain the educational goals of the office.

UTMB honored with three environmental awards

UTMB's Resource Conservation Initiatives are achieving state and national recognition as they provide a benchmark for other universities. This year, UTMB has been honored with three new environmental awards for its innovative programs.

Most recently, Roberto Cisneros, utilities operations supervisor, accepted the "Return on Environment" Award from General Electric Infrastructure. The best success stories from around the world are chosen for this special recognition. Through the use of industry knowledge and environmentally-preferred chemicals, UTMB improved the quality of its water discharge streams, implemented changes for a safer work environment, and met or

exceeded regulatory compliance. UTMB's Facilities Operations and Management (FOAM) also realized significant financial returns in this process.

In September, at the eighth annual Texas Recycling and Sustainability Summit, Ken Steblein, landscape/recycling specialist, accepted the 2004 Recycling Leadership Award for UTMB's "Outstanding Sustainability Program" presented by the Recycling Alliance of Texas. Fourteen years of UTMB's sustainable environmental programs have expanded to include more than recycling and energy conservation. Other components include commuter van pools, free public transportation for patients and employees, storm water

pollution prevention, and alternatives to mercury replacement in labs and clinics.

Earlier this year, Gene Curry, engineering specialist, accepted a national award on behalf of UTMB presented by the Alliance for Sustainability. The award recognized UTMB for exemplary leadership and significant contributions to sustainability.

As steward of a large part of a small island's resources, UTMB continues to be a leader in environmental conservation and a model for program sustainability.

Article submitted by Ken Steblein, landscape/recycling specialist

Employees have option for electronic W-2 forms

Beginning in January, UTMB will offer employees the option of receiving their annual W-2 forms electronically. The W-2 is the federal form that summarizes your past year's taxable wages and taxes withheld. It is necessary for filing individual federal income tax returns.

Electronic W-2 forms save UTMB dollars on paper, printing, postage and handling. Because the electronic forms can be produced more quickly and efficiently than paper forms, employees who opt for this delivery method will be able to receive their W-2 forms as much as two weeks earlier than employees choosing paper copies.

"A tremendous amount of hard work has gone into this project, but the outcome is well worth the time invested," said Celia Bailey-Ochoa, director of finance. "We anticipate that the university community

will really embrace this new tool. It's simply a better, smarter way to manage the annual responsibility of distributing W-2s, both for the university and for its busy employees. It's a classic win-win."

To receive your W-2 electronically, you must be a current UTMB employee with a valid "utmb-users-m" account. If you have UTMB email or log into the UTMB network, you have a utmb-users-m account. You'll need to sign up for the electronic W-2 before Jan. 9. Your W-2 is secure and the site that delivers it uses encryption, similar to what you see with online banking and other web transactions.

Once you've accessed your eW-2, it will remain online until October 2005. You can access your own form anytime and reprint it if needed. In addition to printing the W-2, you'll also be able to export it as a

Microsoft Word document, in rich text format, as an Excel file, a Crystal report or as an Adobe Acrobat PDF.

If you sign up for an electronic W-2 and change your mind, you have until Jan. 9 to cancel your request. If you do nothing, you will continue to receive your W-2 on paper, on the same timetable and in the same manner as in past years.

"It was important to us to ensure that we introduced this new feature on a voluntary basis, with no penalties or disadvantage for those that aren't yet as wired or comfortable with technology," Bailey-Ochoa said. "We built and thoroughly tested a good system, and hoped the response this first year would be good."

For information, or to sign up, visit the web site at <https://kronosras.utmb.edu/ew-2>.

NEWS IN BRIEF

Commit to Fit Expo, Town Meeting coming in January

As the New Year begins, UTMB wants to help you focus on your health and wellness. On Jan. 19, employees are encouraged to attend the Commit to Fit Expo and Town Meeting. Beginning at 11 a.m. in Levin Hall, faculty, staff and students can take advantage of free health screenings, visit with vendors, and try out some of the most popular new fitness equipment. "iCommit," a new online personal health and fitness tracking tool created for

UTMB employees and students, will be introduced. Alumni Field House trainers, nutrition experts and others will be on hand providing demonstrations and answering questions.

At noon, UTMB President John D. Stobo will host a special Town Meeting with Gerald Cleveland, director of the Health Promotion Program. They will spotlight two employee wellness pilot projects.

Parking Facilities office relocated to Levin Hall

The Parking Facilities Gail Borden office recently relocated to Levin Hall, Room

1.104. This office is on the Market Street ground floor side of Levin Hall, next to the Quick Copy Services Center. For information, call (409) 772-1581. The phone number did not change with the move and remains (409) 772-4786.

Abstracts sought for molecular medicine symposium

UT System's Health Science Centers will host the two-day symposium "Molecular Medicine: Translating Discoveries into Health," Feb. 21-22 at the Houston Hilton-Americas. UTMB's Dr. Allan Brasier is

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leading a steering committee that has put together a powerful program featuring translational research applications in genomics, genomics/proteomics, advanced imaging and molecular therapeutics.

This symposium will be an excellent opportunity to network with other UT scientists, and find ways to better increase Texas' competitiveness under the new NIH Roadmap. On the evening of Feb. 21, UT System will host a dinner to celebrate more than \$1 billion of research funding in the UT health institutions.

Registration for the symposium is \$75 and includes meals. Abstract submissions for the poster session are now being accepted; the deadline is Jan. 15. For information on the meeting, hotel, online registration and poster submission, visit the web site at www.utsystem.edu/hea/molecular.

OF NOTE

Manchester Who's Who recently recognized **Selena M. Joseph**, a nurse in the TDCJ Hospital, as an honored member of executives and professionals for the year 2004–2005. Joseph graduated from UTMB School of Nursing with a Bachelor of Science Degree in Nursing.

Dr. C.J. Peters, professor of microbiology and immunology and of pathology, has been elected to the American Clinical and Climatological Association, joining veteran ACCA members **Dr. Stanley M. Lemon**, professor of microbiology and immunology, **Dr. Don W. Powell**, professor of internal medicine, and **Dr. David H. Walker**, professor and chair of pathology. Organized in 1884, the association presents and critically discusses progress in research, teaching, and clinical aspects of internal medicine. Members are selected based on leadership and excellence in their chosen field. Active membership is restricted to 175 physicians.

Dr. Kay Sandor, associate professor of nursing, has been awarded National Certification in Advanced Holistic Nursing by The American Holistic Nurses' Certification Corporation (AHNCC). Sandor has been on the nursing faculty for 13 years and is nationally recognized as a leader in holistic nursing. She was one of the faculty who led the effort to achieve endorsement of the baccalaureate nursing program by the AHNCC. Sandor was instrumental in developing and presenting the successful interdisciplinary Spirituality and Clinical Care course for nursing and medical students. Her research interests

Commit to Quit program helps people stop smoking



Annette Wallfisch and Emily Riffe, both with UTMB's Commit to Quit smoking cessation program, answered questions about breaking the tobacco habit to dozens of interested UTMB staff, patients and community members in UTMB's Café on the Court in recognition of the Great American Smokeout. Dozens more stopped by to pick up "Kiss me, I don't smoke" stickers. Learn more online at www.utmb.edu/hpl and follow the links to the Commit to Quit Program.

are focused on the mind, body, and spirit outcomes of a self-care management intervention using a walking meditation (labyrinth walk).

Dr. J. Marc Shabot, professor of gastroenterology, received the American College of Physicians Laureate Award at the Texas Academy of Internal Medicine Annual Scientific Meeting in Dallas. The Laureate Award honors individuals who have demonstrated by their example and conduct an abiding commitment to excellence in medical care, education, or research, and in service to their community and to the American College of Physicians. Shabot has served as program chairman for the state chapter's annual scientific meeting on three occasions, and was governor of the ACP Texas Southern Region from 1999–2003. He is the only person from Galveston who has ever been elected to serve as ACP governor.

Dr. A. Bryan Spires, medical director of the correctional managed health care administration, is serving as president of the UTMB School of Medicine Alumni Association. He also is president-elect of the Texas Medical Association "50 year" club, which comprises physician members of the Texas Medical Association who graduated from medical school more than 50 years ago.

HOLIDAY CHEER



Employee contributions to benefit local agencies

Corlie Jackson from St. Vincent's House (left) and Dr. Frits Zaunbrecher, medical director and founder of The Luke Society (center), accept donations of personal care packets from The Rev. John Riley, director of pastoral care at UTMB. UTMB employees contributed items for the packets during Pastoral Care Week in October. The items recently were presented to various agencies, including St. Vincent's House and The Luke Society, to be distributed people in the community in need of them. Pastoral Care offers sincere appreciation and gratitude for the generosity of UTMB's employees who made the effort a success.



Local church group donates stockings for newborns, infants

The Caring Hands ladies group from First Lutheran Church in Galveston recently completed 100 stockings for the babies in the newborn nursery and the Infant Special Care Unit. Beginning on Christmas Eve, nurses will place the newborns in the stockings and deliver them to their parents to go home. Babies in the Infant Special Care Unit will be presented small stockings to hang near their beds. Presenting the stockings to Teri Benyi, a nurse practitioner in the newborn nursery, are (front row, left to right) Delores Taylor, Joyce Ekelund and Katie Smith. On the back row are Karen Burns, Joyce Fundling, Ethel Nilsson, Teri Benyi and Sandra Stewart. The women begin working on the stockings in June and present them each year to the children in the nurseries.

**Recycle your tree with
UTMB Partners in Composting**
Christmas trees are more than just a symbol of celebration during the holidays. Turned into mulch, they can provide year-round benefits. The Galveston Partners in Composting—UTMB, the City of Galveston and Moody Gardens—would like you to do your part in helping the environment by turning used trees into valuable mulch.

The annual Christmas tree recycling drive will accept trees Dec. 20–Jan 15. All live evergreen trees, including flocked trees, will be accepted. Remove all tinsel, lights, decorations and plastic or metal stands. Wooden stands are permitted.

Drop off trees at the fenced designated area at the base of the water tower on the corner of Port Holiday Drive & Harborside Drive. For information, contact Ken Steblein at (409) 747-8843.

Trees also can be dropped off at the City Recycle Center, 702 61st St. For information, contact Keith Ware at (490) 741-4639.

Curbside pick-up will be 7 a.m.–4 p.m., Jan. 4 on all streets east of 43rd Street to the San Marino subdivision; Jan. 15 for streets between 43rd and 103rd. For streets west of 103rd, use your regular pick-up day.

Faculty member competes in Florida Ironman



One of UTMB's faculty recently participated in a different kind of all sports day.

Dr. Bob Bulik, associate director of the Office of Education Development, associate professor of family medicine, and senior researcher for the Telehealth Center, was one of the 2,122 athletes that started the 2004 Ironman Florida Triathlon in Panama City Beach, Fla.

Bulik also is the co-principle investigator with Dr. Vic Sierpina on the NIH R25 Complementary and Alternative Medicine grant.

He attributes his success in recovering from cancer surgery almost three years ago, completing marathons in 2002 and 2003, and simply finishing this year's Ironman Florida event to a strong mind-body connection—one area of focus for the grant.

Three Olympic triathlon participants in Athens and approximately 500 international athletes were among the field that came to Panama City Beach to compete.



UTMB PEOPLE

An Ironman triathlon consists of a 2.4-mile swim, a 112-mile bike and a complete marathon (26.2 miles) all run in succession.

Athletes have 17 hours to complete the event—a total of 140.6 miles. Bulik finished the event in just more than 14 hours, placing 40th overall in his age group.

The Florida Triathlon is one of only five full Ironman events in the country that serve as qualifying events for the original Ironman Hawaii. All attract top athletes from around the country.

UTMB IMPACT

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December 2004

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ADDRESS CORRECTIONS

If you're an employee and would like to make an address correction, please contact your department administrator. He or she is the only person authorized to make changes to the main employee database (our source for employee labels) on your behalf.

If you receive *Impact* off campus and would like to make an address correction or let us know that you receive a duplicate copy of the newsletter, please send your request in writing to the *Impact* editor with a phone number where you can be reached.

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