

# DEPARTMENT OF FAMILY MEDICINE & PUBLIC HEALTH SCIENCES



### Tweet from Chair, Tsveti Markova, MD, FAAFP



Official welcome to Sylvie Naar's team and the new Behavioral Sciences Division!



Department of Family Medicine and Public Health Sciences

### Mission Statement

We are committed to improving the health, well-being, and environment of individuals, families, and communities by advancing the science and practice of family medicine and public health through innovation and excellence in research and education.

### Acronym Soup



### AMA—American Medical Association

AMA has promoted scientific advancement, improved public health, and invested in the doctor and patient relationship since 1847. The AMA and its members have played an important role in the development of medicine in the United States.

[www.ama-assn.org](http://www.ama-assn.org)

## WARRIORS IN ACTION: HEALTH DISPARITIES FEATURES TWO DFMPHS PROFESSORS' WORK

Wayne State University has kicked off "Warriors In Action" and over the coming months, will share videos, stories and events that feature some of the many WSU initiates and passionate individuals committed to eradicating health disparities.

Dr. Dawn Misra, PhD, Professor and Associate Chair, leads the National Institutes of Health RO1-funding research project "The Impact of Racism on Risk of Preterm Birth in African-American Women."



Despite advances in health care, research shows that infant mortality rates in African American communities have been approximately twice as high as the rates for whites in the United States for nearly a century. The gap persists even for black women who are more affluent and better educated. Because preterm births account for the vast majority of infant deaths, it has become increasingly clear that more research on the cause of this problem is needed if infant mortality rates for blacks are to decrease to the level of their white counterparts.

Dr. Misra believes her research has shown that failure to include racism among the factors that contribute to this unbalanced trend has prevented real progress from taking place. "If we are to eliminate the persistent racial disparity in this birth outcome, it is imperative that upstream social risk factors that are amenable to effective intervention be identified. Overcoming these impediments will require bold and innovative changes in society, as well as the public health and medical care arenas. We view our work as a contribution to an ever-evolving set of ideas."

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Dr. Sylvie Naar, PhD, Professor and Director of Behavioral Sciences works with her team of researchers every day to minimize health disparities that affect young people throughout the Detroit area.



"Kids are struggling with health issues for many different reasons," said Dr. Naar. "They often don't have health insurance, strong family support or access to other resources. That means we have to come up with realistic, affordable and evidence-

based interventions that actually make a difference."

Her study "Interventionist Procedures for Adherence to Weight Loss Recommendations in Black Adolescents" guided adolescents and their families through various treatment options. Participants learned and practiced skills—such as reading food labels—which helped them adhere to weight-loss strategies through healthier eating and improved exercise program. They were taught to trim about 500 calories from their daily food intake and to monitor physical activity levels.

Dr. Naar's other research is focusing on HIV and asthma studies where they are testing home-based and technology intervention—such as text messages and computer programs—to encourage people to take care of themselves and educate family members about how they can best support them. The goal is to see who responds best to which methods, and how much those interventions cost.

Information excerpted from Warriors In Action news dated July 26, 2016

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We're on the Web!

[www.familymedicine.med.wayne.edu/](http://www.familymedicine.med.wayne.edu/)

## DR. SYLVIE NAAR RECEIVES INVITATION TO SPEAK AT NIH OBESITY TASK FORCE SYMPOSIUM

Dr. Sylvie Naar, PhD, Professor and Director of the Department of Family Medicine and Public Health Sciences' Behavioral Sciences division has been invited to give a talk on "Testing A Novel Weight Loss Intervention in Obese African American Adolescents: Effects of Executive Function and Relative Reinforcing Value of Food" at its NIDDK Clinical Obesity Research Panel (CORP)/NIH Obesity Research Task Force Symposium.

The event, attended by NIH scientific staff and visitors from outside advocacy/professional groups will be

held on Friday, September 9 in Bethesda, Maryland.

The NIDDK CORP, is composed of leading obesity researchers and clinicians, and is charged with providing advice to the NIDDK Advisory Council on important clinical research needs related to obesity prevention and treatment, including their relative priority and costs, and identifies concepts for future clinical studies of obesity.

Given the importance of the obesity epidemic as a public health problem, the NIH Obesity Task Force was established to accelerate progress in obesity research

across the NIH. The members of this Task Force are charged with identifying and formulating major discussion issues for consideration. One outcome of their effort was the development of this Seminar Series to highlight important research areas.

Congratulations to Dr. Naar for receiving this prestigious invitation and opportunity to highlight her research.

## MI-AHEC AND UNIVERSITY PEDIATRIC'S AUTISM CENTER SPONSORING SEMINAR

Michigan AHEC and the University Pediatrician's Autism Center (UPAC) in the WSU Department of Pediatrics are sponsoring a seminar designed to provide health care professionals a better understanding of Autism Spectrum Disorder (ASD) symptoms, to identify concerns as early as possible and to make a referral with conviction. The program is targeted to nurses, physicians, physician assistants, social workers and community health workers. Continuing education credits are available.

The seminar is free, and is available online or as live/simulcast presentations. To access the course, visit <http://cmetracker.net/WAYNE/Login?Form-Name=RegLoginLive&Eventid=167628>

The live simulcast presentation will be held on August 19 at the Margherio Conference Center in Scott Hall from 9 AM to Noon. Light refreshments will be served. Registration is required at:

[https://www.surveymonkey.com/r/ASDREGISTRATION.](https://www.surveymonkey.com/r/ASDREGISTRATION)

For more information, please contact Rachel Huber at (313) 577-0437 or [rhuber@med.wayne.edu](mailto:rhuber@med.wayne.edu)

## DR. JINPING XU'S PROSTATE STUDY FEATURED IN AAFP NEWS

"Study: Prostate Cancer Survival Expectations Can Lead to Overtreatment" was the title of an article in the May *AAFP News*. The information was drawn from Dr. Xu's study published in the May/June issue of *Annals of Family Medicine*.

Dr. Xu's study conducted a cross-sectional survey of 260 black and white men ages 75 or younger in the Detroit area who had newly diagnosed localized prostate cancer (LPC).

The study looked at responders life-expectancy after a chosen treatment (i.e., surgery, radiation or watchful waiting/active surveillance).

LPC is generally slow-growing, and simply following it over time can likely allow for treatment, if indicated, before

it becomes more aggressive.

Patients in the study may have underestimated life expectancy without treatment or overestimated life expectancy with their chosen treatment. The biggest problem is that they need to understand that it doesn't change very much with active treatment (surgery or radiation) compared with observation over time.

Active treatment is associated with high rates of impotence and incontinence. Whereas, the principle of the active surveillance approach is to minimize treatment-related side effects while not sacrificing length of survival.

Dr. Xu emphasizes there is no single right answer for each patient about

which LPC treatment to choose.

"Family physicians are in a great position to broker a decision that is based on good patient understanding of mortality across treatments," said Dr. Xu. "They are also uniquely well-positioned to help patients base their decisions on their outcome preferences – whether to choose observation that avoids impotence and incontinence or active treatment that will take out or kill the cancer." She adds, "But to make this decision, patients have to understand that they will live basically the same length of time whichever way they choose."

To read the statistical details behind this study, please read the research article printed in *Annals of Family Medicine* at <http://www.annfammed.org/content/14/3/208.abstract>



## FAMILY MEDICINE & PUBLIC HEALTH SCIENCES WELCOMES PEDIATRIC PREVENTION CENTER

We'd like to welcome the faculty and staff from the Pediatric Prevention Center who have officially joined our department and formed the Behavioral Sciences Division, lead by Dr. Sylvie Naar. The faculty and staff are located in the IBio building and 60 West Hancock.

### Faculty:

April Carcone  
Deborah Ellis  
Karen MacDonell  
Sylvie Naar  
Angulique Outlaw  
Angela Jacques-Tiura  
Elizabeth Towner  
Bo Wang

### Research Assistants, Administrative, and other staff:

Lindsay Anderson  
Carolyn Blue  
Rasha Bradford  
Raymond Courtney

Malasha Duncan  
Demetruis Green  
Ari O'Don Hampton  
Muzhda Hashmi  
Monique Jones  
Phebe Lam  
Sarah Martinez  
Monica Meyer  
David Perrett  
Dixy Rajkumar  
Jillian Rhind  
Amrita Ghosh Sengupta  
Erin Smith  
Stephanie Soliz  
Lisa Todd  
Lawrence Turner  
Jessica Walker  
Lying Zhang

Some titles of recent articles published in *Pediatrics Clinics*, June 2016, Volume 63, Issue 3 based on research from our new faculty include:

- New Directions in Behavioral Intervention Development for Pediatric Obesity (Naar)
- From Bench to Bedside: T1 Translation of Basic Behavioral Science into Novel Pediatric Obesity Interventions (Naar)
- Behavioral Economic Factors Related to Pediatric Obesity (Jacques-Tiura, et al)
- Treating Obesity in Preschoolers: A Review and Recommendations for Addressing Critical Gaps (Towner, et al)
- Effective Patient-Provider Communication in Pediatric Obesity (Carcone, Jacques-Tiura, et al)

Welcome to the Family!!

Applause! Applause!



Congratulations to the Family Medicine Residency Class of 2016 for achieving 100% pass rate of the American Board of Family Medicine board examination.

**Matthew Clifford, MD**  
**Ankita Dalal, MD**  
**Keturah Jeffries, MD**  
**Hiro Rahbar, MD**  
**Felix Yang, MD**  
**Aaron Yon, MD**

Also we'd like to recognize Drs. Yang, Rahbar, Jeffries and Dalal for their great work presenting at the Michigan Family Medicine Research Day in May. And a very special congratulations to Felix Yang, MD for winning the Best Oral Presentation by a Resident!



## FACULTY SPOTLIGHT

The Wayne State University School of Medicine administration and faculty celebrated the granting of tenure and promotion during the annual Promotion and Tenure Reception on June 8, 2016.

Congratulations to DFMPHS faculty members Juliann Binienda, PhD and Samiran Ghosh, PhD. Dr. Binienda was promoted to Associate Professor. Samiran Ghosh was promoted to Associate Professor with tenure.

At the reception hosted by Virginia Delaney-Black, MD, MPH and Dean Jack Sobel, MD, Dean Sobel told the faculty, "You are our future. You are what distinguish us from the other universities and the other medical schools. You excel and make

us better known throughout the state and throughout the country by your accomplishments, by your grants and by your publications" He added, "Our medical students leave having the opportunity to be exposed to superb teachers. Many of these teachers are sitting in this room. We want to reward you for your teaching excellence. Our students leave with a clinical competence that is unique. That is a function of your contribution, and I would like to congratulate you for that contribution."

Congratulations Dr. Binienda and Dr. Ghosh!!



Samiran Ghosh, PhD



L to R: DFMPHS Department Chair Tsveti Markova, MD; Juliann Binienda, PhD; and Dawn Misra, PhD, Associate Chair of Research

## DFMPHS WELCOMES NEW ASSOCIATE DIRECTOR OF GRANTS AND FINANCES

Sabrina D. Williams, MBA has joined the department in the newly created position of Associate Director of Grants and Finances.

She comes to us from WSU's Administrative Group where she worked as a Financial Analyst. Prior to joining DFMPHS, she directly supported the Director of Business Operations, by managing finance and administration operations of over \$12 million for 11 departments.

Sabrina received her Bachelor of Science in Accounting and MBA in Finance from Wayne State University.

She started her career with WSU as an Accountant in Sponsored Program Administration (SPA) where she became very familiar with grant reconciliation and auditing grant accounts in accordance with agency and university policy and procedures as well as preparing financial status reports, fund transfers and external audit

documentation.

Sabrina brings a wealth of grant and financial experience to DFMPHS and we are pleased to have her join our Family. Sabrina is located in the Woodward Gardens Building, 3939 Woodward, in Office 316. Her phone number is 313-577-0641 or email

[sdwilliams@med.wayne.edu](mailto:sdwilliams@med.wayne.edu)

## Important Dates

publicizing page



- DFMPHS All-Faculty Meetings
- September 14, 2016
- November 9, 2016
- February 8, 2017
- April 26, 2017
- June 21, 2017



# SCHOOL OF MEDICINE STUDENT RECEIVES 2016 FAMILY MEDICINE EMERGING LEADER INSTITUTE SCHOLARSHIP

June 2016 graduate, Taneev Escamilla, MD, MPH was one of 30 individuals chosen by the American Academy of Family Physicians Foundation for a scholarship of its *Family Medicine Leads Emerging Leader Institute*.



Dr. Escamilla attended numerous activities during the month of July, with a mentor matched to her leadership track. The track choices include: Policy & Public Health Leadership; Personal & Practice Leadership; and Philanthropic & Mission-Driven Leadership.

Components of the year-long program include:

- Project work over a period of months, following the *Family Medicine Leads Emerging Leader Institute meeting*
- A mentor appointed by the *Family Medicine Leads Emerging Leader Institute* staff, to provide guidance with the project
- Project Award recipients and presentations at the National Conference the following year
- Best Project Award recipients and participation in related special opportunities

The program period runs from July 27, 2016–July 30, 2017—or longer, depending on whether the *Family Medicine Leads Emerging Leader Institute* scholars receive project awards.

The \$1,000 scholarship was awarded to recipients to help reduce out-of-pocket expenses (registration, travel, lodging, meals) for attendance at the *Family Medicine Leads Emerging Leader Institute* and National Conference in July.

Dr. Escamilla matched to a Family Medicine residency at the University of Washington Affiliated Hospitals in Seattle, Washington.

## GOOD SPORT (GOLF) BENEFITING A GOOD CAUSE

The 2016 Robert R. Frank Student-Run Free Clinic (SRFC) Charity Golf Scramble, was held on June 25, 2016 at Chandler Park in Detroit, MI. This year's outing raised \$9,778.71 for the Clinic! This is the most money raised in the history of the Student Run Free Clinic's fundraising efforts.

The clinic is entirely supported by donations and fundraisers, with 100% of the money raised going towards patient care and operational costs. Every \$1 donated allows the clinic to provide \$4 of healthcare spending.

The golf outing proceeds will be used to purchase medication, labor-

atory services and equipment that will allow the Clinic to operate and expand in the coming year.

"The dedication and outstanding efforts in planning this outing directly resulted in the event's success and will help move the SRFC forward and put it in a strong financial position to service our patients and community," said Dr. Margit Chadwell, MD, Assistant Professor and faculty advisor and medical director for the Robert R. Frank Student Run Free Clinic.

Thanks to all SRFC supporters!

Special thanks to Nina Bihani and Niki Ramanathan for leading the planning and organization of this

year's event along with the assistance of Dr. Juliann Binienda. Job well done!!



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# MEDICAL STUDENTS RECEIVE SCHOLARSHIPS TO FURTHER THEIR PASSION IN FAMILY MEDICINE

The Department of Family Medicine and Public Health Sciences at the Wayne State University School of Medicine is celebrating the successes of several medical students honored this spring and summer by the American Academy of Family Physicians and the Michigan Academy of Family Physicians.

Ten 4<sup>th</sup> year students attended a conference using \$600 scholarship money from three sources – the Southeastern Michigan Academy of Family Physicians, the AAFP and Bruce Kresge, M.D. '56.

The latter scholarships are new this year and were made possible by a generous gift to the department from Dr. Kresge, a retired physician and 1956 graduate of the WSU School of Medicine.

“The conference offers students the opportunity to explore and interact with

Family Medicine residency programs from around the country. Students can also take advantage of the amazing programming designed for them to better understand all that the specialty has to offer, develop clinical and procedural skills, and network,” said Assistant Professor and Family Medicine and Continuity Clinic Clerkship Year Three Director Margit Chadwell, M.D., '94, F.A.A.F.P.

The scholarship award was used by the following 4<sup>th</sup> year students to attend the AAFP's National Conference of Family Medicine Residents and Medical Students on July 28-30 at the Kansas City Convention Center in Missouri:

SEMAFP Scholarship: Samantha Stiff, Navina Kapur, Rebecca Reinertsen, Christine Norton  
Bruce Kresge, M.D. Scholarship: Samantha Cowing, Regina Wang  
Family Medicine Leads AAFP National

Scholarship: Jennifer Chronis and Jennifer Wolf  
AAFP National Congress Student Delegate: Sway Wu (third-year)  
MAFP Scholarship: Olivia Steffke

Using a SEMAFP Scholarship award (\$375) these three students were able to attend the Michigan Academy of Family Physicians Conference & Expo in July 11-14 in Bay City, Michigan:

Jawan Gorgis (4<sup>th</sup> year)  
Lara El Masri (4<sup>th</sup> year)  
Blake Arthurs (2<sup>nd</sup> year)

The department also awarded more than \$50,000 in scholarships to 12 graduating medical students who matched into Family Medicine residency programs.



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## ROBERT R. FRANK STUDENT RUN FREE CLINIC (RRF SRFC) RECEIVES NOTIFICATION OF SECOND ARTICLE PUBLICATION

The medical students ‘running’ the RRF SRFC on behalf of Wayne State University School of Medicine’s Family Medicine Department have received notification of a second article to be published in *The Journal of Student-Run Clinics* this year.

This journal is a student-run, peer-reviewed publication with a specific focus on student-run clinics. Its primary goal is to spread inspiration for and increase communication regarding SRFC’s and best practices in patient

care, student education, and practice management.

Congratulations to our students for this accomplishment!

Smeenge, D., Chadwell, M., Binienda, J., Larson, B. Reasonable and Prudent Student-Run Free Clinic Electronic and Paper Medical Record Practices. *Journal of Student-Run Clinics*

LaJeunesse, C., Bains, A., Fisher, R., Chadwell, M., Binienda, J. Formula for a comprehensive Year 4 student-run free clinic elective. *Journal of Student-Run Clinics*, Summer 2016 Issue

<http://journalsrc.org>



# WAYNE STATE UNIVERSITY AND THE CITY OF DETROIT HELD MAYOR'S SUMMIT ON HEALTH

Wayne State University, in partnership with the City of Detroit, hosted its inaugural Mayor's Summit on Health Equity on May 2-3 at McGregor Memorial Conference Center.

Led by Wayne State President M. Roy Wilson and Detroit Mayor Mike Duggan, health disparity researchers gathered with officials from Detroit's department of public health, the U.S. Department of Health and Human Services, and key community organizations to address the city's health disparities.

Wayne State has made a substantial investment in creating a healthier Detroit, dedicating more than \$200 million to health disparities alone.

In the press release advertising the event, President Wilson was quoted as saying, "Wayne State has made it part of its mission to positively impact local communities. We are uniquely positioned to do just that by improving the health of Detroiters and, ultimately, achieving health equity."

In addition, Detroit Mayor, Mike Duggan said, "We appreciate Wayne State partnering with us to help create a better and healthier Detroit. We are working to improve everyday life for Detroiters, and that makes health one of our top priorities."

**FACTS:** Detroit has the highest asthma



rate in young children among America's 18 largest cities. Many other diseases and conditions — including pre-term birth, heart disease, diabetes and HIV — also affect Detroiters at disproportionately higher rates than the rest of the United States.

"The reverberations from health disparities are felt in Detroit's educational system and economy. If we are to realize a true revitalization of Detroit, we need healthy students in the classroom and productive workers on the job," said Wilson.

The goals of the summit were to examine the interrelated systems contributing to the substantial health disparities in Detroit and develop a roadmap to achieving health equity in the city. According to Dawn Misra, co-chair of the summit, Associate Chair for research and a professor in the Department of Family Medicine and Public Health Sciences at Wayne State, disparities in health provide tangible evidence of the often invisible injustices embedded in the social, economic and political systems affecting Detroiters, especially people of color.

"We invited participants who would help identify practical strategies to achieve health equity, emphasizing how societal determinants of health take root in critical stages of life and accumulate across a lifespan to eventually amplify health disparities," noted Misra. "The Mayor's Summit focused on how community assets, capacity

building, and community engagement can promote health equity through fundamental systems transformation."

Keynote speakers Nadine Gracia, MD, MSCE, Deputy Assistant Secretary for Minority Health, U.S. Department of Health and Human Services and Dwayne Proctor, PhD, Director and Senior Advisor of the Robert Wood Johnson Foundation addressed a crowd of over 150 attendees.

Following upon the summit, Dr. Misra has begun working with Dr. Abdul El-Sayed (Executive Director, Detroit Health Department) to synthesize the ideas that were shared during the working group sessions on poverty, the environment, and access and mobility in the city of Detroit. Dr. Dana Rice (faculty and planning committee member) is also participating in the development of this report.



*Excerpted from Wayne State Office of Public Relations press release dated April 27, 2016.*

Photo above: Group of speakers and other meeting attendees

Photo at left: Peter Hammer, Robin Boyle, Dawn Misra, President M. Roy Wilson, Jacqueline Wilson, Shawnita Sealy-Jefferson