

OEMR SYNAPSE / 2016 ANNUAL REPORT

2017, 9th Edition

Editor: Tiffany Kehayoglou Sarkissian

Table of Contents:

Director's Note	1
2015-2016 Residents	2-4
2016 Graduates	4-6
Alumni Spotlights: Dr. Carolyn Langer / Dr. Rokho Kim	7, 8
Resident Research Awards/ Presentations/APBM Board Exam Successes	9, 10
Resident & Recent Alumni Publications/ "Prajna" fund	11
Alumni Spotlight: Dr. Howard Frumkin	11
Harriet Hardy Award: Dr. Michael Erdil	12
Dr. Elisha Atkins' Retirement / Dr. Kales Visits Teikyo University	13
Outstanding Teacher Awards	14
Donor Recognition & Donation form	15
NECOEM Posters/ AOHC Reunion Dinner/ Dr. Kales Visits Korea	16
Mediterranean Diet and Health Conference	17

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

Welcome to the 2016 Occupational and Environmental Medicine Residency (OEMR) Annual Report. This is our ninth edition of the OEMR Synapse and we have much exciting news to report. If you are a competitive student, resident or mid-career physician, we hope the OEMR Synapse will inspire you to consider OEM and the Harvard program. To our alumni and friends, we hope to keep you connected and continue to count on your vital support – moral, teaching, networking and financial. As we celebrate our current residents, 2016 graduates, distinguished alumni, we also inform you of additional further progress in diversifying our funding for training. Last fall, we announced that our program received \$1 million in endowed and \$250,000 in current use funds for resident scholarships. These funds have been generously donated by an anonymous donor. The size of this gift ("Prajna" fund) was unprecedented for the residency and adds to the over \$300,000 already collected in our endowed Nyla Medlock Fund. The latter fund has grown steadily with the help of Nyla and a few other dedicated supporters. For 2016, Jeff Vogel (OEMR '16) was named the inaugural Medlock Fellow. In further recognition of Nyla's generosity and leadership, the School has selected Nyla for a feature interview in *Legacy Matters*, the official newsletter of Harvard Chan's 1913 Society, which honors persons who make a life income provision to our School. So, a huge thanks to all who have contributed. Continuing this philanthropic work is crucial to growing the specialty of occupational medicine. This year, we interviewed a large num-

ber of extremely competitive applicants, and we had to turn away some very deserving candidates due to insufficient funding. Given our large census, our financial needs exceed our NIOSH budget, which remains under constant threat. **Please reflect on how the Harvard OEMR has benefited your career and consider helping to make these opportunities possible for future residents (see page 15).** 2016 was a year with many other successes. We produced five graduates and an international fellow who is now a faculty member in her home country. Our graduates continue to excel on the ABPM OM Board exam (see page 9). We maintain a strong census of highly qualified residents, and we have recruited another stellar class for the summer of 2017. 2016 also marked noteworthy highlights from Harvard OEM alumni and faculty. Carolyn Langer (OEMR '93), Chief Medical Officer of MassHealth and Harvard Chan faculty received the Leadership in Public Health Practice Award, one of our School's highest honors. Jim Tacci (OEMR '97) served as ACOEM's President and completes his term at this year's meeting in Denver. Howard Frumkin (MPH '82, OEMR '88) finished a six-year term as Dean of the University of Washington School of Public Health, and continues to serve as Professor of Environmental and Occupational Health Sciences. Lee Okurowski (OEMR '02) was named the residency's Clinical Preceptor of the Year. Rokho Kim (OEMR '95) and I participated as keynote speakers and delivered several other lectures during a week of conferences in Seoul, Korea. We also celebrated Elisha (Skip)

Atkins (OEMR '82) retirement from occupational medicine after many decades exceptional service as the Director of MGH's Employee Health Service, a member of our Residency Advisory Committee and as an outstanding clinical preceptor. At NECOEM's annual conference, one of our residents' favorite guest faculty, Michael Erdil from OEHN and University of Connecticut received the 2016 distinguished Harriet Hardy Award. At AOHC in Chicago, Jeff Vogel received an OPSF Scholarship and Kevin Loh (OEMR '16) received ACOEM's Public Safety Award. Also at AOHC, Jim Tacci was elevated to President, and we enjoyed fellowship at an outstanding reunion dinner and reception. **Please mark your calendars to join us in Denver, for ACOEM's 102nd annual meeting, and our 2017 reunion dinner (see page 16).** In closing, 2016 marked my 10th year of directing the Harvard OEMR. It is my honor and privilege to lead this world renowned program. I look forward to seeing you whenever the opportunity presents! On behalf of the whole program, we extend best wishes for health and success in 2017 to you and your families. One more time, we thank our friends and benefactors for their generous support.

Best regards, Stefanos



Current Residents: First Year



Michael S. Chin, MD (OEMR '18) is a native of Boston and a graduate of the Tufts University School of Medicine. He attended the University of Virginia with undergraduate majors in Psychology and East Asian Studies. He was previously a Plastic Surgery resident at the University of Massachusetts Medical School, where he elected to perform three years of dedicated research in radiation exposure. His basic science and clinical investigations in radiation led to an interest in public health and Occupational Medicine. In his free time, he serves as the only certified instructor of Systema Russian Martial Art in Massachusetts, teaching his students the connections between mind, body, and psyche.



David Rainey, MD, MEd (OEMR '18) is from Boise, Idaho and received his MD and M.Ed degrees from the University of Washington. Prior to medical school, he worked as a research assistant to an academic dermatologist renowned for her work on contact dermatitis, where he was first exposed to the field of occupational disease. David is interested in integrated workplace safety and wellness programs, and in the One Health approach to interdisciplinary health sciences education and health promotion. His other interests include technology entrepreneurship, medical education, and the built environment. He is happily married and enjoying the adventure of raising three young children, with whom he enjoys playing music, tennis, biking, and exploring the great outdoors.



Clifton J. Wilcox, MD (OEMR '18) received his MD from Eastern Virginia Medical School and his B.A. in Economics from University of Chicago. He completed his internal medicine internship at Allegheny General Hospital (Drexel) in Pittsburgh, PA. Cliff has practiced medicine in many different settings at home and abroad; he has also held commercial pilot's license and flown with United Airlines Express, based out of Dulles and O'Hare, with approximately 3,000 flying hours. While growing up in greater Chicago, Cliff's father, a pediatric dentist, was one of his sources of inspiration to become a physician. He enjoys spending time with family and is an avid traveler, hiker and physical fitness enthusiast.

**See page 17 to learn more about
Mediterranean Diet & Health Conference / October 15-21, 2017 / Halkidiki, Greece**

Current Residents: Second Year



Neil Jenkins, MD, MPH, PhD (OEMR '17) grew up on a farm near the strip mines of Ohio coal country. He has long been interested in the impact of the built environment on human health. He received his undergraduate and doctorate degrees in materials science and engineering at MIT. In graduate school, he analyzed welding fumes made up of ultrafine particles that can contain hexavalent chromium, nickel or manganese. His first experience at HSPH was collecting fume particles for Dr. Joseph Brain's group by welding in the basement of SPH I. He subsequently received his MD and MPH degrees at The Ohio State University. He then completed his internship at the University of Vermont. Since graduate school he has worked as a consultant on cases that include respirable particles, crush injuries, falls, fires and explosions. He finds forensic investigation intellectually challenging and suited to his multi-disciplinary background. He likes farming, making ice cream, driving his VW GTI and rock climbing.

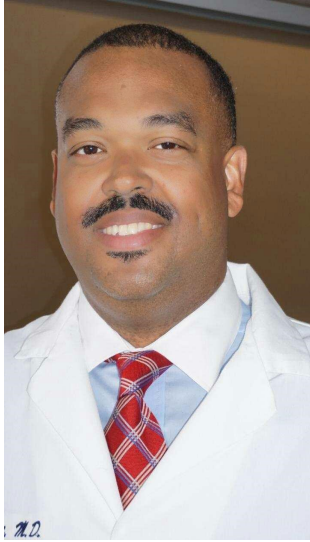


Shane Journey, PhD, MD, MPH (MPH '15). After completing his MPH in 2015, Shane returned to the University of Toronto and finished his Psychiatry Training program. He is originally from Nova Scotia, Canada and obtained his MD from Dalhousie Medical School, where he was able to complete an away OEM rotation in his final year at HSPH/CHA. Prior to medical school, Shane received a Bachelor 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.



Liz Kwo, MD, MBA, MPH (MPH '16, OEMR '17) received her BA from Stanford University and completed a Fulbright Scholarship in Taiwan researching the health and wellness of elderly populations, her MD from Harvard Medical School and her MBA from Harvard Business School. Liz completed her medical internship at CHA/Harvard Medical School. She formerly worked for Medtronic in Europe and the US, specializing in medical device product development, marketing, operations and remote monitoring for the ENT and Diabetes Business Unit. She was the VP of Provider Networks at American Well, a telemedicine company that offers online physician visits to employers and insurance companies to improve access to care and health monitoring. She has experience co-founding and selling her company New Pathway Education and Technology Group to the private equity firm CVC. She advises several start-ups and venture capital firms in strategy and growth. Her hope is to help businesses effectively align incentives to improve employee productivity and wellness through technology and innovation.

Complementary Pathway



John D. Clarke, MD, FAAFP, (OEMR '18) is a board certified Family Physician. He received his BA in sociology and music from Columbia University and is a graduate of the Mount Sinai School of Medicine in NY. He completed his residency in Family Medicine at St. Vincent's Catholic Medical Centers in NY where he served as Chief Resident. John then served as the Medical Director and Medical Review officer for the Long Island Rail Road in NY. Currently he is the Administrative Medical Director and a Medical Review Officer for Consolidated Edison Company of New York. In addition, he practiced general family medicine in Manhattan, Queens, and the Bronx. John has a passion for writing and producing rap songs and videos and has fused medical information rap and created a genre that he calls Health Hop®. Over the years, he has recorded dozens of songs and several public service announcements. With his strong OM work experience, John has joined the Complementary Pathway, half-time for two years. He also enjoys opportunities to educate as a public speaker and has presented on a variety of medical and safety topics at national and international medical conferences, Grand Rounds, community, school, and church events, and has been interviewed on national and international television and radio programs.

Graduates



Deborah Barbeau, MD, PhD, MSPH, (OEMR '16) was Chief Resident for 2015-2016. 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 Masters 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 recognized and emerging pollutants. She hopes to pursue clinical and research activities that allow her to combine her medical and public health interests, with a focus on the interactions between the environment, infectious diseases, and human health. Upon completing her residency, Deb was appointed Associate Medical Director for OEHN. She currently lives in Dedham, MA with her husband, JB, and their two sons, Harry Rex and William ("Will").



Kevin Loh, DO, FS, MPH (MPH '15, OEMR '16) graduated in 2016 and is a U.S. Air Force Scholar. Kevin is originally from Taiwan and immigrated to the U.S. during high school. After completing his Bachelors 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 a B-1 Lancer Crash Accident Investigation Board. Currently, as the medical director of 353 Battlefield Airmen in the Training Squadron at Lackland AFB, Texas, Kevin oversees the health/wellness and human performance optimization program among combat athletes.

Graduates Continued...



Erin Teeple, MD, MPH (MPH '14, OEMR '16) 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 completed her OEM 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. Erin has published in the areas of cartilage mechanics and osteoarthritis pathophysiology, and she is particularly interested in maximizing functional outcomes in osteoarthritis treatment. Erin is currently a post-doctoral fellow at the Liberty Mutual Research Institute for Safety and lives in Westborough, MA with her husband, a professor of Classics at the College of the Holy Cross in Worcester, and their two children.



Samuel D. Turner, MD, MPH (MPH '15, OEMR '16) hails from the Blue Ridge Mountains of Southwest Virginia. He is a graduate of the University of Virginia and the Medical College of Virginia. Sam's residency research was titled, *Self-reported Stress-related Illnesses among US Law Enforcement Officers: A National Survey*, and is in the process of submission to a peer-reviewed journal. Sam, his wife and their four children greatly enjoyed exploring the Boston area. Outside of Occupational Medicine, Sam also enjoys running, hiking, skiing, and rotary-engine sports cars.



Jeffrey E. Vogel, MD, MPH (MPH '16, OEMR '16) is originally from Baltimore, Maryland. He attended Lafayette College and obtained a Bachelors of Science 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 successfully completed 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. Jeff is the co-founder and CEO of RecoverMe, a venture-backed platform focused on improving return-to-work times in injured employees. He is an instructor of medicine at the Harvard Medical School and an OM physician at Cambridge Health Alliance.

See page 14 to see the recipients of our
Outstanding Clinical & Academic Teaching Awards!

Special International Fellow



Patthrarawalai Phichalai, MD, MPH (MPH '14, Special OEM Fellow '16) is from Thailand. Patthrarawalai is an instructor in occupational medicine at King Chulalongkorn Memorial Hospital, the teaching hospital of Chulalongkorn University Medical School and one of the largest hospitals in Thailand. After earning her MD from Chulalongkorn University, she completed her internship in rural areas of Chanthaburi, one of Thailand's largest industrial provinces. Observing that access to occupational healthcare among underprivileged workers is extremely limited and under-regulated, she decided to pursue the field of occupational medicine to raise the standard of occupational safety. She subsequently served as a staff physician in the Department of Preventive and Social Medicine, Chulalongkorn University Medical School and earned a Master of Public Health degree in Occupational and Environmental Health from Harvard University in 2014 and completed her OEM Fellowship in 2016.



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We hope to see you at this year's American College of Occupational and Environmental Medicine's AOHC 2017 reunion dinner!

See page 16 for details!

Spotlight: Carolyn S. Langer, MD, JD '92, MPH '92, OEMR '93



In September, 2016, Carolyn received the Leadership in Public Health Practice Award, given to graduates of the Harvard T.H. Chan School of Public Health, who have been outstanding examples of effective leadership in the practice of public health, in the public or private sphere. As chief medical officer of MassHealth, Carolyn provides clinical leadership to the Massachusetts

state Medicaid program, which serves one out of every four citizens in the Commonwealth. Under her watch, the Office of Clinical Affairs has evolved to meet the changing needs of a program at the forefront of Affordable Care Act implementation and the development of alternative payment reform models, with Massachusetts at the leading edge of health innovation. Dr. Langer has advanced the use of big data and analytics across the Medicaid program to identify cost-saving opportunities while improving access to care. Major contributions include clinical input into the design of primary care payment reform and accountable care organization initiatives, as well as ensuring better access to newer services, such as hepatitis C treatment, gender reassignment surgery, and applied behavioral analysis for children with autism, making Massachusetts a pioneer on many fronts. Dr. Langer previously served as medical director for medical management and quality at Harvard Pilgrim Health Care, and is a retired colonel, medical corps officer, and flight surgeon in the Army National Guard, where she commanded a mobile army surgical hospital unit and directed an aviation medicine program. Despite a demanding professional career, Dr. Langer has always made time to inspire the next generation of public health professionals at Harvard Chan, teaching occupational health policy and administration and lecturing for the Center for Executive and Continuing Professional Education. She is an associate professor at the University of Massachusetts Medical School and serves in an advisory capacity to both the Boston University School of Public Health and the Tufts University School of Medicine, in addition to giving selflessly of her time to mentor undergraduate and graduate students and young professionals alike.

In her own words, Carolyn states, *It has often been said that the true moral test of government is how that government treats those who are in the dawn of life, the children; those who are in*

the twilight of life, the elderly; and those who are in the shadows of life, the sick, the needy and the [disabled]. Whether in my former practice of clinical occupational medicine preventing and mitigating worker injury and illness or in my current role as Chief Medical Officer of the Massachusetts Medicaid program (MassHealth), I feel very fortunate to have had the opportunity to improve health outcomes in some of our most vulnerable populations. I have also been blessed with very talented and dedicated team members, including one of my former employees, Umbereen Nehal, MBBS, MPH '07, who nominated me for this award. I would encourage occupational and public health practitioners—particularly those who are students or at the start of their careers—to consider spending time in the public sector. It has been one of the most gratifying experiences in my career, and I am so proud of the work that we do each day at MassHealth and at the Executive Office of Health and Human Services

I am very humbled to be the recipient of the Harvard T. Chan School of Public Health 2016 Leadership in Public Health Practice Award. I would particularly like to thank Dr. David Christiani and Dr. Richard Monson who welcomed me into the occupational medicine residency 27 years ago, even though, as an MD-JD, I did not quite fit the typical profile. I appreciate their confidence in me and hope that I have contributed to the school and will continue to pay it forward to future generations of students. I would also like to express my appreciation to all my colleagues in the OEM program and to all my students, TAs and guest lecturers who have passed through my course, Occupational Health Policy & Administration, these past 24 years. I can honestly say that I learn as much from you as you do from me. It is an honor to be part of the Department of Environmental Health and the broader HSPH community.



Photo: Carolyn receiving the Leadership in Public Health Practice Award in September 2016.

Spotlight: Rokho Kim, MD, MPH, DrPH '95, OEMR '95, PhD



Dr. Rokho Kim is a physician specializing in Family Medicine, Occupational and Environmental Medicine and Climate/Planetary Health. He graduated from Seoul National University College of Medicine in 1982 and completed residency training in Family Medicine at the Seoul National University Hospital in 1985. He completed residency training in Occupational and Environmental Medicine at HSPH in 1995. After graduating from Harvard School of Public Health (Doctor of Public Health, 1995), and serving HSPH as Instructor in Occupational Medicine, he was appointed as Assistant Professor at Seoul National University School of Public Health and Adjunct Assistant Professor at Harvard School of Public Health from 1998-2001. He then served as Assistant Director of Occupational Health Surveillance Program of Massachusetts Department of Public Health from 2001-2003. During this period, he was nominated as the founding CEO of Wonjin Green Hospital and director of Wonjin Institute for Occupational and Environmental Health. From 1985-1991, he founded and managed Sadang Clinic and provided free or low-cost primary healthcare services to the uninsured patients in the poor neighbourhood in Seoul. In 1987, he (and colleagues) founded the Korean Association of Physicians for Humanism, serving as leader of the association. Dr. Kim's successful advocacy work as a medical witness and a social activist for the medical diagnosis and legal recognition of carbon disulphide poisoning among the former

workers of Wonjin Rayon Company, suffering from cerebrovascular strokes, was a historical milestone in the development of occupational health policy in Korea. Later, he was awarded the *Albert Schweitzer Award* by Harvard University at the graduation ceremony in 1995, and "Good Korean Citizen Award" by Moonhwa Broadcasting Company (MBC) in Korea in 1999 for his advocacy for workers with occupationally related diseases. In 2003, Dr. Kim joined the World Health Organization (WHO), as Scientist at the European Centre for Environment and Health in Bonn, Germany, where he provided technical and policy support to European countries in areas of Environmental Health Indicators, Noise and Health, and Occupational Health. He coordinated the European Network of WHO Collaborating Centres in Occupational Health to implement WHO Global Plan of Action on Workers' Health, and launched "European Network for Workers' Health" with 32 European institutions. Since 2013, he was promoted to Environmental Health Specialist of WHO Division of Pacific Technical Support in Suva, Fiji, serving 22 Pacific island countries and territories in the areas of Climate Change and Health, Disaster Risk Management for Health as well as Water and Sanitation. Dr. Kim is the celebrated author of more than fifty scientific papers published in various journals. He was the lead author of Occupational Health and Safety chapter in the textbook, *Facets of Public Health in Europe* (2014), and an editorial, *Climate change and health in Pacific island states*, of the WHO Bulletin (December 2015). He has been a fellow of Collegium Ramazzini since 2013.

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Resident Research Awards and Presentations

Kevin Loh, DO, FS, MPH (MPH '15, OEMR '16) received the ACOEM Public Safety Award for his research entitled, *Entry-level fitness assessment performance and the probability of the subsequent academy graduation in Massachusetts police recruits.*



Jeffrey E. Vogel, MD, MPH (MPH '16, OEMR '16) was named the inaugural Nyla Medlock Fellow in OEM. Jeff was also selected as the recipient of the 2016 AOHC OPSF Resident Scholarship.

From left: Ann Backus, MS, Instructor in Occupational Safety, Coordinator, Occupational and Environmental Medicine Residency, Jeff Vogel (MPH '16, OEMR '16), Erin Teeple (MPH '14, OEMR '16), Kevin Loh (MPH '15, OEMR '16), Sam Turner (MPH '15, OEMR '16), Deb Barbeau (OEMR '16) and Stefanos N. Kales, MD, MPH, FACP, FACOEM (OEMR 1993), OEMR Program Director and Associate Professor.

ABPM Board Exam Successes

We are pleased to report successful American Board of Preventive Medicine exam results for OEMR 2016 graduates.

Deb Barbeau, Kevin Loh and Sam Turner 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 Deb, Sam and Kevin!

New England College of Occupational and Environmental Medicine



As the New England regional component of the American College of Occupational and Environmental Medicine, the New England College of Occupational and Environmental Medicine (NECOEM) is a not-for-profit organized community of physicians that strives to improve the health and safety of workers, workplaces, and environments.

NECOEM provides leadership to promote the optimal health and safety of workers, workplaces, and environments by:

- Educating health professionals, employers, employees, payers, and the public;
- Encouraging research and the development of new knowledge;
- Championing the highest possible quality of OEM practice;
- Guiding workplace and public policy; and
- Advancing the field of occupational and environmental medicine.

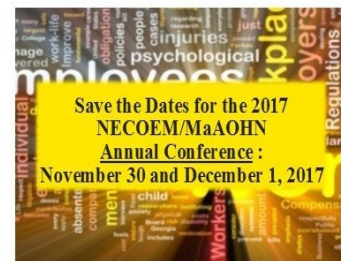
NECOEM provides many member benefits, including:

- Nationally recognized Fall CME conference
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- Webinars
- NECOEM Reporter newsletter
- NECOEM Website
- Networking opportunities
- Leadership opportunities

For further information:
Dianne Plantamura,
Executive Director

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Resident and Recent Alumni Publications

Kwo E, Christiani D. The role of gene-environment interplay in occupational and environmental diseases: current concepts and knowledge gaps. *Curr Opin Pulm Med*. 2017 Mar; 23(2): 173-176. doi: 10.1097/MCP.0000000000000364.

Waller KA, Chin KE, Jay GD, Zhang LX, **Teeple E**, McAllister S, Badger GJ, Schmidt, Fleming BC. Intra-articular recombinant human proteoglycan 4 mitigates cartilage damage after destabilization of the medial meniscus in the Yucatan minipig. *Am J Sports Med*. 2017 Jan; 1:363546516686965. doi: 10.1177/0363546516686965. PMID 28129516

MacFarlane LA, Yang H, Collins JE, Guermazi A, Jones MH, **Teeple E**, Xu L, Losina E, Katz JN. Associations among meniscal damage, meniscal symptoms and knee pain severity. *Osteoarthritis and Cartilage*. 2016 Dec 30; pii: S1063-4584(16)30494-0. doi: 10.1016/j.joca.2016.12.023.

Dennerlein JT, O'Day ET, Mallow DF, Somerville J, Stoddard AM, Kenwood C, **Teeple E**, Boden Li, Sorensen G, Hasimoto D. Arthroscopic irrigation of the bovine stifle joint increases cartilage surface friction and decreases superficial zone lubricin. *Occup Environ Med*. 2016 Oct 25; pii: oemed-2015-103507. doi: 10.1136/oemed-2015-103507.

Teeple E, Karamchedu NP, Larson KM, Zhang L, Badger GJ, Fleming BC, Jay GD. Arthroscopic irrigation of the bovine stifle joint increases cartilage surface friction and decreases superficial zone lubricin. *J Biomech*. 2016 Sep 6;49(13):3106-3110. doi: 10.1016/j.jbiomech.2016.07.024. PMID = PMC 5056145.

Donate to Resident Education at OEM to Help Maintain Our Tradition of Excellence!

We are thrilled to announce that our **Occupational and Environmental Medicine Residency (OEMR)** Program received \$1 million, last summer, in endowed and \$250,000 in current use funds for resident tuition and stipend scholarships. These funds have been generously donated by an anonymous donor as part of a \$10 million total package of gifts to the Harvard T.H. Chan School of Public Health. Other portions of the gift support financial aid for students in the School's Nutrition programs, and the School's Doctor of Public Health (DrPH) Program. The full press release from our School is here: <https://www.hsph.harvard.edu/news/press-releases/10-million-anonymous-gift-to-harvards-public-health-school-supports-scholarships-doctoral-level-public-health-leadership-training/> OEMR recipients of scholarships from this program will be called **Prajna** Fellows of Occupational and Environmental Medi-

cine. The anonymous donor, who has now made gifts to the School totaling more than \$17 million, says the purpose of the new gift is to inspire the spirit of Prajna, a Sanskrit word that conveys ultimate wisdom – wisdom that cannot be reached by developing intellect alone, but entails insight from experience and understanding through the engagement with all that surrounds us. As we celebrate these new gifts, **please consider making a contribution of your own** to further secure our abilities to provide current and future residents with a Harvard education in Occupational Medicine. Options are available to make a gift to endowed funds, which provide income from the endowed principal in perpetuity (Nyla Medlock Fund) or to current use funds, which can be spent in full as needed for resident research, travel and other training expenses (Occupational Medicine Gift Fund).

To make a donation, click on The Nyla Medlock OEM Fund, from the drop down box:
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 Marvin and Theima Zelen Assistant/Associate Professorship Fund
 Annual Fund

Other Amount

Spotlight: Howard Frumkin, MD, DrPH '93, MPH '82, (OEMR '88)



Howard Frumkin is Professor of Environmental and Occupational Health Sciences, at the University of Washington School of Public Health. Dr. Frumkin is an internist, environmental and occupational medicine specialist, and epidemiologist, who has worked in academia and public service. From 2010 to 2016 he served as Dean at the UWash School of Public Health. From 2005 to 2010 he held leadership roles at the U.S. Centers for Disease Control and Prevention, first as director of the National Center for Environmental Health and Agency for Toxic Substances and Disease Registry (NCEH/ATSDR), and later as Special Assistant to the CDC Director for Climate Change and Health. During his tenure NCEH/ATSDR created programs in Climate Change and in Healthy Community Design; launched training programs for college students, doctoral students, and post-docs; expanded its Biomonitoring and Environmental Public Health Tracking programs; and launched its National Conversation on Public Health and Chemi-

cal Exposures. From 1990 to 2005, he was Professor and Chair of Environmental and Occupational Health at Emory University's Rollins School of Public Health and Professor of Medicine at Emory Medical School.

Dr. Frumkin currently serves on the Boards of the Seattle Parks Foundation and the Bullitt Foundation, and on Advisory Boards for FutureHealth, the National Sustainable Communities Coalition, the Partnership for Active Transportation, the Planetary Health Alliance, and the Center for Design and Health at the University of Virginia School of Architecture. In past years he served on the Boards of the US Green Building Council, Physicians for Social Responsibility (PSR), the Children and Nature Network (including a term as Chair), the Pacific Northwest Diabetes Research Institute, the National Environmental Education Foundation, the American Public Health Association (as Chair of APHA's Science Board), the Association of Occupational and Environmental Clinics (AOEC) (including a term as President), and the Washington Global Health Alliance. He chaired the Wellcome Trust "Our Planet, Our Health" funding committee. Other public and professional service included serving on the Executive Committee of the Regional Open Space Strategy for Central Puget Sound, the American Institute of Architects Design and Health Leadership Group, the National Toxicology Program Board of Scientific Counselors, the National Research Council Committee on Sustainability Linkages in the Federal Government, the Washington

Department of Ecology Toxics Reduction Strategy Group, and Seattle's Green Ribbon Commission. As a member of EPA's Children's Health Protection Advisory Committee, he chaired the Smart Growth and Climate Change work groups. A graduate of the Institute for Georgia Environmental Leadership, he was named Environmental Professional of the Year by the Georgia Environmental Council in 2004. His research interests include public health aspects of the built environment, climate change, energy policy, and nature contact; toxic effects of chemicals; and environmental health policy. He is the author, co-author, or editor of over 200 scientific journal articles, chapters, and books, including the standard environmental health textbook, *Environmental Health: From Global to Local*.

Dr. Frumkin received his A.B. from Brown University, his M.D. from the University of Pennsylvania, his M.P.H. and Dr.P.H. from Harvard, his Internal Medicine training at the Hospital of the University of Pennsylvania and Cambridge Hospital, and his Environmental and Occupational Medicine training at Harvard. He is Board-certified in Internal Medicine and in Environmental and Occupational Medicine, and is a Fellow of the American College of Physicians, the American College of Occupational and Environmental Medicine, Collegium Ramazzini and the Royal College of Physicians of Ireland. He loves cycling, kayaking, and hiking. He is married to radio journalist Joanne Silberner, and has two children.

Dr. Michael Erdil Receives the 2016 Harriet Hardy Award



On December 2, 2016, the New England College of Occupational and Environmental Medicine (NECOEM) awarded Dr. Michael Erdil with the distinguished Harriet Hardy award at its 2016 Annual Conference in Newton. NECOEM presents this award annually to an individual who has made outstanding contributions to the field. Michael Erdil, MD, FACOEM, is a physician with Occupational and Environmental Health Network in Marlborough MA; and an Assistant Professor at the University of Connecticut Health Center in the Department of Internal Medicine, Section of Occupational Medicine. Dr. Erdil is Board Certified in Occupational and Environmental Medicine, and a Fellow of the American College of Occupational and Environmental Medicine. Dr. Erdil has been involved with evidence based recommendations from several entities over the years. Dr. Erdil served as a reviewer for the Agency for Health Care Policy and Research Acute Low Back Prob-

lems in Adults 1994; and the American College of Occupational and Environmental Medicine Occupational Medicine Practice Guidelines 1st edition. Dr. Erdil currently serves on the Editorial Advisory Board for the Official Disability Guidelines Treatment in Workers Comp and has recently joined UpToDate to author the Occupational Low Back Pain topic reviews.

Dr. Erdil has co-authored Cumulative Trauma Disorders of the Upper Extremity, and Biomechanics of Manual Material Handling and Low Back Pain for Zenz' Occupational Medicine Mosby; Cumulative Trauma Disorders: Prevention, Evaluation, and Treatment for Van Nostrand Reinhold; a chapter on Medications and Return to Work for the AMA Physician's Guide to Return to Work (1st ed) and other publications.

Dr. Erdil has collaborated on a number of efforts to prevent occupational disease and musculoskeletal disorders, and to improve musculoskeletal care outcomes. Dr. Erdil served as the Advisory Board Chairman for the Connecticut Road Industry Surveillance Project, a National Institute of Occupational Safety and Health funded grant conceived by Dr. Kathy Maurer at Yale University to prevent lead toxicity in road and bridge construction workers. With funding from ATSDR, Dr. Erdil, Dr. Maurer and the CT Dept. of Health developed materials to help Connecticut physicians take an occupational and environmental health history, compiled a resource manual for primary care physicians dealing with exposure

related disease, and developed a computer program to help determine if patients developed environmental illness due to exposure to CT Superfund sites. Dr. Erdil collaborated with Dr. Martin Cherniack from UConn DOEM to co-author sections of the Health Effects Section of the Preamble to the Proposed OSHA Ergonomics Rule, and testified at the Dept. of Labor hearings to advocate for worker safety. Some recent interests have included implementing educational materials and strategies to help patients make better decisions regarding treatment options for musculoskeletal disorders.

I was honored to receive the Harriett Hardy Award from the New England College of Occupational and Environmental Medicine this past year. Dr. Hardy spent her distinguished career blending clinical practice, education, research and activism. Her autobiography "Challenging Man Made Disease," was influential in my decision to pursue a career in prevention and occupational medicine. I owe inspirational thanks to Dr. Hardy, the individuals who have received this award in the past, including Dr. Kales, and numerous colleagues I have had the privilege to work with and learn from over the years. I hope that my presentation encouraged attendees to become more active at a time when health care and our profession are at a crossroads. — Dr. Michael Erdil

Photo credit: Kathryn Costello

Dr. Elisha Atkins' Retirement Celebration



Above: Dr. Glenn Pransky and Dr. Stefanos Kales present Dr. Atkins with a commemorative plaque in honor of his exceptional service.

On May, 6, 2016, the Harvard Chan OEMR celebrated the illustrious career of Dr. Elisha Atkins (OEMR '82), with a gathering of colleagues, friends and family members, to honor this esteemed professor and physician. Dr. Atkins is an Assistant Professor of Medicine, Harvard Medical School and served for over 20 years as the Medical Director, Occupational Health Program at Massachusetts General Hospital. During his many years in occupational medicine, Dr. Atkins made numerous outstanding contributions to our field, including his position as Director of MGH's Employee Health Service, dedicated service as a member of our Residency Advisory Committee, lecturing in the EH232 OEM course, and serving as an excellent clinical preceptor. This wonderful event was most generously sponsored by Dr. Dean Hashimoto, Chief of OEM at Partners Healthcare, who worked closely with Dr. Atkins in his MGH roles. Tributes to Dr. Atkins were also delivered by Drs. Kales, Pransky and Goldman.



Photo left: Dr. Atkin's colleagues, family (including Dr. Atkins' wife, mother and daughter, pictured first row center) and friends at the May 6th celebration.

Dr. Kales Visits Teikyo University

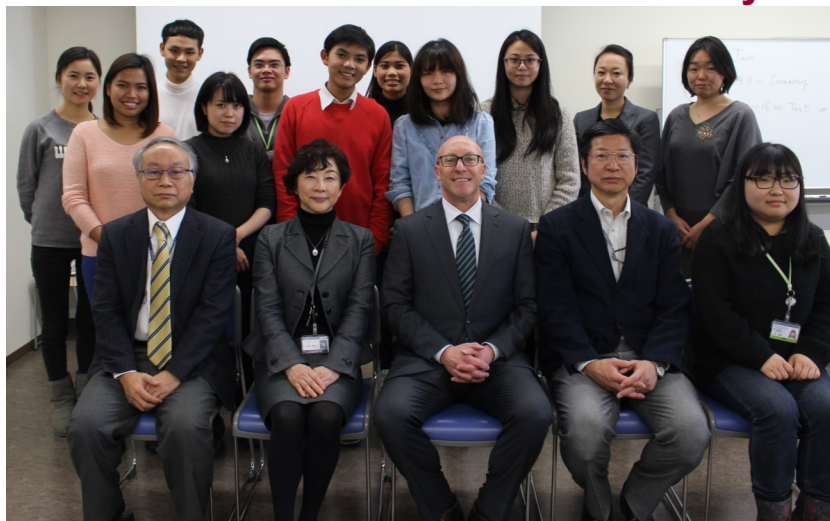


Photo: Bottom left, Dr. Yano; Prof. Kozue Yamaoka, Dean, Teikyo SPH; Dr. Kales; Prof. Kunio Hara with the 2016 class of students.

In January 2016, Dr. Kales served as the Course Director for the Harvard Special Session: *Introduction to Occupational Health*. He taught a graduate-level short-course, to 19 students from Japan, the Philippines, China, Taiwan, Vietnam and Thailand, at the Teikyo University Campus in Tokyo, Japan. The program is organized by Professor Eiji Yano, the founding Dean of Teikyo's School of Public Health, and a 1984 MPH graduate of Harvard, as well as the 2013 recipient of Harvard Chan's Alumni Award of Merit. In 2015, Dr. Christiani taught the same course and this year, Dr. Rose Goldman gave an environmental health version of the special session. For Stefanos, teaching these classes was a privilege, with a great group of students, and the superb collaboration of Prof. Yano, his colleagues and staff.

Outstanding Clinical & Academic Teaching Awards



The award is a huge honor and I am very grateful for the recognition. I learned a ton from the students as well, and their enthusiasm and interest in the material made for a wonderful classroom experience!" —

Emily Sparer

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 **Lee Okurowski, MD, MPH, MBA, (OEMR '02)** received the 2016 award of Outstanding Clinical Faculty and **Emily Sparer, ScD ('15), MS ('11)** received the 2016 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. **Congratulations Lee and Emily!**

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Thank you!

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NECOEM Poster Session 2016



Maria Korre, David Rainey and Dr. Stefanos Kales



Nyla Medlock, Maria Korre

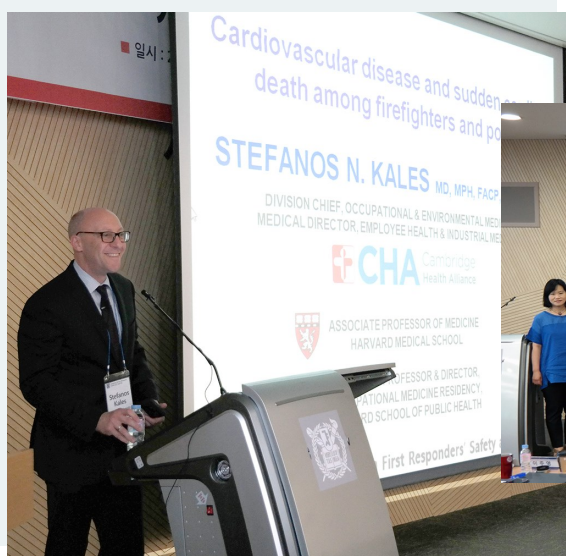
This year, Deb Barbeau (OEMR '16) presented on the Zika Virus, entitled, *Emerging Infections, Zika Virus: Lessons Learned*. Posters included were: **1) Korre M**, Porto LGG, Farioli A, Christiani D, Christophi C, Lombardi D, Kovacs R, Abbasi S, Steigner M, Moffatt S, Smith D, Kales SN. Validation of the Effect of Body Mass Index on Left Ventricular Mass in Career Male Firefighters. New England College of Occupational and Environmental Medicine/Mass Association of Occupational Health Nurses (NECOEM/MaAOHN) and **2) Sotos-Prieto M**, Cash S, Christophi C, Folta S, Moffatt S, Muegge C, **Korre M**, Mozaffarian D, Kales SN. Feeding America's Bravest: Mediterranean Diet-Based Intervention to change Firefighters' Eating Habits and Improve Cardiovascular Risk Profiles. New England College of Occupational and Environmental Medicine/Mass Association of Occupational Health Nurses (NECOEM/MaAOHN).

American College of Occupational and Environmental Medicine's AOHC 2017

Please join us at the American College of Occupational and Environmental Medicine's AOHC 2017 for an Alumni Reunion as we welcome current and former HSPH OEM residents in Denver, CO. The dinner will take place on Monday, April 24, 2017, 8:00pm at Avelina Restaurant.

If you are an OEMR alumnus, please RSVP to Tiffany Sarkissian, tsarkiss@hsph.harvard.edu.

We are looking forward to this year's conference and reunion!



In June 2016, Dr. Kales was an invited keynote speaker at the Symposium on First Responders' Safety and Health, in Seoul, Korea, at Seoul National University. Dr. Kales discussed his extensive work on cardiovascular disease and sudden cardiac death, among firefighters and police.



Symposium on First Responders' Safety and Health, in Seoul, Korea, at Seoul National University (SNU). Pictured above from left: Chairperson Dr. Joo-Young Lee, SNU, Dr. Jorma Rantanen, Director Emeritus, Finnish Inst. Of Occ. Health; Dr. Rokho Kim, Dr. Stefanos Kales along with other SNU students and faculty.

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

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

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