



OEMR SYNAPSE / 2017 ANNUAL REPORT

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

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Welcome to the 2017 Occupational and Environmental Medicine Residency (OEMR) Annual Report. This is our tenth edition of the OEMR Synapse! I would like to thank and recognize Dr. Peter Lee who as then, chief resident, posed the idea to have an annual report that highlights the residency each year. This year, we are pleased to announce more exciting news and achievements, while celebrating our current residents, 2017 graduates, and distinguished alumni. If you are a competitive student, resident or mid-career physician, we hope our annual report will inspire you to consider our specialty and the Harvard Chan OM program. To our alumni and friends, we are grateful for all your support to continue this world-renowned program that produces extraordinary medical professionals. In 2017, four of our residents graduated and went on to careers in forensic consulting, medical directorship, global medical consulting, and aerospace medicine. Once again our graduates continue to do well on the ABPM OM Board exam (see page 8) exceeding the national OM mean score. Our current residents continue considerable achievements in their research and training, including Michael Chin (MPH '17, OEMR '18), our chief resident, who was the first resident to compete in and to win the Harvard NIEHS Center for Environmental Health Flash Funding Competition. We congratulate alum and former program director, Prof. David Christiani, whose Shanghai Textile Cohort remains the cohort with the longest active follow-up in the world. Dr. Christiani recently received another R01 award to continue this crucial research in respiratory disease, in cotton textile workers. We also commend another alum, Dr. Russ Hauser

who was named the Chair of our Department of Environmental Health, after a year as Acting Chair. Congratulations David and Russ!

Notably, Michael Chin developed and implemented a formal opioid prescriber awareness curriculum for our residents, with the assistance of our dear friend, Dr. Michael Erdil. Dr. Erdil has generously offered to continue to give this important resident lecture annually, which accompanies an online training curriculum. We greatly appreciate Michael's initiative and Dr. Erdil's experience and expertise. In October, I was privileged to be the scientific chair of the *Mediterranean Diet and Health Conference*, in Halkidiki Greece, an event that demonstrated the latest research on benefits of the Mediterranean diet and lifestyle, while providing the participants with hands-on food, wine, cultural and historical experiences. At the event, OM resident David Rainey (OEMR '18) won second-place prize for his research and presentation. I was also honored to discuss my work with firefighters, through an invited TEDx Talk, in Rhodes, Greece, entitled, *Facing Emergencies: US Firefighters Surviving Mediterranean Style*. On my return, I learned that my promotion to Professor of Medicine at Harvard Medical School had been finalized by the University. I am grateful for your support, and am thrilled about this honor. At a once again successful NEOEM Annual Conference, another alum of our Harvard program, Dr. Eileen Storey, was awarded the prestigious Harriet Hardy Award, in recognition of her distinguished career in occupational medicine (page 12). In closing, let me recognize the financial generosity of our donors. Without them, we

would not be able to continue to expand and grow our occupational medicine program. Given our large census, our financial needs exceed our NIOSH budget, while the costs of tuition, benefits, salaries and stipends steadily increase. Since 2014, we have succeeded in securing over \$1.3 million in endowed training funds. The generous anonymous gift of \$250,000 to establish the fund in the name of our advocate and friend, Nyla Medlock, has grown to almost \$350,000 in principal, with the help of Nyla and other dedicated supporters. Then, in 2016, we received another anonymous gift of \$1 million in endowment to establish the *Prajna* fund. Please consider supporting our program financially, making it possible for future residents to become a vital and important part of impacting and improving people's lives, through occupational medicine. In addition to growing the endowments, we need to supplement our OM Gift fund to pay residents' ACOEM dues, travel/education stipends and events such as the annual reunion at AOHC (see page 15). And finally, we look forward to welcoming five new OEM residents, all of whom share impressive and extensive medical backgrounds. Once again, your support allows us to recruit the foremost medical talent.

Thank you and all the best in 2018!

Warm regards,
Stefanos



Recent Graduates



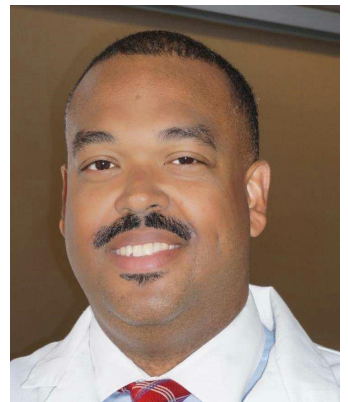
Shane Journey, PhD, MD, MPH (MPH '15, OEMR '17). After completing his MPH in 2015, Shane returned to the University of Toronto and completed his boards in Psychiatry in Canada (FRCPC) and the USA (DABPMR). In 2017 he completed the requirements of the Harvard OEMR is now Board Certified in Occupational Medicine. He is presently Assistant Professor in the Department of Medicine at University of Toronto. He is originally from Nova Scotia, Canada and obtained his MD from Dalhousie Medical School. Prior to medical school, Shane received BSc and Master's degrees from the University of Ottawa, where he investigated the effects of 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 an aerospace medicine rotation at the NASA Johnson Space Center. In 2017, he was selected as a finalist in the Canadian Space Agency Astronaut Recruitment Campaign. He has over 30 peer reviewed publications and serves on the editorial board of the Journal of Occupational Medicine and Toxicology.



Neil Jenkins, MD, MPH, PhD (OEMR '17) grew up on a farm in Ohio coal country. He received his undergraduate and doctoral degrees in materials science and engineering from MIT. For his dissertation he analyzed ultrafine particles in welding fume for hexavalent chromium, nickel and manganese. His first experience at the Harvard Chan School of Public Health was welding in the basement to generate fume for a research collaboration. He subsequently received his MD and MPH degrees at The Ohio State University. He was an intern and resident at the Universities of Vermont and Virginia prior to coming to Harvard Chan School of Public Health, where he completed OM residency. He is currently working as forensic consultant. His cases have involved respirable particles, crush injuries, falls, fires and explosions.



Liz Kwo, MD, MBA, MPH (MPH '16, OEMR '17) received three graduate degrees from Harvard University and a BA from Stanford University. She completed her medical internship Occupational Medicine residency at Cambridge Health Alliance and Harvard Chan School of Public Health. She formerly worked for Medtronic in Europe and the US, specializing in medical device product development for their 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. In 2011, she founded New Pathway Education and Technology Group and sold the company to the private equity firm CVC. She currently works on a global medical consulting business called InfiniteMD and sees patients at Cambridge Health Alliance. Liz is Board-Certified in Occupational Medicine.



John D. Clarke, MD, FAAFP (OEMR '18) is a Board-Certified Family Physician. He received his BA from Columbia University and is a graduate of the Icahn School of Medicine Mount Sinai. He completed his residency in Family Medicine at St. Vincent's Catholic Medical Centers in NY where he served as Chief Resident and practiced general family medicine in Manhattan, Queens, and the Bronx before entering the field of Occupational Medicine. John has served as the Medical Director for the Long Island Rail Road in NY and the Administrative Medical Director for Consolidated Edison Company of New York. He also served as Medical Director for Outreach House, a residential substance abuse treatment program for adolescents. Currently, he is the Occupational Medicine Director at Cornell University in Ithaca, NY. With his strong OM work experience, John completed the Complementary Pathway. He has a passion for writing and producing rap songs and videos and has fused medical information with rap, and created a genre that he calls Health Hop®. Over the years, he has recorded dozens of songs and public service announcements. He has also 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.

Current Residents



Michael S. Chin, MD, MPH (MPH '17, OEMR '18) is Chief Resident for 2017-2018. He 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 take 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. His current research is focused on building stress resiliency and performance optimization. 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, MPH, MEd (MPH '17, OEMR '18) is from the Pacific Northwest 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 is currently conducting research on the use of nutrition interventions to decrease the risk of chronic disease among firefighters. 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, MPH (MPH '17, OEMR '18) received his MD from Eastern Virginia Medical School and his BA 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.

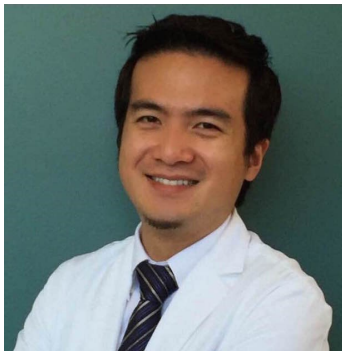


Jacob T. Ankeny, MD (MPH '18, OEMR '19) is a 2011 graduate from the University of Texas Medical Branch in Galveston. He obtained his BA from Louisiana State University in 2004. Previously, Jacob was an Orthopaedic Surgery resident in Portsmouth, Virginia and recently practiced in Asia. It was from this culturally-expanding experience, where he learned about the field of occupational medicine. With this career change, he aims to significantly impact individuals with healthcare concerns by optimizing fitness and confronting the social disparities that contribute to their overall wellness. He is interested in work healthcare promotion, nutrition, and the application of behavioral insights to public health challenges. Jacob enjoys daily adventures with his family; traveling; and is an avid reader and fitness enthusiast.

Current Residents



Leslie R. Cadet, MD (MPH '18, OEMR '19) is a native Floridian who completed her medical education and internship training at the University of Miami Miller School of Medicine/Jackson Memorial Hospital. She is an accomplished Air Force Veteran whose work as a Flight Surgeon aided in the successful execution of 1,080 combat missions and 2,000 airlift missions in support of Operations INHERENT RESOLVE and ENDURING FREEDOM. As an occupational health consultant and primary care physician, Leslie routinely cared for aviators, aircraft mechanics, and intelligence officers. In 2015 she was recognized as the Global Strike Command Flight Surgeon of the Year. In the last years of her military tenure, Leslie served as the Medical Director of the Flight Medicine Clinic where she was assigned. She led 23 personnel in seamless clinical operations to provide high quality care to over 700 beneficiaries while simultaneously completing overseas/special operational duty clearances for a base populace of approximately 5,100 active duty personnel. Her leadership style has proven to be engaged, organized, and highly effective.



Justin (Chih Chao) Yang, MD MPH (MPH '12, OEMR '19) is a Taiwanese Canadian and a graduate of Harvard Chan School Class of 2012. He attended Peking University and received his MD in 2009. He completed his internal medicine residency at Tufts/ Steward St. Elizabeth's Medical Center in June 2017 and is Board-Certified in Internal Medicine. His exposure to environmental health began six years ago, when he turned a term paper he wrote for Dr. Rose Goldman's class into a manuscript published in *Food & Chemical Toxicology*. His story was featured on the Harvard Chan School homepage. After completing his MPH, he worked with Dr. Kales as a post-doc research fellow for two years, co-authoring nine papers related to cardiovascular health among firefighters. Throughout the years he also received several trainee awards, including Best Poster and Excellence in Teaching, from the American College of Physicians, Tufts Medical School and Harvard. He is interested in entrepreneurship and serves as the Co-Founder and Chief Medical Officer of MobioSense, a start-up that focuses on revolutionizing portable diagnostic devices.



Jeffrey D. Kiser, MD (MPH '18, OEMR '19) is originally from Kingsport, TN. He graduated from the University of Tennessee with a BS in Chemical Engineering and a minor in Environmental Engineering. During his time as an undergraduate, he worked as an engineering intern for four semesters at DuPont. This invaluable experience would set the stage for a desire to learn more about environmental health topics. He was then commissioned with the United States Air Force and attended medical school at University of Tennessee, College of Medicine. Following graduation from medical school, he completed his three-year Family Medicine residency at Eglin AFB in Florida. After several years as a Board-Certified Family Medicine Physician, he crossed over into Aerospace Medicine. Highlights of his Air Force career include serving as a flight surgeon for the F22 fighter squadron in Anchorage, Alaska as well as the lead physician for a humanitarian mission above the Arctic Circle. He has also been deployed several times overseas to include a deployment with the Joint Special Operations Command. Lieutenant Colonel Kiser's most recent assignment was as Chief of Aerospace Medicine at the 479th Flying Training Group at Pensacola Naval Air Station in Florida. He resides in Brookline with his wife Marilyn and two daughters.

See page 13 to see the recipients of our
Outstanding Clinical & Academic Teaching Awards!

Dr. Stefanos Kales Promoted to Professor



We are pleased to announce that Dr. Stefanos Kales was promoted to Professor of Medicine by Harvard Medical School. Under his directorship of the Occupational and Environmental Medicine Residency, OEM trainees have received over 20 national awards and innovations implemented under his leadership include, the Initiative for Productivity and Health Management to maximize workforce health to the benefit of both employees and their employers; and a Complementary Pathway for training mid-career Occupational Medicine professionals. Dr. Kales also founded and co-directs an Initiative for Productivity & Health Management to educate the residents about maximizing workforce health to benefit both employees and employers. In collaboration with the residency, his hospital division is an internationally recognized center of excellence. Dr. Kales has engaged in occupational/environmental health activities on five continents as a clinical expert, investigator, educator and leader; making continuous academic contributions with over 150 publications, regular editorial work and stimulating trainees to conduct and publish research. As a result of his reputation, he is frequently consulted by government agencies, colleagues, insurers, employers, and legal professionals throughout North America and beyond regarding a wide variety of occupational and environmental medicine issues. An active Occupational Medicine practitioner, researcher, and educator, Dr. Kales seeks to develop further the HSPH OEMR's tradition of rigorous training, research excellence, and diverse practicum opportunities. His primary goal is to ensure that graduates are prepared for whatever potential career option they choose, whether in healthcare, academia, corporate medicine, public service, or consulting. "The promotion of Dr. Kales to Professor of Medicine is not only recognition of his outstanding contributions to medicine, but also an important acknowledgement of the importance of Preventive Medicine- especially Occupational and Environmental Medicine, in improving the health of the nation and the world. This promotion is yet another achievement that will raise the profile of the OEMR program," remarked friend and colleague, Dr. David Christiani. Congratulation to Dr. Kales on his promotion and all of his great success!

Dr. David Christiani: Shanghai Textile Cohort Update



Picture caption: Employee at a textile factory, Shanghai, China.

Dr. Christiani received an R01 an award to continue the Shanghai Textile Cohort for its 35th year of a new sampling. The study follows a prospective cohort for respiratory disease in cotton textile workers, and remains the cohort with the longest active follow up in the world.

The objectives of this landmark study include determining the rate of loss in lung function among cotton dust-exposed workers at various levels of dust exposure and evaluating the relationship of exposure to gram-negative bacterial endotoxin and acute and chronic lung disease. Dr. Christiani has expanded this study to include an assessment of relevant genetic factors, and an examination of reproductive effects of shift work and ergonomic factors at work as well as the exposures noted above. In the current cycle, the study uses high resolution chest CT scanning to assess the airway and parenchymal changes in the lung from dust and endotoxin exposures, and their interactions with smoking.

Spotlight: Dr. Michael Erdil



During this Fall, the residency had the pleasure of arranging several important educational events with the help of our colleague, Dr. Michael Erdil.

Dr. Erdil is a Board-Certified Occupational Medicine Physician with Occupational and Environmental Health Network (OEHN) in Marlborough, MA; and an Assistant Professor at the University of Connecticut Health Center in the Department of Internal Medicine, Section of Occupational Medicine. He is the recipient of last year's Harriet Hardy Award at NECOEM.

In August, the residency program was tasked with the recommended implementation of an opioid awareness curriculum for all residents. Dr. Erdil was the first to volunteer to help formulate the program and gave a two-hour lecture session on Opioid Prescriber awareness to help fulfill this competency recommendation. The lecture was focused on the current resident trainees, and feedback on the program was overwhelmingly positive. His thorough evidence-based knowledge and personal clinical expertise on opioid management, was invaluable to the residents. Dr. Erdil has generously offered to continue to give this resident lecture for future residency classes.

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 Problems 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. As a recognized authority on low back pain, the residency was delighted when he gave a grand rounds presentation in September on management of low back pain in conjunction with Dominic Larusso, Director of Health Partnerships Consumer Reports and Choosing Wisely. Following the grand rounds, he led a two hour didactic session with residents further exploring the topics of evidence-based management of back and neck pain. This presentation and all Grand Rounds can be viewed here:

<https://mediasite.video.harvard.edu/Mediasite/Play/8bb09aec5d474b02bdfcc9ac750a2d651d>



Photo: Dr. Stefanos Kales, Dr. Michael Chin, Dr. Michael Erdil and Mr. Dominic Larusso after Grand Rounds presentation entitled, *Current recommendations and patient education regarding the management of low back pain*. Photo credit: T. Sarkissian

Spotlight: Dr. Russ Hauser, OEMR 1991



Russ Hauser, MD, ScD, MPH, the Frederick Lee Hisaw Professor of Reproductive Physiology, was named the Chair of the Department of Environmental Health, after a year as Acting Chair.

Professor Hauser is a renowned expert in the fields of reproductive, perinatal and pediatric epidemiology. His research focuses on the health risks posed by exposure to environmental chemicals that affect adversely human development and reproductive health. Professor Hauser and his research team investigate the effects of endocrine disruptors such as phthalates, bisphenol A and flame retardants on male and female reproductive health including fertility, pregnancy complications, and adverse perinatal outcomes. He is also conducting a prospective cohort study in Russia on the impact of environmental chemicals on children's health. Professor Hauser has a distinguished record of service at

the School as a member and subsequently Chair of the Committee on Educational Policy (CEP). Russ Hauser earned an MD from the Albert Einstein College of Medicine. He completed Occupational Medicine Residency, Master of Public Health and a Doctorate of Science from Harvard Chan School of Public Health. He then joined the faculty in 1997 and he holds appointments in both the Departments of Environmental Health and Epidemiology. In addition, he is a Professor of Obstetrics, Gynecology and Reproductive Biology at Harvard Medical School. "I am very honored and excited that I have been given the opportunity to serve as Chair of the Department of Environmental Health. Over the coming years, I look forward to working with faculty, staff, trainees and students on a variety of current and new department initiatives," commented Dr. Hauser.

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Resident Awards

Dr. Michael Chin was the first resident to compete in the Harvard NIEHS Center for Environmental Health Flash Funding Competition. Michael won the \$10,000 award to fund his pilot study in stress resiliency and performance optimization.

Photo: Dr. Michael Chin, Dr. Douglas Dockery, Dr. Lester Kobzik, and Ann Backus at the Harvard NIEHS Center Annual Retreat.



ABPM Board Exam Successes

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

Shane Journey, Liz Kwo, Soni Mathews, and Jeff Vogel all passed the ABPM exam for certification in Occupational Medicine. Once again, our OM scores exceeded the

national mean score.

Congratulations to Shane, Liz, Soni and Jeff!

New England College of Occupational and Environmental Medicine

New England College of Occupational and Environmental Medicine (NECOEM) is a not-for-profit organized community of physicians and affiliates 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.

Save the Dates for the 2018 NECOEM/MaAOHN Annual Conference :

November 29 and 30, 2018

Boston/Newton Marriott Hotel, Newton, MA

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- NECOEM Reporter newsletter
- NECOEM Website
- Networking opportunities
- Leadership opportunities

For further information:

Dianne Plantamura, Executive Director, 978-373-5597

necoem@comcast.net

www.necoem.org

Recent Alumni & Resident Publications

Shusko M, Benedetti L, Korre M, Eshleman EJ, Farioli A, Christophi CA, Kales SN. Recruit Fitness as a Predictor of Police Academy Graduation. *Occup Med (Lond)*. 2017 Oct 1;67(7):555-561.

Chin MS, Siegel-Reamer L, FitzGerald GA, Wyman A, Connor NM, Lo YC, Sioshansi S, Moni J, Cicchetti MG, Lalikos JF, Fitzgerald TJ. Association between cumulative radiation dose, adverse skin reactions, and changes in surface hemoglobin among women undergoing breast conserving therapy, *Clinical and Translational Radiation Oncology*. 2017 Jul; 4: 15-23.

Chin MS, Chappell AG, Giatsidis G, Perry DJ, Lujan-Hernandez J, Haddad A, Matsumine H, Orgill DP, Lalikos JF. Hyperspectral Imaging Provides Early Prediction of Random Axial Flap Necrosis in a Preclinical Model. *Plast Reconstr Surg*. 2017 Jun;139(6):1285e-1290e.

Jenkins N & Pecter E (2017) Welding impact on occupational health. In *SENSOR Occupational Lung Disease Bulletin* (Winter, 1-2). Boston: Massachusetts Department of Public Health.

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A Nutritional Odyssey in Greece



Prominent scientists, physicians and distinguished guests, from the U.S. and Europe, gathered on the beautiful shores of the Aegean Sea, in Halkidiki, Greece for an immersive five-day *Mediterranean Diet and Health Conference*, organized by Dr. Stefanos Kales. The conference took place October 16 – 20, 2017 at the Sani Beach Hotel and Resort, and was held in collaboration with the award-winning PBS television show *The Cooking Odyssey*, produced by George Stamou.

Intended to highlight the latest research on benefits of the traditional Mediterranean diet and lifestyle, the conference offered a unique blend of academic presentations and immersive cultural and culinary experiences. A morning discussion of cutting-edge methods in characterizing the antioxidant components of olive oil, for example, would be followed by an afternoon excursion to a multi-generation family-owned olive grove where conference attendees could pick olives, observe the process of producing olive oil, and sample the fresh product as it was being produced. Each day of the conference

was full of nutritional insight, ranging from discussions on individual components of the Mediterranean Diet to epidemiologic studies demonstrating its benefits. Applications of Mediterranean Diet principles in the workplace were also presented, including studies in the U.S. fire service, in dining services at universities like Harvard and the University of Massachusetts—led by Ken Toong—and as part of worker health initiatives at multinational corporations, like Barilla Group.

Attendees at the conference included researchers, food-industry representatives, Greek government officials, and student investigators. David Rainey, a second-year resident in the Harvard OEMR program participated in the young investigators poster competition and won second place with his oral presentation on a *Mediterranean Diet Intervention for U.S. Volunteer Firefighters*. “It was a fantastic opportunity to bring together scientists



with other specialists in health communication and food production to learn from each other, and to enjoy the beautiful Northern Greece seaside,” remarked Harvard professor Eric Rimm, who spoke on the biochemical-nutritional bases for the benefits of essential Mediterranean foods.



Photo credits: Above left George Stamou, George Gerardos, Myrto Stavidi, all of the *Cooking Odyssey*; and Dr. Kales.

Middle photo: Some of the beautiful Mediterranean food and wine served at the conference.

Below left: Conference attendees, lecturers and staff gathered for a final photo concluding the highly successful event.

Cont...

A Nutritional Odyssey in Greece, cont'd...



The culminating highlight of each day was, of course, experiencing the Mediterranean Diet first-hand, both at specially organized conference meals and among the nearly two dozen dining establishments at the resort itself, all serving up fresh, locally-sourced food prepared in keeping with traditional Mediterranean Diet principles. Attendees were also treated to uncharacteristically warm and sunny fall weather, enjoying the quintessential coastal Mediterranean setting. The health topics discussed during the day were “put into practice at mealtime, in the stunning setting of the diet’s origin,” exclaimed Mercedes Sotos Prieto, one of the presenting researchers. Attendees agreed that experiencing the benefits of

the Mediterranean Diet and lifestyle first-hand made this conference a truly unique experience. Renowned physician researcher and Harvard Professor, Dr. Walter Willett, summed it up best: “The traditional Mediterranean Diet is the world’s most well documented eating pattern for promoting a long and healthy life. Understanding the elements of this diet can help us, and our families, survive today’s toxic food environment. Experiencing this diet, delicious as well as healthy, in its homeland was an unforgettable experience.”

Article Contributor, Resident David Rainey

Dr. Stefanos Kales' October 2017 TEDx Talk Rhodes



Picture caption: Dr. Stefanos Kales presenting his work with firefighters in Rhodes, Greece.



Picture caption: Pictured left, Manos Hatzimalonas, Organizer, seen here with Dr. Kales and other speakers.

In October, 2017, Dr. Kales visited Rhodes, Greece, to discuss his work with firefighters in a talk entitled, *Facing Emergencies: US Firefighters Surviving Mediterranean Style*. In this dynamic TEDx presentation, Dr. Kales discussed the astounding number of firefighter deaths in the U.S., due to heart attacks and strokes (CVD) and the ways in which the stress of the occupation can lead to heart attacks in firefighters with underlying problems. Dr. Kales explained the importance and benefits of the Mediterranean Diet, and his aim to motivate firefighters and their families to incorporate Mediterranean diet principles at work and home through education, participation and incentives.

Dr. Eileen Storey Receives the 2017 Harriet Hardy Award



Picture caption: Dr. Storey (left) receives the 2017 Harriet Hardy Award from NECOEM President, Dr. Ron Blum.

On December 1, 2017, the New England College of Occupational and Environmental Medicine (NECOEM) awarded, a Harvard Alumna, Dr. Eileen Storey, MD, MPH with the distinguished Harriet Hardy award at its 2017 Annual Conference in Newton. NECOEM presents this award annually to an individual who has made outstanding contributions to the field. Eileen completed her Medical Degree and Master of

Public Health at Harvard University in 1978, Internal Medicine training at West Virginia University in 1981, and is board-certified in Internal Medicine and Occupational Medicine. She is recently retired as the Chief of the Surveillance Branch of the Division of Respiratory Disease Studies (DRDS) in NIOSH/CDC. The Branch summarizes information relating to the incidence, prevalence, and mortality of occupational respiratory diseases; describes patterns of specific diseases within occupations and industries; and develops methods to monitor specific working populations at risk for respiratory disease. She was the project officer for research which NIOSH is conducting in collaboration with the American Chemistry Council Diisocyanates Panel: "Model Medical Surveillance Program for Occupational Asthma and to Characterize the Incidence of Occupational Asthma Associated with Toluene Diisocyanate Exposure in the Production Environment." Participating sites completed five years of medical and environmental monitoring in July 2012. Prior to joining NIOSH, Dr. Storey was Co-Director of the Center for Public Health and Health Policy at the University of Connecticut, and Professor of Medicine in the School of Medicine where she was Chief of the Division of Occupational and Environmental Medicine. She has practiced occupational medicine, taught medical students and public health students, and conducted research focused on indoor environments and respiratory disease. Congratulations to Dr. Storey on this richly deserved award!

Chef Maria Loi Brings Healthy Greek Nutrition to Harvard Chan School!



Picture caption: Chef Maria Loi, Dr. Stefanos Kales and Chef Arlene Richburg

Friday, May 5th was a celebration of the ongoing collaboration between renowned Greek Food Ambassador and Author, Chef Maria Loi with Dr. Stefanos Kales, around promoting the Mediterranean Diet, to improve the health and wellbeing of working people, students and the public at large. The day began with Chef Maria Loi who worked with Harvard Chan School of Public Health Chef Arlene Richburg, and dining managers, Tom Quinn and Francis Fahey to offer healthy, traditional Greek cuisine to students, staff and faculty at the school, using the café's "Heart of the Plate" station, which always features balanced healthy foods. Chef Loi's latest book, entitled, *The Greek Diet*, written with veteran health journalist and athlete Sarah Toland, is grounded in the Greek Mediterranean lifestyle. Chef Maria has also created recipes specifically for firefighters and their families, as part of *Feeding America's Bravest: Firefighters Mediterranean Diet Intervention*, led by Dr. Kales. In March 2012, Maria was invited to cook for President Obama, Vice President Biden, and 250 honored guests at the White House. "This evening highlighted the necessity to encourage people to adopt the Mediterranean lifestyle for the prevention of major chronic diseases and to stress the need for increased awareness of better health through healthy eating, frequent physical activity and adequate sleep," said Dr. Kales. This event is a continuation of the groundbreaking Mediterranean Diet and Workplace Health conference, held in 2014, designed to advance the understanding of Mediterranean dietary habits as a vehicle for improved workplace health.

Outstanding Clinical & Academic Teaching Awards



It is such an honor to be recognized in this way and it means so much to me. I'd like to thank the residents and other students for making it such a wonderful semester! — Emily Sparer

Photo: Left, Dr. Albert Rielly; Right, Dr. Michael Chin, OEMR Chief Resident, and Dr. Stefanos Kales.

Photo credit: T. Sarkissian

Each year, OEMR residents elect one clinical preceptor from their clinical rotations and one faculty instructor from their Masters in Public Health courses, who have had an especially meaningful impact on their training and education to receive awards of recognition. We are delighted to announce that **Albert Rielly, MD, MPH (OEMR 2012)** received the 2017 award of Outstanding Clinical Faculty and **Emily Sparer, MS, ScD**, received the 2017 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 Al and Emily!**

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Thank you!

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the 2017 calendar year, based on information
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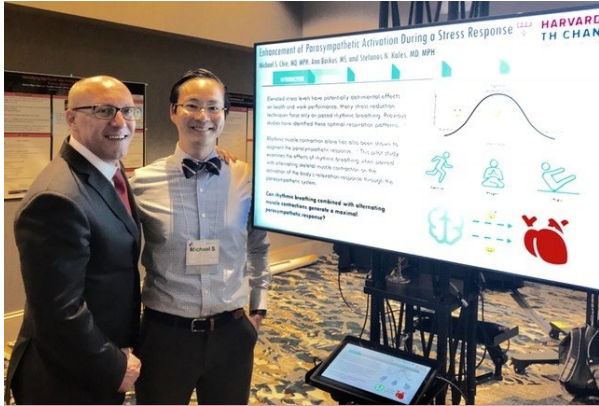
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NECOEM Poster Session 2017



Picture caption: Dr. Stefanos Kales and Dr. Michael Chin at NECOEM 2017

This year's New England College of Environmental and Occupational Medicine (NECOEM) annual conference included posters by: **1)** 2017-2018 Chief Resident Michael Chin, *Enhancement of Parasympathetic Activation During a Stress Response*; **2)** *The Characteristics of Resilience in Fishing Families and Communities Impacted by Fatalities and Other Stressors*, by authors Ann Backus, MS; Madeleine Hall-Arber, PhD; and Kristina Pinto, EdD; **3)** *Entry Fitness Levels and Subsequent Academy Performance Outcomes in Massachusetts Police Recruits-A validation study*, with a talk entitled: *Updates on Cardiac Enlargement in US Firefighters*, by Maria Korre, MSc, ScD, Research Associate and Instructor; and **4)** a poster entitled, *Preliminary Results from Feeding America's Bravest: Mediterranean Diet-based Intervention to Improve Firefighter Health*, by Resident David Rainey, along with David's oral presentation entitled, *An Open Online Mediterranean Diet Nutrition Intervention to Reduce Cardiovascular Disease Risk in Volunteer Firefighters*.

Please join us at the American College of Occupational and Environmental Medicine's AOHC 2018 for an Alumni Reunion as we welcome current and former Harvard Chan School of Public Health OEM residents in New Orleans, Louisiana. **This year's alumni dinner will take place on Monday, April 30, 2018.** Residents Michael Chin, David Rainey, Cliff Wilcox and Justin Yang will be recipients of resident awards at this year's conference.

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!
We hope to see you there!**

Table-top Simulation to Train OEMR Residents



The OEM Residents participated in an intense table-top game simulation of a weather-related disaster (tornado) in order to learn how hospitals can respond to mass casualties. Using the Incident Command System, the residents learned how to manage critical incidents in hospital settings that have a effect on the community. They had to triage injured people, move inpatients to accommodate the more seriously injured, manage limited healthcare resources, provide care to a wide variety of people including a bus load of non-English-speaking tourists, and accommodate fatigue in the physician and nursing staff. Ann Backus, Coordinator of the OEMR said, "This exercise, provided by Dr. Christian Lanphere of Cambridge Health Alliance, and the pre-simulation presentation by Dr. Paul Biddinger of Massachusetts General Hospital, helped address emergency preparedness, a required component of residency training." Dr. Lanphere praised the residents for their excellent ability to organize and manage the response.

Photo left: Training table-top game, designed by Dr. Christian Lanphere of Cambridge Health Alliance.

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

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