

ANNUAL REPORT



SYNAPSE - 2023

OCCUPATIONAL AND ENVIRONMENTAL MEDICINE RESIDENCY

HARVARD T.H. CHAN | SCHOOL OF PUBLIC HEALTH

PROGRAM DIRECTOR:

STEFANOS N. KALES, MD, MPH, FACP, FACOEM

ASSISTANT PROGRAM DIRECTOR:

JUSTIN YANG, MD, MPH

EDITORS:

Saad Salman, MD, MPH and Carmen Rodriguez, MA

TABLE OF CONTENTS

Program Director's Welcome	3
Current Residents - 2nd Year and 1st Year	4
2023 Graduates	7
2024 Incoming Residents	8
From the Chief Resident	10
Alumni Spotlight	13
Resident Recognition, Publications and Presentations	14
Clinical and Academic Teaching Awards	17
In the News	18
AOHC and NECOEM	19
Donor Recognition	20
Advertisements	21

PROGRAM DIRECTOR'S WELCOME

Welcome to the 16th edition of the Occupational and Environmental Medicine Residency (OEMR) Annual Report, our 2023 OEMR Synapse. Closing out 2023, the state of our program continues to be quite strong and is in fact formidable. Accordingly, you will be pleased to read about our current residents, the 2023 graduates, incoming residents, and distinguished alumni as well as all their success.

In 2023, we graduated four outstanding residents, three categorical & one complimentary, have a current census of nine superb categorical residents, and have accepted an exceptional class of six new residents for July 2024.

The program's tradition of excellence continues in faculty and resident activities, further diversifying program funding, our 100% first-time pass-rate by graduates on the ABPM exam since 2013, and various resident awards and other accolades.

During the last two years we have continued to innovate our program, which includes adding a Lifestyle Medicine Residency Curriculum (LMRC) that was recently featured in a [JOEM publication](#). Dr. Beth Frates, immediate past president of the American College of Lifestyle Medicine, who has been directing the curriculum was recently promoted to Associate Professor at Harvard Medical School. Additionally, through Dr. Russell "T-Bone" Tontz (MPH 2013), we will be adding FAA examinations at Cambridge Health Alliance and formal education of the residents in this important topic. In concert with the above, residents will also have new opportunities with the FAA's new Aerospace Medicine Postgraduate Education program. In that area, we will be working directly with Dr. Jason "Jay" B. Sigmon, Regional Flight Surgeon with the Civil Aerospace Medical Institute in Oklahoma City, Oklahoma.



Stefanos N. Kales
MD, MPH, FACP, FACOEM (OEMR '93)

Last year, we reported important increases in our OEMR program-specific endowments. I am pleased to report that we are continuing our efforts to diversify our funding streams. We are currently discussing with our new Chair, Dr. Kari C Nadeau, the John Rock Professor of Climate and Population to receive direct financial contributions from the Department of Environmental Health for resident tuition and the Associate Program Director's role Studies in addition to the support that we receive from the Harvard Chan School's MPH program and Dean's Office.

In these times of uncertainty, tuition costs and expenses continue to grow rapidly. Please consider joining me in making a tax-deductible gift to support resident training. You can donate online [here](#): Harvard T.H. Chan School of Public Health | Make a gift and select the Nyla Medlock OEM Fund. If you prefer an alternate way of giving, rather than Medlock, please consider supporting our program through our "OM Gift fund", which allows us to support residents' travel stipends and events such as graduation and alumni events at AOHC and elsewhere.

In closing, once again we invite competitive students, residents, and mid-career physicians to read our annual report and 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. We again wish everyone the best of health and hope to see you all soon!

Warm regards,
Stefanos

CURRENT RESIDENTS:

2ND YEAR'S:



Jacob R. Berry, MD, MPH

Jacob R. Berry, MD, MPH (MPH '23, OEMR '24) was born and raised in Idaho Falls, ID. He enjoys outdoor adventures, food science, and bush crafting. He is a graduate of Brigham Young University in Provo UT (BS Biology) and Uniformed Services University of the Health Sciences. Dr. Berry is a prominent flight surgeon in the USAF where he supported the first combat deployment of F35s. He also worked directly supporting U-2, F-16, UH 60, and A-10 flight operations. Major Berry has given Aerospace Medicine lectures on disaster response, decompression sickness, and aeromedical evacuation all over Asia to include Singapore, Thailand, Philippines, Korea, and Malaysia. He served as the Chief of Aerospace and Occupational Medicine at Osan Air Force Base, S. Korea. He

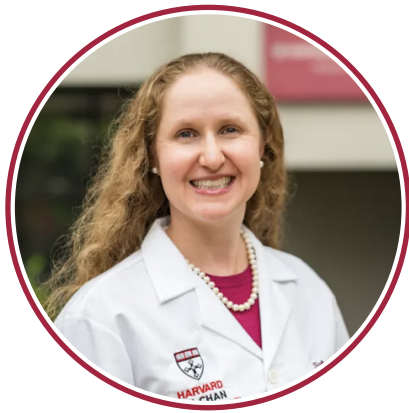
has published on numerous topics but most prominently aviation associated barotrauma and dysbarism. This year he lectured at Case Western Reserve School of Medicine's Graduate of Aerospace Physiology Course. Additionally, Dr. Berry applied his MPH capstone project, Systems Learning for Explosive Decompression Risk Mitigation in Today's Military, to make changes to Lockheed Martin's F-16 emergency checklist which is used in 2145 active aircraft by 25 different nations. He is currently working on research into factors associated with pharmaceutical fatigue mitigation in aviators as well as heat stroke prevention and treatment in the military which has potential of positively affecting NIOSH heat guidelines.



Matthew Hamm, MD, MPH

Matthew Hamm, MD, MPH (MPH '23, OEMR '24) graduated with Highest Honors from the University of California, Davis, with a bachelor's in cell biology, after which he joined a state research laboratory with an emphasis on zoonotic viruses. Dr. Hamm commissioned into the U.S. Air Force, earned his medical degree from the Uniformed Services University, and trained in internal medicine at the San Antonio Military Medical Center. He served three operational assignments with two combat deployments as a Flight Surgeon in his role as Medical Director and Senior Medical Officer for aerial operations. Dr. Hamm was awarded Air Medals and Meritorious Service Medals for his contributions to aeromedical evacuation and other military operations. Noteworthy

accomplishments include pioneering occupational injury prevention in combat rescue aircrews and special forces, investigating seventeen occupational mishaps including fatalities alongside other federal departments, and leading medical operations for the DOD's first major combat deployment during the COVID-19 pandemic. Following his military years, Dr. Hamm worked in private practice as an occupational medicine physician. He and his wife, Sally, are the first married couple to attend a U.S. Occupational Medicine Residency together. Highlights of his training years include corporate OEM consulting and national initiatives to strengthen the applicant pipeline to OEM.



Sally C. Hamm, MD, MHP

Sally C. Hamm, MD, MPH (MPH '23, OEMR '24) comes from Washington, D.C., and grew up as an Army kid on the move, including a stint in Brookline. Prior to medical school, she researched biowarfare countermeasures at the U.S. Army Medical Research Institute for Infectious Diseases. Dr. Hamm studied chemistry at Carleton College, earned her MD from the Uniformed Services University, and completed a transitional internship at San Antonio Military Medical Center. As an Air Force Flight Surgeon and Medical Director, she optimized health for pilots and operators of helicopters and fighter, bomber, refueler, intel, remotely piloted, and command and control aircraft. Highlights include testing thermal stress of stealth-fighter biodefence PPE, mitigating fatigue in combat shift workers, investigating breastmilk lead contamination in law

enforcement officers, leading human performance optimization teams, leading international medical operations for a dozen large-force aerial exercises at the Air Force's highest-volume airfield, and serving on the governing council for occupational health for the largest industrial workplace in the DOD. This year she directed resident board review sessions, integrating new partners and activities into the Lifestyle Medicine Residency Curriculum. In addition, she has continued her executive production work with a local STEM-focused media firm, premiering their first feature film in IMAX theaters nationwide in April. Outside of work you'll find Sally pulling her husband and four children off key in sing-alongs and mobilizing them for family dance parties. After graduation, the Hamm family will be heading to Lackland Air Force Base in San Antonio, Texas, for their next adventures.



K. Ray Motoyama, DO, MPH

K. Ray Motoyama, DO, MPH (OEMR'24) is from Pittsburgh, PA, and attended undergraduate studies at George Washington University followed by graduate studies at the University of Pittsburgh Graduate School of Public Health. He completed medical training at Lake Erie College of Osteopathic Medicine. As an active-duty Naval Officer, he completed an internal medicine internship at Walter Reed National Military Medical Center. He then served 7 years as a Flight Surgeon, completing two tours in Atsugi Japan and one tour in San Diego supporting Carrier and Rotary Air Wings. As the Senior Regional Flight Surgeon in Japan, he ensured safety and compliance of infection control measures during the COVID-19 pandemic crisis and oversaw contact tracing and isolation among 1000 aviation personnel. After completing the residency

program, he will apply his clinical and leadership experience in his role as Medical Director of Occupational Health at the Veterans Administration Boston. Ray enjoys travel and photography, and lives with his loving wife Kay, son, and daughter.



Saad Salman, MD, MPH

Saad Salman, MD MPH (OEMR '24) completed his medical education from Shifa College of Medicine in Islamabad, Pakistan in 2011. He completed his MPH in Global Health at Harvard in 2017, where he developed an interest in Occupational Health while working with SHINE (Sustainability and Health Initiative for NetPositive Enterprise). During this time, he traveled to Pakistan, China, and Cambodia to interview factory workers. He completed his training in Internal Medicine at St John's Riverside Hospital in Yonkers, NY in 2022. Working with a team at Stanford, Saad implemented a novel deep learning algorithm designed to generate optimal matches for liver transplants. The findings from this study were published in JAMA, and his team successfully lobbied for changes in provincial laws in Punjab, Pakistan. This allowed non-relatives to become liver donors,

subsequently allowing the surgical team to perform the nation's first chain liver transplant in 2022. After graduating this summer, Saad plans on focusing his career on studying and mitigating the impact of climate change on the health of vulnerable workers in Pakistan and other low-income countries. Outside of work, Saad enjoys playing the drums, soccer, and cooking South Asian cuisine.



Melissa Wan, MD, MPH

Melissa Wan, MD, MPH (OEMR '24) was born in Canada and holds a Bachelor of Science in Pharmacology and Medical Doctorate from the University of British Columbia. She completed her Family Medicine Residency at Queen's University and is concurrently training in the Public Health and Preventive Medicine Residency Program. She also holds a Diploma of Tropical Medicine and Hygiene from the Nagasaki University School of Tropical Medicine and Global Health. Her primary interests lay at the crossroads of population health and OEM, using population health assessments to shape policies and design/implement programs. In her spare time, Melissa enjoys travelling, hiking, and dining at sushi omakase restaurants.

1st Year's:



Kangwook Huh, DO

Kangwook Huh, DO (MPH '24, OMER '25) is originally from South Korea, where he spent most of his childhood. He also lived in Cape Town, South Africa for one year. Since then, he spent a significant amount of his time in Southern California. He received a bachelor's degree in chemistry with an emphasis in biochemistry at Pepperdine University. He then completed his medical education at Western University College of Osteopathic Medicine of the Pacific in Pomona, California. During his residency in internal medicine at the University of Connecticut, he had the opportunity to learn more about occupational and environmental medicine. In addition to environmental health, he was drawn to the emphasis on prevention within OEM. Outside the hospital, he is an avid jogger and enjoys cooking Korean cuisine.



Christopher Leopardi, DO

Christopher Leopardi, DO (MPH '24, OEMR '25) is originally from New Jersey and graduated from Touro College of Osteopathic Medicine, Middletown NY. He completed an internship in Family Medicine at Naval Hospital Jacksonville, FL. He went on to receive further training in Hyperbaric and Undersea Medicine at Naval Undersea Medical Institute, and became Undersea Medical Officer at the submarine base in Groton, CT. His main role included occupational screening for submarine candidates, which is where he became interested in OEM. Outside of work, Chris enjoys spending time with his wife and kids. He is an avid hiker, mountain biker, and surfer.



Derek Stewart, DO

Derek Stewart, DO (MPH '24, OEMR '25) grew up in Santa Clara, UT. He served as a missionary in Finland for 2 years and speaks Finnish. After his missionary service he graduated from Brigham Young University with a degree in Exercise Science. Sports and exercise have always been an important part of Derek's life while playing soccer in college, becoming an Ironman triathlete and avid surfer. Derek completed medical school at the Lake Erie College of Osteopathic Medicine in Bradenton, FL where he also received a Master's degree in Health Services Administration. After medical school he completed a General Surgery internship at UC Davis Medical Center in Sacramento, CA. He was a U.S. Air Force Special Operations flight surgeon at **Hurlburt Field**,

FL where he enjoyed the blend between optimizing health and human performance. Derek has also been the medical director for Own My Health, helping people develop healthy lifestyles and improving wellbeing. He enjoys spending time at the beach with his wife, Mandy and four children, Charlie, Eloise, Penelope and Freddie.

2023 GRADUATES:



Joseph Abrams, DO, MPH

Joseph Abrams, DO, MPH (MPH '22, OEMR '23) is now stationed at Hill Air Force Base in Ogden Utah where he serves as the Flight Commander and Chief of Occupational Medicine for the Air Logistics Complex which monitors and surveils over 10,000 workers completing hundreds of hazardous jobs. He was also selected to be the Emergency Medical Services Medical Director for the first Air Force Fire Department to provide ALS (advanced life support) services. Due to recent vacancies, he now also covers responsibilities as the SGP (Chief of Aerospace Medicine) as well as the SGH (Chief of Medicine). In his spare time, he is teaming with a growing local therapy clinic to improve access for special needs children in early childhood to services which have demonstrated value in long-term development.



Kevan Lutchman, MD, MPH

Kevan Lutchman, MD, MPH (MPH '22, OEMR '23) was born in Trinidad and raised in Canada. He later moved to Texas, completing an undergraduate degree in biology at the University of Texas at Dallas and attending medical school at UT Southwestern Medical Center. He spent additional time in the Dallas-Fort Worth metroplex while completing residency training in family medicine at John Peter Smith Health Network. He spent a year practicing urgent care prior to joining the Harvard OEMR. During his time at the residency program, he played an active role in the education of his peers through hosting weekly board review sessions and serving as the TA for the Introduction to Occupational and Environmental Medicine class at HSPH. Upon graduating from the

program, he furthered his interest in contributing to resident education by staying local and joining the faculty at Cambridge Health Alliance occupational health where he regularly oversees residents. He has also integrated his interests in occupational medicine to developing an occupational health and safety organization, working closely with his father on various projects within several heavy industries. He continues to participate in research and is hopeful for a journal publication in the near future. His clinical acumen within occupational and environmental medicine is ever-expanding through several smaller projects occupying his time when he is not in clinic. Outside of work, he continues to enjoy the many benefits of living in the Boston area: hiking, traveling internationally, and spending quality time with family and friends.



Vasileia Varvarigou, MD, MPH

Vasileia Varvarigou, MD, MPH (OEMR '23) is a Board-Certified Primary Care Physician with a special interest and work experience in Occupational Medicine and Environmental health. As a post-doctoral research fellow at the Harvard T.H Chan School of Public health from 2010-2012 and under the supervision of Professor Kales, she had the opportunity to investigate various associations of cardiovascular disease risk with fitness and sleep in a multi-state cohort of career firefighters. After completing her training in Internal Medicine, she worked as a primary care clinician in a community health center in Dorchester MA, a health facility serving Boston's immigrants and other underserved communities. She continued her work as a primary care doctor at Brigham and Women's Hospital during the first year of the COVID -19 pandemic which

highlighted the importance of including one's employment and the environment when addressing the social determinants of health. She joined the Occupational Health Department at CHA in March 2021 focusing her practice on workplace safety, work-related injuries and exposures and disease prevention. After completing the MPH program in Epidemiology at Harvard Chan, she continues her work as a clinician/public health researcher creating strong partnerships with the industry and policy makers to develop wellness and injury prevention programs for workers and communities. As a member of the occupational health community, she continues to work towards health and safety at the workplace through preventive programs that promote worker health and reduce workplace hazards.



Rachael Zacks, MD, MPH

Rachael Zacks, MD, MPH (MPH '22, OEMR '23) is currently a medical officer in the Hazard Evaluations and Technician Assistance Branch (HETAB) at the National Institute of Occupational Safety and Health (NIOSH). She is grateful to be able to apply the knowledge gained from serving as chief resident at Harvard's OEM residency to tackle emerging occupational hazards through the Health Hazard Evaluation (HHE) program. Her areas of interest in her current position include wildfire smoke, heat related illness, toxic metal exposures, and protection for responders in emergency and disaster response. She is a double board-certified physician in internal medicine and occupational and environmental medicine. Her previous education includes a B.A. in Ecology and Evolutionary Biology from the University of Colorado-Boulder and certificates in

global health and wilderness medicine during her internal medicine residency at Brown. Previously, she has experience in international humanitarian disaster preparedness and response, medical epidemiology, and working with refugee and disadvantaged populations during her fellowship in the Epidemic Intelligence Service. When she's not in the office, you can find her on international travel adventures, taking photographs, running to her favorite EDM mix, or publishing non-fiction stories. She's grateful for her Harvard family and excited to support the next generation of OEM and lifestyle medicine physicians

2024 INCOMING RESIDENTS



Erika J. Anderson, MD

Erika J. Anderson, MD (MPH '25, OEMR '26) grew up in Houston, TX, and completed her undergraduate studies at the University of Texas at Austin. She discovered a passion for international medicine while studying abroad in Cusco, Peru, before graduating with a Bachelor of Science in Nutrition. Soon after, Dr. Anderson was commissioned into the U.S. Air Force and attended medical school at Texas Tech University Health and Sciences Center, studying abroad again, in Kabale, Uganda. Upon graduation, she completed a Transitional Year Internship at Brooke Army Medical Center in San Antonio, TX. Dr. Anderson served two operational assignments as a Flight Surgeon and Medical Director at Air Force Bases in New Mexico and Alabama. In these assignments, she provided direct care for more than 1,000 aviators

and emergency responders, supporting daily C-12, F-16, MQ-9, TH-1H, and UH-60 fixed and rotary-wing flight operations. Dr. Anderson highlights investigating a T-38 aircraft crash and researching dermatologic implications of sleep deprivation in U.S. military members as two memorable experiences during her time in the military. Outside of work, Dr. Anderson enjoys spending time with her husband, Steve, and their two dogs, Bo and Adelo.



Andrew Bagby, MD

Andrew Bagby, MD (MPH '25, OEMR '26) is from Detroit, MI and completed his undergraduate studies at Albion College. Following graduation, he worked in biotech as a clinical scientist. He then earned his medical degree at Wayne State University through the Health Professions Scholarship Program with the US Navy. After completing his internship in Emergency Medicine at Naval Medical Center Portsmouth, he earned his 'Wings' as a Flight Surgeon at the Naval Aerospace Medical Institute in Pensacola, FL. During his two tours stationed at Naval Air Station North Island in San Diego, CA he completed a successful work/deployment cycle with Carrier Air Wing NINE aboard the USS ABRAHAM LINCOLN during the COVID pandemic. Andrew also led the establishment of the medical readiness program as a plank-holding member of the newest Navy V-22 Osprey squadron (VRM-40). It was during this time that he developed his interest in workers' health and safety. He enjoys travel, food, and being outdoors with his wife and dog.



Jeremy Berger, DO

Jeremy Berger, DO (MPH '25, OEMR '26) is from Sacramento, CA and attended undergraduate studies at University of California, Berkeley, followed by graduate studies at Georgetown University. He completed medical school at AT Still University School of Osteopathic Medicine in Arizona. As the Chief of Aerospace Medicine, Jeremy provided support to 2 Wings, clinical oversight to 46 medical providers to deliver care to 3,500 Active-Duty service members and 1,200 aircrew, battlefield airmen, and rated personnel. He directly supported operations for the C-130, HH-60, and A-10 aircraft. As the Installation Occupational and Environmental Medicine Consultant, he followed Occupational Safety and Health Administration standards and directed Bioenvironmental and Public Health teams to detect potential health hazards

as well as prevent disease and injury in 78 work environments. In this capacity, he developed and modified regulatory guidelines and prepared written exposure monitoring and reporting system plans. As an innovative leader, he directed systems changes to enhance the Medical Evaluation Board process and deliver effective transitions of care. Jeremy served two operational tours in the United States and was deployed to Afghanistan as a combat flight surgeon where he received both the Air Force Commendation Medal and AIr Medal with "C" device. His current interests include preventive cardiology for population health, hyperbaric medicine for decompression sickness, and emergency preparedness response. He enjoys spending time with his Taiwanese-American wife, Anny Ku, watching historical period dramas, and listening to 1950's and 60's music.



Aditya Nellore, MD

Aditya Nellore, MD (MPH '25, OEMR '26) grew up in St. Louis, MO before heading to the northeast for college. He began at the University of Rochester, where he studied vocal performance and performed as a part of acclaimed a cappella group, the YellowJackets. He then transferred to Lafayette College, where he was the recipient of the American Chemical Society Prize and graduated Summa Cum Laude with a degree in biochemistry. At this point, Aditya found himself missing his parents and hometown, so he decided to move back to St. Louis for medical school, graduating from Saint Louis University School of Medicine in 2022. Since then, he has provided consulting services for a number of tech companies while also completing a medical internship at St. Luke's Hospital in Chesterfield, MO. Aditya is passionate about pushing the

boundaries in medicine to tackle issues like healthcare access and mental health. Outside of medicine, he loves singing, watching movies, and spending time with his family, friends, and pets. Aditya is incredibly excited to continue his training at Harvard's OEM program and can't wait for the next step of his journey!



Shannel Pegram, DO

Shannel Pegram, DO (MPH '25, OEMR '26) grew up in Reading, Pennsylvania. She completed her undergraduate studies at Norfolk State University, earning a bachelor's degree in chemistry. She graduated from Philadelphia College of Osteopathic Medicine. Following graduation from medical school, she completed her residency in Family Medicine, serving as Chief Resident at Carolinas Medical Center in NC. Dr. Pegram commissioned into the U.S. Air Force where she served five years in Family Health Clinics and as Medical Director. Prior to starting at HSPH, Shannel worked as an embedded Flight Surgeon for a high ops tempo fighter squadron. Outside of work, Shannel enjoys cooking, reading, and traveling. She's lived abroad in Korea twice,

Germany, and the UK. She's visited all seven continents and has been to well over forty countries.



Tiffany Tam, MD

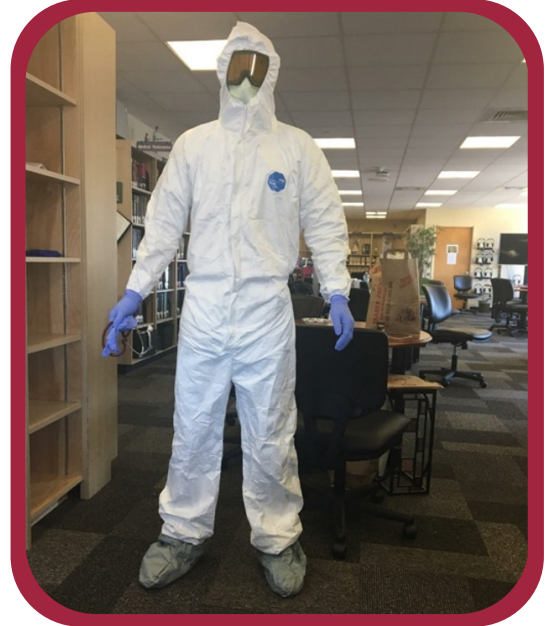
Tiffany Tam, MD (MPH '25, OEMR '26) is a native of Walnut, CA. She graduated from the University of California, Los Angeles with a B.S. in Biology and a minor in Naval Science through the Naval Reserve Officer Training Corps. She earned her medical degree from the Case Western Reserve University School of Medicine in Cleveland, OH. As an active-duty U.S. Navy Medical Officer, she went on to complete an Internal Medicine internship at Naval Medical Center San Diego and subsequent training in Pensacola, FL, where she earned her Wings of Gold and designation as a Naval Flight Surgeon. Tiffany served as a Flight Surgeon for multiple U.S. Marine Corps fighter jet squadrons in Iwakuni, Japan and San Diego, CA, including the first forward-deployed F-35B squadron. During deployment to Djibouti, East Africa, she collaborated with

U.S. Air Force colleagues in the aeromedical evacuation of 46 patients for 16 missions in addition to providing acute care and aviation mishap response. She also completed hundreds of occupational fitness screening physicals for Navy, Marine Corps, and allied nation aviation candidates at the Naval Medicine Aerospace Institute. Tiffany's military experience inspired her to seek to expand her occupational medicine skills through formal residency training at Harvard. Her professional interests include workplace ergonomics and the interface between Occupational Medicine and Lifestyle Medicine. Outside of work, Tiffany enjoys surfing, running, hiking, road trips, and live music--as well as writing her own songs on guitar. Tiffany looks forward to exploring New England and Dunkin'-fueled local adventures.

FROM THE CHIEF:

I first became acutely aware of the occupational hazards around me about a decade ago. I was working as a house officer (HO) in a government hospital in Islamabad, Pakistan and was starting my pulmonology rotation. I was being shown around the ward by another HO. She pointed to a small room opposite the tuberculosis ward and stated, “That’s the drug resistant TB ward, don’t go in there without an N95. One of our HOs caught it and passed away recently”. As I hurried down the hallway holding my breath, I wondered why I had never heard of this event in the 6 months I had been working there. Years later when I was an internal medicine resident in NY working through the COVID pandemic I faced similar emotions of vulnerability, sentiments shared by millions of workers in thousands of industries across the globe.

Last year the WHO declared the end of the global health emergency. Bustling restaurants and crowded airports have aroused cautious optimism for a return to some semblance of pre-pandemic normalcy. Within our program, we were the first cohort to resume in person classes. In the clinic we saw COVID calls decrease substantially. We resumed inviting applicants for in person interviews during match season.



Saad in full protective gear during the COVID pandemic.

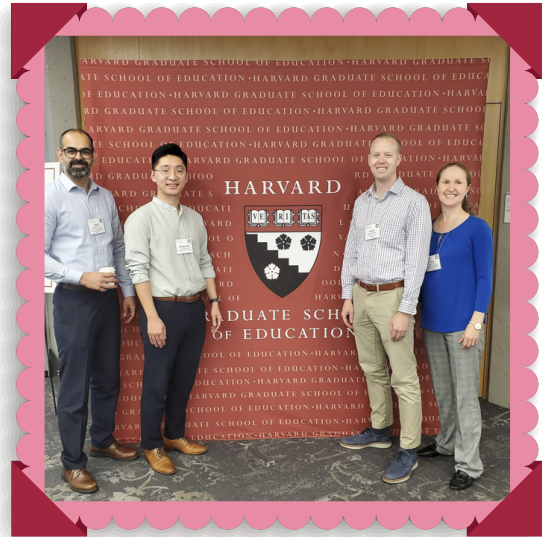
While we mourn the devastating impact of the pandemic and reflect on lessons learned, we must recognize emerging public health challenges - both the new and those that were shelved over the past few years. Loneliness was declared an epidemic; the impact of climate change destroyed communities across the world; and we are just beginning to understand the effects of microplastics and forever chemicals all around us. All these issues are common in their ability to negatively impact the health of workers around the world.

Having worked with my coresidents over the past two years, I cannot think of a more motivated and talented group to tackle these issues. Listening to their research presentations, as well as those of our colleagues in the MS and PhD tracks, has deepened my understanding of the field. Conferences in Philadelphia and Newton proved to be fantastic networking (and dining!) opportunities. Our program continued its tradition of integrative didactics, in large part due to the tireless efforts of Sally Hamm. As part of the Lifestyle Medicine Curriculum, now in its second year, we cooked meals in a food lab, went forest bathing, and learned yoga with Dr. Frates. We welcomed a remarkable group of new residents and were lucky to have Melissa Wan join our class. Shortly afterwards we participated in an exceptionally strong interview season. While we were sad to see our seniors leave, we were lucky to have Dr. Kevan Lutchman stay on as an attending at our clinic. At CHA, Liz Beucler’s patience in showing us the ropes and Dr. Rose Goldman’s dedication to teaching made for a valuable clinical experience.

While the challenges on the horizon may seem daunting and overwhelming, we must continue to be relentless in the pursuit of solutions. As Professor Noam Chomsky said, “Optimism is a strategy for making a better future. Because unless you believe that the future can be better, you are unlikely to step up and take responsibility for making it so.” If there’s one thing I’ve learned over the past two years - it’s that the future is in good hands.

With gratitude,
Saad

RESIDENT LIFE PHOTO JOURNAL:



RESIDENT LIFE PHOTO JOURNAL:



ALUMNI SPOTLIGHT:



Philip D. Parks, MD, MPH (OEMR 2008)

When Dr. Parks (OEMR 2008) joined Commonwealth Health Advisors (CHW) as a partner and strategic advisor in December 2023, he was looking to work with a great team to help companies find innovative solutions to revolutionize healthcare delivery. His decision to join CHW was influenced by the organization's commitment to the highest quality of partnership with clients, sustainability, and putting people first. Working in a medical landscape that is still grappling with the aftermath of the COVID-19 pandemic, Dr. Parks focuses his efforts on three core areas: optimizing healthcare delivery at home, championing value-based care and alternative payment models, and enhancing accessibility and engagement with healthcare services. Logistically, he does this by developing reimbursement and payment

frameworks as well as hybrid models for virtual and in person specialty care. Dr. Parks is a firm believer in the power of virtual support and care and in person care to bridge gaps in healthcare equity, and his team has applied these frameworks in multiple fields related to diabetes, chronic kidney disease, cardiometabolic diseases, mental health, and substance use disorders.

In addition to healthcare delivery, Dr. Park's work involves strategic advisement and investments in companies, mergers, acquisitions, and private equity transactions. Furthermore, he is also engaged in a pro-bono lead mentor role as an Entrepreneur in Residence for Harvard Alumni Entrepreneurs since January 2023. In this role, he collaborates with Harvard alumnus, entrepreneurs and provides advisement and mentorship to early-stage companies and founding teams.

In developing solutions for such a vast variety of healthcare issues, Dr. Parks draws from his rich diversity of experiences over the past several years. He served in the Navy from 2001 to 2014. During and after his deployments in Afghanistan, Iraq, and other countries across the globe, he developed insights into how large-scale organizations tackle logistical and operational challenges and how health and human performance can have dramatic impact on missions. In addition, he also learned about the complex physical, psychological, and biochemical hazards that service members were exposed to in the line duty and in training. Wanting to develop a deeper understanding of these issues, he decided to pursue clinical training at OEMR Harvard supported by a OPSF (Occupational Physician Scholarship Fund). During his time at Harvard, Dr. Parks refined his clinical skills, focusing on holistic health and well-being as well as diagnosing, preventing, and treating unique environmental exposures. He also had the opportunity to develop an entrepreneurial framework by working with mentors in various companies, learning the details about how corporate programs are designed, funded, and implemented on a global scale.

After graduating from the program as Chief Resident, Dr. Parks held a variety of roles in health care including medical director for a health plan (Lifespan), physician leader for corporate health (P&G), and program leader for device and technology development (Draper). Prior to his current role, Dr. Parks was formerly VP, Healthcare Innovation at Cardinal Health, a global Fortune 15 company, where he led growth strategy, innovation, strategic investments, and partnerships. Dr. Parks' team was responsible for deploying strategic investments, driving M&A deal flow, and launching new businesses and business models. Prior to Cardinal Health, he held intrapreneurial leadership roles at Exact Sciences where he launched new capabilities including Healthcare Transformation, Population Health, and Medical Affairs during a period of triple digit revenue growth and two multi-billion-dollar acquisitions.

Although Dr. Parks now primarily works in healthcare consulting, he is a firm believer in the importance of developing robust clinical skills for OEM physicians. For OEM residents considering a career in consulting, Dr. Parks recommends focusing on the fundamentals of clinical practice through hands-on experience. Furthermore, he emphasizes the importance of developing a strong leadership track at an early stage, as well as learning and mastering the art of persuasion and salesmanship, both crucial components in consulting and functioning well in high performing leadership teams.

Dr. Parks wears several caps, combat veteran, clinician, advisor, entrepreneur and he is clear about his top priority in life -- his family. He lives with his spouse and three children in Massachusetts. He enjoys staying active and spends much of his free time snow skiing, hiking, cycling, running, and coaching his children's teams in various sports.

Looking towards the future, Dr. Parks remains committed to his current mission to help companies, small and large, develop and grow to have an impact on human health. He hopes to expand into the field of angel investing, where he aims to further support innovative ideas that have the potential to make a significant impact in the healthcare sector. Dr. Parks' unwavering and tireless dedication to the field suggests a promising future ahead for healthcare startups everywhere.

RESIDENT RECOGNITION:



After completing his residency (OEMR 2020), US Navy physician Dr. Parenteau embarked on a 12-day journey to manage the COVID-19 response in Italy. He was tasked with reopening 64 Department of Defense Educational Activity (DoDEA) schools across 8 countries, serving 25,000 students. Dr. Parenteau's team ensured that the 2020-2021 academic year proceeded without in-school transmission of COVID-19 in the 4 Navy schools across Italy, Spain, and Bahrain. The success of these measures hit close to home as his wife was a newly hired DoDEA teacher. Furthermore, by reconciling recommendations from multiple health authorities across various jurisdictions, Dr. Parenteau's team ensured safe access to gyms, commissaries, and other essential facilities.

Highlighting his adeptness at navigating complex challenges, Dr. Parenteau played a pivotal role during Operation Allies Refuge/Welcome. He facilitated the relocation of around 14,000 Afghan citizens to the United States, applying his knowledge of medical and vaccination requirements gleaned from his OEM training and humanitarian response education.

Dr. Parenteau's expertise was further recognized when he was appointed as the Force Health Protection Physician for the U.S. Naval Forces Europe-Africa. In this role, he developed the Fleet's inaugural protocols for managing mpox, considering both land-based and maritime contexts. In the wake of the devastating earthquakes in Turkey in 2023, Dr. Parenteau's skills were instrumental in evaluating and mitigating health risks for the U.S. Naval Forces in Europe as they deployed a 100-bed field hospital to the affected region.

Throughout his career, Dr. Parenteau has consistently drawn upon the rigorous research skills honed under mentors like Dr. Kales and Dr. Rainey during his Harvard OEMR training. Based in Naples with his family, Alyson and Franklyn, he upholds a steadfast commitment to the welfare of workers and the broader community in times of emergency and crisis.

RECENT ALUMNI AND RESIDENT PUBLICATIONS AND PRESENTATIONS:

Salman S., Arsalan M., Dar FS. Launching Liver Exchange and the First 3-Way Liver Paired Donation. *JAMA Surg.* Published online December 07, 2022. doi:10.1001/jamasurg.2022.5440

Hamm MS., Langer CS. What to know about ADA & GINA governing PPEs & Accommodations. NIOSH ERC EOME, Harvard School of Public Health, 4/7/2023.

Hamm MS. Protecting Outdoor Workers from Wildfire Particulate Matter. Harvard SPH, 5/5/2023.

J. Berry. "Systems Factors with Explosive Decompression Sickness in the USAF", COPE Fighter Conference, New Orleans, LA, 5/19/2023

J. Berry. "Premortem Analysis Aerospace Medicine's Future." 93rd Annual Scientific Meeting for Aerospace Medicine Association Conference, New Orleans, LA 5/25/2023

Hamm MS. Training in Occupational & Environmental Medicine. Published online at ACOEM.org, 6/2023. Also presented a Harvard School of Public Health, Dept of Environmental Health, 6/16/2023.

Berry, J. "Cold Weather Operational Exposure Assessment, Treatment, and Mitigation" United States Army Research Institute of Environmental Medicine (USARIEM), Natick, MA, 8/25/2023

Hamm MS., Winters TH. Healthcare Tuberculosis Programs. Dana Farber Cancer Institute, 10/4/2023.

Hamm MS., Winters TH. Laboratory Associated Infections. NIOSH ERC EOME, Harvard School of Public Health, presented 10/20/2023. Also, Boston Children's Hospital 10/11/2023.

Berry, J. "Shooting Range Lead Safety". Massachusetts Institutes of Technology (MIT) Environmental Health and Safety Department. Cambridge, MA, 11/29/2023

Berry, J. "Exertional Heat Stroke in the Military" New England College of Occupational and Environmental Medicine Conference (NECOEM) Waltham, MA, 11/30/2023

Berry, J. "Drove change to Lockheed Martin's F-16 Cockpit Over pressurization Emergency Checklist, "Cockpit Over-pressurization and Risk of Air Gas Embolism," This change enhances pilot safety and operational safety for global F-16 fleet impacting 25 countries and over 2400 military aircraft." 2023 F-16 Flight Manual Review Conference. 12/11/2023

Berry, J. "Heat Exhaustion and Exertional Heat Stroke". Massachusetts Institutes of Technology (MIT) Environmental Health and Safety Department. Cambridge, MA, 12/20/2023

Berry, J. "Factors Associated with Pharmaceutical Fatigue Mitigation in the Air Force" F-35 Associated Community of Interest, Arlington, VA, 12/29/2023

Hamm S. and Backus A. Jan 2024. TO YOUR HEALTH: Insomnia. Landings. 2024 Jan; 32(1):20.

Berry, J. "Public Health Diseases: Update," Dana Farber Cancer Institute, Department of Occupational Medicine, Boston, MA, 1/15/2024

Berry, J. "Gillette Work Condition Program: Cleared and Ready for Work". Gillette Shaving Headquarters, Boston, MA, 1/18/2024

Knoop C; Morrison D; and Hamm S. Managing Minds at Work: The Occupational Medicine Prescription. Medium., 1/28/2024.

Hamm M. and Backus A. Feb 2024. TO YOUR HEALTH: A healthy relationship with alcohol is important. Landings. 2024 Feb; 32(2):20.

Hamm MS., Backus ASN. To Your Health: A healthy relationship with alcohol is important. Landings, Maine Lobstermen's Community Alliance, vol. 32, no. 2, 2/1/2024, p. 20.

Hamm MS., Christiani DC. Silicosis and Mixed Pneumoconiosis. NIOSH ERC EOME, Harvard School of Public Health, 2/2/2024.

Berry, J. "Aeromedical Dysbarism" Invited Lecturer at the Graduate Aerospace Physiology Certification Course, Case Western Reserve University School of Medicine, Cleveland, OH, 2/7/2024

Berry, J. "Deployment Associated Aerospace Physiology and Challenges" Invited Lecturer at the Graduate Aerospace Physiology Certification Course, Case Western Reserve University School of Medicine, Cleveland, OH, 2/8/2024

Berry, J., and Winters TH. "Agent Specific Training: Vaccinia." Harvard Center for Comparative Medicine. Boston, MA, 2/8/2024

Berry, J. "Public Health Considerations in Immigrant and Refugee Worker Populations" Dana Farber Cancer Institute, Department of Occupational Medicine, Boston, MA, 2/25/2024

Hamm MS. Tetramethylammonium hydroxide Toxicity and Safety. Nanoscale Science and Engineering, Massachusetts Institute of Technology, presented at Emergency Response Seminar, 2/26/24

Leopardi C. and Backus A. Mar 2024. TO YOUR HEALTH: "Stop the Bleed" – An efficient response to deadly bleeding. Landings.2024 March;32(3):21.

Hamm S., and Hamm, M. Laboratory Animal Allergies and Lab Associated Infections. Occupational and Environmental Medicine Colloquium Series, University of Connecticut, presented 3/6/2024.

Wan M. and Backus A. TO YOUR HEALTH: Finding your balance with Meniere's Disease. Landings.2024. submitted.

Berry, J. "Exertional Heat Stroke Occupational Impact and Recommendations" Epicore Biosystems Product Launch, Manhattan, NY, 4/18/2024

Berry, J. "Exertional Heat Stroke in the Military", The 32nd Annual Joint Safety and Environmental Professional Development Symposium (PDS), 4/25/2024

Berry, J. "STRATEGIC ALIGNMENT FOR HUMAN PERFORMANCE SUPPORT IN LONG DURATION SINGLE SEAT SORTIES ", Nineteenth Air Force Aircrew Human Performance Summit: Preparing for Great Power Competition Comprehensive Readiness for Aircrew Flying Training (CRAFT), Ft Sam Walton Beach, FL, 4/29/2024

Berry, J. "Exertional Heat Stroke in the Military", Nineteenth Air Force Aircrew Human Performance Summit: Preparing for Great Power Competition Comprehensive Readiness for Aircrew Flying Training (CRAFT), Ft Sam Walton Beach, FL, 5/2/2024

Berry, J. "Lessons Learned While Addressing Systems Factors with Explosive Decompression Sickness in the USAF, a Joint, International Experience". 2024 Cope Fighter Working Group, Chicago, IL, 5/3/2024

Berry, J. "Factors Associated with Pharmaceutical Fatigue Mitigation in the Air Force". 2024 Cope Fighter Working Group, Chicago, IL, 5/4/2024

J. Berry, Poster Presentation 5/20/2024 : titled "Exertional Heat Stroke in the Military". American Occupational Health Conference (AOHC), Orlando, FL

Hamm MS, Kales SN. Factors that influence the pipeline of OEM training programs, presented 5/20/2024 at the American Occupational Health Conference; also at HSPH Seminar in OEH Research 2/9/24. NIOSH research grant T42 OH008416.

Hamm MS, Mullinax RA. Report on the OEM Pipeline Presidential Task Force, presented at AOHC, Orlando, FL 5/20/2024.

OUTSTANDING CLINICAL AND ACADEMIC TEACHING AWARDS

Each year, OEMR residents elect one clinical preceptor from their clinical rotations and one faculty instructor from their master's in public health courses who have had an especially meaningful impact on their training and education to receive awards of recognition. In 2023, residents also recognized a faculty member of the Cambridge Health Alliance Occupational Health Clinic for her outstanding support to the residents.



**Marie-Christine
David, MD, MPH was
awarded the
2023 Outstanding
Clinical Faculty
Award**



**Barrak Alahmad, MD,
PhD was awarded the
2023 Outstanding
Academic Faculty
Award**



**Vasileia Varvargiou,
MD, MPH was awarded
the 2023 Outstanding
Clinical Faculty Support
Award**

Thank you all so much for your support of the program and the personal attention you give to the education of our residents!

IN THE NEWS:

On August 16, 2023, the Harvard School of Public Health News feed featured an article titled “Adherence to a Mediterranean Lifestyle Associated with Lower Risk of All-Cause and Cancer Mortality”. The article covers a study published in Mayo Clinic Proceedings about the overall health benefits of a Mediterranean lifestyle. HSPH Adjunct Assistant Professor of Environmental Health, Mercedes Sotos Prieto, Ramon y Cajal, MD, PhD is the study lead author along with other co-authors, including Stefanos Kales, MD, MPH, OEMR Program Director. Article is found [here](#).

On April 4, 2024, two of our second-year residents, married couple Matthew Hamm, MD, MPH and Sally Hamm, MD, MPH were featured by the Harvard School of Public Health News. In the article the Hamm’s speak about their occupational medicine residency training and family life with their four children in Boston. We congratulate Matt and Sally on this piece! Article is found [here](#).

Gina Solomon, MD, MPH, an OEMR Alumna, and OEMR Director (2008-2012), was recently named the new Chief of the Division of Occupational, Environmental, and Climate Medicine in the Department of Medicine at University of California San Francisco (UCSF). We congratulate Gina on this latest achievement!

In May 2024, Dr. Matthew Hamm was honored with the ACOEM Presidential Award. Through 2023-24, Dr. Hamm assembled and led the OEM Pipeline Joint Task Force, a solutions-oriented team of 24 stakeholders nationwide to increase residency-trained occ docs, preserve the medical specialty, and protect the American workforce. The Task Force systematically discovered, developed, and implemented enduring solutions to over one dozen friction points that had hindered the field of OEM, generally, with another dozen currently in development and implementation.

IN MEMORIAM

Recently, the OEM family lost an outstanding contributor to our field, Dr. Raymond “Ray” Leo Harrington Murphy, Jr. We honor Dr. Murphy here.

A valuable member of the Harvard Occupational Medicine community passed away recently. Dr. Raymond “Ray” Leo Harrington Murphy, Jr, of Chestnut Hill and Wareham, MA passed away on February 26th, 2024, at the age of 91 at the Parlin Hospice in Wayland, MA. Ray served as Assistant Clinical Professor of Occupational Medicine at the Harvard School of Public Health and Associate Clinical Professor at Tufts University School of Medicine. Ray was a pulmonologist who came to the Harvard Chan School to complete his ScD degree, with a thesis that focused on asbestosis, and he helped to usher in stricter workplace exposure limits to the deadly dust. He was a teacher and researcher at the Harvard Chan School and at the Faulkner Hospital for many years. Recognizing the potential for technology to transform the analysis of lung sounds, Ray along with the International Lung Sounds Association (ILSA), brought engineers and medical experts together to accelerate the progress in the study of lung sounds. We are thankful for his contributions, and we celebrate his long life and career.

This obituary was written by Dr. David Christiani, Elkan Blout Professor of Environmental Genetics, in remembrance of a remarkable colleague.

AOHC/ACOEM - 2023

The 2023 American Occupational Health Conference (AOHC/ACOEM) was held on April 16-19th at the Philadelphia Marriott Downtown in Philadelphia, PA. OEM residents and faculty attended the conference and participated in the Residency Fair to promote and recruit for the program. Several of our residents were selected for scholarship awards to attend the conference. We thank AOHC/ACOEM for their support!



NECOEM - 2023

The 2023 New England College of Environmental and Occupational Medicine (NECOEM) conference was held on November 30-December 1st at the Boston Newton Marriott Conference Center and included the following resident contribution.

Jacob Berry, MD, MPH - "Exertional Heat Stroke in the Military"

DONOR RECOGNITION:

This list reflects donations to the HSPH OEMR for the 2023 Fiscal Year.

\$1,000 - \$5,000

Dr. Stefanos and Mrs. Ana Kales
Dr. Samuel Forman

UP TO \$750

Dr. Alan Drabkin	Ms. Allison Huang
Dr. Kevin Chih Loh	Mr. Brian J. Quinn
Dr. Rose Goldman	OccMed Consulting, P.C.
Dr. Glen Cheng and Mrs. Ju Lee Cheng	Occupational & Environmental Health Network

Thank you to our Generous Supporters!

Donate to Resident Education at OEMR

Help Maintain our Tradition of Excellence!

Donating is easy- you can donate online.

Yes! I want to donate to HSPH OEMR. Donating is easy, you can donate online [here](#).

Please make a note that your gift is for the HPSH OEMR Program (Nyla Medlock Endowed Fund or the OEMR Gift Fund) or you can complete the following section and enclose it with your payment. Please contact **Mr. John Yong at jjyong@hsph.harvard.edu or 617-432-2219 for assistance.**


First Name _____ Last Name _____
 Street Address _____ City _____
 State _____ Zip Code _____
 Phone Number _____ E-mail _____
 Donation Amount \$ _____
 OM Gift Fund _____ OR Nyla Medlock Endowment _____

Please mail to:
Mr. John Young
 Environmental Health
 Harvard School of Public Health
 665 Huntington Ave
 Boston, MA 02115

We want to hear from you!

Did you relocate and accept a new position? Have you been promoted? Do you have family or other news that you would like to share? Let OEMR and your colleagues know what you are up to and stay connected by emailing: crodriguez@hsph.harvard.edu

ADVERTISEMENTS



OEHN Optimizing Health and Safety
Occupational & Environmental Health Network

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
Deborah N. Barbeau, MD, PhD, MSPH
and Team

www.oehn.net



RelieVR_x[®]

POWERED BY

AppliedVR[®]

ADVERTISEMENTS



Gayle Medlock Reese
gayle@medlockconsulting.com
806-786-6093
www.MedlockConsulting.com

Established in 1990, Medlock Consulting knows how and where to find the kinds of professionals who will meet and exceed your expectations.

We have successfully completed assignments for Occupational Medicine Physician Executives, Medical Directors, and Leaders/Clinicians for Fortune Global 500 corporations, medical health systems, hospitals, clinics, and academia

A premiere consulting service, MDOHC provides individual consultants or teams. We provide services for companies with any level of consultation needs, from local to global! During the pandemic, MDOHC has proven to be invaluable in helping companies through the advisory board researching, networking, collaborating, and providing sustainable solutions. These companies have recognized the need to keep the teams in place for long-term advice as well.

“Nyla Medlock (Founder) named as one of the nation’s 50 Most Influential People in Workers' Compensation and Occupational Medicine.”
Certified Woman Owned Business

806-786-6093
WWW.MDOHC.COM

OUR FOCUS

“We strive to break new ground in the design and implementation of one-of-a-kind, sustainable solutions to drive access to healthcare across today’s developing countries and emerging markets.”