STRESS — and:

- Adolescents
- Medical Students
STRESS AND ADOLESCENTS

by Ruth Worthington, D.O., assistant professor of pediatrics.

The intensity and number of changes that occur in the life of an adolescent contribute heavily to the stresses of this age group. Most noticeable are the remarkable changes that occur in the adolescent's body. The child's body experiences slow but steady growth until adolescence when growth accelerates. Hormonal effects cause the appearance of secondary sex characteristics as well as new thoughts, feelings and capabilities.

A large portion of adolescent thought is occupied with body image. This can be intensified in the adolescent who experiences these bodily changes earlier than normal, later than normal, develops organs that are "too small" or "too large," has moderate to severe acne (some

become extremely sensitized to any acne at all), or has some other feature which isn't "perfect." These can also become dominant concerns in those who only think that they suffer from any of the above.

Because of the egocentricity of this age group, predisposing even normal adolescents to feel the whole world is

ON THE COVER: This graphic representation for our second issue on stress was done by artist Susan Lang.

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subjecting them to extremely close scrutiny, even minor and normal irregularities take on the magnitude of intense abnormalities.

While the physical changes are overt, cognitive and psychosocial changes are far more subtle, at least initially. Peer pressure is deservedly the most publicized and compelling of these to those who "suffer" from lack of financial resources "to keep up" with regards to dress, activities, etc., lack of (as they see it) adequate personality and/or poise to associate with the desired crowd, desperation leading to belonging to a group where the behavior is contradictory to their embryonic values, or lack of background or ego strength to assert individuality. For these individuals adolescence can be an extremely troubled period.

Those who have no experience or support in resolving the control issues (extrinsic to intrinsic) involved in the transition of dependent child to independent productive adult experience difficulties almost any way you want to look at it (legal, educational, emotional, occasionally physical). Some of them become "stuck" in the phase of adolescence where blame is always placed elsewhere, and never move to the adult position of maintaining responsibility for oneself and one's behavior. This is an attribute which makes adolescents very difficult to work with.

Stress in one form or another is a normal part of day-to-day life and adolescents, as part of their growth, must learn to handle it. This as most other developmental tasks is usually accomplished on a trial and error basis. A good role model is a strong asset, whether it be parent, teacher, minister, coach, a friend's parent, etc. Another strong asset is to have been exposed to and tried out a variety of coping mechanisms prior to adolescence. When the support and background, either in actuality is not present or even not perceived as present, the "stress" may manifest itself in a variety of ways.

Often we see an acting-out adolescent. This acting out may take many varied and creative forms -- from inability to pay attention in class or other situations, to running away, to sexual promiscuity, to various forms of violence, and of course, substance abuse. Others may become depressed and withdraw, some even to the point of contemplating, attempting or actually committing suicide. Others tend to somatize their complaints, and it is not uncommon for the appointments scheduled in an adolescent clinic to be dominated by vague abdominal complaints, headaches, and fatigue. The previously mentioned manifestations of stress are obviously those which indicate
to some degree that the adolescent has inadequate coping mechanism or ways of dealing with the stress.

It must always be remembered that the vast majority of adolescents pass through this phase with some or no difficulty at all and are able to refine their coping mechanisms and their methods of dealing with stress in very productive manners.

When dealing with adolescents who do manifest stress it is important to determine which ones are displaying normal manifestations of the trial and error phase and which ones not only do not have the proper background in coping mechanisms or ego strength but also those who have violated familial and societal boundaries for acceptable behavior.

These adolescents may need long term assistance in developing coping mechanisms, intense guidance in forming personally and socially acceptable value systems, and counseling to assist in the integration of these characteristics into a positive self-image.

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**STRESS AND MEDICAL STUDENTS**

Stresses on medical students are numerous, significant, and in many cases, unique to them, according to **Celia B. Guro, Ph.D., MSU-COM's coordinator for counseling and academic advising.**

"Though issues of course will vary with individuals, there are a number of common stresses inherent to medical students," Dr. Guro noted.

"Lack of time for anything outside class and study is the single biggest factor affecting their interpersonal relationships," she said. "Persons who are single find little time to make friends. Those who are married feel they are neglecting their spouses and children."

"Female students often have a double whammy," she said. "Unless the male in
the relationship is very secure, there seem to be more issues for women."

Lack of time also affects the basic logistics of living, Dr. Guro said, from getting adequate sleep and exercise to doing the laundry.

Emotional work is also delayed when students cannot take the time to sort out their feelings and reactions to significant events in their lives.

"Some students," she said, "feel they have not had the time even to mourn the death of a loved one."

Dr. Guro said that the content and the context of the curriculum are also stressful to the students, even though class hours do not exceed a normal working day.

"The amount of time spent in class is a stressor in itself. The stress in class comes because their are few choices available to the individual in that context," she noted. "They can't take a break without missing out. They are of necessity one of 125 in a regimen."

Dealing with life and death issues, with sexuality, and doing procedures such as genital and rectal examinations are also stressful for many medical students, she said.

Ironically, inexperience with failure is a major stressor for a number of the students.

"For the first time in their lives, many of these students are not at the head of their classes," she noted. "They perceive that they have 'failed,' forget all their successes, and don't have the skills to know what to do with the failure."

"Others don't address the gap between their expectations about medical school and reality. They're afraid to question whether they have made the right decision."

Finances plague most students, who "feel very vulnerable when they are not able to pay their bills," she said. In addition, medical students do not have the liberty to pay for services that would save them personal time.

What are the characteristics of the best copers among medical students?

"Generally they have an adequate academic background, are mature, and respect the basics -- relationships, diet, exercise and sleep," Dr. Guro said. "They know when they are experiencing difficulties and they seek assistance for it. They talk with people they know who care about them."

"Their attitudes are balanced," she continued. "They don't see medical school as the be-all and end-all of life. And they learn to change messages: they don't view failing one exam as 'total failure.'" 

"People who are successful are able to separate lack of skill from failure as a person," Dr. Guro emphasized. "They know when they need help. They ask for it. There's always a resource."
INTERNERSHIP INFORMATION PROGRAM:
FESTIVE INPUT FOR PLANNING

The noise level in the classroom was high, the hospital exhibits crowded. Students were well-dressed and laden with brochures. Conversations were intent and animated. It was MSU-COM's annual Internship Information Program.

Twenty-three hospitals and corporations participated this year. Those from Michigan included Botsford General, Carson City, Detroit Osteopathic, Flint Osteopathic, Garden City, Grand Rapids Osteopathic, Lansing General, Michigan Osteopathic Medical Center, Lakeview General Osteopathic, Mount Clemens General, Muskegon General, Oakland General, Pontiac Osteopathic, Riverside Osteopathic, and Saginaw Osteopathic Hospitals.

Those from outside Michigan were Grandview Hospital, Dayton, Ohio; Hillcrest Osteopathic Hospital, Oklahoma City; Memorial General Hospital, Union, New Jersey; Lakeview Hospital, Milwaukee; Oklahoma Osteopathic Hospital, Tulsa; Sandusky Memorial Hospital, Sandusky, Ohio; and Westview Hospital, Indianapolis.

A number of MSU-COM alumni represented guest hospitals. These included Drs. Sylvia Mustonen, Richard Below, Joyce Michael, William Grace, Kevin Donaghey, S. Chris Dalm, Judy Annen, Ross VanAntwerp, Carl Harlan, Ray Rabideau, Mary Anne Kolar, Mark Sherrard, and Medley Larkin. Unit III student Richard Wilkins was also a hospital representative.

The Internship Information Program is organized each year through the Office of Student Affairs to assist students and hospitals in internship selection.

It's no surprise but...
DEBTS OF OSTEOPATHIC STUDENTS
ARE ON THE RISE

Nine out of ten students who entered an osteopathic medical college in 1982 expect to be significantly in debt by graduation in 1986.

These data are cited in a recent report compiled by the American Association of Colleges of Osteopathic Medicine, which surveyed freshmen and seniors in the 15 colleges of osteopathic medicine in the United States.

For entering freshmen, two out of three were in debt, as opposed to seniors who, upon entering, were in debt at a ratio of one to two. The average entering debt had increased by 45 percent.

However, the expected average indebtedness at graduation for 1986 graduates is 83% higher than for 1983 graduates.

The report, entitled "The Debts of Osteopathic Students," is available from AACOM, 6110 Executive Blvd., Suite 405, Rockville, MD, 20852 at $6 a copy.
MONDAY, JUNE 18, 1984

Pulmonary Lectures: "Fiberoptic Bronchoscopy" by Bert Rabinowitz, D.O., Pulmonary Division, Botsford General Hospital. 11:30 a.m. to 1 p.m. Botsford General Hospital, 28050 Grand River Avenue, Farmington Hills.

"Travel/Study Program to China." Through July 5. Tour includes Hong Kong, Beijing, Xi'an, Shanghai, Hangzhou, Guilin, and a Japanese option July 5-11. Sponsored by Michigan Center for Continuing Education in Osteopathic Medicine. Contact Duane M. Tester, 313/335-7742.

WEDNESDAY, JUNE 20, 1984


FRIDAY, JUNE 29, 1984


THURSDAY, JULY 5, 1984


SATURDAY, JULY 14, 1984

"Common Medical Problems -- Part II." 8 a.m. to 3:15 p.m. at Detroit Osteopathic Hospital, 12523 Third Avenue, Highland Park. Approved for six hours Category IA CME credits. For information, call 313/252-4823.

WEDNESDAY, JULY 18, 1984


MONDAY, AUGUST 13, 1984

* "Tutorial on Direct Action Thrust Manipulative Therapy" sponsored by the MSU College of Osteopathic Medicine and College of Human Medicine. Through August 17 at MSU's Kellogg Center. 40 hours Category I credit for M.D.s and D.O.s. Contact Sandy Kilbourn, 517/353-9714.

WEDNESDAY, AUGUST 15, 1984

THURSDAY, MAY 3, 1984

Microbiology and Public Health: Seminar by Mary Ann Osley, Sidney Farber Institution, Boston. 4 p.m., 146 Giltner.


SATURDAY, MAY 5, 1984

* "Advanced Muscle Energy Tutorial (Below Diaphragm)" sponsored by the MSU College of Osteopathic Medicine and College of Human Medicine. Through May 9. 40 hours Category I credit for D.O.s and M.D.s. Contact Sandy Kilbourn, 517/333-9714.

SUNDAY, MAY 6, 1984

"Dilemmas In Dealing with the Critically Ill and Dying," a seminar for religious and medical professionals. Through May 7. University Lutheran Church, 1020 South Harrison, East Lansing; and MSU's 105 S. Kedzie Hall.

MONDAY, MAY 7, 1984

Pulmonary Lectures: "Current Concepts in Pulmonary Edema" and "Biventricular Function, Importance of Right Ventricle Function in the Critically Ill" by William Sibbald, M.D., co-coordinator of the Critical Care Trauma Unit, Victoria Hospital, and clinical professor of medicine, University of Western Ontario. 11:30 a.m. to 2:15 p.m. Botsford General Hospital, 28050 Grand River Avenue, Farmington Hills.

Biochemistry seminar: "Mannose-oligosaccharide Recognition by Macrophages: Kinetic and Functional Studies" by Philip Stahl, Department of Physiology & Biophysics, School of Medicine, Washington University, St. Louis. 4 p.m., 101 Biochemistry.

TUESDAY, MAY 8, 1984

Pharmacology and Toxicology: "Role of Leukocyte-derived Oxygen Radicals in Tissue Injury In Vivo" by Kent Johnson, Department of Pathology, University of Michigan. 4 p.m., B448-9 Life Sciences.

WEDNESDAY, MAY 9, 1984

WEDNESDAY, MAY 9, 1984

"Salt/Obesity in Hypertension: Role of Sympathetic Nervous System" by James Sowers, M.D., endocrinologist, UCLA Medical Center. 12 p.m. at Oakland General Hospital Auditorium, 27351 Dequindre, Madison Heights. CME credit available. Contact Office of Medical Education, 313/967-7795.

THURSDAY, MAY 10, 1984


THURSDAY, MAY 17, 1984

* Lansing Area Pathologists Case Studies. 5:30 p.m. in A131 E. Fee. One hour CME credit. Contact Sandy Kilbourn, 517/353-9714.


Microbiology and Public Health: "Genetics of Denitrification and the Natural Transformation System in Pseudomonas stutzeri" by John L. Ingraham, Department of Bacteriology, University of California at Davis. 4 p.m., 146 Giltner.

Pharmacology and Toxicology: "Sodium/Calcium Exchange in the Heart" by John Lederer, Department of Physiology and Biophysics, University of Maryland, Baltimore. 4 p.m., B448-9 Life Sciences.


SUNDAY, MAY 20, 1984

Academy of Osteopathic Directors of Medical Education. Spring program at Epcot Center, Disneyworld, Orlando, Florida. Through May 23. Contact Richard Margoles, Ph.D., Pontiac Osteopathic Hospital, 50 N. Perry, Pontiac, 48058.

MONDAY, MAY 21, 1984

Pulmonary Lectures: "Noninfectious Granulomatous Pulmonary Disease" by Jack E. Belen, D.O., pulmonary consultant, Pontiac Osteopathic Hospital, and Crittenton Hospital, Rochester. 11:30 a.m. to 1 p.m. Botsford General Hospital, 28050 Grand River Avenue, Farmington Hills.

TUESDAY, MAY 22, 1984

Pharmacology and Toxicology: Seminar by Kazuhiko Iwatsuki, visiting professor, Department of Pharmacology, University of Tennessee. 4 p.m., B448-9 Life Sciences.
WEDNESDAY, MAY 23, 1984

"Atypical Pneumonias" by Basil B. Williams, D.O. 12 p.m. in auditorium of Oakland General Hospital, 27351 Dequindre, Madison Heights. For information call 313/967-7795.

THURSDAY, MAY 24, 1984

Microbiology and Public Health: "Intracellular Electron Transfer in Deazaflavin-reducing Enzymes from the Methanogenic Archaeobacteria" by James G. Ferry, Department of Anaerobic Microbiology, Virginia Polytechnic Institute. 4 p.m., 146 Giltnner.

TUESDAY, MAY 29, 1984

Pharmacology and Toxicology: "Mutagenicity of Three Neuroleptic Compounds that are Mammary Carcinogens" by Ann Aust, Warner-Lambert/Parke-Davis, Ann Arbor. 4 p.m., B448-9 Life Sciences.

MONDAY, JUNE 4, 1984

Pulmonary Lectures: "Pulmonary Vasculitides, Recognition and Management" by Ronald Sherman, D.O., pulmonary consultant, Pontiac Osteopathic Hospital, and Crittenton Hospital, Rochester. 11:30 a.m. to 1 p.m. Botsford General Hospital, 28050 Grand River Avenue, Farmington Hills.

MONDAY, JUNE 11, 1984


WEDNESDAY, JUNE 13, 1984


FRIDAY, JUNE 15, 1984

DENNIS R. LEMANSKI NAMED
DME AT RIVERSIDE OSTEOPATHIC

Dennis R. Lemanski, D.O., has been named director of medical education at Riverside Osteopathic Hospital, Trenton, and will be responsible for overseeing the intern, resident, subspecialty resident and extern teaching programs at the hospital.

A graduate of the Chicago College of Osteopathic Medicine, Dr. Lemanski has been a member of the Riverside attending staff since 1977. In 1979, he was elected a member of the corporate board of the Detroit Osteopathic Hospital Corporation, and in January was elected to a five-year term as a board member of Horizon Health Systems, DOHC's parent company.

In 1983, he was Riverside's medical staff secretary, and chairman of the Department of General Practice. He is an assistant clinical professor of medicine at MSU-COM.

*NOMINATIONS REQUESTED FOR 1984 ALUMNUS OF THE YEAR*

Nominations are being requested from MSU-COM alumni for the 1984 "Alumnus of the Year," an individual who exemplifies public service, clinical expertise, and a strong commitment to the osteopathic profession.

The award includes a plaque for the recipient and a monetary grant to the MSU-COM student loan fund in the recipient's name. The award is administered through the MSU-COM Alumni Association.

This is the second year the award is offered. In 1983, Kenneth Stringer, D.O. (’75) was the recipient.

Nominations, including pertinent data on qualifications, should be sent to Rosemary Havey, D.O., 1748 Shore Club Dr., St. Clair Shores, Michigan, 48080. Presentation of the award will be made during the Alumni Scientific Seminar, October 14-15, which will include the Notre Dame/MSU football game.

*OPPORTUNITIES FOR MISSION HOSPITAL SERVICE IN RWANDA, AFRICA*

Medical students seeking clerkships or medical faculty interested in sabbatical leave abroad have opportunities for service in a 150-bed mission hospital in Rwanda, Africa.

Rwanda is a small mountainous country of the East African Highlands. Further geographical background and details of the country are available from the African Studies Resources Center, International Studies and Programs Building, MSU; 517/353-1700.

For information on hospital service, write Dr. George Pearnhough, chief medical officer, Kibogora Hospital, c/o Free Methodist Church, P.O. Box 861, Kigali, Rwanda.
JOIN THE MSU-COM CHALLENGE!

Medical school competition takes a new twist at MSU-COM with the College's first "Challenge," a two-day tournament that pits the first-year class vs. the second-year class vs. faculty/staff/alumni.

The "Challenge," will include basketball, bowling and volleyball from 7 to 9 p.m. May 3 and softball, golf, and a reception to honor the winners on May 4.

The event was organized by a committee which includes Ken Stephens, Ph.D., specialist in the Department of Osteopathic Medicine; William Falls, Ph.D., assistant professor of anatomy; and medical students Mike Chabot, Shauna Wright, Jim VanWagner, and Donna Smith.

Persons interested in participating or making donations to the event should contact Dr. Falls at 517/353-5290. An expanded version of the "Challenge" is being planned for next fall.

"We wanted to create an informal setting in which faculty, staff and students could get to know one another better," Dr. Stephens noted.

* * * *

1983 YEARBOOK COPIES AVAILABLE

There are still additional copies of the 1983 yearbook, "Osteograph," available for purchase.

Persons interested in obtaining a copy should contact Susan Hendrix, D.O., 1428 Somerset Close, East Lansing, Michigan 48823. Cost is $25 a copy.

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ADMISSIONS OFFICE HOLDS INFORMATION SESSIONS

General information sessions for prospective medical students will be held by MSU-COM's Admissions Office from 12 to 1 p.m. in E105 Fee Hall.

Sessions, scheduled for Wednesday, May 2, and Wednesday, June 6, will be followed by time for individual questions. For more information, contact the Admissions Office, 353-7740.

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1985 YEARBOOK REQUESTING ADS, ORDERS, AND DONATIONS

Persons wishing to purchase a 1985 yearbook, make a donation, or run an advertisement, are encouraged to do so by May 23. Cost of the yearbook is $30. Ad prices range from $30 for an eighth of a page to $160 for a full page.

For more information, contact editor David Hyler, Department of Biomechanics, or see the order form on page 11 of the March 5 "Communique."
Continuing Medical Education

ADVANCED MUSCLE ENERGY TUTORIAL
MAY 5-9: KELLOGG CENTER

Examination, analysis and treatment of the lower extremities, pelvis, abdomen, and lumbar spine will be featured in this tutorial on the advanced muscle energy techniques used below the diaphragm.

The course, approved for 40 hours Category I credit for D.O.s and M.D.s, is scheduled for May 5-9 at MSU's Kellogg Center.

Faculty include

Paul Kimberly, D.O., clinical professor of biomechanics, MSU-COM, and former Stuenenberg Professor and chairman of the Department of Osteopathic Theory and Methods, Kirksville College of Osteopathic Medicine

Fred Mitchell, D.O., professor, Department of Family Medicine, MSU-COM

Carl W. Steele, M.S., P.T., director of physical therapy and occupational therapy, Metropolitan Hospital, Detroit.

Edward Stiles, D.O., private practice in general medicine and manipulative therapy, Norman, Oklahoma.

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BASIC PRINCIPLES OF MANUAL MEDICINE
JUNE 11-15 AT KELLOGG CENTER

Lectures, demonstrations and practice sessions on the spine, pelvis and extremities using basic principles of manual medicine will be featured in this tutorial.

The program is sponsored by MSU-COM in conjunction with the MSU College of Human Medicine and the North American Academy of Manipulative Medicine.

Forty hours of Category I credit for both M.D.s and D.O.s are offered.

Faculty include:


Paul Kimberly, D.O., adjunct clinical professor of biomechanics at MSU-COM and former Stuenenberg Professor and chairman of the Department of Osteopathic Theory and Methods, Kirksville College of Osteopathic Medicine.

Steven Levin, M.D., Secretary-Treasurer, North American Academy of Manipulative Medicine, private practice in orthopedic surgery, Alexandria, Virginia.

John Mennell, M.D., adjunct clinical professor, Department of Osteopathic Medicine at MSU-COM, past president of the North American Academy of Manipulative Medicine, and noted author of multiple texts on manipulative medicine.

Carl W. Steele, M.S., P.T., director of physical therapy and occupational therapy, Metropolitan Hospital, Detroit.
MEDICAL EMERGENCIES MANAGEMENT  
JUNE 15-16, MACKINAC ISLAND

The management of medical emergencies will be featured in a two-day program June 15-16 at the Grand Hotel on Mackinac Island.

Topics will include MI complications, eye emergencies, urgent care legalities, hypertensive crises, food poisoning, upper GI bleeding, anaphylaxis, courtroom testimony preparations and cardiac arrhythmia management.

Cosponsors are MSU-COM and Riker Laboratories. Ten hours of Category I credit are offered.

Faculty include:

Robert D. Aranosian, D.O., director of emergency medicine and general practice, Community Memorial Hospital, Cheboygan; board-certified in general practice
Michael J. Bacon, D.O. (moderator), director of family medicine and general practice, Community Memorial Hospital, Cheboygan; board-certified in general practice
Robert Bitterman, M.D., clinical instructor, emergency services, University of Michigan; emergency physician, St. Joseph Mercy Hospital, Ann Arbor
Michael Q. Doyle, D.O., director of emergency services, director of residency training program, Pontiac Osteopathic Hospital
Oliver W. Hayes III, D.O., chief medical resident, Michigan State University Affiliated Hospitals, emergency medicine residency
David T. Malicke, D.O., chairman, Department of Emergency Medicine, Pontiac Osteopathic Hospital; board-certified in internal medicine and emergency medicine.

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DIRECT ACTION THRUST MANIPULATIVE THERAPY:  
TUTORIAL AUGUST 13-17 AT KELLOGG CENTER

An intensive course on the fundamentals and use of direct action, high-velocity manipulative therapy is offered August 13-17 at MSU's Kellogg Center.

Prerequisite for the course is the D.O. degree or the M.D. with training in manual medicine. Forty hours of Category I credit are offered for both D.O.s and M.D.s.

Faculty include:

Paul Kimberly, D.O., adjunct clinical professor of biomechanics at MSU-COM; former Stuenenberg Professor and chairman of the Department of Osteopathic Theory and Methods, Kirksville College of Osteopathic Medicine
Fred Mitchell, D.O., professor of family medicine, MSU-COM
Edward Stiles, D.O., private practice in general medicine and manipulative therapy, Norman, Oklahoma.

For further information on any of these courses, contact Sandy Kilbourn, M.A., coordinator for continuing medical education, MSU College of Osteopathic Medicine, A306 E. Fee Hall, East Lansing, Michigan, 48824; 517/353-9714.
STUDENTS

G. Lynn Gibson, fourth-year student, and her husband Michael announce the birth of their son, Ryan Patrick. She writes, "He made his arrival on Tuesday, March 13 at 10:57 a.m., weighing in at 8 pounds 6 ounces and measuring 21 1/2 inches long. His 'Aunt' Carole Rizzo, D.O. (MSU-COM alum) was in attendance at his birth. His anticipated entrance to MSU-COM will be September 2005!"

ALUMNI

'73 John C. Bauman, D.O., has been elected chairman of the Department of Surgery at Riverside Osteopathic Hospital, Trenton.

'74 Philip V. Marinelli, D.O., has been promoted to lieutenant colonel in the U.S. Medical Corps and has been subspecialty certified in neonatal-perinatal medicine. He also presented "Persistent Pulmonary Hypertension" and "Antenatal Steroids" at the annual meeting of the American College of Osteopathic Pediatricians, held in Orlando, Florida.


DENNIS O'Connor, D.O., has been named the 1984 Distinguished Alumni Award recipient of Saginaw Valley State College. He was cited as a "physician with a strong commitment to community service, a broad range of interests, and a belief that education is a lifelong process." A private practitioner in Hemlock, Michigan, Dr. O'Connor has volunteered his services as team physician for SVSC, and works as department head of general practice at Saginaw Osteopathic Hospital.

'82 Lt. Craig M. Bereznoof, D.O., has received wings as a flight surgeon from the Naval Aerospace Medical Institute at Pensacola, Florida. Dr. Bereznoof also received the commanding officer's Fox Flag Award for attaining the highest academic average in his class. He is based at El Toro Air Base in Santa Ana, California.

'83 Christopher W. Penoyar, M.S.N., D.O., was selected as the recipient of the Brown and Janower Medical Achievement Award for the 1983-84 internship class. The award is given to an intern at Michigan Osteopathic Medical Center who demonstrates outstanding commitment to providing primary care as an osteopathic physician.

FACULTY

Barbara Sparks, M.S.N., assistant professor of osteopathic medicine, presented "The Relationship Between the Length of the Second Stage of Labor and Birthing Position" at the April 1-3 meeting of the Midwest Nursing Research Society, held in Minneapolis.

Joe Dale Patton, Ph.D., research associate in the Carcinogenesis Laboratory, was recently recognized by the Big Brothers/Big Sisters of Greater Lansing for his "generously giving time each week serving as a role model for a young child."

Teresa Bernardcz, M.D., professor of psychiatry, presented a paper on "The Psychotic Gravida: Management without Drugs" at the annual meeting of the American Society for Psychosomatic Obstetrics and Gynecology, held in Sarasota, Florida, March 22.

Ralph Birzon, D.O., associate clinical professor of family medicine, has been appointed as a consultant to the State of Florida's Department of Professional Regulation. Dr. Birzon lives in Hollywood, Florida.

THE "COMMUNIQUE" CONNECTION

Please use this form for submission of material. The editors and editorial advisory committee retain the right to edit or exclude any material. Please print or type, and do not include any information that is more than one month old.

Date of submission ____________

Name ___________________________ Highest degree ___________________________

Position (MSU-COM) ___________________________ Alum? _______ Year graduated ____

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PLEASE RETURN TO Medicine & Health Information, D130 West Fee Hall, Michigan State University, East Lansing, MI 48824-1316. For assistance call 517/353-0820.

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East Lansing, MI 48824-1316