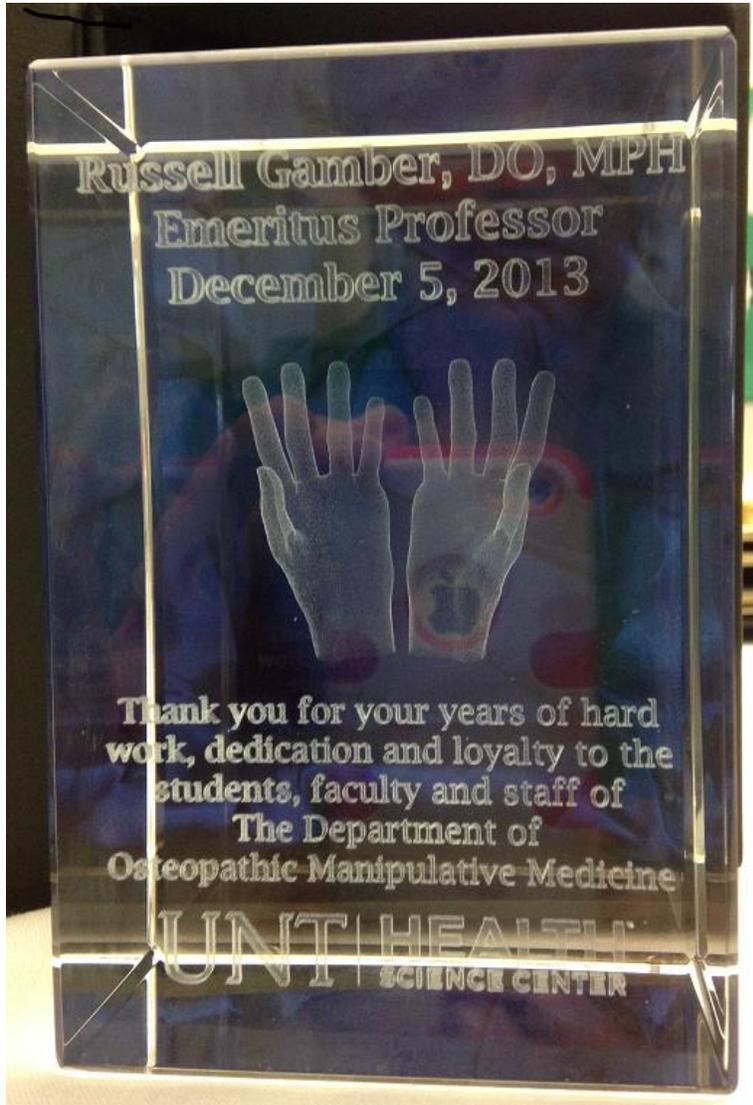




FY 2014 Department Highlights

- Awards and Recognition
- Convocation Highlights
- Mason Trip to China
- Betty Ford Institute
- OMM Welcomes Man with a Vision
- OMM in the News

Russell Gamber, DO, MPH
Emeritus Professor



OMM Departmental Award to Dr. Gamber

In December 2013, the UNT System Board of Regents awarded the designation of Emeritus Professor to Russell Gamber, DO, MPH for his lifetime of dedication, achievement and service in teaching, research and patient care in the Department of Osteopathic Manipulative Medicine at the Texas College of Osteopathic Medicine. Dr. Gamber retired from the HSC in August 2012, but continues his service to TCOM/UNTHSC through teaching in OMM and his leadership of Everett College. He remains active in osteopathic community service locally and nationally.



Congratulations,

Dr. Gamber!

**Professor Emeritus
December 2013**



Gamber

Clay Walsh, DO

Promoted to Associate Professor



Off campus, Dr. Walsh is a Colonel and a Chief Flight Surgeon in the Ohio Air National Guard. He is active with the local Texas Air Guard unit.

Effective September 1, 2014, Ralph C. Walsh, Jr. (Clay) DO, has received a promotion to Associate Professor in OMM. Dr. Walsh joined the department in April 2011 as an outpatient clinical provider of OMM and Hospitalist at Plaza Medical Center and Harris Hospital, Fort Worth. Dr. Walsh is a 1992 TCOM graduate. He is board certified in Family Practice/OMT and NMM/OMM, a member of the American Academy of Osteopathy and is the Chairman for the Osteopathic Education Service. Dr. Walsh serves as Director of Richards College, and Course Director for the Year 3 Core Clerkship. He also participates in Year II OMM labs as a table trainer, core preceptor in Year III, and teaches residents in the OPTI. He supervises an OMM curriculum and provides monthly lectures for Plaza MC Interns and Residents. Dr. Walsh is the student advisor for the SAAO as well as an assistant faculty advisor to AMOPS.

TCOM Honors 35 Students with Awards



David Mason, DO, presents Sebastiaan Michael Bens with the Wayne O. Stockseth: Department of Osteopathic Manipulative Medicine Chair's Award.

The Texas College of Osteopathic Medicine honored 35 students with awards in May 2014, including the Dean's Awards for Scholarly Excellence, Excellence in Academics and Excellence in Research. In addition, Kollier Hinkle, MD, Associate Professor, Obstetrics & Gynecology, earned the M.L. Coleman Clinical Faculty of the Year Award.

Robert Earley, President and CEO of JPS Health Network, delivered the TCOM commencement address, asking students to “take time to initiate that human element as you care for your patients.”



Dr. Mason presented Ashley Bailey-Classen the Wayne O. Stockseth OMM Students' Award for academic and clinical excellence in Osteopathic Manipulative Medicine.

Highlights from American Academy of Osteopathy Convocation

March 17-21, 2014



TCOM SAAO Chapter of the Year

A Message from the Chair:

Dear All,

I wanted to share a "Thank You" letter from one of our first year students who attended AAO Convocation last week. (see below) We had 28 students attend, presented 3 posters (one of which received second place award), one student was elected to a national position as Regional Coordinator.

Our SAAO won the very prestigious "BEST CHAPTER" award.

Christina Ragland our GTA participated in all of the NUFA programming.

Our residents took their inservice exam and helped table train for the student program as well as participate in the educational program.

Three faculty presented lectures and lab sessions. (Gustowski, Hensel, Mason)

Dr. Walsh Chaired the Osteopathic Education Treatment sessions.

Dr. Hensel and I attended the Board of Trustees, Board of Governors and our other Committee meetings.

Dr. Crow Attended the Residency Directors Meetings.

Everyone participated in Evening with the Stars.

We hosted a dinner for all students, faculty, residents, staff, and alumni attended by over 40 people connected to TCOM.

Kimberly and Dr. Crow were very busy recruiting for our residencies and had a ton of interested individuals.



2014 SAAO Events

Blair Chappell attended to continue our recruiting efforts and made a number of contacts with interested physicians.

I am certain I missed some of the other activities that our folks contributed, and I apologize for that.

So in addition to Antonio's Thank You I want to add a hardy congratulations and thank you to everyone in the department for an outstanding Convocation.

Dr. Mason

A thank you from Antonio Flores, OMS-I:

Hello Dr. Mason! I want to thank you and the rest of the OMM Dept for making this year's Convocation at Colorado Springs a possibility for the students at TCOM. Most of us would not have been able to attend without the help of scholarships, event planning, and logistics from both the OMM Dept and the school. You already know how interested I am in pursuing OMM through residency, and this conference really provided the opportunity for me and other TCOM students to advance our palpatory skills as well as our understanding of OMT. I don't think anything shows the impact that you and the rest of the faculty have made on the students more than TCOM being named best SAAO chapter of all DO schools. We also had students enter and place in research posters as well as gain a regional officer position. What an accomplishment by the students and faculty alike! Keep up the great work and I look forward to future Convocations!

Respectfully,

Antonio Flores, OMS-I

Mason and Filippetto Visit China

Drs. Mason and Filippetto recently visited Dazhou, China in the Sichuan Province. They were there for the 7th Sino-American Family Medicine Educational Conference with the IPCEA (International Primary Care Educational Alliance), an affiliate of the [American College of Osteopathic Family Physicians](#) Foundation. They were part of a small team that gave talks to an audience of approximately 80 Chinese physicians and health care workers on topics such as "Proper Use of Antibiotics," "Using Evidence Based Medicine in Family Practice" and "Management of Chronic Conditions: Medical Home Model." When they were not leading sessions, they toured local hospitals as well as role-modeled and precepted patient encounters in their hospital clinic and outpatient care clinic.





Above: Dazhou, Sichuan, China

Below: Great Wall of China



Betty Ford Institute Summer Institute for Medical Students



2014 Betty Ford SIMS Participants

In April 2014, Drs. Russell Gamber and Sharon Gustowski traveled with fourteen TCOM 2nd year students to participate in the Summer Institute for Medical Students (SIMS) program at the Betty Ford Center. SIMS is an experiential learning model, designed to give students the opportunity to become a part of the Betty Ford Center experience for a week. Instead of participation in a classroom setting, the students learn by integration into the daily life of either the patients currently in treatment or the participants in the family program of the Center.

The involvement of participants in the treatment process facilitates an in-depth, personal and unique learning experience. Being a part of a process that fosters change strongly reinforces the belief that both the alcoholics/addicts and their families can and do recover.

Travel and tuition for the faculty and students were donor-funded.

OMM Welcomes Man with a Vision



Dr. Surve with a former dance clinic patient

On June 1, 2014 the department was pleased to welcome Sajid Surve, DO, Associate Professor to the OMM team. Dr. Surve is a triple-board certified physician in physical medicine and rehabilitation, neuromusculoskeletal medicine/osteopathic manipulative medicine, and pain medicine. He graduated in 2005 from the Rowan University School of Osteopathic Medicine. While completing his residency training in New York, Dr. Surve worked for 3 years with the Center for Sports and Osteopathic Medicine under the direction of Richard M. Bachrach, DO, FAOASM, the legendary performing arts medicine physician. In 2009, Dr. Surve returned to the Rowan University School of Osteopathic Medicine as a faculty member. While there, he helped expand upon the newly formed Chateau Gardot Music Medicine Program to incorporate Dance Medicine, and partnered with the Rowan University College of Performing Arts to create a Performing

Arts Clinic. In 2014, Dr. Surve left Rowan University to join the UNT Health Science Center, where he currently teaches and sees patients.

Dr. Surve has a vision for developing a Center of Excellence in Performing Arts Medicine with two primary missions: 1) To support performing artists' medical needs and help them find health in their pursuit of excellence in their fields; and 2) To utilize performing arts as a therapeutic modality in the rehabilitation of medical patients with traumatic brain injury, CVA, PTSD, pain syndromes and other maladies.

OMT treatment allows triathlon athlete to make the race

Jan Jowitt had trained for eight months for a Half Ironman triathlon when she injured her right shoulder.

The pain and limited range of motion made it hard for her to swim or even to sleep.

While Jowitt, DHA, RN, Infection Control Officer at UNT Health Science Center, continued to train for the running and biking portions of the triathlon, she feared she might need surgery and considered giving up her race plans.

"I couldn't foresee myself completing the race with the pain I was experiencing," Dr. Jowitt said. "I understood the race itself was going to be the hardest challenge I have faced thus far, but with the shoulder pain, I began to feel discouraged."



That's when she went to David Mason, DO, who practices osteopathic manipulative medicine at UNT Health's Patient Care Center on the UNTHSC campus.

Osteopathic manipulative treatment (OMT) uses hands-on techniques to diagnose, treat, and prevent illness or injury. An osteopathic physician employs stretching, gentle pressure and resistance to muscles and joints to heal the patient.

After a thorough examination, Dr. Mason found a strained muscle under Dr. Jowitt's shoulder blade. He treated her with gentle OMT techniques, concentrating on her spine, ribs and upper extremities.

After three treatments, Dr. Jowitt experienced definite improvement. Her range of motion returned almost to normal, and she was able to swim properly again.

Dr. Jowitt participated in the Half Ironman triathlon on Sept. 7, 2013, completing 70.3 miles of running, swimming and biking.

"If not for Dr. Mason, I truly would have been sidelined for the event of my life," she said. "I finished and received my medal in part because of him and his expert treatment."

Posted: February 13, 2014

Community garden sprouts on UNTHSC campus

UNT Health Science Center is converting an unused piece of land into the campus' first community garden. Groundbreaking will begin at 8:30 a.m. Feb. 15 at 3621 W. Seventh St.

Launched by Facilities Management's [Office of Sustainability](#) and the [Sustainability Committee](#) to help create a healthier community, the garden will enhance university and community engagement, promote sustainable food production and increase awareness of health and nutrition, environmental stewardship and gardening techniques.

A community garden is any piece of land gardened by a group of people, according to the [American Community Gardening Association](#). Many organizations and universities have such gardens, including Texas A&M University and the University of Texas at Arlington.

A portion of the crop will be donated to a food bank.

The first 16 plots, each 4 by 12 feet, will be gardened by UNTHSC students, employees and sponsors in a pilot project. In coming years, the community at large will be invited to adopt garden plots.

Already, the garden is being supported with monetary and in-kind donations from Archie's Gardenland, Calloway's Nursery, St. Emilion restaurant, Silver Creek Materials and UNTHSC Facilities Management.

To make tax-deductible donations of [supplies](#) or money, please contact Sustainability Coordinator Sandy Bauman, sandy.bauman@unthsc.edu or 817-735-2451.

(Drs. Mason and Gustowski were among the founding gardeners.)



Posted: February 17, 2014

American Osteopathic Association honors UNTHSC physicians

The [American Osteopathic Association](#) recently honored several UNT Health Science Center physicians as Unsung Heroes.

Those honored were Thomas Crow, DO, Professor of Osteopathic Medicine; John Bowling, DO, Assistant Dean of Rural Medical Education; Russell Gamber, DO, MPH, Adjunct Professor of Osteopathic Manipulative Medicine; Janice Knebl, DO, MBA, Professor of Internal Medicine; John Licciardone, DO, MS, MBA, Professor of Medical Education; and Monte Troutman, DO, Assistant Professor of Internal Medicine.

The AOA defines an Unsung Hero as "an osteopathic physician who has enhanced the image of osteopathic medicine by living each day as an example of what an osteopathic physician should be. Serving as an outstanding physician and role model, he or she enhances the profession, creates opportunities for current and future DOs, and instills pride in being a DO and a member of the AOA."

Also, the AOA honored several UNTHSC physicians as Guardians of the Profession. They were Bowling; Darrin D'Agostino, DO, MPH, Chairman, Internal Medicine; Gamber; Kendi Hensel, DO, PhD, Assistant Professor, Osteopathic Manipulative Medicine; David Mason, DO, Chairman, Osteopathic Manipulative Medicine; and Troutman.

Guardians are those who "advance the culture of osteopathic medicine by having served in a local, state or national osteopathic leadership role. A Guardian also demonstrates a strong sense of pride in the osteopathic medical profession and works actively to advance osteopathic medicine with colleagues and the general public."

Posted: February 17, 2014

Senior speeds toward the Cowtown with help from UNTHSC health professionals



James Meehan weighed 336 pounds and couldn't sleep. "I was big, fat and unhappy," said the Hurst, Texas, resident.

In his mid-60s he wasn't the man who retired from an Air Force career that saw him navigating B-52s over Vietnam. He certainly wasn't in shape for a 10K race.

But 2½ years later, he's signed up for the Cowtown 10K on Feb. 22, thanks to help from UNT Health Science Center doctors.

He visited Brandy M. Roane, PhD, who treats sleep disorders at the UNT Health Patient Care Center.

"I had been sleep-deprived for 40 years," Meehan said. "With Dr. Roane's help, I went from waking several times every night, to waking twice, then once, then none. I had a lot of energy again."

"The important thing for a patient like Mr. Meehan with obstructive apnea is that we help him awake refreshed after quality sleep," Dr. Roane said.

With newfound energy, he began a weight-loss program but struggled to run again. He hadn't tackled a marathon since 1999 when he ran in a benefit for the Leukemia Society on the Ironman course in Kona, Hawaii.

Arthritic back pain and hamstring issues slowed him down. He again visited the UNT Health Patient Care Center, where Thomas Crow, DO, treated him with osteopathic manipulation.

"I'm having great luck there, with Dr. Crow and everyone," Meehan said.

Mid-February found him down to almost 200 pounds on a 6-foot-1 frame and covering a mile in under 10 minutes.

"My goal is the Cowtown 10K on Feb. 22 in less than an hour," he said. "I can do it!"

To make an appointment with a UNT Health provider, contact 817-735-DOCS (3627). To learn more about the Cowtown Marathon, visit <http://cowtownmarathon.org/>.

Athletic life restored – no surgery required



Robin Ward is a busy sales rep who runs in a charity 10K race every month and likes to relax with yoga, tennis and golf. But a year ago, her car was T-boned on her way to a Junior League meeting. Whiplash put her out of commission.

"I should have gone straight to the hospital," said Ward, a Dallas resident, "but I had a run coming up, plus I was traveling that weekend."

Her neck got worse in a few days. "I could barely turn my head. My neck and shoulder hurt all the time. Driving was very hard."

She sought help from several providers, including a physical therapist, chiropractor and massage therapist. At a dead end, she reluctantly began considering surgery.

Then she found Kendi Hensel, DO, PhD, Associate Professor of Osteopathic Manipulative Medicine. After six osteopathic manipulative treatments at UNT Health Science Center's Patient Care Center, "I'm back to normal," Ward said. "It's amazing. Dr. Hensel took the time to understand me and treat the whole person, the 'me' who needs to run."

Said Dr. Hensel, "I tailor the treatment plan to the patient's lifestyle. Patients like Robin find it hard to throttle back on their exercise."

In addition to manipulative treatment, Dr. Hensel said, "I helped Robin figure out what she can do to stay active, yet not aggravate her injury."

Contractor/carpenter gets new lease on life with UNT Health treatment

Lance Thornhill woke up the day after Halloween 2012 and immediately called his wife, Trudee, visiting her mother in Kansas. "You'd better come home."

When she heard what he had to say, she hurried back. He couldn't move his right leg.

He describes the next few months, before he met Ryan Seals, DO, Assistant Professor of Osteopathic Medicine at UNT Health Science Center, as "pretty pathetic."



Lance Thornhill and Ryan Seals, DO

Thornhill, 61, a general contractor and carpenter, was a very active man. He spent years as a safety inspector for North Richland Hills, hardscaped his backyard with a gazebo and waterfalls, and enlarged his house to move his mother in. Now, he barely could limp around because of foot drop, which makes it hard or impossible to lift the front part of the foot.

When he tried to sleep at night, the pain was so bad, "my wife held me while I bawled."

Trudee Thornhill, who serves on the Tarrant Appraisal District Review Board, took her husband to his primary care provider and a neurologist. They arrived at various incorrect diagnoses, "all fatal," she said, including spinal tumors.

Said Thornhill, "Two weeks before Christmas 2012, they told me it was Lou Gehrig's disease. On the Friday before Christmas, the neurologist said no, you just have arthritis, you will have to live with it -- put a brace on that leg and drag it around."

"Everyone at UNT Health cares about the patient -- nurses and receptionist included. And the doctor actually listens to you."

—Lance Thornhill

Then he met Seals, who practices osteopathic manipulative medicine at UNT Health's Patient Care Center on the UNTHSC campus. After two treatments, Thornhill was moving almost normally, and now he's walking for exercise.

"The first doctor in this whole sorry mess to really care was Dr. Seals," Thornhill said. "He got me functional and back in the race as a human being."

Seals treats him every three weeks. What caused the foot drop remains a mystery. "I'm pleased that he's making progress," Seals said. "The dropped foot has resolved, and now we're working on back pain and sensory issues."

Nearly a year after Lance woke up with a useless leg, his wife fetched her mother from Kansas for a 90th birthday cookout with 17 guests. Thornhill set up tables, grilled food and shepherded children. "A beautiful day," Trudee Thornhill said.

Posted: August 6, 2014

Health and the ancient discipline of tai chi



From the window of his hotel in Beijing, Wayne English, DO, saw something in 1990 that would impact his life for decades to come.

"Everywhere I looked, in parks, on corners and in vacant lots, there were people doing these weird movements that I thought were rather ridiculous," he said. "It didn't seem to matter if they were 97 or 17. They were all able to do these motions with ease."

Since then, Dr. English has been learning about, practicing and teaching the ancient discipline of tai chi, which focuses on slow, rhythmic movements. An adjunct professor at UNT Health Science Center who is certified in Physical Medicine and Rehabilitation and Sports Medicine, Dr. English has a long history with the University. Beginning Sept. 2, he will teach a free tai chi class for members of the [Founders' Activity Center](#) on Tuesday afternoons.

At 84, he is his own best example of how beneficial tai chi is, especially for seniors.

"I learned tai chi to preserve myself," he said. "It's what keeps me living."

After surviving polio and paralysis at age 14, Dr. English had his eye on a career in baseball, but decided to go to medical school after a stint in semi-professional sports. Over the years, a broken ankle, low back pain and other injuries took a toll.

Tai chi gave him back his range of motion, improved his strength and increased his stamina. Today, he can squat to the ground and pop right back up.

Improved balance is one of tai-chi's greatest assets, especially for older adults. By strengthening leg muscles, increasing flexibility and improving reaction time, tai chi can prevent falls.

Rather than building muscle power, tai chi enhances cardio and pulmonary function and improves intrinsic energy through slow-flowing movements, Dr. English said. With its methodical, rhythmic motion, it is also less injurious than other forms of exercise, making it well-suited for seniors.

But it's just as beneficial to young people, which is one reason he encourages medical students to practice tai chi and teach it to others.

"It's an antidote for stress," Dr. English said.

INSIDER



Helping a mom hug her children

Valerie Guerrero wanted to hug her kids.

But a severe knot of pain in her shoulder prevented her from making such common movements as putting her arms around her children or washing her hair.

She saw several doctors and underwent physical therapy, but nothing relieved the pain. She was prepared to give up hope when her physical therapist recommended she call Daniel Clearfield, DO, a sports medicine physician at UNT Health Science Center.

Dr. Clearfield examined Guerrero and promptly diagnosed her with suprascapular neuropathy, a rare condition in which a nerve that supplies the shoulder muscles is compressed. Because it is uncommon, it is often misdiagnosed as a rotator cuff injury.

“Dr. Clearfield really listened to my entire story and was able to diagnose my rare condition very quickly,” Guerrero said. “I was so impressed at how compassionate

he was about my situation."

Within minutes of her first treatment, an injection procedure known as a nerve hydrodissection to help relieve compression on the nerve, Guerrero felt less pain.

Since that procedure, Dr. Clearfield has performed osteopathic manipulative treatments on Guerrero. Those, coupled with physical therapy, have led to her recovery.

"Valerie had been through a lot before she came to see me, so I am very thankful I have been able to be a part of her process of healing," Dr. Clearfield said. "I am glad that I have been able to make connections and partnerships with physical therapists and other physicians in the area so I can offer my patients better care and more treatment options."

Said Guerrero: "Dr. Clearfield helped me get better so I can be the mom I need to be and helped me regain my quality of life. I am so thankful for him."



INSIDER



Returning a champion to the top of her game

Fast-pitch softball ace Georgia Roberts was pitching in a state tournament last summer when excruciating pain shot through the 16-year-old's shoulder and neck. She withdrew from the tournament in tears.

"I knew that if anybody could help her, it would be Dr. Mason," said her mother, Sandy Roberts.

That's David Mason, DO, a physician and faculty member at UNTHSC. He treats Sandy's own mom, who has Parkinson's disease and has gotten pain relief and better balance, range of motion and posture in monthly visits with him.



So Sandy drove Georgia 50 miles from their Plano home to see Dr. Mason. "He asked her to describe the pain, and she said she felt it through her jaw, which I hadn't heard her say before," Sandy said. "He is a very

good listener.”

Respecting the patient and her knowledge of her own body is a tenet of the osteopathic profession and a UNTHSC core value.

Dr. Mason asked Georgia to show him how she pitched.

“I could see she was lifting her shoulder to get more speed,” he said. “She has a small frame for a pitcher, at 5-feet-4. She had built up one muscle at the expense of another.”

Dr. Mason treated Georgia twice with osteopathic manipulative treatment and instructed her in an exercise program. “I learned to use my core muscles more after seeing Dr. Mason,” Georgia said.

Now a junior, she pitches without pain. In fact, after Dr. Mason’s treatment, she racked up a slew of awards, including 3A Private School Pitcher of the Year. She made the TAPPS all-state team and pitched a perfect game.

“Finding Dr. Mason has been such a blessing,” Sandy Roberts said. “Everyone we come in contact with at the Patient Care Center at UNTHSC is a blessing.”



Insider is a weekly email that shares the stories of the ground-breaking medical discoveries, educational advances and clinical-care successes here at UNT Health Science Center.

It's produced by the Communications and Marketing Department.