

Report Identifies Scope of State Diabetes Epidemic

University of Tennessee Health Science Center physicians, in conjunction with individuals at several state healthcare organizations, have produced a comprehensive report addressing the full scope of the diabetes epidemic in Tennessee.

Titled "The Diabetes Epidemic in Tennessee," the report shows that over the past decade, the number of diabetics in Tennessee has increased by 33 percent and as many as half of Tennesseans may suffer from "metabolic syndrome," a dangerous pre-diabetic state caused by being overweight and inactive. The authors demonstrate that the vast majority of diabetes is caused by unhealthy diet, sedentary lifestyle and associated obesity.

According to one of the project's directors, James E. Bailey, MD, MPH (UT's Callison Associate Professor and Chief of the Division of General Internal Medicine), "The vast majority of diabetes is preventable or curable through exercise and healthy eating habits. But because the underlying causes of diabetes begin in childhood, only early prevention can reverse Tennessee's diabetes epidemic. We can begin by being aware of this major threat to the health of our communities and take immediate action to promote daily

exercise in schools and decrease access to non-nutritional or 'junk' food."

According to the report, research over the past 14 years has demonstrated an association of diabetes and pre-diabetes with hypertension, coronary disease, stroke, hardening of the arteries, asthma, gout, degenerative joint disease, and a host of other serious medical conditions. Pre-diabetes and diabetes together cause the majority of premature disability and mortality in the United States by leading to the diseases that kill and disable most Americans.

The report stresses that "health plans, communities, churches, schools, employers, health professional organizations, and state and local governments need to work together to battle this epidemic through education, community-wide health promotion programs and improved quality of care for all diabetics in Tennessee."

The 57-page document may be obtained by contacting Deborah Gibson at (901) 448-2561 or it can be downloaded at: www.healthymemphis.org.

The report was compiled in conjunction with Qsourcesm Center for Healthcare Quality, Novartis Pharmaceuticals, Blue Cross/Blue Shield of Tennessee, the Tennessee Department of Health, and the TennCare Drug Utilization Review Program.

Protect Our Future!

For this fiscal year (2004), our state government had asked the university to reduce funding by 9 percent, and there is a proposed 5 percent reduction for fiscal year 2005. Because our resources are limited, we all want to protect our futures. This means working together to ensure that the Health Science Center continues to run effectively and efficiently in spite of increased financial constraints. Naturally, you as a valued faculty or staff member know our university the best. In order to maximize our resources, we encourage you to submit suggestions for improving operations and/or reducing expenses to the vice chancellor for administration, Ray Colson at rcolson@utmem.edu.

As part of keeping expenses at a minimum, we are hoping to keep our light, gas and water bill as low as possible.

Following are six easy energy saving actions we can each take to make substantial savings.

1. Lower thermostats to 67 degrees during the heating season. A change of one degree will result in a 6 percent savings.
2. Raise thermostats to 75 degrees minimum during the air-conditioning season. A change of one degree will result in a 6 percent savings.
3. Stop using electric space heaters. If your work area is cool, dress appropriately.
4. Turn off office lights when not in use.
5. Remove personal refrigerators and other personal appliances.
6. Shut off all electrical equipment such as computers, printers, etc...when not needed; especially when going home for the day.

Thanks for helping make a difference!



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Computer Security

Would a wireless network improve your department's productivity, but you are concerned about its security? Talk to the office of technology staff. They have a secure, wireless solution that is available for your use.

Not all wireless systems are the same, and it takes more than a cheap system from the office supply store to be secure and HIPAA compliant. Contact Taylor Strickland at 448-8787 or Billy Hatcher at 448-8122 for more information.

The Record

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Mission Statement

The mission of The University of Tennessee Health Science Center is to improve human health through education, research and public service, with an emphasis on improving the health of Tennesseans.

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UTHSC EMBRACES CULTURAL COMPETENCY

Alicia McClary, EdD, professor in preventive medicine, and Robert V. Walling, MD, assistant professor in pediatrics, have developed an exchange program between UTHSC and the University of Guadalajara College of Medicine, in Guadalajara, Mexico. The program began as a pilot project in 2001 with four M-2 students from Memphis going to



Hospital Civil Nuevo in Guadalajara

Guadalajara and working in the Hospital Civil Nuevo, which is the teaching hospital for the university there. Later that same year, a group of four representatives from the Guadalajara teaching hospital came to Memphis for a formal visit of the teaching facilities on the UTHSC campus. This initial program was so successful that a formal agreement between the two institutions was signed in 2002.

Since its inception, three senior medical students and one senior pediatric resident from Mexico have spent a month on rotations of their choice in the department of pediatrics, and according to Dr. McClary, interest is expected to grow.

This summer, one visiting faculty member from the University of Guadalajara will spend a month working with local investigators on a study looking into the increasing obesity problem among children, a problem that is becoming more common in both cultures.

Dr. McClary commented that the program provides young American medical students

and physicians the opportunity to increase their Spanish language skills and learn firsthand the cultural differences that impact the access Mexican immigrant families have to healthcare in the United States. She said, "Medical service agencies are quickly developing programs to meet the needs of these immigrant families, many of whom cannot speak English and have limited knowledge of preventive health measures."

The UTHSC program is one of many programs in medical schools throughout the country that have embraced teaching cultural sensitivity as part of their basic curricula.

Insurance News

Introducing a new feature to the group medical plans--Rx Home Delivery.

Effective January 1, all employees and eligible dependents participating in one of the three group medical plans, PPO, POS or HMO, have access to prescription home delivery. The pharmacy copays are now \$5 for generic, \$20 for preferred brand name and \$40 for non-preferred brand name. This applies for up to a 34-day supply at a retail

pharmacy. If appropriate, you may have up to 102 days of prescription medication if purchased through the home delivery program. (You pay one copay for the 102-day supply).

To get started with the home delivery service follow the easy steps listed in your member handbook or call the campus insurance office for assistance at 448-5577.

People

Elizabeth Maynard-Garrett, APR, director of communications and marketing, has been recertified as an accredited public relations practitioner. In order to maintain certification, public relations practitioners must apply for recertification every three years and obtain a required level of continuing education, professionalism and service to advancing the public relations profession.

Surya Shah, PhD, associate professor in occupational therapy, was recently extended an invitation to hold a joint appointment with the department of neurology as a professor in the College of Medicine. Also, Dr. Shah was recently an invited guest speaker for the 9th Annual Parkinson's Symposium held in Memphis.

COTS Program Receives Grant Funding for 2004

The Community Occupational Therapy Services (COTS) program, which provides life skills training to six transitional living facilities in Memphis, was approved for renewal of its grant funding on January 15 by the Greater Memphis Area Continuum of Care. The \$105,000 from the U.S. Department of Housing and Urban Development supports the community-based program.

Since its inception in 2001, 55,000 hours of direct service has been provided to over 700 homeless clients and families through the COTS program. Ninety-four student therapists from 40 affiliated occupational therapy programs nationwide have completed their level II fieldwork in Memphis. Computers donated by The College of Allied Health have been placed in all facilities, and clients are being introduced to their use through classes at

the public library and projects in occupational therapy groups.

According to COTS director Gretchen Malone, intramural basketball and softball teams organized by the student therapists were huge successes with the clients and facilities this year.

She also commented that funding is being sought to continue the collaboration with the department of dental hygiene and the College of Den-

tistry in providing much-needed restorative and preventive dental care to the clients.

COTS, under Malone's leadership, along with Lisa Tekell, fieldwork coordinator, currently has nine fieldwork students, with six being from UTHSC. They continue to integrate occupational therapy services into the community while providing a unique training experience for students.



Pictured, from left to right, are: Ann Nolen, PsyD, chair of the department of occupational therapy, Lisa Tekell, COTS student fieldwork coordinator, and Gretchen Malone, director of COTS.

Congratulations

Elias Giraldo, MBChB, MD, assistant professor in the department of neurology and neurosurgery, and his wife gave birth to a son, Pablo Elias, on January 11.

Samuel Dagogo-Jack, MD, professor in endocrinology and metabolism, has accepted an invitation to become a member of the editorial board of *The Journal of Clinical Endocrinology and Metabolism* (JCEM), beginning January 2004 through December 2008.

Abbas E. Kitabchi, PhD, MD, professor in endocrinology, had an editorial regarding ketosis-prone diabetes published in the December 2003 issue of *The Journal of Clinical Endocrinology & Metabolism*.

In Memoriam

The UTHSC community extends condolences to:

Don Hopper, senior carpenter in building maintenance, on the loss of his sister, JoAnne Sanford. JoAnne retired from UTHSC in 1997 after 30 years of service.

The family and friends of William L. Johnson, who died in January. William served as lifeguard at the campus recreation pool and as a front desk employee for 12 years.

News Bites

The division of endocrinology and metabolism was recently awarded a 3 1/2 year grant totalling \$559,664 from Takeda Pharmaceuticals. Titled, "**ACT NOW**," the grant will be used to study the prevention of diabetes through the use of Actos, a prescription medicine that helps lower blood sugar levels in people with Type 2 diabetes.

Abbas E. Kitabchi, PhD, MD, professor in endocrinology, is the principle investigator.

The **Look AHEAD** study, which will track the effects of diet and exercise in preventing heart disease in people with Type 2 diabetes, was recently awarded a renewal from the NIH for another 12 months in the amount of \$1.7 million.

Abbas E. Kitabchi, PhD, MD, professor in endocrinology, and **Karen Johnson, MD**, associate professor and assistant chair in preventive medicine, are the principal investigators of this grant.

The research abstracts recently submitted by six **UTHSC College of Dentistry students** for presentation at the joint meeting of the International Association for Dental Research (IADR) and the American Association for Dental Research (AADR) received outstanding scores. The students were selected for travel assistance awards to attend the research meeting to be held in Hawaii from March 10-12. Due to the large number of applicants for this competition and the limited funds available to support the awards program, three of the six students will receive the awards. Eleven abstracts submitted to the meeting by UTHSC students were driven by their summer research program in 2003, which was supported by a five-year NIH training grant awarded to the College of Dentistry for research training.

Campus Police Thank UTHSC Community for Cooperation

Captain Reno Greganti and Officer Wayne Timberlake of the UTHSC Police Department's investigative unit would like to take this opportunity to thank the campus community for their assistance during the 2003 winter break. In response to a request from the crime prevention unit, office managers and staff personnel helped secure their work areas on December 19, 2003.

The number of reported thefts from buildings and offices revealed a definite decline when compared to the same time period in previous years. Investigators do not attribute this decline to any one factor; however, they do believe the level of security in the buildings was heightened by involvement from members in the campus community.

Job well done, UTHSC! Let's continue to work together. Together, we can see a decline in property-related crimes.



Officer Wayne Timberlake, left, and Captain Reno Greganti

Rita Geier to Speak to UTHSC for Black History Month

Rita Geier, JD, an attorney in several lawsuits brought against the State of Tennessee regarding segregation of institutions of higher education, will be on campus Tuesday, Feb. 24 at noon (location pending) to speak about her experiences regarding these cases and the state's initiatives to improve educational opportunities for African-Americans.



Rita Geier, JD

In January 2002, Geier became executive counselor to the Commissioner of Social Security, serving as the primary advisor on Medicare appeals, legislative implementation and other key initiatives.

She holds a BA from Fisk University, an MA from the University of Chicago and a JD from Vanderbilt University. She has been admitted to the Bar in the States of Tennessee and Washington and admitted to practice in numerous federal courts.



Campus Calendar

FEBRUARY, 2004

- 3** “Inhibitory Local Circuits in the Olfactory Bulb”
Dr. Ben W. Strowbridge
Noon, Link Auditorium
- 4** “Update on the Spondyloarthropathies”
Dr. Clement J. Michet Jr.
8 a.m., Coleman North Auditorium
- 5** “Pre-Hospital Response to Radiation Emergencies”
Wm. Mark Hart
11:30 a.m., GEB, Room A304
- “Actin-myosin Energy Conservation Decreases Myocardial Post-ischemic Dysfunction”
Brad Blunt
3:30 p.m., Nash, Room 516
- “Autism Spectrum Disorders: Diagnosis and Treatment”
Toni Whitaker, Laura Murphy, and Carol Wilson
8:30 a.m., BCDD, 711 Jefferson
- 6** “Mechanisms by which Perfusion Therapy Prior to Defibrillation Increases Cardiac Arrest Survival Rate”
Nicolle Kramer
“Drug Efflux Transporters in Systemic and CNS Disposition of Topotecan”
Mark Leggas
3:30 p.m., U of M Engineering Admin. Bldg. Auditorium
- “Human Subject Protections Programs: The Who, the Why and the How” (Sponsored by the Office of Human Subject Protections)
8 a.m. - 12:30 p.m., Coleman South Auditorium
- 9** “Regulation of Transcription in the Nucleolus”
Dr. Lucio Comai
4 p.m., Link Auditorium
- 10** “An Enigma Cloaked in a Mystery Surrounded by a Conundrum”
Dr. Mark S. LeDoux
Noon, Link Auditorium
- 11** Preventive Medicine Seminar Title TBA
John E. Midtling
10 a.m., 66 North Pauline Building, Room 400
- 11** “Celiac Disease: A New Look at an Old Disease”
Dr. Joseph A. Murray
8 a.m., Coleman North Auditorium
- 13** “Bioprosthetic Heart Valve Design and Anticalcification Treatments OR Spinal Allograft Safety”
Dr. Jeffrey Gross
3:30 p.m., U of M Engineering Admin. Bldg. Auditorium
- 16** “Role of Membrane Microdomains in Vesicular Stomatitis Virus Assembly and Pseudotype Formation”
Dr. Douglas S. Lyles
4 p.m., Link Auditorium
- 17** “Retinal Neuroprotection by Growth Factors”
Dr. Edward Chaum
Noon, Link Auditorium
- 18** “Withholding Life-Prolonging Treatment and the Schiavo Case: Ethical and Legal Fog in the Sunshine State”
Dr. Terrence Ackerman
8 a.m., Coleman North Auditorium
- 19** “Aldosterone, Inflammatory Mediators, and the Heart”
Dr. Karl T. Weber
3:30 p.m., Nash, Room 516
- 20** “Visualization and Analysis of Iontophoretic Transport Across Skin by Scanning Electrochemical Microscopy”
Dr. Henry White
3:30 p.m., U of M Engineering Admin. Bldg. Auditorium
- 23** “Is E. coli Uropathogenesis a Matter of Having the Right Serine?”
Dr. Rod Welch
4 p.m. Link Auditorium
- 24** “Genetics of Taste and Ingestive Behavior in Mice”
Dr. Alexander Bachmanov
Noon, Link Auditorium
- Black History Month Seminar
Rita Geier
Noon, location TBA

Continued on back



Campus Calendar

FEBRUARY, 2004

- 25** “Antibiotics and the Emergence and Spread of Multi-resistant Enterococci”
Dr. Louis B. Rice
8 a.m., Coleman North Auditorium
- 26** “Lysophospholipids and Related Bioactive Lipids in Biology and Disease”
Dr. Timothy Hla
3:30 p.m., Nash, Room 516
- 27** UTHSC/U of M Joint Biomedical Engineering Seminar
Title TBA
3:30 p.m., U of M Engineering Admin. Bldg. Auditorium
- 2nd Annual Dean’s Symposium (College of Medicine)
3 - 5 p.m.
Methodist University Hospital School of Nursing
Auditorium
- 27-29** Mid-South Dental Congress
Park Vista Hotel, Memphis, TN