Supernova gift!

New dean of nursing takes the helm

CanChild celebrates a quarter century

First class of BHSc reunites
McMaster’s Faculty of Health Sciences is recognized globally for the many significant impacts it has made on health and society. From our community-impactful nursing school to our premier Bachelor of Health Sciences program to our world-leading CanChild Centre for Childhood Disability Research, we play an important role in our cultural, societal and healthcare fabric.

We achieve this for many reasons. One, we boast one of the strongest faculty cohorts in the country, evidenced by an impressive accumulation of awards and honours. For example, this year, Mark Loeb, a professor in the departments of Pathology and Molecular Medicine and Clinical Epidemiology and Biostatistics, received the Jonas Salk Award, a lifetime achievement award from the March of Dimes of Canada; Salim Yusuf, professor of medicine, was inducted into The Canadian Medical Hall of Fame; Jean Chamberlain, an associate professor in the Department of Obstetrics and Gynecology and Deborah Cook, a professor in the Department of Medicine, were named to the Order of Canada, one of Canada’s highest honours; and JoAnn Corey, director of the Psychiatry Residency Program in McMaster’s Department of Psychiatry and Behavioural Neurosciences, received the John C. Sibley Award for Excellence in Education for Part-Time Faculty. As well, the Ontario Medical Association recently recognized four of our physicians for significantly improving healthcare in the province.

Our success is also made apparent by the number of papers our researchers publish in the world’s highest impact journals. For instance, research by Gerry Wright, scientific director of the Michael G. DeGroote Institute for Infectious Disease Research, was featured on the cover of the prestigious science journal *Nature* this summer for his discovery of a fungus-derived molecule, known as AMA, which is able to disarm one of the most dangerous antibiotic-resistance genes in existence. We also boast an impressive 29 Canada Research Chairs, having added two to the roster this year. Jonathan Bramson, from the Department of Pathology and Molecular Medicine and Eric Brown, from the Department of Biochemistry and Biomedical Sciences, will each receive $1.4 million over seven years to further their research into immunology and antimicrobial resistance, respectively.

With the success of seven new Early Researcher Awards from the Province of Ontario, we can envision a promising future of innovative, groundbreaking and meaningful research.

We also achieve ongoing success because of our faculty and staff members who always ensure we remain at the leading edge of health sciences education. This year we welcome several new faces to the executive fold, including a new dean and director of the School of Nursing. McMaster alumna Carolyn Byrne returns to McMaster with innovative and forward-thinking plans to move the school in exciting directions.

And lastly, we are successful because of the tremendous generosity of our benefactors. This past spring we celebrated another significant gift from one of our dearest friends, Michael G. DeGroote, who gave $50 million to support the School of Medicine. We also celebrated the opening of a new outpatient clinic called The Boris Clinic. The clinic, made possible thanks to a remarkable gift from Hamilton’s Boris family, will enable patients with complex health problems to see several specialists at one time in one place.

I hope you enjoy reading here about these and other recent successes of the Faculty of Health Sciences, including highlights of some of our remarkable alumni who carry the McMaster health sciences torch with them as they live and work around the globe.

To read more about our successes visit on the web at fhs.mcmaster.ca

John G. Kelton, MD
Dean and Vice-President
Faculty of Health Sciences
It’s hard to pull 11-year-old Kyle Chambers off a sports field. He’s an avid basketball player, holds a green belt in karate, and is his school’s male athlete of the year. “Without sports, I don’t know what I’d do with my life,” says the eighth-grader. As a kid growing up with cerebral palsy — a disorder that can impair the brain and nervous system — he’s also a role model for the families and scientists at McMaster University’s CanChild Centre for Childhood Disability Research.

“Kyle’s attitude and lifestyle reflect so much of what our research is all about, which is promoting participation,” says Jan Willem Gorter, director of CanChild and professor in the Department of Pediatrics.

For the past six years, Kyle has taken part in studies and accessed resources at CanChild that give children with chronic conditions opportunities to succeed in their communities.

Founded in 1989, CanChild is a pioneer and global leader in childhood disability research. The tools and materials developed by the centre help millions of children worldwide. To recognize the centre’s 25th anniversary, CanChild hosted a celebration for the families, researchers and campus leaders who have helped make the program a success. The centre also re-launched a user-friendly website, premiered a special anniversary video, and transitioned some of their resources to a pay-for-service model.

The anniversary activities will continue into the fall when the centre holds a symposium, “Broadening Horizons Though Knowledge”, on Saturday, Nov. 22 at CIBC Hall on campus. The event will welcome scientists, families and community members to engage in discussions about child health issues that are important to children and youth with a variety of chronic conditions.

For more information visit canchild.ca
From studies on the prevention of respiratory infections in the elderly using probiotics to innovations in vehicle design that will support older drivers, several McMaster projects are set to improve the quality of life for older Canadians.

The Labarge Optimal Aging Initiative Opportunities Fund provides seed funding to researchers to support studies focused on older adults and optimal aging.

“The intention is to encourage researchers to turn their attention to issues related to helping older adults mitigate risk and maximize resilience as they age, so that they can remain healthy, active and engaged within their home and community,” says Susan Denburg, associate vice-president (academic) of the Faculty of Health Sciences.

The initial themes supported by the fund were maximizing mobility, fighting infection and managing chronic disease.

The seven research projects funded to date are:

- Defining the optimal combination of exercise and nutrition for maximizing muscle mass and mobility in aging (Gianni Parise, science)
- Detecting and addressing physical changes that could indicate a decline in physical functioning (Julie Richardson and Lori Letts, rehabilitation sciences)
- Conducting a dietary intervention trial to assess the impact of a diet high in fruits and vegetables on the expression of genes that may increase the risk of heart attack (Sonia Anand, medicine)
- Investigating the use of probiotics to prevent respiratory infections in the elderly (Dawn Bowdish, pathology and molecular medicine)
- Promoting physical activity in older adults with arthritis (Monica Maly, rehabilitation sciences)
- Performing a pilot study of a nurse-led, community-based diabetes intervention for frail older adults with type 2 diabetes and comorbid chronic conditions (Maureen Markle-Reid and Jenny Ploeg, nursing)
- Exploring innovations in vehicle design that promote safety and usability in an aging society (Brenda Vikljan, rehabilitation science and Robert Fleisig, engineering)

The initiative recently put out a call for proposals from all areas of the University for future research projects to begin in 2015. The projects under consideration for funding span rehabilitation science and exercise to novel technologies and infectious disease. Further information about the initiative can be found at: http://optimalaging.mcmaster.ca.

At the event were, from left, FHS Dean and Vice-President John Kelton; Associate Vice-President, Academic Susan Denburg; Minister of State (Seniors) Alice Wong; McMaster Chancellor Suzanne Labarge and associate professor Anthony Levinson.
A pilot project at McMaster University is aiming to foster a sense of community while also improving health.

Trained community volunteers — supported by electronic health record technology — will work with the primary health team to improve the quality of life of older adults and at-risk individuals living on their own.

Dubbed TAPESTRY (Teams Advancing Patient Experience: Strengthening Quality), the project sends community volunteers into the homes of seniors to pinpoint whether they need additional help, connect them to services such as Meals on Wheels or, if there’s an emerging health problem, connect them with their family doctor.

The project, which recently received $6.5 million from Health Canada, is led by professor Lisa Dolovich and associate professor Doug Oliver of the Department of Family Medicine.

A $4-million commitment from the Province of Ontario to a McMaster-Fraunhofer Project Centre for Biomedical Engineering and Advanced Manufacturing (BEAM) is expected to create up to 100 jobs and attract top scientists and industry researchers from around the world. It will also help establish Hamilton as a hub for Ontario’s life sciences sector.

“We are pleased to support McMaster University and the Fraunhofer Institute for Cell Therapy and Immunology in their collaboration to develop a project centre focused on the fast emerging cell therapies industry,” said Eric Hoskins, minister of economic development, trade and employment.

“By investing in this initiative, we are helping to create jobs, attract top talent to the region and keep Ontario at the forefront of scientific discovery.”

Created by McMaster University and Germany’s Fraunhofer Institute for Cell Therapy and Immunology, BEAM will develop innovative technologies to automate production for cell therapies, significantly lowering the cost to treat degenerative diseases like cancer.
McMaster and Cisco Canada further bioinformatics research

McMaster is poised to become an integrated health biosystems and bioinformatics powerhouse with the establishment of a new venture with Cisco Canada.

Cisco Canada provided $2.1 million to McMaster, including $1.6 million over eight years to establish a Professorship in Integrated Health Biosystems and $500,000 over five years to establish a Research Chair in Bioinformatics.

Held by Guillaume Paré, associate professor, Department of Pathology and Molecular Medicine, the professorship was created to establish a cloud-based computational infrastructure that could manage, analyze, integrate and distribute the vast amounts of data resulting from biomedical research, clinical trials, and patient feedback.

The research chair will collaborate on a program in integrated health biosystems with an aim to bridge the existing gulf between data-intensive areas of biomedical research and healthcare by integrating diverse biological datasets with clinical and environmental data. It is anticipated that a chairholder will be named in 2015.

Knee surgery not needed for mild osteoarthritis

A common knee surgery may not be beneficial and should be done less often, say McMaster University researchers.

Their study, published in the Canadian Medical Association Journal (CMAJ) in August, says middle-aged or older patients with mild or no osteoarthritis of the knee may not benefit from the procedure of arthroscopic knee surgery. Each year more than four million such keyhole surgeries are performed worldwide for degenerative meniscus tears.

Doctors need to be carefully weighing the costs and benefits when deciding who should undergo such surgery, says Moin Khan, principal investigator for the study and research fellow in orthopedic surgery in the Michael G. DeGroote School of Medicine.

“This study shows that surgery should not be the initial option for middle-aged or older patients, as there is limited evidence supporting partial meniscectomy surgery for meniscus tears,” he said. “Other treatments should be used first.”

The meta-analysis review evaluated seven published randomized control trials between 1946 and 2014 on the success of arthroscopic partial meniscectomy in patients with no to mild osteoarthritis compared to non-operative treatments. The sample total was 811 knees in 805 patients with a mean age of 56 years. In four trials, there was no short-term pain relief in the first six months after surgery for patients with some osteoarthritis; nor was there improvement in long-term function up to two years later in five trials.

The operation had become popular because as people age, the meniscus in the knee thins and becomes less flexible and more susceptible to tearing, causing pain and mechanical issues. This surgical procedure involves making small incisions to remove the torn fragments from the damaged meniscus. Although the surgery is minimally invasive, there may still be complications.

Previous studies showed that for patients with severe knee arthritis, arthroscopic knee surgery is not effective for long-term symptom relief. Mohit Bhandari, professor and associate chair of research for McMaster’s surgery department, and study co-investigator confirmed the study’s conclusions.

“Arthroscopic debridement or washout of knee osteoarthritis has come under lots of scrutiny based upon trials that suggest patients get no benefit from the procedure. We’re concerned that many surgeons worldwide may still be doing this procedure.”
McMaster leads development of cardiac pain resource centre

People living with persistent forms of cardiac pain have a new multi-media resource of information to ease the discomfort.

The online resource called the Canadian Journal of Cardiology Persistent Cardiac Pain Resource Centre, is led by Michael McGillion, assistant professor of McMaster University’s School of Nursing.

He said the resource was created because there are increasingly prevalent chronic cardiac pain problems but a lack of collaboration between cardiovascular and pain science communities. To access the site visit cardiacpain.onlinejc.ca

Surgeons share vision for global health

McMaster hosted the 14th annual Bethune Round Table Conference, the premier global surgery conference in Canada.

The 2014 conference, themed “Improving Global Outcomes Through Safer Surgery”, included five keynote speakers, 27 podium presentations and 21 poster presentations, and involved 150 participants from 17 countries.

Award accelerates autism research

McMaster professor Laurie Doering has received $2.5 million to lead a team researching new treatments for social disability disorders including autism.

Through a public-private partnership between the Brain Canada Foundation, the Azrieli Foundation and the Chagnon Family, research projects target the discovery of new treatments and prevention strategies for autism spectrum disorders, Fragile X syndrome, Alzheimer disease and related disorders.

“This research will help determine ways to counteract the consequences of intellectual and social disabilities associated with autism,” said Doering, professor of pathology and molecular medicine of the Michael G. DeGroote School of Medicine.

Thrombosis expert appointed to new Jack Hirsh Professorship

Clive Kearon, a professor of medicine at McMaster University and program director of its Clinical Investigator Program, has been appointed the inaugural holder of the Jack Hirsh Professorship in Thrombosis.

Named after Jack Hirsh, professor emeritus of the Department of Medicine, the prestigious position is endowed with funding from the Department of Medicine as well as annual matching funds from the Thrombosis & Atherosclerosis Research Institute.
The tragic death of a 12-year-old girl who succumbed to a likely anaphylactic reaction after consuming an ice cream cone purchased at a mall in Burlington, Ontario in 2013, has inspired a pilot project aimed at stocking epinephrine auto-injectors (EAIs) at Jackson Square in Hamilton.

The pilot project, spearheaded by the City of Hamilton, involves McMaster University, Anaphylaxis Canada, First Real Properties Limited, which manages Jackson Square and its security staff, and the Rotary Club of Ancaster AM.

As part of the project, security guards at Jackson Square Mall in Hamilton have been trained to identify the symptoms and signs of anaphylaxis, the most serious form of an allergic reaction, and when and how to use an auto-injector (EpiPen® and Allerject ™).

A research team, led by Susan Waserman, professor of medicine for the Michael G. DeGroote School of Medicine, will look at the efficacy of the training, use of stock EAIs during the pilot project, and the knowledge of both consumers at risk of anaphylaxis and foodservice staff.

“We are excited to participate in this unique initiative – allergic reactions can happen quickly and prompt medical attention is paramount to reducing the severity of a reaction. Improved awareness can save a life,” said Waserman. She added the results of McMaster’s research will be provided to the City of Hamilton by fall 2015.

“Improved awareness can save a life.”

– Susan Waserman

Anaphylaxis Canada, contracted by the City of Hamilton, has developed a training program for mall security guards and senior staff in food courts and restaurants. The guards at Jackson Square have been taught to recognize the symptoms and signs of an allergic reaction and how to give epinephrine using “stock” or “undesignated” epinephrine auto-injectors. These devices are not prescribed for a particular person and may be used in an emergency to help individuals who are having an allergic reaction, who may not have their own device, or may require an additional dose.

It is estimated that approximately 2.5 million Canadians, or about one in 15 people, have at least one food allergy. In the Hamilton area alone, up to 40,000 people are affected by food allergies. Many people are also allergic to stinging insects, medications and latex.

“From this tragedy we hope to identify and implement practical measures to keep people with food allergies, especially children, safe and I am proud that we are the first city in Canada to undertake this important project,” said Hamilton city councillor Lloyd Ferguson. “We have brought together well respected organizations with an expertise in research and training and leaders from the Hamilton community to make this happen.”
‘Only a 10-hour swim’ to join elite group

Marilyn Korzekwa has become the first Canadian to complete one of the swimming world’s biggest achievements: The triple crown of open water swimming.

The 57-year old McMaster associate psychiatry professor joins an elite group of just 93 people to have completed swims across the English Channel, the Straits of Catalina and around the island of Manhattan.

Her completion of the 45-kilometre Manhattan Island Marathon Swim in July was the third and final leg of her triple.

She says it was a swim with special challenges.

She dodged a Norwegian cruise ship, stared up at the underbelly of the Brooklyn Bridge, stroked her way past skyscrapers, fought currents that threatened to sweep her out to sea and battled her way through the warm, polluted waters of the Harlem River.

“It was only a 10-hour swim,” Korzekwa says.

Marilyn Korzekwa dodged a Norwegian cruise ship and battled through the polluted Harlem River.

Korzekwa finished fourth among the seven swimmers in her group. She swims for charity, raising money for Hamilton’s Good Shepherd, an organization that provides emergency services in the Greater Hamilton Area.

To donate to her cause: http://my.e2rm.com/personalPage.aspx?registrationID=1941545&langPref=en-CA

The 45-kilometre Manhattan Island Marathon Swim in July raised money for Hamilton’s Good Shepherd.

Box Run aids pediatric research at Mac

Former Olympic boxer Mike Strange recently ran across Eastern Canada to raise money and awareness for pediatric research conducted in the lab of Sheila Singh, a scientist with the McMaster Stem Cell and Cancer Research Institute, and also to support the Ronald MacDonald house. Members of the Singh lab participated in the run when he came through the McMaster campus in August. Pictured are members of the lab, from left, Mohini Singh, PhD student; David Bakhshinyan, MSc student; Minomi Subapanditha, undergrad student; Neha Garg, post-doctoral fellow (PDF); Chitra Venugopal, research associate; Maleeha Qazi, MSc student; Sara Notle, technician; Mike Strange; Sheila Singh; Nicole McFarlane, technician/flow cytometrist; Parvez Vora, PDF; Sujeivan Mahendram, technician; Branavan Manorankanjan, MD PhD student; and Thusyanth Vijayakumar, undergrad student.
Lynda Redwood-Campbell, professor and coordinator of the Global Health Program within the Department of Family Medicine, has witnessed the inequities and adversity faced by people around the world when disasters strike. She’s also seen and experienced the resulting opportunities arising from these challenges. The 2004 tsunami in Indonesia is one such example.

The tsunami left more than 150,000 dead and caused extensive damage to major infrastructure. As a volunteer with the Canadian Red Cross, Redwood-Campbell went to Indonesia to provide medical care in the province of Aceh.

The opportunity came in the form of her translator, Teuku Renaldi. Before the tsunami, Renaldi was a medical student, but with many faculty and administrators being tsunami victims, he didn’t know whether the medical program in Aceh could continue. Renaldi was also familiar with a new style of learning in Indonesian medical education called problem-based learning (PBL). Through Renaldi’s friendship and McMaster University’s global reputation for pioneering PBL, an informal partnership began between Redwood-Campbell and Syiah Kuala University’s Faculty of Medicine.

This partnership has grown since 2004 thanks to the signing of a peace accord in Indonesia, ending decades of conflict in the country. Stability for the Indonesian government has led to a strong commitment to develop the country’s family medicine training program.

Since 2004, Redwood-Campbell has returned to Syiah Kuala University a number of times to aid in the training of future family physicians. In recent years, Syiah Kuala faculty members have also traveled to McMaster to observe the family medicine training model and participate in faculty development. In 2013, the partnership was formalized through the signing of a memorandum of understanding.

“Without partnerships like this we’ll fall behind in medical education, research, and delivery.”
– Lynda Redwood-Campbell

Other partners have also joined the initiative and are expanding its reach and impact. The Rotary Club and Rotary Club of Dundas joined in 2006 to build a clinic in Indonesia to provide care to underserved populations. The clinic’s role continues to expand with the goal of being a training site for medical students from Syiah Kuala.

In May 2014, a team from the Department of Family Medicine traveled to Aceh to experience Syiah Kuala’s Faculty of Medicine and to meet with university and government officials. The team included David Price, professor and chair; Louella Lobo, assistant clinical professor located in Brampton; Ryan McKee, assistant clinical professor located in Kitchener-Waterloo; Sameer Shaikh, a second-year family medicine resident; and Redwood-Campbell.

“Syiah Kuala University is uniquely positioned to start the first family medicine training program in Indonesia,” said Lobo, adding that traveling there “gave us all a better idea of how to move forward with this exciting partnership.”

For Syiah Kuala and the Indonesian government, the goals are to develop a family medicine training program and rebuild the health care infrastructure needed for effective primary care.

The partnership also allows for family medicine residents from McMaster to participate in service learning electives in Indonesia.

Ultimately, partnerships focusing on global health initiatives will benefit all Canadians through the health care system, said Redwood-Campbell.

“As the world is very small,” she said. “Without partnerships like this we’ll fall behind in medical education, research, and delivery.”

As for the benefits to Indonesia, look no further than Renaldi. He was able to return to medical school, is now a faculty member at Syiah Kuala, is working with the Indonesian government on the initial phase of their family medicine system’s implementation, and will be part of growing the partnership partly inspired by his story.
Scientists lead new national health networks

Three emerging health networks, established at McMaster, will examine the heart, the lungs and the blood.

The networks, announced by the Canadian Institutes of Health Research, are:

The Canadian Stroke Prevention Intervention Network (C-SPIN), led by Jeff Healey, associate professor of cardiology for the Michael G. DeGroote School of Medicine. Healey will head up prominent Canadian heart specialists who will focus on finding innovative treatments for patients affected by atrial fibrillation and stroke. Fourteen other McMaster professors will be part of the C-SPIN, along with colleagues from across the country.

The Canadian Respiratory Research Network, which includes Paul O’Byrne, chair of McMaster’s Department of Medicine; Parameswaran Nair, associate professor of respirology and Canada Research Chair in Airway Inflammometry; and Martin Stämpfli, professor of pathology and molecular medicine.

The Canadian Vascular Network, which includes McMaster’s Sonia Anand, professor of medicine.

The new research networks aim to bring together Canada’s best minds with the goal of building a collaborative critical mass of technical and scientific expertise across the country to enhance research and bridge gaps in patient care.

More than 20 partners from industry, health charities and academic institutions are providing support to the new networks, including the Canadian Lung Association, Hypertension Canada and the Heart and Stroke Foundation.

Awards boost new and established researchers

Two established researchers have been selected as Tier 1 Canada Research Chairs, and will receive $1.4 million over seven years to help further their research efforts. In addition, seven newly appointed Faculty of Health Sciences faculty will receive up to $100,000 to help build their research programs thanks to Early Researcher Awards.

Jonathan Bramson, a professor in the Department of Pathology & Molecular Medicine, was named a Tier 1 Canada Research Chair in Translational Cancer Immunology. His ongoing research efforts with the Bramson Group focus largely on developing methods to direct cancer patients’ immune systems to attack their tumours.

Eric Brown, a professor in the Department of Biochemistry and Biomedical Sciences, was named a Tier 1 Canada Research Chair in Microbial Chemical Biology. Recognizing the need for new therapies to treat the emergence of “superbugs,” the Brown Lab at McMaster is striving to develop the next generation of cutting-edge antibacterial drugs.

Early Researcher Awards, which recognize promising researchers and their potential to become world-class innovators, went to:

• Dawn Bowdish, assistant professor, pathology and molecular medicine, whose research investigates the causes of bacterial pneumonia in the elderly;
• Benicio Frey, associate professor, psychiatry and behavioural neurosciences, whose work is focused on developing more accurate treatment for the 10 – 15 per cent of Canadians who suffer from depression;
• Kristin Hope, assistant professor, biochemistry and biomedical sciences, who is leading ground-breaking research on improvements in blood stem cell transplants;
• Daria O’Reilly, associate professor, clinical epidemiology and biostatistics, who is exploring ways to spend resources more efficiently in the treatment of diabetes;
• Nathan Magarvey, assistant professor, biochemistry and biomedical sciences, and Canada Research Chair in Natural Product Drug Discovery, who is leading the delivery of safer, more effective and targeted natural drug discoveries;
• Guillaume Paré, assistant professor, pathology and molecular medicine, and Canada Research Chair in Genetic and Molecular Epidemiology, whose work will help physicians identify diabetics who are at high risk of developing heart or kidney complications; and
• Ada Tang, assistant professor, rehabilitation science, who is exploring ways to improve cardiovascular care and reduce healthcare costs in the province of Ontario.
Research led by Gerry Wright, director of McMaster’s Michael G. DeGroote Institute for Infectious Disease Research, offers new hope in the pressing battle against drug-resistant germs that kill tens of thousands of people every year, including one considered a serious global threat.

Wright, and his team of researchers, discovered a fungus-derived molecule, known as AMA, which is able to disarm one of the most dangerous antibiotic-resistance genes: NDM-1 or New Delhi Metallo-beta-Lactamase-1, identified by the World Health Organization as a global public health threat.

“This is public enemy number one,” said Wright. “It came out of nowhere, it has spread everywhere and has basically killed our last resource of antibiotics, the last pill on the shelf, used to treat serious infections.”

The findings are published online in the science journal *Nature*. It was funded in part by the Canadian Institutes of Health Research, the Natural Sciences and Engineering Research Council of Canada and by a Canada Research Chair in Infectious Disease Pathogenesis and Antibiotic Biochemistry.

Women who take antidepressants during pregnancy may be unknowingly predisposing their infants to Type 2 diabetes and obesity later in life, according to new research from McMaster.

The study finds a correlation between the use of the medication fluoxetine during pregnancy and an increased risk of obesity and diabetes in children.

Currently, up to 20 per cent of woman in the United States and approximately seven per cent of Canadian women are prescribed an antidepressant during pregnancy.

“Obesity and Type 2 diabetes in children is on the rise and there is the argument that it is related to lifestyle and availability of high calorie foods and reduced physical activity, but our study has found that maternal antidepressant use may also be a contributing factor to the obesity and diabetes epidemic,” said the study’s senior investigator Alison Holloway, associate professor of obstetrics and gynecology at the Michael G. DeGroote School of Medicine.

“Obesity and Type 2 diabetes in children is on the rise.”

– Alison Holloway

Previous studies have found that pregnant women are particularly vulnerable to depression. It is estimated that up to one in five pregnant women have symptoms of depression during pregnancy.
Promising new asthma treatment found

A novel treatment for those suffering from allergic asthma has the potential to dramatically improve their lives, according to new research from McMaster University.

The study was led by Paul O’Byrne, executive director of the Firestone Institute of Respiratory Health and chair of McMaster’s Department of Medicine, and Gail Gauvreau, associate professor of medicine. The researchers found that giving a mild allergic asthma patient an antibody, which blocks a specific protein in the lungs, significantly improved symptoms such as wheezing, breathlessness, chest tightness and cough after patients had inhaled an environmental allergen.

“We found that when we give people with mild asthma an antibody which blocks the action of a protein called thymic stromal lymphopoietin (TSLP), which is produced by the cells lining the airways in the lungs, the persistent low grade inflammation of the lungs almost entirely disappears,” said O’Byrne.

O’Byrne hopes the research will lead to treatments for patients with severe asthma, particularly those who are already taking all of the treatments available, such as inhaled corticosteroids or bronchodilators, but are still poorly controlled. “This offers tremendous hope for those with allergic asthma not controlled with inhalers or steroid-based medicines, especially those with severe refractory asthma who get very sick and need urgent treatment in a hospital setting.”

The study was published in the New England Journal of Medicine.

Research reveals heart drug’s link to diabetes

McMaster researchers may have found a novel way to suppress the devastating side effect of statins, one of the world’s most widely used drugs to lower cholesterol and prevent heart disease.

The research team, led by Jonathan Schertzer, assistant professor in the Department of Biochemistry and Biomedical Sciences and Canadian Diabetes Association Scholar, discovered one of the pathways that link statins to diabetes. The team’s findings could lead to the next generation of statins by informing potential combination therapies while taking the drug.

It is estimated that 13 million people worldwide, or half of those over the age of 40, could be prescribed a statin drug in their lifetime.

McMaster researchers say the sweaty secret to keeping skin young — and maybe even reversing skin aging — can be found in exercise. And their work is getting a lot of attention.

Mark Tarnopolsky, a professor of pediatrics and exercise science, led a team of researchers who have found that people over the age of 40 who exercise regularly have healthier skin. In fact, the study showed their skin to be closer in composition to that of 20- and 30-year-olds.

The New York Times’ Gretchen Reynolds wrote about the work in the paper’s health blog, Well, while television viewers learned more about Tarnopolsky’s work on ABC’s Good Morning America.

Exercise is the fountain of youth

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When Carolyn Byrne graduated from McMaster more than three decades ago she went on to make profound and pioneering changes wherever she went. Having returned to her alma mater this past summer, she intends to maintain her impact.

“I am so pleased to return to McMaster,” says the new associate dean and director of McMaster’s School of Nursing. “I feel like I am coming home.”

Since beginning her new role on July 1, Byrne has met with many faculty and staff members within the School of Nursing and has started to get a good sense of the school’s culture. She plans to meet with partners and external clinical agencies as well as senior administrators within the Faculty of Health Sciences, with an aim to kickstart a fundraising campaign for the School of Nursing.

Only a few months into the job, Byrne has high ambitions for the school. “The School of Nursing is internationally recognized for its educational programs, outstanding nurse researchers and an ability to work well in partnerships and this is an area I will be focusing on. I expect we will broaden our reach through donor and public relations in a very short time frame.”

Byrne has also met with Dean and Vice-President of the Faculty of Health Sciences John Kelton, who says he is delighted to welcome her to the role.

“She is a remarkably visionary administrator.”
– John Kelton

“Dr. Byrne has made a tremendous footprint on the nursing scene over the course of her career to date and I can sense this same passion and drive already at play in her role here. She is a remarkably visionary administrator.”

Byrne began her academic career in the School of Nursing at McMaster as a faculty member in 1981. During her time at McMaster she taught in the undergraduate and graduate-nursing programs, chaired the Undergraduate Nursing Program, received the President’s Award for Educational Leadership, and was a nurse consultant at the Mental Health Nursing Hamilton Wentworth Public Health Unit.

In 2002, she moved to the then new University of Ontario Institute of Technology [UOIT] as founding dean of health science. While there she established undergraduate programs in nursing, medical laboratory sciences, health sciences, kinesiology and a graduate program in health sciences. She is professor emeritus at UOIT.

In 2010, she became the dean and CEO of the University of Calgary’s nursing branch camps in Doha, Qatar, where she established key linkages with health care partners and government in Qatar. She increased enrollment to more than 300 students from 60 students in two years, and boosted research productivity to more than $2 million in the same time.
McMaster’s School of Nursing, along with its college collaborators, Mohawk and Conestoga, received a seven-year accreditation from the Canadian Association of Schools of Nursing for its undergraduate BScN program; the highest accreditation level attainable.

The BScN program includes three streams: a four-year direct entry, an accelerated stream and an RPN-BScN stream. “The McMaster BScN program is delivered in a collaborative program with two college partners, Mohawk College and Conestoga College,” says Olive Wahoush, assistant dean of the School of Nursing’s Undergraduate Nursing Education Program. “All sites and all streams were awarded the seven-year accreditation, which is the maximum time period possible. Earning this seven-year accreditation affirms the high quality of our BScN program and the Kaleidoscope curriculum.”

She says the accreditation process included interviews with BScN students, faculty and staff as well as leaders in the Faculty of Health Sciences and McMaster administration. “The accreditation team completed an intensive review of our renewed curriculum and course materials, visited classes in action on and off campus and met with leaders in our area hospitals and communities which host our students and employ many of our nurse graduates. We heard from the accreditation team that our students are our best ambassadors.”

“Receiving accreditation is a significant step for the School of Nursing,” said Carolyn Byrne, its associate dean and director, adding, “It attests to the hard work, innovation and excellent relationship that we have with our college partners. What makes our school particularly unique is while many schools of nursing across Ontario offer collaborative programs with colleges, ours is a truly integrated program where students have the same learning experience at all three schools at the same time.”

“All sites and all streams were awarded the seven-year accreditation, which is the maximum time period possible. Earning this seven-year accreditation affirms the high quality of our BScN program and the Kaleidoscope curriculum.”

– Olive Wahoush

The Canadian Association of Schools of Nursing is the national accrediting body for nursing education in Canada. Accreditation promotes excellence and is recognized worldwide as an important, objective method to assess professional education programs. It also identifies strengths and opportunities for improvement that can guide decision making. The process provides administrators and faculty with information regarding areas that require development, modification and/or resources.
Graduating physicians of the Class of 2014 were pleasantly surprised in May when the benefactor of the Michael G. DeGroote School of Medicine attended their oath ceremony. They were then thrilled and rose to a thunderous standing ovation when he announced a new gift of $50 million to the school.

“Not only have the people here achieved great things, but other donors have told me that my gift has helped inspire them to give, and that is very important to me,” said Michael G. DeGroote, sharing why he was renewing his commitment to the University, the School’s success and the future of health care. “As you move forward in your exciting new careers as doctors, please know that I am proud and humbled to have played a small part in your education at McMaster. It is a real privilege to share this moment with you.”

“Mr. DeGroote is a remarkable and generous man,” said John Kelton, dean of the Michael G. DeGroote School of Medicine and dean and vice-president of the Faculty of Health Sciences at McMaster. “His commitment to helping create doctors who provide the most innovative, compassionate and evidence-based treatment is unparalleled. His investments have seen our medical school become one of the top 15 in the world and the $50 million announced today will allow McMaster to climb to even greater heights.”

“Not only have the people here achieved great things, but other donors have told me that my gift has helped inspire them to give, and that is very important to me.”

– Michael G. DeGroote

The gift will support an increased focus on national and international health leadership, including developing stronger ties and alignment with McMaster’s DeGroote School of Business as well as partnerships that focus on biomedical advances.

Another component is the creation of a new fund to seed the very best medical research within the Faculty of Health Sciences. The fund will reflect DeGroote’s passion for innovative and creative risk-taking to support the most promising discoveries, move them from the lab to commercialization and ultimately create new jobs and businesses in Hamilton.

“Michael’s vision and the belief he has once again shown in McMaster is unparalleled,” said McMaster University President Patrick Deane. “Our goal is to see the medical school rise even further in its international prestige and such a landmark gift is the key to making that goal a reality.”

In 2003, DeGroote made the single largest cash gift to an institution in Canadian history donating $105 million to McMaster University, and in doing so created the first named medical school in Canada. He also created the first named business school in Canada, the DeGroote School of Business, at McMaster in 1992.
Hamilton Health Sciences and McMaster University have opened the first phase of a new outpatient clinic that will provide innovative care for adults by placing several medical specialties under one roof within a clinical teaching unit.

The goal is to deliver patient-centered health care that is timely and easy to navigate.

The Boris Clinic, located at the McMaster University Medical Centre, is funded by Hamilton’s Boris family as part of their $30 million gift to McMaster University in 2012. Six million dollars was dedicated to this unique facility which will enable patients with complex health problems to see several specialists and have related tests during one visit.

The inaugural medical director for the clinic is Akbar Panju, who will also hold the Boris Family Chair in Education and Internal Medicine. Panju and other leaders have been making plans for the clinic for a number of years. They have visited adult outpatient clinics in Canada and the United States, including the respected Mayo Clinic, to develop a new model of care. The Boris Clinic is based on three pillars of excellence: best clinical care, education and research.

The model recognizes that there has been a movement from inpatient to outpatient clinical care, and that many patients have complicated issues. “The Boris Clinic will bring all medical specialists under one roof, to create an environment that encourages interaction. Visits and tests can be done in a coordinated and timely fashion, for best patient care,” said Panju.

It will bring education and research into the mix, so that doctors are trained in outpatient care, in a location that brings research and evidence-based medicine into practice. This will ensure that physicians of the future are well trained to look after patients with these issues.

The second phase of the clinic will open in 2015, and transfer an additional 19,000 patient visits from medical care areas across McMaster University Medical Centre and dozens more physicians from a range of medical specialties.

Donor Jackie Work spoke about the inspiration behind her family’s gift.
Cardiologist named a “hot” researcher

For the second year in a row, McMaster researcher Salim Yusuf was named to the esteemed list of the world’s leading scientific researchers by ScienceWatch.

Yusuf, professor of medicine in the Michael G. DeGroote School of Medicine and a leader in the research and prevention of cardiovascular disease, had 11 “hot” research papers published in 2012.

His selection to the who’s who of scientific research and researchers is alongside others who attracted a high degree of attention for their research which ranged from cancer to the hunt for the “God particle” that may explain the fundamental forces at work in the universe. The definition of “hot” was measured by how many times the scientist’s published papers are cited by other researchers in their work.

In his career, Yusuf has led over 25 major trials and published more than 800 articles. His research collaboration on the prevention of heart disease and improving treatments following a heart attack or stroke involves 85 countries.

Yusuf is founder and director of the Population Health Research Institute at McMaster University and Hamilton Health Sciences, vice-president of research for HHS, and president-elect of the World Heart Federation.

“Canada’s most influential scientist”
– Globe and Mail

Yusuf was also recently called “Canada’s most influential scientist” by the Globe and Mail based on citations. He has had nine of his studies among the world’s most cited in recent years.

Lifetime achievement award recognizes contributions to science

For their efforts to improve healthcare in Ontario, four McMaster physicians and a medical resident have been honoured by the Ontario Medical Association (OMA).

Frank Baillie, associate professor of surgery, and Lawrence Kobetz, clinical professor of ophthalmology, received the Ontario Medical Association Life Membership Awards, which recognizes members who have made an outstanding contribution to the works of the association, the medical profession and medical science, or common good at the provincial level, and have reached the age of 65.

They were also honoured with the same award by the Hamilton Academy of Medicine at its annual meeting.

The OMA also presented a Resident Achievement Award to McMaster medical oncology resident Lacey Pitre, to recognize her contributions to the advancement of postgraduate training.

Also honoured were Wes Oczkowski, alumnus and associate clinical professor, neurology, and Mark Walton, the assistant dean of McMaster’s Postgraduate Medical Education Program.

Oczkowski received the Advocate for Students and Residents Award, which is presented in recognition of outstanding contributions that have significantly benefited the medical students or residents of the province of Ontario.

The Glenn Sawyer Service Award, presented to Mark Walton, was established in 1972 in honour of Glenn Sawyer, the longest-serving general secretary of the OMA. The Glenn Sawyer Service Award is awarded in recognition of significant service to the OMA, medical profession, or public at the community level.

Physicians receive lifetime honours
Two McMaster faculty members have received one of Canada’s highest honours. Jean Chamberlain Froese and Deborah Cook were appointed to the Order of Canada on June 30 by Governor General David Johnston.

Jean Chamberlain Froese, an associate professor in the Department of Obstetrics and Gynecology, was recognized for her efforts to advance maternal health, particularly through the creation of an academic program based in Uganda that promotes safe motherhood. She was made a Member of the Order.

Deborah Cook, a professor in the Department of Medicine as well as the Department of Clinical Epidemiology and Biostatistics, was made an Officer of the Order. Cook was recognized for her contributions to the improvement of global intensive care unit procedures and for her leadership in the creation of a national network for critical care research.

Susan French, former associate dean of Health Sciences, Nursing (1980-1990), was also made an Officer of the Order. French spearheaded McMaster’s international program known as Development of Women Health Professionals, worked for the World Bank and was later asked to help improve McGill University’s school of nursing. The Order of Canada was established in 1967 to recognize outstanding achievement, dedication to the community and service to the nation. Over the last 45 years, more than 6,000 people from diverse areas of society have been invested into the Order.

Recipients will be invited to receive the honour at a ceremony later this year.

Two faculty members named to Order of Canada

Award recognizes leading scholar in international health

A physician world-renowned for his ability to make data sing and trends come to life has received the 2014 Chanchlani Global Health Research Award at McMaster University. Dr. Hans Rosling of Sweden is listed by Time magazine as one of the world’s most influential people for his skill at presenting the issues of global socio-economic development. He is also a professor of international health of the Karolinska Institute, Stockholm, Sweden and co-founder and chairman of the Gapminder Foundation, a non-profit venture promoting sustainable global development.

The Chanchlani Global Health Research Award was created by philanthropists Vasu and Jaya Chanchlani and McMaster University in 2012 to recognize a leading scholar in international health.

“Dr. Rosling conveys his forceful global health research message by converting dots into meaningful narrative bridging the gap of the last mile — reaching the comprehension of the average person,” said Vasu Chanchlani.

Rosling also presented the Chanchlani Global Health Research lecture at McMaster in February.

Sibley Award recognizes teaching excellence

JoAnn Corey, director of the Psychiatry Residency Program in McMaster’s Department of Psychiatry and Behavioural Neurosciences, is the 2014 recipient of the John C. Sibley Award for Excellence in Education for Part-Time Faculty.

The prestigious award, in recognition of her contributions to the educational mission of the department and the Faculty of Health Sciences, joins an impressive list of awards and accolades she has received over the course of her career at McMaster, including a Jock Cleghorn Excellence in Clinical Teaching Award and a Clinical Skills Teaching Excellence Award from the McMaster University Medical School. “I hope the pride of winning this award will be shared by all members of the Department of Psychiatry and Behavioural Neurosciences, in both our Hamilton and Waterloo campuses. It has only been with the dedication and participation of our faculty, administrative staff and our outstanding residents that our educational endeavours have been successful,” said Corey.

The John C. Sibley Award for Excellence in Education for Part-Time Faculty is presented annually to a part-time faculty member who has made outstanding contributions to the education of health professionals. It is named for a former associate dean of the Faculty of Health Sciences who was known for his interdisciplinary approach to community health.
**Distinguished alumnus joins Alumni Gallery**

A McMaster alumnus who has followed four McMaster University degrees with an illustrious career in the study and clinical care of autism has joined the Alumni Gallery. Child psychiatrist Peter Szatmari, (’74, ’76, ’80, ’87) has been the chief, Child and Youth Mental Health Collaborative between The Hospital for Sick Children, the Centre for Addiction and Mental Health and the University of Toronto since 2012. This followed 30 years as a professor of psychiatry and behavioural neurosciences and pediatrics at McMaster and a long-term directorship of the Offord Centre for Child Studies. Szatmari was honoured for his inventive style of academic leadership. Over the years, he has been instrumental in building bridges and establishing collaborations across scientific fields, institutions, provinces, countries with one objective in mind: to improve the quality of life for children with psychiatric disorders.

**Prominent researcher appointed Chair**

Mark Crowther, a prominent researcher and established administrator has been appointed the new chair of McMaster’s Department of Pathology and Molecular Medicine. Crowther joined McMaster in 1999 and is currently a professor in the departments of pathology and molecular medicine and medicine. He is vice-president of research at St. Joseph’s Healthcare Hamilton and chief of the Hamilton Regional Laboratory Medicine Program. His research interests include investigating methods of improving the use of anticoagulant drugs. Foci include exploring the use of vitamin K to treat warfarin-associated coagulopathy, the use of low molecular weight heparin in patients with renal failure, and studies and systematic reviews of various interventions and observations in hematology and thromboembolism. Crowther succeeds Fiona Smaill, who held the position of chair for two terms.

**Two reappointed as department chairs**

Chairs of two departments of the Faculty of Health Sciences have been reappointed to five-year terms, effective July 1, 2014.

Norm Buckley will remain chair of the Department of Anesthesia, a position he has held since 2004; Dr. Holger Schünemann retains his role as chair, Department of Clinical Epidemiology and Biostatistics, which he has held since 2009.

Buckley, a graduate of the Michael G. DeGroote School of Medicine, joined the faculty in 1988. A professor in the Department of Anesthesia, he is the inaugural director of the Michael G. DeGroote National Pain Centre at McMaster, and he was recently appointed acting scientific director for the Michael G. DeGroote Institute for Pain Research and Care.

Holger Schünemann is a professor in the Department of Clinical Epidemiology and Biostatistics, with a joint appointment in the Department of Medicine. He joined the department in 2001. He also holds the Michael Gent Chair in Healthcare Research.

Besides teaching, he maintains a research program with interests focused on guideline development, systematic reviews and health-related quality of life. He is author and co-author of more than 400 peer reviewed scientific articles, book chapters and books.

In addition to his research activities, Schünemann maintains a clinical practice in internal medicine and is a member on boards and committees of international organizations, including the board of trustees of the World Health Organization’s Guideline International Network and steering committee of the Cochrane Collaboration.
**Obituaries**

**Neonatal pioneer was lifelong teacher and mentor**

**John (Jack) C. Sinclair**, the creator of McMaster’s neonatal intensive care unit and perinatal service has died. He was 81.

Sinclair was an associate professor at Columbia University when he was recruited by McMaster University in 1970. He was a professor in the Department of Pediatrics and the Department of Clinical Epidemiology and Biostatistics, and from 1993, coordinating editor of the Neonatal Review Group of the Cochrane Collaboration.

He received degrees in arts, sciences, and medicine at the University of Manitoba. He did his pediatric residency at Babies Hospital, Columbia Presbyterian Medical Center, and was mentored during his fellowship by William Silverman.

Retiring from clinical work in 1999, he was named professor emeritus at McMaster and became adjunct professor at Yale University and at the University of Texas at Houston. He continued to teach and mentor young physician-scientists until his death.

An endowed chair, the Hamilton Health Sciences Foundation/Jack Sinclair Chair in Neonatology, was created in his name. He was particularly proud of collaborative work that tackled important questions and stimulated the work of others.

**McMaster’s first surgeon cut a swatch for educational innovation**

**Barber Mueller**, the first chair of McMaster’s Department of Surgery, has died. He was 97.

Mueller, who had said he wanted to be remembered as an educator by profession and a surgeon by trade, had a long and varied career that included being a prize-winning scholar, a decorated war veteran, an author, a surgeon, a professor, the chair of surgery at two medical schools and an avid supporter of McMaster’s Health Sciences Library.

He joined McMaster in 1967 as the medical school was being established and he was active in the development of the innovative problem-based, small group learning method that revolutionized medical education around the world. He was also instrumental in the design of the Health Sciences Centre.

Following his five-year term as chair of the Department of Surgery, Mueller served as a professor of surgery until he retired in 1983 as a professor emeritus. He has received honorary degrees from three universities including McMaster, and was inducted into the Faculty of Health Sciences’ Community of Distinction.

**World-class scientist was known for her enthusiasm**

As well as her superb scientific mind, McMaster professor emerita **Irene Uchida** will be remembered for her feistiness, her sense of humour, her love of music and her insistence on proper grammar. She died at age 96 after a long illness.

During the 1960s, the genetics researcher made scientific history when she discovered a link between women’s exposure to radiation and Down syndrome in their children. Her chromosome research changed medical practice and led to limiting x-rays on women while providing a greater understanding of the causes of Down syndrome.

Arriving at McMaster in 1969, Uchida was a professor for the departments of pediatrics and pathology and director of the cyogenetic laboratory until retirement in 1985.

She published more than 95 scientific papers during a 50-year career, and received many distinctions and honors. Awards included Officer of the Order of Canada; honorary degrees from McMaster and Western universities; Woman of the Century 1867 to 1967 for Manitoba and the Founders Award, Canadian College of Medical Geneticists.
FHS alumni: Where are they now?

1970s

Wayne Paprosky, MD ’75
Wayne Paprosky was one of the first surgeons to perform total hip surgery with cementless implants, which is today’s standard. He developed the Paprosky Classification used worldwide for performing revision surgery. With his colleague Charles Engh, he developed and implanted the first gender specific hip for women 15 years ago. These concepts have led to the development of today’s gender specific implants for active females. In addition, he performs minimally invasive total hip and knee surgery enabling patients to go home within 24 hours. He was an invited speaker this past spring at the MacOrtho Visiting Professor Leadership Series, where he spoke about his life experiences and shared his insights on patient care, mentorship and challenging the status quo.

1990s

Steven Innocente, MSc ’99
After completing a master’s degree and PhD at McMaster, Steven Innocente became a Wellcome Trust Post-Doctoral Fellow at the Wellcome Trust Centre for Cell Biology at the University of Edinburgh. While doing research at the university, and helping to raise a young family, Innocente started brewing beer at home and entered a couple of contests, winning the best in category and best in show at a competition run by the Scottish Craft Brewers and the people’s choice award at a competition run by Hariot Watt University in Edinburgh. After working for 20 years as a scientist he came home to Waterloo and started the ground work for a craft brewery. The married father of four children now lives in Elora and owns and operates Innocente Brewing Co, which is located in Waterloo.

2000s

Hamidah Meghani, MD ’07
Hamidah Meghani has been appointed Halton Region’s new commissioner and medical officer of health (MOH). The incoming MOH received her medical degree from McMaster University in 2007 and then did her Public Health and Preventive Medicine residency at the University of Toronto, spending two years at St. Michael’s Hospital. She completed a Masters of Public Health in Family and Reproductive Health at Columbia University in New York City. She completed her final year of residency at Halton Region. From there she moved to the job of associate medical officer of health for the City of Hamilton, where, she co-chaired the Healthy Birth Weights Coalition in Hamilton with the aim of reducing the rates of low birth weight, teen pregnancy and smoking during pregnancy. Most recently, Meghani has worked on Hamilton’s response to a measles outbreak.

2010s

Katerina Bauman (nee Reizgys), B.H.Sc. ’12 and Jessica Seibel, Family Medicine Residency ’13
Katerina Bauman and residency partner, Jessica Seibel are the newest family doctors at the Medical Centre at the Boardwalk, a new four-storey, 80,000-square-foot, $20-million facility that houses about 27 family doctors, as well as integrated medical experts such as an independent pharmacy, laboratory, medical imaging specialists and other medical clinics. Located at the north end of The Boardwalk’s 36-hectare commercial complex that straddles the boundary between Kitchener and Waterloo, the building has been designed as a one-stop shop for patients.

Kristin Cleverley, PhD ’12
After completing her nursing degree, Kristin Cleverley went on to complete a PhD in Health Research Methodology and spent over 10 years teaching in the School of Nursing. Cleverley is currently working as the director of practice research and innovation at the Centre for Addiction and Mental Health. She is an assistant professor in the Faculty of Nursing at the University of Toronto and an assistant editor for the Journal of the Canadian Academy of Child and Adolescent Psychiatry.

Make a submission
To make a submission to “Where Are They Now?” email network@mcmaster.ca
Three McMaster students had summer experiences they will remember for a lifetime thanks to Renaissance Awards established by two McMaster alumni.

The second annual Renaissance Award for 2014 funded one student’s return journey to the Ivory Coast to study the relationship between music, war and peace, and allowed two other students to explore their connections to nature and literature as they tackled Newfoundland’s daunting East Coast Trail.

The husband and wife team Jolie Ringash, MD ’93 and Glen Bandiera, MD ’93 are graduates of the Michael G. DeGroote School of Medicine and both now practice in Toronto. They launched the award in 2012, in time for it to be awarded in 2013, when it was also shared between two projects.

The award provides up to $25,000 annually to make it possible for McMaster students to do something the award’s funders wish they had done before finishing their own studies.

Andrew Case and Anthony D’Ambrosio, both students in the Arts and Science program, embarked on a six-week trek on the rugged East Coast Trail. The pair camped along the way and read from nature writers such as Emerson, Thoreau and Grey Owl on a journey of self-discovery, one with physical risks that demand walking with a partner.

Juste Fanou, an engineering technology student, spent much of his childhood living in Ivory Coast, where internal conflict and war have plagued the west African country’s recent history. His family left in 2000, two years before civil war gripped the country.

His summer journey took him to Europe and the Ivory Coast to interview expatriat Ivorians and see how the continuing cycles of conflict have shaped popular music, and how popular music has in turn shaped conflict.

Wong forum explores topics in medical research

McMaster alumni Henry and Sylvia Wong never forgot how their McMaster education provided them with a quality of life they continue to enjoy today.

Their fond memories have become a lasting tradition to advance research and public education. Over the past 10 years, distinguished scholars have led discussions of current public issues and interests in medical research ranging from infectious diseases to narrative medicine to lessons from scholars.

“We felt we owed everything to McMaster, which gave us a very good start in life and created an environment for us of life-long learning,” said Henry Wong.

The lectures are held annually the first Wednesday in May. For more information visit http://fhs.mcmaster.ca/facdev/wong.html

Past speakers of the Wong lectures:
• Susan Lieff, professor and vice-chair, education of the Department of Psychiatry, University of Toronto
• Patricia Lynn Dobkin, associate professor, Department of Medicine at McGill University
• Lorelei Lingard, professor of medicine, Western University
• Izzeldin Abeulaish, professor of medicine, University of Toronto
• Steven Lewis, health policy and research consultant, University of Calgary
• Dave Williams, professor, general surgery, McMaster University
• Rita Charon, professor of clinical medicine, Columbia University
• Elizabeth Davis, member of the Congregation of the Sisters of Mercy of Newfoundland and Labrador
First Bachelor of Health Sciences class reunites

The first class of McMaster’s Bachelor of Health Sciences (Honours) Program (BHSc) recently celebrated 10 years since graduating from one of McMaster’s premier interdisciplinary programs that jet sets students into careers ranging from medical researchers to hospital administrators to rehabilitation specialists.

The graduating class of 2004 returned to their alma mater this past spring to reconnect with friends who began to play an important role in each other’s lives 14 years ago. The class reunion took place June 7 at the Alumni Memorial Hall/Faculty Club, Great Hall.

“It’s hard to believe that 10 years have passed since we graduated from the BHSc Program,” said alumnus Rich Hilsden BHSc, MD, MBA. “When we met as the inaugural BHSc class we knew that we would be part of something special, but none of us were exactly sure what the program would become and how influential it would be in our lives. In the end, the graduates of the BHSc class of 2004 have made incredibly diverse contributions to their communities. The common theme uniting us all remains our passion for health and the human condition.”

Reunions and Events

- On Oct. 18 and 19, the School of Nursing Class of ’89 will celebrate its 25th reunion in Niagara on the Lake. The tentative line-up of activities includes jet boating and a play at the Shaw Theatre. For more details contact Anne-Marie Middled at middel@mcmaster.ca

- On Oct. 25, the Faculty will be holding reunions featuring the MD Classes of ’74, ’79, ’84, ’89, ’94 and ’04. The day will feature a continuing medical education lecture by Geoff Norman, professor of clinical epidemiology and biostatistics at McMaster University, entitled “Beyond PBL: The Evolution of Problem Based Learning at McMaster, 1969-2014”. Following the lecture will be campus tours and a dinner at the Hamilton Convention Centre.

To assist with class outreach for the MD reunions or to get more information, contact Josie Bufalino-Jacek at jasek@mcmaster.ca. To connect with classmates, visit the “events” section of the MacHealthSci’s Facebook page.