



CONFERENCES & MEETINGS

GRAND ROUNDS
Thursday, December 16, 2004, 7:30 AM
Clinic Auditorium

Roshan Shrestha, M.D., Professor Medicine, Gastroenterology and Hepatology
Phillip Klemmer, M.D., Professor Medicine, Nephrology and Hypertension
and
Kenneth Andreoni, M.D., Assistant Professor Surgery, Abdominal Transplantation

Diagnosis and Management of Hepatorenal Syndrome

FROM DIVISIONS

- **Scott Kowalczyk**, RN BSN CCTC, cardiac transplant coordinator, received a 2004 UNC Nursing Recognition Award for his contributions to high quality of patient care.

ANNOUNCEMENTS

- **Mark your calendars!** Department of Medicine Faculty Retreat-Clinical and Teaching Missions. Tuesday, January 18, 5-8pm, Clinical Auditorium.
- Department of Medicine Junior Faculty Symposium and Poster Session. Friday, January 28, 2005, 1-6pm, MBRB.

FROM THE CHAIR'S OFFICE

This time of year, from Thanksgiving to the first of the year, can be the best of times for some, and the worst of times for others. If you're like me, you've all read one too many reports from what I'll call "seasonal psychologists" commenting on how stressful this holiday season can be. In addition to the time we spend at work, there is shopping to be done, parties to attend, newsletters to write (ok... that may not be a major burden). And on a more serious note, for many, the holidays are a time to reflect on the year, to regain our roots with friends and family, and to recall the memories of lost loved ones.

There is just never enough time to do everything. Last June, in one of these newsletters, I talked about the need that I think we all have (I know I do) to improve our efforts in the prevention of disease - specifically for ourselves. As health care providers and those who work in the health care environment, we often neglect this aspect of our well being, whether it is feeling invincible or just not wanting to shirk our responsibilities.

So this year please try to take a quiet moment from time to time and side-step the hustle and

bustle. If only for a moment, pause to watch the sunset or sunrise, or to sit on a bench and watch the world go by and think about yesterday, today and/or tomorrow. I'm going to give it a try and hope you will too. We're even going to take a newsletter break until after the first of the year.

On behalf of us all here in the Department of Medicine, I wish you the very best for the holiday season and hope that you will come back in 2005 well rested and ready to face the New Year.

And, to quote a Scottish traditional toast (you'll never guess who found this*):

May the best ye've ever seen
Be the worst ye'll ever see
May a moose ne'er leave yer girnial
Wi a tear drap in his ee
May ye aye keep hale an herty
Till ye're auld eneuch tae dee
May ye aye be jist as happy
As we wish ye aye tae be.

[or in [modern English](#)].

And, for all of us in this part of the world, "may your skies always be Carolina Blue".

[*Who came up with this - Rosemary, of course]

We will not publish a Newsletter the weeks of December 20th or 27th and will begin up again, January 10th.

Questions or submissions, contact Rosemary_Simpson@med.unc.edu