



CONFERENCES & MEETINGS

Grand Rounds
Thursday, June 3, 2004, 7:30 AM
Clinic Auditorium

David M. Margolis, M.D.

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HIV Infection: Seeing Light at the End of the Tunnel

FROM DIVISIONS

- **Lisa Gangarosa, M.D.**, Assistant Professor of Medicine, Division of Gastroenterology and Hepatology was appointed by the American Gastroenterological Association to be one of their 2 representatives to the AAMC's Council of Academic Societies (CAS).
- **Darren DeWalt, M.D.**, Clinical Fellow, won the Lipkin award for the best presentation by a fellow for his randomized controlled trial of disease management for heart failure.

ANNOUNCEMENTS

- UNC Heart Center Grand Rounds. **Oxidative Stress in Coronary Heart Disease.** Marshall Runge, M.D., Ph.D., Professor Medicine and Chair, Department of Medicine. Wednesday, June 2, 7:30 am, 321 MacNider.
- Department of Medicine Seminar. **TGF-beta Receptor Signal Transduction in Angiogenesis.** Piter ten Dijke, Ph.D., Head of the Division of Cellular Biochemistry at the Netherlands Cancer Institute, Amsterdam. Tuesday, June 8th, 11 am-12 Noon, 1131 Bioinformatics.

FROM THE CHAIR'S OFFICE

This week my comments focus on ways we can improve our efforts in the prevention of disease - specifically for ourselves. UNC has long been a leader in health care policy, including the development of policies on prevention. However here, as is the case at most academic institutions, many of us who care for patients and preach prevention might benefit from their own advice. Previous newsletters have touched on potential reasons: the fast pace of life today; new challenges and obligations we all face at work, at home and in our communities; the unintended time-toll of ever-increasing regulation of science and medicine; and the list goes on....

Sadly, an event in the life of my family brought the importance of prevention into new clarity. My wife's brother, a 48 year old cardiovascular surgeon in apparently good health died suddenly and unexpectedly of a myocardial infarction (heart attack) about three weeks ago. Tommy was a wonderfully skilled surgeon and a dedicated clinician who often would literally spend the night at the bedside of a critically ill patient. Away from the hospital he was a devoted husband and father who loved cars and sports. What he never planned on was dying before he had the chance to enjoy his interests away from the hospital. During his too short life, instead, he pushed himself to the limit every day. We all wonder now if we should have said something to him about taking more time to exercise and relax. Some days we think that he wouldn't have wanted it any other way.

The point? My point is that many of us find ourselves living life in the fast lane. We tell our patients to exercise daily, to eat and drink in moderation, to change habits that lead to disease. But how often do we tell this to ourselves? The message this week is to ask that if you haven't seen your physician, to do so. If you can (in consultation with him or her) exercise. Make life-style changes that will reduce your risk of heart disease or cancer or other major medical maladies. Find time for reflection and appreciation of the little things in life that bring you joy. In short, practice the medicine you preach.

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