



CONFERENCES & MEETINGS

Grand Rounds to continue in January
Thursdays, 12:00 Noon
Clinic Auditorium

FROM DIVISIONS

- **Dr. Joanne Jordan** is attracting media attention for her study on the apparent link between the mineral selenium and arthritis. Dr. Jordan's study analyzed toenail clippings from 940 residents of Johnson County, NC. Lower selenium levels may mean a higher likelihood of more severe arthritis.

ANNOUNCEMENTS

- The DOM newsletter will break for the rest of December and continue in January.
- OIS will install on several critical security patches on Thursday, Dec. 15, beginning at 5:00 p.m. Each server will be offline briefly to reboot and complete the patch installation.

FROM THE CHAIR'S OFFICE

As the year comes to an end, it's a good time to reflect back and think about what's gone well, what could have gone better, and how we can move forward in the future. Overall, this has been a great year for the Department of Medicine. My biggest regret is that there simply isn't enough space here to enumerate all the positives of the past year. In general categories, we've seen continued growth of our faculty and staff and tremendous accomplishments in all of our missions.

Our faculty continues to publish and present their research in the most prestigious, peer-reviewed journals and they continue to obtain new grants and contracts, even during this time of restrained growth at the NIH. More and more of you have received recognition for your dedication to teaching and the many hours you've put in over the past year. I truly believe our trainees – from medical and graduate students to residents and postdoctoral fellows to subspecialty residents – are getting an outstanding education and will become great emissaries for UNC. We've seen the growth and development of many important clinical programs and, to be sure, there are always challenges in all these areas, but we've made great strides forward.

The greatest challenge for me, and many of you as well, is defining how best to spend our time with our students and colleagues in the DOM and in other departments and centers, here and the world over. The topic of time management is a popular one these days and I'm sure you see this issue as often as I do in the media. How can we succeed in those areas we feel most passionately about? Do Americans spend too much time at work and not enough at leisure? What is the best way to filter out the distractions? Is chocolate the answer?

While I have no ready answers for these (with the possible exception of the last question), I do have a suggestion. This seems to be a time of year when, professionally, the days are less jam-packed. During the coming weeks, I'll be thinking about these issues for myself and about those activities that are important to our department and I ask you to do the same. As you ponder the imponderables, I'd certainly welcome your thoughts on these important topics.

This will be the last DOM Newsletter for 2005, but we'll get started again after the first of the New Year. I wish you all a safe and happy holiday season.

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