



LOWCOUNTRY HEART WALK

About 420 MUSC employees, students and participants braved drizzle and overcast skies on Sept. 29 at the Lowcountry Heart Walk. Left photo: MUSC team Informatics coach Jennifer Mayser and dog Stormy join BMIC coworker Wei Ding and daughter Olivia Ding at North Charleston's Riverfront Park. A total of 45 teams raised approximately \$80,000 in donations through fundraising for the 2018 campaign. *Photos provided*



SC Ports Authority, MUSC Health launch wellness partnership

Staff Report

MUSC and the South Carolina Ports Authority (SCPA) have signed an agreement for MUSC Business Health to deliver health care and wellness services at its current location and eventually, its new headquarters in Mount Pleasant on the Wando river. MUSC Health will staff and operate a health clinic to serve approximately 560 SCPA workers in the Charleston region.

"The launch of our partnership with MUSC, both in terms of their physical presence in our new headquarters as well as new health programs and services, is exciting for the port," said Jim Newsome, SCPA president and CEO. "We have an important responsibility to deliver high-

quality operations to our stakeholders and customers across the state and region, and our ability to achieve our goals is rooted in the wellness of our workforce. We look forward to the benefits of new health care options that are modern, high quality and convenient across the port's various work schedules and locations."

"This is what building healthy communities is all about," said David J. Cole, M.D., FACS, MUSC president. "When we work with our state partners who share our vision for health, it enables us all to innovate and better meet the needs of our workers, friends, family and neighbors. It's these kinds of partnerships that help create a better equipped and healthier workforce, which

means more prosperity and economic growth for our state."

MUSC Business Health providers will collaborate with the SCPA team to deliver a full range of health services that include on-site primary and occupational health services as well as virtual urgent care services and specialty care services via telehealth. Through the new partnership, SCPA employees already have access to employee assistance, private counseling sessions and group workshops via the MUSC Employee Assistance Program and wellness education classes on a wide variety of health-related issues.

"MUSC Business Health partners with employers to improve the health of their team members through a variety

of channels, including on-site clinics, convenient ambulatory facilities, e-visits, telehealth, emergency care and hospitalization, if necessary," said Patrick J. Cawley, M.D., CEO for MUSC Health and University vice president for health affairs. "It's important that we continue to deliver our services, whenever we can, within the places where people work, live, play and learn. We are pleased that the Ports Authority sees us as a trusted, forward-thinking partner, working with them to prevent situations like repetitive workplace injuries and to promote better overall health for their team."

With an average workforce age of 41, with nine years of service, SCPA is building a comprehensive wellness

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NEJM

Doctor explains results of important heart study.

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Sickle cell disease

Family receives surprising results.

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Halloween Costume Contest

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Meet Terri Ellis

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Traumatic Brain Injury Research

AROUND CAMPUS

PEOPLE

Tom Crawford



Tom Crawford, Ph.D., has been named associate chief operating officer for MUSC Health. Crawford was formerly the administrator for MUSC Health's acute, trauma and

critical care ICCE and as an assistant professor in the College of Health Professions. He has more than 25 years of health care experience. Originally from New Hampshire, Crawford will be responsible for developing a unified and consistent approach to operations that supports a seamless delivery of care.

Carolyn Donohue



Carolyn Donohue, RN, was named the executive nursing director for children's and women's services and associate chief nursing officer for MUSC Health. Originally from

Cleveland, Ohio, Donohue previously worked at MUSC Children's Hospital from 1995 to 2000. She returned to MUSC after serving as director of children's and women's care at UNC Health Care in Chapel Hill. In her new



Engineering and Facilities' Lester Dempsey, second left, accepts the Finance & Administration Employee of the Year award from Lisa Montgomery, Greg Weigle and George Summerford. The Cindy Garmon PEER of the Year winner was James Pinckney Jr. (second consecutive year) of University Business Services.

photo by Cindy Abole

role, she will work with the children's and women's leadership team to implement strategies that provide high quality and consistent patient care.

Ann Lefebvre



Ann Lefebvre has been named executive director of South Carolina AHEC. Lefebvre will replace retiring director David Garr, M.D., and will begin in her role Nov. 19. Lefebvre was previously associate

director of the North Carolina AHEC program and has been involved in directing the statewide practice support program, strategic planning and other responsibilities.

John Maize



John Maize, M.D., professor of dermatology and anatomic pathology, was elected to be a recipient of the Founders Medal of the International Society of Dermatopathology.

EVENTS

Conversation Cafe

Are you eating healthy, responsibly sourced seafood? Join the discussion about "Sustainable Seafood" at the Oct. 10 Conversation Café from 1 to 2 p.m. in the Colbert Library, Room 113. A local panel on seafood, featuring Andrea Margiotta (SC Aquarium), Debbie Petitpan (MUSC Sodexo) and Taylor Tarvin (Tarvin Seafood), will answer questions about the best places to source your seafood from, health benefits and concerns with seafood, how to support your local fisheries and how MUSC sources its seafood for the cafeteria.

Free Verse 2018

Free Verse 2018, from Oct. 17-31, boasts weeks of public art, words on windows, bike tags and school workshops. Featured is 'Stanzas and synthesizers' to 'Physical Poetry: SC's evening of dance.' The events are designed with the cost at the forefront. For information, visit www.freeversefestival.com.

Carolina Strong T-shirts

Palmetto Blended, a local family-owned screen printing business, is selling 'Carolina Strong' T-shirts with proceeds going to Hurricane Florence relief. Proceeds from these T-shirts sales will go to relief efforts in the Carolinas through the United Way Hurricane Florence Recovery Fund. T-shirts come in navy blue at only \$10. Email orders to hello@palmettoblended.com.

MUSC CATALYST news

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MUSC veterans: Share your photos for Nov. 9 program

Employee- and student-veterans: We want you to submit your military photos or videos for recognition at MUSC's Annual Veterans Day program at noon, Friday, Nov. 9, Drug Discovery Auditorium (DD110). Deadline for submissions is Oct. 15.

For this year's event, organizers want to feature photos or videos of veterans in action for the annual Veterans Day program. Photos should be

digital, stored as a JPEG, and have a minimum resolution of 800x600. Videos should be in AVI or MP4 format, no longer than two minutes long and of a decent video quality.

Submit your photos and videos to MUSCVets@musc.edu by Oct. 15.

Include employee or student's name, rank, and branch of service for the photos and videos you submit so the veteran may be properly represented.

Welcome October: Experience fall in the Urban Farm

Fall is one of the most exciting times to get out into the fresh air and enjoy the sights and sounds of the Urban Farm. While some see fall as the beginning of the end, at the farm, we see it as a time for renewal, growth and metamorphosis.

Fall is the peak time to check out a number of different butterfly species making their yearly visit and evolution at the farm. One example is the legendary monarch butterfly in all its magnificence. We challenge you to seek out the milkweed plants at the farm; try to find monarch eggs, caterpillars, chrysalises and adult monarch butterflies; and reflect on the ever-dynamic splendor of change and the resiliency of your own spirit.

You can enjoy the cool weather and outdoors with guided yoga three days a week. We offer evening sessions on Monday and Wednesdays 5 to 5:45 p.m. and a morning session Fridays 8 to 8:45 a.m. It's free to everyone in the Charleston community, and no sign-

up or RSVP is required. No mat? No problem. The farm provides yoga mats. We have sessions currently going through Nov. 16.

Come check out the wonderful fall crops growing in the farm. Fall is a time for lots of healthy dark leafy greens like kale, collards and mustard greens. This is also the best time for salad while lettuce, spinach and arugula are in abundance. If you are looking to spice up your dish with some herbs, this is an ideal time to grow fall basil, cilantro and garlic chives. And don't forget those delicious root vegetables; fall is a great time for turnips and radishes. Try some fun mini turnips like Hakurei snacking varieties or mix up your color palette with Easter egg radishes that come in pinks, purples and reds.

Although the abundance of seasonal produce, benefits of "green exercise" and cooling temperatures are reasons enough to add a trip to the MUSC Urban Farm to your calendar, did you know that

you can also earn points and win prizes for participating in Urban Farm-related activities as part of the enterprisewide employee well-being program Imagine U?

Created as part of the Imagine MUSC 2020 strategic plan, Imagine U offers employees an incentivized program to improve their health and well-being. Located on MUSC's learning platform, MyQuest, Imagine U is free and available to all employees.

While there are more than 100 challenges for employees to select from, there are several challenges that you can complete using the MUSC Urban Farm as a resource — from challenges that task you to use seasonal and locally sourced ingredients when preparing meals to challenges like "yoga in the park" or "walk the medical mile" that encourage employees to use their built environment to become more physically active. There are even challenges aimed at reducing burnout and anxiety like "take a nature

MUSC Health & Well-Being

By Susan L. Johnson, Ph.D., MUSC Office of Health Promotion



break." There are opportunities for every employee to participate in, earn points, win prizes and improve their overall well-being all while using the beautiful Urban Farm as a launching point.

For information about Imagine U or get involved with the MUSC Urban Farm, email musc-empwell@musc.edu or urbanfarm@musc.edu.

Humanitas submissions accepted

Office of Humanities is accepting submissions for Humanitas 2019. Send to <https://redcap.musc.edu/surveys/?=RCMLMX7MMK>.

It's back: MUSC Innovation Station Halloween Costume Contest Oct. 31

Individuals, couples and groups can dress up at Greenway event

Staff Report

Need a reason to loosen your tie, turn off the computer or channel your inner superhero? If the answer is yes, then the MUSC Innovation Station Halloween costume contest might be just what the doctor ordered.

Come join kindred spirits on Wednesday, Oct. 31 on the Charleston Medical District Greenway as MUSC employees, faculty, staff and students enterprisewide don their favorite spooky, charming and comical costumes from 11:45 a.m. until 1 p.m. Due to liability and HIPAA concerns, patients cannot enter or be involved.

You can enter in one of three categories. If purple is your color, enter the individual category as the artist formerly known as Prince. Or maybe

What: Innovation Station Halloween Costume Contest
When/Where: Oct. 31, @ 11:45 a.m., Medical District Greenway

you and a colleague want to just "Let it Go" as Elsa and Anna in the couple/duo category. Think your division resembles House Targaryen from Game of Thrones — then mount your dragons and enter as a group, but with no more than 10 people.

Contest organizers will be accepting entries from Oct. 5 until Oct. 26 at 5 p.m. To enter, visit <https://redcap.musc.edu/surveys/?s=WLARNTF37M> and complete the entry form. But hurry — there are only spots for 15 entries per category, and we are accepting entries on a first-come, first-entered basis.

Participants are encouraged to be



A little goblin trick-or-treats at MUSC.

imaginative, creative and fun when coming up with costume ideas. Equally, we'd like this event to remain enjoyable for all audience members, so please keep it tasteful and relatively "G-rated."

Organizers will invite participants in each category up on stage. Participants, remaining "in character" on stage, will

walk the runway and may howl, growl, wink, wiggle or screech at the judges and audience but no biting, poking or attempts to bribe the judges, please.

Judges will select one first-place winner from each category, with an honorable mention for the second-place finisher. MUSC will award prizes for first-place and honorable mention winners, which Innovation Station and local businesses are generously providing.

Who doesn't love a good Halloween costume contest? Lots of fun things are planned, so come to the CMD Greenway and join in the hilarious festivities. The entire MUSC family is welcome. Show off your best costume or just come and laugh, clap and egg on your colleagues.

Editor's Note: *In the spirit of community, costumes that are not eligible for entry include those related to politics, such as current or past presidents, or religion; sexualized references like pregnant nuns and "sexy" Disney princesses; or anything overtly violent or that others might deem insensitive or offensive. Contest organizers reserve the right to approve or deny entries based on these criteria at any time.*

Wearable defibrillator study disappoints cardiac specialists

Doctors hoped device would prevent sudden death in heart attack patients

BY MIKIE HAYES

hayesmi@musc.edu

Cardiac electrophysiologist Michael Field, M.D., associate professor of medicine at MUSC, often wondered as a medical student what it would be like to have his ideas published in the New England Journal of Medicine. He no longer need wonder. The premier medical journal published an editorial he wrote on the outcome of an important cardiac study in the Sept. 27 issue.

Field's editorial, titled "Another Shock for Sudden Death Prevention after Myocardial Infarction," accompanied a long-awaited trial known as the Vest Prevention of Early Sudden Death Trial or VEST.

VEST is the first randomized, controlled trial to assess whether the wearable cardioverter-defibrillator could reduce sudden death in patients who recently suffered a heart attack and had reduced heart function. The wearable defibrillator, made by Zoll, has been available in the U.S. since 2001. It is a removable vest that, when worn by an at-risk patient, provides continuous rhythm monitoring and, if needed, rapid external defibrillation for rapid fatal heart rhythms known as ventricular fibrillation and ventricular tachycardia. The device is primarily used in clinical situations where a patient is perceived to be at high risk of sudden death but does not meet guideline indications for permanent implantable cardioverter-defibrillator (ICD) placement.

The authors of VEST selected patients who suffered a recent heart attack and had reduced heart function. They were randomized to wearable cardioverter-defibrillator plus medication or just medications alone. In the final analysis, the trial didn't produce the results many in the field anticipated. The primary study endpoint, reduction in sudden arrhythmic death, was inconclusive and failed to show the use of the wearable

cardioverter-defibrillator significantly reduced sudden death in the first 90 days after a heart attack when added to standard medications. Many predicted the wearable cardioverter-defibrillator would reduce sudden death after heart attack in this population. This optimism made the ultimate findings of this study that much more surprising and disappointing.

WHY IS THIS IMPORTANT?

Field explained that sudden cardiac death is a serious complication of a heart attack that poses the greatest risk during the month following the event and especially for people with impaired heart function. But two earlier randomized trials showed no survival benefit when an ICD was implanted early after a heart attack in a similar population, resulting in guidelines that recommend waiting at least 40 days after a heart attack and 90 days after coronary revascularization to implant an ICD for primary prevention. This seemingly untenable paradox left patients with little way to prevent sudden death in this setting.

So the VEST investigators asked whether the wearable cardioverter defibrillator, a non-invasive approach, would be effective in the population where early ICD implantation fell short.

Field said earlier observational studies showed the wearable cardioverter-defibrillator was highly effective at stopping sustained ventricular tachyarrhythmias. If a patient experiences a life-threatening abnormal heart rhythm, the defibrillator's alarm sounds, and it then delivers a shock to the heart to restore a normal heart rhythm.

Field said the VEST study was incredibly important and ambitious and congratulated the authors for their tireless efforts to make it happen.

"We are sometimes faced with results that don't fit our intuition or what we anticipate," he said. "This study overall did not show a benefit in this population. So we have to move forward



Photo by Sarah Pack

Dr. Michael Field specializes in diagnosing and treating electrical abnormalities of the heart.

"Efforts like these to identify ways to prevent sudden death are incredibly important because the sudden and unexpected death of a loved one is a tragedy."

Michael Field, M.D.

and reconcile, understanding that studies like this are time-consuming and expensive and likely will never be able to be repeated. Was this a study that failed to show a benefit because the therapy doesn't work, or was there a flaw in the study design, such as poor enrollment or adherence to the treatment or lower than expected event rates?"

Field is not giving up hope. "Efforts like these to identify ways to prevent sudden death are incredibly important, because the sudden and unexpected death of a loved one is a tragedy," he said.

"There has been a lot of anticipation for this trial to come out. We were eagerly awaiting the results. Ultimately, this is a population that when we take care of

them in the hospital after their heart attack, we worry about them. There has been a lot of uncertainty about who's the best candidate for this device. I wrote the editorial because I wanted to draw attention to the fact that this is an important population, and despite our best efforts in medicine to identify interventions that work, we can fall short but must not give up."

So will Field continue to use the device for his patients? He wouldn't rule it out in select patients.

"The results speak to the fact there is reason to have an in-depth discussion with patients. No, I won't uniformly use this device. It's expensive. It can be problematic. The device is associated with frequent false alarms and inappropriate shocks that can lead to a great deal of stress and anxiety. Patients have to understand all this before it is prescribed. Also, since the evidence for benefit is less clear, we have to involve patients in the discussion. For a particularly well-informed and motivated patient, the wearable cardioverted-defibrillator may still be reasonable."

Field also said there is a lot of fear associated with the subject of sudden death. He points out that many people

See VEST on page 11

MEET TERRI



Terri Ellis

Department; How long at MUSC
Regulatory Affairs/Accreditation; 41 years

How are you changing what's possible at MUSC

Ensuring we are knowledgeable about new and changing regulatory standards

Family and Pets

Husband, Russ; sons, Corey and Jon; daughter-in-law, Tara; and dogs, Apollo and Mini

Favorite football team

Green Bay Packers

Accomplishment at work you are most proud of

Established a uniform structure to respond to outside regulatory surveys

Work mentors I'd like to acknowledge

Agnes Arnold, Teresa Rogers, Lois Kerr and Dr. Danielle Scheurer

Your idea of a dream vacation

An isolated beach

Words of advice

Always be humble and kind.

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Wednesday, 10/10 - 12PM-3PM
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Portico

Thursday, 10/11 - 11AM-4PM
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GRANT MONEY AWARDED TO AID CRIME VICTIMS



Photo Provided

South Carolina Attorney General Alan Wilson, center, announced that \$46 million in grants will go to aid Lowcountry crime victims. The funds will support programs like the National Crime Victims Center, MUSC Health, MUSC Children's Hospital, the College of Nursing's Elder Abuse Training and Treatment Program and other programs and services. Pictured are Charleston County Sheriff Al Cannon, from left, Pat Votava, Keisha Graham, Adam Mayer, Dr. Melba Hernandez-Tejada, Dr. Alyssa Rheingold, Dr. Kathy Gill-Hopple, Megan Wallace, Dr. Dean Kilpatrick and Mara Steedley.



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Blood test solves mystery: Family learns surprising health news

BY HELEN ADAMS

adamshel@musc.edu

It was a happy time for Tammy Thompson and her family. Thompson was a tenth-grader in high school with dreams of studying architecture at Georgia Tech. Her older sister was preparing to get married, and Thompson was excited about being a bridesmaid.

It was a welcome distraction from the nagging illness that troubled the family. Three of six children had struggled for years with health problems. Thompson had been diagnosed with anemia and was taking iron supplements.

At that time in Georgia, the state required couples to have blood tests before getting a marriage license. So Thompson's sister went to a lab and had some blood drawn. The results shocked the family.

"When my sister went to take her

blood test to get married, that's when she was diagnosed with sickle cell. When it happened, we all sort of looked at each other, and my parents said, 'We need to have the other two tested.'"

All three had sickle cell disease. The painful, sometimes life-threatening inherited disorder causes red blood cells to take on a sickle shape. That makes them break down before they should. The sickled cells can also get stuck in blood vessels, depriving the body's organs of oxygen.

Both of Thompson's parents had the trait for sickle cell but had no way of knowing it until their daughters were diagnosed.

Thompson is encouraging everyone to learn more about the most common inherited blood disorder in the United States. "Most people don't know what sickle cell disease is," she said.

Sickle cell specialists at MUSC Health



Photo by Sarah Pack

Thompson's sickle cell disease hasn't kept her from a fulfilling career as an architect.

agree. "When I tell people I work with sickle cell patients, they say, 'What is that?'" said nurse practitioner Mary Johnson.

An estimated 70,000 to 100,000 Americans have sickle cell disease. It's more common among certain ethnic groups. One in 12 African-Americans

carries a sickle cell gene, according to the American Society of Hematology.

Sickle cell research at MUSC includes a study focusing on developing a new gene-modifying treatment and a clinical trial testing gene therapy. MUSC

See **SICKLE CELL** on page 10

"My Reviews Speak for Themselves"

David Kent

"I would highly recommend David Kent. He is incredibly knowledgeable and extremely accommodating. He truly has the buyers' best interest at heart and is a pro at negotiating."



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October "Health Focus" schedule on SC Public Radio

Visit www.southcarolinapublicradio.org/programs/health-focus

Oct. 8 — Segment #1

Topic: Kids & Influenza

Guest: Dr. Elizabeth Mack

Pediatric Critical Care Medicine division chief Dr. Elizabeth Mack talks about protecting children from influenza. Mack is a professor of pediatrics at MUSC Children's Health and a spokesperson for the American Academy of Pediatrics

Oct. 8 — Segment #2

Topic: Strategies to Reduce Work-related Stress

Guest: Dr. Rosaura Orengo-Aguayo

Bilingual licensed clinical psychologist Dr. Rosaura Orengo-Aguayo discusses strategies to reduce workplace stress. She is an assistant professor at the National Crime Victim Research and Treatment Center at MUSC.

Oct. 15 — Segment #1

Topic: Early-Stage Breast Cancer Treatment Update

Guest: Dr. Antonio Giordano

Research oncologist Dr. Antonio Giordano discusses the new treatment recommendations for women with early-stage breast cancer. Giordano is an assistant professor of oncology and a breast cancer specialist at Hollings Cancer Center

Oct. 15 — Segment #2

Topic: Obsessive Compulsive Disorder

Guest: Dr. Alyssa Rheingold

Department of Psychiatry and Behavioral Sciences professor Dr. Alyssa Rheingold talks about treatments for obsessive compulsive disorder and treatment with cognitive behavioral therapy. Rheingold is co-director of the Sleep and Anxiety Treatment and Research Program at MUSC.

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PAs on the front line of medicine at MUSC

BY MEGAN FULTON, PA-C

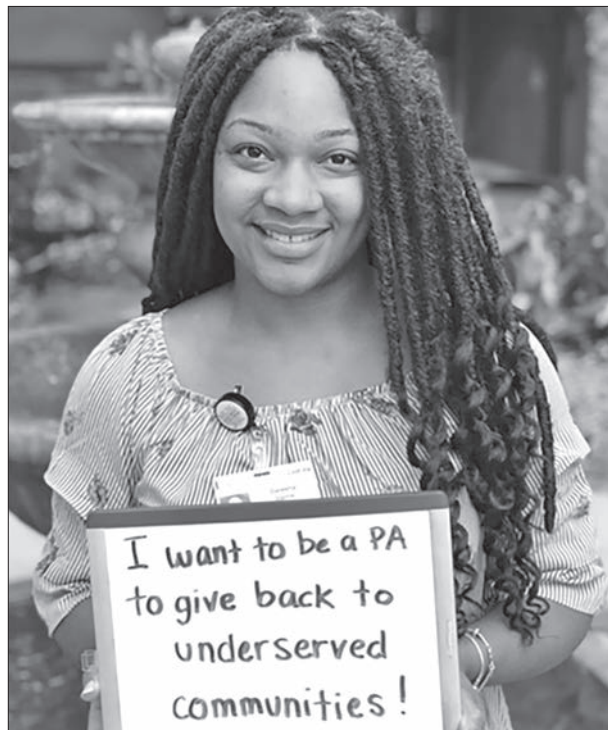
Director of PA practice, MUSC Health

The American Academy of Physician Assistants celebrates Physician Assistants Week each year in October and highlights the PA profession and its important role in health care. This year, PA Week is Oct. 6 through 12, and the profession honors the anniversary of the first graduating class of PAs from Duke University in 1967, on Oct. 6.

Did you know MUSC has a very active PA program in the College of Health Professions? Division director Helen Martin, DHSc, PA-C, leads the program. PAs are medical professionals who diagnose illness, develop and manage treatment plans, prescribe medications, assist in surgery and often serve as a patient's principal health care provider.

Our MUSC PA students are deeply committed to working with the local St. Andrew's Christian Free Medical Clinic. This year, a cohort of students were able to study abroad and work alongside PA students and PAs practicing in the Netherlands. PAs work internationally and leaders in the field are establishing programs in many countries (read more at iapae.com), as PAs are often the first point of contact for many patients and play a vital role in helping them understand their medical needs.

Thank you to the following MUSC PA faculty who devote their career, passion and energy to our future PA medical professionals: Clint Blankenship, PharmD,



"Why I want to be a PA" by Daresha Harris.

PA-C, RPh, Gilbert Boissonneault, Ph.D., PA-C, Cris Chillura, PA-C, Matt Ewald, PA-C, Lesli Woodall, PA-C and Ed O'Bryan, M.D. (medical director).

THE PA PROFESSION IN SOUTH CAROLINA

Each state has an organized PA chapter that serves as the central hub in leading education and advocacy opportunities. Our state chapter, the South Carolina Academy of PAs, has a legislative committee led by president Jennifer Marshall, PA-C, that is preparing legislation to advance our professional footprint in

providing access to care in our state where the majority of counties are considered underserved.

"We have an opportunity to increase access to care for thousands of South Carolinians by progressing our practice act to reflect the outstanding education and skill set by the PAs across the state," said Marshall.

Our legislation focuses on preserving the team-based approach with our physician colleagues with core principals of OTP, or optimal team practice. OTP is a term coined by our national association to guide states in crafting effective legislation to eliminate barriers such as arduous paperwork processes for medical licensure application, limitations on types of drugs prescribed and physical location practice restrictions between the PA and physician despite real-time telecommunication with the medical team.

MUSC is committed to advancing the utilization of PAs across departments. Better utilization of PAs working at the top of their license, education, and training provides increased financial benefit, patient access and physician satisfaction.

Throughout the week, MUSC PAs and PA students will participate in PA Week on social media, hold events in their communities and work to raise awareness of the profession. See our MUSC Celebrates PA Week flyer to participate in the events, and don't forget to thank a PA this coming week.



The Waring Library Society

cordially invites you to the

Warren A. Sawyer Lecture

Dr. Vanessa Gamble will present:

"FORGOTTEN IN 'AMERICA'S FORGOTTEN PANDEMIC':
AFRICAN AMERICANS AND THE 1918 INFLUENZA EPIDEMIC"

Thursday, October 11, 2018 5:30PM
Basic Science Auditorium MUSC Campus

A reception will follow at the Waring Historical Library. The lecture is free and open to the public. Additional support for this lecture provided by MUSC Office of Humanities and College of Charleston African American Studies Program and Department of History.

REGISTER ONLINE AT
<http://bit.ly/2018Sawyer>



Ed
HUNNICUTT



Researchers evaluating new treatment to help TBI patients

Staff Report

The Centers for Disease Control and Prevention estimates that 2.5 million Americans sustain a traumatic brain injury, or TBI, each year. Severe TBI is a major cause of death and disability in the United States, contributing to approximately 30 percent of all injury-related deaths. Those who live often suffer impaired thinking, memory, vision, hearing and movement and experience seizures, personality changes and depression.

In an effort to help TBI patients have better recoveries, researchers are investigating a new treatment based on brain tissue oxygen levels, and MUSC's Sharon Yeatts, Ph.D., is one of the primary investigators in a \$32 million clinical trial that will enroll participants at 45 sites. Yeatts is a research associate professor in the Department of Health Sciences in the College of Medicine.



Yeatts

The Brain Oxygen Optimization in Severe TBI, Phase 3 trial – BOOST-3 – is being conducted within the Strategies to Innovate Emergency Care Clinical Trials Network (SIREN).

BOOST-3 seeks to build upon encouraging results from phase 2, which showed that measuring both intracranial pressure and brain oxygen levels in patients with severe TBI reduced the duration and severity of periods in which brain oxygen was low.

Traditionally, doctors monitor only intracranial pressure. With this information, researchers hypothesize that treating TBI based on measurements of both brain oxygen levels and intracranial pressure will improve neurological outcomes six months after the injury.

"The SIREN data coordinating center at the Medical University of South Carolina could not be more excited about helping to lead this effort to improve the care of severe TBI patients," Yeatts said. "The team at MUSC has been collaborating with TBI experts, and we now have the opportunity to help to inform health care providers of best treatment approaches so patients will have better outcomes. Regardless of results, this study will have a dramatic impact, and we are proud to be a part of it."

SIREN, a National Institutes of Health-funded network, was announced last year with University

of Michigan Medicine as the clinical coordinating center and MUSC's Data Coordination Unit as the data coordinating center. BOOST-3 is coordinated by multiple PIs: William Barsan, M.D., professor of emergency medicine at the University of Michigan Medical School; Ramon Diaz-Arrastia, M.D., Ph.D., director of the Traumatic Brain Injury Clinical Research Center in the Perelman School of Medicine at the University of Pennsylvania; Lori Shutter, M.D., professor of critical care medicine, neurology and neurosurgery at the University of Pittsburgh and medical director of neurointensive care units at the University of Pittsburgh Medical Center; and Yeatts, associate professor of biostatistics in the Department of Public Health Sciences at MUSC.

PORTS *Continued from Page One*

program designed to serve employees throughout their maritime careers. The opening of the new headquarters in December marks the beginning of a variety of new wellness options for employees in addition to the MUSC clinic, including healthy menus in an on-site cafeteria, outdoor exercise trails, a fitness facility and other programs throughout the year to support a healthy and safe work environment.

SICKLE CELL *Continued from Page Seven*

Health also offers preventive care, transfusion therapy, hydroxyurea therapy, pain management and bone marrow transplant.

Nurse practitioner Debbie Disco said people with sickle cell need careful monitoring. "The effects are cumulative. We can do a lot to help people, but there's organ damage that occurs with years and years of blood cell sickling."

Thompson is one of the relatively lucky ones. "My case of sickle cell is somewhat different from many other cases. My doctor explained to me that I have a high level of fetal hemoglobin, which the body should stop making in infancy. My body continued to make this to keep my hemoglobin levels higher than I think most sickle cell patients. So I enjoy that characteristic of my specific condition."

Thompson said she's been fortunate enough to be able to reach her goals, with degrees in architecture from Georgia Tech and Savannah College of Art and Design, where she eventually

returned to teach architecture. She has worked as an architect in Georgia and South Carolina and a facilities operational planning manager at MUSC. She's now a manager of strategic design and innovation for MUSC Health.

Thompson is also using her own background as both an architect and a patient to serve as president of the Institute for Patient-Centered Design. The nonprofit group raises awareness of the challenges people and their families face as they get medical care. The institute is holding a summit at MUSC the weekend of Oct. 6.

Thompson had a blood transfusion several years ago, just before the birth of her first child, and since then has not had to be hospitalized for a sickle cell pain crisis. The disease has taken a much heavier toll on her sisters. One died at the age of 39 from complications of sickle cell and the other is a strong advocate for patients, although she is no longer able to enjoy her career in criminal justice. "Both my sisters were also very career driven, but sickle cell sort of stood in the way for them."

The disease stands in the way for too many people, sickle cell patient advocates say. And part of the reason is that sickle cell research and treatment don't get as much funding as other diseases. Cystic fibrosis, which is similar in severity to sickle cell disease but affects fewer Americans, gets three-and-a-half times more funding from the National Institutes of Health.

People need to take sickle cell disease

seriously, Thompson said. "I think one of the common frustrations I've heard among my friends with sickle cell and my family is, if you are seeing a provider for the first time and tell that provider you have sickle cell, the question that comes back is, 'Do you have the trait or do you have actually have the disease?' That can be very hurtful to a patient in the middle of a pain crisis. Treat patients like you would want to be treated."



VEST *Continued from Page Four*

misunderstand what cardiac arrest is and wants the public to be better educated about it.

“People think cardiac arrest is the same thing as a heart attack and often use the terms interchangeably. A cardiac arrest occurs when the heart stops beating unexpectedly due to a dangerous rhythm disturbance, while a heart attack occurs when blood flow to the heart muscle itself is blocked and a portion of the heart muscle is damaged,” he explained.

While sometimes a heart attack can cause a cardiac arrest, he added, many cardiac arrests occur in patients without coronary blockages and can happen at a young age, on the athletic field, in the home or in public places.

“It’s very important for people to be aware of this and know how to initiate CPR and use an automatic external defibrillator, or AED, and know what the steps are. There have been tragic examples where young athletes collapse, and people don’t know what to do. Time is of the essence. Bystanders need to recognize quickly that a cardiac arrest has occurred, and they should immediately call 911 and begin CPR, including using an AED if available. This is a public health concern and public education would go a long way.”

For more information about CPR, visit the American



The LifeVest is a lightweight vest worn under clothing and attaches to a monitor worn in a holster at the waist.

Photo provided

Heart Association at <https://www.heart.org>.

October 2018 MUSC Open Enrollment

MUSC university and hospital employees: Open Enrollment continues through Oct. 31 and gives employees a chance to make changes with insurance, vision, medical spending accounts, etc.

All premium and plan changes are effective January 1, 2019.

Take time to visit MUSC’s Open Enrollment website to learn and read details about employee changes you can make during this period.

Visit <http://academicdepartments.musc.edu/hr/university/benefits/2018%20Insurance%20Enrollment>.

Office 365 Cloud Email

Be ready: email accounts to migrate by Dec. 31

BY MELANIE RICHARDSON

Information Solutions

MUSC plans to move all email accounts to Microsoft’s cloud-based Office 365 email platform by the end of calendar year 2018. The reasons for this migration are threefold: We will receive better support and development from Microsoft, it gets us out of upgrading exchange and it helps us create a cloud ecosystem.

Benefits to Upgrade

- ☐ Increased mailbox size – 50 GB
- ☐ Free access to Office 365. A free download of Outlook 2016, which is the same as Office 365, is available at <http://office365.musc.edu>
- ☐ Improved web functionality

WHAT YOU NEED TO KNOW

Users will receive several email notifications starting about two weeks before IS moves their email accounts to the “cloud.” Migrations will be done on Sunday evenings, starting at 6 p.m., and the Information Solution’s Service Desk will provide 24/7 support.

After your email account is moved, it may take a few days for it to sync to all systems. Therefore, you may encounter some issues such as slowness or problems accessing shared calendars. Remember, you can always access your email via the web at exchange.musc.edu. We greatly appreciate your patience during this time.

WHAT'S CHANGING

After IS moves email accounts to the cloud, users will need to log into their email accounts with NetID instead of

clintlan\netid. For example, abb122@muscd.edu.

Off-campus access for cloud email is available through three methods:

1. Outlook Web: exchange.musc.edu
2. Microsoft Office 2016 for Windows
3. Microsoft Office 2016 for Mac

A free download of Outlook 2016 (same as Office 365) is available at office365.musc.edu for anyone with a NetID.

☐ This applies to both Macs and PCs regardless of operating system.

☐ This applies even if you use our virtual private network (VPN).

☐ This does not affect access on smart phones.

WHAT'S NOT CHANGING

For security reasons, MUSC email does not allow you to auto-forward to an external email account, and MUSC automatically deletes all emails after 180 days. This has always been the case and has not changed with the migration.

MUWC SCHOLARSHIP WINNERS SELECTED



Photo by Anne Thompson

On Sept. 19, 10 MUSC students were presented with scholarship checks totaling \$18,000 collected from dues, donations and year-long fundraising activities by the MUSC Women’s Club. MUWC scholarship chair M.E. Canaday, front row from left, Marina Meshreky (Dental Medicine), Rashshana Blackwood (Pharmacy), Stephanie Arredondo-Glacet (Dental Medicine), Jennifer Reilly (Nursing). Back row: Danielle Marino (Medicine), from left, McKenzie Tavernier (Nursing), Gabrielle Burns (Health Professions), Harriet McGowan (Pharmacy) and Meggan DeVeaux (Medicine). Not pictured is Andrea Smith (Health Professions).

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\$500,000	\$3,500
\$750,000	\$5,250

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