IATROS

Iatros - from the Greek, meaning healer or physician.

Cover Design: based on coins from Epidaurus, 350 B.C.

Asklepios, the god of healing, is pictured with the sacred snake and staff. Hygieia, the goddess of health, was the daughter of Asklepios. Epidaurus was the site of the shrine to Asklepios, who would appear to petitioners as a snake while they stayed through the night at the shrine.

1984
DEDICATION

The 1984 Iatros is dedicated to our families, spouses, friends, and loved ones. In short, to all the significant others who have each in his or her own way made our years at U. Mass. Medical School easier, more bearable, and in many cases, simply possible.

One of the very first ideas we were taught at U. Mass. was one of selfishness. We were told that it was not only O.K. to be selfish in medical school, but that at times we would have to be selfish in order to do all that was expected of us. Unfortunately, many of us found this prediction to be true. Whether, it was with our emotions, money, or most frequently, our time, we all have inflicted our needs on those we care about the most.

Despite this, you have stood by us and supported us. Your selflessness in words, deeds, and time has often lifted us up just when we were at our most low. Frequently, we had to suffice with just the thought of you, but that was what enabled us to continue. The example of your goodwill and humanity enabled us to keep a clear perspective on the events happening around us.

This book was designed and written as a thank you to those who have given of themselves when we needed and asked for little in return.
Medical School Its very name brings a host of shared as well as different memories. 1st year . . . Anatomy . . . We overcame the jitters and explored in awe our first patient. 2nd year . . . endless classes, exams, and lectures. Somehow, we lasted. 3rd year . . . white coats turned grey as we mastered physicals, chased labs, and did endless "scut". 4th year . . . endless interviews in countless cities, the match with its accompanying tears of joy and disappointment, and finally graduation. This book is an attempt to relive and celebrate those years.
WORCESTER
For some of us Worcester has always been home. For most of us, it's been a temporary stop on our way to other cities, residencies, and practices. But somehow, the atmosphere and personality of this city "somewhere west of Rt. 128" has reached out and affected each of us. A city with a small town mentality, Worcester is known for its neighborhoods, local bars and pubs, a church on nearly every corner, and its refusal to become a college town.

Yet, during our time here, the city has started to undergo a major change. The Centrum, Mechanics Hall, new hotels and restaurants, and a newly found sense of pride have all acted to turn Worcester into a new city. Underneath the facade of factories and triple deckers is a city growing in culture, economics, medicine and education.
Daydreaming
Kim Liponis
Bill Kassler
A well-earned beer
Send in the clowns
Slip, sliding away
Phil sans beard
Music soothes the savage Joel.

On call in the Berks.

Getting back to nature.

Libby Cone
University of Massachusetts Hospital U. Mass. is one of the major clerkship sites. It offers a full range of inpatient services. In addition, it is the regional trauma center (complete with helicopter) and serves as the regional tertiary care facility. Other programs include the palliative care service, inpatient geriatric unit, and child mental health unit. U. Mass. also offers primary care clinics, neurodiagnostic and pain control centers, occupational health, learning disabilities, and sports medicine programs.

St. Vincent Hospital St. V's also sees more than its share of U Mass. students on rotations. It is the third largest acute care general hospital in the state. It provides many tertiary care services as well as offering primary and secondary care. It prides itself on being the largest community teaching hospital in Central Mass. and its full-time clinicians are known for their active involvement in student education. Finally, it is particularly appreciated for its cafeteria offering the best hospital food in the city.

Baystate Medical Center Located in Springfield, Baystate is a site for Pediatric and Ob/Gyn cores. As the major hospital for the city and the surrounding area, it offers a complete range of medical, surgical, pediatric and obstetrical services.
Worcester Memorial Hospital  Memorial is the acute care general hospital where those students who already know medicine do their rotations. As a well established, community teaching hospital, it offers care in most major specialties. In addition, Memorial is the Central Massachusetts Regional Center for perinatology, renal dialysis, and frozen blood. It is a center for research and treatment of hemophilia and related blood disorders.

Berkshire Medical Center  Located in Pittsfield, "The Berks" is much loved by the students who rotate there. Perhaps this is because of the free food and rooms, wonderful countryside, or most likely, the most interested and humane faculty. Berkshire is a multiservice acute-care hospital serving the western part of the state. It offers a full range of medical, surgical, obstetrical and rehabilitative services. It is also the regional center for multiple special medical, surgical and psychiatric needs.

Worcester State Hospital  Worcester State is one of the oldest state run mental hospitals and institutions. Its scenic grounds and antique buildings provide the backdrop for those adventurous students who wish to truly experience psychiatry. At one time the research center for Freud during his stay at Clark University, today it cares for the mentally ill and retarded of Greater Worcester and the Fitchburg and Leominster areas.

Worcester City Hospital  City is located in the heart of the inner city and offers its rotating students a fast-paced, exciting look at medicine as often practiced in urban areas. It has an extremely busy E.R. handling a wide spectrum of acute major and minor problems. In addition, City is a Provisional Burn Facility; the only one west of Boston.
Ted and Colleen

Bill and Eileen
Jay, Mel, Rob, and Ray on special elective

A long day, Ray?

Don Cann

Bob Micley
The deadline for tickets was yesterday, but . . .

It's like this Scott.

It sure beats Pharm, Jerry.

Paul Sedgwick

Life in the Berks.
Escape from Surgery

Two sheets to the wind.

Post Match Celebration

Dori Dowling and Kate Oster

Rowing: 101

Kate Carlson

Ellie and Chip
Four out of five dentists...

Leslie Schaff

Urology is my business.

Our own Dr. G.

What are you up to now, Russ?

No comment.

Direct from Down Under.

Did you know that Donald Duck is 50 years old?
PRE-CLINICAL YEARS.

Another stimulating lecture.

The night before

The end was near ... or so we thought.

Cathy and Keith

Where are the X-rays?

The Oil Immersion Safety Squad

Three heads are better than one
Summertime at Liz's

On a serious note

Cheers, Karen

Rob Measley and Paul Moynihan

Goodman, Gilman, and Rick
Med. School is a health hazard

A major learning experience

Study Break

Happy Birthday Roy

Fooz
CLASS SHOW
The International House of Paneras
Maitre d' - Jimmy Mihno
Chef - Tony Long
Soup du jour - chicken broth fluo
Appetizers - caviar, mirepoix and croutons,
trout rillette, salmon mousse, cucumber and
fresh fish terrine
Dinners - beef au poivre, baked cod cakes,
seafood bouillabaisse, sautéed
mushroom caper sauce, artichokes au vin
all diners come with a salad of mixed
green, marinated cheese, and puffed wheat noodles
Beverages
House Special Sunday
--- coffee grounds material
--- cafe au lait
teat apple juice with colored wine
--- port wine
Fruit Salad - orange cream lemonade, grapefruit, organge,
--- wine cream
--- pomegranate juice, cherry, apricot
Ice Cream - apple & orange, chocolate, strawberry
--- banana, cherry, malted milk
--- coffee, hot chocolate, ice cream
CLINICAL YEARS

Ellie, take a letter . . .

The young pediatricians

I never saw this in Dubin's

When in doubt, fake it.

Clearly . . .

Just a little pinch.
What channel is St. Elsewhere's?
The twelve page write-up

Another life saved
Classic sarcoid
It's over 'til tomorrow
Music by Tom, Jerry, Rick, Joel and Nancy (and Jim)

You're going where? !!!  Anticipation

Nancy Salmon  Dave and Steve
Smile, Dave's here

Champagne and conversation

Destiny by computer
Healing hands

In the beginning...

Make a wish

Class klutzes

In the beginning...
Pre-Clinical

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Tsi-Tsi, Burser,s Office  The hidden librarian

Gumba  Paul Julian
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In Memoriam

Paul Moynihan
Terra Incognita

D.H. Lawrence

There are vast realms of consciousness still undreamed of vast ranges of experience, like the humming of unseen harps, we know nothing of, within us.

Oh when man escaped from the barbed-wire entanglement of his own ideas and his own mechanical devices there is a marvelous rich world of contact and sheer fluid beauty and fearless face-to-face awareness of now-naked life and me, and you, and other men and women and grapes, and ghouls and ghosts and green moonlight and ruddy-orange limbs stirring the limbo of the unknown air, and eyes so soft softer than the space between stars.

And all things, and nothing, and being and not-being alternately palpitant, when at last we escape the barbed-wire enclosure of Know Thyself, knowing we can never know, we can but touch, and wonder, and ponder and make our effort and dangle in a last fastidious fine delight as the fuchsia does, dangling her reckless drop of purple after so much putting forth and slow mounting marvel of a little tree.
LIFE WITH BRUTUS

Michael G. Caputo M.D.

Kathleen E. Carlson M.D.
We have a very special reason for rejoicing...
Marc C. Restuccia M.D.

Saul Rivera M.D.

Portrait Unavailable
"... Or, I should say, he was like a man who stands upon a hill above the town he has left, yet does not say 'The town is near', but turns his eyes upon the distant soaring ranges."

Thomas Wolfe
GRADUATION
GRADUATION WEEK

Red Sox Game

Alumni Breakfast
Class Portrait
GRADUATION

DINNER DANCE
It is an honor to be speaking here today. It is also an honor to extend to all of you a very warm welcome from my class. All of us in one way or another have struggled these past four years. You have been with us in that struggle. Family and friends particularly, you have supported us and have given freely. That is why, although we are the ones who graduate today, it is really your day. We joyously share this great and glorious day with you.

Today we take an oath, a solemn promise. In it we vow to remain true to our vocation and faithful to our calling. But what is it we are called to? And how do we answer that call?

Since antiquity our calling has been to relieve suffering and this is reflected in the oath when we say "May I never see in the patient anything but a fellow creature of pain". Today this calling has expanded not only to the relief of suffering but also to its prevention.

How do we remain true to our calling? How do we when tired, overworked, surrounded by cynicism and suffering, maintain our respect of the basic human dignity of our patients and ourselves?
I think those who have worked with the suffering offer us insight into the answer. Ita Ford was one such person. Although you probably do not recognize the name, I am sure all of you know her. She was one of the four American churchwomen killed in El Salvador three years ago. While there, she worked among the poor, the oppressed and the suffering. Before she was martyred, she wrote a letter to her niece and part of that letter provides us with an answer:

I hope you come to find that which gives life a deep meaning for you. Something worth living for. Maybe even worth dying for. Something that energizes you, enthuses you, and enables you to keep moving ahead.

In her own life, it was meaning that enabled Ita Ford to work with the poor, the oppressed, the suffering; and yet still maintain a perspective of her own dignity and that of those with whom she worked.

To remain faithful to our calling of medicine we need something more than medicine to keep our perspective. We need something to pull us up and through when we are tired, overworked, and surrounded by cynicism and suffering. We need meaning in our lives.

Another person who knew suffering intimately was Dr. Victor Frankl. He attended the University of Vienna for degrees in medicine and philosophy. He was later to be a professor there, where he built
Everyone smiles today... Why so smug, Ken?

Slow down Jay, they'll wait.

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a school of psychiatry around the search for meaning. Before this, during the war years, he was in concentration camps; Auschwitz being one of them. In his book, Man's Search for Meaning, he tells of his experiences:

Under the influences of a world which no longer valued human life and dignity; the personal ego finally suffered a loss of values. If one in the concentration camp did not struggle against this in a last effort to save self-respect, one lost the feeling of being an individual, a being with a mind, with inner freedom and personal value. One thought of oneself then as only part of an enormous mass of people.

What is this telling us? Here we see that conditions (in his case the concentration camp; in our case being tired, overworked, surrounded by cynicism and suffering) can lead to a loss of human dignity, a loss of being human.

But do these conditions necessarily have to lead to this? Many times in the hospital I began to think so. I would hear physicians refer to patients as “dirtballs” or “gomers”. Although it seemed insensitive to me, I saw it as a necessary result of a difficult training program.

I no longer think that this is true. I do not Cont to 106
think that the conditions necessarily lead to a loss of being human and I think that Dr. Frankl would agree with me.

Even though conditions such as lack of sleep and insufficient food, and various mental stresses, may suggest that the inmates were bound to react in certain ways, in the final analysis it became clear that the sort of person the prisoner became was the result of an inner decision and not the result of camp influences alone.

This loss of humanness, then, is really a choice of the individual. He goes on to speak of those in the camp who did not lose their humanness:

I became acquainted with those martyrs whose behavior in camp, whose suffering and death, bore witness to the fact that the last inner freedom cannot be lost. The way they bore their suffering was a genuine inner
achievement. It is this spiritual freedom which cannot be taken away that makes life meaningful and purposeful.

He speaks of one episode in his own life. After being in camp for many months—apathetic and without feeling—and while going off to another day of digging water pipes in the frozen ground ... another prisoner whispers to him "if only our wives could see us now! ... I do hope they are better off in their camp and don't know what is happening to us".

He then began to think of his wife. He saw her smile and her encouraging look. At that point, for the first time in his life, he realized what he calls "the truth—that love is the ultimate and highest goal to which one can aspire, and that the salvation of humanity is through love and in love".

From this person's suffering and from his being surrounded by the suffering, we learn the one basic freedom we have, to maintain our dignity and the dignity of all, is the freedom to choose to love.

What is it then about these people that makes them able to work with the suffering and to suffer, and yet to still maintain a clear perspective in their own lives?

Abraham Maslow, a psychologist and Chairman of the Department at
Brandeis for a number of years, did an interesting study which may help us gain insight into that. Usually in psychology one studies the abnormal and tries to determine the characteristics that lead people to a state of abnormality. He however, looked at outstanding individuals and studied the characteristics that lead them to be outstanding. Among his group were Abraham Lincoln, Thomas Jefferson, Eleanor Roosevelt, and Albert Schweitzer.

He called the group "self-actualizers" or "fully human" individuals. He defined them as those who had developed to the full stature of which they were capable. I prefer the term "fully human", for it denotes the sense of not only becoming the most we can be, but also that we prevent ourselves from becoming what we truly are.

What is it that makes these people "fully human"? The things that characterized them were many. I will speak of the significant ones:

They focused on problems outside of themselves. They had a mission in life, a task they felt was their duty, but something they might not choose for themselves. We might refer to this as a "calling".

They had for the human race deep feelings of identification, sympathy, affection, and a genuine desire to help it. They were friendly with people regardless of class, education, political belief, race, or color. In fact, many times they seemed unaware of the differences. They also found it possible to learn from anyone who had something to teach and in such a situation they did not try to maintain their status—a kind of humility.

They had the capacity to appreciate the basic goods of life with awe, pleasure, and wonder. They had a "newness" approach to everyday life. In medicine a good example would be: the 1000th baby delivered would be just as miraculous as the first.

They were not dependent on the outside for recognition, but on their own growth and development. They seemed in some way detached from their culture, more objective, as if they had a different set of values. You might say they marched to the beat of a different drummer.

Their sense of humor was philosophical and they could laugh at themselves. They did not find humor in degrading others, thinking themselves superior, or in vulgarity.
They had a need for solitude. Although they were warm with people and loved interaction, they needed more time away than the average person.

Like the people who are "fully human" individuals we are called, and in that call we are made aware of our own human dignity and are required to value the human dignity of our patients; to relate to them on a personal level, to learn from them with humility, to be grateful for our special place in society, to approach each individual with a newness, to enjoy laughter, but not at the expense of our patients, and to take time in solitude to get to know ourselves.

Do we not, as those who today vow "to watch over the life, health, and death of our fellow human beings", have the responsibility to strive in our own lives to be more "fully human"?

Today I have spoken to you about the call, and the answer to it. But no one can tell you the answer, because the answer to the call is not in textbooks, in the classroom, on the wards, in the lives or works of great people, nor in their attributes. The answer, just as the call, is from within ourselves. It is in tapping the recesses of our hearts where we store the treasures that make the interaction between human beings meaningful.

This really requires of us solitude, silence, and self-reflection. It requires that we take the time to evaluate our lives, to find its meaning, and to set its priorities for the time.

So in the years ahead as you struggle each day to answer the call, to find meaning in your life, to choose to love, to become fully human, my wish, my prayer for each of you is that you be blessed with vision and meaning in your life, that you have courage and the gift of laughter, and that you continue to be surrounded by family and friends who love you and encourage you to love. Amen.
The class of 1984 expresses its gratitude to Merrill Kenneth Wolf, M.D. for the gift of his musical talent at graduation. In addition, a sincere thank you for his donating his honorarium for that day to the 1984 Iatros.
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By the time this book is published, we will be well into our first year of residency. The days of medical school will be starting to fade among the seemingly endless nights on call, frustrating cases, and even more frustrating attendings. Hopefully, the pages of this book will help to lighten the difficulties we will be facing.

At this time, I would like to thank the dedicated staff who gave so much of their time to make this book a reality. I also want to thank Nancy Salmon. She always seemed to have an answer for any question or problem I threw at her. Finally, a big thanks to all of you, for cooperating with my endless demands for pictures.

Diane
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University of Mass. Hospital

Libby Cone, Flexible Program
Framingham Union Hospital
Framingham, Mass.

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Paul J. Gentuso, Combined Medicine-
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Univ. of Mass. Coord. Programs

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New England Deaconess Hospital
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Thomas R. Green, Flexible-Psychiatry
Boston Univ. School of Medicine
Boston, Mass.

James A. Gregg, Medicine
St. Vincent Hospital

Melvin L. Gurney, Medicine
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Jacqueline Lee, Pathology Hartford Hospital Hartford, Connecticut

Richard G. Lemay, Medicine Maine Medical Center Portland, Maine

Kim Liponis, Flexible-Psychiatry Cambridge Hospital Cambridge, Mass.

Mark J. Liponis, Medicine Berkshire Medical Center Pittsfield, Mass.

Pamela A. Lipsett, Surgery Johns Hopkins Hospital Baltimore, Maryland

David R. Lovett, Medicine Worcester Memorial Hospital Worcester, Mass.

Richard F. McFague, Medicine-Physiatry Hospital of St. Raphael New Haven, Connecticut

Sibhan M. McNally, Pediatrics Massachusetts General Hospital Boston, Mass.

Robert E. Measley, Medicine Thomas Jefferson University Philadelphia, Pennsylvania


Robert E. Osterman, Flexible-Psychiatry Boston Univ. School of Medicine Boston, Mass.

Richard F. Pebler, Family Practice Mercy Medical Center Denver, Colorado

Raymond D. Pierson, Physical Medicine & Rehab. Univ. of Calif. Davis Medical Center Sacramento, California

Diane T. Power, OB/GYN Hahnemann University Hospital Philadelphia, Pennsylvania

Jean L. Ravens Phalen, Medicine Newton Wellesley Hospital Newton, Mass.


Saul Rivera, Medicine Hospital of St. Raphael New Haven, Connecticut

Evan L. Rochman, Flexible-Radiology Framingham Union Hospital Framingham, Mass.


Stephen J. Ryzewicz, Medicine Maine Medical Center Portland, Maine

Peter St. Louis, Medicine UCLA Medical Center Los Angeles, California

John A. Salvato, Pediatrics Univ. of Rochester Associated Hospitals Rochester, New York


Scott A. Schroeder, Pediatrics Massachusetts General Hospital Boston, Mass.


Leslie P. Shaff, Medicine-Anesthesiology New England Deaconess Hospital Boston, Mass.


Steven M. Shulman, Surgery St. Lukes-Roosevelt Hosp. Ctr. New York, New York

Daniel Z. Silverstone, Medicine-Radiology Beth Israel Hospital Boston, Mass.

Patricia K. Simmonds, Psychiatry Yale-New Haven Hospital New Haven, Connecticut

Claude D. Simon, Medicine Greenwich Hospital Greenwich, Connecticut

Scott A. Styllos, Family Practice Middlesex Memorial Hospital Middletown, Connecticut

William S. Sutherland, Surgery-Orthopedics Beth Israel Hospital Boston, Mass.

James P. Sutton, Medicine-Neurology Highland General Hospital Oakland, California

Mary S. Sviklas, Medicine Eastern Virginia Grad. School of Medicine Norfolk, Virginia

Karen J. Swanson, Flexible Carney Hospital Boston, Mass.

Philip J. Therrien, Surgery-Orthopedics Hartford Hospital Hartford, Connecticut

Gary A. Venman-Clay, Family Practice Lancaster General Hospital Lancaster, Pennsylvania

Mary Ann Voltz, Medicine The Miriam Hospital Providence, Rhode Island


Kenneth A. Williams, Emergency Medicine University Health Ctr. of Pittsburgh Pittsburgh, Pennsylvania

Russell C. Woglom, Medicine Wilmington Medical Center Wilmington, Delaware


Elizabeth L. Zentz, Medicine Mount Auburn Hospital Cambridge, Mass.
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STAFF

Editor

Diane Power

Layout And Copy

Susan Childs
Ellie Duduch
Marian Earls
Paul Esielionis
Paul Gentuso
Steve Ryzewicz

Advertising & Finances

John Salvato
Dave Shepro
Russ Woglum

Photography

Mike Coyne
Dave Dodwell
Jim Sutton