

Pathology inSight

Alumni Newsletter for Wake Forest School of Medicine's Department of Pathology

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Dr. Constance Stanton to retire



Constance Stanton, MD

It was a house fire that got **Dr. Constance Stanton** thinking that now might be a good time to retire. On December 13, 2010, a fire at her Salisbury home destroyed nearly all of her possessions. No one was injured, but almost everything inside had to be replaced, and she and her husband Richard, a retired high school teacher, have been living in an apartment ever since then.

The house is nearly rebuilt, but in the process she's realized that life is short, and you don't really need very much stuff to live well. She did the math, and decided to take the plunge: Dr. Stanton plans to retire July 1, 2012, together with her husband and their two rescued Schipperkes, Bacardi and Skippy, in their rebuilt home.

After 23 years as a neuropathologist, Dr. Stanton says that teaching residents has been the part of her job she has liked the best, though she has always enjoyed the analytical, diagnostic part of it too.

She began her undergraduate program at University of California at Berkeley as a premed student, "but then I got off track," she said. While an undergraduate, she studied psychology, math, and linguistics. "And then I worked as a computer programmer for two years," she said, before starting graduate school at UC Irvine in Cognitive Psychology and Psycholinguistics.

Her roommate there was a medical student, and she realized that medicine really was where she wanted to be after all. She finished a premed program and enrolled at the Baylor College of Medicine intending to be a psychiatrist. Neurology proved an even better fit, however, and she completed a neurology residency at Columbia before determining that neuropathology was the direction she wanted to take. So there followed a fellowship in neuropathology at University of Virginia's School of Medicine and an anatomic pathology residency at the University of Alabama, Birmingham.

After eight years of residencies and fellowships, Dr. Stanton was happy to receive an offer from [what was then called] Bowman Gray School of Medicine. "Winston-Salem is a great place to live, with a good arts community," she

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View from the Chair



With an eye to both reducing runaway medical costs and improving patient outcomes, the American Board of Internal Medicine (ABIM) Foundation just released a set of patient care guidelines as part of an ongoing educational initiative called *Choosing Wisely*.[®]

The guidelines were developed by working groups in each of the nine specialty groups listed at right; an additional eight specialty groups – including Clinical Pathology – will be releasing their guidelines in the fall.

None of the recommendations forbids or requires any test or procedure, but rather they encourage doctors and patients to choose tests and procedures that are evidence-based, necessary, not harmful, and don't duplicate procedures already performed.

A recent article in the New York Times (“Doctor Panels Recommend Fewer Tests for Patients,” by Roni Caryn Rabin, April 4, 2012) notes that by some estimates, treatments and procedures that are not needed account for up to one third of health care costs in the US. Because this initiative comes from the specialty groups themselves, she adds, many analysts are optimistic that it will be taken seriously, and not be seen as a kind of “rationing” imposed on doctors by insurers.

Most of the initial recommendations concern imaging and other tests, and prescribing practices. Among the items the groups advise against, for example, are routine EKGs during an annual visit, even where there is no sign of heart trouble; and MRIs for every instance of back pain. Physicians are also encouraged to avoid prescribing antibiotics for mild sinusitis.

The ABIM foundation has enlisted the help of eleven so-called “consumer communication collaborators” including the AARP, Consumer Reports, and Wikipedia to help spread the word among patients and health care consumers.

The concept was originally piloted by the National Physicians Alliance, which created five specific steps across three specialty areas (internal medicine, family medicine, and pediatrics) to promote more effective use of health care resources. Subsequent analyses found many of the recommendations to be extremely beneficial to patients and doctors, as well as showing great potential for cost savings (*Arch Intern Med.* 2011;171(20):1856-1858).



A. Julian Garvin, MD PhD

-A. Julian Garvin, MD PhD is the Robert W. Prichard Chair of Pathology

Choosing Wisely's initial recommendations were based on the participation of the following 9 specialty society partners:

American Academy of Allergy, Asthma & Immunology; American Academy of Family Physicians; American College of Cardiology; American College of Physicians; American College of Radiology; American Gastroenterological Association; American Society of Clinical Oncology; American Society of Nephrology; and the American Society of Nuclear Cardiology.

An additional list of 8 specialty society partners – including the ASCP – was announced this spring. Their recommendations will be released in the fall of 2012.

American Academy of Hospice and Palliative Medicine; American Academy of Otolaryngology – Head and Neck Surgery; American College of Rheumatology; American Geriatrics Society; **American Society for Clinical Pathology**; American Society of Echocardiography; Society of Hospital Medicine; Society of Nuclear Medicine

— choosingwisely.org

Welcome to new faculty, residents, and fellows!

New faculty



Emmanuel Fadeyi, MD

Welcome to **Emmanuel Fadeyi, MD**, who joined the department as Assistant Professor of Pathology and the director of the Blood Bank. Most recently, Dr. Fadeyi was Clinical Assistant Professor of Pathology and Laboratory Medicine at East Carolina University School of Medicine in Greenville, NC, and Medical Director of the Transfusion Medicine Service at Pitt County Memorial Hospital in Greenville, NC. Dr. Fadeyi earned his MD at the Ross University School of Medicine in Dominica, West Indies. He then completed an AP/CP residency at Washington Hospital Center in Washington, DC and a fellowship in Blood Banking and Transfusion Medicine at the National Institutes of Health in Bethesda, MD.

Graham Parks, MD (2011-12 Cytopathology Fellow), will be joining our faculty July 1, signing out surgical pathology and cytopathology.

Kyle C. Mills, MD, is next years surgical pathology fellow. He will complete his residency 6/30/12 and join our faculty as Assistant Instructor.

New first-year Pathology residents, 2012-13:

Omar Ibraheem Ahmed, MD, University of Al-Mustansiriyah in Baghdad Iraq.

Ling Guo, MD, Suzhou Medical College, in Suzhou, Jiangsu, China.

John Philip, MD, Madurai Medical College in Madurai, Tamil Nadu, India.

Tianhao Zhao, MD, University of Texas Southwestern Medical School, Dallas, TX.

Paul Persad, MD, began PGY-1 in January, 2012.

New fellows, 2012-13:

Bryan C. Patonay, MD: Cytopathology

Shari Brown, MD: Forensic Pathology

Citabria M. Holley, MD, (2011-12 Surgical Pathology Fellow): Hematopathology

We'd love to send you this newsletter via email. Send us your email address, or any other updates, address corrections, comments, and suggestions for future issues to the address below, or send an email to the editor:

pathalumni@wakehealth.edu

And congratulations to departing residents and fellows

Anthony Snow, MD, will begin a Molecular Genetic Pathology fellowship at the University of Iowa in July, followed by a Gastrointestinal/Surgical Pathology fellowship at Brown University.

Elana McNeill, MD, will be a Cytology Fellow at Eastern Carolina University in Greenville, NC, next year.

Cyrus K. Manavi, MD, will be moving to Knoxville, TN, to join Molecular Pathology Laboratory Network (MPLN) in their hematopathology and surgical pathology division.

Leave a Legacy

You can make a lasting and profound impact on groundbreaking research, state-of-the-art medical education, and outstanding patient care. Consider including Wake Forest Baptist Health/ Department of Pathology in your will, or naming us the beneficiary of a retirement plan or insurance policy, or establishing a charitable annuity or trust that will pay you an income for life. For more information, please contact John Gillon, Senior Director of Gift Planning, Wake Forest Baptist Health, at 800-899-7128 or send an email: jgillon@wakehealth.edu.

Online Gifts

To make an online gift to Pathology, go to wakehealth.edu/Giving. In the designation field, please note "Pathology Discretionary Fund."

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said. A lifelong musician, she started playing clarinet and piano when she was about 8.

It wasn't until she started her neuropathology fellowship in 1985 that she started to take voice lessons, and she's been singing ever since. She's been a cantor at a Catholic church, and performs with the Winston-Salem Symphony Chorale. In 1996, she gave a solo voice recital at Salem College, and she plans to continue studying music after retiring. In addition, she has signed on to take call with the Rowan County Medical Examiner's office, and plans generally to use her time to pursue other interests – exercise, gemology, and genealogy research among them.

She describes the process of getting ready to retire as a process of separation. You have to let go of the idea that your job is your identity, or that you can't be replaced. "Every day I become more sure I've made the right decision," she said.

Pathology inSight is published twice each year by the Department of Pathology. Please send questions, comments, updates, and suggestions for future articles to the editor.

If you'd prefer email to a printed newsletter, please let us know.

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