Exercise: the heart’s fountain of youth

By Gwen Ericson

A fountain of youth may grow fonder, but endurance exercise seems to make it younger. According to a study conducted at the School of Medicine, older people who did endurance exercise training for about a year ended up with metabolically much younger hearts. The researchers also showed that one metabolic measure, women benefited more than men from the training. “We know that the heart deteriorates as people get older, and that largely because they don’t stay as active as they used to,” said first author Pablo F. Soto, M.D., assistant professor of medicine in the Cardiovascular Division and of radiology. “Past research has suggested that we need to address some effects of aging, and we wanted to see what effect it would have specifically on the heart.”

The researchers measured heart metabolism in sedentary older people both at rest and during administration of dobutamine, a drug that makes the heart race as if a person were exercising vigorously. At the start of the study, they found that in response to the increased energy demands produced by dobutamine, the hearts of the study subjects didn’t increase their uptake of energy in the form of glucose (blood sugar). But after endurance exercise training, which involved walking, running or cycling three to five days a week for about an hour per session, the participants’ hearts doubled their glucose uptake during high-energy demands, just as younger hearts do.

Soto said that if heart muscle doesn’t take in glucose in response to increased energy needs, it goes into an energy-deprived state, which may raise the risk of heart attack. But if it can increase glucose uptake, the heart is better protected against ischemia (low oxygen) and drug that makes the heart race as if a person were exercising vigorously.

Three major gifts enhance new Danforth University Center

Students benefit from Tisch, Harvey and Dains gifts

By Barbara Rea

The William H. and Elizabeth Gray Danforth University Center opened its doors to the Washington University community Aug. 11. Thanks to the extraordinary generosity of several donors, the new building features three premier spaces.

Tisch Commons creates a space both beautiful and functional

Washington University alumna and trustee Ann Rubenstein Tisch and her husband, Andrew, are supporting the new Danforth University Center with a $2 million gift. To honor their commitment, Chancellor Mark S. Wrighton has announced that the center’s commons will bear their name.

“The Tisch Commons is one of the most architecturally interesting places we now have on our Danforth Campus, and I look forward to seeing it become a natural gathering place for all of our extended campus community,” Wrighton said. “This exceptionally generous gift from Ann and Andrew enables us to establish the Commons as an important center of campus activity, for which we are very grateful!”

In 1972, when Ann Tisch was a freshman, she experienced a similar transformation with the opening of the Mallinckrodt Student Center. With the Campus Store, Edison Theatre and Dining Services, Mallinckrodt attracted students and others to the building but it lacked both office space for student-related activities and a singular gathering place. The new center will have all this and more.

After graduating from Arts & Sciences in 1976, the Kansas City, Mo., native landed jobs with WIBW-TV in Topeka, Kan., and WCCO-TV in Minneapolis. In 1984, she joined NBC as a national correspondent. Her political, medical and human-interest stories were aired on “NBC Nightly News” and NBC’s morning shows. She also became a substitute anchor for the “Today Show” and “NBC at Night.”

A helping hand for families

Student associates and members of the student Move-in Crew were busy Aug. 21 helping new students and parents unpack their cars and move belongings into the South 40 residence halls during move-in day. Although nearly 1,400 students are living in the dorms, the day moves quickly and is organized but fun.

Medical News: $9 million grant to create stroke research center

By Gerry Everding and Michael C. Purdy

Anthony J. “Reddy” Roediger, Ph.D., an internationally recognized scholar of human memory and learning, and Michael Schreiber, Ph.D., a pioneer in efforts to understand how the immune system may be useful in battling cancer, will receive Washington University’s 2008 faculty achievement awards; Chancellor Mark S. Wrighton announced.

Roediger, the James S. McDonnell Distinguished University Professor in Arts & Sciences, is the winner of the Arthur Holly Compton Faculty Achievement Award, and Schreiber, the Alumni Professor of Pathology and Immunology, was named.

Students benefit from Tisch, Harvey and Dains gifts

The University has a plan to protect the campus community in an emergency, but the education and cooperation of students, faculty and staff is crucial to its success,” Hoffner said.

Before an emergency

The emergency Web site — emergency.wustl.edu — is the primary source of information before and during a crisis, said Mark Rugby, University disaster coordinator. The Web site contains information about what to do in particular emergency situations, such as an earthquake, fire or violence on campus. It also

‘Where to Go’ campaign ready for launch

Washington University launches its “Where to Go” campaign this fall to help the campus prepare for emergency situations.

During the fall semester, members of the University’s Crisis Management Team will give presentations at student, staff and faculty meetings explaining where to go for information before, during and after an emergency.

The presentation includes a short video and outlines WUSTL’s crisis communication plan and shows how the University’s emergency Web site, emergency.wustl.edu, provides useful information to help prepare the campus community for an emergency.

“During any crisis, the University community — students, faculty and staff — must be prepared to respond quickly and appropriately, and we hope that the ‘Where to Go’ campaign will inform the community how to prepare for emergencies and where to go for information in an emergency,” said Steven P. Hoffner, assistant vice chancellor for operations and chair of the Crisis Management Team, a committee appointed by Chancellor Mark S. Wrighton to ensure WUSTL is prepared to cope with a variety of emergencies.

The University has a plan to protect the campus community in an emergency, but the education and cooperation of students, faculty and staff is crucial to its success.” Hoffner said.

See Gifts, Page 2

See Campaign, Page 6
GIFTS

Donors make center more enjoyable — From Page 1

Sometime in the late 1970s, it felt like 1991, how-
ever, devoting her time to a long-held dream: creating an all-girls public school in the St. Louis area, will.

The school will be a place to gather resources for

The Harvey Media Center, named for the late Lynne Cooper Harvey and her husband, legendary broadcaster Paul Harvey, gives students a state-of-the-art recording studio.

Harvey Media Center creates hub for student creativity and innovation

Washington University is the recipient of many significant gifts from the late Lynne “Angel” Cooper Harvey and her husband, the legendary broadcaster Paul Harvey. Through her administration, she and her husband were generous in supporting the American Culture Studies Program in Arts & Sciences, where their gifts provide financial assistance for students and support for programs. For digital recording, WUTV will have a professionally designed new set equipped with technology to create state-of-the-art newscasts and programs.

Dains Dining Hall turns eating into a grand experience

The Dains Dining Hall sits in the center of the first floor, flanked by the Tisch Commons on the first north side, the University Cafe on the west and the set of the east of Dains Dining Hall. A

The John F. and Stephanie Brooks Dains Great Dining Hall provides diners with a comfortable and elegant space.

Whittemore House waives joining fee through July 2009

(c) 2009 Washington University in St. Louis, Campus Box 1184, 1 Brookings Drive, St. Louis, Missouri 63130-1184, Washington University is a member of the University Young Alumni Association. 

For information about joining, or to request a membership brochure, call 935-5210 or e-mail Lisa Damico at LisaDamico@wustl.edu. 

The John F. and Stephanie Brooks Dains Great Dining Hall provides

dining room is the main dining area on campus, and, as such, it is destined to become a focal setting for our students, faculty, staff, alumni, friends and visitors who will gather here as a community.

serving on the Phoenix and Chicago regional cabinets. Angel Harvey received a Distinguished Alumni Award in 1997, an honorary doctor of humanities degree in 1998 and the Robert S. Brooksing Award in 2001. Paul Harvey re-

received an honorary doctorate in 2002.

Dains Dining Hall turns eating into a grand experience

An annual event, which intro-

The John F. and Stephanie Brooks Dains Great Dining Hall provides diners with a comfortable and elegant space.
New hearing aid technology passes restaurant noise test

By GWEN ERICSON

The sound of a noisy Chicago restaurant during the break of sent the ears of neurologists and silverware and the clatter of many glasses clinking. Sometimes, it is a study in the field of new hearing aid technology and an understanding of how often NFL players track the injuries. The study showed that the hearing aid worked well in this noisy environment — the most challenging test for a hearing aid.

But the patients wearing the device didn't go to Chicago to participate in the test. Instead, the restaurant — or at least its sounds — came to the clinic of Michael Valente, Ph.D., director of the Division of Adult Audiology in the Department of Otolaryngology.

"We have a sound room set up to be an exact duplication of being in a loud restaurant," said Valente, who will begin a project in collaboration with the National Association of Future Doctors of Audiology, the American Speech-Language-Hearing Association and the University of Washington in the Department of Otology by partially canceling out low frequency sounds coming from the sides and from behind.

"We found that the open-fit hearing aids with directional microphones on average gave a 20 percent improvement in speech intelligibility in the restaurant setting compared to not having a hearing aid or wearing an open-fit aid without a directional component," Valente said. "We are the first to show that a directional microphone in an open fit can provide improved performance in noise.

In fact, the aids without directional microphones performed worse in the noisy situation than at no aid at all.

Open-fit hearing aids are designed for people who have normal hearing in the low frequency range, which youngest range of the ear.

"The study showed that the hearing aid worked well in this noisy environment — the most challenging test for a hearing aid." said Valente.

The study, published in a recent issue of the International Journal of Audiology, was the first to use such a setting to test a new hearing aid technology — open-fit directional hearing aids with microphones. Open-fit means the device is worn in the ear canal, unlike more conventional hearing aids, which completely block off the canal.

Directional microphones have long been available as conventional hearing aids, but researches have been focusing on open-fit aids with directional microphones. Directional microphones helps users distinguish conversation from background noise by partially canceling low frequency sounds coming from the sides and from behind.

The researchers reviewed NFL injury records over 10 seasons to understand how often NFL players track the injuries. The majority of these injuries occurred at or near the line of scrimmage, in the open field, and more than 75 percent were elbow injuries. Defensive backs had twice as many forearm injuries as any other position.

"There's not much we can do to prevent most finger and hand injuries," Matava said. "You can pro- tect the head with a helmet and put pads on the shoulders, but most players need their fingers and hands free to be at their best." The average injury occurred 22 days late, wrist injuries 27 days and forearm injuries 42 days. That's almost half of the NFL season.

The School of Medicine will receive about $9 million over five years to investigate new ways to diagnose and treat stroke.

"That's one of the best times in the NFL because players have much better chances of coming back with relatively little or no brain damage," said Dennis Driggers, a professor of medicine.

The project, led by Michael Diringer, M.D., director of the neurology-neurosurgery intensive care unit at Barnes-Jewish Hospital, involves patients with hemorrhagic stroke from ruptured brain aneurysms. Patients can survive such hemorrhages only if or can be severely injured up to 10 days later by vasospasm, an aftereffect that causes the blood vessels of the brain to sud- denly constrict. Diringer and colleagues are trying to find ways to block vasospasm.

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"The School of Medicine will receive about $9 million over five years to investigate new ways to diagnose and treat stroke. New research center will become part of our School of Medicine Update

Stroke center created with $9 million grant

By MICHAEL C. PERRY

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Common arm injuries among NFL players tracked by research

By TIM DRIFTON

Injuries are a fact of life for football players and can end a season or even a career. New research shows that some injuries are more common than others, including finger and hand injuries. Some 80 percent of hand injuries involve broken fingers. Defensive backs are the most likely to suffer a sprained or broken thumb..unlabeled and ball games. They usually affect the fingers and hands-free to be at their best."

The average injury occurred 22 days late, wrist injuries 27 days and forearm injuries 42 days. That's almost half of the NFL season.

The majority of these injuries occurred at or near the line of scrimmage, in the open field, and more than 75 percent were elbow injuries. Defensive backs had twice as many forearm injuries as any other position.

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For all of the injuries that Matava research team analyzed, the most dangerous football activity was tackling. Tackling was involved 28 percent of the time when hands, fingers, and thumb injuries occurred and 24 percent of the time in wrist, forearm, and elbow injuries.

"Obviously, you can't avoid tackling in football," Matava said. "You can make rules to eliminate blindside blocks or similar techniques."

In addition to cataloguing the types of injuries that affect NFL players, looking through the league's injury database also may be an important way to learn to prevent similar injuries in young, college and high-school players,

Matava said. We hope this effort of survey will become the 'gold standard' of injury research in foot- ball and that it will, perhaps, trickle down to the NCAA level and the high-school level, Matava said.

New I-64/ Kingshighway interchange open

Employees, patients and visitors to the Washington University Medical Center have a new and improved commute with the Aug. 18 opening of the redesigned Kingshighway interchange.

The new interchange uses a single-point inter- change to manage traffic flow across the overpass and onto and off of the highway.

Crews will continue work on the Kingshighway median and sidewalks for about an- other month. Kingshighway serves as the "front door" to the campus, the Medical Center reported. The interchange was designed and built by MoDOT to incorporate

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Univ. by Barbara Rea

**Politics is on everyone's mind, especially as Washington University prepares to host the vice presidential debate in October.** By Barbara Rea

The Assembly Series, a program of the College of Arts and Sciences, is focusing on the special issues facing women in contemporary society. From "Schoolgirls: Young Women and the Perversion of Privacy" (1994) to "Flux: Performing Art, Work, Kids, Love and Life in a Changed World" (2009), these events will offer his perspective at 4 p.m. Oct. 21 in Graham Chapel.

**Carl Bernstein** achieved fame early in his career as a reporter for the Washington Post. He and Bob Woodward exposed the Watergate scandal and together with his colleagues at the Post brought down the presidency of Richard Nixon. Bernstein has published several books, including the most recent, "A Woman in Charge: The Life of Hillary Rodham Clinton." Bernstein has a talk at 4 p.m. Oct. 11 in Graham Chapel.

In his career, Bernstein has been a dancer as a choreographer, and educator to create art that is truly egalitarian. The MacArthur "genius" award won by Bernstein a few years ago will fund a two-week residency in WUSTL's Performing Arts Department and recruit people of all ages to participate in the visual arts and related programs that he has created. Pieces "Still Crossing." At 4 p.m. Oct. 30, she will join other speakers to discuss how art can build communities and express new visions of the world. The event will be held in the Women's Building Library.

Culture, history, race and politics all have a significant impact on how health-care system America has today. Keith Wills, Ph.D., who runs the Center for Race and Ethnicity at Rutgers University, will share his insights at 4 p.m. Nov. 11 in a location to be determined.

Among the compelling members of Historic Survivors, "The Lost: A Search for Six of Millions" stands out as an extraordinary story of Daniel Mendelsohn's search to find out what happened to six of his family members who perished. At the annual Holocaust Memorial Lecture at 4 p.m. Nov. 12 in Graham Chapel, Mendelsohn will discuss the ways and the need to tell these stories.

**All Assembly Series programs are free and open to the public; doors open at 3 p.m. Seating will be limited for some events.** For information and updates, check the Web site at assemblyeries.wustl.edu or call 935-3285.

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PAD faculty's 'Dance Close Up' informal launch to St. Louis dance season

BY LISA OTTEN

Modern solos and structured improvisation will share the bill tonight to launch the Indian and contemporary dance in "Dance Close Up," the biennial concert of new and rare choreography by faculty for the Performing Arts Department in Arts & Sciences.

Performances begin at 8 p.m. Sept. 4 and 5 and at 3 p.m. and 8 p.m. Sept. 6 in the Annette Merle Dee Theatre in the Student Center. A reception follows the event.

Launched in 1995, the concert (with occasional exceptions) by Young Choreographers' Showcase, a joint student show) serves as the official kickoff to St. Louis professional dance season. This year's showcase will feature 11 works choreographed and performed by full-time and adjunct faculty.

"Dance Close Up" reflects the breadth of styles and expertise among the University's dance faculty, said the department's Mary Jean Cowell, Ph.D., associate professor and coordinator of the Dance Program. "In addition, this year's concert will feature collaborative work in Chinese dance—a first for 'Dance Close Up' as well as a restaging of a classic work by the late choreographer Richard Bull."

The theme of the evening will be "a journey through the past and present," explained Anne Patz, adjunct lecturer, and performs "The Peacock Dance," choreographed by "Peking Peach," which explores the image and movement of the peacock, and is based on traditional dance movements and the history of the ethnic minority group in Yunnan, China. Ching, who leads a class in Chinese dance from the University of California, Riverside, stated contemporary dance, "a movement from Taiwan and Hong Kong."

Cynthia Karlovsky, PAD department administrator, and Sarah Anne Patz, adjunct lecturer, will direct a performance of Bulls "Waterwheel," a work for three dancers in which improved movements gradually coalesce into a single dance form. Chang is a former member of the St. Louis Office of the Arts and Dance (OTD), which she founded with Patz in 1976. In the early 1980s, OTD collaborated regularly with Bulls and Impromptu Contemporary Dance Ensemble, later known as Impromptu Dance Theatre.

Performers for "Waterwheel" include Patz, Cowell and Christine Knoblauch-O'Neal, senior lecturer in dance and director of the Mallinckrodt Student Dance Program. Rounding out the cast are adjunct instructors in dance Dany Karolosky and Mary Ann Ruth.

Also on the program: "December," a "Contemporary art dance" by Davis.

Undergraduates to attend political conventions

BY JESSICA MARTIN

Two WUSTL students will gain an inside look at the U.S. political process in the coming weeks.

Senior Han Greenberg, a political science and American culture studies major, and junior Scott Friedman, a political science major and French major, are participating in a Washington Center educational program focused on the election cycle. Greenberg is attending the Democratic National Convention in Denver while Friedman will travel to the Republican National Convention in Minneapolis Sept. 1-4 to attend the Republican National Convention.

Both will receive media credits and have access to exclusive events at the convention.

Also: "the..."
A claimed architect Kathryn D. Dean/Wolf has been announced as the Dean/Director of the School of Architecture & Urban Design in the Sam Fox School of Design & Visual Arts. She previously served as a professor of Architecture & Urban Design at the University of Pennsylvania.

Dr. Dean's appointment, effective this fall, was announced by Bruce L. Reitz, E. Desmond Lee Professor of Community Colaboration and Dean of the Grainger College of Business in the Sam Fox School. The appointment comes from a search of work on an advisory committee chaired by Stephen P. Last, associate professor of architecture.

"Kathryn brings incredible expertise that spans practice and education to this important new position," said Dr. Reitz. "She will maintain her innovative architectural practice in New York City while building on her extensive teaching experience at Columbia University to help us envision, design, and develop the future of our students and our community.

Dean launched Dean/Wolf in 1991 with her husband, Charles Wolf. Over the years, the firm has completed a number of commercial and institutional developments, including gallery space for Ethan Cohen Fine Arts, a prominent dealer in contemporary Asian art, and the 107-year-old Presbyterian Church of the Holy Family on New York's Upper East Side.

"As each crisis is different, there are different ways to best handle each emergency," said Arthur. "It is crucial that all in the University community be aware of what to do in a particular crisis before a crisis occurs. That's why it's important to ensure it is working," he said, "and to test the system.

"We have established a university-wide emergency hotline, to which anyone can call to hear recorded messages, updated regularly, regarding the University's emergency preparedness. In addition, representatives from various departments will hold meetings detailing where to go in a building if a particular crisis occurs — such as a tornado, earthquake or chemical spill. In the event of a crisis, we will send out alerts through a variety of means of communication in emergencies, such as text messages, phone calls and email to WUSTL students, faculty, staff and parents.

Dr. Roediger is an experimental cognitive psychologist whose work is concerned with understanding human memory and learning. He has published more than 200 articles in chapters and reviews and has written several books. There are textbooks that have been through a combined 20 editions. Roediger has been known for his early research on implicit or indirect memory, which in contained information is expressed in a relatively automatic manner, often without awareness.

His research has been funded by a variety of federal agencies and private foundations, including the National Institutes of Health, the Air Force Office of Scientific Research, the James S. McDonnell Foundation, the Institute of Education Sciences and the National Science Foundation. He has also received a Presidential Young Investigator Award.

Roediger's research findings have been featured in newspapers, magazines, and other media such as CNN, the New York Times, Scientific American, The Atlantic, and The Washington Post.

Dr. Roediger is a fellow of the American Psychological Association, the Society for Experimental Psychology, and the Association for Psychological Science. He has been elected to the National Academy of Sciences and to the American Academy of Arts and Sciences, and named as co-recipients of the Cronbach Prize for Research, one of cancer research's most prestigious awards. Roediger's citation says that his research "has ... contributed critical conceptual and practical support to the fields of tumor immunology and cancer immunotherapy.

Together with Emil Unanue, Dr. Schreiber created the School of Medicine's Immuno-nology Graduate Program and led it for a decade. He has served in advisory and leadership roles for numerous international organizations and is a fellow of the American Association for the Advancement of Science.

Dr. Schreiber's research has focused on cell signaling in the immune system, but his results of lab were producing pushing his interest into another related area: the immune system's relationship to cancer.

Based on his data, Schreiber reviewed the model, which has been remarkably productive, and won widespread accep-

by Liam Otten

The University also has set up a special emergency Web site for students, parents and others to check information on the status of students and to contact information, or to contact the University's Graduate School of Medicine, is the winner of the Gold and Gerty Cory Faculty Achievement Award. They were announced tonight at a reception in celebration of the award, with presentations of their scholarly work and a ceremony to be held on campus in December.

"Professors Roediger and Schreiber are two of the very best, most exciting faculty members at Washington University," said Dr. Last. "Through their internationally recognised research, both have contributed to our understandings of the complexities of the human mind and body. I am grateful for their many individual contributions to their fields, and I applaud each of them on receiving this important accolade from their peers," Whitehead said.

Henry L. Roediger III

Roediger received a bachelor of arts degree in psychology at the University of New York at Buffalo in 1969. He earned a doctorate in cognitive psychology in 1973 from Yale University and began his career as an assistant professor at Purdue University.

He spent 15 years at Purdue and as a visiting professor at the University of Virginia between 1985 and 1990. He is currently a professor of psychology at Rice University in Houston.

Roediger is an experimental cognitive psychologist whose research is concerned with understanding human memory and learning. He has published more than 200 articles and reviews and has written several books. There are textbooks that have been through a combined 20 editions. Roediger has been known for his early research on implicit or indirect memory, which in contained information is expressed in a relatively automatic manner, often without awareness.

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Roediger's research findings have been featured in newspapers, magazines, and other media such as CNN, the New York Times, Scientific American, The Atlantic, and The Washington Post.

by Liam Otten

Dr. Roediger is an experimental cognitive psychologist whose work is concerned with understanding human memory and learning. He has published more than 200 articles in chapters and reviews and has written several books. There are textbooks that have been through a combined 20 editions. Roediger has been known for his early research on implicit or indirect memory, which in contained information is expressed in a relatively automatic manner, often without awareness.

His research has been funded by a variety of federal agencies and private foundations, including the National Institutes of Health, the Air Force Office of Scientific Research, the James S. McDonnell Foundation, the Institute of Education Sciences and the National Science Foundation. He has also received a Presidential Young Investigator Award.
McBride named associate dean for master of health program

BY JESSICA MARTIN

Recently McBride, Ph.D., professor, has been named the director of the Master of Health Program in Public Health at the University of Texas at Dallas. According to Edward F. Lawlor, Ph.D., dean and the Walter G. Gordon Distinguished Professor, McBride will lead the effort to establish the Broncs Science Foundation. Health degree program from student recruitment to curriculum and student services. The program is scheduled to enroll its first class in fall 2009.

“We are fortunate to have Timep’s commitment and expertise for building this ambitious new program in professional education,” Lawlor says. McBride joined the faculty of the College of Arts & Sciences and director of the Texas Research Center. has won the Mercer Award from the Environmental Protection Agency for a paper published in the proceedings of the National Academy of Sciences. The Mercer Award is given for an outstanding scientific paper published within the past two years by an active scientist under 40 years old. The lead author must be 40 years old or younger at the time of publication. The paper addressed the effects of drought on ecosystem function.
Melvin S. Blanchard, M.D., has always been interested in how things work. As a child on the island of St. Kitts, he and a friend built a telegraph to communicate with each other using papaya tree branches as a conduit for the wires. He also commandeered batteries from old flashlights to light up handmade electronic carts.

But the day his little sister, Althea, critically injured her abdomen on a hook at the back door of their house, he became fascinated by medicine and its power to heal. Blanchard saw his mother, a tiny woman, pick up his bleeding sister, and he decided then that he wanted to become a doctor.

Today, Blanchard is chief of the Division of Medical Education and director of the Internal Medicine Residency program at the School of Medicine, one of the largest training programs in the country.

**A passion for teaching**

Colleagues describe him as meticulous, knowledgeable, hard working and in a tireless champion of quality medical care. "He is such an outstanding person," says Amy Joseph, M.D., professor of quality medical care. "He works very hard to ensure that we are providing the best care possible for our patients, and he does so in a way that makes people feel valued."

"Melvin is one of the brightest and most promising young physicians in the country," says Adolphus Busch Professor and chair of the Department of Medicine, Kenneth S. Polonsky, M.D. "At the heart of (Melvin's) success is his passion for outstanding teaching," said Polonsky.

**Blanchard's optimism and dedication inspires others to achieve**

High expectations

To be competitive in St. Kitts' school system, Blanchard and his eight siblings had to work extremely hard. As early as kindergarten, children were divided into groups based on ability. In junior high, students were given cumulative tests at the end of each grade to see if they would progress. And at the end of high school, students' cumulative test scores were published in the local newspaper.

Blanchard's parents also had high expectations for their children. His father was an administrator at the local prison, and his mother could make anything with a sewing machine. Her customers would flip through Sears and Montgomery Ward catalogs, and she would make dresses and uniforms without a pattern.

Blanchard excelled in high school, but opportunities for college were limited. After teaching school for a year, he worked at a U.S. offshore factory that produced transducers and magnetic components for the aerospace and telecommunications industry. He was promoted a few times at the factory before moving to Nashville, Tenn., to earn a bachelor's degree in business administration from Trevecca Nazarene College in 1987. He chose the school because his cousin was based nearby. When he returned to St. Kitts, he managed the 259-employee factory for a year.

At the factory, Blanchard was exposed to industry quality standards. He also learned computer programming, which enabled him to write software that eliminated the paperwork needed to document piecework, manage inventory and the production schedule in the factory. Additionally, Blanchard started a computer school on the island.

Lifelong relationships

Although he was enjoying his work, Blanchard decided to leave St. Kitts again to pursue his lifelong dream of becoming a doctor. He earned a medical degree from the University of Tennessee College of Medicine in Memphis in 1994.

When choosing a specialty, Blanchard considered obstetrics/gynecology, neurology and internal medicine. He chose internal medicine because he enjoyed taking care of the whole patient and thought developing lifelong relationships would be rewarding. He says he also felt as if he could have a major impact on his patients by helping them change their lifestyles and exercise habits.

WUSTL was Blanchard's top choice for his internal medicine residency. During his residency, Lewis R. Chase, M.D., then chief of medicine at the St. Louis VA, picked Blanchard as one of his chief residents.

"Some of his outstanding qualities are his native intelligence, his knowledge of internal medicine and having his high expectations of himself," says Chase, professor of medicine.

After his residency, Blanchard joined the St. Louis VA medical staff and stayed for eight years. While there, he developed a training program in ambulatory care, supervised the house staff and headed the performance-improvement committee.

Kelly J. Schroeder, program analyst at the St. Louis VA, worked with Blanchard on this committee. She says Blanchard is a superior physician in part due to his engineering background and experience in industry. "Melvin works very hard to improve performance for quality medical care," she says. "He possesses the rare talent combination of competent clinical judgment, a sound understanding of statistical methods and an infectious optimism that draws people into initiatives that would otherwise prove impossible."

Working with Seth A. Eisen, M.D., director of the VA Health Services Research and Development Service, Blanchard also began studying Gulf War syndrome, unexplained symptoms reported by combat veterans of the 1991 Persian Gulf War. They determined that individuals with Gulf War Syndrome were predisposed to certain stressors before the war. Before leaving the St. Louis VA, Blanchard was the principal investigator of a large follow-up study that looked at the effects of stress on health.

A positive difference

At WUSTL, where Blanchard returned in 2006, he supervises the care of 10,000 patients on the inpatient medicine service and in the internal medicine clinic. He is focused on improving the care of people with diabetes, which affects one-third of the inpatient population and one-fourth of patients in the clinic.

He has written a computer program to show each resident how his or her diabetic patients are doing. "We want our residents to be able to learn from their practice," he says. "If only half of our patients are meeting national guidelines on cholesterol, we need to make changes in how we're treating them."

Someday, Blanchard would like to do more outreach in communities that have large numbers of diabetics. In the meantime, he and his wife, Gwendolyn, help others through their church and area health fairs. They also have two young daughters, Jessica, 8, and Cynthia, 5.

Blanchard uses a Skype Internet telephone system to communicate with his far-flung family. "Two of his sisters live in St. Louis, but he also has siblings in Anguilla and England, and his parents still live in St. Kitts," he says. "Sometimes there are eight or nine people on at once," says Blanchard, the telephone operator.

Although he says he occasionally feels remorse about leaving St. Kitts, he's pleased overall with the way his life has turned out. "I just want to wake up every day and do the best that I can to be of service to others," he says. "I want to make a positive difference wherever I am."

Melvin S. Blanchard

**Background**

- **Education:** B.S., business administration, British West Indies; M.D., University of Tennessee College of Medicine, March 4, 1962, in St. Kitts in the British West Indies.
- **Position:** Chief of Division of Medical Education, director of the Internal Medicine Residency Program and associate professor of medicine at Washington University in St. Louis.
- **Family:** Wife, Gwendolyn; daughters Jessica, 8, and Cynthia, 5.
- **Pastimes:** Talking to his far-flung family on Skype telephone system, exercising, flower and herb gardening.

**Melvin S. Blanchard (second from right), makes rounds at Barnes-Jewish Hospital with (from left) Eric Millican, a third-year medical student, and residents Brandon Roberts, M.D., and Sofia Chaudhry, M.D.** **Melvin's success in his passion for outstanding teaching,** said Kenneth S. Polonsky, M.D., the Adolphus Busch Professor and chair of the Department of Medicine. "He is deeply committed to making sure that our residents have a superb training experience, and that when they have completed their training, they are able to deliver the highest level of patient care."