Lifestyle changes, drug help lower type 2 diabetes risk

By BETH MILLER

Intensive lifestyle changes aimed at modest weight loss reduced the rate of developing type 2 diabetes by 34 percent over 10 years in people at high risk for the disease. Researchers at the School of Medicine and 26 other sites nationwide determined the results from the Diabetes Prevention Program Outcomes Study (DPPOS), a 10-year follow-up study of patients who participated in the Diabetes Prevention Program (DPP). The DPP was completed in the Oct. 29 online edition of The Lancet. The DPPOS found that patients at high risk for developing type 2 diabetes who made lifestyle changes also had lower blood pressure and triglyceride levels. In addition, the study found that those treated with the oral diabetes drug metformin, rather than intensive lifestyle changes, reduced the rate of developing diabetes by 18 percent after 10 years compared with a placebo.

Completed in 2001, the DPP was a three-year, randomized trial in more than 3,200 overweight or obese adults with elevated blood glucose levels, putting them at high risk to develop type 2 diabetes.

Forty-five percent of participants were from minority groups disproportionately affected by type 2 diabetes: African-Americans, Hispanic-Americans, Asians, Pacific Islanders and American Indians.

The DPPOS results showed that intensive lifestyle changes, including exercise, reducing calorie and fat intake, and increasing interaction with health-care professionals, reduced the development of type 2 diabetes by 8 percent after three years. Those assigned to two daily doses of metformin but who made lifestyle changes also had lower blood pressure and triglyceride levels, an impact that was considerable but not as great as in those who had not used the drug. Treatment with the drug alone reduced the development of type 2 diabetes by 31 percent.
Founders Day Brooking Award given for generosity to WUSTL from Page 1

Lazarus

Lazarus: The groundwork for Lazarus’ commitment to environmental advocacy was laid during her graduate years at WUSTL. After earning a master’s degree in architecture in 1978, she joined Hellmuth, Obata & Kassabaum Inc. (HOK), where her interest in creating sustainable architecture was fostered. As HOK’s first global director of sustainable design, Lazarus led company initiatives to embed positive environmental outcomes into its projects. She also created an internal program to develop the values and knowledge that sustainable leaders, operating and design staff, urban planning from Columbia University. While in graduate school, she worked as a research analyst and as a real estate firm manager, working on a sustainable-focussed strategy project. She continued on her education, earning a master’s degree in business administration and urban planning from Columbia University. Later, at the company’s request, she managed his personal estate and real estate business. Her work helped establish the Vitamins Shoppe.

Lazarus contributed over a decade of service to the St. Louis Chapter of the U.S. Green Building Council (USGBC) and led the development of the steering committee of Greenbuild, the organization’s annual international conference. Lazarus also served as the university’s Distinguished Alumni Award winner. Year after year, the St. Louis Business Journal acknowledged Lazarus’ contributions to the community with the “Most Influential Businesswoman” award.

Lazarus earned a bachelor’s degree in Russian studies from Mount Holyoke College in 1973, and then received a fellowship from the Fulbright Foundation to study in western Massachusetts. The fellowship provided opportunities for extensive academic and administrative collaborations among the campuses.

Lazarus also studied at the Boston Architectural Center before attending WUSTL as an Olin Fellow. She earned a master’s degree in American studies and economics from the University of Chicago in 1978. Since 1973, when Leyve founded Parsons Group Inc., he has led the company’s real estate development industry.

Under his direction, Paragon grew to from a small startup to a major developer with over $1.5 billion in assets and a portfolio of almost $1 billion.

In 1995, when Paragon merged with Camden Property Trust, Leyve was appointed President and CEO of the company.

As a leader of Paragon’s management team, Leyve worked closely with Camden Property Trust’s board to ensure that the company’s strategic goals were met.

Leyve is a member of the University’s Danforth Circle, an organization of alumni and friends who have contributed significantly to the university’s mission.

While in grad school, Leyve also served as the leader of “The Red Tent,” a novel that put her in the spotlight. The novel became a best-seller, helping to raise awareness about women’s rights and gender equality.

After earning a doctorate in chemistry from Ohio University in 1963, William Korneker was appointed assistant professor at the University of Pennsylvania. In 1966, he joined the faculty at the University of Southern California, where he continued his research in physical chemistry.

Korneker served as a professor at the University of Southern California from 1963 to 1966, and then moved to the University of California, Los Angeles, where he taught until 1990.

Korneker’s research focused on the behavior of complex fluids, including colloids and micelles. He made significant contributions to the understanding of the properties of these systems, including their phase behavior, thermodynamics, and rheology.

In 1970, Korneker was awarded a Guggenheim Fellowship, which allowed him to spend a year at the University of Oxford in England.

Korneker’s contributions to the field of physical chemistry were recognized with numerous awards and honors, including the Award in Physical Chemistry from the American Chemical Society in 1980.

Korneker’s legacy continues to influence the field of physical chemistry today, with numerous researchers building on his foundational work.
Mechanism that helps humans see in bright and low-light discovered

By Jim Dryden

Ever wonder how your eyes adjust after a blackout? When we go from light to near total darkness, cells in the retina called rods adapt. School of Medicine vision scientists have identified a specific protein that allows the human eye to adapt to darkness very quickly. The same process also allows the eye to function in bright light.

This finding could lead to a better understanding of human disease that affects the retina, including age-related macular degeneration, the leading cause of blindness in Americans over 50.

That's because the disease and the pathway the researchers have identified both involve cells called rod cells.

"Age-related macular degeneration may be modulated, perhaps, through this pathway we have identified in the retina," said principal investigator Vladimir J. Kefalov, Ph.D., assistant professor of ophthalmology and visual sciences and pigments."Deficiencies in this pathway would harm rod cells, and so does macular degeneration, so it's possible that if we could enhance activity in this pathway, we could prevent or reverse some of that damage," Kefalov said.

The retina's main light-sensing cells are called rods and cones. Both use similar mechanisms to convert light into vision, but they function differently. Rods are highly sensitive and work well in dim light, but they can quickly become saturated with light and stop responding. They don't sense color, which is why we rarely see a cone in a dark room. The other hand, allow us to see colors and adapt quickly to stark changes in light intensity. Rods are also important for studying salamanders because their cone cells are abundant and easy to identify. Cones can sense color and light-sensing molecules that bind together to make visual pigments. The pigments get destroyed when they are not sensing light, but they can quickly be recycled and used in the cones to continue sensing light. After exposure to light, key components of pigments called photocchrome can leave the cells and travel to the nearby pigment epithelium near the retina. There, the photochrome is restored and returned to the photoreceptor cells. However, the research team previously removed the pigment epithe- lium layer in salamander retina and found that pigment molecules could not be recycled that way. They then modeled retinal cells both to bright light and to darkness. The rod no longer worked, but the cones continued to function properly.

"Exposure to bright light destroyed visual pigments in rods, and those cells could not recycle chromophores," Kefalov said.

"Pigments in cones, in contrast, were quickly recycled and continued to detect light even without the pigment epithelium," he said.

In a new study, Kefalov did the same experiments in mice, primates and hu-

man with the same result.

"To learn how cones were able to recycle pig-
ments without pigment epithelium, our team focused on the retinal pathway for light in the rod cell, called Muller cells, cells that support and interact with rods and cones. The researchers treated mouse retinias with a chemical that destroyed the Muller cells and then exposed the retinas to bright light, followed by darkness.

"When we blocked the Muller cell's functional pathway, the retinal pathway could not function because cones ran out of photo-pigment and could not adapt to dark," Kefalov said.

The new paper, published in the journal Current Biology, sug-

gests Muller cells are key to this pathway in mammals, including humans.

When those cells function properly, cones in the mouse, primate and human retina are able to function in bright light and adapt to darkness, independently of the pigment epithelium.

He said this discovery means it may one day be possible to make a drug that activates this pathway in the eye to improve vision when the other pathway, involving pigment epithe-
lum, has been inactivated by injury or disease, such as age-related macular degeneration.

United Way campaign still accepting pledges

By Diane Duke Williams

There is still time to make your pledge to the University's 2009 United Way campaign.

Custodial Services in the School of Medicine's Facilities Management Department has historically had a high participation rate. This year, nearly half of the one-thousand employees pledged to the United Way.

One of the staff members who has pledged, Medical Services, facilities technician II, has been con-

tributing to the University's United Way campaign since he joined the medical school almost 25 years ago. And in a recent drawing sponsored by the med-

ical school in recognition of the strong participation by those who work on the grounds, the University donated 50-yard line tickets for the Sept. 3 St. Louis Rams game to the Kansas City Chiefs.

Andy Newton, a Washington University trustee and medical finance committee chair, donated the tickets.

Jarrett, who once received support from the United Way, said he was surprised by the donation. "I believe it's valuable to have a community organization to help people out until they get back on their feet," he said. "If we are able to give, we should help someone who's less fortunate," he said. "Because you never know when you might be in those shoes."

The University's 2009 United Way campaign began with a kickoff breakfast at Bissinger's Whitehouse. The University's goal is to raise $600,000 for the United Way.

A gift of pledge, no matter how small, is helpful. A $250 gift, for example, can provide after-school care for a child in need for six weeks or four days in a shelter with meals and counseling for an individual suffering from alcohol or chemical dependency.

A gift of $50 can provide swim lessons for 10 children from low-income families, or a complete outfit and school supplies for a child in need. WUSTL offers employees two ways to contribute by participating in payroll deduction, which are elected through the campus mail, or online. The University encourages employees to contribute using a payroll deduction, but will ac-
cept donations via cash, check and credit card.

Employees who need a pledge card can contact Lisa Cobb, director of annual giving, at 935-5007.

To pledge online, go to www.wustl.edu, click on the HRM menu, then personal information, then United Way. After logging in, click on the Employee Self Service link and then select United Way Pledges in the left-hand border corner of the next page.

DeBau elected to Institute of Medicine

By Beth Miller

Michael R. DeBaun, M.D., has been elected to the Institute of Medicine of the National Academy of Sciences. DeBaun is a professor of pediatrics, of gen-

etics and of neurology at the School of Medicine. He has established an interna-
tional program for pediatric urology.

In 2002, DeBaun established the Ferring Scholar Program to attract talented students into the field of urologic research.

DeBaun also is a national advocate for children with sickle cell disease. He was named the 2007-2008 Ferring Scholar for the National Hispanic Leadership Conference.

DeBaun, along with the Pediatric Sickle Cell Disease Clinical and Research Team, has initiated multiple specialty-based activities to improve the quality of life of individuals with sickle cell disease.

The American Society for Clinical Investigation presented DeBaun with the Institute of Medicine of the National Academy of Sciences Robert J. Davis Award for Scientific Achievement for his work in urology.

DeBaun is also the recipient of the American Urological Association's Outstand-

ing Research Award for his work in urology.

DeBaun has authored more than 130 peer-reviewed publications. The School of Medicine houses the DeBaun Clinical Research Center. DeBaun's research focuses on increasing access to medical care and treatment of sickle cell disease.

DeBaun received his medical degree from the University of Florida College of Medicine and completed his pediatrics training at Louisiana State University.

DeBaun has established a national program for children with sickle cell disease and has been honored for his work in urology.

DeBaun has received more than 200 grants for his work in urology.

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Ambitious rock opera ‘Remember Me’ comes to Edison

By LIAM OTTEN

It's a timeless tale: Two rivalrous sisters fight over a love that could have been a single woman. But "Remember Me," the ambitious new collaboration between Parsons Dance Company and the East Village Opera Company (EVOC) is anything but old-fashioned.

"Remember Me" is the story of "David Parsons' choreography marries tradition and renewal in a way that physically represents what we try to evoke as a band," Ross said. "It's exciting to see our music who's "Baba O'Riley" (a subde tory, with numbers ing. Lusty, sensual movement. "Dido and Aeneas." For information: humanvalues.wustl.edu.

"Remember Me" opens with the cortyture of "Dido, For "Remember Me" is directed by Parsons with musical arrange- "Olde School," was nominated for a 2009 Grammy special, "EVO-LIVE," won a 2006 Emmy Award. Their most recent recording, "Old School," was released to critical acclaim. "Remember Me" is the title of the Classical Crossover Album category. "Remember Me" $20 for students and children: 10% off tickets $33.50 for the public — are available at the Box Office and through all MetroTix outlets.

University Events take a part of the activities taking place Nov. 4-15 at the university. University events (those expected to be expanded calendar for the Spring Term) are listed in "University Events" and the School of Medicine (nonthrout campus and online).

Faculty and Staff Events: The Office of Community Health Workers. Cost: $15. For information: humanvalues.wustl.edu.

Tuesday, Nov. 10


Tuesday, Nov. 11


Wednesday, Nov. 12


Wednesday, Nov. 13


11 a.m. Philosophy and Science Seminar Series. "Derived from a series of genre-defying shows at PBS, Bravo, A&E Opera Company (EVOC), is any-"EVOC, the Grammy-nominated dance and special effects, "Remember Me" at once rock opera and opera that recall the greatest hits." Ambitious rock opera ‘Remember Me’ comes to Edison

BY LIAM OTTEN

The origins of "Remember Me" date back to 2007, when choreographer David Parsons, founder and artistic director of Parsons Dance, first met the members of EVOC, the Grammy-nominated ensemble known for its fearlessly adventurous and innovative modern forms of opera and dance. "We realized that a great deal of artistic choreography existed between our companies," Parsons said, "and we began to discuss the possibility of creating a work together."

In 2009-10 OVATIONS Series. "Remember Me" is directed by Parsons with musical arrangements by Peter Kiesewalter, co-founder of EVOC. "Remember Me" is the title of the Classical Crossover Album category. "Remember Me" $20 for students and children: 10% off tickets $33.50 for the public — are available at the Box Office and through all MetroTix outlets.

Tuesday, Nov. 9

12:30 p.m. University Events. "Ethnic Profiling: A Challenge to Democracy. "(Reception immediately follows in McMillan Cafe.) McMillan Hall, Rm. 149. 935-5106.


4:30 p.m. Evolutionary Synthesis Colloquium Series. "Language Learning and Biological Evolution." Cost: $15. For information: humanvalues.wustl.edu.

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Visiting Barlow to discuss work Nov. 11

Barlow, the Ruth and Norman Moore Professor of Studio Art and Dean of the College of Architecture, Urban Design, will discuss his work for the San Francisco School of Design & Visual Arts' fall Public Lecture Series at 6:30 p.m. Wednesday, Nov. 11, in the Student Union Ballroom.

Barlow will co-speak with Ross Bull Bertran, of the award-winning firm Bala-Boll | ABD + Architecture. He joined the firm in 1990.

Bala-Boll was in Baghdad in the Bangkok region of Spain in 1965. After qualifying as an architect at the Technical University of Catalonia, he lectured at the School of Architecture and at the Politecnic School of Engineering.

The talk is free and open to the public. A reception will precede the lecture at 6 p.m.

For more information, call 935-9300 or visit samuhsch.indust.edu

Tobacco-free programs

The University recognizes that quitting tobacco use can be a significant personal challenge. It is offering faculty, staff and students several programs to help them be successful.

Faculty and staff can participate in the "Preparing to Quit" program that prepares them to quit and what to do if they fail.

Faculty and staff members can participate in the "Preparing to Quit" program, which will be offered Nov. 17 and Dec. 22, 2:30 p.m. in a room that will be announced.

Cafeteria. To register, call 935-5367 or visit TobaccoFree.Wustl.edu.

Great American Smokeout Nov. 19

From page 1

Nov. 19. Student Health Services will visit various dining facilities during lunchtime to help students reduce their tobacco use and programs to service them to help

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Intercollegiate athlete of the week. On the basis of his league-wide recognition, the Bears couldn't come back.

WUSTL (9-6-3, 3-3 UAA) will play host to the game at the University of Chicago Saturday, Oct. 24.

Swimming and diving compete in dual meets
The men's and women's swimming and diving teams both lost in a dual meet with NCAA Division III teams.

The women's team honored Erin Albers and Ashley Beyer and junior David Chao with Academic All-District VII honors. Albers has a 3.66 cumulative grade point average and has a major in psychology and a minor in criminology and justice studies.

The men's team earned Academic All-District VII honors this season. Senior John Hengel led the way with road trip

Men's soccer splits with Brandeis University, 2-1, Oct. 30 but fell to Wesleyan College and Cullen-Wright College, 3-0, Oct. 30 and then topped Rhodes College, 3-0, Oct. 31.

Prior to its match with Brandeis University, the Bears defeated Virginia Wesleyan College and Culver-Stockton College, 3-0, Oct. 30 and then topped Rhodes College, 3-0, Oct. 31.

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William Acree, Ph.D., joins the Department of Romance Languages & Literatures in Arts & Sciences as assistant professor of Spanish. Prior to joining Washington University, he was assistant professor at San Diego State University. Acree earned a doctorate at the University of North Carolina at Chapel Hill. She specializes the fields of Latin American literary and cultural studies and has a strong theoretical focus centering on the late colonial period of the 19th century. Acree is especially interested in print and popular cultures in the Americas, the works of the de la Plata (southern Brazil, Uruguay and eastern Argentina), the role of intellectuals in history, and links between studies of race, gender and social group identity.

Sukhinder Chandra, Ph.D., joins the Department of History and the International Studies Program in both Arts & Sciences, as assistant professor of modern Indian history. She earned a doctorate in South Asian history from the University of Pennsylvania in 2013, after which she was at the University of Victoria in British Columbia, and the Urbana-Champaign in the University of Illinois. As a gender & women's studies scholar, Chandra researches the shifting and transnational production of gender and sexuality, with a specific focus on Anglo-American imperialism, imperial globalisation and South Asian modernities.

William J. Maxwell, Ph.D., joins the Department of English and the African and African American Studies Program, both in Arts & Sciences, as assistant professor of English. Prior to earning a doctorate in English from the University of Illinois at Urbana-Champaign, he also served as director of English Graduate Studies. He has published more than 50 academic essays and two books exploring the intersection of American and African-American literary histories. He is at work on a book for Princeton University Press titled “Fire Eyes: How Edgar Hunt Thompson, Ghostbusters Framed Afri-Can American Modernism.”

John W. Putty, Ph.D., joins the Department of Political Science in Arts & Sciences as associate professor of political science. Putty specializes in contemporary and comparative politics in social sciences from the California Institute of Technology in 2001, Patty held faculty appointments in the Department of Social Decision Sciences at Carnegie Mellon University and the Department of Health, Policy and Management at Harvard University. Patty is a formal political theorist who studies legal rights and international institutions. He regularly teaches courses on Congress, the federal bureaucracy, game theory, formal models of political institutions, and computational modeling.

Elizabeth Maggie Penn, Ph.D., joins the Department of Political Science in Arts & Sciences as associate professor. Penn earned a doctorate in social science in 2003 from Caltech’s Institute of Mathematical and Information Technologies, where she worked on the role of institutional design in shaping long-term voter preferences over policy. Penn is formerly a visiting professor of Social and Decision Sciences at Carnegie Mellon University and assistant professor of Government at Tulane University. Her research interests include mathematical models of voting, institutional design and collective preference.

Phillip Shenoy, Ph.D., joins the Department of Earth and Planetary Sciences in Arts & Sciences as assistant professor. He earned a doctorate from Yale University, where he worked with Shwu Karato, Ph.D., on the deformation of the Earth’s mantle. He comes most recently from a position at Brown University, where he was a member of the multidisciplinary Brown Institute. His research interests include high-pressure and high-temperature rock deformation, properties of glassy materials, and microstructural analysis. He is setting up a lab that can simultaneously simulate the pressure and temperature conditions at a few kilometers below the Earth’s surface.

Prestella Song, Ph.D., joins the Department of Anthropology in Arts & Sciences as assistant professor of art history with a focus on medical anthropology, Chinese studies and science and technology studies. She earned a doctorate at Harvard University, where she was both a Science Foundation Fellow and Andrew Mellon Humanities Fellow. She previously taught at the New School University in New York City, Peking University’s Health Sciences Campus, and Yale University. She also was visiting professor at the Chinese Academy of Social Sciences in Beijing and Academia Sinica in Taipei, Taiwan. She is completing a book manuscript that situates the rise of medical tourism for stem cell therapies within the political-economic transformation of the Chinese healthcare system.

M. Deniz Yeru, Ph.D., joins Olin Business School as assistant professor of finance. With an undergraduate degree in industrial engineering, and a master’s degree in management from Bogazici University in Istanbul, Yeru earned a master’s degree in business administration and a doctorate at Yale University. He has been a consultant to the US Bank, investment banks and multinational companies on corporate governance, valuation and legal disputes. Before joining Olin, Yeru was assistant professor of finance at Arizona State University’s Carey School of Business, where he taught managerial finance and empirical corporate finance. His research interests are in corporate governance, international corporate governance and empirical asset pricing.

For the Record

St. Louis Public Schools teaching award named for David Konig

BY SUSAN KILLENBERG

An award for the St. Louis Public Schools has been named in honor of David T. Konig, Ph.D., professor of history, of African and African American studies and director of the Legal Studies Program, in all Arts & Sciences, and professor of law at Washington University. The St. Louis Public Schools David Thomas Konig 2009 Middle/Secondary Social Studies Teacher of the Year Award was presented to Melanie V. Wieling, who teaches at DeWitt Middle School, during an Oct. 27 ceremony at the St. Louis Mercantile Library at the University of Missouri-St. Louis.

The award for Konig recognizes his continuing and ongoing dedication to the St. Louis Public Schools, said Linda Riess, development officer for the St. Louis Public Schools. Riess said Konig has provided leadership and significant academic content for the district’s middle- and high-school Teaching American History program — with “Liberty and Justice for All” and “In Pursuit of the American Dream” — funded by the U.S. Department of Education.

In addition to helping develop the framework for the program, which provides intensive professional development to American history teachers to raise student achievement, he works closely with teachers to apply their new knowledge and skills in their respective classrooms.

“Dr. Konig is brilliant,” Wieling said. “He is an outstanding teacher and a nurturing colleague, the epitome of school and university faculty. Riess said. “It is important to recognize and celebrate this incredible person who has influenced the lives of so many students and their teachers.”

Wieling’s award has always been ‘community,’ which can be intellectual, social or political,” according to Riess.

Konig was named a WUSTL faculty in 1973 and whose research includes early American legal history, is no stranger to teaching awards himself, earning both the Arts & Sciences Teaching Award, the Interfaculty Council Performance in Teaching Award and the 1984 Founders Day Distinguished Faculty Award.

The Cystic Fibrosis Center at the School of Medicine and St. Louis Children’s Hospital received a 2009 Cystic Fibrosis Foundation Quality Care Award at the North American Cystic Fibrosis Foundation Conference in Minneapolis on Oct. 17.

Gerald L. Early, Ph.D., the Mary S. and John Thompson University Professor in Arts & Sciences, has received a one-year, $208,321 grant from the National Endowment for the Humanities for ongoing research titled “The New Negro Renaissance in America, 1914-1945.” Several Arts & Sciences faculty, including Katrina E. Zador, Ph.D., professor of English and of African and African American studies; Joseph Thompson, Ph.D., academic coordinator in African and African-American American studies; Pat Burke, Ph.D., assistant professor of music, and Sawande Musta- kade, Ph.D., Mellon Postdoctoral Fellow in history, will be part of the team.

Tim Holy, Ph.D., associate professor of neuroscience, has received a National Institute of Health (NIH) Director’s Pioneer Award — one of only 18 given this year — to develop innovative ways to monitor the activity of many neurons simultaneously. The NIH Director’s Pioneer Award funds “individual scientists of exceptional creativity who propose pioneering — and possibly transforming — approaches to — major challenges in biomedical and behavioral research,” the award will provide Holy with $200,000 annually over five years.

Obituary

Cohn, researcher in the Cori lab, 96

Mildred Cohn, Ph.D., research scientist in medicine in 1949-1960, died Oct. 12, 2009, in Philadelphia. She was 96. Cohn worked in the labs of Carl and Gerty Cori, who received the Nobel Prize in physiology or medicine in 1947.

In her research pioneered the use of stable isotope studies to test metabolic processes as well as mechanisms of enzymatic reactions. She was a designated career investigator by the American Heart Association and held her National Institutes of Health Career Development Award from 1961-1970. She was also a leader in the study of deuterium oxide (ATP). She was among the first to apply electron spin and nuclear magnetic resonance to investigate metabolic changes. During the course of her career, Cohn worked in the fields of enzymology and cell biology, publishing scientific papers with six Nobel Laureates and was granted honorary doctorates from at least nine schools.
Glaucoma specialist Siegfried can't imagine a more rewarding career

Carla Siegfried, M.D. (right), examines Jerry Rann at the Washington University Eye Center at the Center for Advanced Medicine. "I think the attraction is that learning and being with patients is a special privilege," Siegfried says. "In some surgical subspecialties, you do a procedure and then send the patient back to a different physician. But we glaucoma specialists help care for our patients forever."