

Radiology Alumni Connection

Q3/Q4 2017 Issue

From the Editor

Cleveland Clinic radiology has undergone tremendous growth and change since its first Radiology Department in 1921, led by Dr. Bernard Nichols. Dr. C. Robert Hughes was the first Chair of the Radiology Division, followed by Dr. Thomas Meaney in 1966 (see page 2).

Our first radiology resident arrived in 1926, before there were established residency programs. Today we have 15 ACGME imaging fellows, seven non-ACGME imaging fellows, 32 diagnostic radiology residents, and a brand-new program director (see page 4). Current institute chairman Dr. Gregory Borkowski now manages more than 200 staff members across Ohio, Florida, Nevada, Hawaii and Abu Dhabi.

While we strive to achieve ever-higher efficiency and excellence, it's important for physicians to stay resilient to burnout (see page 11). Developing social connections and strong relationships is one tactic. And that's ultimately what the alumni association is all about.

As a proud Cleveland Clinic alumna, I echo these words from Cleveland Clinic founder Dr. George Crile to Cleveland Clinic's first class of graduates in 1926, "As time goes on, I hope that you will remember that this is an institution that is sort of a home, in which you may always return from time to time."

I hope you enjoy this issue of *Radiology Alumni Connection* and wish you the very best.

Sincerely,

Pauline Kwok, MD (TRS'95, DR'00, ABI'01)
Alumni Membership Secretary,
Editor of *Radiology Alumni Connection*

Imaging Institute Celebrates Inaugural Meaney Research Day

Thomas F. Meaney, MD, the renowned and revered Chair of Cleveland Clinic's Division of Radiology from 1966 to 1987, has been called one of the brightest stars of the radiology world. Under his leadership, Cleveland Clinic became a trailblazer in radiology and became recognized nationally and internationally.

Before his death in 2006, Dr. Meaney donated funds to support research at Cleveland Clinic's Imaging Institute. With additional support from Mrs. Meaney, the Imaging Institute held its first annual Thomas Meaney Radiology Research Day on June 20, 2017. The event was hosted by Imaging Institute Chair **Gregory P. Borkowski, MD (IM'74, DR'79)**, and facilitated by **Stephen Jones, MD, PhD**, and **Daniel Lockwood, MD (DR'08, NR'10)**.

During the full-day event, 14 radiology residents and fellows presented their current research. The day culminated in an award ceremony attended by several members of the Meaney family.

Abdominal imaging fellow **Yasmeen Tandon, MD**, (faculty mentor: **Michael Bolen, MD**) received the \$700 grand prize for her research on "Electromagnetic Navigational Bronchoscopy versus CT-Guided Percutaneous Sampling of Peripheral Indeterminate Pulmonary Nodules: A Cohort Study."

Continued on page 2

Visit us online at clevelandclinic.org/radiologyalumni.
Submit your announcements or photos to kwokp@ccf.org.

Two honorable mentions, along with \$150 awards, went to:

- Resident **Matt Kiczek, DO**, (faculty mentor: **Stephen Jones, MD, PhD**) for “Correlating Neuroimaging Findings with Clinic Scoring Inventories in Patients with Amyotrophic Lateral Sclerosis”
- Resident **Amar Gupta, MD**, (faculty mentor: **Karunakaravel Karuppasamy, MD**) for “Predictors of Lung Shunt Fraction and Feasibility of Selective Internal Radiation Therapy without 99mTc-Macroaggregated Albumin Injection”

The event was a great success and a tremendous demonstration of the Diagnostic Radiology Residency’s research prowess.



Gregory Borkowski, MD,
with grand prize winner
Yasmeeen Tandon, MD



From left to right: Gregory Borkowski, MD; Dan Meaney (son); Tim Meaney (grandson); Mike Meaney (son); portrait of Thomas Meaney, MD; Clare Meaney (granddaughter); Rachel Meaney (daughter-in-law); Stephen Jones, MD, PhD

For more photos, see <https://my.clevelandclinic.org/departments/imaging/medical-professionals/alumni#alumni-events-tab>

About Thomas F. Meaney, MD

According to a tribute published in the [American Journal of Roentgenology](#), Dr. Meaney may be best known for “elaborat[ing] new concepts in renal vascular hypertension by arteriography and pioneer[ing] further developments in techniques for the diagnosis and treatment of this important disease.” He and Cleveland Clinic research giants Drs. Harriet P. Dustan and Irvine H. Page published “classic dissertations” on the “radiologic–pathologic classifications of renal vascular occlusive diseases, the discovery of spontaneous transient arterial contraction, and angiographic findings in abdominal neoplasms, to name a few.”

The terms “neoplastic vascular encasement” and “digital subtraction angiography (DSA)” were coined by him.

Dr. Meaney published more than 100 articles, some with more than 200 citations. His contributions furthered scientific areas such as biliary drainage, abscess drainage, tumor embolization, clot lysis and biopsy.

After a 1972 visit to England, where he first saw CT, Dr. Meaney bought the fourth unit ever made. He was instrumental in bringing CT and MRI technologies to Cleveland Clinic and helped further the development of digital radiography, body CT and MRI by collaborating with General Electric and other imaging equipment manufacturers.

A former president of both the American College of Radiology and American Board of Radiology, Dr. Meaney was passionate about improving the quality of residency training. He worked to standardize training programs and helped initiate standard written exams.

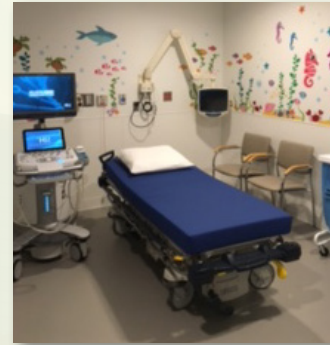
Dr. Meaney’s influence continues through his numerous mentees, including Cleveland Clinic radiology leaders **Gregory P. Borkowski, MD (IM’74, DR’79)**, and **Michael T. Modic, MD (DR’78, NR’79)**.

Imaging Institute Renovation/Expansion Update

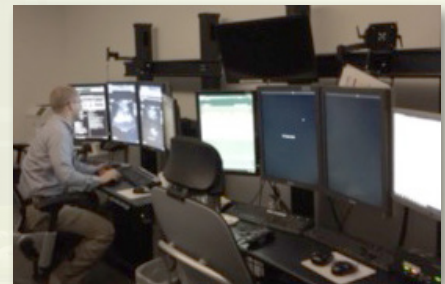
News from main campus

Imaging Master Plan Phases V and VI are progressing.

- Two pediatric ultrasound rooms (including a technologist work area), the pediatric reading room and the last two GI rooms are complete.
- New outpatient changing and waiting rooms in the Hb building opened in June 2017.
- Renovation of the A21 technologist work area and installation of the fourth A21 digital room is in progress.
- The second phase recovery room was completed in September 2017.
- General diagnostic clinical areas were completed in October 2017.
- Remaining recovery room expansions in the Fb building are expected to finish in April 2018.
- A new L10 conference room is being designed.



New pediatric ultrasound room at main campus



New pediatric reading room at main campus

News from Abu Dhabi

Since seeing their first patients in 2015, Imaging Institute caregivers in Abu Dhabi have performed more than 100,000 imaging studies. The team currently includes 12 radiologists, 87 technologists, 19 nurses and additional IT and clinical engineering staff.

In addition to expanding MRI and ultrasound service hours to evenings and weekends, the team is proud of these other recent accomplishments:

- Activating cardiac stress testing services within the nuclear medicine department.
- Hosting the first regional “Radiology Trends” conference in May 2017. This event is in addition to a number of other accredited CME activities, including a radiology weekly update series, grand rounds and quality forums.
- Beginning the American College of Radiology accreditation process.



Radiology Residency Leadership Changes



Daniel Lockwood, MD

Daniel Lockwood, MD (DR'08, NR'10), has stepped down as Radiology Residency Program Director, a position he held in Cleveland Clinic's Imaging Institute from 2012 to 2017. Under Dr. Lockwood's leadership, Cleveland Clinic's [Diagnostic Radiology Residency program](#) was ranked the No. 1 program in Ohio (No. 25 in the U.S.) by Doximity.

Among his many accomplishments as program director, Dr. Lockwood:

- Navigated the transition to ACGME's Next Accreditation System and ABR's new board exam format
- Established research and education tracks for residents with career goals in those areas
- Helped create the first annual Thomas Meaney Radiology Research Day, held in June 2017
- Guided the transition to a dedicated IR residency program

The Imaging Institute thanks Dr. Lockwood for being an outstanding leader and exceptional role model for our trainees.



Joseph Veniero, MD, PhD

Joseph Veniero, MD, PhD, has been named the new Program Director of the Diagnostic Radiology Residency. Dr. Veniero completed his radiology residency and body MRI fellowship at New York University Medical Center and has been a staff radiologist in Cleveland Clinic's Section of Abdominal Imaging since 2001. He served as Associate Residency Program Director for nearly 10 years.

From Dr. Joseph Veniero, New Radiology Residency Program Director

I hope you remember me if you trained at Cleveland Clinic or have been on staff in the last 16 years. I have always been a strong advocate for resident education, and I look forward to working more closely with our residents throughout their training.

As we move forward, we not only will continue the successful program changes started in the last few years by Dr. Lockwood, but also find new, innovative ways to elevate and enhance our program. Through all the changes, our ultimate goal will remain the same: supporting and training residents to become outstanding radiologists as we continually improve the quality and reputation of the residency.

I look forward to getting in touch with more of you to learn how you are doing and to ask for your help. More and more of our quality metrics include data on the success of our graduates. Your help in keeping us up-to-date on your latest contact information and professional

achievements, as well as responding to graduate surveys, goes a long way in providing us with the information we need. In addition, new annual residency rankings from Doximity are increasingly being used by applicants to judge potential training programs. The more alumni we have registered and answering their annual survey, the more our program's ranking will rise and the more potential applicants will consider our program. Also, please continue to let us know about opportunities in your area that our residents may be able to fill or may simply want to know about.

Thank you for your continued support of our program. It is because of you that we can proudly call ourselves a top-25 residency program. It continues to be an exciting time in resident education and, as I look to the next cycle of applications, I am confident that together we will continue our long tradition of excellence!



Michael Forney, MD

Michael Forney, MD (DR'11, MSKR'12), has been appointed Associate Residency Program Director, filling the spot vacated by Dr. Veniero. Previously, he served as Cleveland Clinic Lerner College of Medicine's Imaging Thread Leader and Radiology Medical Student Elective Co-Director. Dr. Forney joins current Associate Residency Program Directors Carolyn VanDyke, MD (DR'80) and Gordon McLennan, MD.



Carolyn VanDyke, MD



Gordon McLennan, MD

Residency Administrative Staff Expands

The Diagnostic Radiology Residency program now has support from three administrative staffers:

Sylvia Zavatchen is Diagnostic Radiology Residency Program Coordinator and Medical Student Radiology Elective Coordinator. Sylvia recently earned her master's degree in health professions education, a two-year program developed by Cleveland State University and Cleveland Clinic's Education Institute. Earlier this year, Sylvia became president of the Association of Program Coordinators in Radiology, a national group of over 200 members that promotes excellence in the administration of radiology residency and fellowship programs.

Lisa Kempton was recently promoted to Education Program Administrator after serving as the Imaging Institute's Education Program Manager since 2014. Her new role involves overseeing radiology residency and fellowship programs, managing CME activities including grand rounds, and coordinating various educational activities for the institute and residency/fellowship programs.

Iva Marie Strollo is the Imaging Institute's new Fellowship Coordinator. Previously, she served as Cleveland Clinic's Heart Failure Fellowship Coordinator for 12 years. In the Imaging Institute, she will work with the six fellowship programs (ESN, MSK, PEDs, Neuro, NUC, VIR). "I try to make life less difficult here for fellows, many of whom are new to Cleveland, Ohio, and for faculty as they work to better the program and help fellows reach milestones in their training," she says.



Sylvia Zavatchen, MEd, is congratulated by James Stoller, MD, MS, Chairman of Cleveland Clinic's Education Institute, as she graduates with a master's degree in health professions education.



From left to right: Sylvia Zavatchen, Lisa Kempton and Iva Marie Strollo

Imaging Institute Announcements

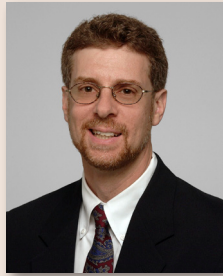
Abdominal Imaging



Peter Liu, MD

Peter Liu, MD, has been appointed Section Head of Abdominal Imaging. Dr. Liu earned his medical degree from Case Western Reserve University. He completed a residency in diagnostic radiology at University of Pennsylvania and a fellowship in body MRI at University of Michigan, where he later served on the diagnostic radiology staff.

Dr. Liu takes over for **Brian Herts, MD (CCF'92)**, who served as Section Head of Abdominal Imaging for 13 years. During his tenure, Dr. Herts recruited an outstanding cadre of professional staff who have provided excellent clinical service to our patients and colleagues. In addition, he actively mentored many young staff members that are now academically connected both nationally and internationally.



Brian Herts, MD

Imaging Education



Stephen Hatem, MD

Stephen Hatem, MD, has been appointed the Imaging Institute's Vice Chairman of Education, a position previously held by **David Einstein, MD (DR'82)**, who retired earlier this year. Dr. Hatem has participated in academic activities in Cleveland Clinic Lerner College of Medicine and serves on the Imaging Institute's Radiology Education Committee. He also is actively involved in education on a

national level, serving on several committees of prominent radiology societies.

Imaging Informatics

The Imaging Informatics Software Development Team received first place in the hackathon at the 2017 Society for Imaging Informatics in Medicine (SIIM) Annual Meeting. The team created a radiology assistant skill ("Dr. Dave") for Amazon Alexa, giving radiologists easy, hands-free access to EMR data. It enhances radiologist productivity by facilitating routine tasks and streamlining communication between the radiologist and ordering provider, saving valuable time and improving patient care.

Interventional Radiology



Mark Sands, MD

Mark Sands, MD, Cleveland Clinic's Associate Chief Quality Officer, Vice Chairman of Clinical Operations and Quality within Cleveland Clinic's Imaging Institute, and Section Head of Interventional Radiology, is the newly elected Secretary of the Ohio State Radiological Society (OSRS). He will become President-Elect in 2018 and President of the

OSRS in 2019. The OSRS, a chapter of the American College of Radiology (ACR), is dedicated to promoting and protecting access to radiology across Ohio.



Ehsan Fayazzadeh, MD

Ehsan Fayazzadeh, MD, an interventional radiology research fellow, participated in the Annual World Conference on Interventional Oncology's scholarship program for residents and fellows, held in Boston in June 2017.

Regional Radiology



Cheryl Petersilge, MD

Cheryl Petersilge, MD, Chair of the Department of Radiology at Cleveland Clinic Hillcrest Hospital and Vice Chair of Regional Radiology, Eastern Region, has published a clinical perspective article "The Evolution of Enterprise Imaging and the Role of the Radiologist in the New World" in the *American Journal of Roentgenology*. DOI: [10.2214/AJR.17.17949](https://doi.org/10.2214/AJR.17.17949)



Matt Kiczek, DO

Residents' Corner by Matt Kiczek, DO (R4), Co-Chief Resident

The 2016-17 academic year was very busy for the Diagnostic Radiology Residency. Residents accumulated over 188 total teaching hours, with five residents earning their Case Western Reserve University Clinical Instructorship. This honor is bestowed on those who have individually accumulated over 16 hours of teaching time.

Not only was there a great deal of teaching, there also were more than 20 peer-reviewed research papers published during the academic year.

Residents also gave oral and poster presentations at many national meetings, including RSNA, ARRS, ASNR, ASHNR, AUR and DDI. In addition, **Abed Ghandour, MD (R3)**, published a book chapter, "MRI of the Retroperitoneum," in *Imaging of the Cardiovascular System, Thorax and Abdomen*.

Residents served in many leadership positions on national committees. **Scott Johnson, MD (DR'17)**, and I served on the AUR steering committee for the 2017 meeting in Hollywood, Florida. We helped coordinate speakers for the meeting as well as introduce them and moderate their sessions.

At the conclusion of the 2016-17 academic year, **Daniel Lockwood, MD**, stepped down as Residency Program Director after an incredible five years in the position. Dr. Lockwood did a truly outstanding job in this role, and the residency is better because of his service. He passed the torch to **Joseph Veniero, MD, PhD**, to begin the 2017-18 academic year. Dr. Veniero, who previously served as Associate Residency Program Director, will do a phenomenal job leading the residency. Morale is high as residents are very much looking forward to working under the new leadership.

Educational grants available

Attention radiology residents and fellows: Grants are available for your professional development, including:

- Professional association meetings
- "Discovery" trips to other organizations to observe how they're excelling in areas such as innovation, patient safety and quality
- Travel for a research project
- Tuition reimbursement for a professional development course (e.g., post-graduate degree coursework)

Grants are not designed to cover board review courses or membership dues for professional associations (since most already offer reduced rates for trainees).

For more information, see

portals.ccf.org/gme/Sections/ResidentsFellows/HouseStaffAssociation/ProfessionalDevelopmentGrants/tabid/16453/Default.aspx

Apply for a Michener Grant in Leadership Development

The Dr. William and Roxanna Michener Grant in Leadership Development and Medical Humanities and Arts seeks applicants whose projects will further the "art of doctoring." Residents or fellows at Graduate Level 2 or above, with at least one additional year of medical or surgical training at Cleveland Clinic, are eligible.

For more information, see <http://alumni.clevelandclinic.org/alumni-awards>

New additions

Seven babies were born to radiology residents during the 2016-17 academic year, including:



Daniel Sweet born to **David Sweet, MD (R1)**, and his wife, Leah Avner



Noah Paulson born to **Dan Paulson, MD (R4)**, and his wife, Meridith



Abigail Simisola Owoyele born to **Yinka Owoyele, MD, MS (R2)**, and his wife, Omolara

Dr. Andrei Purysko Named Teacher of the Year

On behalf of Cleveland Clinic's diagnostic radiology residents, chief resident **Emmanuel Obusez, MD (DR'17)**, announced **Andrei Purysko, MD**, as teacher of the year. According to Dr. Obusez: "Through his teaching in the reading room, instruction during procedures and education at lecture, he truly exemplifies excellence in teaching. The class of 2017 is honored to present the teacher of the year award to someone we can call a mentor and a friend."

Among other achievements, Dr. Purysko recently received funding from the RSNA Research & Education Foundation for his prostate cancer radiogenomics study, in collaboration with Cleveland Clinic's urology and pathology departments. He began developing this project during a 12-month leadership program sponsored by Cleveland Clinic's Center for Clinical Genomics.

In recognition of his contribution to prostate cancer imaging, Dr. Purysko was awarded the 2017 RSNA Honored Educator Award and has been invited to be a faculty member of the Prostate Imaging Reporting and Data System (PI-RADS) workshop at the American College of Radiology (ACR) Education Center in Reston, Virginia, in November 2017.



Chief resident Emmanuel Obusez, MD, presented the teacher of the year award to Andrei Purysko, MD.

Norman Glazer Education Award (Teacher of the Year) Winners

1999 — Gilda Cardenosa, MD; Margaret Zelch, MD (Career Achievement Award)	2007 — Carolyn VanDyke, MD
2000 — David M. Einstein, MD	2008 — Tan-Lucien H. Mohammed, MD
2001 — Ruffin J. Graham, MD	2009 — Murali Sundaram, MD
2002 — Janet R. Reid, MD	2010 — Mark Baker, MD
2003 — Joseph C. Veniero, MD, PhD	2011 — Stephen Hatem, MD
2004 — Carolyn VanDyke, MD; Bryson D. Borg, MD	2012 — Charles Lau, MD
2005 — Tan-Lucien H. Mohammed, MD	2013 — Unni Udayasankar, MD
2006 — Jonathan Hale, MD (posthumously)	2014 — Paulette Lebda, MD
	2015 — Kevin Wunderle, MSc
	2016 — Andrei Purysko, MD

Celebrating the Class of 2017

On June 26, families, friends and colleagues gathered at the Crawford Auto-Aviation Museum in Cleveland's University Circle to celebrate the 2017 graduates of Cleveland Clinic's Diagnostic Radiology Residency program.

Thomas Masaryk, MD, Chairman of Cleveland Clinic's Department of Diagnostic Radiology, congratulated the graduating class. He fondly reflected on his 30-plus years at Cleveland Clinic, where he met his wife and has achieved a work-life balance, including enjoying a wonderful family and an esteemed career in neuroradiology. He encouraged new graduates to embrace Maintenance of Certification (MOC) and artificial intelligence, urging them to "maintain and expand knowledge of ever-changing technology and develop skills that provide quality care that is meaningful, relevant and of value."



From left to right: Ryan Inledon, DO (R4); Peter Liu, MD; and Furqan Syed, MD (R2)



From left to right: Namita Gandhi, MD; Patricia Delzell, MD; and Myra Feldman, MD



Former Residency Program Directors David Einstein, MD, and Daniel Lockwood, MD



Thomas Masaryk, MD, Chairman of Cleveland Clinic's Department of Diagnostic Radiology, addressed the Class of 2017.



The "Spoiled Echoes" took home the trophy in the RadTeam Challenge. This was the third year for the competition in which residents make up four teams that compete all year to gather points for research, teaching, service, social events and more.



Residents receiving the teaching prize were nominated by visiting medical students for excellence in teaching.

We extend congratulations to our graduates and wish them the best during their fellowship training.

- **Allan Chiunda, MD, PhD, MPH** — Cleveland Clinic, Musculoskeletal Radiology
- **Scott Johnson, MD** — University of Utah, Neuroradiology
- **Steve Huang, MD, PhD** — Cleveland Clinic, Cardiac Imaging
- **Emmanuel Obusez, MD** — Massachusetts General Hospital, Neuroradiology
- **Alex Singleton, MD** — Cleveland Clinic, Vascular and Interventional Radiology
- **Jonathan Rassi, MD** — Cleveland Clinic, Musculoskeletal Radiology
- **Matthew Poturalski, MD** — Cleveland Clinic, Neuroradiology
- **Haq Wajid, DO** — Cleveland Clinic, Musculoskeletal Radiology



First row (L to R):

Jonathan Rassi, Matthew Poturalski, Haq Wajid;

Second row (L to R): Allan Chiunda, Scott Johnson, Steve Huang, Emmanuel Obusez, Alex Singleton

For more photos, see <https://my.clevelandclinic.org/departments/imaging/medical-professionals/alumni#alumni-events-tab>

Welcoming the Class of 2021

Residents in the Class of 2021 were welcomed in August at the Avon Lake home of **Pauline Kwok, MD**. About 50 people attended the welcome party and enjoyed the pizza truck, lovely weather and great company.



Welcoming the Class of 2021 at the home of Pauline Kwok, MD



Center: Akriti Khanna, MD (R1), with her husband, Abhinav Khanna, and Carolyn VanDyke, MD



Left to right: Sara Hunter, MD (R1); Sylvia Zavatchen, Diagnostic Radiology Residency Program Coordinator; and Sanah Shaikh, MD (R1)



Left to right: Carolyn VanDyke, MD; Erika Schneider, PhD; and Darlene Holden, MD



Left to right: Joseph Veniero, MD, PhD; Pauline Kwok, MD; and Daniel Lockwood, MD



Left to right: Carl Winalski, MD; Bradford Richmond, MD, with wife Margaret-Ann; and John Saks, MD

For more photos, see <https://my.clevelandclinic.org/departments/imaging/medical-professionals/alumni#alumni-events-tab>

You're Invited: 2017 RSNA Cleveland Clinic Radiology Alumni Reception

Drs. Gregory Borkowski, Alice Rim and Darlene Holden invite you to a reception in honor of alumni and staff attending the annual meeting of the Radiological Society of North America (RSNA). All former and current Cleveland Clinic interns, residents, fellows, staff, special friends and spouses/companions are welcome.

Sunday, Nov. 26, 2017 | 6-8 p.m.

Hyatt Regency McCormick Place
2233 S. Martin L. King Drive, Chicago

RSVP to alumni@ccf.org or 216.445.6961

Save the Date: 6th Annual Update in MSK

The Sixth Annual Cleveland Clinic Alumni Update in Musculoskeletal (MSK) Radiology will be a one-day review of the MSK section's recent educational and research activities. It's open to all members of the Cleveland Clinic radiology community. Come for a chance to stay up-to-date, see colleagues and visit with old friends. Registration details and CME information to come.

Saturday, June 2, 2018 (tentative)

Cleveland Clinic main campus

Contact course director **Stephen Hatem, MD**, at hatems@ccf.org.

Around Cleveland Clinic: Addressing the Burnout Epidemic

Physician burnout is a growing concern in the U.S. medical community. Average burnout rates are 51 percent — about 49 percent of radiologists — according to a 2017 Medscape survey of physicians. Signs of burnout include:

- Loss of enthusiasm for work
- Feeling detached from patients
- Having a sense that work is no longer meaningful



Susan J. Rehm, MD, Executive Director of Professional Staff Health at Cleveland Clinic, is helping address the epidemic of exhaustion and cynicism among physicians and instituting ways to renew their vigor and dedication to their work.

In 2016, Cleveland Clinic's Office of Professional Staff Affairs conducted town hall meetings to assess the pain points of professional staff. Participants reported a combination of challenges, including staffing, stress, workplace culture, technology and communication.

In response, Cleveland Clinic's Professional Staff Resource Center began exploring:

- Changes to the work environment. This could include scheduling changes, workload reductions, changes in work evaluation, and increased participation in decision-making.
- Introducing a well-being day. As of 2017, Cleveland Clinic professional staff can use one meeting day per year for physical, dental or other appointments, or for other well-being activities.
- Offering child and adult care options.

- Offering wellness programs. For example, [Stress Free Now for Healers](#) is a six-week online program that educates caregivers on how to use mindfulness-based stress-management skills at work.

Resilience is the "vaccine" that may protect against burnout, says Dr. Rehm. According to a [Harvard Business Review](#) article, resilience is the ability to:

- See and accept reality
- Make meaning of tough times
- Make do with whatever is at hand

Traits of [resilient physicians](#) include attitudes such as self-awareness, appreciation of good things, and ability to address challenges realistically (rejecting victimhood); and habits such as engaging with colleagues, participating in an organization, meeting with a professional mentor, and enjoying leisure activities.

It will take a combination of [interventions](#) to decrease physician burnout. National organizations can take steps to reduce the burden of documentation, MOC/CME and licensing procedures, for example. Healthcare organizations can assess systems improvement and new practice models. Physician leadership can help through participatory management styles and support for professional and personal development. Yet individual physicians also must be proactive, giving attention to their personal well-being, identifying their priorities, and raising their own self-awareness and resilience.

Dr. Rehm advises physicians suffering from burnout to talk to a colleague, friend, family member or primary care physician. Cleveland Clinic staff members can access resources through the Office of Professional Staff Affairs and [Center for Excellence in Coaching and Mentoring](#).

Centennial Legacy Society Recognizes Alumni Pledging \$5,000 or more

Since its founding in 1921, Cleveland Clinic has become one of the most famed healthcare institutions in the world, pioneering medical achievements such as:

- Heart breakthroughs that can repair valves and bypass blockages
- Deep brain stimulation to treat Parkinson's disease
- Sports health medicine
- Face transplant

There's a lot to be proud of through nearly a century of medical care, research and education. We salute the contributions of all who have made Cleveland Clinic what it is today.

Philanthropy allows us to continue to innovate, advance from the routine, and find new ways to make procedures safer, better and more accessible for patients — not to mention increase the quality of training for students, residents and fellows.

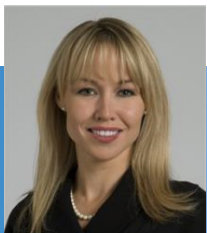
In anticipation of Cleveland Clinic's 100th anniversary in 2021, the Centennial Legacy Society is recognizing alumni who continue the tradition of excellence by making a gift of \$5,000 or more to an alumni fund supporting The Power of Every One Centennial Campaign.

Alumni gifts will support Professional Development Grants in the Education and Lerner Research institutes, as well as Cleveland Clinic Lerner College of Medicine student scholarships and research, training and development programs. Funds also support the Centennial Wall Project, a multimillion-dollar, interactive display designed to showcase many of the remarkable careers and achievements of the men and women who have made Cleveland Clinic a standard for world-class care. When funded, the project is scheduled to be completed as Cleveland Clinic turns 100 in 2021.

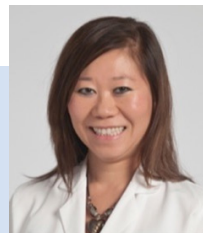
We welcome you to join the Society and encourage colleagues and friends of the Cleveland Clinic Alumni Association to do likewise. Members will receive formal acknowledgment and be inducted during a pinning ceremony at the annual Centennial Legacy Society and Alumni Awards Reception, which takes place each fall in Cleveland. They also will be recognized on the Alumni Association website and publications.

For more on becoming a [Centennial Legacy Society member](#), contact Alumni Association Director Mindy Stroh at strohm@ccf.org or [make an online gift](#) today.

Imaging/Radiology Alumni Director **Darlene Holden, MD (DR'08, MSR'09)**, and Alumni Membership Secretary **Pauline Kwok, MD (TRS'95, DR'00, ABI'01)**, attend Cleveland Clinic's Alumni Association board meetings and Imaging Institute events, and work to further connections between Cleveland Clinic radiology alumni. Please stay in touch with us! We look forward to hearing from you!



**Darlene Holden, MD
(DR'08, MSR'09)**
Imaging/Radiology Alumni Director



**Pauline Kwok, MD
(TRS'95, DR'00, ABI'01)**
Alumni Membership Secretary,
Editor of *Radiology Alumni Connection*