

Silverman named medical humanities chair

Ross D. Silverman, J.D., associate professor of medical humanities and psychiatry, has been named chair of the School's medical humanities department.

Also an associate professor of medical jurisprudence at SIU School of Law, Silverman co-directs the medical and law schools' joint M.D./J.D. degree program. His other administrative responsibilities include chairing the medical school's admissions committee. He joined SIU's faculty in 1998.

Silverman has published nationally in the areas of health law, patient safety, and



public health law, policy and ethics. He is deputy editor of the *Journal of Legal Medicine* and co-author/editor of the recently-released two-volume text, *The Law of Medical Practice of Illinois*, third edition. He also is the primary investigator on the

Code of Medical Ethics Current Opinions With Annotations project for the American Medical Association.

He earned his law degree and his master's in public health at Boston University (1995, 1996) and his bachelor's at Indiana University in Bloomington, Ind. (1992).

Silverman succeeds Sharon Hull, M.D., '87, who has been named chair of community health sciences at Northeastern Ohio Universities College of Medicine and Pharmacy.

CNAs serving dementia patients honored

Three central Illinois health care providers were honored for their service to patients with dementia by SIU School of Medicine, the Alzheimer's Association and the Illinois Department of Aging. The individuals were selected because of their commitment to caregiving, particularly the emphasis each places on making residents feel important, cared for and worthwhile.

Jenny Bright of Ashland, a certified nursing assistant (CNA) at Memorial Medical Center in Springfield, was named Caregiver of the Year 2007 by SIU. "Jenny personalizes each patient's care by getting to know them and their family members and learning what's important to both the patient and family. She often spends time sitting at a bedside, holding a patient's hand and sharing a prayer. She encourages the patient in active conversation and genuinely cares about their responses."

Two runners-up named are Diane Seidel and Kathy Goodman, both of Waterloo, both CNAs at Whispering Pines at Oak Hill in Waterloo.

This year's presentation marks the ninth year for the award, which is given during an annual conference in September.

Employees honored for years of service to SOM

The School of Medicine honored more than 100 employees last fall in Springfield, Carbondale, Decatur and Quincy for their years of service.

Thirty-five year awards went to **Donald Caspary, Ph.D.**, professor of pharmacology and SIU Distinguished Scholar; **Morris Cooper, Ph.D.**, professor and chair of medical microbiology, immunology and cell biology; **Carl Faingold, Ph.D.**, professor and chair of pharmacology; and **Pamela Speer**, associate provost for finance and administration.

Also awarded were 7 thirty-year awards, 9 twenty-five year awards, 22 twenty-year awards, 27 fifteen-year awards and 31 ten-year awards.

For more information about In Brief, contact Nancy S. Zimmers, Public Affairs (nzimmers@siumed.edu) at 217-545-2155.

Speaking of SIU ...

The School's Speakers Bureau provides a variety of speakers to community groups for programs about medical information, medical careers or updates on the medical school. Faculty and staff as well as many medical students and residents volunteer to participate in the outreach effort.

Possible topics are divided into wellness and prevention, specific disorders and diseases, special topics for men, women and seniors, and general topics like an overview of the SIU medical school. Recently scheduled speakers talked about women's health, stress reduction, healthy eating and medical school admissions as well as updates on the SimmonsCooper Cancer Institute at SIU and St. John's Children's Hospital, a joint partnership with St. John's Hospital.

To arrange for a speaker as well as tours of the medical school, call the Office of Public Affairs at 217-545-5616 weekdays or visit www.siumed.edu/news/tours.htm. If possible, please provide 30 days to allow time to match requests.

MEDICAL STUDENTS IN THE COMMUNITY



Medical students from SIU School of Medicine presented a check for \$3,300 to M.E.R.C.Y. Communities in Springfield in October. The donation represents the proceeds of the 13th annual American Medical Association 5K Run, organized by the AMA student chapter at SIU. The run was held last spring.

This is the fifth year the SIU funds have gone to M.E.R.C.Y. Communities, which provides housing and supportive services to foster the independence of homeless and at-risk families. An average of 21 families per year participates in their transitional living and permanent supportive housing programs.

From left: Christy Waller, '08; Neil Rushforth, '09; Jessie Baily, M.E.R.C.Y. House resident; Carolyn Houston, president of M.E.R.C.Y. Communities, board of directors; Mary Stone, M.E.R.C.Y. Communities executive director; Bill Castor, M.E.R.C.Y. Communities treasurer; Brian Klostermann, '09; and Jennifer Grugsby, '09.

Tips to treat children's colds

Recent warnings from the U.S. Food and Drug Administration (FDA) about cold medications have parents questioning what they can do to help their sick children.

"Most children will get better only with time as the body builds a defense against the infection," says **Dr. Sheref Unal**, assistant professor of pediatrics at SIU School of Medicine. The average child will have eight colds a year with symptoms disappearing gradually after a week, according to the American Academy of Pediatrics (AAP).

Many drug manufacturers have never studied the effects of medications in children. Instead, most dosing recommendations for cold medicines have been based on studies conducted in adults.

"This is a difficult issue. For so long, parents have trusted these products to aid in making their child better, and now an FDA panel has said otherwise," says Dr. Unal, who is also on staff at St. John's Children's Hospital in Springfield, a joint endeavor of SIU and St. John's Hospital. "At this point, pediatricians are helping

re-educate parents." Dr. Unal explains that children are not small adults but have completely different bodies and immune systems.

Dr. Unal says there is no cure for the common cold, but remedies can provide relief. Suggestions for treatment from the AAP include:

- Saline drops given with a rubber-bulb syringe clear a baby's nasal passages.
- Cool mist humidifiers aid in relieving congestion and soothing sore throats.
- Pediatric electrolyte maintenance beverages designed to re-hydrate and restore water and minerals.

The cold medication debate was sparked by an FDA advisory panel that voted in late October to ban over-the-counter cold products intended for children under the age of six. Prior to the meeting, most manufacturers voluntarily removed from store shelves those products intended for children under the age of two. The advisory panel found no proof that medications ease cold symptoms in children, and in rare cases they have caused serious harm, even when



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used at the approved dosing instructions.

"The actions of the FDA reaffirm what many pediatricians have always believed," says Dr. Unal. "However, determining the future of these products is going to be a very long process."

For more information, visit the AAP's Web site at www.aap.org/new/kidcolds.htm.