

2014 EDITION VII
THE HEART OF MEDICINE

type . cast

Editor's Note

The crisply starched white coat. The name badge in clear view. The stethoscope crowning the chest. The brief case brimming with white papers peppered with hypotheses and results. The staccato clicks of the electronic health record. For each of these observations by patients and colleagues alike, our roles are assigned. Based on first impression, we are type-cast into our expected roles: student, caregiver, scientist, physician, healer, nurse, mentor. The ever-present pressure of judgment, whether unspoken or written in evaluations, steers our desire to fulfill our expected character. There is no room for the appreciation of beauty, the celebration of diversity, the adoption of a different viewpoint, or reflection on the gravity of our experience. Humanity is trumped by expected outcomes. *type.cast* aims to reverse this paradigm.

Walter Pories, MD, is well-known for his key role in the inception of gastric bypass surgery and success in bariatric research. Many in the ECU Health Sciences community recognize his talent as an artist, too. The cover of this year's edition features a piece of his that embodies the spirit of *type.cast*. "Heat Maps," as it is titled, displays the results of a NIH-funded, multi-center endeavor to measure the outcomes of Roux-en-Y gastric bypass surgery versus gastric banding surgery. The warm colors (red, orange, yellow) represent those who lost more weight after the operation, while the cool colors (blue, green, purple) represent less weight loss. Pories, via an artistic approach, effectively demonstrates the better outcomes of the Roux-en-Y procedure (front cover) versus the gastric banding procedure (back cover). While assembling this edition of *type.cast*, Pories submitted these images in their raw form, which had X- and Y-axes along the

borders. He included special instructions: "The images are more effective with the axes removed." While it may not have been his intent, I found his message profound.

We as students, clinicians, and researchers are inundated with the dry structure of the scientific method. After years of practice, interpreting results based on statistics and trends on graphs becomes second nature. Whether scouring a chart for laboratory values or reading academic journals, few find such data inspiring. Often we catch ourselves receiving blank stares from patients when we use the same scientific, medical jargon to explain their health.

type.cast is more than a showcase of talent in the ECU Health Sciences community. It is more than decorating a few hallways and coffee tables on our campus. This is our chance to break the type-casts that structure our academics and careers and to reflect on the humanistic roots that originally drew us to the field of medicine. This is our beacon of creativity and expression amidst the fog of data, guidelines, and measured outcomes. I believe Hippocrates said it best: "Wherever the art of Medicine is loved, there is also a love of Humanity."

It is my hope that you enjoy removing the X- and Y-axes with us in *type.cast*, Edition VII.



Dylan Suttle, M3 • Editor-in-Chief

2014 type . cast team

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For the continued support and recognition of *type.cast*'s importance within the East Carolina University Health Sciences community, the current student editors would like to recognize the following:

Department of Bioethics and Interdisciplinary Studies

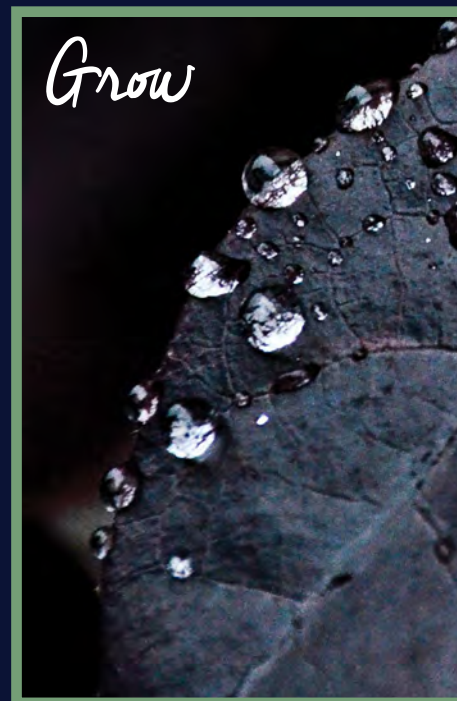
William E. Laupus Health Sciences Library

Dr. Todd Savitt

Dr. John Christie

Dr. Maria Clay

Mrs. Pat Harrington



Feedback

We welcome comments, suggestions, donations, and submissions for future editions.

Please contact us at brody.type.cast@gmail.com or visit www.ecu.edu/typecast

Follow us on Twitter @typecastBSOM

Flow

Underwater

“The fragility and lightness in the expressions and movements are a representation of our ethereal existence.”

—Clara Ferreira, PhD
Medical Physics Resident





Adventure

“It’s a dangerous business, Frodo, going out of your door. You step into the Road, and if you don’t keep your feet, there is no knowing where you might be swept off to.” -Bilbo Baggins

Would, that our concerns were thus,
in place of life’s vain toil and fuss:
to keep our feet when setting out,
keep from being flipped and turned about
and swept away on journey far,
to take part in grand adventure.

But lo, I think that this we seek:
to hide at home, and just be meek
and ne’er to risk possibly going
what place and time, with whom, not knowing.
How bland, how boring we all are,
to hide from such adventure.

The joy and thrill of fairy tale;
escape from this sedentary jail-
The knight who fights to save his queen,
across icy mountains and fields of green-
The lover chasing shooting star-
are found in grand adventure.

So sit and cower here, and hide,
but, knowing that my time is nigh,
I fling wide the door and feel the breeze;
I arch my back, stretch stiffened knees.
Set my gaze not near, but far
and step out, to my adventure.

For wherever three roads meet,
down one adventure awaits you.
You must only lift your feet
and see where that road takes you.

—Kyle Mobley
M4-Brody School of Medicine

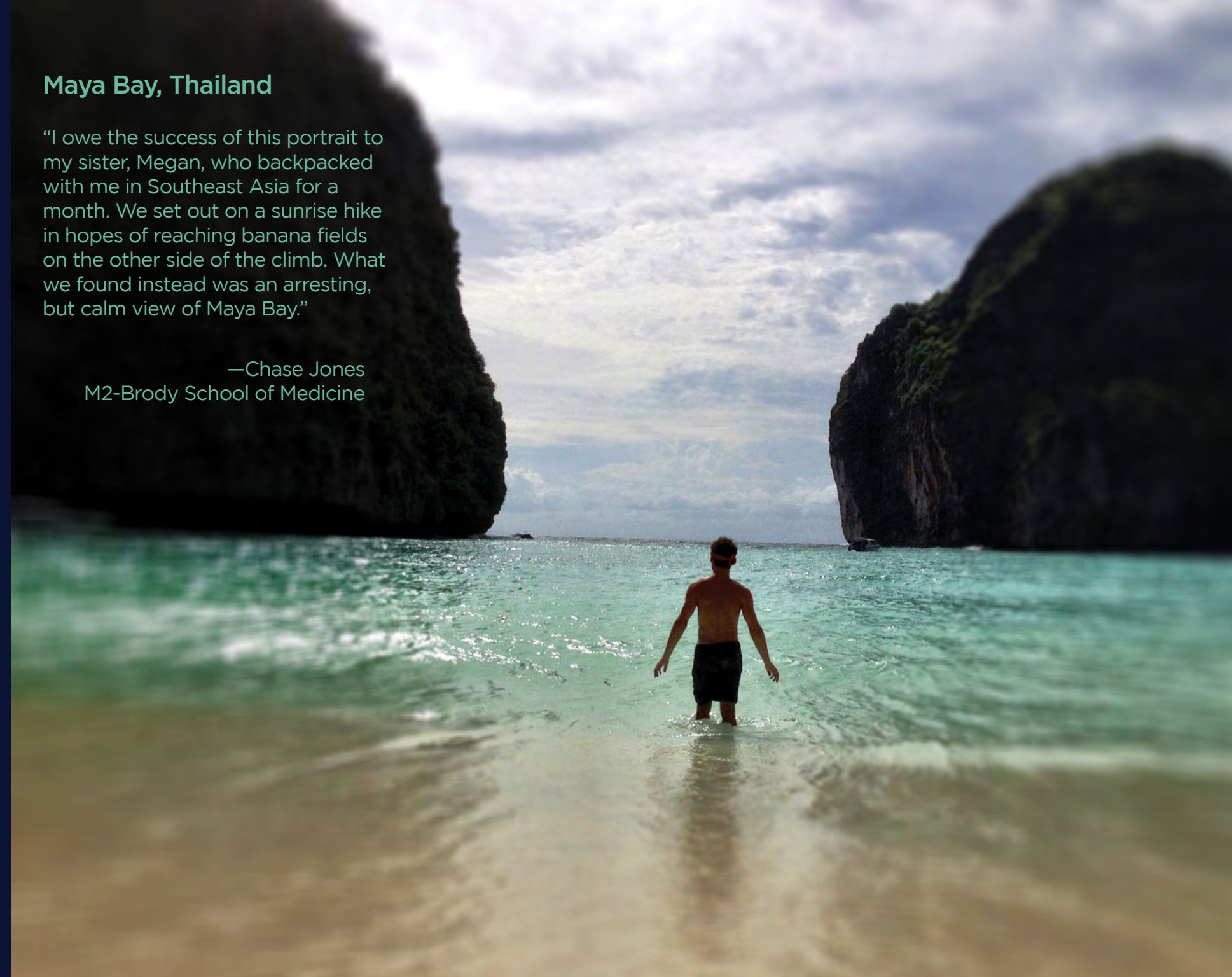
Cold River
(pastel, 20x30 inches)

—Dino Maglic
M2-Brody School of Medicine

Maya Bay, Thailand

“I owe the success of this portrait to my sister, Megan, who backpacked with me in Southeast Asia for a month. We set out on a sunrise hike in hopes of reaching banana fields on the other side of the climb. What we found instead was an arresting, but calm view of Maya Bay.”

—Chase Jones
M2-Brody School of Medicine





Monterosso al Mare

“Monterosso al Mare was the last village we visited in Cinque Terre, Italy. We sat on the pebble beach, skipping rocks and watching the sunset.”

—Elaine Shao
M2-Brody School of Medicine

Gondola

“I spent a lovely afternoon getting lost in Venice’s picturesque alleyways and sampling many flavors of gelato. The setting sun cast a beautiful golden glow on the colorful buildings, and I took this photo of a gondola ride in one of the many canals that surround the city.”

—Elaine Shao
M2-Brody School of Medicine



Grow

Yogi

“Body, mind and nature integrated.
A reminder that we are all part of
the same Universe.”

—Clara Ferreira, PhD
Medical Physics Resident





Hugh Morton's Charlotte
(acrylic on canvas, 30x40 inches)

"The late Hugh Morton, an influential photojournalist, captured prolific moments in NC history in the late 20th century. This is my rendition of his photo atop Grandfather Mountain of the Charlotte skyline on a clear December morning, 87 air miles away."

—Dylan Suttle
M3-Brody School of Medicine

Alma

"On the tiny handmade floating island of Los Uros in Lake Titicaca, Peru, this local woman weaves a beautiful tapestry of bright colors and traditional Peruvian images. The people of Los Uros only make the 1 hour boat trip to the mainland city of Puno about once each week; they must sell all kinds of handmade goods during the high season to tourists arriving to their tiny islands on boats in order to afford these weekly excursions."

—Megan Brock
M2-Brody School of Medicine

Light on Grey

Outside the thick glass of doors deepest black, ever slowly filters light until grey
The day is heavy with clouds thick with mist that drip from trees and house

Images of black digital film taken to see the inside, black filters light until grey
My chest is heavy with fear of what is hard and nodular beneath my breast

Inside the mind is gray matter, blackened with doubt that filters light until grey
My soul is heavy with anger suppressed, imploding my energy until depleted

Outside or inside, all is blackened and little light filters the grey
From where and when, will light embrace the corners of darkness deep

Sunshine creeps from behind the thickness and disperses, filtering away the grey
Surgeon's knife cuts deep within to take away the flesh, filtering out the grey
Chemicals in pill formation alter the mind and enlighten, filtering away the grey

Light embraces darkness throughout life to filter away the grey

—Annette G. Greer
Assistant Professor
Department of Bioethics &
Interdisciplinary Studies
Brody School of Medicine

Rain

“The image is an attempt to capture the beauty of nature surrounding us that sometimes passes unnoticed in our busy lives.”

—Clara Ferreira, PhD
Medical Physics Resident





Retrospection

(Chiang Mai, Thailand)

“Though hungry, rain soaked and eerily low on fuel, we insisted on traversing the cloudy mountain by motorbike toward Chiang Mai’s highest temple, Wat Phra That Doi Suthep. This monk glanced back in our direction as I tried to document the steepness of our climb, and what I captured was much more.”

—Chase Jones
M2-Brody School of Medicine

Bullfighting

“Bullfighting is deeply rooted in Spain’s culture and I had the opportunity to witness an event while in Spain. I was unprepared to see many bulls being killed for audience enjoyment. After a bull is killed, the ears of the bull may be cut off as prizes and thrown into the audience. I don’t think I’ll be attending again.”

—Parteek Singla
M3-Brody School of Medicine



Breathe

Life

“This picture was taken on a very cold winter day by the Tar River. If we look closer, we can find life while waiting for spring to bloom.”

—Clara Ferreira, PhD
Medical Physics Resident





Forgiveness

—Dioval Remonde
M1-Brody School of Medicine

Show Biz

(Chiang Mai, Thailand)

“Charged. Vibrant. Empowered. Thailand is known for putting on these types of performances, reminding Westerners that beauty oft plays trickery on the eye of its beholder. Or does it?”

—Chase Jones
M2-Brody School of Medicine



To My Veteran Colleagues

Silent Suffering, Silent Caring

I don't know how to heal you
I don't know how to relieve your pain
I don't know how to ask you to talk
I can't bear to ask you to think

I can bind your wound
I can feel your pained expression
I can be silent by your side
I can stay with you to soothe your nightmares
I can be silent by your side
— all the way as long as you need

I didn't walk in your boots
But I'll gather as much dust and mud and blood as it takes to walk beside you now
I'll smell sulfur sickly-sweet odors the strangely peculiar smells of fires that still
burn
— until the flowers return for you

I'll be with you through swamp and wadi until you again bear True North
I can be silent by your side - all the way
— as long as you need

—Cheryl V. Elhammoumi, MSN, RN, CCRN
Captain, Unites States Army (Ret.)

Reflection
(charcoal, 18x24 inches)

“I did this as part of a national art contest. My intention was to show that we cannot forget the past which allowed us to be here in the present.”

—Dino Maglic
M2-Brody School of Medicine





Disparity

“As my Brother and I took a luxury train from Cusco to Puno, Peru, and Lake Titicaca, we passed through the industrial town of Juliaca. This town only contains partial infrastructure, and is home to the majority of individuals who work in the tourism industry in the nearby Puno. We were struck by the disparity of our circumstances aboard this luxury train and the circumstances of those Peruvians who looked up at us as we rolled through the middle of town.”

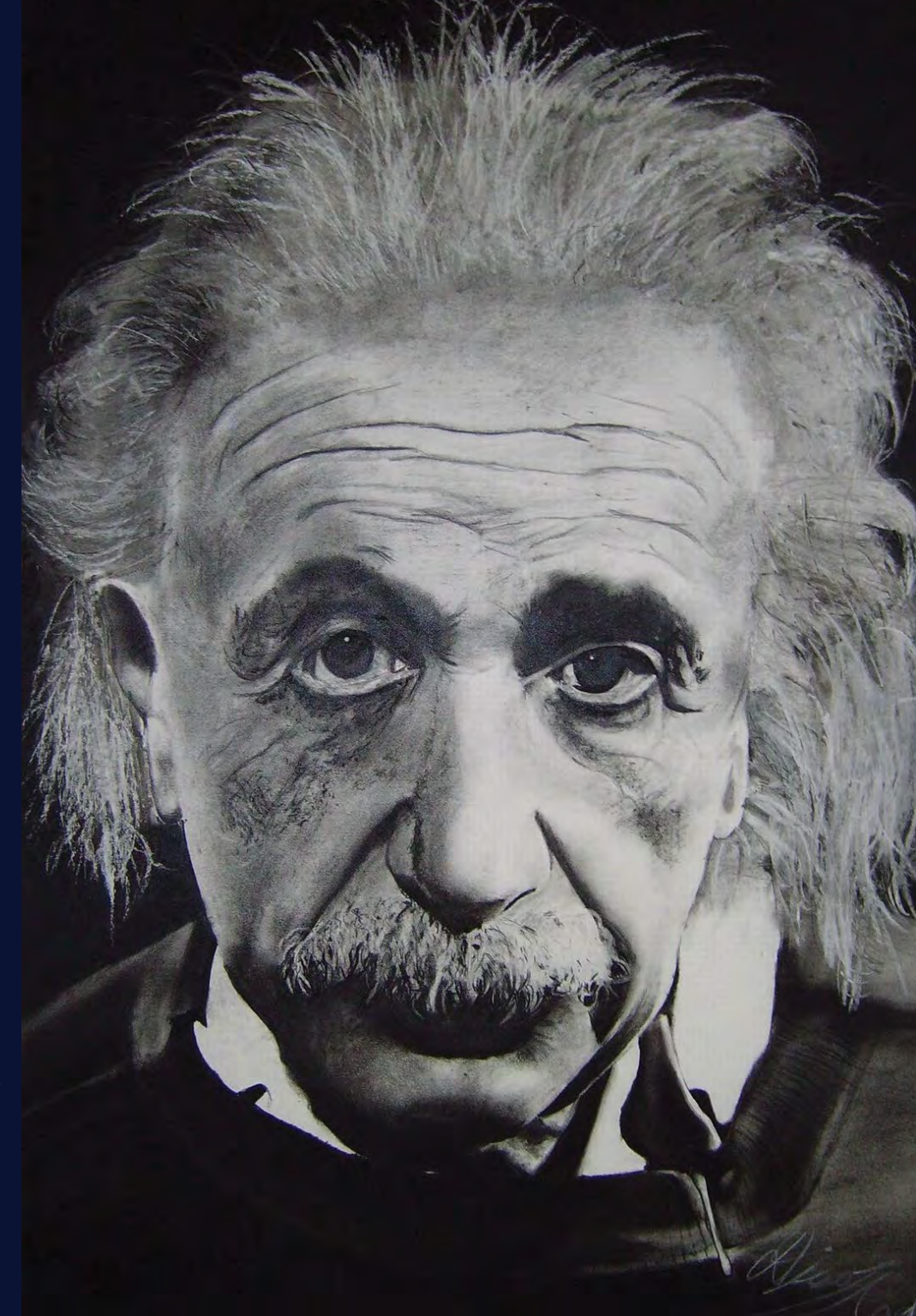
—Megan Brock
M2-Brody School of Medicine

Einstein

(charcoal, 20x30 inches)

“I drew this while I was studying the theory of relativity. It was my intention to make it feel as if he were teaching me in person.”

—Dino Maglic
M2-Brody School of Medicine



A Cleansing Love

Love

/
is a fair share of integrity
justified by appreciative honesty

/
bathed with a refreshing sense of security.

\
is a constant act of perseverance
based on the faith of acceptance

\
showered with a tolerant cup of patience.

— Arun Ajmera
M1-Brody School of Medicine

Tango

“A representation of the universal feeling of love and compassion shared by all humans of all races. This beautiful sunset was seen at the Wichita Mountains in Oklahoma.”

—Clara Ferreira, PhD
Medical Physics Resident



Create

Fabric covered button earrings

“Hand made fabric covered button earrings featuring fabrics from Ghana and Nigeria. They are a fun and stylish addition to any outfit. The initial reason to start making these were to help raise scholarship money to support international students taking the SAT through the Naima Stennett SAT Scholarship Fund. So Button up!”

—Naima Stennett
M1-Brody School of Medicine





Bass

“There is nothing more beautiful in this world than an instrument of music”

—Claudia Douglas
M2-Brody School of Medicine

Persistence

Timeless resilience
sculpted in opposition
defies submission.

—Arun Ajmera
M1-Brody School of Medicine

Vatican Spiral Staircase

“I traveled to Rome and visited the Vatican Museums as well as St. Peter’s Basilica. The double helix staircase is the exit from the Museums and I wanted to capture the contrast in light on this unique staircase.”

—Parteek Singla
M3-Brody School of Medicine





The Wicked Witch of the West (pastel, 19x29 inches)

—Jason Cottle
Graphic Designer, Laupus Library

The Nights Before

Another starry Friday night
Hunched under midnight's oil light
With iron eyes in tired sight
Still blazing through the notes in flight

A furtive glance upon the wall
To steal a glimpse of minute's crawl
Your tangled mind about to stall
And still you try to know it all

Despite your thoughts in disarray
You won't permit your heart to stray
For there will come a distant day
For you to spare life from decay

—Thomas Powierza
M2-Brody School of Medicine

The Colosseum

"You can't visit Rome without seeing the Colosseum. It was truly an incredible experience to see one of the great wonders of the world and to think of the events that happened many years ago inside the Colosseum."

—Parteek Singla
M3-Brody School of Medicine





Gene Wilder as Willy Wonka
(graphite, 11x14 inches)

—Jason Cottle
Graphic Designer, Laupus Library

Service

A selfless desire
to incessantly improve
gives all of oneself.

—Arun Ajmera
M1-Brody School of Medicine

Glass Bead Necklace
(Jewelry-Handmade Glass Beads)

“Each bead is made using rods of glass which are wrapped around a metal mandrel, very carefully and continuously turning the mandrel to make a perfect sphere. The beads are then uniquely ornamented with colors and designs and fired in a kiln of 950F for several hours to finally make that individual bead.”

—Sarah Compton
M3-Brody School of Medicine



