

Chandler Brobst – Categorical



Medical School

Indiana University School of
Medicine

Undergraduate School

Purdue University
BS, Kinesiology

Representative Publication/Presentation

Brobst, C. (2017). Are the health benefits of owning a pet secondary to increased exercise? Oral Presentation presented at: Indiana University School of Medicine Enrichment Hour; Terre Haute, IN.

Languages Spoken

English, Spanish

Hobbies

Aviation/piloting, reading, weight lifting, biking, and rec sports

Personal Statement

There is an important distinction between “saving lives” and changing them. Saving a life means that you have kept a person from facing his or her death. Changing a life means that you left a life-long impact on a person. In a biography about Luke Fildes, it is said that he painted The Doctor because of the impression that the physician made on him as his son lay dying. Fildes did not paint The Doctor because of his intelligence or efficacy – he painted him because of his humanity and dedication to his patient. The distinction between “saving lives” and “changing lives” is a significant one. As a physician, I will be caring for patients at pivotal moments in their lives when what they need is not only a knowledgeable doctor, but also one with compassion. I hope to recognize my patients’ emotional needs in order that I may be the physician my patients need in that moment.

Why I Chose Cincinnati

Every residency program I explored produced intelligent physicians, but what made Cincinnati stand out was that they went a step beyond this and developed great people as well. At Cincinnati, a special emphasis is placed on compassionate, patient-centered care to a degree that no other program matched. Not only is this kind of compassionate care encouraged at Cincinnati, but it is taught and built into the curriculum. This – combined with all the other wonderful aspects of the program, people, and city – made Cincinnati the clear choice for me.

Jennifer Cihlar - Categorical



Medical School

Chicago College of
Osteopathic Medicine of
Midwestern University

Undergraduate
School

University of Notre Dame
BS, Biology

Hobbies

Reading, music, television/cinema, spending time with family and friends, running, traveling

Personal Statement

Internal medicine doctors have the privilege to be a familiar face to the patient during this emotional time. They help explain what is happening, update patients of their improvement, and put both patients and family members at ease. Being a part of the process that allowed a person to leave the hospital in better condition than he or she came is incredibly gratifying. There is no denying that multiple players are necessary in patient treatment. Internal medicine is a team sport requiring one to coordinate and communicate with a myriad of other physicians, healthcare professionals, and patients. I put out an energy that is positive, warm, respectful, and receptive to input, promoting an enjoyable working environment.

Why I Chose Cincinnati

My interview day at UC was honestly the most fun I had on the interview trail, the people I met were wonderful and the way the current residents and staff talked about the program really resonated with me. There is a commitment to the patients, the underserved, but also so much support for each other that made it the right fit. I left that day with the feeling of, "This it, this is the place I'm going to learn how to be a great doctor", and I couldn't wait to become a part of this environment.

Saavia Girgla - Categorical



Medical School

Central Michigan University
College of Medicine

Undergraduate
School

Michigan State University
BS, Physiology (Specializations
in Global Public Health &
Epidemiology)

Representative Publication/Presentation

Pires P., **Girgla, S.**, Moreno, G., McClain, J., and Dorrance, A. Tumor necrosis factor-alpha inhibition attenuates middle cerebral artery remodeling but increases cerebral ischemic damage in hypertensive rats. *American Journal of Physiology - Heart and Circulatory Physiology*. H658-669. July 8, 2014. PMID: 25015967.

Languages Spoken

English, Hindi, Punjabi, Spanish

Hobbies

Cooking, Bhangra, Reading, Ukulele, Tennis, Traveling

Personal Statement

It seemed impossible how George, bearing both emotional and physical scars from the camps of Auschwitz, could always be so cheerful. The debilitating congestive heart failure that ailed George appeared small compared to his life's struggles. Despite tremendous hardship, George's infectious optimism taught me the importance of resilience. In a way, he was treating his medical staff instead of the other way around. On days that George struggled to breathe, I tried hard to match his humor and reciprocate the smiles that George and Wanda, his wife, brought to me daily. Upon discharge, they gifted me a lalka, a Polish doll that once belonged to their home. I was incredibly moved because I realized that the time and continuity I was able to provide as a volunteer significantly improved their medical experience. The intimate cross-section between emotional healing and medical treatment I witnessed as part of his medical team drove me to pursue medical school. Little did I know then that George's story would also influence my decision to pursue internal medicine.

Why I Chose Cincinnati

I had never been to Cincinnati prior to interview season. However, the rich culture and diversity of the city paired with one of the most reflective and fun interview days on the trail replayed in mind weeks after my visit. It was this connection that drew me to University of Cincinnati. On interview day, the program's foundation centered around excellent patient care and resident education was evident, but it's deep commitment to resident's personal growth and happiness was special. The faculty and coordinators cared strongly about promoting a sense of collaboration, family, and learning, which provided residents with a supportive environment to work hard and play hard.

Miles Hagner - Categorical



Medical School

The University of Toledo
College of Medicine

Undergraduate
School

Miami University
BS, Microbiology

Minors

-Neuroscience

-Molecular Biology

Representative Publication/Presentation

Michels K, Hagner M, El Zein M, Dasa O, Assaly R. Treating 2 Diseases With 1 Drug: PDE-4 Inhibitor for COPD and Psoriasis. American Journal Of Therapeutics. 2017; 24(1):e103-e104.Cited in PubMed; PMID: 27415981. Pub Status: Published.

Languages Spoken

English, Spanish

Hobbies

Ceramic art
Collecting and listening to Vinyl music
Reading; American literature, mystery fiction novels
Broomball, Volleyball
Bicycle repair and building
Hiking, rock climbing, camping, kayaking
Cooking/Baking

Personal Statement

My first exposure to chronic respiratory pathology was through the love of my Grandma Ann. She grew up in a time and place where unfiltered Pall Mall cigarettes were the culture. Through our close bond, I saw firsthand how difficult it was for her to live any other way. Seeing Grandma Ann's struggle with emphysema cemented my unwavering devotion to the continuity of care that I will give to my patients with chronic illness. It will be my hope to improve their quality of life and inspire a new world-view, helping them as I wish I could have helped my grandmother.

Why I Chose Cincinnati

I was particularly drawn to the UC residency program because I knew it would provide both a challenge to elevate me as a clinician as well as offer me the most well rounded training through their innovative curriculum. Also the residents were very impressive to me in their confidence in medicine as young physicians and their projected futures following residency. Lastly, my interaction with the faculty was both incredibly encouraging and welcoming. Cincinnati seems like a great place to make my new home, one not all that far from my family's home in Dayton, OH.

Molly Hillenbrand – Categorical



Medical School

University of Cincinnati College of
Medicine

Alpha Omega Alpha Member

Gold Humanism Honor Society Member

Undergraduate
School

College of William and Mary
BS, Biology

Representative Publication/Presentation

Vasiliu D, Clamons S, McDonough M, Rabe B, Saha M. A regression-based differential expression detection algorithm for microarray studies with ultra-low sample size. PLoS ONE. 2015;10 (3):e0118198.

Hobbies

In my spare time I enjoy cooking, completing home improvement projects with my husband, John, and running with my dog, Howard. Additionally, with six of my closest friends from college, I participate in a monthly meeting to foster collective education and action encompassing a variety of social issues in an organization that we call a compact. We are currently developing a project to celebrate one hundred years of coeducation at our alma mater, the College of William and Mary.

Personal Statement

On my acting internship in Internal Medicine, I cared for two patients with metastatic head and neck cancers who were admitted for pulmonary complications of their disease. One patient was diagnosed with a new malignant pleural effusion while the other was found to have post-radiation pneumonitis. While caring for both, I developed an understanding of the paths they have walked with their disease. In both cases, the fear of disease progression was palpable in our morning conversations about their overnight oxygen saturations and the previous day's progress. When both patients were discharged with a new home oxygen requirement, one patient had no concerns as this oxygen would allow him to attend his weekend poker club. The other patient was worried that the oxygen would interfere with his ability to tune-up and ride his motorcycle. With this second patient, I found my team and myself to be emphasizing to him that his decline in pulmonary function necessitated home oxygen, and I think we lost sight of what a new home oxygen requirement would mean to this particular man in the broader context of his life. In these conversations with my patients, I felt the responsibility that we as physicians have to assess our patients' understanding of their own disease processes and work with them to develop individual treatment goals so that we can provide optimal care.

Why I Chose Cincinnati

As a UC medical student, I was constantly impressed by the Internal Medicine department's commitment to high-quality, patient-centered care and resident education. I'm hoping to pursue a career in Medical Education myself, and UC was the best program for me to explore this interest. The intentionality that the faculty and residents in this program bring to their work has always stood out to me, and I am looking forward to continuing my training here!

Joshua Jameson – Categorical



Medical School

Ohio University Heritage College of
Osteopathic Medicine

Undergraduate
School

University of Cincinnati
BS, Biological Sciences

Hobbies

Aviation/piloting, reading, weight lifting, biking, and rec sports

Personal Statement

There is an important distinction between “saving lives” and changing them. Saving a life means that you have kept a person from facing his or her death. Changing a life means that you left a life-long impact on a person. In a biography about Luke Fildes, it is said that he painted *The Doctor* because of the impression that the physician made on him as his son lay dying. Fildes did not paint *The Doctor* because of his intelligence or efficacy – he painted him because of his humanity and dedication to his patient. The distinction between “saving lives” and “changing lives” is a significant one. As a physician, I will be caring for patients at pivotal moments in their lives when what they need is not only a knowledgeable doctor, but also one with compassion. I hope to recognize my patients’ emotional needs in order that I may be the physician my patients need in that moment.

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Kamal Kassem – Categorical



Medical School

American University of the Caribbean
School of Medicine

Undergraduate
School

University of Michigan
BS, Biology & Health Policy Studies

Representative Publication/Presentation

Peer Reviewed Journal Articles

1. Gordish KL, Kassem KM, Ortiz PA, and Beierwaltes WH. Moderate (20%) fructose-enriched diet stimulates salt sensitive hypertension in normal rats associated with increased salt retention and decreased renal nitric oxide. *Physiological Reports*. 2017. In Press.
2. Bhullar JS, Bindroo S, **Kassem KM**, Mittal V. *ACGME-recognized international surgery rotation: a step in the right direction? or testing unknown waters*. *The American Surgeon*. 2015, May; 81(5): 190-191. PMID: 25975305.
3. Egle JP, Smeenge DM, **Kassem KM**, and Mittal VK. *The Internet School of Medicine: use of electronic resources by medical trainees and the reliability of those resources*. *Journal of Surgical Education*. 2015, Mar; 72(2): 316-320. PMID: 2548734.
4. **Kassem KM**, Clevenger MH, Szandzik DL, Peterson E, Harding P. *PGE2 reduces MMP-14 and increases plasminogen activator inhibitor-1 in cardiac fibroblasts*. *Prostaglandins and Other Lipid Mediators*. 2014, Oct; 113-115(Part 1 WEC Spec Issu): 62-68. PMID: 25263346.
5. Perez-Rojas JM, **Kassem KM**, Beierwaltes WH, Garvin JL, Herrera M. *Nitric oxide produced by endothelial nitric oxide synthase promotes diuresis*. *American Journal of Physiology - Regulatory, Integrative and Comparative Physiology*. 2010, Apr; 298(4): 1050-1055.; PMID: 20147612.
6. Qian Q, **Kassem KM**, Beierwaltes WH, Harding P. *PGE2 causes mesangial cell hypertrophy and decreases expression of cyclin D3*. *Nephron Physiology*. 2009, Sep; 113(2): 7-14. PMID: 19672123.

Manuscript in Revision:

1. Ares GR, Kassem KM and Ortiz PA. Effect of acute fructose treatment on phosphorylation and trafficking of the Na/K/2Cl cotransporter (NKCC2) in rat thick ascending limbs. *American Journal of Physiology-Renal*.

Presentations/Posters:

1. **Kamal M. Kassem**, Gustavo Ares, Pablo Ortiz. *A role for Sweet Taste Receptors (T1R2/T1R3) in fructose-induced increase in NKCC2 Phosphorylation in thick ascending limbs (TALs)*. (2017). Poster accepted at Experimental Biology to be presented on April 24, 2017. Chicago, IL.
2. Gustavo Ares, Paulo Caceres, Kamal M. Kassem and Pablo A. Ortiz. *Stimulation of sweet taste receptors expressed in the kidney enhance surface NKCC2 levels in thick ascending limbs (TALs)*. (2017). Accepted at Experimental Biology to be presented on April 25, 2017. Chicago, IL.
3. Gustavo R. Ares, **Kamal Kassem** and Pablo A. Ortiz. (2014). *Effect of acute and chronic fructose treatment on phosphorylation and trafficking of the Na/K/2Cl cotransporter (NKCC2) in rat thick ascending limbs* Poster presented at: Experimental Biology; San Diego, CA.
4. **Kamal M. Kassem**, Priyanka Jain, Ghulam Harrie, MD; Zain Kuliari, MD; Shaheena Z. Raheem DO. (2014). *An Elusive Case of Dermatomyositis* Poster presented at: The American College of Physicians; Sterling Heights, MI.
5. **Kamal M. Kassem**, Quan He, Margot C. LaPointe and Pamela Harding. (2011). *PGE2 reduces MMP-14 and increases plasminogen activator inhibitor-1 in cardiac fibroblasts* Poster presented at: Experimental Biology; Washington, DC.
6. Mouaz Al-Mallah, **Kamal Kassem**, Owais Khawaja, Thomas Song, Chad Poopat, Milan Pantelic, Khaled Nour. (2010). *Prognostic Value of Myocardial Bridging in Patients with non obstructive CAD* Poster presented at: American Heart Association Quality of Care and Outcomes Research (AHA-QCOR) in Cardiovascular Disease and Stroke 2010; Washington, DC.

Languages Spoken

English, Arabic

Hobbies

During my childhood in Yemen, I enjoyed being a shepherd. While feeding my goats on the grassy mountains, I developed a love for nature and gardening. As a result, my hobbies include tending to vegetable patches, flowers, peaches, cherries, and fig trees in my backyard. In addition I enjoy traveling and meeting new people. I am part of the hypertension soccer league at Henry Ford; we play against other departments within the hospital.

Personal Statement

Having been born in a rural village in the mountainous valleys of Taiz, Yemen, I never envisioned that one day I would be applying for an internal medicine/research residency track in the United States. At the age of ten, my dad decided to bring me with him to the US for better educational opportunities. It was indeed a cultural shock. The quick transition from a rural village to the suburban metro Detroit area was challenging, yet the adaptation became a major influence in my life. Living away from my mother at a young age, my father taught me to adapt to cultural and environmental changes, and face challenges with patience. I received an excellent secondary education, graduated from college and matriculated from medical school to become a physician. My experience observing senior research staff and clinicians analyze the recent medical literature and offer novel ideas and treatment options, has inspired me. In the future, in addition to my aspiration of becoming certified in internal medicine and nephrology, I look forward to my continued involvement in both basic and clinical research, thus furthering my contribution to this wonderful field of medicine.

Why I Chose Cincinnati

Everything at the University of Cincinnati aligned with my specific interests in medicine. On the day of my interview, I felt that the faculty members were compassionate and dedicated to the success of their residents. I chose this residency program because it offered me the opportunities needed to become a well-trained physician/scientist through patient centered rounds, implementation of evidence-based medicine, and great research opportunities in the areas of my interest.

Akhil Kher - Categorical



Medical School

The Commonwealth Medical College

Undergraduate
School

University of Michigan
B.S. Neuroscience

Representative Publication/Presentation

Kher A, Griffith R, Murray M. Genomic Causes of Sudden Cardiac Arrest. *Journal of Clinical and Experimental Cardiology*. October 2016. doi: 10.4172/2155-9880.1000474.

Languages Spoken

English, Gujarati, Hindi

Hobbies

Teaching: peer mentoring, tutoring, MCAT instructor.

Fitness: weight lifting, running, swimming, participating in Tough Mudders.

Nature & adventure: hiking, backpacking, exploring state parks, helicopter piloting, skydiving, ziplining, hang gliding.

Sports: soccer, volleyball, frisbee.

Personal Statement

I believe education is the first step in patient advocacy, and my teaching experiences have empowered me to excel in this first step. In order to effectively teach others, I first connect with them through genuine interest and compassion. This is especially true for each of my patients, who I always try to relate to individually. Halfway into my third-year rotations I met an elderly gentleman, Mr. J, who presented to the ER for an abdominal aortic aneurysm (AAA) repair. He was rapidly consented for his surgery, and I quickly noticed the hesitancy on Mr. J's expression and the uncertainty in his words as he agreed. I returned to explain in further detail what happened to his AAA and what the procedure entailed until he felt more comfortable. I continued to talk with Mr. J, shifting the focus away from the surgery and learning more about his volunteer firefighter days. As I was leaving the room, Mr. J smiled at me and said "Thank you for everything. I know you will make a great doctor one day." His gratitude was both humbling and uplifting in such a high-stress situation, one which doubled as a pivotal moment for me to understand that I could reach my patients with my gift of simply being able to explain, advise, and comfort.

Why I Chose Cincinnati

The University of Cincinnati blew me away before I even arrived for the interview. I was already impressed with the innovation that makes UC stand out (including the TRAC program and the Long Block) as well as the focus on patient-centered care. I am a definite proponent of bedside rounds to keep patients and their family involved, and was happy to see that UC makes this a priority as well. When I came to Cincinnati for my interview, it was easy to see how much the city has to offer while we explored before the pre-interview dinner and by talking with the current residents. Everyone got along so easily and exhibited a real sense of camaraderie, especially during Medical Pictionary (which was the most fun I've ever had on an interview!). I could easily see myself becoming a part of the family here.

David Kleesattel - Categorical



Medical School

Northeast Ohio Medical University

Undergraduate
School

College Conservatory of Music
Bachelor, Cello Performance

Representative Publication/Presentation

Kleesattel D, Crish SD, Inman DM. Decreased Energy Capacity and Increased Autophagic Activity in Optic Nerve Axons With Defective Anterograde Transport. *Investigative Ophthalmology & Visual Science*. 2015;56(13):8215-8227. doi:10.1167/iovs.15-17885.

Hobbies

Playing cello, biking, travel

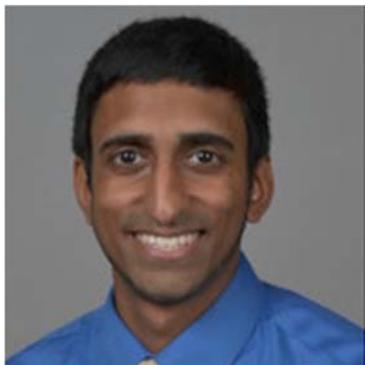
Personal Statement

There is no perfect performance of Bach. Every time I play one of his suites for cello I discover something else I can improve, something else that makes me see playing music in a different light. I am never finished learning from these pieces and the same is true with internal medicine. There is no end to what I can study and how much the new things I learn can make me a better doctor. I think for some people the idea of an unattainable goal is daunting, but for me it is comforting to know that there will never be a plateau and always a challenge.

Why I Chose Cincinnati

Cincinnati was an easy choice for me. While it was great to come back home to a city that I knew well and love, it was the dedication this program has to patient centered care and resident education that really excited me about training here. We're here for the patients, and it was clear that UC would center me on that truth while providing a great learning environment. Just as importantly, I saw a great deal of camaraderie between the residents and faculty and was really struck by their quality and friendliness.

Matthew Kurian – Categorical



Medical School

Northeast Ohio Medical University
(6-Year BS/MD Program)

Undergraduate
School

University of Akron
BS, Natural Sciences

Representative Publication/Presentation

Syed, M.I., Kurian M.P., Khan, O., Guehl, A., Shaikh, A., Morar, K.N., and Eulberg, D. Vertebroplasty Related Clostridium Septicum Osteomyelitis: A Case Report. Pain Physician. 2015, Aug; Pub Status: Provisionally Accepted.

Bonafonte, D.C, Campos, B., Jarrouj A., Misra, S., Kurian M., Raksasuk S., and Roy-Chaudhury P. (2015). "Evaluation of the role oxidative stress, inflammation, and shear stress by gene expression in arteriovenous fistula maturation in a uremic pig model" Poster presented at: Kidney Week 2015; San Diego, CA

Languages Spoken

English, Malayalam

Hobbies

Running, basketball, soccer, chess, cooking, beer brewing, watching DC and Marvel superhero movies

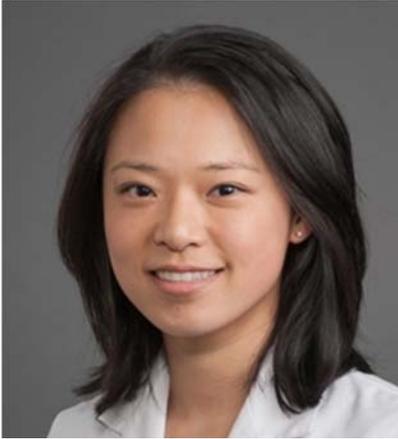
Personal Statement

Mrs. C, a middle-aged African American female who had been admitted to the hospital over thirty times within the last year, suffered from poorly controlled type I diabetes, COPD, and IV drug abuse with multiple epidural abscesses, DKA episodes, and COPD exacerbations. I had seen Mrs. C in multiple settings: from the ER to the hospital floor to the clinic. She was a very difficult patient to work with, but that is what I found to be the most rewarding and surprising to me. I could find a different way to approach her every time, while many others wrote her off instantly. It was during each visit with her that I grew to appreciate the intricacies of her complex medical problems. The intertwining of these acute issues made medical decision making an evolving and challenging task that internists face each day – and this is something I wanted to be a part of in the future.

Why I Chose Cincinnati

I think it was Dr. Warm who really sold me on the program. His presentation about how the program tracked individual resident performance in terms of patient care and trying to improve upon it was groundbreaking and showed me that he really cared about my development as a physician. In addition, the other unique aspects of the program like the long block, bedside rounding, academic half days, and turning away from traditional lecture were all things I agreed with and valued in a program. I was also couples' matching and I found that the program was extremely supportive of those in my situation. When it came down to ranking, my significant other and I found that both the medicine and pediatrics programs were filled with people that we knew could mold us into great physicians. We are happy and grateful to have gotten our first choices in such an amazing city close to home!

Eunhee Lee - Categorical



Medical School

Wake Forest School of Medicine

Undergraduate
School

Wake Forest University
BA, Communication

Representative Publication/Presentation

Lee E, Feldman SR, Huang K, Richardson I. Using an Internet Survey to Improve Patient Adherence in Chronic Disease. Poster presented at: Medical Student Research Day; October 2014; Winston-Salem, NC.

Lee E, Carey L, Banks RB. Inhibition of Rabbit Liver Aldehyde Oxidase by Berberine. Poster presented at: Southeastern Regional Meeting of the American Chemical Society; November 2012; Raleigh, NC.

Languages Spoken

English, Korean

Hobbies

Being outdoors, intramural sports, martial arts, DIY projects, exploring the local food scene

Personal Statement

Twenty seconds left in the final round and my opponent lands a roundhouse kick to my head to tie the score. Okay, shake it off. Stay focused. It's my last chance to try to regain the lead. I throw a feint to lure her in and she takes the bait. Spotting her kick, I dodge just in time to counter with my own. Score! With an eye on the clock, I hold my opponent off in the final seconds to win the match. As a young student learning my first kicks in Taekwondo to eventually competing in national championships, I thrived on the intensity of training. I loved challenging myself to continually learn and improve. Later as an instructor, I found even greater joy in teaching others. Watching students grow and helping them achieve their goals was one of the most gratifying rewards of being an instructor and it was a driving force in my desire to become a physician. My penchant for teaching and continuous learning has been ever-present through my medical school years and has helped me to find my niche in Internal Medicine.

Why I Chose Cincinnati

Ultimately, it came down to a gut feeling that Cincinnati was the best fit for me. Everyone I met during my interview was friendly and welcoming, and I immediately felt at home. The camaraderie among residents was clearly evident and I sensed a supportive environment that fosters learning and personal growth. In addition to the people, Cincinnati has the qualities I was looking for in a program—commitment to resident education, strive for constant improvement, and emphasis on patient-centered care.

Cailey Miller - Categorical



Medical School

Wayne State University School of Medicine

Undergraduate
School

University of Michigan
BS, Biology and Anthropology

Languages Spoken

English, German, Spanish

Hobbies

Reading, Running, Piano playing, Flute, Movies, Organizing and cleaning, Traveling, Band/orchestra, Hiking, Theme and Amusement parks

Personal Statement

On Internal Medicine there was a patient with congestive heart failure who had a plastic bag of pill bottles, a set of new prescriptions, and questions about what he was supposed to do. Sitting there discussing his diagnosis and helping him understand the signs and symptoms of congestive heart failure was rewarding. Teaching is one of my passions because it is my favorite way to learn. By teaching someone else you are able to find your own knowledge gaps and prove that you understand concepts by explaining them. It's a good way to start building a rapport with patients because their health is the reason you have met. Answering their questions and learning their concerns develop into conversations that make your day like when I learned that my truck driving patient had lots of information on state parks while getting his ultrasound duplex scan.

Cathleen Park - Categorical



Medical School

University of Cincinnati College of Medicine

Graduate School

University of Cincinnati College of Medicine

MS, Physiology

Undergraduate School

University of California San Diego
BS, Psychology

Representative Publication/Presentation

Ramachandra Rao S, Matthias M, Mondrogon C, Aghania E, Park C, Kong C, Ishaya M, Madrigal A, Horng J, Khoshaba R, Bounkhoun A, Basilico F, Palma A, Agresta A, Awdishu L, Naviaux R, Vinetz J, Mauri P. *Proteomic analysis of urine exosomes reveals renal tubule response to leptospiral colonization in experimentally infected rats*. PLoS Negl Trop Dis. 2015 Mar; 9(3): e0003640.

Sherman KE, KE R, Rouster S, Abdel-Hameed E, Park C, Palascak J, Perelson A. *Viral dynamic modelling of Hepatitis C and resistance-associated variants in haemophiliacs*. [Haemophilia](#). 2016 Jul;22(4):543-8. doi: 10.1111/hae.12918. Epub 2016 Mar 3.

Languages Spoken

English, Korean

Hobbies

Cooking, Baking, Making Macramés, Rearranging furniture

Personal Statement

Several generations ago in Seoul, South Korea, a physician set up clinic on a quiet street a couple blocks away from the bustling metropolis. Over the years, the city sprawled into the quiet street, bringing with it new modern clinics and a steady influx of traffic. However, the clinic and the physician remained, becoming a constant for generations of families seeking medical care from a familiar face in the rapidly evolving city. The small clinic in the big city became my constant as well, a reminder of the personal elements of healthcare that drive me to be a physician who merges medicine with human connection. From a young girl to later as a medical student, I watched the physician in Seoul, South Korea provide personalized care for several decades. She was a trusted physician to many and to me she was my grandmother who inspired me to dedicate a life in medicine. It is through her example I aspire to work alongside patients, remembering the value of effective communication and compassion in providing high quality care.

Why I Chose Cincinnati

As a medical student at Cincinnati I had the opportunity to work alongside really incredible residents and attendings who always carved time for teachings points. I loved the great sense of community and camaraderie in the program here, which cemented my decision to stay. Lastly, as a big city girl originally from LA, I have to admit that the small-town vibes of Cincinnati are hard to beat.

Maria Rodriguez (Seymour) - Categorical



Medical School

Lake Erie College of Osteopathic Medicine

Undergraduate
School

Dowling College
BA, Biology

Languages Spoken

English, Spanish

Hobbies

Drawing, Tennis, Family

Personal Statement

June 6, 1998; this day my life changed forever. My mother and I stepped off an airplane and watched my father wave from a distance. We had officially moved to the United States. Although I was only seven, it was blatantly clear that there were many differences in this new world. Everything was different: architecture, roads, cars, and especially the culture. As time went on, I learned that in this culture healthcare was much more available than that of my native country, Colombia. Unfortunately, I was accustomed to a world where routine healthcare was uncommon. Treatable disease was prevalent, and people were rarely able to seek out proper medical care, leading to moderate illness shortening lifespans. In my new home, I learned that a much larger portion of the population is able to receive healthcare. This made me question my knowledge of why healthcare is important. I noticed much of my family did not seek healthcare often, even when ill. The importance of both preventative and acute healthcare became very apparent; furthermore, this was my motivation to pursue a future that promoted wellbeing for everyone by becoming a physician.

Why I Chose Cincinnati

Choosing Cincinnati was an easy decision. No other program was as innovative. No other program had us play Pictionary on interview day. Ultimately it was a gut feeling. The dedication to learning, teaching, and patients made Cincinnati the program for me.

Logan Roof - Categorical



Medical School	Medical University of South Carolina College of Medicine
Graduate School	Medical University of South Carolina College of Graduate Studies M.S. Clinical Research
Undergraduate School	Clemson University B.S. Microbiology

Representative Publication/Presentation

Roof, L., Khalaf, M., Castell, D. *Outcomes in Presumed GERD Patients with Negative Reflux Studies and Negative Manometry*. Digestive Disease Week; Chicago, IL, USA. 2017 May 6-9.

Roof, L., Coker, W., Lazarchick, J., Kang, Y. *Senile Transthyretin Cardiac Amyloidosis in Patients with Plasma Cell Dyscrasias: Importance of Cardiac Biopsy for Making the Correct Diagnosis*. 2014 Dec 8. http://aperito.org/journal/j_articles/18.

Hobbies

Running, yoga, baking, hiking, reading, traveling, Clemson football, and spoiling my Lab mix rescue pup (Weston)

Personal Statement

It was just after sunset in a small village called Okurase in Ghana, West Africa. The local women had spent the day meticulously cleaning meats and vegetables to prepare dinner for our medical mission team. During the meal, some of the nurses coaxed me into trying a sourdough bread ball called fante kenkey. I later found out that several Ghana-natives themselves did not eat the dough because it made them feel ill. Not an hour had passed when I began to notice my stomach rumbling. I slipped to the edge of some tall grass near our sleeping quarters because I could no longer hold the vomit. A few children from the village heard my distress and crowded around me yelling, "Obruni (meaning "foreigner" as we were told), you going to die?" I had never before felt so alone and out of my comfort zone, but I sensed the sincere concern and empathy in the children's eyes. It was at that point I realized I want to be there for patients in their most vulnerable states.

Why I Chose Cincinnati

I was looking for a residency program that places an emphasis on resident education and patient-centered care while providing a variety of pathology, solid fellowship placement, and great research opportunities. I also valued having supportive faculty and staff and residents who seem to enjoy not only their residency experience but life in general. I found all the above and more at UC! My interview experience was wonderful and I knew that Cincinnati would be the perfect place to continue my training.

Rhea Rubin - Categorical



Medical School

State University of New York Upstate
Medical University

Gold Humanism Honor Society Member

Undergraduate
School

State University of New York at Geneseo

Representative Publication/Presentation

Rhea Rubin, Zain Badar MD, Sajeev Ezhapilli MBBS DNB (2016, Sep 20).

“Anatomical variant of a duplicated retroaortic left renal vein: Clinical manifestation, radiographic features and management,” {Online}. URL: <http://www.eurorad.org/case.php?id=14066>, DOI: 10.1594/EURORAD/CASE.14066

Hobbies

Soccer, skiing, running, ice skating, movies, reading, puzzles, traveling

Personal Statement

There are 179 medical schools in the United States, each of which graduate over a hundred newly minted physicians each year. All of these individuals sat through thousands of hours of lecture, passed the same never-ending computerized exams and have the same general fund of knowledge. A medical degree is a piece of paper that provides you simply with a title; it doesn't tell you how you should practice. As a physician you are given the immense privilege of seeing patients when they are at their most vulnerable, on perhaps, one of the worst days of his or her life. One of the most rewarding and humbling clinical experiences I have had was with a gentleman who initially presented with stage four prostate cancer. Despite chemotherapy, the patient's cancer had progressed with no further treatment options available. As the topic of palliative care was broached, the patient remained adamantly opposed to any palliation. Attendings and residents became agitated, proclaiming that the patient was in denial of his prognosis and treatment options. One morning when I was pre-rounding, the patient explained that he knew he was dying, but didn't want to die at home as he feared this would be a tremendous burden on his family. What became apparent was that medicine is more than just knowledge and a degree; rather, it's taking that extra minute to understand who these patients are as individuals.

Why I Chose Cincinnati

Prior to my interview I had never been to Cincinnati before, but I knew immediately after that it was going to be a game changer for me. Besides having one of the most unique and fun interview days, what really struck me was just how innovative and focused on medical education the program was. I loved the idea of the patient centered approach and ultimately thought the program would play to my strengths and make me a better doctor.

Sydney Schacht - Categorical



Medical School

Arizona College of Osteopathic Medicine of
Midwestern University

Sigma Sigma Phi Member

Undergraduate
School

University of Colorado
BA, Integrative Physiology

Representative Publication/Presentation

Wilson DN, **Schacht SE**, Al-Nakkash L, Babu JR, Broderick TL. Resveratrol prevents pulmonary trunk remodeling but not right ventricular hypertrophy in monocrotaline-induced pulmonary hypertension. *Pathophysiology*. 2016 May 27. doi: 10.1016/j.pathophys.2016.05.004.

Catmull S, Masood F, **Schacht S**, Dolan R, Stegman D, Leung L, Al-Nakkash L. Dietary genistein rescues reduced basal chloride secretion in diabetic jejunum via sex-dependent mechanisms. *Cellular Physiology and Biochemistry*. 2016 November 21. doi: 10.1159/000452549.

Hobbies

Reading; Hiking; Racquet ball; History and politics; Latin and Ancient Roman history; Musicals; Jazz; Piano; Cooking; Running

Personal Statement

Clive Cussler is one of my favorite authors. He writes epic tales of imminent world disaster with maniacal ringleaders, culminating in last-minute day-saving antics by the one and only Dirk Pitt, all while driving beautiful vintage cars. Underlying the swash-buckling superhero's story is a historical truth or legend, tying the story together. What happened to an ancient ironclad ship during the Civil War carrying millions of Union gold coins? Is there a cache of Incan treasure buried in the mountains of Mexico? Does Atlantis truly exist? These questions have stirred the imaginations of many great explorers and are fodder for excellent novels. I have always loved reading mysteries, starting with Nancy Drew before I could even read on my own, thanks to my mother, another ravenous reader. The hunt is like candy for my brain. It is this quest to uncover truths, to continue digging and find more evidence that I love about medicine as well. Literature indeed sustains my soul. It is my escape; reading is how I learn best, and it truly is where I began, where my first love evolved into my second. As I have grown as a reader, I have also matured as a clinician. I continue to enjoy the thrill of a chase, hunting down the diagnoses and saving the day, only perhaps without the antique cars. Still, I am now more thoughtful and I am learning to appreciate the art of medicine, the exquisite details that make what we do more human, more agonizing, more imperfect.

Why I Chose Cincinnati

I chose Cincinnati mostly because of my interview day. I was impressed by the strong commitment to improving the residency training process on numerous levels, as well as the friendly nature of the residents and faculty alike. I felt like this was a place I could come to learn a lot while still have a good work-life balance. I also liked the unique structure of the program, which is one I had not encountered at all. The city felt like the perfect size, not overwhelmingly large, but not too small, with plenty of opportunities to eat and experience a new culture away from my home in the West. I felt at home that day and I can't wait to get started!

Kelsey Sparks - Categorical



Medical School

University of Arkansas for Medical
Sciences College of Medicine

Alpha Omega Alpha Member

Undergraduate
School

University of Arkansas
BS, Biochemistry

Languages Spoken

English, Spanish

Hobbies

Record collecting, Traveling, Cooking, Watching TV, House hunting

Personal Statement

During the first month of my internal medicine rotation, a distressed young mother came under my care. She had recently delivered her baby and subsequently developed unexplained weakness. After being seen by several doctors, she still did not have an explanation. She was desperate for answers and for a treatment that would allow her to return to caring for her newborn. She was fearful that an answer would not be found and that she would not regain her strength. Over the course of several weeks, I researched both common and rare causes of weakness, discussed test results and plans with the patient, and made sure nothing had been overlooked. Caring for the young mother was a rewarding experience that reinforced my decision to pursue a career in primary care. As her outlook and her health improved and as her trust in me as a caregiver grew, I felt the fulfillment that comes from helping a fellow human being. The young mother's trust became more evident as the days passed and we addressed her concerns, discussed her test results, and implemented a plan for each day. A hint of hope materialized. Shortly thereafter, the diagnosis and the appropriate treatment were found, and she was discharged to an acute rehab facility to regain her strength. This patient showed me that though it can be challenging to manage a patient's health, it is equally gratifying to provide one's patient a sense of control through discussing the findings and deciding on the next steps to take. There is also a great deal of satisfaction in making the patient feel strong on days when they felt most vulnerable and in helping the patient find hope at a time when it is difficult to envision a positive outcome.

Why I Chose Cincinnati

I chose Cincinnati because of the program's focus on providing outstanding patient care and a strong educational environment for residents. The city of Cincinnati was the perfect size for me with plenty of fun activities and unique neighborhoods to live in.

Catherine Strahle – Categorical



Medical School

Michigan State University College of
Osteopathic Medicine

Sigma Sigma Phi Member

Undergraduate
School

Hope College
BA, Biology

Representative Publication/Presentation

Strahle, D.A., Pathak, D.R., Sierra, A. et al. Systematic development of an abbreviated protocol for screening breast magnetic resonance imaging. Breast Cancer Res Treat (2017) 162: 283. doi:10.1007/s10549-017-4112-0.

Hobbies

Volunteering, singing, guitar, outdoor activities, wakeboarding, and travel

Personal Statement

I still remember being fourteen, sitting alone in a dark room with sweat rolling off my palms. It was my first time singing in public. I waited for what seemed like hours to sing for three people who would decide if I had the characteristics to become a member of my high school's show choir or their version of Glee. Little did I know that moment would be significant in discovering my enthusiasm for singing, which quickly became a major part of my life. I ultimately found gratification in something I truly enjoy and my experience learning medicine has not been much different. During my time in medical school, I became president of an organization that conducted health fairs and focused on preventive medicine. One of my roles was to develop new members' clinical skills as well as their ability to communicate health information. This gave me the opportunity to apply what I had learned in previous teaching experiences to a medical setting.

Why I Chose Cincinnati

It was really all about the feeling I got during my visit. I had a great time during my interview and enjoyed hanging out with the residents. I was very impressed with how innovative the program was and its focus on patient centered care. The University of Cincinnati was by far the best fit for my training and future career goals.

Jillian Thompson - Categorical



Medical School

Rocky Vista University College of
Osteopathic Medicine

Undergraduate
School

University of Denver
BA, Biology

Representative Publication/Presentation

Poster:

Edward Wilson, D.O., M.P.H., Jillian Thompson, M.S. III, Monika Pauckova, M.S. III. "Tuberculosis and HIV Knowledge Among Denver's Intravenous Drug Using Population". Rocky Vista University Research Appreciation Day, Parker, Colorado, May 2015.

Publication:

Wilson, E., J. Thompson, M. Adams, C. Unrein, and J Rissi. 2016. Tuberculosis and HIV knowledge among Denver's intravenous drug using population. *Western States Medical Monographs* TR-03-2016, National Technical Information Service Research Report PB2016-103205.

Hobbies

Yoga, hiking, rock climbing, tennis, longboarding, traveling, reading, anthropology, music, coffee, cooking

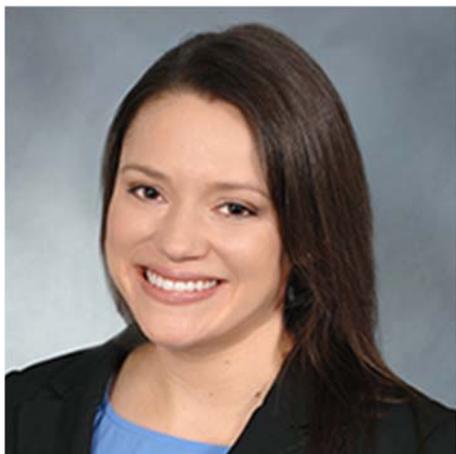
Personal Statement

A patient whose care I was involved in during my Internal Medicine clerkship helped me discover the passion I have for this field. The patient was an immigrant in her fifties who had metastatic breast cancer and who was hospitalized with end-stage disease. She was dying, and while her clinical problems were certainly complex, her personal problems seemed even more so. There was a language barrier, and her son was in complete denial about the severity of her condition. I appreciated the diversity and complexity of her clinical problems and thoroughly enjoyed the challenge of medically managing her conditions. Moreover, I found the conversations with the patient and her son to be difficult yet incredibly rewarding, and I realized how much fulfillment I glean from interacting with patients and their families within the complexities of clinical and human domains.

Why I Chose Cincinnati

University of Cincinnati was my top-choice program because, quite simply, I knew it was the program that could train me to be the best physician I can be. It was clear after hearing Dr. Warm's presentation on interview day that the program's goals and values mirror my own: truly patient-centered care, academic excellence, leadership and emotional intelligence, challenging the status quo with data-driven innovations, and valuing the "we over me". Further, the people I met were vibrant, authentic, funny, and kind, and the overall vibe of the program just felt right to me. I am honored to be able to train here and to join this incredible team!

Anna Wehry - Categorical



Medical School

University of Cincinnati College of
Medicine

Alpha Omega Alpha Member

Undergraduate
School

University of Notre Dame
BS, Biological Sciences

Representative Publication/Presentation

Wehry AM, McNamara RK, Eliassen JC, Croarkin PE, Adler CM, DelBello MP, Strawn JR. Neurostructural impact of co-occurring anxiety in pediatric patients with major depressive disorder: a voxel-based morphometry study. *Journal of Affective Disorders* 2015;171:54–59. PMID: 25285899

Languages Spoken

English, Spanish

Hobbies

Competitive weightlifting, CrossFit, piano

Personal Statement

My internal medicine attending physicians have strongly emphasized patient-centered rounding, which has taught me how to directly involve my patients in decisions regarding their own care as well as challenged me to discover new ways of explaining difficult medical concepts to them in a way they can understand. Through a project during my first year working with an underserved population in Cincinnati, I learned how certain social determinants, such as health literacy, can directly contribute to an individual's understanding of their own healthcare, and how I can be aware of these factors in order to be a more effective healthcare provider. It has always been stressed to me that I must use the opportunities which I have been given for the benefit of others. I will strive to be a physician dedicated first and foremost to the care of my patients, with additional focuses on education and advancing the field through clinical research. I look forward to a career that will continually challenge me.

Why I Chose Cincinnati

After my experience attending UC as a medical student, I really couldn't imagine myself learning to practice medicine anywhere else. I found the program itself to be very innovative, especially in terms of the ambulatory curriculum and strong emphasis on patient-centered care.

Andrew Welch - Categorical



Medical School

Arizona College of Osteopathic Medicine of
Midwestern University

Sigma Sigma Phi Member

Undergraduate
School

Brigham Young University
BS, Neuroscience

Representative Publication/Presentation

Welch A, Barrow B, Zraika S. Novel angiotensin (1-7) cleavage product angiotensin (1-4) increases glucose-stimulated insulin secretion and cell viability in cultured mouse islets, presented at: 2015 American College of Physicians Internal Medicine Meeting; Boston, MA.

Languages Spoken

English, Spanish

Hobbies

I love cycling, especially with my young son riding in the seat mounted on the back of my racing bike. We are expert family travelers, finding the best food and sites in each city we explore. I've been known to perform in talent shows by riding my unicycle and playing my guitar simultaneously. I play a mean game of volleyball.

Personal Statement

Everything changed when my fasting blood glucose flashed 260 mg/dL on the glucometer. I was sitting in a glycemic index workshop during my first year of medical school. After drinking the 50 grams of glucose solution, each subsequent glucose level read 400 mg/dL and above. My fears were confirmed—I had type 1 diabetes. Shocked, I sat down and struggled to focus on the following diabetes lecture. For the first time as a medical student, when the lecturer explained a disease and referred to patients as “they,” what kept echoing in my mind was “me.” In the following weeks I fought to regain the feeling of control that the unexpected diagnosis of type 1 diabetes had stolen. Registering for the American Diabetes Association Tour de Cure 100-mile bike ride became my starting point. With a continuous glucose monitor mounted on my handlebars and an insulin pump in my pocket, I learned to manage my blood sugars with precision as I trained for the event. The day of the race was challenging (getting lost added five extra miles). Finally crossing the finish line and hearing the cheering crowd brought a powerful feeling: I felt empowered over diabetes. I proved that I could still accomplish challenging goals through perseverance, attention to detail, and understanding the physiology of disease. Applying these skills daily solidified my interest in Internal Medicine, which had been my top specialty choice even before my diagnosis. Clinical rotations further confirmed my love for practicing medicine; the mental process excites me, it allows me to treat the entire patient, and it fits my personality.

Why I Chose Cincinnati

After so many programs that all felt the same, Cincinnati was the one that felt refreshingly different. During my already phenomenal interview day I had the unique opportunity to see the helipad and helicopter. While standing on top of the hospital and looking at the whole city, it felt like the right place for me.

Andrew Wells - Categorical



Medical School	University of South Carolina School of Medicine
	Gold Humanism Honor Society Member
Graduate School	Christopher Newport University MA, Teaching
Undergraduate School	Christopher Newport University Bachelor of Music, Music Education

Representative Publication/Presentation

Wells AF, Chillag S. Knuckle-Dimple Sign: Not Always Pseudopseudohypoparathyroidism. Presented in April 2016 and May 2016.

Hobbies

Piano: Led a jazz trio and performed regularly as a soloist in classical, jazz, and contemporary music for local restaurants, parties, churches, ceremonies, fundraisers, and banquets

Community theater: Music Director for full-scale musicals (Chicago, Music Man, 9 to 5) and Actor (Music Man, Miss Saigon, Late Night at Town fundraisers)

Running: 3 Half-Marathons and an annual Thanksgiving 5K with family

Wine-making: Pinot Noir, Sauvignon Blanc, and Pinot Grigio

Personal Statement

I had never played piano before in my life, but at the start of my senior year of high school, I decided I would apply to college as a piano music major. While it seemed daunting at the time, I knew I could do it because of my background of playing several other instruments and my determination to succeed. That fall, as a newly minted music major, I went to work practicing eight hours a day and studying music theory, history, and literature in between classes, all the while developing a deeper interest in jazz music. It was not until after graduating music school that I realized an even greater passion lay in medicine. As a member of a musical society centered on the uplifting of mankind through music, I frequently organized recitals with my peers and performed as a soloist at hospitals and nursing facilities. The ability to help patients transcend their ailments for a brief moment was powerful. Over time, I acquired a deep desire to participate in the direct care of these individuals. My wife picked up on my interest and purchased an old anatomy textbook for one dollar. I proceeded to read the entire text from cover to cover. After testing the waters with an evening course of General Chemistry, I knew I had found my calling.

Why I Chose Cincinnati

UC is a residency program with an immense body of research on best practices for graduate medical education, a group of some of the most down-to-earth colleagues, and an experienced administrative support network centered in a city with a thriving arts community, bustling downtown, and innumerable places to visit and things to do. Why wouldn't I choose Cincinnati? I am excited to work with residents who take ownership of their own education with a foundation from the program director and attendings who have used an evidence-based approach to identify how adult learning works. I know I will get the best training and have the best opportunities for myself and my family. Although, my kids are probably more excited about the world-class zoo and amusement parks!

Hilary Whitsett - Categorical



Medical School

Indiana University School of
Medicine

Undergraduate School

Saint Mary's College
BS, Biology and Sociology

Hobbies

Trivia host, reading, bicycling, euchre, sports, music

Personal Statement

Starting about a year ago, my roommate and I started a trivia night at the bar and restaurant that she manages in Indianapolis. I was in charge of writing questions, grading responses, keeping score, and announcing answers. I spent a lot of time researching a variety of topics and searching for interesting facts on which to base the questions. While this side job ended up being more work than I originally thought, I have had a great deal of fun doing it and feel that I learned a lot about many interesting subjects. I then got to share these fun facts with the people who showed up to compete. This activity has been a fun way to expand my general knowledge and share what I learned with other people. I feel that this hobby reflects some of the reasons why I have chosen to go into internal medicine. A crucial part of being a physician is being a teacher. I always enjoy teaching patients something new about health that could potentially improve their lives. Similarly, something I would like to do in the future as a physician is to help educate medical students and residents.

Why I Chose Cincinnati

During my interview day, everyone I interacted with was kind, welcoming, laid back, and supportive. This was the kind of environment in which I wanted to train. I felt that both resident education and well being were prioritized, and that there were plenty of opportunities for residents to tailor their experience to meet their career goals. Cincinnati also felt like a fun, active city with plenty of fun things to do on weekends and days off.

Julie Windholz – Categorical



Medical School	Creighton University School of Medicine
Graduate School	Creighton University MS, Anatomy
Undergraduate School	Creighton University BS, Emergency Medical Services

Hobbies

Reading, spending time with family and friends, outdoor activities and playing board games, watching television/movies, barre, PiYo and yoga fitness classes

Personal Statement

In my future medical career, I would like to pursue critical care. With my background in emergency medical services, I realize that I thrive in critical care situations. I am very passionate about caring for the sickest of the sick and managing complex conditions. It is a humbling experience whenever I contemplate the faith my patients place in me, and it inspires me to continue to ask that very same question that came so easily to me as a child. I will continue to ask questions and be relentless in working through intricate problems in order to arrive at solutions to better my patients and the community through compassion, perseverance, and dedication.

Why I Chose Cincinnati

I chose Cincinnati because it is a great place to train for my fiancé and me and offers many opportunities after residency. It is the perfect sized city for us and we are very excited to start our careers in such a great place.

Zeyu (Taku) Xu - Categorical



Medical School

University of Pittsburgh School of
Medicine

Undergraduate
School

University of California-Berkeley
BA, Public Health

Languages Spoken

English, Japanese, Spanish

Hobbies

Short stories, poetry, film, jazz, street photography

Personal Statement

My commitment to internal medicine training is based on my desire to have continuity with patients, flexibility in the focus and scope of practice, and the opportunity to participate in medical education. I owe my interest in medicine to the stories my father related to me as a child. Of many, stories about my grandfather continue to have a profound effect on my personal and professional development. A barefoot doctor in a rural village in the People's Republic of China, my grandfather promoted basic hygiene and preventive medicine and treated common conditions while referring to the township and county hospitals those whose illnesses were more severe. Well-liked and respected by his village, he was surrounded by those he cared for on the day that he passed. Reflecting on my undergraduate medical education, I have concluded that there is no other career path than internal medicine that will allow me to honor my grandfather's legacy and embrace the privilege that is to be a physician.

Why I Chose Cincinnati

I was confident that UC's culture and its commitment to the education of its trainees would help me find my voice in the medical profession.