

# Dedicated to the Integration of Biologial, Psychological and Social Factors in Medicine

VOL. 19, NO. 1

#### NEWSLETTER FOR APS MEMBERS

Spring 2008

#### President's Letter



Matthew F. Muldoon, MD, MPH

Greetings from beautiful – and today – sunny and warm Pittsburgh! I am honored and excited to receive the reins of our American Psychosomatic Society from outgoing president, Bill Lovallo. I take on this role at a time when the APS is both thriving and struggling. We enjoy sound financial footing, a strong journal, an engaged and increasingly youthful membership, and a dynamic and collegial annual meeting. At the same time, we are emerging from a period of some tensions over the relationship between the Society and our journal, and Council feels the need

"We enjoy sound financial footing, a strong journal, an engaged and increasingly youthful membership, and a dynamic and collegial annual meeting."

to revisit our long-term goals in relation to medical research and education, and clinical care. These challenges, of course, represent opportunities for growth and strengthening of our society. Through the collaborative efforts of many leaders, we now have a Journal Committee to provide advice and oversight to our editor and associate editors, and this summer we will hold a strategic planning retreat as well as carefully review our procedures for leader selection.

"These challenges, of course, represent opportunities for growth and strengthening of our society."

So, these are exciting times – full of change and growth for the APS.

Baltimore turned out to be a apt venue for our 2008 Annual Meeting with a lovely hotel, fun surroundings, and beautiful weather. For the 3rd straight year, we had over 500 attendees. The Program Committee, lead by Christoph Herrmann-Lingen and Scott Matthews, took advantage of proximity to Washington by holding an interactive lunch with representatives of 13 NIH institutes. As is our goal, the scientific program included great diversity which reflects the range of inquiries that comprise psychosomatic medicine.

Our society's success in contributing to important medical discoveries requires that we embrace new technologies. Accordingly, the past 5 years have brought a healthy inclusion of genomic and neuroscience presentations in our research portfolio.

Finally, an emphasis on training and inclusiveness continues to be evident, as the APS again sponsored many

professional development events for our young members and brought participants representing developing countries and minority research to Baltimore (e.g., Lilla Szeifert, Hector Myers, Michele Evans, and Jules Harrell, among others).

Like all organizations, APS is only as good as its leaders and several new members have accepted invitations to step-up and serve our Society. First, Shari Waldstein (psychologist, University of Maryland) has been selected as president-elect, and Tene Lewis (psychologist, Yale University), Daichi Shimbo (cardiologist, Columbia University), and Douglas Carroll (psychologist, University of Birmingham) have been elected to 3-year terms on Council. Taking over the Liaison Committee is David Krantz (psychologist, Uniformed Services University), and Karen Weihs (family practice physician, University of Arizona) joins Tene Lewis as co-chair of the Membership Committee.

Elsewhere, our journal editor, David Sheps, has expanded his associate editors through the additions of Eco de Geus (psychologist, Vrije Universiteit), Willem Kop (psychologist, University of Maryland), Greg Miller (psychologist, University of British Columbia), Viola Vaccarino (cardiologist, Emory University), and Babette Brumback (biostatistician, University of Florida). This was necessitated to efficiently review the perpetually growing number of manuscript submissions and should help ensure that the impact factor, now up to 3.9, reaches new heights.

Please join me in embracing these changes and take every advantage of your opportunities to contribute to the well-being of the American Psychosomatic Society.

#### American Psychosomatic Society Leadership

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### From the Editor

#### Mary-Frances O'Connor, PhD

My columns as newsletter editor have been composed of my thoughts about communication, which seems appropriate given the job title! In the past few months, my thoughts have turned to how APS communicates with the next generation. There are so many ways that this can be done—from the archiving of the research that psychosomatic researchers do, to mentoring students at the Annual Meeting, to award generated through giving to the Society.

One of the keys to communicating to future generations is to have knowledge of their way of communicating. The textbook committee has realized the importance of including PDA materials and online supplementary material to customize the use of the textbook. Most medical students now are heavy users of web-based and mobile communication devices.

Of course one of the best ways to communicate to future generations is through our research. **Paul D. MacLean**, 94, a neuroscientist who proposed the "triune brain" model, died at the end of 2007. His most famous contribution to the neuroscience of psychosomatic research was published in the APS journal, *Psychosomatic Medicine*. His article was entitled, "Psychosomatic disease and the visceral brain; recent developments bearing on the Papez theory of emotion", and printed in 1949.

All back issues of *Psychosomatic Medicine* have been archived as pdf's in recent years, and are all now available through PubMed, including this historic article.

Dr. MacLean contended that some human behaviors are explained by a brain that evolved from, and containing remnants of, reptilian and early mammalian brains, and proposed that it was actually three brains in one. He joined the Yale University Medical School in 1949 and began studying the neurological roots of emotion. The Washington Post reported in his obituary, "He found references in scientific literature to a woman whose nymphomania was apparently caused by a tumor pressing against the part of the brain that he identified as the limbic system; a mechanic who forgot his parents had died because his limbic lobe was destroyed by

herpes but who retained his mechanical skills; and rats who failed to nurse their young after being deprived of part of their limbic systems."

"It would seem," Dr. MacLean wrote, "that the raw stuff of emotion is built into the circuitry of the brain."

From 1957 to 1985, he held positions at the National Institutes of Health and the National Institute of Mental Health, pushing the boundary of our understanding of the limbic system. Dr. MacLean retired in 1985 and became a senior research scientist emeritus.

A highly effective way that individuals communicate their interest in psychosomatic research and medicine to the future generations is to endow an APS award.

The Patricia R. Barchas Award in Sociophysiology, established in 1999, is to memorialize Patricia Barchas by furthering the field of sociophysiology, the study of the reciprocal relationships that could lead to long-term change both in social behavior and in physiology.

The Alvin P. Shapiro Award, established in the fall of 2001 through the generosity of his family. The late Dr. Shapiro was an internist and clinical pharmacologist who conducted innumerable studies on behavioral and psychosocial influences on hypertension and cardiovascular health. Each year, the award goes to a physician who has made major scholarly contributions to our understanding of psychosocial factors in the clinical care of patients in a primary care setting. Typically, the awardee is not a member of the Society and attends the entire meeting.

The **Donald Oken Fellowship**, first awarded in 2006, was created for the purpose of bringing a C-L psychiatrist or internist to the APS annual meeting each year. The person chosen should be someone who is in a leadership position in his or her field and able to influence others to become interested in APS by virtue of the stature and prestige of that person. This awardee also has usually not previously attended an APS meeting but is a leader and respected voice in his or her own field.

Those interested in endowing such an award, or including the APS in their estate planning, should contact the APS office or info@psychosomatic.org.

# 2008 Meeting Review

# Christoph Herrmann-Lingen, Prof. Dr. Med. and Scott Matthews, MD

The 66th Annual APS Scientific Meeting met from March 12th- 15th 2008 in Baltimore, MD. The theme of this meeting, "A Focus on Liaison in Psychosomatic Medicine: Fostering Interdisciplinary Research and Integrative Patient Care", facilitated a collaborative setting in which cross-disciplinary psychosomatic research was presented. One of the highlights of the meeting was an Invited Symposium, "Psychosomatic Research and Practice in Developing Countries", in which exciting data was presented regarding the tremendous impact of psychosomatic disorders on individuals in developing countries such as the United Arab Emirates, Egypt and Tunisia. A second highlight was the Invited Plenary Symposium, "Of Mice and Men: Translational Research Linking Animal Models with Human Psychoneuroimmunology (PNI)- Implications for Health and Disease", during which cutting edge animal and human data were presented regarding relationships between stress, brain function and peripheral immune function. Another exciting topic area that attracted a large audience was research in positive psychology. Representatives of neighboring disciplines such as psychooncology, cardiology, psychotherapy research, psychotraumatology and psychophysiology interacted with APS faculty and attendees in a variety of "liaison" symposia, workshops and roundtable sessions. The importance of neuroscience in psychosomatic medicine was illustrated by the award lectures delivered at this year's meeting. In her President's Award Lecture, "An Integrative Framework for Emotional Brain Organization: The Continuum of Wellness and Illness", Leanne Williams described a novel integrative model regarding the role of conscious and unconscious emotion processing in psychosomatic disease. This lecture was complemented by Evian Gordon's Invited Lecture on Personalized Medicine, during which he described how neuroimaging, psychological, genetic, psychophysiological and other data can be integrated to improve the diagnosis and treatment of psychosomatic disorders. In his Herbert Weiner Early Career Award lecture entitled, "Brain-body Pathways to Cardiovascular Disease Risk", Peter Gianaros described how modern neuroscientific methods such as fMRI have been used to identify brain-body pathways that link stressful life experiences and health. In the President's Address, "Emotional Reactivity in Children of Alcoholics", William Lovallo presented evidence that altered brain and body function is associated with emotional reactivity in children of alcoholics. As the recipient of the Patricia R. Barchas Award, Christopher Coe described the central role of the immune system in psychosomatic disorders in his award lecture, "The Social Context of Immune Competence". In his Alvin Shapiro Award Lecture, "The Harm that Doctors do: Hypertension as a Psychosomatic Disease", Thomas Pickering presented compelling data on the psychosomatic aspects of hypertension. Taking advantage of the proximity to the NIH, several leading NIH officers provided information about current research funding opportunities during two very well attended roundtable events. In addition to these highlights, there were numerous other lectures, roundtables, paper session, special interest dinners and preconference workshops which made this year's meeting a success! The Program Committee is already hard at work preparing for next year's meeting, which will be held in Chicago, IL from March 4th - 7th 2009 and will focus on "Psychosomatic Research and Care Across the Life Course". See you there!



Baltimore, Maryland -- site of the 66th APS Annual Meeting

# 10th International Congress of Behavioral Medicine

This conference will be held August 27<sup>th</sup>-30<sup>th</sup> 2008 in Tokyo, Japan. This is the biannual conference of the **International Society of Behavioral Medicine**. The website for information about the congress including abstract submission and registration is http://www.icbm2008.jp/

# APS Leadership Selection Being Re-examined

#### Matthew F. Muldoon, MD, MPH

For more than 20 years – and perhaps since its inception in the early 1950s – the American Psychosomatic Society has empowered its Nominating Committee to choose a single nominee for president and for each vacant position on Council. Every Spring, an uncontested "election" has taken place at the Business meeting. Such a leadership selection process is efficient and avoids campaigning among competing nominees and, therefore, has certain a number of proponents. And, to the extent that the Society has enjoyed admirable success and stability for over a half-century, these procedures have served us well.

The election in Baltimore this past March came close to being very different. The Society bylaws provide a mechanism to advance alternative nominee(s) through a petition process. Such an effort was undertaken and alternative names for president and open seats on Council were submitted prior to a January deadline and before the regular slate of nominees was announced. However, the gathered number of member signatures fell short of the 5% required. Although the petition for alternative candidates failed, the effort conveyed dissatisfaction with our current leadership selection process, a sentiment that warrants recognition.

Consequently, a broad review of our leadership selection process has begun. At the annual March meeting in Baltimore, Council and our Past-Leaders Committee conducted open discussions of our current procedures and other methods employed by similar organizations. Council has authorized the creation of an ad hoc committee to examine the pros and cons of various methods of leadership selection and will submit a report to Council this Fall. Importantly, this committee will seek the ideas and opinions of the general membership via an electronic questionnaire in the upcoming months.

Thus, the Society is embarking on an important re-evaluation of its procedures for choosing leaders. For the continued success and health of the APS, we depend upon the skills and contributions of well-chosen leaders, but also on the involvement and support of our entire membership. The objective of review process is to ensure both.

# Individual Risk and Community Consequence

#### Jessie Gruman, PhD, President Center for the Advancement of Health

Fears that technology moves a bit faster than our ability to deal with it are confirmed by advances in genetic testing.

How should we respond when confronted by a test that can alert an adolescent that his vulnerability to Alzheimer's disease is much greater than the average?

What's the appropriate response – becoming an obsessive expert on reducing all the nongenetic risks for the disease or having cupcakes for breakfast every day with your morning cigarette to increase the possibility that you will die prior to the normal onset of Alzheimer's?

New knowledge is amoral. It includes both possible promise and peril. Finding out whether you can benefit from the protection of a vaccine or targeted drugs is intensely attractive.

But these new technologies also pose some challenges. As Melissa Healy of the *Los Angeles Times* notes, "This is largely a do it yourself marketplace, and patients intent on detecting cracks and flaws in their personal genetic foundation and acting to patch them up are finding they're pretty much on their own."

Learning more about how behavior can offset specific genetic risks must be added to the research agenda if this new knowledge is going to deliver its optimal benefit. However, the challenge is broader.

There's a more basic potential threat to those who believe that an informed population is critical to the health of the public. The deterioration of mass media markets may be a portent.

Public health is based on the premise that we face some common problems that can be minimized by improvements in our shared environment and common behaviors – like maintaining clean water and keeping food safe, quitting smoking, and being physically active.

The growing focus on genetic testing could undermine that strategy. Just as there are some people who face an increased risk of colon cancer and Parkinson's Disease, there are some people who can smoke and drink with impunity.

Health messages and policies directed toward the health of the larger community may lose appeal as individuals become distracted by figuring out how to compensate for their own unique risk profiles.

The public agrees now that cleaning up the air is a good idea. Will that consensus shatter as some lucky winners realize they're impervious to certain pollutants and others acknowledge that their extreme sensitivity will leave them vulnerable irrespective of how successful clean-up efforts are?

The community does best when it can meet the individual needs of its members. Often the "one size fits all approach" may remain appropriate, but that isn't as obvious as it once was. Holding the attention of an audience increasingly accustomed to personalized messages received via personalized media channels about their personal risks will require some new and creative approaches.

# A Student Perspective

#### S. Carrington Rice, BA

As a trainee and resident of Baltimore, I was particularly thrilled to welcome the APS annual meeting to my city, given the many exciting trainee opportunities included on this year's program. These opportunities included a variety of professional development workshops and roundtable sessions, as well as social activities geared toward enhancing networking among trainees and mentors alike. Different sessions catered to trainees at different points in their training, ensuring that every trainee would find an appealing activity, if not many, on the program.

The meeting started with a pre-conference scientific writing workshop on responding to reviewers, providing trainees with valuable advice regarding the intricacies of the peer-review process. Two sunrise roundtable breakfasts included "Perspectives on How

to Strike a Life Balance in Academia," as well as an "NIH for Beginners" session, both of which were very well-received. A subsequent "NIH Grants and Training" roundtable lunch session provided an irreplaceable opportunity for trainees to meet with representatives from major supporters of psychosomatic research at the NIH. Another roundtable lunch, "Tips on Getting the Most out of your Postdoc," presented trainees with first-hand advice about the postdoc experience from both trainee and supervisory perspectives. APS also continued its tradition of sponsoring a mentor-mentee reception. The mentormentee program matches each trainee with a mentor to provide an opportunity for more personalized, informal discussion of research interests and professional development. Speaking from personal experience, this reception gives the trainee a rare forum not only to establish a connection with a likeminded mentor, but also to hone networking skills. The mentor-mentee reception was followed by a trainee dinner at Baltimore's popular Slainte Irish Pub. Trainees had the chance to unwind with friends and experience a taste of the local fare. The success of trainee activities on the 2008 program reflects the Society's continued recognition of trainee needs and efforts to support trainee development.

Even more exciting, this year's trainee opportunities were couched in an excellent overall conference program. The diversity of sessions allowed ample opportunity to hear about new research in both familiar and less-familiar topic areas. With so many enticing sessions on the program, I had difficulty deciding how to divide my time, and I often overheard fellow trainees facing the same dilemma throughout the conference-an indication of a truly outstanding program.

As a new trainee representative of the APS Program Committee, I am looking forward to contributing to a 2009 program that will be as beneficial to trainees as this year's program. Please feel free to contact either Aric Prather (aap12@pitt.edu) or myself (rice3@umbc.edu) with any ideas or suggestions regarding trainee-related opportunities for next year's annual conference. We hope that everyone enjoyed the beautiful Inner Harbor in Baltimore this year, and we look forward to seeing you in Chicago in 2009.



APS Minority Travel Scholarship recipients



Pete Gianaros, the Herbert Weiner Early Career Award recipient, with nominator Dick Jennings



2007 and 2008 APS Presidents Bill Lovallo and Matt Muldoon



APS MD Fellow/Student/Resident Travel Scholarship recipients



Ted Stern, the Donald Oken Fellowship recipient, with Awards Chair Edith Chen and Bill Lovallo



Alvin Shapiro Award recipient Thomas Pickering addresses the audience



Poster Session



Lilla Sziefert, APS International Travel Fellowship recipient, with Awards Chair Edith Chen and 2007 President Bill Lovallo



APS Young Scholar Award recipients



Chris Coe, 2008 Patricia R. Barchas Award recipient, with Bill Lovallo and Jack Barchas

#### Shari Waldstein, PhD

The Textbook Committee - a subcommittee of the Professional Education Committee has been actively developing a proposal for a textbook of behavioral and social sciences in medicine along with web-enhanced learning materials geared for medical students. The content of the volume focuses on the Institute of Medicine's (IOM) report on "Improving Medical Education: Enhancing the Behavioral and Social Sciences Content of Medical School Curricula." In their report, the IOM committee concluded that "No physician's education would be complete without an understanding of the role played by behavioral and social factors in human health and disease, knowledge of the way in which these factors can be modified, and an appreciation of how personal life experiences influence physician-patient interactions" (p.60). They further identified six major domains of knowledge that should be adequately represented in undergraduate medical education and they are used as an organizing structure for the textbook. They are: 1) Mind-Body Interactions in Health and Disease; 2) Patient Behavior; 3) Physician Role and Behavior; 4) Physician-Patient Interactions; 5) Social and Cultural Issues in Health Care; 6) Health Policy and Economics

"Although this text will provide important background knowledge, it will also teach an essential biopsychosocial approach to patient care and provide learners with the tools necessary for further inquiry and exploration."

Accordingly, our group will develop an evidence-based textbook of behavioral and social sciences in medicine. This textbook will provide state-of-the-art summaries of critical topic areas in undergraduate medical education identified by the recent IOM report, linked case studies relevant to these topic areas to be used in case-based learning, PDA materials, a study guide, and supplementary on-line materials designed to

actively engage learners while allowing for adaptations to learner and/or program needs. Although this text will provide important background knowledge, it will also teach an essential biopsychosocial approach to patient care and provide learners with the tools necessary for further inquiry and exploration

Our group has completed an extensive draft outline for our proposed volume, and has received detailed feedback from a distinguished panel of approximately 50 multidisciplinary, national and international advisors. We are currently integrating this feedback into our proposal and plan on submitting a formal market proposal within the next several months. We have obtained a high level of interest in our draft proposal from prospective publishers. The editorial leadership for this work is provided by the following individuals: Senior Editors are Shari Waldstein, PhD, Steven Cole, MD, and Dennis Novack, MD; Section Editors are (alphabetically): Gail Ironson, MD, PhD, Robert Kaplan, PhD, Susan Levenstein, MD, Steven Locke, MD, Matthew Muldoon, MD, MPH, Herb Ochitill, MD, Jason Satterfield, PhD, Susan Woods, MD, MPH; Editor of Web-Enhanced Learning is Christof Daetwyler, MD.

#### Make Plans Now...

...to attend the

# American Psychosomatic Society 67th Annual Scientific Meeting

"Psychosomatic Research and Care Across the Life Course"

> March 4 - 7, 2009 Marriott Downtown Chicago, IL USA

The Call for Abstracts will be available summer 2008 with a due date of early October 2008.



Chicago, Illinois -- site of the 67th APS Annual Meeting

#### International Society of Behavioral Medicine Congress in Tokyo, Japan offers Early Career Workshop

Time: Wednesday, August 27, 2009 afternoon

Doing research that has impact: Accelerating the translation of research into policy and practice

Facilitators: Professors James Sallis, San Diego State University, and Brian Oldenburg, School of Public Health and Preventive Medicine, Monash University.

The purpose of this workshop is to assist early career researchers in developing research programs that more effectively contribute to the policy and practice goals of behavioral medicine. The workshop will help researchers identify and apply findings from research to the development and dissemination of behavior change interventions in the community and to inform policy changes. The speakers will discuss examples from their own research and the extent to which their research findings have had an impact on the community as well as on the practice of professionals and/or health policy. They will explore some of the reasons for these outcomes. Presenters will discuss how to integrate research translation activities into productive academic careers.

This workshop is supported by ISBM and there will be no cost for attendance. Registration via tutorial workshop on website (http://www.icbm2008.jp/tutorial.html).

For more information: Carina Chan (cky.chan@auckland.ac.nz) or Marisa Finn (m.finn@auckland.ac.nz)

# Welcome New Members!

Sunny Aslam, MD Syracuse, NY

Kristen Ayers, BS

Dearborn, MI

Nancy J. Beckman, BA North Chicago, IL

Nadine S. Bekkouche, BSc

Montreal, Quebec, Canada

Lauren Bylsma, MLA

Tampa, FL

Christopher Edwards, PhD Durham, NC

Sigrid Gardner, MD, MPH

Tucson, AZ

Madhav Goyal, MD Baltimore, MD

Anthony Garrett Hazelton, MA

Greenville, NC

Rene Hefti, MD Langenthal, Switzerland

Eric Hekler, MS Baltimore, MD

Niama Jacobs, MD Cambridge, MA

Vanessa Juth, BA Syracuse, NY

Jordan F. Karp, MD Pittsburgh, PA

Kari Kirian, MA Greenville, NC

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Hilary Tindle, MD Pittsburgh, PA

Mirjam van Zuiden, MSc Utrecht, The Netherlands

Silvina Waldman, MD Buenos Aires, Argentina

#### Calendar

**Summer, 2008** ~ Abstract submission deadline, 67th Annual Scientific Meeting of the American Psychosomatic Society. For information please contact info@psychosomatic.org or 703-556-9222.

**Summer, 2008** ~ 2008-2009 APS Psychosomatic Medicine Interest Groups applications due. For information please contact info@psychosomatic.org or 703-556-9222.

**June 30, 2008** ~ Patricia R. Barchas Award nominations due. For information please visit http://www.psychosomatic.org/awards/index.htm or contact info@psychosomatic.org.

**June 30, 2008** ~ Alvin P. Shapiro Award nominations due. For information please visit http://www.psychosomatic.org/awards/index.htm or contact info@psychosomatic.org.

August 27-30 2008 in Tokyo, Japan ~ 10th International Congress of Behavioral Medicine. For information please contact Program Chair Theresa Marteau, the Program Chair (theresa.marteau@kcl.ac.uk) or visit http://www.icbm2008.jp

August 31, 2008 ~ Donald Oken Fellowship nominations due. For information please visit http://www.psychosomatic.org/awards/index.htm or contact info@psychosomatic.org.

November 19-23, 2008 in Miami, Florida, USA ~ Academy of Psychosomatic Medicine 55<sup>th</sup> Annual Meeting. For information please contact Norman Wallis at 301-718-6539 or nwallis@apm.org.

March 4-7, 2009 in Chicago, Illinois, USA ~ 67th Annual Scientific Meeting of the American Psychosomatic Society. For information please contact info@psychosomatic.org or 703-556-9222.



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Comments and Suggestions are invited. Remember, this is YOUR Newsletter.

#### The deadline for submission for our next Newsletter is August 15.

Please send correspondence to the APS Newsletter Editor Mary-Frances O'Connor, PhD 6728 Old McLean Village Drive McLean, VA 22101-3906 Fax: 703-556-8729

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