

Match Day Brings Tears of Joy

For the second consecutive year, 90 percent of the Dartmouth Medical School seniors who participated in the National Resident Match Program (NMRP) received one of their top three choices of internship/residency assignments for next year. DMS Dean John Baldwin

and Assistant Dean Susan Harper handed out the envelopes containing their match results at a ceremony on March 16, the national Match Day.

"These exceptional match results to quality programs reflect many years of hard work and outstanding preparation by our students. There were many tears of joy, as 73% of the students received their first choice," said Harper.

While finding it difficult to put the experience into words, Travis Matheney, president of the Class of 2000, said: "It was hard to tell which was actually thicker—the tension or the excitement. Whichever it was, it



Kris Parisien (left) shares her good news with Alex Schmidek.

was so thick you could cut it with a knife (not an invitation for all the surgery folks out there); of course, now we're almost to the point where we could sew it back up. In the end though, I believe there were a lot of

very happy people in the room. The whole scene painted the picture of a very tight-knit class and furthermore made me incredibly proud to be a part of such a great group of folks."

Of the 60 DMS students expected to receive medical degrees in June, 52 participated in the NMRP. Four other students matched to a military program; three are deferring residency; and one student accepted a non-NRMP position. Nationally, 25,056 students participated in this year's match.

Twenty-five members of the class will enter a generalist area of internal medicine, primary care, pediatrics and family practice. Two DMS students will begin at DHMC, while another will begin at the NH-Dartmouth Family Practice in Concord, Massachusetts will have the highest number of DMS students—15—in internship/residency programs, 12 of them affiliated with Harvard, while New York will have eight DMS students.



Tom Golembeski (left) anticipates his match results as he receives his envelope from Susan Harper, assistant dean of medical education, and John Baldwin, DMS dean.



Mark Brauning (right) congratulates Steve Gonzalez.

Photographs by: Mark Austin-Washington

Internship/Residency for DMS Seniors

Student	Assignment	Specialty
Anglade, Pascale	NY Presbyterian Hosp, NY (Cornell)	Internal Medicine
Aviles, Ricardo A	Tucson Hosp Med Ed, AZ (U of AZ) Texas Tech U. HSC, Lubbock, TX	Transitional Ophthalmology
Betsy, Michael	Mt Sinai Hospital, NY (Mt. Sinai SOM)	Orthopaedic Surgery
Birkkrant, Jonathan D	Rhode Island Hsp/Brown U, Providence, RI	Pediatrics/Psychiatry
Brauning, Mark G	B I Deaconess Med Ctr, Boston, MA (Harvard)	Internal Medicine
Brewington, Flora H	NH-Dartmouth Family Pract-Concord, NH	Family Practice
Brown, Andrea S	Maine Medical Ctr, Portland, ME (UVM)	Family Practice
Byer, Robyn L	Boston Comb Peds Res-MA (Harvard)	Pediatrics
Cedfeldt, Andrea S	Oregon Health Sci Univ, Portland, OR	Medicine/Primary Care
Chang, Walter T	Dartmouth-Hitchcock Med. Ctr, NH	Plastic Surgery
Chismark, A. David	Albany Med Ctr Hosp, Albany, NY	Surgery
Collins, Matthew A	Maine Medical Ctr, Portland, ME (UVM)	Emergency Medicine
Cream, Carlos L	Geisinger/Hershey, PA (Penn State)	Anesthesiology
Davis, Derik L	National Naval Med Ctr, Bethesda, MD	Internal Medicine
Downey, Ross A	Stanford University Progs, CA	Internal Medicine
Eggers, Jennifer E	Maine Medical Ctr, Portland, ME (UVM)	Obstetrics/Gynecology
Esteves, Deborah	Cambridge Hosp/CHA-MA (Harvard)	Medicine/Primary Care
Evans, Karleyton C	Mass General Hosp, Boston, MA (Harvard)	Psychiatry
Feeney, James M	St. Vincents Hosp, NY (NY Medical)	Surgery
Fegley, Allison J	U Rochester/Strong Memorial, NY	Surgery
Fong, Nepenthe I	Santa Clara Valley MC-CA (Stanford) Stanford Univ Progs-CA	Transitional Radiology-DX
Fournier, Keith F	Eastern VA Med School-Richmond, VA	Surgery
Galka, Eva	Geisinger/Hershey, PA (Penn State)	Surgery
Gilbert, Jon S	Andrews AFB, Washington, D.C.	Transitional
Giordano, Karin F	Mayo Grad SOM, Rochester, MN Mayo Grad SOM, Rochester, MN	Medicine-Preliminary Neurology
Golembeski, Thomas J	Mt. Auburn Hosp., Cambridge, MA (Harvard) Brigham & Women's, Boston, MA (Harvard)	Anesthese-Preliminary Anesthesiology
Gonzalez, Stevan A	NY Presbyterian Hosp, NY (Cornell)	Internal Medicine
Grasser, Eric L	Northern NM Fam Prac-NM (U of NM)	Family Practice
Grigoryants, Vladimir	U Michigan Hosps-Ann Arbor, MI	Surgery
Jackson, Nicole J	Deferring residency	
Lemery, John M	NYU Medical Center, NY	Emergency Medicine
Liolios, Betsy S	Mass Gen Hosp, Boston, MA (Harvard)	Pediatrics
Mackey, Christine L	Brigham & Women's, Boston, MA (Harvard)	Medicine/Primary Care
Matheney, Travis H	Harvard Comb Ortho, Boston, MA	Orthopaedic Surgery
Mitchell, Maya M	UC Davis Med Ctr-SAC-CA	Internal Medicine
Murman, Hilary M	Wright State Univ SOM, Dayton, OH	Pediatrics
Napier, Bridie C	Deferring residency	
Nguyen, Khang V	George Washington U- Washington, DC	Internal Medicine
Parisien, Kristina I	Brigham & Women's, Boston, MA (Harvard)	Emergency Medicine
Parke, Kristine M	Gtr Lawrence Fam Hlt-MA (Tufts)	Family Practice
Rossi, M. Adrian	U Rochester/Strong Mem Hospital, NY U Rochester/Strong Mem Hospital, NY	Surgery-Preliminary Urology
Saechao, Kaochoy S	U Southern CA, Los Angeles, CA	Medicine/Pediatrics
Sandhu, Rajdeep S	U Nebraska Affil Hosp, Omaha, NE	Surgery
Schmidek, Alexandra K	Brigham & Womens, Boston, MA (Harvard)	Plastic Surgery
Shah, Gira U	Rhode Island Hsp/Brown U, Providence, RI	Pediatrics
Shah, Kaushal H	B I Deaconess Med Ctr, Boston, MA	Emergency Medicine
Sparling, Joshua D	Walter Reed Med Ctr, Washington, D.C.	Transitional
Stamp, Thomas W	Wright Patterson/Wright State, Dayton, OH	Surgery
Stearns, Cynthia B	Kaiser Perm - Oakland, CA (UCSF) Mt Auburn Hosp, Cambridge, MA (Harvard)	Medicine-Preliminary Radiology-DX
Taney, Kirsten U	New England Med Ctr, Boston, MA (Tufts)	Internal Medicine
Thibault, Melissa W	UVM/Fletcher Allen, Burlington, VT U Washington Affil Hosps, Seattle, WA	Medicine-Preliminary Physical Medicine & Reh.
Thomas, Lisa A	Univ Health Ctr-Pittsburgh, PA	Psychiatry
Thompson, Elisa J	Eastern Maine Med Ctr, Bangor, ME (Tufts)	Family Practice
Vendola, Keith A	Deferring residency	
Vinton, Christopher J	U of Massachusetts, Worcester, MA	Orthopaedic Surgery
Vitterito, Joseph A	Rhode Island Hsp/Brown U, Providence, RI	Pediatrics
von Reyn, Leah E	Geisinger/Hershey, PA (Penn State)	Internal Medicine
Wira, Charles R	Henry Ford HSC, Detroit, MI (U of Mich)	Med /Emerg. Medicine
Wolfe, Elizabeth K	Dartmouth-Hitchcock Med Center- NH	Medicine/Primary Care
Woodrum, Derek T	U Michigan Hosps-Ann Arbor, MI	Surgery
Yager, Phoebe H	Mass Gen Hosp, Boston, MA (Harvard)	Pediatrics

Promising Heartburn Therapy Tested

Millions suffering from heartburn may eventually find relief through an innovative outpatient procedure that a DMS physician helped pioneer.

Dr. Richard Rothstein, associate professor of medicine and chief of gastroenterology, was the first physician in America to use a novel device to treat patients with gastroesophageal reflux, and DHMC was the first institution to launch this new therapy. Recently he introduced the technique in two European countries. (See also Centerview, page 4.) He predicts the relatively simple procedure will pave the way for a new future in treating gastrointestinal diseases.

An estimated 17 million Americans suffer from heartburn daily, most often caused by gastroesophageal reflux, where the acidic stomach contents seep back into the esophagus, resulting in symptoms, irritation and other potential problems. The culprit of the disorder is usually a leaky or malfunctioning valve—the lower esophageal sphincter—located near the diaphragm.

Generally reflux can be controlled through a regimen that includes diet and lifestyle modifications, along with medication to suppress acid or to hasten acid or food movement through the upper digestive tract. An alternative is laparoscopic surgery, requiring general anesthesia and hospitalization (usually one day), to tighten the lower esophageal junction and improve symptoms. However, the anti-acid pills, usually needed lifelong, can cost up to \$1500 a year, and while surgery has a high success rate, a few patients develop post-operative side effects.

Now Rothstein has successfully made repairs to the valve area using a modified endoscope that sews; it is inserted through the mouth into the esophagus under local sedation, and a series of knots are formed at the top of the stomach. He led the Dartmouth team that performed the procedure in almost a quarter of the patients in a national clinical trial to test the safety and efficacy of the patented endoscope device. Overall, about two thirds of the patients are doing well, some now two years after the procedure, he reports.

The trial has been completed, and the device has earned FDA approval, so the new therapy will soon be available on a wider scale. No general anesthesia is required for the 45-minute procedure. "To form a knot, we insert the scope, identify a target area, throw a stitch and then take the scope out, reload the suture material; then we do it again. We tie the knots outside the patient and then push them back down. It takes two to three knots to complete a session," Rothstein says. Patients go home the same day and can eat anything they want, some for the first time in years. Most no longer need antacids or daily acid blockers, he adds.

Since doing the first American case in March 1998 at DHMC, Rothstein was also the first to treat patients using the technique in Paris and in Lisbon, where he was recently invited to lecture and demonstrate his expertise.

The work, he says, represents "the new frontier of operating through natural orifices without making new holes." He is also testing another peroral anti-reflux alternative still in an investigative phase. Instead of stitching, he applies microwave energy delivered via a catheter to thicken the esophageal sphincter. This technique, too, is an outpatient procedure done in less than an hour, and early results are similarly successful to the sewing data, Rothstein says. In a serious but lighthearted note, he adds he is optimistic that "these lessons in sewing and cooking" can offer keys to alleviating heartburn.