

FALL ISSUE 2002

# SCNM Newsletter

www.scnm.edu

A Quarterly Publication of Southwest College of Naturopathic Medicine

## NEW VICE PRESIDENT OF ACADEMIC AFFAIRS

Fall, a time that marks new beginnings at colleges across the country, will herald a major change at Southwest College.

Not that the past year was one of complacency—we achieved candidacy with our regional accrediting body, received our first NIH grant, moved the Medical Center to a new environmentally friendly facility, put over seventy courses on-line, grew our student body, added faculty, brought a high-speed network, internet access and LCD projectors into every classroom, and re-financed the campus mortgage.

I'm very proud to announce that we are taking a big step toward becoming the visionary institution that opened nearly ten years ago. After a six month search, the College chose Joel Lanphear, Ph.D. to be our first Vice President of Academic Affairs. Dr. Lanphear will work together with Dr. Thomas Kruzel, our Vice President of Clinical Affairs, and our faculty, students and staff to help bring naturopathic medical education to a new level of quality innovation and integration. Dr. Lanphear has been involved with medical education and administration since the late 1970's. He has depth in curriculum development,

faculty development, program development, accreditation, and outcome assessment.

Dr. Lanphear brings a passion for building programs that train medical professionals. He has worked at existing medical schools, has rehabilitated ailing programs, and helped create new schools. With 25 years of educational leadership, policy development, teaching and personnel administration, Dr. Lanphear will bring us experience. He was director of surgical education and an Associate Professor of Surgery and Medical Education at the University of Texas Medical Branch in Galveston. From 1976 to 1978 he served as Assistant Dean for Management and Planning at University of Wyoming, College of Human Medicine and later became Acting Dean. He also directed curriculum implementation at Michigan State University, College of Medicine and served in the Department of Education for the Guam government.

With Dr. Lanphear's experience and expertise, he is often called upon to give workshops on communication skills and styles, teaching techniques and learning styles,

presentation skills, and organizational management. He has been a consultant to several organizations on electronic curriculums, risk management, establishing organizational goals, working with groups, leadership skills and assessing personal styles.

Dr. Lanphear graduated from Western Washington State University. He then went on to earn his Master of Education degree from the University of Hawaii and a Doctorate in instructional development and technology from Michigan State University. He shares our enthusiasm about the position that Southwest College of Naturopathic Medicine is at in our evolution and feels he can help create, build, and brand the College for the future. In addition, both Dr. Lanphear and his wife Karen, a yoga instructor, are interested in natural medicine, exercise, nutrition, herbs and healthy living.

"I am very excited to be associated with this tremendously talented group of people and am eager to begin this new and exciting challenge," said Dr. Lanphear. ■

*Dr. Paul Mittman - President & CEO*



Dr. Joel Lanphear



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# Natural Therapeutic Research



## RESEARCH NIGHT

The Southwest College of Naturopathic Medicine hosted the June 2002 Research Night on July 7, 2002. Approximately 150 attendees were present at the event, which included representatives from industrial research and manufacturing corporations, Arizona State University researchers, local doctors, SCNM faculty and SCNM medical students. Our guest lecturer, Dr. Brian Cabin MD,

MDH from Tucson, presented "Complex European Homeopathy." The core of Research Night was for senior SCNM students to present topics they had researched. The Research Committee would like to thank the corporate sponsors, volunteers, and especially the senior medical student presenters that made this event possible.

### POSTER PRESENTATIONS

- Exercise Induced Oxidative Damage & the Possible Role of Antioxidant Supplementation** (Denette M. King)
- Essential Fatty Acid Deficiencies in Children with ADHD** (Eric Udell, Peter Wanningman, Forrest Beck)
- Bishop's Weed for Treatment of Chronic Asthma** (Camille Teale, Tam Spat, Heidi Koerner)
- Beta-Sitosterols in the Treatment of Breast Cancer** (Donna Acree)
- Fibromyalgia: Alternative Perspectives & Therapies** (Ryan Ferchoff, Susan Hawkins, Robert Streisfeld)

### Medical Ozone

- (Taryn Forrelli, Markian Babij, Clare Garcia)
- Medicinal Applications of Curcuma longa** (Sarv Varta Khalsa, Melinda Whitsell, Denise Duda Dox)
- Investigating 'Fighting Spirit' & Breast Cancer** (Apryl Krause, Danielle Garrett)
- Treatment of HIV Associated Peripheral Neuropathy with B-Complex & B-12 Injections** (Bryan Drain)
- Insomnia** (Shelly Weisman)

### STUDENT PRESENTATIONS

- Naturopathic Geriatric Case Management** (Kathleen Muratore, Robin Borsa, Junho Lee)
- Chlordane Toxicity - A Literature Review of Consequences** (Chance Diebold, Susan Danish)
- Common Genetic Mutations in Folate Metabolism & Their Possible Consequences to Public Health** (Jeannine Maschak, Sandro D'Amico, Amy Williamson, Jennifer Witcher)

### MANY THANKS TO OUR SPONSORS:

- Herbal Vitality
- Dolisos
- Standard Process
- Heel BHI
- Professional Formulas
- Gaia Herbs
- Integrated Therapeutics Inc.

## THE PRESENT FUTURE OF A CAREER IN NATUROPATHIC MEDICINE

The title of this article is the essence of naturopathic medicine with its future being determined by the present. The many signs include the following:

- The State of Arizona has the broadest scope of practice of any state in the country, thanks in part to SCNM's support.
- Of the 300 licensed naturopathic physicians in the state of Arizona, 60% of them were trained by SCNM.
- Currently there are 2000 licensed physicians throughout the country, with SCNM contributing 250 to that total since 1992.
- The profession is growing nationally at about 10% per year.

- There has been movement towards complete national licensure of the profession. Licensure is an important step in the process of total integration of this medicine and will provide access to all Americans regardless of the price.

**The career center is firmly planted in the present to help our students and alumni create a future for themselves.** Students are suggested from the very first quarter to begin to look ahead to graduation day and begin planning. The career center taps into multiple resources and helps the student create for themselves their own guide for the creation of the career of their desires.

For Alumni, the Career Center acts as a hub of new opportunities with listings on the website and postings in the Vital Force of practice opportunities. Also listed are research opportunities and calls for presenters and papers.

The Career Center is the hub of resources, strategies and compilation of opportunities to help anyone interested in naturopathic medicine. We provide the resources to create the lifestyle and job of your dreams... not to mention a source of hope and inspiration. Check us out! ■

*Joanna Hagan - Career Specialist*





# We're on the Road Again

## BACK BY POPULAR DEMAND – SOUTHWEST COLLEGE ROADSHOW

The SCNM Enrollment Office is planning to go on the road again. Don't miss your opportunity to speak with an SCNM faculty member, alumnus, or Enrollment Representative about our ND program, career opportunities in naturopathic medicine and admissions information.

Visit our website at [www.scnm.edu](http://www.scnm.edu) for details on Naturopathic Medical Forums hosted by Southwest College President, Paul Mittman, ND; Career or Graduate College Fairs at major colleges and universities and informational sessions in a town near you.

**HELPING TO MEET THE COSTS OF EDUCATION** – SCNM helps students meet the cost of their naturopathic medical education by raising funds and increasing scholarship opportunities for new and continuing students at Southwest College. The committee recently announced the availability of scholarship awards for the Fall 2002 Incoming Class: two Outstanding Underrepresented New Student Awards, two Outstanding New Student Awards and one Books/Supplies award. The scholarship awards range from \$100-\$500. "The SCNM Scholarship Committee has worked very hard to be able to offer these and other scholarships to our students.

We value our students and hope that these monies will go a little way in supporting their educational goals," states Carol Horn, Financial Aid Director and Scholarship Committee chairperson.

The incoming student scholarships awards are academic based with regard to undergraduate grade point average and prerequisite grade point average and are chosen on a competitive basis.

The scholarships for continuing students will be made available in the fall and will be based on a range of criteria including but not limited to: leadership, academic excellence and service to naturopathic medicine. To apply for a scholarship award, applicants must submit an application available in the Enrollment Office. Scholarships will be awarded early in the Fall Quarter 2002.

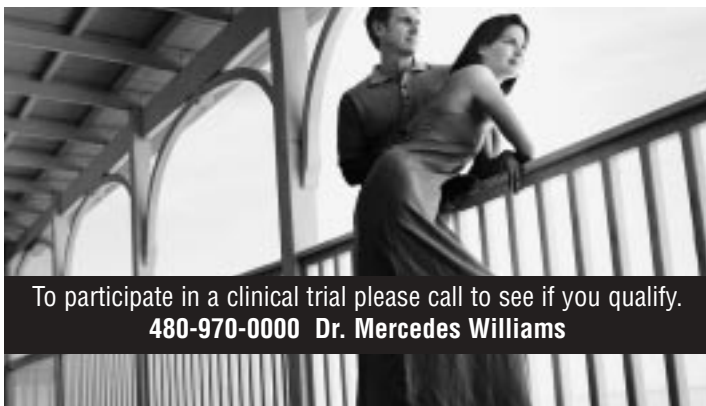
The Enrollment Office looks forward to meeting all of our incoming Fall 2002 students at the Fall New Student Orientation on August 14-17th, 2002. Incoming students will be treated to three days of group activities, informational sessions, faculty and administration introductions and networking opportunities.

"I'm receiving several calls a day regarding Orientation; our new students are very anxious to get started in the program and work toward their dream of becoming physicians," states Enrollment Representative Robbi Schnabel. Students needing assistance or questions answered regarding relocation, registration or Orientation should call their Enrollment Representative at 480-858-9100.

For more information, to arrange for a tour of the College, Medical Center or to set up an appointment to speak with an Enrollment Representative, please contact the Enrollment Office today at 480-858-9100. ■

*Melissa Winquist -  
Director of Admissions*

## PREMENSTRUAL – MENOPAUSAL SYMPTOMS?



To participate in a clinical trial please call to see if you qualify.  
**480-970-0000 Dr. Mercedes Williams**

## CONGRATULATIONS TO OUR NEWEST GRADS

Markian Anthony Babij, Forrest Dale Beck, Alexander B. Coracides Sandro D'Amico, Jan "Chance" Diebold, Bryan Todd Drain, Denise Lynn Duda Dox, Ryan Dale Ferchoff, Taryn Louise Forrelli Clare Mary Garcia, Danielle Yvette Parker, Susan Elizabeth Hawkins, Sarv Varta Kaur Khalsa, Denette Marie King, Heidi Marie Koerner, Apryl

Michelle Krause, Jeannine Lynn Maschak, Kathleen Muratore, Tarryn Nole Foster, John C. Pratt, Carlos Guillermo Ramos, Joseph R. Sale, Marie Santora, Robert Benjamin Streisfeld, Ty Matthew Tallman, Camille Chere Teale, Eric Bruce Udell, Peter John Wannigman, Melinda Jo Whitsell, Amy Ann Williamson



# Cardiovascular Disease in Women

## FIRST ANNUAL WOMEN'S INTEGRATIVE MEDICINE CONFERENCE

On Saturday, June 1st, the (WIMD) Women's Integrative Medicine Department at SCNM held its first annual conference. The topic was **Cardiovascular Disease in Women**.

The conference started out with our own alumnus Decker Weiss, N.D., who shared startling statistics regarding morbidity secondary to cardiovascular disease (CVD) and the unreliability of past testing methods for detecting CVD in women.

Myron Licht, D.O. followed by presenting the current laboratory markers that are necessary to both detect and follow CVD in women as well as current medications that are used for women with CVD.

The last speaker before lunch was Robert Herb, PhD, who did a fabulous job of presenting the effects of hormone replacement therapy in women with CVD, based on a thorough literature review.

A delicious lunch was sponsored by the Arizona Naturopathic Medical Association (AzNMA) and provided by Whole Foods.

Randall Robinson, N.D., updated all of the attendee's on the changes in our scope of practice as well as prescribing.

Tori Hudson, N.D. concluded the conference with current research in areas of nutrition, botanicals and exercise for women with CVD and for women who want to prevent CVD. As always Dr. Hudson provided a thorough presentation with clinically applicable data and taught attendee's how to integrate this information with the conventional care our patients may already be receiving.

We had nine vendors share their time and expertise by bringing product's and product literature. This years vendors were: **Women's International Pharmacy, Whole**

**Foods Market, Vitanica, Aidan Products, Metagenics, Inc., Integrative Therapeutics Incorporated, Thorne Research, Gaia Herbs** and the **AzNMA**. We are so appreciative of their support, and look forward to seeing them again next year.

**SPECIAL THANKS** for helping this year's conference to be a success go out to:

Mercedes Williams, N.D. who assisted throughout the planning and the day of the conference, Necia Bailey who always provides special detail support, Jim Meyers who supplied ample maintenance support all day; our volunteers: Katka Novakova, Taryn Forrelli, Nicole Lohrbeer, Tammi Herring and Christina Turck. ■

*Dr. Debi Smolinski*

## NATURAL TALKERS – THE TOAST OF TEMPE

Toastmasters swarmed in from all around the state; students, club members, and our faculty all assembled on June 24th to mark the charter of The Natural Talker's Club, **THE FIRST TOASTMASTER'S CLUB AT A NATUROPATHIC COLLEGE**. The club was established to promote the public speaking abilities of SCNM's student. Not only does the club aid in teaching students to speak effectively in front of groups but also it teaches leadership, Robert's Rules of Order, and club organization.

Speeches were given (of course) along with many certificates and awards with the entire affair punctuated with good healthy food and elegant orchids planted in palms. We

also discovered that Dr. Leslie Axelrod, Dr. Nick Burotovich and Dr. Phranque Tamburrie of our own faculty were also Toastmasters.

During a Toastmaster's meeting, every "ah" or "um" spoken, a bell rings. Sometimes the ringing is so frequent it sounds like the "Good Humor Man" is coming when some of us speak!

Due to the herculean efforts of V.P., Samm Robinson, with her persuasive recruitment of the 4th quarter class in particular, the club garnered the necessary 20 members to establish the charter in record time, 8 weeks. The SCNM's Toastmasters will soon be the toast of Tempe! ■



First Row (l to r): Anesia Groves, Vanessa Edwards, Samm Robinson, Firlande Volcy, Preety Shah, Louise Eaton, Katherine Louis, Lisa Richardson, and Bobbie Stanley.

Second Row: Lareina Abbott, Nicole Kellum, Tracy Wooten, Becky Tanner, and Larry Helman.



# The Circle of Life Breakfast



## DEVELOPMENT ENDEAVORS CONTINUE TO BE STRONG

The College hosted a campus **BREAKFAST FUNDRAISER** on May 16, 2002 and raised over \$90,000 in contributions for the advancement of its programs and services.

Almost 200 people attended the event, due largely to the active involvement of 20 table captains, who deserve special thanks and recognition: Cathleen Balholm, Dr. Klee Bethel,\* Dr. Nick Buratovich,\* Marie Cairns, Craig Connors,\* Jon Feldman,\* Holly Giffen, Joanna Hagan, Doug Hawes,\* Dr. Allyn Krieger-Fiedler, Dr. Thomas Kruzel, Dr. Mike Margolis, Dr. Paul Mittman, Debby Raposa, Neil Riordan, Ave' Sims, Gil Tyree, Dr. Decker Weiss, Donese Worden, Dr. JoAnn Yanez. \*Member, Board of Trustees

This event was a milestone for the College as we embark on the path of creating a self-sustaining donor development program and cultivating donors for long-term partnerships to help advance our mission.



**SPECIAL THANKS** goes out to all the staff, faculty, students, volunteers and breakfast attendees who participated in making this event a success. With the continued support of our family of donors and friends, the College will continue to grow and impact positive change.

If you know of anyone who might be interested in making a donation or becoming more involved with the College, please contact the Development Department.

Also, remember that we offer one-hour **CAMPUS TOURS** every other Thursday morning and it's a great opportunity to inform people about the College and naturopathic medicine. The tours are complimentary and last only one hour. Tours are held from 8:00 – 9:00 a.m. at the College campus. Dates for the quarter are:

August 22  
September 5, 19  
October 3, 17

More information and reservations can be made by calling (480) 858-9100, ext. 236.

Your assistance in helping us promote the tours is one very important way to help us build a better future. Thanks again for making a difference yesterday, today, and tomorrow. ■

*Necia Bailey - Chief Development Officer*

## GIFT & LEGACY PLANNING

Planned gifts allow individuals to make a gift in the present, which SCNM will receive at a future date. These gifts will enable the College to advance in its position as a prominent naturopathic medical college in the region.

Planned gifts take many forms; including bequests, charitable remainder trusts, retirement plans, insurance policies and others. These gifts are often part of the donor's larger estate plan and offer charitable tax deductions as well. Just as with individual currency gifts, most estates are designated for specific purposes. ■

### Development & Alumni Relations Department

Necia Bailey  
(480) 858-9100, ext. 236  
Email: n.bailey@scnm.edu or alumni@scnm.edu



Memory Tree dedication ceremony for David Nuttall, the grandson of Dr. & Mrs. Samuel Blum. Pictured: Dr. Samuel Blum (in hat), Bette Blum (David's mother, center), and Mrs. Shirley Blum (far right).



# Training Physicians of the Future

## **MEDICAL CENTER – STRIVING TO BE THE BEST**

The Southwest Naturopathic Medical Center now trains over 100 student clinicians per year and provides medical services to over 1200 patients per month. Staffed by 22 naturopathic physicians and a PhD clinical psychologist, the medical center provides clinical training for naturopathic medical students.

### **DEVELOPING THE PHYSICIANS OF THE FUTURE**

The physicians of the future must possess an understanding of a wide variety of therapeutic modalities while taking into consideration the body, mind and spiritual aspects of the disease process.

Before entering the clinical training program, naturopathic medical students must first complete 2 years of basic medical sciences and pass both a clinic entry examination as well as their national basic science board exams. The last 2 years of their education students begin to treat patients under the supervision of an experienced naturopathic doctor.

We are presently exploring ways to increase the number of residency positions at the medical center. This year, first year residents are: Patricia Gaines from Bastyr University, Sandro D'Amaco, Eric Udell, Sarv Varta Khalsa, and Forrest Beck from Southwest College. Dr. Frank Tamburri, currently completing his first year of residency, has been selected as Chief Resident for 2002-2003.

### **CLINICAL FACULTY**

The Southwest Naturopathic Medical Center's clinical faculty is composed of physicians whose combined practice experience totals over 230 years. The clinical faculty provides a wide variety of medical expertise and experiences. In addition to working with students individually, to provide excellent patient care.

### **INTEGRATION OF MEDICINE**

Recognizing that it is in not only the patient's best interest, but those of society as a whole, naturopathic medicine has strove to integrate itself into the mainstream.

Southwest College's affiliations with local hospitals are increasing at a significant rate. These partnerships are incredible learning opportunities for our students pursuing clinical training and their N.D. degree, for clinical or research fellows conducting research and for house staff facilitating patient care.

### **FUTURE EXPECTATIONS**

Expansion of our training facility and development of additional training sites are eminent as our student and patient populations continue to grow. Future plans also include the development of a Department of Environmental Medicine, a Chinese medicine and acupuncture program, cardiovascular medicine and coronary artery disease prevention program and further development of the mind-body and biofeedback program.

Clinical research, especially out-comes research, continues to be a focus at the medical center. Southwest College recently obtained its first NIH grant in conjunction with Gaia Herbs for the standardization of the herb Echinacea.

### **SAGE FOUNDATION**

The Sage Foundation was launched in April of 2001 to provide medicines, medical equipment and funding for a variety of clinics throughout the greater Phoenix area. These clinics provide medical care for low-income patients who are unable to afford medical insurance but do not qualify for Medicare, welfare or Arizona Access funds. We provide physicians and student clinicians for Las Fuentes Medical Clinic in

Guadalupe, Arizona Pathways, a drug and alcohol rehabilitation center, Being Alive, an HIV support clinic, Springdale Residential Care Center and the Seventh Avenue Clinic.

### **PHILANTHROPY: FAITH AND VISION FOR THE FUTURE**

The new medical center, which opened its doors in December 2001, has benefited from the generosity and foresight of a number of donors. As we are a non-profit institution and do not receive any federal or state funding, donations are an investment in the future of natural medicine while allowing us to serve a wider population who would otherwise not be able to afford medical services.

We wish to thank: Mr. Neil Riorden and Aiden Inc., Col. Felix Mueller and Sanum Inc., Dr. Sam and Mrs. Shirley Blum, Mr. Kim Elia and Whole Health Now, Dr. Tori Hudson, Dr. Susan Delaney, Dr. Abram Ber, Dr. Ed Alstat and Eclectic Institute, Mr. Wallace and Mrs. Vivian Simons and Women's International Pharmacy, Gaia Herbs, Dr. Peter and Martha D'Adamo, Dolisos America Inc., Dr. Cheryl Deroin, The Martin Foundation, American Foundation, Microcurrent Research, Dr. Thomas Kruzel, Dr. Hope Wing and Dr. Torrey Smith, Ms. Kathleen Balholm, Dr. Jeffrey Klass, Dr. Pamela Pappas, SCNM Student Government Association, Wild Oats Markets, Springdale Village, Dr. Ellen Kamki, Nicea and Gil Tyree.

The continued support of these and other donors is greatly appreciated. ■

*Dr. Thomas Kruzel -  
Chief Medical Officer*