



## Taking on the Challenge: Our New Program Director

By Aaron DeLee,  
Div. of Rheumatology

**Calvin Brown, MD**, is the newest clinical faculty member in the Division of Rheumatology. He received his medical degree from Wayne State University, and completed residency in medicine at Northwestern Memorial Hospital and fellowship in Rheumatology at the University of Michigan Hospitals. Dr. Brown is a Fellow of the American College of Physicians and the American College of Rheumatology.

He was an integral part of establishing the Division of Rheumatology at Rush University in 1986, and contributed to research while building a clinical practice and fellowship program from scratch. There, he was an Associate Professor of Medicine, and he found the challenges to be extremely rewarding throughout the years. He settled into a routine that made his career a satisfying one.

"I fully expected I would continue my career [at Rush] until it was time to retire," Dr. Brown says. "Being in academic rheumatology in Chicago, I of course knew, and admired Dr. Walter Barr, and saw him grow his educational and clinical excellence at Northwestern. He became a nationally known and regarded leader in the field. When the opportunity arose to attempt to continue that excellence at Northwestern, I decided to take on the challenge; and I feel very honored to be given the opportunity to do so here."

Even before his years at Rush and now at Northwestern, Dr. Brown was no stranger to the medical industry. "I was raised in a family of doctors and teachers," he says. "My grandfather was the first otho-otolaryngologist (eye-ear-nose-throat) specialist in the state of Michigan, and was my original inspira-



*Dr. Calvin Brown*

tion for a career in medicine." Dr. Brown's grandfather pioneered many operations and techniques for removing foreign bodies from eyes, a common problem in the rough, early days of the automobile industry that was just beginning in Detroit. "I remember experiments in his laboratory, the kitchen of their home, with magnets and other devices to pull metal fragments out of eyes through the same pathway they entered, thereby lessening the damage. He convinced a new businessman named Henry Ford to switch from grinding metal parts to tossing them in drums with dried corncobs to prevent eye injuries; I like to think of this as perhaps one of the first attempts at occupational safety!"

Dr. Brown's parents also played an important part in his development. "My mother was a teacher, and education was always first priority in our family. I think that is why today I

# NUARS Newsflashes

Patricia Murphy, MSN, CNP, CNM is our new



Patricia Murphy

Rheumatology nurse, working with Dr. Ramsey-Goldman. She received her BSN from Northern Illinois University, MSN as a Women's Health Nurse Practitioner from Loyola University, and post masters certificate as a Certified Nurse-Midwife from University of Illinois at Chicago. She was one of the first to be certified

as a Lactation Consultant through the International Board of Certified Lactation Examiners. Ms. Murphy is also a certified Childbirth Educator. She has devoted her career to Women's Health and has accumulated much experience in this area by developing new programs, teaching classes, authoring a childbirth book and video series, management and varied clinical settings. She is very excited to bring these skills to the women who receive care here, at the Division of Rheumatology.

## Let's Welcome

### Newcomers to the Division:

- **Sarah Pickens**  
Research Technician with Shiva Shahrara
- **Lynn Dakoulas**  
Research Study Program Coordinator with Drs. Majka and Ramsey-Goldman
- **Sara Kramer**  
Research Technologist in Stehlik Lab
- **Mary Carns**  
Scleroderma Program Clinical Research Coordinator
- **Patricia Murphy**  
Nurse Practitioner with Dr. Goldman
- **Calvin Brown, MD**  
New Faculty, Fellowship Director
- **Harris Perlman, PhD**  
New Faculty
- **Arthur Mandelin, MD**  
New Faculty
- **Wenrui Jiang**  
Visiting Predoctoral Fellow with Dr. Pope
- **Evan Weber**  
Research Technician in Perlman Lab
- **Melissa Mavers**  
Graduate Student in Perlman Lab
- **Ming Yi Chiang**  
Research Technician in Datta Lab
- **Feng Fang, PhD**  
Research Asst. Professor in Varga Lab

On November 10, 2008, Northwestern University celebrated the investiture of **Rosalind Ramsey-Goldman, MD, DrPH**, and **Leena Sharma, MD**, as the **Solovy/Arthritis Research Society Research Professors**, and reappointed **Syamal K. Datta, MD**, as the Solovy/Arthritis Research Society Professor of Medicine. In recognizing these faculty members, the Feinberg School of Medicine bestowed upon them its highest honor, while recognizing the contributions of donor Jack Solovy and his efforts with the Arthritis Research Society.



Photo left to right: Drs. Ramsey-Goldman, Sharma, and Datta with investiture medals

Congratulations to **Drs. Richard Pope** (Mabel Greene Myers Professor of Medicine-Rheumatology), **Leena Sharma** (Solovy/Arthritis Research Society Research Professor of Medicine), and **John Varga** (John and Nancy Hughes Distinguished Professor of Rheumatology) on receiving their **new R01 grants!** Dr. Pope's grant is entitled, "Role of Stress-Response Protein gp96 in the Persistence of Rheumatoid Arthritis." Dr. Sharma's grant is titled as "Dynamic Instability in Persons with Knee Osteoarthritis." Dr. Varga's grant is entitled "Fibroblast TGF-beta/Signaling in Scleroderma: Modulation by PPAR-gamma." Good job to you all!

Congratulations to Drs. Monique Hinchcliff and Peggy Wu on the latest additions to their families! Dr. Wu gave birth to Natalie Kanter on March 8th, and Dr. Hinchcliff gave birth to Jacqueline Elsener on September 5th.

To the right:

Dr. Hinchcliff  
with  
Jacqueline  
Elsener



*Cover Story continued from page 1*

combine my interest in medicine with a devotion to education and teaching.” However, Dr. Brown’s father went into neither education nor medicine, but rather into the automobile industry (a natural option in Detroit), and required Dr. Brown and his brother to work in the auto plants during summers. “I hated it,” he tells. “One day a neighbor who knew I was interested in medicine offered an opportunity to work in her laboratory during the summer. She ran a research lab in rheumatology, and said I could work as a lab assistant.” Rather than continue working in a hot, dirty factory, Dr. Brown jumped at the opportunity and began to truly appreciate how interesting and rewarding medical science could be.

Another influence for Dr. Brown’s interest in medicine came around the same time of his work in that research lab. He explains, “My sister developed a swollen, painful elbow, and eventually had surgery because the doctors thought she might have had a tumor. It turned out to be synovitis, and she later went on to develop juvenile rheumatoid arthritis. So the combination of experiencing the disease through her, and working in the laboratory led me to want to pursue a career in rheumatology.” As he persisted in achieving his goal, Dr. Brown came to Northwestern for residency in internal medicine and had the opportunity to work under Drs. Frank Schmid and Susan Pearlman, who only helped solidify his ambitions to become an academic Rheumatologist.

*“When the opportunity arose to attempt to continue that excellence at Northwestern, I decided to take on the challenge; and I feel very honored to be given the opportunity to do so here.”*

The medical track that Dr. Calvin Brown set upon led him to another interesting turn. “I met my to-be wife, a Wesley-Passavant School of Nursing and Northwestern graduate, who was an experienced nurse in the emergency room while I was an intern at Northwestern. This was in the brand new Olson Critical Care Pavilion, just one floor below where my office is today.” The two were married in the Alice Millar Chapel on the Evanston campus the day after he finished residency, and they have been together ever since, for 28 years.


After finishing his fellowship at the University of Michigan, where he did work on the effects of non-steroidal anti-inflammatory drugs on articular carti-



*Dr. Calvin Brown and Chintana Dawson, LPN discussing health.*

lage biochemistry, he returned to Chicago, where he began as a new faculty member at Michael Reese Hospital. “Shortly into my first year there, a former faculty professor from Michigan, Dr. Tom Schnitzer, came to Chicago and recruited me to Rush,” Dr. Brown tells. After 22 years of service there, he has come to Northwestern’s Division of Rheumatology in a dynamic role as Professor of Medicine and Fellowship Training Program Director.

Dr. Calvin Brown’s medical interests include evaluation and treatment of complex Rheumatologic disorders, Vasculitis, and Rheumatoid Arthritis. He may be reached for consultation at our Rheumatology Clinic at 312-695-8628.



**Northwestern Medical Faculty Foundation**

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## Friends of NUARS: Esteemed Solovy Professors Offer Hope for Those Living with Rheumatoid Disorders

By Cheryl SooHoo



*Adrian Solovy with her brother-in-law Jerold Solovy and son Aldin Solovy (l to r) at the investiture of the three Solovy/Arthritis Research Society Professors on November 10.*

It takes but a single seed for ideas to grow and flourish. In the beginning it doesn't have to be the biggest or the strongest seed for potential to be some day realized, but it does need passion and a desire to achieve a goal to thrive and be fruitful for many years to come.

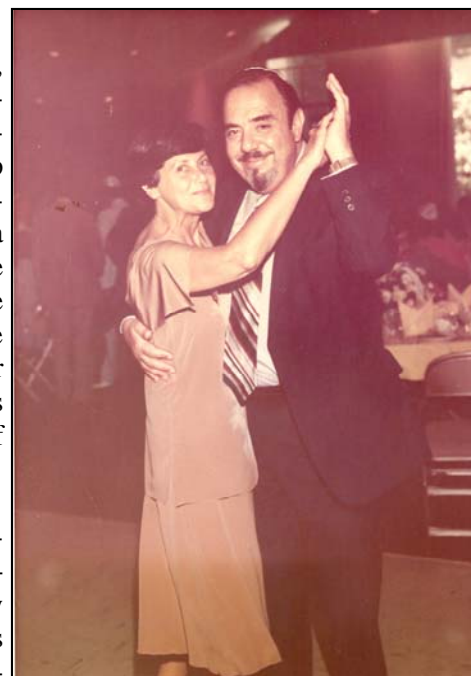
In 1988 Northwestern established the Solovy/Arthritis Research Society Research Professorship, driven by the tireless commitment of a man who wanted to help others like himself find relief from the debilitating pain of arthritis. On November 10 of this year, the Feinberg School honored the generosity of the late Jack Solovy and his family and other supporters, including Frank R. Schmid, MD, former director of the Arthritis Research Society, at an investiture ceremony. Thanks to the growth of the original endowed fund, one Solovy professorship has now turned

into an unprecedented three to support the research of outstanding faculty members in the field of rheumatoid disorders.

"Research has allowed us to develop therapies that take away the pain of these diseases and help people to live normal lives," said Richard M. Pope, MD, Mabel Greene Myers Professor of Medicine and chief of rheumatology. "This is what research can do, and it is why the Solovy endowed professorship was created. Driven by the vision of Jack Solovy and Frank Schmid, 388 donors came together to form the society [in the 1980s] and bring this professorship to fruition. It is a great legacy that keeps on giving and contributing to the training of the next generation of investigators and to advancing medicine to help our patients."

At the ceremony, rheumatology faculty members Rosalind Ramsey-Goldman, MD, DrPH, and Leena Sharma, MD, were invested as Solovy/Arthritis Research Society Research Professors. The investiture also recognized the reappointment of Syamal K. Datta, MD, who has held the Solovy professorship since 1993. Leading arthritis researchers, both Drs. Datta and Ramsey-Goldman specialize in the study of systemic lupus erythematosus (SLE)—a chronic autoimmune disease that often strikes young women. Exploring the molecular, cellular, and genetic bases of lupus, Dr. Datta's laboratory was the first to identify cells at the molecular level that "turn on/off" the autoimmune response that leads to SLE. Dr. Ramsey-Goldman is the primary investigator for the Patient-Oriented Clinical Research Program in SLE and studies lupus prevention and complications. Dr. Sharma has led seminal work in her area of interest: understanding the mechanical factors involved in knee osteoarthritis.

Although excruciating pain made walking long distances impossible, businessman Jack Solovy maintained his good humor despite having rheumatoid arthritis. "For most of his adult life he suffered with pain in every joint of his body except his ankles. He used to say, 'You don't realize how wonderful ankles are,'" shared his wife, Adrian Solovy of Wilmette, Illinois. "Yet he had a marvelous sense of life and never stopped going."



*Adrian and Jack Solovy, 1980.*

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*Solovy Arthritis Research Professors from page 4*

Jack became a lifelong and devoted patient of Northwestern’s Dr. Schmid. The rheumatologist saw Jack through some of his, quite literally, darkest hours. Said Adrian, “There were times when Jack was in such pain, we would call Dr. Schmid, and he would meet us at the old Wesley Hospital. The halls of that hospital were wide and dark, but it was comforting to see Dr. Schmid who would always find us a little room off the main floor to examine and help Jack.”

Jack’s relationship with Dr. Schmid and his conviction that more had to be done to advance arthritis treatment led him to organize an effort to raise funds for an endowed research professorship. So keen was he on this goal that Jack personally spoke to other patients, ran meetings of the Arthritis Research Society, and even designed its first brochure. While Jack tragically passed away in 1988 shortly before the Solovy professorship became a reality, he knew that his dream was going to come true and that brought him some peace and his family, some solace, according to his wife of 36 years.

Adrian along with Jack’s brother Jerold spoke at the investiture ceremony, happy to laud the three Solovy professors whose work will shape the future direction of rheumatology research and treatment. “I recall how hard Jack worked to endow one single chair and now think of how he would feel to see three wonderful people use their scientific ability to further all he was hoping to achieve,” she said. “I am too overwhelmed to say more, other than thank you for all you do and for the three of you—Godspeed!”

One of the highest honors a university can bestow upon a faculty member, endowed professorships empower recipients to seek answers to provocative research questions and to better understand diseases to improve patient care. They enable talented faculty members to initiate pioneering research, develop stronger teaching programs, acquire new technologies, and maintain other physical capital. Sparking interdisciplinary collaboration, endowed professorships not only recognize the here and now but also future possibilities.

“Endowments last for centuries,” said investiture speaker James L. Schroeder, MD, associate dean for academic affairs at the Feinberg School and president and CEO of the Northwestern Medical Faculty Foundation. “They are ongoing, living memorials. They are a tribute to the generosity of donors as well as a testimonial to their wisdom in investing in the future of the University.”



## 2009 Arthritis Walk

Lake County, Illinois  
On April 25, 2009

Find out more at: [www.arthritis.org](http://www.arthritis.org)



## Best Hospitals Rankings- Northwestern Memorial Hospital -Rheumatology:



**M** Northwestern Memorial  
Hospital

- 2002—35th
- 2003—26th
- 2004—21st
- 2005—18th
- 2006—19th
- 2007—15th
- 2008—13th



Information provided  
by US News



## Spring Swing Doubles Tennis Tournament

Saturday, March 21, 2009

More details found at:

[www.scleroderma.org](http://www.scleroderma.org)

## Multidisciplinary Clinical Research Center (MCRC) In Rheumatology Update

**Solovy/Arthritis Research Society Research Professor of Medicine, Dr. Rosalind Ramsey-Goldman's** MCRC project, SOLVABLE, focuses on heart and bone problems in women with and without lupus. Information is collected at three study visits over a five-year period. The first woman with lupus entered this study in late 2002 and the last woman, the 185th person to enroll, entered in early 2007. So far 156 women without lupus have also enrolled. The first follow-up visits are also underway, and 127 women have finished their second study visit. Fifteen women have already completed their third study visit.

Dr. Ramsey-Goldman recently began collaboration with investigators from the Medical University of South Carolina on a project to examine the role of nutrition and Vitamin D on bone strength and structure among women with lupus. This project will use data that has already been gathered through SOLVABLE.

Several team members presented data from the SOLVABLE project at the American College of Rheumatology (ACR) 2008 Scientific Meeting in November. Dr. Peggy Wu, a rheumatology research fellow, gave a poster presentation about the relationship between Vitamin D levels in the blood and health risk factors like high blood pressure, diabetes, and high cholesterol among lupus patients. Dr. Deepali Patel, a resident physician, gave a poster presentation about differences in blood vessel function between women with and without lupus. Finally, Dr. Ramsey-Goldman gave an oral presentation about the role of two bone markers (OPG and RANKL) and their possible role in explaining heart disease among lupus patients.



*SOLVABLE Research Coordinators, left to right: Lynn Dakoulas, Rodlescia Sneed, Sue Cunanan, and Andrea Baker*



*Dr. Dorothy Dunlop*

**Dr. Dorothy Dunlop's** MCRC study investigates the cost effectiveness to increase physical activity and reduce disability for persons with arthritis. This cost-effectiveness study is a companion study to a randomized clinical trial led by Dr. Rowland Chang. Taken together, these two studies will evaluate if an individually tailored physical activity program is effective to reduce pain, improve function, and reduce disability among persons with rheumatoid arthritis (RA) and osteoarthritis (OA).

This study builds on prior MCRC funded work by these investigators that showed physical activity can reduce the development disability for persons with arthritis. Since disability is a major driver of health care costs, it is anticipated that an effective physical activity program will reduce medical costs through reduced disability. Dr. Chang and his team are actively recruiting patients with knee OA and RA to participate in this important RCT evaluating an innovative physical activity program. Study recruitment moves to the final phase with over 300 people currently enrolled. If you're interested in

participating, please call (312)-238-7194 to speak to Paul about your eligibility.

Physical activity research from this group was presented at the ACR 2008 annual meeting. Dr. Dunlop gave an invited talk on physical activity in older adults with arthritis. Drs. Chang and Linda Erlich-Jones gave an invited talk on physical activity and motivational interviewing for patients with knee osteoarthritis. Their physical activity research group also presented two posters at the ACR meeting: "Moving to Maintain Function in Knee Osteoarthritis" and "The relationship between sitting and knee symptoms in Knee Osteoarthritis"

**Solovy/Arthritis Research Society Research Professor of Medicine, Dr. Leena Sharma's** Mechanical Factors of Arthritis of the Knee (MAK-3): Potential Beneficial Role of Hip Muscles in Knee Osteoarthritis (OA) Progression, is a longitudinal, natural history study focused on gaining a better understanding of the process of OA disease progression. The study builds upon the previous MAK cycles' mission to identify factors associated with worsening of knee OA. There-

*MCRC Update continued from page 6*

fore, this study is actively enrolling persons who have knee OA in one or both knees so that they can be followed over a period of time to see if and how the disease progresses and how it affects their daily lives.

The main goal of this cycle is to examine whether people with stronger hip muscles have a slower rate of OA progression, physical function decline, and disability development. In addition, Dr. Sharma has received additional funding from the National Institutes of Health (NIH) to expand this research to look at other factors, such as how knee instability and the forces that the knee sustains during walking may influence the rate of knee OA progression. These two NIH-supported studies, Dynamic Instability in Person with Knee Osteoarthritis and Relationship of Hip Muscles Group Weakness to Deterioration of the OA Knee by MRI, allow Dr. Sharma's team to include innovative gait analysis in the study evaluation. Gait analysis allows the measurement of many walking elements, such as walking speed, knee motion, forces loading the knee joint, etc. This assessment--on top of the use in these studies of advanced imaging techniques applying magnetic resonance imaging (MRI) and specialized x-ray protocols, and strength testing--will give a great depth and breadth of information about what is happening to the diseased knee over time on multiple fronts.

The group is actively recruiting participants to the study; to learn more, please contact the MAK-3 study staff at (312)-908-0560. To be eligible for the study, participants must have OA in one or both knees and have at least a little difficulty with daily activities due to this condition. Participants will have two evaluations two years apart.



*M. A. K. Group left to right:  
Back- D. Dunlop, J. Chmiel, K. Hayes, M. Marshall, A. Kurani  
Front- S. Cahue, A. Chang, L. Sharma, K. Moio, Y. Zhang*



## A Bone To Pick

**By Richard Pope, MD**  
Mabel Greene Myers  
Professor of Medicine-  
Rheumatology

Seasons Greetings from all of us here at NUARS! 2008 has proven to be a busy year for us, with many ups and downs. The NUARS team continues to grow with the addition of three new faculty members to the Division of Rheumatology. Dr. Calvin Brown, Professor of Medicine, joined the Rheumatology faculty here at Northwestern after building a long and successful career at Chicago's Rush University. You can read all about Dr. Brown's background and professional interests in the NUARS cover story.

I am also pleased to welcome Dr. Arthur Mandelin, MD, PhD, to the Rheumatology faculty. Dr. Mandelin recently completed our clinical fellowship training program where his tremendous talents with our patients were recognized by the NUARS team, and he was offered a faculty position upon completion of his training. Both Dr. Brown and Dr. Mandelin are busy seeing patients and we look forward to their continued success.

On the research side, we were recently joined by Dr. Harris Perlman, PhD who arrived at Northwestern on September 1, 2008. Some of you may remember Dr. Perlman - he was trained and appointed as a junior faculty member right here at Northwestern. After several, very successful years at Saint Louis University, Dr. Perlman accepted our invitation to return to Northwestern and continue his cutting-edge research. Dr. Perlman's arrival brings our total number of research laboratories to five and we are all excited to have him back on the NUARS team.

Unfortunately, I am closing my message with some sad news. As many of you may already know, Dr. Walter Barr became very ill over the past year and is no longer able to continue his work in the Division of Rheumatology. Dr. Barr has been an invaluable member of our team, a beloved physician, highly sought after by many patients, and a trusted mentor and colleague. Our hearts go out to Dr. Barr and his family and we all wish for his speedy recovery. Please keep Dr. Barr and his family in your prayers.

As we do every year at this time, we here at NUARS wish you and your family the very happiest of holiday seasons and a very productive and enjoyable new year.

With warm regards,

NU Arthritis Research Society  
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Chicago, IL 60611



Thank you for  
your  
Support!

Your support of the Arthritis Research Society has allowed Northwestern to establish and advance its standing in the field of rheumatologic and autoimmune disease research. Because of the tremendous progress the Division has made, the Feinberg School of Medicine as a whole continues to benefit, ascending national rankings, gaining accolades, and securing vital research grants as a result

While the Division of Rheumatology continues to rank among the nation's best, private donor support remains paramount to our continued success. For those lives affected by disease, both patients and their families, the importance of research to improve treatment options and advance progress toward cures cannot be overstated.

For further information about giving opportunities, please contact Kathryn Carrico at 312.503.0283 or [k-carrico@northwestern.edu](mailto:k-carrico@northwestern.edu)

# NUARS

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Northwestern University Arthritis Research Society

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