Travel Well

Year-round, UAB medical faculty and staff journey to the four corners of the world to heal, teach, research, and explore. This holiday season is no exception, as you set out for the Ukraine, Africa, India, China, Europe, South America, and points in between. With offices in The Kirklin Clinic®, UAB Travelers’ Health Clinic Director and geographic medicine expert David Freedman, MD, and partner Michael Kimerling, MD, advise domestic and international travelers on everything from pretrip immunizations to appropriate preventive behaviors to ward off travel-related diseases.

During a typical session, they assess inoculation and other requirements according to an individual’s medical history, itinerary, and destination. “Vaccines, malaria drugs, and self-treatment for travelers’ diarrhea are the pillars of what we do,” says Dr. Freedman. “Secondly, we educate on preventive strategies, as most common travel illnesses can be avoided by being careful about food and water, not getting bitten by insects or animals, for that matter, and being careful to stay out of accidents.”

Pioneering UAB Ophthalmologist Remembered

Founder of the Callahan Eye Foundation Hospital, UAB’s Department of Ophthalmology, and the International

SNAPSHOT

| DISCHARGE AND MARKET SHARE DATA FOR TOP 5 GASTROENTEROLOGY DRGs |
| Selected Hospitals in Birmingham MSA — April 2005 |
|-------------------|---|---|---|---|---|---|
| DRG               | UAB | St V | Brookwood | MCE | Montclair | Princeton |
| 174 -G.I. Hemorrhage w/CC | 21 | 15.3 | 6 | 4.4 | 8 | 5.8 | 13 | 15.3 | 13 | 9.5 | 17 | 12.4 |
| 182 -Esophagitis, gastroent & misc digest disorders age>17 w/CC | 25 | 12.1 | 20 | 9.7 | 38 | 18.4 | 14 | 9.2 | 14 | 6.8 | 15 | 7.2 |
| 183 -Esophagitis, gastroent & misc digest disorders age>17 w/o | 13 | 11.9 | 19 | 17.4 | 19 | 17.4 | 4 | 16.5 | 4 | 3.7 | 7 | 6.4 |
| 188 -Other digestive system diagnoses age>17 w/CC | 7 | 10.1 | 9 | 13.0 | 7 | 10.1 | 5 | 5.8 | 5 | 7.2 | 8 | 11.6 |
| 204 -Disorders of pancreas except malignancy | 7 | 11.9 | 9 | 8.5 | 8 | 13.6 | 0 | 13.6 | 0 | 4 | 6.8 |

# Represents discharge volume
% Represents highest market share for Birmingham MSA (Blount, Jefferson, Shelby, and St. Clair counties)
Source: State Health Planning and Development Agency (SHPDA). SHPDA conducts a discharge survey every April.
Prepared by UABHS Department of Strategic Planning
Depending on the destination and duration, Dr. Freedman might recommend vaccinations against hepatitis A and B, tetanus/diphtheria, typhoid, polio, yellow fever, measles, bacterial meningitis, and rabies. The most common vaccines can be administered at a single session.

He emphasizes that travelers to certain parts of Southeast Asia and other areas where the H5N1 influenza strain has been detected be inoculated against seasonal influenza. (See CDC Travelers’ Health Web site, www.cdc.gov/travel/seasia.htm, for updates.) “If you’re unlucky enough to come down with flu symptoms in an area where there’s an outbreak of human avian flu, you could be quarantined with infected individuals and contract the H5 strain,” he says. “So you don’t want to appear remotely symptomatic.”

Dr. Freedman for many years has packed the prescription antiviral oseltamivir (Tamiflu) to ease seasonal flu symptoms and as a prophylactic against the H5N1 strain, although it may not ward off a mutated human-to-human avian strain. The risk at present is in the droppings and respiratory excretions of domesticated poultry and some migratory birds, so he says to avoid live fowl, including those in farms and open markets. Eat no eggs and only well-cooked chicken. For any fever or influenza-like symptoms during or after travel to H5N1 areas, seek early medical consultation.

The user-friendly UAB Travelers Health Web site (https://start.tripprep.com/uabtraveldoc) provides destination country profiles with links to endemic illnesses, including malaria, Hepatitis A & B, rabies and influenza, among other afflictions, and covers immunizations, emergency planning, and food and beverage precautions. Headed to Cambodia? Dengue fever-carrying Aedes aegypti mosquitoes are daytime feeders with peaks of biting activity during the day, so use repellents and take other preventive measures at all times, being especially vigilant in the early morning and late afternoon. Peru? Prepare for abrupt altitude change when flying from Lima to Cuzco, the village at 11,500 feet near the ruins at Machu Pichu. Medical mission to Panama? Be vigilant about boiling water and avoiding raw vegetables and fruit to fend off Chagas disease and giardia. Falkland Islands? Reportedly well mapped and fenced off, there still are an estimated 14,000 land mines remaining from the war with Argentina in 1982. Stay on the beaten path....

THE TRAVELERS’ CLINIC

UAB Travelers’ Health Clinic is on call 24-7 to advise existing patients while traveling abroad, and upon their return regarding post-travel-associated disease. Contact the clinic at 205.934.1630 during the day. For urgent problems after hours, dial 205.934.3411 and page the Travelers’ Clinic physician on call.

Miller Joins Cardiology

UAB Professor and Director of the Division of Cardiovascular Disease Robert C. Bourge, MD, announces the appointment of Andrew P. Miller, MD, as assistant professor.

A cum laude graduate of Miami University in Oxford, Ohio, Dr. Miller completed his MD degree with high honors at Indiana University School of Medicine, Indianapolis. Following his residency in internal medicine at the School of Medicine at UAB, Dr. Miller also completed a cardiology fellowship at UAB, where he served as chief fellow in cardiovascular disease.

Dr. Miller has been active in clinical and basic science research, authoring or co-authoring more than 30 manuscripts in such journals as the Annals of Internal Medicine, Circulation, Hypertension, and Echocardiography. His current research in the Vascular Biology and Hypertension Program focuses on explaining sexual dimorphism in development of atherosclerotic vascular disease, with an emphasis on the effects of aging. For his work in this area, Dr. Miller received a Vascular Biology Working Group Award and a Merck New Investigator Award.

In addition, Dr. Miller is active in the echocardiography laboratory and in the clinic, where he focuses on preventive cardiology. He is accepting patients at The Kirklin Clinic® and can be contacted at 934-5071 or by e-mail at apmiller@uab.edu.
Retinal Research Foundation, Alston Callahan, MD, died on October 28 at age 94. After completing medical school and postgraduate training at Tulane, he joined the Army Medical Corps, serving as chief of the 300-bed Eye Section of the U.S. Northington General Hospital in Tuscaloosa during World War II, where he worked to restore eyesight to hundreds of soldiers.

Recruited by Roy Kracke, MD, dean of the new 4-year medical school in Birmingham, to establish an ophthalmology program, Dr. Callahan moved to Birmingham in 1946 with the idea of creating an eye hospital and began the difficult job of fund-raising. He established the Eye Foundation in 1950, and construction of the first unit of the Eye Foundation Hospital began in 1962. With 44 beds, 2 operating rooms, and a charity eye clinic sponsored by Alabama Sight Conservation Association, the hospital opened to patients in January 1964. More than 867 operations were performed during the hospital’s first year of operation. It has undergone five subsequent expansions — the last in 2005 with a seventh-floor addition to the professional office building and parking tower.

In 1997, UAB and the University of Alabama Health Services Foundation purchased the hospital; in October 1999, it was renamed the Callahan Eye Foundation Hospital in Dr. Callahan’s honor. More than 300 residents and fellows have received their ophthalmic training at this institution, and thousands of people from Alabama and throughout the world have been treated at the facility.

In 1997, Dr. Callahan founded the International Retinal Research Foundation, dedicated to furthering research on the human eye, with emphasis on macular degeneration and diabetic retinopathy. This foundation has awarded grants of more than $3.5 million to researchers in these investigative fields.

In 1996, Dr. Callahan was inducted into the Alabama Academy of Honor and, in 1998, to the Alabama Healthcare Hall of Fame. In 1999, the Birmingham Museum of Art Trustees named the Indian and Southeast Asian Art Gallery for Eivor and Alston Callahan. In 2000, the Birmingham mayor and City Council elected Dr. Callahan to the “Gallery of Distinguished Citizens” of Birmingham. In 2004 the Board of Directors of the Eye Foundation, Inc, established the Alston Callahan Employee Education and Development Fund.

The family suggests donations to the International Retinal Research Foundation or the Callahan Eye Foundation Employee Education and Development Fund, 1720 University Blvd, Birmingham, AL 35233.
the Southeast, produced by the Office of Medical Publications, won the Silver Award. UAB Synopsis (www.health.uab.edu/synopsis), the online version of the Health System’s weekly newsletter for the Medical and Dental Staff, also produced by the Office of Medical Publications, received the Bronze Award. And UAB’s Office of Marketing Communications received a silver award in the Health Promotion/Disease & Injury Prevention Information Division for content on the UABHS Web site, www.health.uab.edu. Other winners of note in these categories include Mayo Clinic Health Management Resources, Johns Hopkins School of Public Health, the March of Dimes, and the U.S. Food and Drug Administration.

A panel of international health information and Internet experts judge entries based on accuracy, success in reaching targeted audiences, and overall quality. The UABHS Office of Medical Publications has been honored for excellence in achieving this goal since 1998.

Content for the 2005 UAB Insight and UAB Synopsis Web pages was developed by the Office of Medical Publications staff, with Director Julius E. Linn, MD, Senior Medical Editors Irene Dortch and Lisa Mahaffey, Medical Editor Emily Delzell, Technical Writer Mary Collins, and Administrative Support Specialist Gloria Fanning. Collins maintains all Medical Publications Web sites.

Appointments

David J. Askenazi, MD, 934-3091, ACC 516, Division of Pediatric Nephrology, Effective July

Jill K. Billions, MD, 975-7931, CPM C428, Addiction Medicine, Effective July

William B. Boyd, MD, 640-1171, UAB Moody Clinic, 2050 Village Drive, Moody, AL 35094, Effective July

Teresa J. Coco, MD, 939-9587, MTC 205, Pediatric Emergency Medicine, Effective July

R. Drew Davis, MD, 939-9790, ACC 406, Pediatric Rehab, Effective July

Allison K. Dodd, MD, 939-9585, CHT 733, Pediatrics, Effective July

Teresa G. Magruder, MD, 939-9589, ACC 604, Pediatrics, Effective July

Prasad A. Murthy, MD, 934-7130, JT N348, Radiology, Effective July

Wilfredo Navarro, MD, 934-7130, JT N348, Radiology, Effective July

Donald E. Yarbrough, MD, 996-2903, KB 419, Gastrointestinal Surgery, Effective July

CHANGE OF ADDRESS

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Corrections will also need to be made online to the UAB Electronic Phonebook at www.uab.edu/phonebook.