Dr. Tsveti Markova, MD, FAAFP
was named chair of the Department of Family Medicine and Public Health Sciences (DFMPHS). Dr. Markova serves as the department’s 6th chair since it was first organized in 1970.

In an email distributed to the School of Medicine community, Dean Valerie Parisi, MD, MPH, MBA writes "She has proven to be a strong leader, and due to her outstanding performance and leadership the faculty recommended to me that Dr. Markova be appointed chair. The school’s executive committee of the faculty senate and the university administration supported this decision."

Dr. Markova joined the School of Medicine faculty in 1997. In March 2011, she was appointed associate dean for Graduate Medical Education/Designated Institutional Official for Wayne State University sole-sponsored residency program. She will continue to oversee that office.

She received her medical degree from the Medical University of Varna in Bulgaria in 1992. She completed a family medicine residency at North Oakland Medical Center in Pontiac, Michigan and two fellowships. In 2013, she was a scholar in the Program for Leading Innovations in Healthcare and Education at the Harvard Macy Institute.

Dr. Markova is actively engaged at the national, state and regional levels through the Association of American Medical Colleges Group on Resident Affairs, the Alliance of Independent Academic Medical Centers, Michigan Academy of Family Physicians and Southeast Michigan Center for Medical Education, among others.

She has written more than 50 peer reviewed publications on medical education innovation, learning environment and teamwork, quality improvement, and health care disparities.

Congratulations, Dr. Markova!!

Dr. Margit Chadwell, MD, FAAFP Receives WSU SOM Faculty Award

DFMPHS would like to recognize and congratulate Dr. Margit Chadwell for receiving the 2014 College Teaching Award.

Dr. Chadwell was recognized for her many roles within our department, most notably, as the Family Medicine Clerkship director overseeing 300 medical students in their third year of training, the Continuity Clinic Clerkship where she oversees 150 students in rotation each six-month primary care block and serving as medical director and faculty advisor at the Robert R. Frank Student-Run Free Clinic.

Well done Dr. Chadwell!!
Dr. Bengt Arnetz Leads Study on The Use of Smart Phones to Ease Stress in the Workplace

Dr. Bengt Arnetz, MD, PhD, MPH, professor of family medicine and public health sciences led a team of researchers on a recent study regarding the use of smart phones to ease stress in the workplace. Unlike previous studies, this study examined how chronic and momentary—or acute—stress influences health while people go about their daily lives.

The study, "The Relationship of Chronic and Momentary Work Stress to Cardiac Reactivity in Female Managers: Feasibility of a Smart Phone-Assisted Assessment System," was recently published in the Journal of Psychosomatic Medicine.

Using wireless sensor technology, the researchers looked at how both chronic work stress and momentary stress during the day influenced cardiovascular reaction from acute stress experiences.

The study team believes these findings can be useful in clinical practices, where technology can be easily modified to educate people about their physiology in daily life, and alert them to take corrective actions when they have unhealthy or abnormal psychophysiological reactions, such as an increased heart rate.

The study was funded by the Office of the Vice President for Research at WSU and the Swedish Research Council for Health, Working Life and Welfare.

Other research collaborators from WSU include: Mark Lumley, PhD; Weisong Shi, PhD; Richard Slatcher, PhD; and colleagues from several universities in Sweden.

Bridges to Equity Program in the DFMPHS continues to help educate DPS students on health and wellness

For the second year in a row WSU students participated as an official partner of Meet Up & Eat Up with the Lions and Ford at Eastern Market which promotes health, nutrition and exercise to DPS students. The federally-funded Bridges to Equity program supports interdisciplinary activities like Meet Up & Eat Up by placing medical and public health students in settings where they can engage collaboratively in community-based projects. WSU students provide health education through unique community projects like this one.

“Our students are very excited to share the things they are learning in graduate and medical school with the young people,” said WSU SOM MPH Practicum Director, Dr. Dana Rice. “They are learning how to communicate health messages to a younger audience while also giving back to the next generation of Detroiters. I honestly think they gain as much from their participation as the kids do.”

These programs not only benefit the DPS students by learning healthy habits but they are an opportunity for the students to see young college scholars in the health care field which may inspire them to pursue a similar career.

For more information, contact Dana Rice, Dr.PH at drice@med.wayne.edu
Cathryn Bock, PhD joined Dr. Jinping Xu’s Treatment Options for Prostate Cancer Study (TOPCs) team as its new Metropolitan Detroit Cancer Surveillance System (MDCSS) faculty liaison. Dr. Bock joined the team on October 1, 2014. In her new role, Dr. Bock facilitates the enrollment of men newly diagnosed with low-risk prostate cancer into the study, who are identified through the registry. The vast majority of prostate cancer diagnoses fall into the low-risk category, and many of the men are eligible for an active surveillance protocol to delay or avoid treatment with surgery or radiation therapy. The goal of this study is to better describe determinants of active surveillance as a treatment choice and physician treatment recommendations among men with low-risk prostate cancer, with an additional focus on the effect of treatment choice on quality of life after 24 months of follow-up.

The study will also evaluate whether race (African American/black or European American/white) plays a role in treatment choice, recommendations, and outcomes.

Dr. Bock is an epidemiologist and Associate Professor in the Department of Oncology, and is a scientific member of the Karmanos Cancer Institute Population Studies and Disparities Research program. She brings over ten years of experience in prostate cancer research to the team, and is very excited to be part of this important research.

Many of you may already know Dr. Bock as she has been a member of the MPH faculty since the program began, teaching Applied Epidemiology for several years. We are pleased to welcome Dr. Bock to the Family in this additional role!

The Woodward Gardens DFMPHS Group Enjoys a Halloween-Themed Pot Luck

The Woodward Gardens faculty and staff enjoyed a ‘Doomsday Celebration’ with monster mush (chili), mini mummies (crescent roll wrapped mini hot dogs), bat wings (chicken wings), Dracula’s eyeballs (raspberries), ghost knee-caps (cupcakes) and much, much more during its Halloween-themed pot luck luncheon on Friday, October 31.

Visiting the office that day were a hippie, skeleton, lady bug, wizard, witches, a flapper the solar system, a Native American chief, Bat Man, and a masquerader, just to name a few. Do you recognize any colleagues you work with?