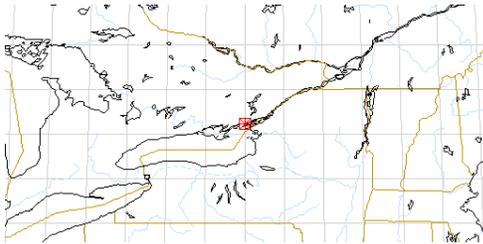

Pathology News

Vol. 9#03

March 2002



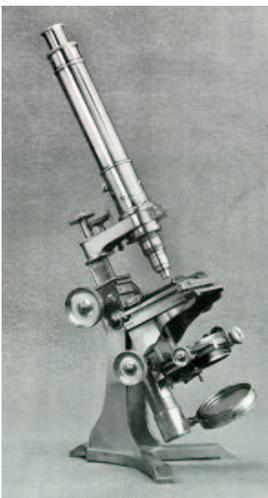
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We publish only that which is
submitted!
(There are no expense accounts
and no reporters)
If there is no news about your area
that means we haven't received
any!

From the Head

Reminder: Queen's Pathology
Reunion, September 21-22, 2002
Full details will follow in the April
Newsletter.

Annual Reports for Clinical Faculty

The Annual Faculty Report form is due in the Faculty Office by March 28, 2002 for the period 1 January 2001 to 31 December 2001 along with an updated curriculum vitae. Please submit to me both the report, with **all** sections completed, and curriculum vitae **in duplicate on paper** so that we can retain one copy for our records. In addition, please put an **electronic copy** in Word format on the Pathology network under: `g/sec/annrep/2001/lastname`. If you do not have access to the network please submit a disk with your Annual Report at the time you submit your Report.

I must prepare an appraisal form for each faculty member and include it with the Annual Faculty Report. In order to comply with this request, our internal deadline for completion has to be moved up. I will set up an appointment to meet each of you for approximately 1/2 hour between **March 18 and March 22**. Please note that your completed Annual Faculty Report, teaching evaluations, and current curriculum vitae should be available to me for review **at least one day** prior to our scheduled appointment.

The annual report form is posted on the Faculty of Health Sciences website:
<http://meds.queensu.ca/reports/arbs.htm> or can be accessed as a Word document through our departmental network under
`g:/sec/annrep/2001clinical areport form.doc`.

If you have any questions or concerns, I would be pleased to discuss them with you.

P.N. Manley, MD

The M. Daria Haust Trust Fund Application: Opportunities for Special Travel

Applications are once again invited for the above mentioned fund. The Terms of Reference are to provide educational leaves for faculty members with primary appointments for continuing education and research. The Committee of Iain Young, Dave Lillicrap and Susan Cole will focus on those leaves which will enable faculty to significantly increase their expertise in a particular area or to learn a special technique. These funds will be seen as supplementary to existing travel and research funds and can only be expended by the individual faculty member.

The application should consist of a one page letter defining the purpose of the trip and the value to the individual faculty member and to the department and a separate detailed estimate of the expenses. Applications may be made now for the academic year 2002-2003 and should be submitted to my office by **April 15th**.

The maximum single grant this year will be \$5,000.

P.N. Manley, MD

For Your Info

Congratulations to Dr. Peter Greer on receiving tenure effective July 1, 2002.

Please join me in extending a warm welcome to **Julia Sloan**, who began working for us on February 25. Julia comes to the fold of the Douglas 2 Secretarial Office, bringing with her many years of experience as a Medical Secretary for Dr. Rudan and Dr. Simurda. I am confident that her skills and warm personality will contribute greatly to our Department.

Dave More

Summer Students

Two first year medical students have been hired to work in autopsy and surgical pathology for the summer. Kevin Varley and Iris Teo will be starting May 28th and June 3rd respectively..

Milestones

Mary Waugh, Core Lab Services - 35 Years
Sharon Reid, Cytology - 35 years

Construction on Campus

Goodes Hall (School of Business on Alfred & Union) is slated to open Sept 12.

Chernoff Hall (Chemistry Department on Queens Crescent) is slated to open Nov 1st.

The Integrated Learning Centre building (corner of Division and Union) is slated to start in July

The two new student residences (Stuart St) will start in May

The **Cancer Research Institute** (southeast of Botterell Hall) construction work has already begun.

D r. Dexter's Corner

BUILDING BETTER BONES - PATHOLOGISTS GET SHAKEN⁽¹⁾ UP

Frank H. Netter was born in 1906. His skill as a Medical Illustrator and the longevity of productivity contributed immensely to many generations of Medical Students. The struggle to understand the anatomy, physiology, and pathology of both normalcy and disease is both rife and integral to the embryonic physician and, indeed, to some of us post-delivery.

Netter's Illustrations were and are the essence of concise clarity of concept. The CIBA Clinical symposia were carefully read and cherished as both reference and teaching tool. His passing some years ago was widely noted.

One of his publishers thought that a useful Introduction to his Atlas of Human Anatomy might benefit from the pen of a peer. Frank found it difficult to choose a suitable expert, as he had worked with so many. Putting their collective minds together, the editors did come up with an alternate list. Versalius, Leonardo da Vinci, William Hunter, and Henry Gray were front runners, but as Frank wryly noted, they "are unfortunately unavailable".

The comments about Netter derived from a recent commentary in the Lancet⁽²⁾ concerning osteoporosis. Netter's section on osteoporosis visually reminded one of how highly metabolically active bone was. Teams of men laden with buckets of calcium laboured interminably, both carting to and removing material from the bony trabeculae. In balance, all was well. Too many men on the wrong team (The Osteoclasts) or too few on the opposing team (The Osteoblasts) led to a net loss. This applied to imbalances of nearly full teams to those playing two on one. The concept was clear and the complexity clarified.

Osteoporosis is rampant - it will afflict us all. Like too frequently washed cotton clothing, we will all shrink in time. The trouble is, we will fit the shrunken garments. It is a high-cost disease to health care. The brittle bones of the elderly give constant work to the Orthopaedic Surgeons to put Humpty-Dumpty back together again. Winter is harvest time, at least in Canada. New technologies to assess degrees of bone loss are now widely used and combined with counselling on diet and exercise and therapy. Exercise and calcium supplements are some of the recommended approaches and some solar rays for dermal generation of 9, 10-seco-5, 7, 10 (19)-cholesta-5,7,10-trien-3 β -ol (Vitamin D₃) helps sustain bone health.

Rockwell (a suitable name?) drew attention to some unexpected effects of exercise on bone density. A prospective study in the Journal of Clinical Endocrinological Metabolism (1990:71:988-93) showed heavy or excessive exercise in the form of weight training actually decreased vertebral bone



density in pre-menopausal women. It seems there is a fine balance between benefits and adverse effects of load-bearing.

Rat ulnas exposed to static load for 10 minutes a day showed decreased bone apposition and slowed growth. Similar, but dynamic strain (2 Hz, about 3500 microstrain) increased bone apposition. Variations between people, individual bone response, and cortical versus trabecular structure adds to the complexity.

What is the answer? Clearly pathologists and, particularly, those who are desk or rather chair-bound are at risk. In fact, recent research is pointing to the benefits of what might be termed "good vibrations." Rubin and colleagues report that having adult ewes stand on a platform with high-frequency vibrations for 20 minutes a day for 5 days a week for 1 year increased femoral trabecular density over 32 percent. This increase in bone formation, mineralization, and closer proximity of trabeculae resulted in stronger bones. It was also noted that the load applied to the bone from the vibration (some 5 microstrain) was much less than the average bone load from, for example, roaming of the pasture.

It would be a relatively straight forward project to implement a preventive maintenance strategy for the pathologist and indeed all those forced to earn their dally bread from a sedentary position. Simple provision of a vibrating chair would do it. Minor modifications of the microscope table to allow synchronization would complete the task. There might even be a secondary benefit to the libido, though some variability in effect may be due to variations in its anatomic location - sacral or cranial. I have no data on the risks or benefits of the effects of extended or 24 hour vibratory stimulation though I do note seedier motels may offer beds which, for a small sum, may vibrate. Clearly this offers boundless research opportunities for the future.

Acquisition of at least the chairs would really shake up the Pathology Department and actively maintain health amongst the older members.

David F. Dexter, MD

DFD:mc

- (1) *Low mechanical signals strengthen long bones.* Rubin C et al. Nature 2001; 412:603-604.
- (2) Lancet 2002; 358:1924-1925. Commentary.

FROM THE DEPARTMENT OF POST-TERMINAL CARE (DPTC)

Recent Statistics (KGH)

	Period Apr 2000 – Mar 2001	Period Apr 2001 – Dec 2001
Autopsies: In-patients	164	106
Autopsies: TOTAL	291	222
Deaths: In-patients	846	608
Autopsies % In-patients	19%	17%
Deaths including deaths in Emerg, DOA, Stillbirths and bodies referred in	1,111	842
Autopsies % of total deaths	26%	26%

26% is not a high figure. Despite the feeling that our use of ultrasound, CAT scans, MRI's and the cornucopia of available tests that we know what is happening internally, we do not. Perhaps if we did we would do better with patient care.

We need to study all aspects of disease both in life and at death to understand the progression, the complications and to identify the unexpected that was not recognized in vivo. Clinico-pathological feedback may lead to therapeutic change but the lack of postmortem examination removes a valuable opportunity of quality care assurance.

In the "Only in America" category of news and still on the topic of Autopsies, I came across two referral services. The first was the National Autopsy Service, 24 hours (1(800) 343-2135) 7 days a week. Stuck in my copy of Archives of Laboratory Medicine, it came with eye-catching headlines. "Tired of doing autopsies? Too busy? Dread going to court?" "Autopsies for any reason, including second opinion, In-Custody Deaths, positive I.D., Observation, Still-birth, family medical history and exhumation cases. Services *in* Alzheimer's *, Asbestosis/Black Lung Disease and postmortem biopsies for DNA/HIV status. Pathologists available for consultation and testimony if needed. Nationwide since 1973. (Mastercard/Visa and Discover cards accepted). One would assume the use of the Discover Card particularly appropriate! (Ed.)

The second company is an example of a thanatology specialty service company also known as 1-800-Autopsy. Established in 1988, it is mobile autopsy service with "...a distinguished reputation of excellence within the funeral industry, hospital and research institutions, procurement tissue and organ donations, private families and the legal Community. It is run by Vidal Herrera (also known as Mr. Autopsy, El Muerto, and the Cadaver King) whose creed of life is "I want my name to be synonymous with death".

* sic. one assumes each repetitive service would be refreshingly new?

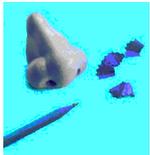
Quoted by no less an authority than the Sunday Times he let slip a number of little known truths: "Death is a universal phenomenon. There are no barriers. Everybody is going to die, rich or poor".



Equipped with a white van emblazoned on the sides with "1-800-Autopsy" he provides rapid service to all, including the rich and famous. "I do all of Johnny Cochrane's cases". Franchise opportunities are available. Yes, he is busy having assisted in over 25,000 autopsies. "Its always death, death, death. But that's life", he says.

Only in the US of A, I suppose. Mr. Herrera has an interesting side-line of autopsy-themed pens (femurs or aortas), finger hooks (simulated), nose pencil sharpeners, T-shirts and hats.

www.1800autopsy.com



"Mortuis paresdium et vocem dare necessee est."

The deceased must be protected and given a voice.



Grants'N'Such
The Grant supplement will no longer be included in paper form. It will only be available from the website listed below:
<http://www.path.queensu.ca/pathnews/grants.pdf>

If you spot a grant of interest, please print out ONLY THAT PAGE and not the entire document! Sometimes this file runs into 25 pages!

Recent Publications

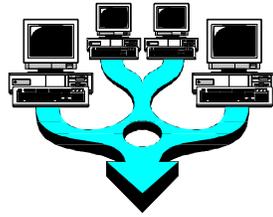
Remember that a complete (or as complete as Kevin can make it) list of publications from 1995-2000 is available online at
<http://www.path.queensu.ca/queens/pubs.htm.htm>

Richardson Research Seminars
Department of Pathology
Seminar Schedule 2001 - 2002
Tuesdays @ 4:00 p.m.
Richardson Amphitheater, Richardson Laboratory

March 12	Dr. Trang Hoang
March 19	Patrick Smith / Donna Situ
March 26	Dr. Waheed Sangrar
April 2	Peter Truesdell
April 9	Jimson Wong / Catherine Lin
April 16	Kevin Weigl
April 23	Dr. Mes-Masson

N

etwork News



The main file server, Richlab1, had hardware upgrades performed on Sunday Feb 17th. This basically was installing larger capacity hard drives and copying the data across from the old to the new.

Self-serve software updates:

An update for **ACDC** has been released, promising faster response, less memory use and fixes for a lot of bugs.

You can update it yourself if you feel lucky :) Otherwise I will be around to do the upgrade sometime in March.

Run the patch at

s:\32bitwindows\graphics\acdsee401updater.exe

It will take a few minutes and may require a reboot when done, so make sure you have closed down any programs/data you may have running.

Email Traffic: (number of pieces in and out)

February 1995: 1235
 February 1996: 4264
 February 1997: 4216
 February 1998: 4912
 February 1999: 11138
 February 2000: 22007
 February 2001: 23371
 February 2002: 28501

The above lists the number of pieces of email in and out, and in general, they are getting bigger as more and more people send more and larger attachments.

The following **ITS workshops** still have space available for Queen's faculty, staff and students.

Mar 6, Introduction to Web Publishing, 1:30-4pm

Mar 7, Working as a Designate in Corporate Time, 9:30-10:30am

Mar 7, Putting Your Web Pages on the Internet, 1:30-3pm

Mar 11, Web Publishing Colour, Images & Backgrounds, 1:30-4pm

Mar 12, Corporate Time Quick Start, 9:30-10:30am

Mar 14, Web Publishing Tables & Design, 1:30-4pm

Mar 18 & 25, Introduction to Access 2000, fee=\$85, 1-4pm

Mar 21, MS Excel 2000 Sorting & Filtering Data, 1:30-3pm

Mar 26, Web Publishing Forms, 1:30-3:30pm

Mar 27, Web Publishing Cascading Style Sheets, 1:30-3:30pm

Apr 9, Corporate Time, 9:30am-noon

Visit

<http://noteswww.queensu.ca/ITS/itscourses4.nsf> to register (registration is required for all workshops) and also view the workshop descriptions.

NOTE: there is a minimum enrollment of 6 people for the workshop to run, and maximum enrollment numbers are specified for each course. A waiting list is automatically generated when workshops are full.

Schedule conflicts? Why not try the new e-learning license available through ITS for self-paced, web-based technology training. Visit <http://www.its.queensu.ca/educ/elementk> for details, and to sign up.

LISImage

New features: **Corel Presentations and MS powerpoint files** can now be added to the database.



There is a link on the main page that lists all of the presentations online. The purpose of this is to save the added content a person may generate for a conference (labelled, commented images). We're not sure how much this feature will be used, but we'll try it out and see how it goes.

ADSM/TSM Backup service

A reminder for those with the Queen's ADSM backup service running on their workstations. The current backup limit is 5 gb and they *will* start charging a monthly fee for any storage you use over that amount. It would be a good idea to review your backup usage at some point to ensure that you are below this limit. They are supposed to send an email notification to you if you go over the limit but don't count on it :)

Date	#cases	#photos	Total Gb
2002 Mar 07	2064	8607	17%
2002 Feb 04	1984	8197	9.1
2002 Jan 02	1886	7706	7.4
2001 Dec 03	1853	7511	7.0
2001 Nov 08	1743	6765	6.0
2001 Oct 04	1632	6342	5.1
2001 Sept 12	1529	5988	4.5

You can read more about the LISImage system at <http://www.path.queensu.ca/queens/lisimage.htm>

The **KGH Website** is now accessible to us for the first time since last June. Technical difficulties have been bypassed and you can now type in <http://kgk.kari.net/> and get the hospital.

They have actually updated their content and design since the last time we looked (June 2001).

