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Kovatchev and the Artificial Pancreas Project

The work of **Dr. Boris Kovatchev** was recently featured by **Dr. Gene Barrett** in an interview on ABC News.com as the most interesting thing happening at UVA in the area of diabetes research. So, what exactly has he been up to? In 2006, the **Juvenile Diabetes Research Foundation (JDRF)** established the **Artificial Pancreas Consortium** and funded six centers to conduct critical research that would revolutionize the treatment of Type 1 diabetes (T1DM) through the development of closed-loop control systems for automated control of blood glucose levels. These centers include Cambridge Univ. (England), Univ. of Colorado, Sansum Diabetes Research Institute, Stanford, UVA, and Yale. For over 10 years prior to the initiation of the project, Dr.

Kovatchev had already been gathering a tremendous amount of data on the patterns of blood sugar that occur in individuals with type 1 diabetes in response to activity, to eating, and to insulin injections. In collaboration with Dr. Claudio Cobelli (University of Padova, Italy), he has used this data to create a computer simulator of the human metabolic system. This simulation environment is equipped with 300 synthetic "subjects" that span the variability of glucose metabolism in children and adults with diabetes. The availability of such a simulator allows for in silico experiments with various modes of treatment prior to clinical testing.

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Dr. Penberthy Discusses the Addiction of... Texting?

As text messaging grows in popularity among today's youth, experts, including **Dr. Kim Penberthy**, warn that the practice has the potential to become an addiction.

Dr. Penberthy recently told ABC 13 reporters, "*What you are finding in Europe and Japan is younger adults and teenagers who are excessively text messaging.*" She explained that texting becomes unhealthy when, "*it starts to interfere with your functioning. Any time you see it's crossed the threshold that you cannot resist the urge, or when you are doing it when you should be doing other things.*"

She suggests the addiction process might be similar to that of cocaine or alcohol, of course without the chemical actually going into your body. Or, it might also be more of an impulse control disorder where people have lost the ability to restrain their behavior. Either way, more studies are necessary to find the answers as people are already seeking treatment. For now it is up to parents to step in and have a talk with their children before it gets out of hand. To watch the e-video check out <http://new.wset.com/news/zstories/1107/471817.html>.



Lisa Franco: Employee of the Month of October UVA School of Medicine



Lisa Franco was The School of Medicine's Employee of the Month of October and it is easy to see why. Lisa has been an incredible employee since the day she started here over 10 years ago. She has jumped right in helping to cover vacant positions, in her area or not, while keeping on top of her own work and she does it all with a smile on her face. She is very willing to help anyone at any time, and devotes much energy to training new employees to get them up to speed. She is very knowledgeable in her job and always goes the extra mile to find the answers she does not know. In her actual position she manages grants after they have been awarded and works closely with our faculty as well as those in the Dean's Office to ensure everything runs smoothly.

Lisa loves to spend time with her family. Once in a while you may find her two beautiful children, Drew and Jordan, bouncing around the 3rd floor West Complex offices. They all enjoy watching movies, going on walks, having picnics (sometimes the picnics are in the living room) and going to the beach.

Dr. Anita Clayton on the Charlie Rose Science Series

On November 20, **Dr. Anita Clayton** appeared on the **Charlie Rose Science Series** to discuss emerging social and medical perspectives in understanding human sexuality. Co-host Sir Paul Nurse began the program with the question, "who can not be interested in sex?" Dr. Clayton and the four other members of the panel went on to discuss more serious issues of sexuality including disorders, gender differences, dysfunction, health effects, and biological advances. Dr. Clayton raised interesting points about the cultural, family and religious influences on sexual behavior as well as the way society defines what is normal. To check out the broadcast go to:

<http://www.charlierose.com/shows/2007/11/20/1/charlie-rose-science-series-human-sexuality>

Kovatchev's Pancreas Project

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The simulator has been submitted to the FDA and is expected to be the first in silico platform approved as a substitute to animal trials during pre-clinical testing. This will facilitate and accelerate the development of a closed-loop feedback system, which will allow the regulation of blood sugar in individuals with diabetes better than what is possible now.

The Artificial Pancreas project includes faculty from four UVA departments (other project members from our department include **Drs. Linda Gonder-Frederick, Andrea Bauchowitz and Marc Breton**), as well as scientists from Italy and most recently – France (Dr. Eric Renard, University of Montpellier). As a result of these international collaborations, the group has received high visibility in the field of diabetes research, technology, and clinical practice and is a key member of both the U.S. and the European Diabetes Technology Societies.

PREVIEW

At the very end of November **Dr. Jeff Barth** and other members of the UVA Brain Injury and Sports Concussion Institute had meetings with Vin Ferrara, creator of Zenith XI Helmets, to bring his new technology in football helmets to reduce concussion to the UVA football program. Look for a full story in the January issue of Ad Astra.

Meet our Residents

Dr. Laura Tate-Santiago



Dr. Laura Tate-Santiago is in her fourth and final year here in the residency program. She received her undergraduate and medical degree at the University of Florida...GO Gators! Besides her general clinical psychiatry studies, Laura

spends time working in geriatric psychiatry in area nursing homes. Last year she began a CBT group for individuals suffering post-partum depression and has since passed the group onto a third year resident. She is currently working with the other fourth year residents on a research project testing the use of methylphenidate (Ritalin) for faster ventilation weaning for patients in the ICU. For the past three years Laura also finds time to volunteer at the Charlottesville Free Clinic seeing patients. Laura attributes her happiness and success to her "bright and diverse colleagues." She is also happy to find a group of clinical faculty who are still devoted to training more psychiatrists, which she feels is becoming a rarity among residency programs. When she completes the program this summer, she plans to pursue her interests in women's mental health as well as forensic psychiatry in the private practice arena here in Charlottesville.

On some nights and weekends you might find Laura behind the counter at *Java Java*, the local coffee hotspot opened and operated by her husband. They enjoy mountain biking, and have developed a hobby of buying and renovating houses and condos. She also enjoys watching college basketball and football, especially UF!

Meet our Fellows

Dr. Laura Campbell



Dr. Laura Campbell is in the first year of her psychology fellowship. Originally from Philadelphia, she attended graduate school at Vanderbilt and chose to come to UVA for the

research, the diverse clinical experiences, the people, and... the mountains. She splits her time as a fellow evenly between clinical services in the Behavioral Medicine Clinic and research. She is currently working with **Dr. Linda Gonder-Frederick** on a pediatric diabetes study and assisting in writing a book chapter on assessment of psychological issues associated with diabetes. One day per month Laura can be found volunteering in the Pediatric Cancer Late Effects Clinic providing psychological consultation for childhood cancer survivors and their families. She hopes that throughout her career here at UVA she will be able to dedicate more clinical and research time to pediatric oncology. Laura's future goals lead her to a career in an academic medical center that will allow her to combine her love of clinical work, supervising, and research. She is most interested in how people cope with chronic and life-threatening illnesses but enjoys the variety of cases she sees in Behavioral Medicine.

Laura and her husband like to spend their time outdoors. They are both avid hikers and Laura also enjoys developing her amateur skills as a photographer. They also like to cook and watch independent films.

Former Fellow's Poster Wins Prize

Dr. Michelle Frieben, who just completed her Child Psychiatry Fellowship in June, presented a poster that she completed while here at UVA entitled "Computer use patterns in child psychiatric outpatients" at this year's Psychiatric Society of Virginia Fall Annual Meeting. The poster was honored with a **First Place** prize at the meeting! Congratulations Dr. Friebe and to all of the authors, **Dr. Burket, Dr. Mann, Dr. Sharma, Dr. Anand,** and **Dr. Keller**, who are all past or current UVA child fellows or faculty.



Awards and Honors

Dr. Randy Canterbury was named one of *America's Top Doctors* in Psychiatry by **Castle Connolly Medical Research Ltd.**

Dr. Eileen Ryan was asked to be a Reviewer for *Current Psychiatry*.

Presentations...

Dr. Janet Warren traveled to Carnegie Mellon University in Pittsburgh on November 9th to present a day long workshop to their Student Health Clinical and Medical Staff on risk and threat assessment in academic settings.

Dr. Eileen Ryan chaired a workshop on Juvenile Sex Offenders at the American Academy of Child and Adolescent Psychiatry in Boston in October.

... and Publications

Hullfish, KL, Fenner, DE, Sorser SA, Visger J, **Clayton, AH**, Steers WD. Postpartum depression, urge urinary incontinence, and overactive bladder syndrome: Is there an association?" *Int Urogynecol J.* 18:1121-1126, 2007.

Yarlagadda, Atmaram, **Clayton, AH**, Blood Brain Barrier: The Role of Pyridoxine. *Psychiatry*, 2007.

Clayton, AH. Epidemiology and Neurobiology of Female Sexual Dysfunction. *The Journal of Sexual Medicine.* 4(4):260-268, 2007.

New Must Read

**Psychiatric Medicine:
The Psychiatrist's Guide to the Treatment of Common Medical Illnesses**
by Mahendra J. Dave, **Kurt P. Miceli**,
and Poonam Modha

The Editorial Review: This handbook is a concise, portable ready reference for diagnosing and treating common medical illnesses encountered in psychiatric patients, particularly those in an inpatient service. The first section explains laboratory tests used to diagnose medical illness. The second section covers 59 medical symptoms and diseases. The third section focuses on important syndromes which have specific psychiatric manifestations or are caused by psychotropic drugs. Particular attention is given to basic understanding of lab tests and drug dosing. "Pearls" and "pointers" increase the book's utility. Appendices offer guidelines on monitoring for psychiatric medications and list key medical abbreviations.

ANNOUNCEMENT

**Topics in Emergency Psychiatry
Web Conference for Emergency
Psychiatrists and Staff**

Psychiatrists working in emergency settings face pressure to quickly, efficiently and appropriately assess, treat, and triage patients. This web-based lecture will provide the opportunity for distance learning on the most critical psychiatric emergency topics - chosen by American Association for Emergency Psychiatry members.

The next scheduled broadcast is **Tuesday, December 4th at 1:00 p.m.** Eastern Time and will be comprised of a 45 minute lecture and a 15 minute live question and answer session. The topic is "Medically Clear" - Easier Said Than Done by Elliot Rodriguez, MD

Registration form and payment downloadable from www.emergencypsychiatry.org.



DEPARTMENT OF
PSYCHIATRY AND
NEUROBEHAVIORAL
SCIENCES

AD ASTRA is the monthly newsletter created by the University of Virginia, Department of Psychiatry and Neurobehavioral Sciences. Our purpose is to keep the department informed of people and events that make this department at UVA extraordinary while promoting dialogue between researchers and staff.

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website:
[www.healthsystem.virginia.edu/
internet/
psychiatric/](http://www.healthsystem.virginia.edu/internet/psychiatric/)

**Edited by
Caitlin Novero**

Grand Rounds
12/11/2007

Steve Brasington, M.D.

Academic Chair; Department of Psychiatry;
Naval Medical Center; Portsmouth, VA

TOPIC: Suicide in the Department of the Navy

REMINDER...

**Clinical Faculty will have
a meeting December 4,
at 4pm in the library**

There will be **NO** Monthly
Departmental Faculty
Meeting in
December or January

HAVE A HAPPY HOLIDAY SEASON!

Please continue to send your news, upcoming events, recently published articles, and pictures for January.

