Welcome from the Chairman

As we reach the midpoint of the calendar year, I want you to know how proud I am of the hard work and dedication you have displayed across our six divisions, and I thank each one of you for continuing to make our department a leader at Weill Cornell Medicine and among our peers at top tier academic medical organizations across the country and around the world.

Our mission has never been more important: to provide science-based diagnostic services of the highest quality in anatomic pathology and laboratory medicine; to pursue innovative basic and clinical research dedicated to improving the diagnosis and management of human disease; and to promote an integrated scientific and clinical educational experience for pathology residents and fellows, as well as Weill Cornell medical and graduate students. We continue to create a fully integrated, academic pathology department to provide the highest quality education, research, and CLIA-based diagnostic tests; foster integration of the Department of Pathology and Laboratory Medicine into the fabric of WCM and NYP. The Department is centered on innovation in anatomic, molecular and computational pathology as well as laboratory medicine. In addition, we plan to expand the division of Cell and Cancer Pathobiology to continue our tradition of scientific excellence utilizing cutting-edge, sophisticated molecular pathology approaches to study human disease.

The Vice Chairs of this department, as well as the rest of the Pathology faculty, have worked diligently to help us realize these goals. Our gifted faculty make coming to work here every day such a pleasure and honor.

I’m proud of the three residents and eight fellows who graduated from our program. We were particularly pleased to see that they each secured outstanding positions to further their career. We also welcomed the new residents to our program in July 2022. We wish them the best as they go through an intense and transformative period in their professional training.

I hope you find this edition of our e-newsletter to be interesting and informative, and I welcome your feedback. Please be sure to follow us on Twitter, Facebook, Instagram, and YouTube for daily updates and information about our department and colleagues. We have openings in a range of opportunities in our divisions, and I hope you can help spread the word about our career opportunities within your professional networks.

Sincerely yours,

Massimo Loda, MD

David D. Thompson Professor and Chairman of Pathology and Laboratory Medicine
Pathologist-in-Chief, NewYork-Presbyterian Hospital/Weill Cornell Medical College
Dr. Nicholas (Nick) Brady joined the Department of Pathology and Laboratory Medicine as an Instructor in May 2021. Nick is also part of the Computational Biology Master’s Program, where he serves as the instructor for the Cellular and Molecular Biology course. Nick received his bachelor’s degree in Physics from Boston University and, prior to entering graduate school, he worked as a Research Assistant in the laboratory of Dr. Laurie Glimcher at Harvard School of Public Health to identify novel regulators of skeletal homeostasis. Nick subsequently received his PhD from the University of Minnesota, where his graduate work with Dr. Kathryn Schwertfeger centered on understanding the role of tissue-resident macrophages during mammary gland development and paracrine signaling in the microenvironment that contribute to the development and progression of breast cancer. After developing an interest in cellular transcriptomics and computational biology-based approaches, Nick pursued his postdoctoral training with our colleague Dr. David Rickman in the Department of Pathology and Laboratory Medicine at Weill Cornell Medicine. During his training, Nick used genome-wide and single-cell based approaches to identify epigenetic and transcriptomic changes that help drive the progression of neuroendocrine prostate cancer (Berger*, Brady* et al., JCI 2019; Brady*, Bagadion* et al., Nature Communications, 2021). Throughout his postdoctoral training and into his faculty appointment, Nick has been supported by numerous internal and external awards, including an American Cancer Society Postdoctoral Fellowship, the Molecular and Translational Oncology Research Training Program (NCI T32), and the WCM JumpStart Research Career Development Award.

Research Focus
Prostate cancer remains the second-leading cause of cancer-related death among American men. Over the past decade, tremendous advances in the understanding and treatment of the disease have led to significant improvements in patient survival. While nearly all patients with advanced prostate cancer respond to androgen deprivation therapy and androgen receptor (AR)-targeted therapies, castration-resistant prostate cancer (CRPC) inevitably develops. Most resistant tumors are dependent on the reactivation of the AR signaling pathway, through AR variants, overexpression, and mutations. However, 10-15% of CRPC tumors display an AR-low, androgen-independent phenotype that acquire alternative lineage programs, including the development of small cell neuroendocrine prostate cancer (NEPC). Shared genomic alterations between NEPC and prostate adenocarcinoma suggest that NEPC tumors arise clonally, however, significant epigenetic deregulation occurs during the transition process.

Figure 1. Transition from CRPC to NEPC and associated changes.

Figure 2. Molecular characterization of POU2F3+ subpopulations. A) Single-cell RNA-seq from prostate tumors derived from Pten +/-; Rb1 +/-; MYCN+ (PRN) mice reveal heterogeneity in developing NE cells. B) Gene expression data from clinical samples identify POU2F3 is expressed in a subset of CRPC and NEPC patients. C) Single-cell ATAC-seq from prostate tumors in PRN mice show two distinct populations of NE cells. D) Chromatin accessibility at the Ascl1 and Pou2f3 loci are mutually exclusive in the NE1 and NE2 populations. E) Transcription factor motif analysis of differentially accessible genomic regions show enrichment for Oct11 (Pou2f3) binding sites in the NE2 population. [Adapted from Brady et al., Nature Communications 2021]
Dr. Amy Chadburn has been involved in the upcoming new (5th edition) WHO Classification of Tumours of Haematopoietic and Lymphoid Tissues. She is the primary author on 3 chapters and a co-author on several more.

Dr. Nancy Du was appointed as the Rasweiler Family Research Scholar in Cancer Research effective February 1, 2022.

Dr. Steven Josefowicz received Irma T. Hirschl Career Scientist Award (2022), leadership role in Immunology and Microbial Pathogenesis graduate program. He has been awarded the Burroughs Wellcome PATH grant. The Investigators in the Pathogenesis of Infectious Disease (PATH) program is a highly competitive program that provides opportunities for assistant professors to bring multidisciplinary approaches to the study of human infectious diseases.

Dr. Matthew Greenblatt was recently elected to the American Society for Clinical Investigation. Dr. Greenblatt also received the American Society for Bone and Mineral Research Award.

Dr. Marcin Imielski received the Pershing Square Sohn Cancer Research Prize.

Congratulations to Drs. Amy Chadburn and Cynthia Magro who earned the 'Exceptional Women in Medicine 2021' by Castle Connely.

The USCAP Annual Meeting took place March, 2022 at the Los Angeles Convention Center and where our faculty and residents had amazing posters, participated in panel discussions, chaired sessions, moderated discussions, led seminars, and taught classes.

Dr. Rhonda Yantiss is the recipient of the 2022 F. K. Mostofi Distinguished Service Award for outstanding service to USCAP and to the International Academy of Pathology.

Dr. Maria Mostyka, one of our residents, explains the finer points of her poster "How Do Clinicians Handle New Diagnoses of Unsuspected Autoimmune Gastritis?"

Dr. Syed A. Hoda, Chief of Breast Pathology, taught his popular course, "Highly Unusual, Yet Most Instructive, Cases in Breast Pathology."

Dr. Francesca Khani, Associate Professor of Pathology and Laboratory Medicine, taught "Bladder Blunders...And How to Avoid Them."
Scholarly Productivity continued

Academy of Clinical Laboratory Physicians and Scientists (ACLPS) Meeting

Pathology Department trainees, Dr. Chandler Sy, Dr. Carlos Munoz Zuluaga, and Dr. Jamie Marino each gave oral presentations at the ACLPS meeting in Seattle in June 2022. ACLPS is the premier meeting for academic laboratory medicine in the United States.

Dr. Jeffrey Kubiak presented a poster describing the utility of required influenza testing during the pandemic in New York State at the American Society of Microbiology in Houston, Texas in June 2022.

American Society for Microbiology (ASM) Meeting
Scholarly Productivity

2022 Pathology Awards

During the June 3rd Resident’s Dinner, three members of the Pathology and Laboratory Medicine Department were recognized with some of our most important departmental awards.

Dr. Susan Mathew, Director of Cytogenetics and Professor of Clinical Pathology and Laboratory Medicine, earned the M. Desmond Burke Teaching Award, which was voted on by the Pathology residents.

Dr. Matthew Greenblatt, Associate Director of Pathology Residency Training Program and Assistant Professor of Pathology and Laboratory Medicine, earned the David P. Hajjar Distinguished Research Award. The award is named after Dr. David P. Hajjar and is given for outstanding achievement in investigative pathology to a recipient who has "a distinguished scientific career and exhibits both excellence in mentoring and education, and outstanding research achievements in experimental and investigative pathology."

Finally, Dr. Surya V. Seshan, Chief of Renal Pathology and Professor of Clinical Pathology and Laboratory Medicine earned the Peter Paul Rosen Clinical Service Award which is given for outstanding achievement in either Anatomic or Clinical Pathology. It has been named after Dr. Peter Rosen, who rendered distinguished and meritorious service to Weill Cornell Medicine.

"We are thrilled for our new awardees, whose hard work and dedication to excellence in teaching, mentoring, and research, exemplify the very best of our department."
– Gina L. Imperato, MPA, Chief Administrative Officer

Dr. Juan Miguel Mosquera, Professor of Pathology and Laboratory Medicine and colleagues published "Tumor-immune microenvironment revealed by Imaging Mass Cytometry in metastatic sarcomatoid urothelial carcinoma." The publication made the front cover of the Cold Spring Harbor Molecular Case Studies journal.

Dr. Massimo Loda spoke at one of the major scientific sessions at this year’s American Association for Cancer Research (AACR) Annual Meeting held April 8-13, 2022 in New Orleans, Louisiana. At their Meet-the-Expert Session he presented "Next Generation Pathology: From Histopathology to Artificial Intelligence." As the Editor-in-Chief of Molecular Cancer Research, he also participated at the Meet the Editor-in-Chief Session at the meeting.

As Chair of the AACR Pathology Task Force since 2019, Dr. Loda presented the AACR James S. Ewing-Thelma B. Dunn Award for Outstanding Achievement in Pathology in Cancer Research to Dr. Elaine Jaffe at the 2022 Annual Meeting.

Top Doctors 2022

Amy Chadburn
Jose Jessurun
Syed Hoda
Cynthia Magro

https://pathology.weill.cornell.edu/
Newly Awarded Grants

**National Institutes of Health R01 Diversity Supplement**
Title: (PQ 6) New Models of KSHV Oncogenesis and KS Immune Environment
Principal Investigator: Ethel Cesarman, MD PhD
Period of Support: 05/01/2022-04/30/2024
Total Direct Costs: $282,000

**National Institutes of Health K99 award**
Title: A multi-stem cell basis for Craniosynostosis
Principal Investigator: Shawon Debnath PhD (Matthew Greenblatt Lab)
Period of Support: 07/01/2022 – 06/30/2024
Total Direct Costs: $250,000

**Rasweiler Family Research Scholar in Cancer Research**
Title: Research Scholar Award
Principal Investigator: Nancy Du, PhD
Period of Support: 02/01/2022-06/30/2022
Total Direct Costs: $13,981

**National Institutes of Health (U24 grant subaward)**
Title: Center for the comprehensive analysis of cancer somatic copy-number alterations, rearrangements, and long-read sequencing data
Principal Investigator: Marcin Imieliński, MD PhD
Period of Support: 09/20/2021- 08/31/2022
Total Direct Costs: $22,863

**The Leukemia & Lymphoma Society (Subaward)**
Title: Translational Discovery in Peripheral T-Cell Lymphomas
Principal Investigator: Giorgio Inghirami, MD
Period of Support: 10/01/2021 – 09/30/2026
Total Direct Costs: $375,000

**Burroughs Wellcome Fund**
Title: Epigenetic regulation of immunity: molecular mechanisms of inflammatory priming and altered hematopoiesis
Principal Investigator: Steven Josefowicz, PhD
Period of Support: 07/01/2022-06/30/2027
Total Direct Costs: $500,000

**The Irma T. Hirschl Career Scientist Award**
Title: New Approaches to Study Disease-Altered Hematopoiesis and Epigenetic Memory of Inflammation
Principal Investigator: Steven Josefowicz, PhD
Period of Support: 01/01/2022 – 12/31/2026
Total Direct Costs: $200,000

**National Institutes of Health (R01 grant subaward)**
Title: Diversity of Prostate cancer across the African Diaspora
Principal Investigator: Massimo Loda, MD
Period of Support: 01/07/2022-12/31/2026
Total Direct Costs: $295,405

**National Institutes of Health (P01 grant subaward)**
Title: Investigating cell-intrinsic and extrinsic interactions in prostate cancer at the single cell level
Principal Investigator: Massimo Loda, MD
Period of Support: 05/01/2022-04/30/2027
Total Direct Costs: $1,425,000

**Rhodes Center for Glioblastoma (RCG) Collaborative Research Initiative**
Title: Targeting molecular vulnerability of ATRX mutant gliomas (YR2 Renewal)
Principal Investigator: Jihye Paik, PhD
Period of Support: 01/01/2022-12/31/2022
Total Direct Costs: $113,636

**United States Department of Defense (Subaward)**
Title: RAGE/Diaph1, Diabetes, and Kidney Disease: Mechanisms and Novel Therapeutic Strategies
Principal Investigator: Steven Salvatore, MD
Period of Support: 04/01/2022- 03/31/2023
Total Direct Costs: $13,342

**Milstein Fund**
Title: Development of novel sphingosine-1-phosphate receptor 2 therapeutic antibodies for vascular disorders
Principal Investigator: Teresa Sanchez, PhD
Period of Support: 08/01/2021 – 07/31/2022
Total Direct Costs: $139,994

**AMC Fellowship Program**
Title: The AIDS Malignancy Consortium Grant (AMC)
Principal Investigator: Paul Simonson, MD, PhD
Period of Support: 09/01/2021- 08/31/2022
Total Direct Costs: $17,375

**Leidos Biomedical Research Inc.**
Title: NExT Proposal S21-168- CUL4 Project
Principal Investigator: Pengbo Zhou, PhD
Period of Support: 12/21/2021-05/31/2022
Total Direct Costs: $59,688
Notable Publications


Newsroom: https://news.weill.cornell.edu/news/2022/05/tumor-release-of-lactate-forces-nearby-cells-into-supportive-role


For Full List of Publications

https://pathology.weill.cornell.edu/
Residents and Fellows

welcome to the Incoming Resident Class 2022-2026

Uzayr Arif, DO
Uzayr received his DO from New York Institute of Technology College of Osteopathic Medicine, with an undergraduate degree in Life Sciences from New York Institute of Technology. Uzayr is an incoming AP/CP resident.

Robert Chen, MD, PhD
Robert received his MD from Emory University School of Medicine and his PhD in Computer Science from the Georgia Institute of Technology, with an undergraduate degree from the Massachusetts Institute of Technology. He was awarded the Young Investigators Award (top 5 submissions) from the Academy of Clinical Laboratory Physicians and Scientists in 2020. He also earned a T32 Training Program in Computational Biology and Genomic Health (2014-2016). Robert is an incoming CP/PSTP resident.

Sarah Reach, MD
Sarah received her MD from Keck School of Medicine of the University of Southern California, with an undergraduate degree in Biology, Neuroscience College. Sarah also received her MS in Biomedical Science from Icahn School of Medicine at Mount Sinai. Sarah is an incoming AP/CP resident.

Christina Shreve, MD
Christina received her MD from Texas Tech University Health Sciences Center Paul L. Foster School of Medicine, with an undergraduate degree in Biomedical Sciences from the University of Texas at El Paso. Christina is an incoming AP/CP resident.

Cheyanne Slocum, MD
Cheyanne received her MD from Weill Cornell Medicine, with an undergraduate degree in Biology from Skidmore College. Cheyanne has spent an additional year in our department engaged in neuropathology related research using the Burroughs Wellcome Well Cornell Physician Scientist Program Award. She was also the head of the pathology medical student interest group. She is an incoming AP only resident who will transition to AP/CP upon accreditation of the neuropathology fellowship.

Carla Stephan, MD
Carla received her MD and undergraduate degree from American University of Beirut Faculty of Medicine in Lebanon where she was AOA. Following graduation she completed a post-graduate certificate in Allergy at the Imperial College in London and an internship year at the American University of Beirut in internal medicine. She completed her Dermatology residency at the same institution prior to joining us. She is an incoming AP/CP resident.

Incoming Fellows

Muhammad Ahmad, MBBS completed his AP/CP residency at the University of Chicago (NorthShore) and completed a Surgical Fellowship at MD Anderson Cancer Center will be our incoming gynecologic pathology fellow.

Olawunmi Ajelero, MBBS completed her AP/CP residency at University of Pennsylvania and will be our incoming cytopathology fellow.

Paul Barone, MD is currently a Pathology resident at Cornell and will be completing his hematopathology fellowship then will returning to residency for his last year of AP/CP training.

Nicole Mendelson, MD completed her AP/CP residency at University of Vermont Medical Center and will be our incoming gastrointestinal pathology fellow.

Olivier Michaud, MD completed his AP/CP residency at Universite Laval Quebec City, Canada and will be our incoming breast pathology fellow.

Jeremy Miyauchi, MD, PhD completed his AP residency at Columbia University and will be our incoming genitourinary pathology fellow.

Andrew Plata, MD completed his AP/CP residency at West Virginia University and completed his Cytopathology fellowship at the University of Pittsburgh Medical Center and will be our incoming hematopathology fellow.

Kemin Xu, MD completed his AP/CP residency a New York Medical College at Westchester Medical Center and completed his hematopathology fellowship at NYU Langone Medical Center and will be our incoming molecular genetics fellow.
Faculty Recruitment and Promotions

Anatomic Pathology/Thoracic

Chen Zhang, MD, PhD will join the department as Assistant Professor of Clinical Pathology and Laboratory Medicine (interim) in August 2022. Dr. Chen Zhang received her MD degree from Beijing Medical University in Beijing, China in 1999, and then her PhD in Pathology from Indiana University in 2007. Following this training, she did a residency in anatomic pathology (AP) at Peking University from 1999 to 2002 and then another residency in AP and clinical pathology (CP) at Indiana University from 2008 to 2012. This was followed by a fellowship in pulmonary pathology at the University of Michigan from 2012 to 2013. She served as an assistant professor at Indiana University from 2013 to 2019; and became an associate professor at Indiana University in 2020.

Cell and Cancer Pathobiology

Antonio Marzio, PhD will join the department as Assistant Professor of Pathology and Laboratory Medicine in October 2022. Dr. Marzio received his Bachelor, Masters and PhD degrees from the University of Rome. He completed his studies there in 2014, and then went on to do post-doctoral training at the NYU Langone Health Center where he is currently finishing his studies on the mechanisms involving cancer progression. During the course of his training, he received several honors from the American Italian Cancer Foundation and a fellowship from the Marie Curie Fellowship Program. He intends to commit 100% of his time initially to getting his research program off the ground at WCM; after which, he will commit time to didactic teaching in the Department.

Regional

Shamima Sultana, MD, PhD joined the department as Assistant Professor of Clinical Pathology and Laboratory Medicine at NYP Brooklyn Methodist in February 2022. After completing her undergraduate medical education in Bangladesh at the University of Dhaka (MD/MBBS), she went to Japan for graduate study and was awarded a PhD from Kumamoto University in 2006. She then moved to the United States and completed her pathology resident training at the Westchester Medical Center. Her fellowship training in Transfusion Medicine was at Yale School of Medicine, New Haven, CT.

Recent Promotions in Pathology

Andrea Sboner PhD
Associate Professor of Pathology and Laboratory Medicine.

Ljiljana Vasovic MD
Associate Professor of Clinical Pathology and Laboratory Medicine.

New Roles

Madhu Ouseph, MD, PhD
Medical Director,
Clinical Hematopathology Integration

Jenny Yang, MD, PhD
Medical Director,
Clinical Pathology Informatics

Cong Shen
Cong Shen joined the department in March 2022 as Molecular Pathology Manager. He joined us from Pfizer with 10 years of experience in the biomedical field. We welcome him to the department!
Dr. Anna S. Nam joined the Department of Pathology and Laboratory Medicine, Division of Experimental Pathology, as an Assistant Professor in July 2020. Dr. Nam also serves on the Molecular Hematopathology Division as an attending pathologist and is a member of the Englander Institute for Precision Medicine. She pursued an MD training at the University of Missouri, during which she was selected for the Howard Hughes Medical Institute-NIH Research Scholars Program. During her time at the NIH, she decided to pursue clinical specialization in Pathology. She believed she would receive the best clinical and scientific training here at Weill Cornell Medicine (WCM). She completed her residency training in Anatomic Pathology and fellowships in Hematopathology and Molecular Genetics Pathology within our Department. During the research portion of her residency training, she conducted single-cell genomics research with Dr. Dan Landau at WCM and the New York Genome Center, where she developed a novel single-cell multi-omics platform to interrogate the impact of somatic mutations on human hematopoiesis. Building on this previous work, her laboratory seeks to elucidate the molecular mediators of genotype-to-phenotype relationships in hematopoietic neoplasms. She was awarded the K08 Mentored Clinical Scientist Leadership Changes

David P. Hajjar, PhD
Dean Emeritus
Senior Advisor to the Dean/Provost of the Medical College
Executive Vice Chair of Pathology
University Distinguished Professor
Professor of Biochemistry & Pathology
Weill Cornell Medicine, Cornell University

Dr. Hajjar will retire in December, 2022. Dr. Hajjar joined the Department in 1978 as a research fellow. He was promoted to professor and one of the youngest granted tenure in 1986. He garnered more than $70 million dollars in grants. Hajjar was the Dean of Cornell University Graduate School of Medical Sciences 1997-2003 and the Research Dean & Vice Provost of Faculty 2000-2007. He served as Executive Vice Dean and Executive Vice Provost WCMC 2003-2013 and elected to the American Academy of Arts and Sciences 2016. We wish him the best!

Melissa Cushing, MD
Professor of Pathology and Laboratory Medicine
Vice Chair of Laboratory Medicine
Director of Clinical Laboratories

Dr. Cushing will be our Executive Vice Chair for Clinical Affairs effective July 2022. Dr. Cushing joined the Department in 2006 as an Assistant Professor. She became Director of Transfusion Medicine and the Cellular Therapy Service in 2011 and Associate Director of the Clinical Laboratory in 2014. She was promoted to Professor 2019 and became Director of the Clinical Laboratories in 2020. Dr. Cushing has been our Vice Chair of Laboratory Medicine since 2020.

Left to right: Jeff Hernandez, Robert Desimone, MD, Ian Hatch, Melissa Cushing, MD.
Inaugural Daniel M. Knowles Lectureship

On April 29, 2022, Ann Gronowski, PhD, Interim Chief Division of Laboratory & Genomic Medicine, Medical Director, BJH Core Laboratory Services and Professor Pathology & Immunology and Obstetrics & Gynecology visited us from the Washington University School of Medicine in St. Louis, Missouri to give the Inaugural Daniel M. Knowles Lectureship to our faculty and residents. Dr. Gronowski met with several faculty and gave a talk entitled “Career Essentials: 10 Ways to Increase your Value.” Her talk was well received and attended.

Symposium

The department hosted the Cancer Metabolism and Inflammation Symposium on June 23-24th to discuss fundamental questions on the biology and pathology of cancer. Dr. Jorge Moscat was the course director. The goal was to create a discussion-friendly type of conference, in which interactions among speakers and attendees sparked new ideas and potential collaborations.

Masterclass in Perioperative Bleeding Management

On June 1st through 3rd, The Departments of Anesthesiology and Pathology at Weill Cornell Medicine hosted a 3-day Masterclass in Perioperative Bleeding Management. Dr. Melissa Cushing was the course director. This was a unique chance to advance patient blood management (PBM) and perioperative coagulation treatment. This program helped transform attendees into perioperative bleeding experts and gave them the tools and knowledge to advance PBM and coagulation management in their hospitals.

Left to right: Stacia Semple, MD, Sabrina Racine-Brzostek, MD, PhD, Elizabeth Crowe, MD.

Left to right: Melissa Cushing, MD, Robert Desimone, MD.
Pathology and Laboratory Medicine
Voluntary Blood Drive

January 2022
In January and February, the Pathology and Laboratory Medicine Department created a competition in recognition of National Blood Donor Month to see which division could roll-up their sleeves and donate the most blood. The Anatomic/Computational Path division won!

https://pathology.weill.cornell.edu/news/voluntary-blood-drive

Donors
Top row left to right:
William Rodgers, MD PhD
Clinical Pathology Division
Hamza Gokozan, MD
Anatomic Pathology Division
Bottom row left to right:
Jessica Misner
Administration
Benjamin Liechty, MD
Anatomic Pathology Division
Jeff Hernandez
Administration

Department Party at the Water Club

Left to right: Jeff Hernandez, Nalini Scarpa, Shefali Shah, Gina Imperato, Elizabeth Hammerschmidt, Jessica Misner, David Heijar.

Left to right: Jeff Hernandez, Jessica Misner, Jenny Tu, Arni Patel, Rana Hoda, Syed Hoda, Teresa Scognamiglio, Larry Kiss.

Row 1, left to right: Marie Smithgall, Kshitij Arora, Rosalyn Enos, Laura Warren, Natahilia Sheuko, Maria Mostyka, Diana Berman, Selida Karaislan, Elizabeth Hammerschmidt.

Row 2, left to right: Josh Zeitlin, Paul Barone, Josh Mo, Jeff Kubiak, Siarhei Dzedzik, Alicia Dillard.
Ergonomics

For those of us working in academic medicine, the daily strain of our jobs can bring on all sorts of aches and pains. But there are some simple changes we can make to greatly reduce the chance of developing micro-trauma, swelling, pain, and limitations in movement, or more serious conditions like tendinitis, tenosynovitis, and tendinosis.

Members of the WCM Pathology and Laboratory Medicine Department attended a special presentation on March 29th by Senior Occupational Therapist, Lora Stubin-Amelio, M.A. from NewYork-Presbyterian who provided ergonomic tips on improving balance, posture and even the use of our microscopes.

"By adjusting the height of our chairs, the angle of our hands when using a computer mouse, and the way we position ourselves when working with microscopes, we can significantly alleviate pain and pressure," said Ms. Stubin-Amelio.

Some of the specific ergonomic challenges pathologists face, according to Ms. Stubin-Amelio, are awkward working postures while sitting and manipulating a microscope's complicated controls and adjusting the height and viewing of lenses. Even the way we position other everyday equipment can make a big difference.

"Since many pathologists and staff members use laptops, it's very important to raise those computers up on books to a position that's level with your eyesight to prevent both eye and neck strain," she said. "Others may find it helpful to get a separate keyboard and monitor that allows them to work with their arms at a 90-degree angle. It's also recommended that we sit up straight, and keep our hips, knees, and ankles all at 90-degrees."

While we cannot avoid all the challenges of a modern workplace — whether that's in the office, the lab, or our home offices — these simple tips can make for a more comfortable and healthful working experience for many.