

DEPARTMENT OF SURGERY WEEK OF APRIL 27, 2020



When I was 5 years old I won a contest through my parents health insurance provider with this drawing I made, titled "My HealthAmerica Doctor keeps the apples in my cheeks!" Even then I was obsessed with becoming a doctor. I'm so proud to be a part of this profession, with mentors and colleagues like you.

--Chloe Williams, MD PGY4

REFLECTIONS: EAT WITH YOUR HEART

What is the food you remember most profoundly in your limbic system? Is it Ding Dongs or Krispy Kremes? Although these products are in our brains, they are not in the limbic system; they have been placed at the forefront of our minds due to repetition of advertising campaigns. Companies know that we memorize better in counts of three and that the color red induces hunger and unrest. Putting it all together, it's "Finger-lickin' good," "I'm loving it," or they even give us "license to grill"!

Therefore, no, these foods are not in your limbic system where your most precious feelings reside. So, what is the food attached to your limbic system, to your "heart"? For me, it's a *repocheta* (homemade tortilla with homemade cream cheese) with white beans and baby corn. All this was made with the milk I had obtained that morning from my grandmother's farm and made by my grandmother. That food is in my limbic system, in my heart. What is that food for you?

Maybe it is the first time you tried real pizza on a trip to Italy, a coffee ground fresh and roasted in front of you in Costa Rica, a healing bowl of Matzo ball soup when you were sick as a kid, or

a delicious pork roast with carrots and potatoes your grandmother made during a cold winter afternoon. This is the food that has connection with our hearts. The *French Paradox*--a phenomenon describing how the French people can eat all that brie while having low incidences of heart disease--reveals that while we can focus on food as a way to obtain physical health, perhaps it is the pleasure and sociality which accompanies food that makes people healthy.

1. Which is better and why? Traditional food made by your grandma vs. the new diets recommended by companies like Abbott?
2. Why is it that when meat was scarce and hydrogenated foods were non-existent, Americans were the healthiest?
3. What is lost when food, like broccoli, becomes just a "source" for carotenes and antioxidants?
4. Why do the products that are "best for your health" need to advertise so much? A carrot or a fish is not telling you to eat them, are they?
5. Chicken tenders: Do you know the ingredients on this delectable item? Take a guess, is it trans fat, saturated fat or unsaturated fat (this latter being the good one).

Eat food, not fake food: do what older generations used to do, take long walks, or even ride a bike to work (peloton or something like it for all of us). Aerobic exercise with a moderate amount of weight lifting, but most importantly, eat that food that connects with your heart, the one with no labels, that food that makes you remember a dear person, a beautiful place or the best family reunion: our heart will be indeed healthier. --Ulises Torres, MD, MEHP

STORIES FROM OUR LOVED ONES

Building upon our National Superhero Day issue (all the credit to Dr LaFemina on that one!), photos and reflections from families and loved ones continue to pour in, reminding us all how much you are loved and what it is we are fighting for each day in our care for patients.



Eating chicken while sledding as a child, flying a helicopter, and caring for plants with loupes. Submitted by Tyler Morin, husband of Kelli Hickie, MD PGY5.





Submitted by Michael DiBenedetto, husband of Alannah Phelan, MD PGY3.



Photos of Natalie, Andrew, and their daughter, Nora Godfrey. Submitted by Andrew Godfrey, husband of Natalie Godfrey, MD PGY5.



Submitted by Marie Lujan, wife of Jorge Lujan, MD GPY4. The photo in the bottom right is of Jorge, Marie and Jorge's parents.



When he's not in the hospital, you can usually find Brian in a pair of hiking boots exploring a new mountaintop, national park, or new country. Submitted by Alex Warden-Michl, fiancée of Brian Jao, MD PGY4.



From the Scott and Cummings clan alike, we wish to send out our love, support and heartfelt thanks to Dr. Erin Scott (aka Dr. Peanut, Boo Head, Sister, etc.) for all of her hard work at this time.

This situation, though unfortunate, has led to us trying some new things at home (turns out Erin is not a bad barber), and it has led to us to get really

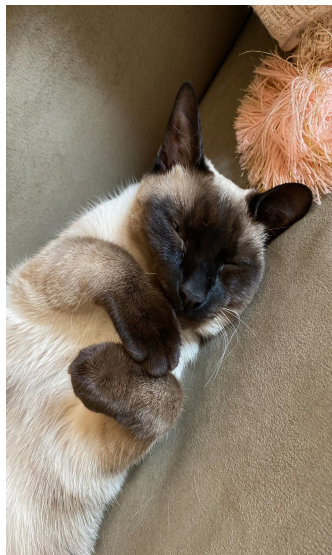
excited about things we likely would not have beforehand... such as a new vacuum!



Although I, her husband, would like to think that I am her rock at this time, I'm pretty sure that it is our kitty, Tonks, who is keeping her sane with cuddles and kisses when she gets home. The entire Scott and Cummings clan, ranging from Scotland to California and many places in between, wish to sincerely and wholeheartedly thank Erin and all of her colleagues for their service during this difficult time. It is not lost on us for even a second that

Erin and all of the other doctors, nurses, and other staff at the hospital are sacrificing so much to ensure that we, the general public, can remain safe at this time. We send our love and positivity

to





each and everyone of you, and hopefully, in the near future (though there's no rush!) we can get everyone out for a drink, and all will look as happy as Erin does with a well-earned libation in hand. Submitted by Andrew Scott, husband of Erin Scott, MD PGY2



Exercise, playing games, and Daddy buzz cuts. Submitted by Brittany Boisvert, wife of Paul Sturrock and their beautiful four boys.

COOKING AS MINDFULNESS



Pre-quarantine, there wasn't much time to think about the healing power of food. There were those rare days when you could grab ramen at lunch between hand clinics with Dr. Wong or when you're on-call with Dr. Castle over the weekend and you received homemade chocolate chip muffins on rounds. But this isn't the norm most days or for most surgery residents. Most of us survive everyday by eating when we can and whatever we can find. Typically, my breakfast is a granola bar while driving from rounds at University to my first case at another campus and lunch is PACU graham crackers and peanut butter (Lorna Doones if I can find them). Dinner is either whatever my spouse made (thanks honey!) or if he is late from work, like me, we will share a beer and a pint of Ben & Jerry's. It's easy to forget that food is *not* just energy so we can remain standing during the 1 AM liver transplant case, but is a venue for creativity, comfort, and connection to loved ones. The COVID pandemic has given Tyler and I the opportunity to think about the healing power of food and emotionally escape the chaos of the hospital.

I learned how to cook from my mom, but if you didn't learn from anyone, that's okay. Put down the frozen dinos, I *know* you can do this. Cooking is a natural hobby for a surgeon. At all of our cores, we're doers. We enjoy working with our hands and creating new things. You cannot *think* a glorious hollandaise into existence, you actually have to *do*--heat, whisk, taste, add more salt, etc. Cooking satisfies our natural curiosity, "I wonder what it would taste like if I added more garlic to this soup?" In case you're wondering, the answer is ALWAYS, "Yes, add more garlic." In the kitchen, like the operating room, you become a master of tools. "Should I cook this roast in the oven, slow cooker, or sous vide?" Or, if you don't have all the tools, just MacGyver whatever you have to make it work. After all, we are problem solvers. Cooking, like mastering a breast reduction or a hernia repair, requires constant improvement. You cook the same recipe over and over, take notes, adjust it each time and eventually, you'll perfect it. In the end, you get the satisfaction of creating something beautiful you can be proud of. But it gets better: At the end you get to eat it and share it with the people you love. Food brings us back to those times we shared with loved ones; if you've seen Ratatouille you know what I'm talking about. What is a meal you love, but haven't had in a long time? See if you can make it. Facetime your grandmother, dad, or whomever is the cook in your family and ask them, "How long do you cook the rice for?" "Mom, check my out bread, do you think it's done?" "You add HOW MUCH CURRY?!?!?" --Kelli Hickle, MD PGY5 (inspired by Dr. Larkin to write about food and drink G&Ts)

1. What was the last meal you shared with your family and friends before the Pandemic? Christmas? New Year's? A birthday or wedding?

2. When social distancing is over, who do you want to celebrate with and what will you make?

Here are some things Kelli has been cooking these days:



“I have made this bread 3 times, it is ridiculously easy! Here's the recipe:

<https://www.food.com/recipe/speedy-no-knead-bread-332565>

Tyler and I also spent a weekend day canning- we made pickled asparagus, green beans, curry cauliflower, beets, ginger carrots and red onions! We called it "Canrona 2020.”

I have also made 3 separate orange soups. All are vegetables that have been readily available in the grocery store, are cheap, and last for weeks in the fridge!

Roasted Butternut Squash Soup <https://cookieandkate.com/roasted-butternut-squash-soup>

Thai Curry Carrot Soup <https://cookieandkate.com/roasted-carrot-soup-recipe>

Sweet Potato soup <https://shewearsmanyhats.com/creamy-sweet-potato-soup-recipe>

Although not orange, I also made this vegetarian split pea soup and it was delicious! Again, dried split peas are super cheap and available in the grocery store.

<https://www.connoisseurusveg.com/curried-split-pea-soup/>

FOOD, FOOD, FOOD!



As if we needed further proof that pediatric surgeons are literally perfect people, check out these fondant cakes!

“So whenever I’m not at the hospital, I’m baking stuff! We’ve had two Pandemic Birthdays in our household so far. This is totally a new hobby but one that may stick.” -- Muriel Cleary, MD, Division of Pediatric Surgery



Food, Glorious Food! It nourishes in so many ways; comforts, heals, soothes, strengthens, energizes. Cooking challenges and builds confidence when the end product turns out great. Lasting memories are created from



wonderful meals with family and friends. Recipes are handed down from generations. I didn’t really know how to cook, and my mother wasn’t much of a cook (frozen dinners were actually better! Sorry Ma!) When I got married, I learned to cook thanks to a strong influence from my Italian mother-in-law and her family. They ate all kinds of crazy and strange things! Black olives, sharp smelly provolone, stuffed artichokes! What’s an artichoke?! You eat artichokes?! How do you eat an artichoke? Now, I make them! After many years I can now cook and the result is

rewarding! --Mary Cawley, General Surgery Residency Program Coordinator

Although it is killing all of our waistlines, my daughter is spending part of this down time learning to do several of the family recipes herself. Part of the reason she needs to do that at home is that the “Yiayia (Greek grandmother) or Nonna (Italian grandmother)” measuring techniques although accurate are not very precise. I’ve included one photo and two recipes. The photo is from just this weekend when she made Kourambiethes (Greek butter cookies). I have tried to add measurements where there are none in the original recipe. The other recipe is for Avgolemono (Greek Chicken Lemon Soup), which my residents know is a my ‘food hug’ – something I wish I could give everyone now. --Janice Lalikos, MD Department of Plastic Surgery

KOURAMBIETHES (GREEK BUTTER COOKIES)

Source: My Yiayia, Stella Pavles

Makes: About four dozen cookies

Traditionally chopped nuts and/or a little ouzo can be added but my Yiayia liked the plain butter shortbread version.



1 lb unsalted butter
1 egg
1 tsp vanilla
2/3 c confectioner’s sugar (but then lots more to sift on top)
2 tsp baking powder
½ tsp salt
4 c or so sifted cake flour (she never measured)

Whip butter until creamy. Add egg, vanilla, baking powder, salt, sugar and about 2 cups of the sifted flour. Mix until a wet dough and pour out onto a heavily floured surface and knead in more flour until it is “the right consistency” – I know right, typical Greeks.

Roll into oblong shapes and put onto ungreased cookie sheets. Bake at 350°F for 30 mins. Sift confectioner’s sugar onto hot cookies. Let cool.

AVGOLEMONO SOUP (Greek Chicken Lemon Soup; AKA Food Hug from Dr. Lalikos)

Ingredients

4 cups homemade chicken stock or low-sodium broth
2 cups water
Salt and freshly ground pepper
2 cups al dente cooked white rice or orzo, warmed (around 1 cup raw)
2 large eggs
Juice and zest from one small lemon (or more if you like)

1 rotisserie chicken, all the meat pulled from the bones and coarsely shredded (1 pound)
(either plain or lemon flavored)
About ¼-1/2 cup chopped fresh dill (can add some chopped fresh Italian parsley as well)

In a large saucepot, season the stock and water with salt, pepper and lemon zest and bring to a simmer. In a separate bowl beat eggs and add lemon juice then whisk such that this looks like a smooth sauce. Temper/whisk the egg/lemon mixture with small ladles of the hot stock and then when up to temperature, pour back into a big pot. Stir in chicken and rice/orzo and simmer until thickened slightly, 10 minutes. Stir in the dill and serve.

Growing up, my dad was an expert at putting together meals that could last throughout the week. This quickly became a family favorite, and is now one of my favorite comfort foods. It is quick to put together, and can be made with leftovers. --Stephanie C. Mayberg, MS, PA-C

- 1 Large onion, coarse chop
- 2 or 3 carrots, sliced
- 3-4 cloves of Garlic chopped (can add more if you like)
- 1-3 Jalapeños to taste
- 1.5-2 pounds of PORK, best is butt or shoulder cut, it is fatty Cut into 1 " squares (or not). (More meat is OK. Can substitute chicken or beef, or other leftover meat)
- 1 tablespoon Red chili powder,
- 1 tablespoon green chili powder,
- 1 teaspoon cayenne pepper
- black pepper to taste
- 1/2 teaspoon salt, more to taste
- 1 teaspoon cumin.
- 1 can beer (cheap)
- 2 (14.5 oz) cans of chopped or diced tomatoes
- 1 (28 oz) can of green enchilada sauce (for example, las Palmas)



Put onion, carrot and garlic in a pot with oil and sauté until onions are soft and slightly translucent. Brown meat in onion/teal mixture. I usually look for a little sear. Add spices and stir continuously. When it is crusting add a beer which makes a “gravy/roux.” Add canned tomatoes and cook for 1 minute. Add enchilada sauce. Cook over low heat (1-2 hours) or crockpot (8 hours on low) until pork tender, long braise. Serve with chopped onions, cilantro, have tortillas available, adjust seasoning to your taste

Stephanie, who serves as our cardiac surgery service line clinical coordinator, with her cooking partner!

My mom's go-to cake for any and all occasions is called "Black Magic." The batter can be poured into literally any shaped pan--square, round, bundt. The cake is moist and full of chocolate flavor, with a hint of coffee, and can be paired with ice cream, whipped cream, or any flavor of frosting you'd like. Below, my momma and my sweet niece, Louise, frost a cake for her 6th birthday. --Katherine Bakke, MD PGY3



MOMMA BAKKE'S BLACK MAGIC CAKE

1 3/4 cups flour
2 cups sugar
3/4 cups baking cocoa
1 tsp baking powder
2 tsp baking soda
1 tsp salt
2 eggs
1 cup strong black coffee
1 cup buttermilk
1/2 cup vegetable oil
1 tsp vanilla

Combine flour, sugar, cocoa, baking soda, baking powder, and salt in a large bowl. Add eggs, coffee, milk, oil and vanilla. Beat until well combined. Batter will be thin. Pour into a greased and floured 13x9 inch pan. Bake at 350 degrees for 35-45 minutes. Check to see if the top is getting too dark, if so, cover with foil.

Black Magic travels well, too! My mom sends me one in a priority USPS box all the way from Oregon every year for my birthday. This picture is from my 22nd birthday, celebrating with friends in my dorm room at Bryn Mawr College.



SHOUT OUTS & SNAPS

Cheers to the Division of Thoracic Surgery, which has coordinated with Interventional Pulmonology to perform percutaneous tracheostomies on COVID-19 patients. As if we needed more proof of Dr. Uy being a superhero, here he is with a cape to prove it (left)! Below, Dr Mark Maxfield and Dr Raul Sood from Interventional Pulmonology perform a tracheostomy with support from RT in the ICU.



3LS Avengers: The COVID Initiative

In 2020AD, when the shadow of COVID was engulfing the world, a unique team of new graduates, medicine and surgery residents, fellows and attendings assembled at the frontlines to avenge the virus. They called them the COVID INITIATIVE. --Piyush Gupta, MD, PGY2

LAUGH/CRY



*We all know Dr Schnazer is the real Mr. 300. Submitted by
Rose Marie Zinkus.*

COMMUNITY SUPPORT

Virtual Peer Support drop-in sessions are available to all caregivers to share their experiences and decompress with mutual support and understanding. Sessions will be offered: Monday to Friday, 8-8:30 am and 1-1:30 pm; Monday, Wednesday and Friday 5-5:30 pm. To access the sessions, log in to this Zoom meeting. <https://umassmed.zoom.us/j/108887416>

VIRTUAL EAP SESSIONS

The COVID-19 pandemic has a profound effect on all of our lives and may have raised unforeseen concerns and anxieties. As a resource and additional support for residents & fellows, the Office of Faculty Affairs is sponsoring a series of virtual sessions facilitated by specialists from the Employee Assistance Program (EAP). These sessions will provide guidance on managing the challenges of the pandemic with a focus on maintaining physical and mental well-being, and provide an opportunity for individuals to share concerns and solutions.

To allow for interactive discussion, sessions are limited to 15 participants each and are available on a first come-first served basis. Multiple days/times are available for your convenience. Please register here:

<https://www.eventbrite.com/e/resident-eap-sessions-tickets-102173531784>

Anyone seeking individual guidance on a personal issue should contact the EAP directly at 800-322-5327, eap@umassmed.edu or see the EAP website: <https://www.umassmed.edu/eap>

Caregiver Support Line: Caregivers seeking peer support, family services, mental health resources, spiritual care, help finding online wellness resources, or who just want to talk can call 508-334-HELP.
