



UT/BGSU/MCO Physical Therapy Alumni Newsletter

Spring
2016

DR. ABRAHAM LEE PRESENTS AT CSM IN ANAHEIM, CA.

Dr. Abraham Lee presented a topic entitled, "Obesity-Induced Vascular Dysfunction: Pathophysiology and Treatment with Exercise" at APTA Combined Section Meeting 2016, Anaheim, CA. The topic deals with how overweight/obesity causes vascular dysfunction and how regular exercise training can correct endothelial abnormalities caused by overweight/obesity. Key molecules that regulate normal vascular function are nitric oxide (NO) and endothelin-1 (ET-1), which causes vasodilation and vasoconstriction, respectively. In the presence of overweight/obesity, there is an imbalance between NO and ET-1, which is caused by the presence of endothelial insulin resistance. In normal state insulin binds with its receptors, activating intracellular signaling pathways through which NO and ET-1 are produced. However, in the presence of endothelial insulin resistance a signaling pathway through which NO is produced becomes less sensitive to insulin, resulting in less production of NO, while a signaling pathway through which ET-1 is produced responds to insulin normally. In addition, inflammatory cytokines (i.e., TNF- α) and other molecules (i.e., angiotensin II and free fatty acid) can further activate ET-1-producing signaling pathway. The imbalance of less production of NO and increased production of ET-1 by endothelial cells can cause hypertension and limited blood flow to an insulin-targeted organ. Furthermore, it is evolved into the formation of plaque in arteries, i.e., atherosclerosis, with an increase in risk of cardiovascular diseases if not corrected. Regular exercise training helps endothelial cells correct these abnormalities by increasing shear stress through which endothelial cells undergo remodeling with an increased expression of endothelial nitric oxide synthase, which synthesizes NO production.



The session was well attended and some of the attendees communicated with Dr. Lee very positively. Here are some comments by the attendees:

Your presentation on Obesity-Induced Vascular Dysfunction was truly the high point of my attendance at CSM 2016 this year! I am the supervisor of cardiopulmonary physical therapy at New York Presbyterian Hospital, where I have worked for 31 years. I look forward to sharing highlights of your information with my staff in an inservice. I almost did not attend your lecture, because when I looked at the slides, I thought it would be over my head. Thank you so much for doing the impossible!--That is, for making such complex material understandable to me and the others in attendance.

I attended your presentation at CSM this past Friday. Most importantly, I wanted to compliment you on a lecture that was VERY well done. Your presentation of the material was organized and sequenced in such a way that you told the story beautifully. I do not think there was a single thing you said that was not supported by evidence. It was nice to see some higher level programming at CSM. Outstanding job!! Thank you!



WE'D LOVE TO HEAR FROM YOU! CONTACT US SOON!

• SEND A MESSAGE

dr.lee@utbgsu.edu

• VISIT FACEBOOK PAGE

<https://www.facebook.com/utbgsu-phd>
<https://www.facebook.com/utbgsu-phd>

LET US KNOW WHAT YOU'VE BEEN UP TO.

• NEW JOBS

• PROFESSIONAL ACHIEVEMENT

• CHANGES IN YOUR PERSONAL/FAMILY LIFE YOU'D LIKE TO SHARE!

A WORD ABOUT THE NEWSLETTER

Welcome to the Spring edition of the Alumni Newsletter! This newsletter is put together by the Student Physical Therapy Organization (SPTO), with a bit of help from the faculty. We hope to use this newsletter as a way to connect with you, give you updates about our program, and let you know about upcoming events that may be of interest to you.



GRANITE CITY FUNDRAISER

On the behalf of SPTO, we would like to thank all of the clinicians, students and family that came out to the Granite City Brewery fundraiser in February. 20% of the proceeds were donated to the UT Student Physical Therapy Organization. A grand total of \$301.48 was raised. These fundraisers are supporting our Quiz Bowl Team to attend the OPTA Conference in Columbus this April.

CHIPOTLE FUNDRAISER

Proceeds raised from the Chipotle fundraiser will be used to support the SPTO. A total of \$89.55 was raised. SPTO would like to thank everyone who continuously supports our student organization. If you would like additional information on how to help our organization grow, please contact us at the email address located on the front of the newsletter.

SPTO AT THE BIG EVENT

The BIG Event is the largest, one-day, student-run service project at The University of Toledo where students come together to say "Thank You" to the residents of Toledo, Bancroft Hills, and Secor Gardens for their continued support throughout the year. On Saturday, March 19, 2016, over 1,400 students provided over 6,300 total hours of service to the community in one day.

Six of the 1st year DPT students participated in the event this year doing yard work for an elderly man and women. Raking leaves, picking up sticks, and pulling weeds are worth it, to see the smiles on the faces of those you are so graciously helping.



NEW COMMUNITY CARE CLINIC STUDENT REHAB DIRECTOR

The Community Care Clinic, started in 2010 by Dr. Richard Paat, provides comprehensive healthcare for those without insurance in Lucas and Wood counties. Our services are free, and everyone is welcome. The Community Care Clinic relies on volunteer physicians, nurses, pharmacists, physical therapists, medical assistants, and non-clinical volunteers. We meet every Thursday evening from 6-9:30pm at Cedar Creek Church South Campus on Byrne Road in Toledo. Volunteer PT's typically sign up on a rotation to help once a month or once every other month. To receive more information about how you can help email: rehab@utcommunitycare.org



Congratulations to the new Director of Rehabilitation Services, Victoria Pietrykowski! Victoria is entering her second year in the DPT program at UT and will serve as the student director for the year. She will begin responding to emails that are sent to the address above. Thank you so much to all the PT's who have volunteered over the last year, we truly appreciate you donating your time, treating patients, and sharing your knowledge with the student volunteers.

UPCOMING EVENTS

CEU Event Hosted by UT SPTO

The UT SPTO is hosting The First Annual Director's Rounds. The topic is "Managing Patients with Neurological Disorders Over a Lifetime". The course will be presented by UT DPT Clinical Assistant Professor, Tori Smith, P.T., M.S., N.C.S on the University of Toledo, Main Campus April 16, 2016 from 8:30am -12:30pm. Registration is \$75 and is due by April 8, 2016. Registration is limited to 50 participants , so get your seat now! More information can be found on the attached registration form.

PT and OT Co-Host Twylite Fundraiser

If you missed out on the last two fundraisers, you have another chance! Our third annual Twylite fundraiser will be held on August 25th, 2016 at The Pinnacle in Maumee, OH Last year, the physical therapy and occupational therapy student organizations raised \$1040. Tickets will be sold this coming Fall by the students and can also be purchased at the door. If you would like to purchase a ticket, please contact the email on the front of the newsletter. In addition, we are looking for companies or individuals to donate goods or services for our raffle prizes.

PT Pub Night:

Once a month we PTs get together over a pint or two and have a great conversation. Nobody says it HAS to involve Physical Therapy, but most of the time it does. PT Pub Night is what you make it...so make it a great night of food, drink, and camaraderie! Pub nights change every month so stay up to date!

See the following links for questions about the event and find an area near you! <http://ptpubnight.com/>

Here is the link for our Facebook page: <https://www.facebook.com/events/1376275036025051>

