It is a pleasure to welcome you to the 2018 edition of Reflections, the UCF College of Medicine yearly report. And as always, we have no shortage of news in all three of our missions - education, research and patient care.

Growing numbers of learners - undergraduates, medical students, graduate students, residents and fellows - are thriving under the guidance of their UCF College of Medicine faculty. In 2018 we received full re-accreditation of our M.D. program until 2025. In research, we're making important new discoveries in areas that include breast cancer, Zika, Parkinson’s disease and medical education. Patient care is growing. We’re expanding UCF Health as we prepare to open our new academic hospital, UCF Lake Nona Medical Center, in partnership with HCA.

We’re also at the forefront of expanding Medical City. In addition to the new hospital, which will open directly adjacent to the medical school by 2021, we are opening a new UCF Cancer Research and Treatment center in the former Sanford Burnham Prebys building.

We are moving forward with new initiatives and new partners. As always, our primary goal is to improve the health of all.

Deborah C. German, M.D.
Vice President for Health Affairs
Dean, UCF College of Medicine
Faces of The
College of Medicine
The growth of every organization relies on the hard work, commitment and talent of its most valuable asset - people. At the UCF College of Medicine, our students, faculty and staff are a diverse, compassionate and forward-thinking group of people ready to take medical education, research and patient care to the next level.

Over the past decade, the medical school has grown leaps and bounds in all areas of its mission, and that takes teamwork! We are thankful for each individual who contributed to the achievements of the past year as we work together to fuel the growth of something bigger than ourselves.
Our Footprint In Medical City

UCF Lake Nona Medical Center, a partnership hospital with Hospital Corporation of America, is set to open by early 2021. The hospital is directly adjacent to the College of Medicine in Lake Nona’s burgeoning Medical City.

The university is also developing a comprehensive cancer research and treatment center at the former Sanford Burnham Prebys research institute. UCF Lake Nona Cancer Center will combine basic and clinical research with leading-edge cancer treatments. Patients needing hospitalization will have the convenience of receiving care at UCF’s medical center just steps away.

UCF has also created an Academic Health Sciences Center in Lake Nona that brings together the university’s health-related programs. Many will ultimately be located in Lake Nona. This new center will increase interdisciplinary education and research opportunities and train healthcare students to work together more seamlessly. Currently, UCF is working on plans to move the College of Nursing to a new building next to the medical school.
As we grow the Academic Health Sciences Center, we will continue proactive efforts to diversify our students, staff and faculty. Together, we can cherish and preserve ethnic and cultural diversity and become stronger with ideas, dignity, openness, healing, love and joy through inclusiveness.

DR. SALEH RAHMAN
Assistant Dean for Diversity and Inclusion (Interim)

“As we grow the Academic Health Sciences Center, we will continue proactive efforts to diversify our students, staff and faculty. Together, we can cherish and preserve ethnic and cultural diversity and become stronger with ideas, dignity, openness, healing, love and joy through inclusiveness.”
MAKING IMPLANTS WORK BETTER AND LAST LONGER

A new interdisciplinary Prosthetic Interfaces Research Cluster, involving scientists in areas from neuroscience to biomaterials engineering, is collaborating to make smart prosthetics and implantable devices that interact more dynamically with the body. This may lead to a future where blind people can see again, implants that can help relieve chronic pain and where war veterans can feel the sensation of touch in their prosthetic limbs.

Dr. Melanie Coathup, who heads the cluster, is an internationally recognized specialist in bone regeneration and implant design. Her research has led to designs that replace bone lost to cancer, and the development of a new kind of synthetic bone material to help patients with skeletal injuries regenerate tissue.
An estimated 25 million Americans rely on implantable devices such as artificial hip and knee replacements, pacemakers, neurostimulation and cochlear implants.
Facilities Scheduler

“I love working at the College of Medicine because I enjoy the daily interaction I get with visitors, students and my co-workers. Working here gives me the opportunity to help others, encourage them and make a great impact in their lives.”
UCF researchers have identified a link between rheumatoid arthritis and *Mycobacterium avium subspecies paratuberculosis* or MAP, a type of bacteria found in about half the cows in the United States.

Based on results of their study, Dr. Saleh Naser, a UCF infectious disease specialist, and Dr. Shazia Bég, a rheumatologist at UCF Health, believe that individuals born with a particular genetic mutation and who are later exposed to MAP through consuming contaminated milk or meat from infected cattle may be at a higher risk of developing rheumatoid arthritis. The bacteria can be spread to humans through the consumption of infected milk, beef and produce fertilized by cow manure.

About 1.3 million adults in the U.S. have rheumatoid arthritis – an autoimmune and inflammatory disease that causes the immune system to attack a person’s joints, muscles, bones and organs.

The researchers are now focused on conducting larger scale studies, including patients from different geographical and ethnic backgrounds, to confirm their findings.
Sometimes the quest for a cure means diving below the surface, literally. UCF infectious disease researcher Dr. Kyle Rohde is looking under the sea to find a cure for tuberculosis (TB), one of the top 10 causes of death worldwide. He believes natural compounds extracted from sea sponges and other marine life may hold the secret to fighting the disease better and faster than existing drugs, particularly when the bacteria have become dormant and drug-resistant.

Through a partnership with Florida Atlantic University’s Harbor Branch Oceanographic Institute, Dr. Rohde and his team screened extracts derived from sponges and other marine life and found 26 compounds that actively destroy the tuberculosis bacteria.
The National Institutes of Health has awarded a $2.2 million grant to Dr. Mollie Jewett to fund her research on Lyme disease and its ability to evade the body’s immune system. The grant is a five-year competitive renewal of grant she received in 2013.

Dr. Jewett, head of the Division of Immunity and Pathogenesis Research at the College of Medicine’s Burnett School of Biomedical Sciences, is partnering with Dr. Justine Tigno-Aranjuez to understand how the bacteria’s novel genetic components enable it to overcome the immune system’s barriers.

Lyme disease is an infection transmitted through tick bites which causes fever, headache, fatigue and a characteristic skin rash and can be treated with antibiotics if caught early. About 30,000 cases are reported in the U.S. each year and cases are increasing nationwide.
DENISE KAY

Assistant Professor

“I am proud to work with a team of individuals who want to be a part of the solution, whatever the problem is. No matter the task, we are all eager to assist with figuring out the best possible options. With the numerous resources for faculty, students and staff, it is impossible for anyone with a good work ethic and willingness to ask for help to not be successful.”
Family’s Donation Boosts Cancer Research

A Winter Park cancer patient’s family has funded a leading-edge technology that can isolate, photograph and count individual cancer cells from a single tube of blood. With the FDA-approved CELLSEARCH System technology, scientists can see whether cancer cells are spreading from the original tumor or if new therapies are stopping the cells in their tracks. The technology is so advanced it can detect as few as two circulating tumor cells in 1 milliliter (1/5 of a teaspoon) of blood.

The College of Medicine is only the second research entity in Florida with the machine, thanks to the gift from the Catherine McCaw-Engelman and Family Cancer Research Collaborative Fund. The fund was created by the family of Elizabeth McCaw-McKinney, who were inspired to support cancer research after their sister died of colon cancer.

"THE COLLEGE OF MEDICINE IS ONLY THE SECOND RESEARCH ENTITY IN FLORIDA WITH THE MACHINE, THANKS TO THE GIFT FROM THE CATHERINE MCCAW-ENGELMAN FAMILY."
Diagnosed with a rare genetic disorder as a toddler, medical student Jessica Fernandez is proving that healing others is about more than science — it’s about empathy and compassion.

Gowned and gloved, Jessica Fernandez leans closer to inspect the cadaver on the stainless steel table inside the College of Medicine’s anatomy lab. From a distance, she looks like any other medical student, inquisitive but a bit apprehensive about interacting with the cadaver, her first “patient,” as she inspects the muscles, liver and lungs.

But look closer, and you’ll notice the stool Fernandez stands on to reach over the cadaver. You might also notice the way her blue scrubs nearly overwhelm her tiny frame.

That scene took place nearly four years ago, during Fernandez’s first semester in medical school. Today, as she prepares to graduate and enter a residency program, Fernandez has continued to defy critics who questioned whether she could keep up with the rigors of intensive study and the grueling clinical hours of hospital rotations. “I’m small, but I think I’m big,” she says. “So I act like it.”

**AT 3, FERNANDEZ WAS DIAGNOSED WITH SPONDYLOEPIPHYSEAL DYSPLASIA**, a rare genetic disorder that affects bone growth, specifically at the ends of bones and in the spine, resulting in smaller-than-average stature.
“I have been on the other side of the X-ray machine, on the inside of the MRI machine. I want to use my abilities, knowledge and expertise to find creative ways to make my patients’ lives as independent and comfortable as possible.”

At 27, Fernandez stands 4 feet 2 inches tall. Her size and youthful face making her appear much younger than her age. And even though her disability may be obvious to others, she never lets it define her. And she certainly isn’t letting it stop her from achieving her lifelong dream of becoming a physician.

While becoming a doctor is a dream of many children, few achieve it. Fewer still are the number of people with disabilities who become physicians. Approximately 57 million Americans — nearly 20 percent — have a disability of some kind, but only around 2 percent of practicing doctors do.

This means that there are more people living with disabilities than physicians who understand their bodies and their lives.

“I know what it feels like to be exposed and nervous on the cold examination table,” she says. “I have been on the other side of the X-ray machine, on the inside of the MRI machine. I want to use my abilities, knowledge and expertise to find creative ways to make my patients’ lives as independent and comfortable as possible.”

FERNANDEZ WAS BORN IN VENEZUELA AND RAISED BY A MOTHER WHO WAS A PHARMACOLOGIST AND MICROBIOLOGIST and a father who was an engineer. Her parents understand her physical hardships and have made difficult decisions to provide her the best life possible.

“The doctors told me when she was 8 months old that she wasn’t growing well for her age,” says her mother, Maria Luisa de Curtis Fernandez. When Fernandez turned 3, doctors advised her family to take her to see a specialist at Boston Children’s Hospital.

“The diagnosis was not so good,” says de Curtis Fernandez.

After many trips to Boston and knowing that their daughter’s best medical care and chance for a future lay overseas, her parents decided to immigrate to Florida when she was 13. They had family living near Ocala, so they settled there, leaving her two older siblings in Venezuela.

Looking back, Fernandez describes her childhood as normal and happy, full of trips to the movies and the mall, days spent at the beach and nights having sleepovers with friends. She describes her teenage self as “small and mighty,” which helped her win the acceptance and respect of her schoolmates.

“I was blessed that I always seemed to connect quickly with people,” says Fernandez, who often had to explain her condition when people asked questions. “I am lucky that I was never bullied or anything like
Fernandez went on to earn a biology degree from the University of Tampa before entering medical school at UCF in 2014.

HER WARMTH AND THOUGHTFULNESS DO NOT GO UNNOTICED BY HER PEERS OR PROFESSORS. Classmates honored her with a College of Medicine Humanitarian Award for her compassion. She was also voted the person other medical students would want to have care for a loved one.

“Empathy is something you can’t teach,” says fellow medical student Lea Meir, Fernandez’s best friend. “I see her go out of her way, reaching out to her peers. It’s something as simple as listening to others complain about grades and work stress. Sometimes it’s much deeper, like a family situation.”

It’s not as though Fernandez doesn’t have personal issues to worry about. Last summer, while her classmates were on break, she traveled to Delaware with her mother to undergo a painful surgery to stabilize her cervical spine.

She credits that journey and her experiences as a patient with making her more determined to help others, especially those with bone and spine problems.

“I can see it in my patients’ eyes when they talk to me, when they are able to relate, when they have someone who has gone through similar experiences listen to them and truly care about making their lives better,” Fernandez said.

Fernandez never set out to become an advocate for people with disabilities in medicine. It’s a role she took on by default, acknowledging that patients and physicians can be skeptical when they first meet her.

“People sometimes fear what they don’t understand, so when you sit with them and you explain to them what they’re wondering, and when they see your openness to answer those questions, you just break that barrier right then and there,” she says.

Fernandez applied to quite a few medical schools. Only UCF accepted her. She said she was drawn to the medical school because it was eager to help her fulfill her dreams.

“I thought UCF would be a place where it wouldn’t mold me into being something I am not,” she says, “where I could become great at whatever I was truly passionate about.”

For Fernandez, life and accomplishment are all about people — the ones you can help and the ones who have helped you. “No matter how hard you think your life is, maintaining perspective is key,” she says. “Why would I want to fit in when I was born to stand out?”

Since the original publication of this article, Fernandez matched into her top choice for medical residency and is currently training in pediatric physical medicine and rehabilitation at Jefferson Medical College’s duPoint Children’s Hospital in Philadelphia.
This year’s graduates are doing their residencies at top hospitals across the nation, state and community, including Georgetown, Harvard, Johns Hopkins All Children’s Hospital in St. Petersburg, Mayo Clinic, Orlando Health, University of Florida, Vanderbilt and Yale.

99% UCF MATCH RATE

94.3% NATIONAL MATCH RATE
A Growing Residency Program

With the addition of 22 programs in the last four years, UCF’s graduate medical education program, a partnership with the Hospital Corporation of America, is one of the fastest growing residency programs in the nation and has attracted physicians from more than 15 countries.

UCF and HCA expect to add more than 600 residency slots in Florida by 2020 to help address the state’s physician shortage. The newest residency additions include the first ever psychiatry residency program for Central Florida.

With this year’s match, the UCF-HCA consortium added 176 new residents and fellows, bringing its total to 360 in July 2018.
In an academic institution, it’s imperative that you know your student. You can’t support and encourage students unless you know each one’s strengths as well as their weaknesses. When our students succeed, we succeed. There is nothing more exciting than seeing students reach for and achieve their personal best.”

ZOE BROWN-WEISSMANN

Director of Student Academic Support Services

“In an academic institution, it’s imperative that you know your student. You can’t support and encourage students unless you know each one’s strengths as well as their weaknesses. When our students succeed, we succeed. There is nothing more exciting than seeing students reach for and achieve their personal best.”
In preparation for the opening the new Lake Nona Medical Center by early 2021, UCF Health has expanded its surgical services to include general, minimally invasive gynecological, ophthalmology and orthopaedic surgery.

During last year, the medical school’s physician practice also welcomed providers specializing in allergy and immunology, gynecology, ophthalmology, pulmonology and sports medicine. The caliber of our doctors was also recognized, with 18 of them named among Orlando Family Magazine’s Top Physicians in Orlando this year.
“More than anything, I want my story to inspire young women and underrepresented individuals. Know you are not alone and that you can accomplish anything with hard work and dedication despite your background or hardships. If I can do it, so can you.”
Honoring Her Father’s Dream

Jeanine Garcia was too young to remember the day her father Lazaro set sail from Cuba on a raft made of beer kegs and rope, armed with a parcel of food and a dream for a better life in America.

But when she walked across a UCF stage recently to collect her degree with a double major in biology and biomedical sciences and a minor in health sciences, she was honoring her father.

“I’ve always told my dad I want to honor his sacrifice and everything that he did by getting an education and seeking out the opportunities he wasn’t able to have,” Garcia said days before joining almost 4,000 UCF students who graduated in December.

Garcia was born in Cuba in the early ’90s. The communist government was in power and was rationing food and basic supplies. Garcia’s father Lazario was a political activist.

“There was no freedom of speech and so anyone who expressed disagreement could be beaten, sent to jail or even killed. My dad was beaten several times whenever he organized a meeting or participated in a protest,” she said.

When Garcia was 3, her father and other men in the family boarded the makeshift raft in secret and left with the promise that they would return for the women.

Two years later, Garcia and her mother received asylum and came to America and settled in Miami, later moving to Port St. Lucie.

In high school, Garcia played golf, was president of the National Hispanic Society and fell in love with science and discovery. She toured UCF, was impressed with its modern technology and facilities, and knew this was where she wanted to get her college degree.

“UCF really laid a good foundation for me to achieve my goals,” she said. “As a first generation student, it was a bit of a struggle as I had no one to guide me through college. But here, I found resources and support from people who cared and were willing to help me figure out what my goals were and how to get there.”

One of those guides was Dr. Cristina Fernandez-Valle, a neurosciences researcher at the College of Medicine’s Burnett School of Biomedical Sciences. Dr. Fernandez-Valle, also a Cuban immigrant, became Garcia’s mentor and eventually hired her as a research assistant.

“Dr. Fernandez-Valle has just been great in helping me and guiding me in the right direction,” Garcia shared. “She allowed me to explore different areas in her research, challenged me and pushed me to a certain level I had never been pushed before and really elevated my levels of critical thinking and I am so grateful for everything she taught me.”

After graduation, Garcia hopes to go to medical school and treat underrepresented and low-income families.

Her father is eager to see his daughter reach for the stars. “Seeing my daughter graduate shows me that the sacrifices and struggles our family has undergone have all paid off,” the father said. “Throughout the years we have seen Jeanine grow up to become a beautiful, intelligent and strong woman. Her future is very bright and we cannot wait to see where her hard work and dedication will take her.”
Global Health Team Cares For Hundreds Of Patients In Peru

For the second year, an interprofessional healthcare team of 51 including students, faculty and volunteer physicians provided primary care and surgeries for more than 500 patients in a remote village in Peru – a 41 percent increase in the patients seen over the previous year.

Headed by the student group MedPACt (Medical Students Providing Across Continents), the mission trip allowed students to practice their clinical skills using only basic medical resources, as well as improve their medical Spanish skills. College of Medicine faculty and community physicians provided specialized care in areas like dermatology, pediatrics, urology and gynecology. They were assisted by faculty and students from UCF’s College of Nursing and Physical Therapy programs.

Caring For Central Florida’s Farmworkers

Students and faculty from UCF’s medical, nursing, physical therapy and social work programs and the University of Florida’s pharmacy school are working together to provide healthcare to uninsured farmworkers in Apopka. The team approach helps triage, diagnose and treat patients quickly in one setting. For more specialized care, patients also have access to specialists in areas like gynecology, dermatology and ophthalmology.

More than 100 patients, from babies to seniors, are seen at each clinic held several times a year at the Farmworker Association of Florida office in Apopka.
KNIGHTS Clinic
Bridging The
Health Care Gap
In Central Florida

KNIGHTS Clinic, a student-run free clinic, has been a source of healthcare for scores of Central Florida’s uninsured residents for the last five years. Staffed by medical, social work and pharmacy students and volunteer physicians, the interdisciplinary teams have provided ongoing care to 144 patients. Students volunteered more than 2604 hours at the clinic in the past year.

KNIGHTS operates twice a month at Grace Medical Home in Orlando with funding from the Diebel Legacy Fund at Central Florida Foundation.
Make-A-Wish Foundation partnered with UCF medical students to fulfill 18 year-old Hannah Culler’s dream – to be a UCF medical student for a day. The Ohio native suffers from Mast Cell Activation Syndrome (MCAS) which causes life-threatening allergic reactions to everything from odors to temperature changes. Her trip to UCF was two years in the making and had to be postponed four times because Hannah was hospitalized or too unstable to fly.

During her visit she received her white coat from Dean Deborah German, helped deliver a baby from a robot simulator, interviewed a patient complaining of abdominal pain, and diagnosed a computerized mannequin with congenital heart failure.

“As a parent, to be able to watch your child live a lifelong dream, it gives you unspeakable joy,” said Hannah’s mother, Karen Culler who accompanied her daughter.
"I feel so blessed to have started my journey to becoming ‘The Good Doctor’ at UCF College of Medicine. As a relatively new medical school, the college has proven itself a force to be reckoned with in regards to student success, resources, technology and beyond."

MONET WINSLOW

Medical Student, Class of 2020
THANK YOU
To Our
Philanthropic Partners

This listing reflects outright gifts (exclusive of pledge commitments) made to the UCF College of Medicine between July 1, 2017 and June 30, 2018.

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* Indicates consecutive giving to the College of Medicine since year indicated. All giving by fiscal year from July 1 to June 30.
** Indicates gifts made to the Dean’s Society.
**SURVIVORS FUND STUDENT’S CANCER RESEARCH**

Ph.D. student Candace Fox received an $8,000 grant from Circle of Hope for Cancer Research, a nonprofit group based in Central Florida founded by two lung cancer survivors, Joan Tashbar and Rosa Holloway. Fox is genetically altering a parainfluenza virus that usually causes respiratory infections to selectively attack cancer cells. The virus kills most cancer cells and makes those that survive more vulnerable to chemotherapy drugs.
Dr. Roseann S. White and Mr. Thomas J. White - 2000
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Accurate representation and acknowledgement of your gift is vitally important to us. If there is an error or omission, we sincerely apologize. Please contact Karina Girgis at 407.266.1042.

Lecture Hall Named in Honor of Donor

One of the medical students’ favorite classrooms was renamed the Ravago Lecture Hall in honor of Ravago Holdings America which gave a $750,000 multi-year gift to the College of Medicine. Jim Duffy, president and CEO of Ravago Holdings America, says the contribution is the start of a great partnership with the medical school to help train the community’s future doctors.
I’m excited about giving back to my community and serving my fellow veterans who deserve our best care. As an older student I didn’t know if I could make it in medical school, so it’s important for me to show my family and especially my two daughters that dreams are worth chasing.”