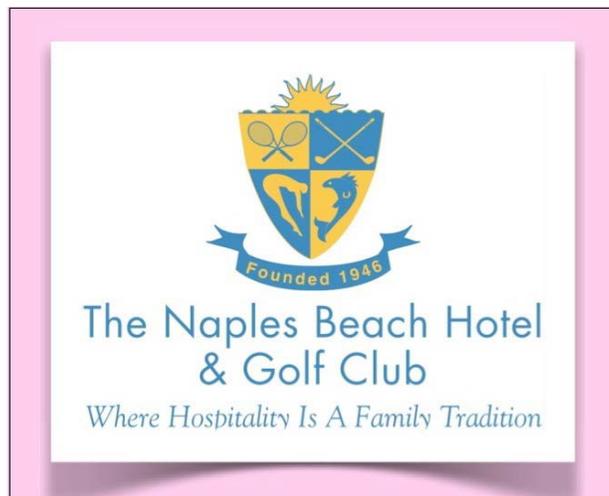


Naples, Florida June 6-9, 2013

Get Ready for UMANA's Biennial Convention *42nd Scientific Conference and 35th Assembly of Delegates*



This year, the Naples Beach Hotel and Golf Club in Florida will host UMANA's biennial convention and Assembly of Delegates. All UMANA members, their friends and families are invited to attend the conference.

Safe and Healthy Travel

The theme of our educational program will be "Safe & Healthy Travel", jointly sponsored by UMANA and the Chicago Medical Society (CMS).

Good Reasons to Attend

Are you looking for some good reasons to attend this year's convention? How about:

- A dynamic Scientific Program jointly sponsored with CMS.
- 10.0 credits in category I CME with an excellent speaker program.
- Assembly of Delegates – your ultimate decision-making body open to all members.
- Relax on the beach after lectures; swim, golf, read, bike, or don't do much at all.

- Enjoy touring and world-class shopping in downtown Naples.
- Recognize distinguished UMANA members at our awards evening .
- Watch the seabirds, visit the orchid greenhouse.
- Family-oriented – bring your kids.
- Enjoy the on-site spa, work out in the fitness center, play tennis, catch the balmy Gulf breezes.
- Enjoy beachfront dining overlooking spectacular sunsets.
- Meet your colleagues from the U.S. and Canada to chat and socialize.

Great Room Rate is Limited

Room availability at the Naples Beach Hotel and Golf Club at the \$165 rate is limited! To reserve rooms call: 1-800-237-7600, mention UMANA or Ukrainian Medical Association.

Paper registration forms will be mailed to all members in March and will be available on our website.

UMANA MEMBER NEWS



Roman Bilynsky, MD (NY Metro Branch) has been working at the new Defense Health Headquarters in Falls Church, Virginia, as chief of Medical Readiness in the Office of the Army Surgeon General.



Daniel Hryhorczuk, MD, PhD (Illinois Branch) had the honor of being bestowed with the PLAST Award of the Eternal Flame in gold, for his scientific contributions to Ukrainian medicine and local community services.



Wolodymyr Korol, DVM, PhD, (Florida Branch) at the ripe age of 90, continues offering community lectures on Burkitt's tumor (Medical College of Florida), Parkinson's Disease (St. Andrew's Ukrainian Religious and Cultural Center in North Port), and controlling the risks of brain attack (Englewood High School).



Lyudmila Lachac, ANP (NY Metro Branch) completed her advanced degree as an Adult Nurse Practitioner. She offers weight loss class programs, as well as alternative medicine approaches using the Nambudripad Allergy Elimination Technique (NAET).



Sergiy Nesterenko, MD (Maryland-DC Metro Branch) has been accepted into the spine surgery fellowship program at the Cleveland Clinic for 2013-2014.



Alexander Sosenko, MD (Illinois Branch) was elected president of the medical staff at Silver Cross Hospital, Joliet. He also serves as the director of respiratory care ICU at that hospital.



Mary Tanczak Dycio, MD (Florida Branch) celebrated a surprise 90th birthday in July 2012, hosted by her doctors and nurses. She is currently fully absorbed in writing her 600-page memoir, "My Journey from Ukraine to Maine" and continues to indulge in her hobby of painting. Her complete oeuvre consists of over 100 works, most of which are available for purchase.



Michael Yaremchuk, MD (New England Branch) is chief of craniofacial surgery at Boston's renowned Mass General Hospital (MGH) and program director for Harvard's plastic surgery program. His 2012 speaking engagements included trips to Moscow (Russian National Research Medical University) and China (9th Chinese National Congress of Aesthetic Plastic Surgeons) to discuss advances in the field of facial restoration. Dr. Yaremchuk's plastic surgery expertise was featured in the 2012 *Boston Globe Magazine's* "Makeover" issue.



UMANA News

The Newsletter of the Ukrainian Medical Association of North America is published quarterly by UMANA with the objective to promote good fellowship and to uphold and enhance the best interests of UMANA. The newsletter serves as an impartial forum for information for its members. UMANA cannot guarantee the accuracy of all information contained herein. Some information has been obtained from third party published and oral sources and may not have been independently verified. The treatment of articles, views, and opinions expressed in UMANA News is not necessarily endorsed by UMANA.

Distributed to members and friends of UMANA

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Electronic Version: www.umana.org/newsletter.shtml

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The Ukrainian Medical Association of North America



UMANA Branch Officers

Please let us know of activity

in your local branch.

E-mail news and photos

to umana@umana.org

We will make every effort to include reports of your events in an upcoming issue of UMANA News!



President's Message

More than 20 years have passed since Ukraine has gained its independence. Despite many notable improvements, the quality of health care in Ukraine sadly continues to rank near the bottom among developed nations. There are many reasons for this, not the least of which is that in many respects Ukrainian medical education does not measure up to standards that exist in developed western countries. In order to acquire the skills necessary to meet the demands of their practice, Ukrainian doctors are often compelled to seek additional experience abroad.

I recently had the opportunity of meeting one such Ukrainian doctor during her visit to Chicago. Her name is Oleksandra Tkachenko. Oleksandra is a nephrologist who studied and practiced in Kyiv. Early in her practice she soon realized that the medical training that she received did not fully prepare her for providing the most optimal treatment for her patients. In order to obtain the additional experience that she needed, she elected to study and train abroad. Thanks to her ability and resourcefulness, she succeeded in being accepted to a nephrology fellowship program at the University of Colorado School of Medicine in Denver. As any material support from the Ukrainian government could not be expected, she applied for and received a grant from the International Society of Nephrology, which made possible her participation in the fellowship.

After only 9 months into the program, her achievements have been exceptional. Apart from her clinical duties, she is an author of three articles in peer-reviewed journals, with more articles in preparation. She is also involved in clinical research on polycystic kidney disease and uric acid nephrolithiasis. Upon completion of her training program she plans to return to Ukraine and to apply her acquired skills in her nephrology practice as well as in teaching medical students and training young doctors.

We are printing Oleksandra's impressive and inspirational biography below as an example of what our talented young Ukrainian doctors are capable of achieving, given the opportunity. Unfortunately, until major reforms in Ukraine's medical education system are realized, the need will continue for doctors like Oleksandra to travel abroad in search of the training and experience that should be, but unfortunately are not, available in their home country.

Regards,
Andrew Melnyk

LEARNING IN THE UNITED STATES: MY GATEWAY TO A MEDICAL CAREER IN UKRAINE

I received my medical degree in 2005 at the Bogomolets National Medical University. In 2007 I graduated from PL Shupik National Medical Academy of Postgraduate Education, faculty of general practice and family medicine in Kyiv. I then took a position at the Institute of Nephrology Academy of Medical Science of Ukraine and worked in the specialty of nephrology. I worked in the outpatient and dialysis departments, performed renal biopsies, and managed patients with a diverse range of renal pathology. During this time I participated in medical conferences at which I presented lectures on various topics on nephrology and was also involved in research on the role of phosphate binders in dialysis patients. In 2011 I received my certification in nephrology upon graduation from the PL Shupik National Medical Academy of Postgraduate Education.

In my early years working as a nephrologist, I soon realized that diagnosis and treatment of kidney diseases as well as electrolyte, water, and acid-base disorders are not very well developed in Ukraine, and that the medical training I received did not fully prepare me to manage patients with difficult and complex renal diseases. I, therefore, decided that I needed to travel abroad for additional education and training. In 2010 I traveled to Bari, Italy for a one-week nephrology fellowship program at the Aldo Moro University in the Nephrology, Dialysis, and Transplantation Unit.

But my real opportunity came later that same year when I attended a conference of the National Academy of Nephrology in Kyiv. There I met Dr. Robert Schreier, who invited me to train in the nephrology

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OBITUARIES



KOMISAR-RAWYTSCH RPh, Maria, age 106, *Uniwersytet Poznanski, Poznan, Poland, 1934*; UMANA Toronto Branch, died November 4, 2012.

UMANA CHAPTER NEWS

Illinois Branch

The Illinois Branch of the Ukrainian Medical Association of North America (UMANA-Illinois) held its annual business meeting and biennial elections Sunday afternoon, January 13, 2013, at the conference center of the Selfreliance Ukrainian American Federal Credit Union in the heart of Chicago's Ukrainian Village. Outgoing president Dr. George Charuk chaired the proceedings, giving a detailed report of the branch's activities over the concluded two-year term. He thanked his officers and members for continuing to support the association, making it the largest active organization of Ukrainian health care professionals in the United States and Canada. Treasurer Dr. Theresa Kuritza presented the branch's financial status and activity, receiving a positive endorsement for prudent fiscal management.

The following UMANA Illinois branch officers were elected to lead the group for the next two years: President **Dr. Diana Iwanik**; immediate Past President **Dr. George Charuk**, Vice President and President Elect **Dr. Arkadiush Byskosh**; Secretary **Dr. Adrienne Kovalsky**; Treasurer **Dr. Theresa Kuritza**; and member-at-large **Dr. Sophie Worobec**. Incoming president Dr. Iwanik greeted the members, thanking them for their support and asking for their continuing involvement in UMANA activities.

Following the formal proceedings, attendees gathered with families and friends to celebrate the annual and traditional Yalynka, deliciously catered by Chicago's well-known Shokolad Pastry and Cafe. Several hours were spent caroling, reminiscing, and meeting with colleagues from Illinois, Indiana, and Wisconsin.



Photo by Dr. Maria Hryciak

UMANA Illinois officers for 2013-2015: (from left) Dr. Sophie Worobec (at-large), Dr. Diana Iwanik (president), Dr. Theresa Kuritza (treasurer) and Dr. George Charuk (immediate past president). Not pictured: Dr. Arkadiush Byskosh (vice-president and president elect) and Dr. Adrienne Kovalsky (secretary).

Continued from page 3

fellowship program at the University of Colorado Denver School of Medicine, Division of Renal Disease and Hypertension. Dr. Schrier is a world-known expert who has made numerous contributions in the field of nephrology, among these as the author of the textbook Diseases of the Kidney and Urinary Tract. An invitation to study under the guidance of such a prominent person was a great honor for me. To take advantage of this opportunity, I applied for and was fortunate to win a grant from the International Society of Nephrology (ISN), which made it possible for me to accept Dr. Schreier's invitation.

In February 2012, I began my training at the University of Colorado as an ISN research fellow. The objective of this program is to prepare future nephrologists for careers in all aspects of academic medicine: clinical, teaching, and research. Of particular interest is to train future scientists who will undertake research in Ukraine, particularly on the subject of autosomal dominant polycystic kidney disease. In addition, my personal goal was to strengthen my knowledge in molecular and cell biology, immunology, pathology of the kidney, and in dialysis. My host center exceeded all my expectations. The faculty consists of a large staff and multiple institutions that provide trainees a broad-based experience in the management of clinical problems and opportunities for a wide variety of research projects. The program also offers extensive research opportunities in the areas of physiology, biochemistry, and molecular biology. After 9 months in the program, I have been involved in numerous teaching, learning, and research activities.

U.S. science and medicine are the best in the world. An opportunity to study in the U.S provides the means to receive the most updated knowledge and experience in medicine. My dream is to apply my knowledge to best treat patients, to perform medical research, and to teach medical students and future young doctors. My fellowship training at the University of Colorado will make it possible for this dream to become a reality when I return to Ukraine.

Oleksandra Oleksandrivna Tkachenko, MD