

President's Message

Ukraine is Rebuilding, and We are Here to Help

By Andriy Ripecky, MD

Against the backdrop of centuries of often tragic history, this truly is an unprecedented time for Ukraine. Despite ongoing age-old threats, Ukraine enjoys unlimited opportunity to finally succeed in establishing itself as an independent, democratic member of Europe's family of nations. We, as UMANA members, are uniquely positioned to participate in this remarkable process. Reimagining and rebuilding Ukraine's healthcare system is a vital part of this nation building. It's exciting to point out that this ambitious effort is led by Ulana Suprun, MD, Acting Health Minister of Ukraine, a U.S. trained radiologist and former UMANA member. While most of us are not able to commit at this level, I have mentioned in past issues of *UMANA News* opportunities for our members' participation in a variety of clinical, academic, humanitarian, and policy-making projects here and in Ukraine. In this issue, I'd like to highlight just a few of the efforts I've learned about that are already underway, with apologies to those members whose work I have overlooked.

Perhaps a good place to begin is Dr. Suprun's health care reform initiative, starting with basic medical education, progressing to specialty training, then moving on to the complexities of healthcare delivery, and of course the financing of it all. UMANA members with interest and expertise in healthcare policy, financing, and systems redesign might find exciting opportunities for collaboration or perhaps for researching system transformation. As it happens, two UMANA members are embarking on just this sort of work. **Dr. Boris Lushniak**,

dean of the School of Public Health at the University of Maryland, and **Dr. Danylo Hryhorczuk**, visiting professor at the University of Maryland, School of Public Health, and emeritus professor at the University of Illinois School of Public Health, met with key stakeholders of Ukraine's healthcare reform project in Kyiv in December. They are assisting the Ministry of Health in addressing two priority areas: 1) reform of health professional education; and 2) reform of the system of public health and education of public health professionals. In addition to the Ministry of Health, they met with representatives of USAID, CDC, and OSCE, as well as potential academic partners such as National University of Kyiv Mohyla Academy and the Kyiv National Medical Academy of Postgraduate Education.

A very different proposal is being developed by Dr. Luke Tomycz, a pediatric neurosurgeon based in metro New York City. Many of you will remember Dr. Tomycz's inspiring presentation at UMANA's conference last June, describing his many trips to Ukraine to perform, in collaboration with Ukrainian colleagues, complex neurosurgical procedures in many regions of the country.

Now, Dr. Tomycz, partnering with the humanitarian group Razom's Co-Pilot Project (razomforukraine.org/cpp), is launching a mentoring program for young Ukrainian healthcare professionals and seeking UMANA volunteers as mentors. Their group is joining with Dr. Shawn Yunaev and his wife Inna, of TAMRF (tamrf.org), and Dr. Ivanka Nebor, of INgenius, to develop this project. Dr. Nebor is an idealistic otolaryngologist in Kyiv whose organization INgenius was founded with the goal of empowering young physicians in Ukraine to take the initiative in enriching their education. INgenius helps these physicians connect with web resources such as medical talks and symposia, courses, and fellowships in Europe, as well as Ukrainian translations of cutting edge medical literature. The organization has spread throughout Ukraine, with chapters stretching from Lviv to Kharkiv.

Drs. Yunaev and Tomycz believe that this sort of mentorship program can elevate the quality of training available to young physicians in Ukraine. In this creative way, these innovators hope to address the problem of Ukraine's "brain drain" as skilled professionals leave for training abroad and never return. They're seeking practitioners in all fields. So, for more information or to join this

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From left: WFUMA President Dr. Andriy Bazylevych, Acting Minister of Health of Ukraine Dr. Ulana Surpun, and UMANA President Dr. Andriy Ripecky

UMANA CHAPTER NEWS

Michigan Branch

UMANA Michigan Branch sponsored a very successful medical lecture in November 2017 for the Ukrainian community titled "Common Abnormalities and Treatments of the Spine". The lecture was presented by our newest member, **Markian Pahuta, MD**, a spine surgeon working with Henry Ford Health Systems in Michigan.

Our Christmas Party/Meeting took place on December 16 with 48 attendees. During the program we individually recognized new medical and dental students, recent medical and dental graduates, and residents. We handed out Certificates of Appreciation from the Ukrainian government to the UMANA doctors who helped in the treatment of a Ukrainian hero, Oleksendr Darmoroz. He suffered, among other injuries, severe facial trauma during a battle in eastern Ukraine.

-Zenon Kossak, DDS, President



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.

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The Ukrainian Medical Association of North America



New students, graduates, and residents being recognized are (from left) Jurij Cherstylo, DDS, recent graduate from UDMSOD, Julia Kovstun, MD, applying for a family medicine residency, Ivanka Mursky, medical school student, Andrij Loginsky, medical school student, and Zenon Paul Kossak, DDS, MD, in his final year of oral maxillofacial surgery residency at St. John Hospital.



Recognition received from the Ukrainian Government by (from left) Leo Mursky MD, Andrij Dzul MD, Maria Baltarovich, DDS, Boris Leheta, MD, and Oleh Bolukh, MD

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effort, please contact Mariya Soroka (mariya@razomforukraine.org).

Still another way to contribute is illustrated by the years of dedicated work of Washington, DC UMANA member **Dr. Yuri Deychakiwsky**. Dr. Deychakiwsky has facilitated the admission of wounded Ukrainian soldiers to Washington area rehabilitation facilities, often generously funding their travel, hosting them and their families, while visiting them and bolstering their morale during grueling courses of treatment.

In Chicago, UMANA's Illinois Branch President **Dr. Myron Lewyckyj** is organizing a medical mission September 24-28, 2018, to Ivano-Frankivsk, hosted by Dr. Taras Maslyak of the regional hospital. Dr. Lewyckyj is an ophthalmologist, but he is enlisting colleagues in other fields as well. At least one surgeon already is on board. Dr. Lewyckyj is not new to this work, having led previous missions that also brought a variety of medical equipment and supplies to Ukraine. Anyone interested in joining the mission and/or donating new or used equipment, please reach out to Dr. Lewyckyj at mlewyckyj@nwiea.com. Another Chicago UMANA member, orthopedic surgeon **Dr. Jaroslaw Dzwinyk**, for years has been treating wounded Ukrainian soldiers in his practice at no cost.

Dr. Maria Strus, our Ohio Branch president, informs us of the efforts of members **Drs. Michael Samotowka** and **Ihor Zachary** to regularly send containers of medical supplies to Ukraine through the Cleveland Clinic's MedWish Foundation. Other Ohio colleagues (Dr. Nestor and Anizia Shust) also host wounded soldiers receiving treatment in Cleveland hospitals.

Lviv's Ukrainian Catholic University (UCU) is developing a rehabilitation institute to train Ukrainian professionals in fields such as physical and occupational therapy and medical specialties such as physical medicine and rehabilitation. UMANA members **Drs. Borys Buniak** and **Vassyl Lonchyna**, Natalie Zaraska (occupational therapy) and **Oksana Buniak** (physical therapy) have been deeply involved in this project. Of note, UCU is seeking a new director for this project after its founding director, Dr. Ulana Suprun, left to head the Ministry of Health.

A final opportunity for connecting with our counterparts in Ukraine is the upcoming conference of the World Federation of Ukrainian Medical Associations (WFUMA) meeting in Ternopil, Ukraine, September 20-23, 2018. In North America, **Dr. Roxolana Horbowyj** (rihrih@wfuma.org) of our Maryland DC-Metro branch and WFUMA vice president, is the contact person for more information.

As I reflect on how stimulating, moving, and truly inspirational my own meetings with colleagues in Ukraine have been, I can only wish that more of our UMANA colleagues have this experience. As 2018 unfolds, I'm expecting to learn of even more exciting developments in Ukraine and will be mentioning them in future newsletters.

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NY Metro Branch

The UMANA NY Metro branch, along with the Ukrainian Engineers Society of America, held their traditional Christmas Yalyinka on December 16, 2017, at the prestigious Ukrainian Institute of America (UIA) in New York City. It was well attended by UMANA members, who enjoyed networking among their colleagues, seasonal delicacies, and a musical program by members of the Ensemble *Fourth Wave*. The NY Metro branch has been energized by the election of their branch president to the position of President-Elect of UMANA.

-Petro Lenchur, MD, NY Metro branch president

(Sitting from left) Ruta Cholhan-Lenchur, MD, Alexandra Baranetsky, DDS, Irena Karanetz, MD, Alexandra Kushnir, MD, Anna Szczupak, and Marta Lopatynsky, MD (Standing from left) Borys Mychalczak, MD, Adrian Baranetsky, MD, Petro Lenchur, MD, Daniel Swistel, MD, President of the UIA, Viktor Gribenko, MD, and Wolodymyr Szczupak, MD



Announcements

◆ *Save the date:* The World Federation of Ukrainian Medical Associations (WFUMA) meets in Ternopil, Ukraine, September 20-23, 2018. For registration information contact Dr.

Roxolana Horbowyj at rihrih@wfuma.org.
◆ The Volunteer Hundred at Kyiv's Central Military Hospital still needs help assisting wounded soldiers recovering there. To donate,

contact Dr. Andriy Ripecky at aripecky@att.net.

UMANA MEMBER NEWS



Mark BEJ, MD (Ohio Branch) led an 11-person PLAST scout camp on a 365-mile bicycle trek from Pittsburgh to Washington, DC, along the Great Allegheny Passage trail and the

C&O Canal towpath.



George MIZ, MD (Illinois Branch) has moved his practice to University of Chicago Medicine CCN in the specialty of orthopedic spine surgery.



Nazar SHARAK, MD (NY Metro Branch) has successfully completed his internal medicine boards, and will be doing a cardiology fellowship at Coney Island Hospital in Brooklyn, NY.



Roman O. BILYNSKY, MD (NY Metro Branch) serves as the senior medical advisor at the Army Review Boards Agency after retiring with the rank of colonel with more than 27 years

of active service in the U.S. Army.



Taras NEBELUK, DO (NY Metro Branch) is completing his second year of internal medicine residency at Merit Health Wesley Hospital in Hattiesburg, MS.



Wira SLOBODIANIUK-TRIGOS, MD (Pennsylvania Branch) informs her friends and colleagues that at age 92, she is still driving, shopping, and painting

art, “only slower.”



Roma FORTUNA-DWULIT, MD (Syracuse Branch) is currently Associate Professor of Clinical Psychiatry in the Dept. of Psychiatry at University of Rochester, Rochester, NY.



Sergiy NESTERENKO, MD (At-Large Branch) has successfully completed the American Board of Orthopedic Surgery examination, continues practicing in Lubbock, TX, and

recently helped the American Ukrainian Medical Foundation translate into Ukrainian and publish the *Combat and Operational Behavioral Health* textbook.



Maria SOSENKO, MD (Illinois Branch) reports that her practice, Prairie Rheumatology Associates, was recently acquired by University of Chicago. She is pleased to be able to continue

practicing rheumatology without the day-to-day hassles of running a business.



Andrew KOHUT, MD, MPH (Pennsylvania Branch) is moving from Drexel University to Penn Medicine at Philadelphia's Pennsylvania Hospital in February 2018.



Anna ORLAND, DDS (Illinois Branch) has been recognized as Citizen of the Year in Wheaton, IL, and received a Wrigley Foundation grant to promote children's dental health in the Chicago and

suburbs area.



George TEMYCKY, MD (Syracuse Branch) retired from the practice of ophthalmology in November 2016.



Zenon KOSSAK, DDS (Michigan Branch) has been elected to the post of president of the UMANA Michigan Chapter.



Bohdan PICHURKO, MD (Ohio Branch) director of Pulmonary Laboratories at Cleveland Clinic, recently directed symposia on COPD/Pulmonary Hypertension in Mumbai, Chennai,

Hyderabad, and Delhi, India. His research into Leukotrienes, Respiratory Heat Exchange, and Respiratory Dysfunction in quadriplegia and cystic fibrosis has been cited 769 times.



Sophie WOROBEK, MD (Illinois Branch) recently published “Kramer, ON, Jerdan, K, Worobec, SM, Image Gallery: Hemorrhagic shock due to a cutaneous pyogenic granuloma”. *British J. of*

Dermatology (2017) 177, p 24, DOI:10.1111, bjd.15719.