Clinical Center

November 2011

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Dr. Anthony S. Fauci (second, from right), National Institute of Allergy and Infectious Diseases director, connected with CIST forum participants after delivering the forum’s keynote where he spoke of his long scientific career and encouraged students to take risks, connect with mentors, and foster collaborative relationships.

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Ninth annual CIST Forum engages and inspires future clinical researchers

Nearly 300 students representing the next generation of clinician-scientists met at the NIH October 20 and 21 for the ninth annual Clinical Investigator Student Trainee (CIST) Forum hosted by the Clinical Center Office of Clinical Research Training and Medical Education (OCRTME).

The two-day forum offered a variety of scientific lectures, career panels, and peer-to-peer interactions for medical, dental, and veterinary students in year-out enrichment programs at the NIH and academic medical centers across the country—a format that Dr. Frederick P. Ognibene, deputy director for Educational Affairs and Strategic Partnerships and director of the OCRTME, said they have been refining over the years to most effectively answer students’ questions and to provide the best advice.

“How do I select a residency? How do I pay off my debt? Do I pick an institution based on clinical experience or research experience, or both?” said Ognibene describing the common questions attendees often ask. “We’ve put together a really great program. It’s a diverse group of wonderfully trained individuals, reflecting both the rich environment we have at the NIH but those from the outside as well.”

New this year were breakout sessions that followed networking luncheons. Attendees clustered around specialty interests, such as infectious diseases, surgery, dermatology, and oncology.

NIH Director Dr. Francis S. Collins welcomed the students and encouraged them to take advantage of both the scientific opportunities offered at the forum and the time allotted for networking. “You all represented here contain all of the leadership of the future,” Collins said. “And the sooner you get to be buddies, the better for this whole enterprise.”

Mary Crisham Janik, a student at the University of California, San Francisco School of Medicine and National Center for Research Resources fellow, said the forum was motivational. “You just start

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CC obtains new MRI/PET scanner

The Clinical Center is now home to a fully integrated whole-body simultaneous positron emission tomography (PET) and magnetic resonance imaging (MRI) device.

Dr. John I. Gallin, CC director, said he is proud to house this new technology that complements existing technologies in the neurosciences already here.

The new simultaneous PET/MRI will contribute to study of traumatic brain injury (TBI) and related post-traumatic stress disorder, in order to advance the treatment of servicemen and women at Walter Reed National Navy Medical Center. The purchase of the scanner was made possible through the Center for Neuroscience and Regenerative Medicine (CNRM), a Department of Defense-funded collaboration between the NIH and the Uniformed Services University of the Health Sciences.

“A major challenge in the diagnosis and treatment of both military and civilian brain injury patients is the lack of sufficient tools to evaluate the type and extent of injury in a given patient,” said Regina Armstrong, CNRM director. “The Department of Defense, through USU and CNRM, has supported development of this new tool of simultaneous PET/MRI at the CC. We expect the NIH investigators have the expertise to take maximal advantage of this technology by designing novel neuroimaging protocols and molecular probes that can significantly improve how TBI research is performed.”

Dr. David Bluemke, director of CC Radiology and Imaging Sciences, added that the device can also be advantageous for studying cardiovascular disease, other brain disorders, and cancer.

The PET/MRI system uses MRI, which has the advantage of producing greatly detailed images. Adding PET helps doctors look at the metabolism of the tissue. Tumors tend to use more sugar and are more metabolically active.

“The MRI and the PET scanner puts
to get a sense of the possibilities: the things that could be, and all the places you could go, and all the things that you could do,” Janik said. “There are people who are doing amazing things coming from such different backgrounds and having such different passions and interests. It really just makes you think more broadly about what your career could be like.”

Dr. Maria Freire, president of the Albert and Mary Lasker Foundation, presented at a breakout session on global and public health. Freire discussed drug development hurdles and the epidemiological transition from communicable to non-communicable diseases, leading to a double burden of disease in many countries. At the rare and orphan diseases and health disparities research breakout session, Dr. William Gahl, clinical director of the National Human Genome Research Institute, described the rewarding and difficult aspects of his work with the NIH Undiagnosed Diseases Program.

“I really enjoyed hearing Dr. Gahl speak. It was interesting hearing how he got where he is, and I think the idea of solving medical puzzles is appealing to a lot of us,” said NIH Clinical Research Training Program fellow and University of Arkansas for Medical Science College of Medicine student John Baird.

Students also learned tips and skills needed for careers in clinical research from four alumni of their own training programs, connected with professionals in their special interest areas at networking luncheons, and toured the CC’s newest labs and research units.

Fauci shares tale of personal journey

Renowned NIH physician-scientist and administrator Dr. Anthony S. Fauci, director of the National Institute of Allergy and Infectious Diseases, delivered the forum’s keynote address: “30 years of HIV/AIDS: A Personal Journey.” In his presentation, Fauci described why he enjoys speaking to young people about to embark on their scientific/medical careers. “I clearly remember when I was a medical school student, intern, and then resident being really excited about what was ahead. At that point in your life, you admire the leading figures in your field and wonder how they got to where they are,” he said.

Fauci emphasized the importance of teaming up with an “unselfish mentor” and noted that in his career, he was also fortunate to be in the right place at the right time. With respect to the appearance of the first cases of what would become known as AIDS, Fauci described his “impulsive decision” to change career direction from focusing on inflammatory and immune-mediated diseases research to studying a mysterious new syndrome. He also advised the students to be nice to everyone throughout their careers and encouraged them to take risks. As an example, Fauci described how during the early days of HIV/AIDS he was vehemently criticized by AIDS activists, yet by taking the time to talk to them and hear their concerns, he was able to forge a successful and collaborative relationship that ultimately helped advance life-saving HIV treatments and create an accelerated drug approval pathway that still exists today.

After receiving a standing ovation, Fauci answered questions from the audience on how he felt treating patients with an unknown, deadly disease in the 1980s, the challenges he thinks this generation of clinician-investigators will encounter, and his experience as a scientist, clinician, and the leader of a major NIH institute.

Nino Mihatov, a Duke University School of Medicine student and Howard Hughes Medical Institute-NIH research scholar, was thrilled with the opportunity to hear Fauci speak. “It was one of the most inspiring talks I have heard in a long time,” he said.
Combined MRI/PET scanner advances study of brain injury

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two very powerful imaging tools together,” said Bluemke. “The MRI shows us where the abnormalities are in the body. But the PET tells us the metabolic activity of that tumor or area in the brain that’s abnormal. So, it puts the two most powerful tools that we have for imaging together in one unit.”

The new device replaces computer tomography (CT) and may help ease the burden on patients who often have to undergo multiple testing.

“For patients I think there is going to be major change. They frequently go from one place to the other in the radiology department. They get one test and that leads to yet another test,” Bluemke explained. “And as physicians, we currently look at the tests and we often don’t have all the information. Right now, the MRI needs to be interpreted, but we do not have the added value of the PET available until the next day. With the mMR, we should be in a position where patients and physicians get all of this complex information simultaneously.”

Bluemke added that if the disease or condition can be identified early, patients have a much better chance of being treated successfully.

“With an MRI/PET we’ll get all that information for the patient at the same time, and we’ll also avoid a lot of complications in bringing information from multiple modalities all together in one place, for one diagnosis,” Bluemke said.

Though the technology is brand new, it shows great promise in its innovative design that has already earned the 2011 North American Frost & Sullivan Award for New Product Innovation and the “red dot” for its high design quality in the category “Life Science and Medicine.”

“It was just released on the market, and it’s already gathered quite a bit of attention because of the technical beauty of the machine,” Bluemke said. “In addition, we are also concerned about how that benefits our patient. Here we have this opportunity with physicians from multiple disciplines all working on various research protocols trying to figure out what’s best in terms of patient care and what’s the next type of treatment.”

Emergency preparedness drill puts partnership to the test

The seventh-annual multi-agency Emergency Preparedness Partnership was put to the test on October 19 as Clinical Center staff accepted mock patients in simulation of how area medical facilities would handle a catastrophic event.

The Bethesda Hospitals’ Emergency Preparedness Partnership—consisting of the Walter Reed National Naval Medical Center, Suburban Hospital Health Care System, the CC, and the National Library of Medicine—was formed in 2004 to stand ready to provide a rapid and sustained medical response to the community during a catastrophic event in the National Capital Region.

Staff used videophones to confirm patient counts and timelines and worked together to admit mock patients to CC patient-care units. After the drill, participating team members gathered to debrief and discuss areas of success and those needing improvement.
Some areas of the Clinical Center feel like construction zones these days. The detours and the noise are for good reason, though, and the CC Office of Space and Facility Management and the NIH Office of Research Facilities would like staff to envision the end product and acknowledge the steps taken to minimize disruption.

“It is very difficult to renovate a building that operates 24/7,” said Debra Byram, chief of the Office of Space and Facility Management. “It is a fine balance between getting the project done and limiting the effect of the construction on occupants.”

Three major projects are in progress to improve use of the original CC building. The first is renovating space from the B1 basement to the second floor off the main CC corridor for a Foundation for the Advancement of Education in the Sciences (FAES) Faculty and Student Academic Center.

Formerly a reception area and space inhabited by the Department of Clinical Research Informatics, once completed the new space will hold a bookshop, coffee shop, terrace for studying or eating, classroom, reception area, and student lounge. The old Medical Board Room will be converted into a faculty lounge.

The space is adjacent to many patient-care and administrative services, including the dental clinic and the Pharmaceutical Development Section.

To alleviate disruption caused by their presence, the contractors do demolition at night and dust and mop frequently. The FAES area is scheduled to open in September 2012, said project officer Mansour Haghjou.

Rerouting pedestrian traffic from parking lot MLP-9 has been required for construction of the utility tunnel that will supply the Magnuson Building with electricity, chilled water, and steam. Previously, electricity came from multiple outdated and sometimes faulty vaults around the CC. The new west vault under MLP-9 will provide increased, reliable power. Chilled water and steam are routed from the cross-campus utility tunnel south of MLP-9. These, too, replace old piping prone to failure.

The utility tunnel construction team electronically monitored vibrations caused by their work as to not disrupt calibrations in research testing. “The work must go on. We have to get it done, and we are very appreciative of the people who understand that,” said Nathan Adams, project manager.

The third major project going on is the renovation of the F-wing. The construction crew is redoing 215,000 square feet of space—tearing everything out and putting all new in. “We’re not plugging into anything existing,” said Wayne Appenzellar, project manager.

Although lower floors of the F-wing have been vacated and closed for construction, portions of other floors are still occupied during the two-phase construction process. Performing work on these floors while minimizing the disruption to occupants is an ongoing challenge, Appenzellar said.

His team strives to keep the noisy work to off-hours, but due to safety considerations, some activities must occur during daylight hours. Numerous openings must be cut in every floor for new utility systems, which is a lot of noisy work. When they receive a complaint, the team spends a lot of time...
Clinical Center hosts first Resident Research Career Day

The Clinical Center hosted its first Resident Research Career Day October 17, providing 15 residents from regional academic medical centers with the chance to learn more about NIH’s many opportunities in translational research, as well as information about specialty training for residents and fellows.

The event, organized by CC’s Office of Clinical Research Training and Medical Education (OCRTME), attracted residents in pediatrics, internal medicine, and neurology who are planning on pursuing subspecialty training or careers in academic medicine.

“It’s an opportunity to come to the NIH campus to see both the physical plant and to experience the Clinical Center,” said Dr. Frederick P. Ognibene, OCRTME director.

“When we go out to academic medical centers, and we talk to them about the Clinical Center, and they find out that it is actually a state-of-the-art research institution and hospital, the eyes start to get wider and the questions start,” said Dr. Robert Lembo, executive director of CC’s Graduate Medical Education. “We tell them more about the research opportunities but also the training opportunities, which often comes as big news to them.”

At Resident Research Career Day the residents learned about unique opportunities offered by the NIH, including the ability to work alongside other dedicated researchers.

Dr. Daniel Kastner, scientific director at the National Human Genome Research Institute, offered a keynote speech on his work in genomics and auto-inflammatory diseases.

For attendee Dr. Janice Hobbs, chief resident in pediatrics at St. Christopher’s Hospital for Children in Philadelphia, that experience was a highlight of the day.

“It’s funny because I’ve read about a lot of the diseases that he was talking about,” said Hobbs. “And as he was going through, I was like, ‘Oh, my goodness, he discovered this.’ That is incredible!”

The F-wing is being gutted and refit with new utility systems and materials for renovation into customized laboratory and administrative space.
Mayo expert gives Doppman lecture

Clinical Center Radiology and Imaging Sciences (RIS) hosted the 11th annual John Doppman Memorial Lecture for Imaging Sciences on October 19.

Dr. David Bluemke (right), RIS director presented, Dr. Richard Ehman, consultant in the Mayo Clinic Department of Radiology and professor of Radiology at the Mayo Clinic College of Medicine, with a certificate noting his lecture titled, “MR Elastography: A New Quantitative Imaging Biomarker.”

The Doppman lecture is held in honor of the late chief of the CC's former Diagnostic Radiology Department, and members of his family were in attendance in Lipsett Amphitheater.

Symposium presents recent developments and discoveries in transfusion medicine

The Clinical Center Department of Transfusion Medicine (DTM) and the American Red Cross co-hosted the 30th annual Immunohematology & Blood Transfusion Symposium in Masur Auditorium on September 15.

The event provided attendees with practical information about recent developments, current practices, and laboratory management issues relative to transfusion medicine.

“Over the past 30 years we have held many excellent symposiums with great speakers, interesting topics, and today is certainly no different,” said Dr. Richard J. Davey, former chief of the Transfusion Services Laboratory within the DTM and current director of the Division of Blood Applications at the Food and Drug Administration’s Center for Biologics Evaluation and Research.

Opening the day with his presentation titled, “Platelet Additive Solutions: Worth Their Salt?” Dr. Ralph Vassallo, American Red Cross Heritage Division chief medical officer, noted that before leaving home, he told his daughter he would be giving a presentation to the “rock stars of transfusion medicine.”

Symposium attendee Payal Patel looked forward to learning more about recent developments in the field. “This is a great opportunity to learn more about current standards of care, where the field is going, and who the big players are,” she said.

The Richard J. Davey Award—given annually to an individual whose contributions have significantly advanced the field of transfusion medicine—was presented to Dr. Darrell Triulzi, professor of pathology and medicine at the University of Pittsburgh School of Medicine, director of the Division of Transfusion Medicine within the department of pathology at Pittsburgh Medical Center, and medical director at the Institute for Transfusion Medicine in Pittsburgh. Triulzi's presentation titled, “Advances in Platelet Therapy: Platelet Dose and Selection in Hematology-Oncology Patients,” addressed how the dose of platelets transfused affects thrombocytopenic patients and the importance of the characteristics of the platelet component.

Other presentations during the day-long symposium focused on hematopoietic stem cell transplantation, massive transfusion practices in trauma patients, and imaging techniques for monitoring cellular therapy.

Retirement roundup: Ric Runnells and Peggy Spina

Ric Runnells of 1NW

“Mr. Ric,” the gatekeeper and greeter of the 1NW pediatric day hospital, retired August 12. Ric Runnells worked as a research support assistant with Nursing and Patient Care Services since 2000. He served in the United States Army from 1972 to 1986 and worked in hospitals around the country—from Arizona to Puerto Rico and Connecticut—in various capacities.

“I am just a person who likes to help anyone,” Runnells said. “I look forward to coming to work and getting to know the patients.”

The patients and his fellow staff enjoyed getting to know Runnells, too.

“Ric Runnells was usually the first person to greet the patients and families in the Pediatric Day Hospital. His warmth, welcoming manner, and true dedication to service was palpable in each of his interactions,” said Nicole Gamba, 1NW nurse manager. “Ric’s presence has been a mainstay for patients and staff, and he will be missed by many.”

“I believe we are one big team,” Runnells said. “My 12 years at NIH has been and will always be a part of me.”

He and his partner, John, are retiring to Palm Springs, Calif.

Peggy Spina of DLM

Longtime Clinical Center employee and leader Peggy Spina retired after 40 years at the CC Department of Laboratory Medicine (DLM).

Spina came to the CC in 1970 as a medical technologist in the Clinical Pathology Department's Microbiology Service, now part of DLM. “It was my dream job,” she said. “I had worked at other large medical laboratories, but nowhere had I felt the excitement that abounded at the NIH in the pursuit of new breakthroughs for public health.”

Spina was selected as the Microbiology Service’s chief technologist in 1977 and was later appointed as DLM lab manager. After retiring in 2006, she returned as a contractor to create and manage the Clinical Laboratory Improvement Amendments Resource Center, a group that provides guidance to institute laboratories that perform clinical testing.

In addition to her leadership within DLM, in the late 1970s Spina was also selected as one of two women to represent the CC on the NIH Women’s Advisory Committee, a group designed to address issues that affected women. Spina worked to increase accessibility to training for women and advocated for more part-time positions within professional series.

“I am looking forward to traveling with my husband, who is also recently retired, and to spending time with our seven grandchildren. I have a new dream job now,” she said of her retirement.
The 2011 Distinguished Clinical Teacher Award went to an investigator described as enthusiastic, caring, and inspiring by the fellows who work with her. CC Director Dr. John I. Gallin (left) and co-chairs of the Distinguished Clinical Teacher Award subcommittee Dr. José Franco-Chaves and Dr. Bamidele Adesunloye (right) presented Dr. Cynthia Dunbar with the 2011 Distinguished Clinical Teacher Award in September. “Her excitement and enthusiasm for patient care and learning are truly infectious—and marries well to empathy and kindness—providing an excellent role model as scientist, clinician, and healer,” one fellow wrote in Dunbar’s nomination.

RECRUITED TO INNOVATE

The following new clinical research protocols were approved in August:

- Phase 1 Study of Safety and Immunogenicity of Ad4-H5-VTN in Ad4 Seronegative Volunteers; 11-I-0259; Dr. Mark Connors; NIAID
- Pilot Study of the Evaluation of Intravitreal Sirolimus in the Treatment of Bilateral Geographic Atrophy Associated with Age-Related Macular Degeneration; 11-EI-0249; Dr. Wai T. Wong; NEI
- Clinical, Epidemiologic, and Genetic Studies of Li-Fraumeni Syndrome; 11-C-0255; Dr. Sharon A. Savage; NCI
- A Phase 1, Open-Label, Dose Escalation Study to Evaluate Safety, Pharmacokinetics and Pharmacodynamics of Combined Oral C-Met/ALK Inhibitor (PF-02341066) and Pan-Her Inhibitor (PF-0299804) in Patients with Advanced Non-Small Cell Lung Cancer; 11-C-0250; Dr. Giuseppe Giaccone; NCI
- A Pilot Study of Anakinra Behcet’s Disease (BD); 11-AR-0241; Dr. Cailin C. Sibley; NIAMS
- A Longitudinal Investigation of the Endocrine and Neurobiologic Events Accompanying Puberty; 11-M-0251; Dr. Peter J. Schmidt; NIMH
- A Randomized Controlled Study to Assess Safety, Tolerability, and Efficacy of PSI-7977 Alone or in Combination with RBV in HCV Genotype 1, Monoinfected Treatment Naive Participants; 11-I-0258; Dr. Shyamasundaran Kottilil; NIAID
- An Open Label, On-Treatment Trial to Assess the Effect of HIV-1 Coinfection on Therapeutic Responses using Boceprevir, Peg-Interferon-alfa-2b and Ribavirin in HCV Genotype 1, IFN Treatment-Naive Subjects with or without HIV-1; 11-I-0253; Dr. Shyamasundaran Kottilil; NIAID
- Exploratory Studies of Psychophysical Pain Phenotyping and Genetic Variability in Sickle Cell Disease; 11-H-0252; Dr. James G. Taylor VI; NHLBI
- The Safety and the Tolerability of Ultra Low Dose Interleukin-2 in Healthy Volunteers; 11-H-0268; Dr. Sawa Ito; NHLBI
- Phase I Trial of ECI301 in Combination with Radiation in Patients with Advanced or Metastatic Cancer; 11-C-0248; Deborah E. Citrin; NCI
- Pharmacokinetic and Pharmacodynamic Studies of Liothyronine. A Study on the Metabolic Effects of Thyroid Hormone; 11-DK-0256; Dr. Francesco S. Celi; NIDDK
- VRC 312: A Phase 1, Open-Label, Dose-Escalation Clinical Trial with Experimental Challenge to Evaluate Intravenous Administration of the PfSPZ Vaccine in Malaria-Naive Adults; 11-I-0257; Dr. Robert A. Seder; NIAID
- Evaluation of Skeletal Muscle, Cardiac, and Diaphragm Imaging Biomarkers for GSK2402968 Effects in Ambulatory Boys with Duchenne Muscular Dystrophy; 11-N-0261; Dr. Kenneth H. Fischbeck; NINDS

NEW CLINICAL RESEARCH PROTOCOLS

Recreation therapy coordinator honored with award

Marcia Smith (right), clinical and internship coordinator at the Clinical Center’s Rehabilitation Medicine Department Recreation Therapy Section, was honored with an Outstanding Professional Award by the American Therapeutic Recreation Association (ATRA) in September.

The award recognizes Smith’s commitment, dedication, and leadership within the association and the recreational therapy profession as a whole. Smith has been a professional member of ATRA since 1994, serving on many committees locally and nationally and as president from 2007-2008.

One nominator wrote, “By being professionally involved, Marcia is more aware of what is going on in the ‘big picture’ of a vast amount of changes in trends for the profession and health care. She can provide quality services for the patients and treatment teams and she reaches out to mentor others as much as possible.”

Smith explains her commitment to training as a way of paying it forward, “If we don’t train our students, or if we don’t give back what we have learned or what someone has given to us, we will never grow as a profession,” she said.
Upcoming lectures

Lipsett Amphitheater, 12 noon
Lectures will be videocast at videocast.nih.gov.

November 2, 2011

NIH Director's Wednesday Afternoon Lecture Series
Astute Clinician Lecture
Developing Treatment for Hereditary Neuromuscular Disease
Kenneth H. Fischbeck, MD
NIH Distinguished Investigator and Chief, Neurogenetics Branch, NINDS
3-4 pm, Masur Auditorium
For more information, visit wals.od.nih.gov.

November 9, 2011

Contemporary Clinical Medicine: Great Teachers
Myeloproliferative Neoplasms 2012: Science and Practice
Ayalew Tefferi, MD
Consultant, Division of Hematology, Department of Internal Medicine, Mayo Clinic
Professor of Medicine, College of Medicine, Mayo Clinic

November 16, 2011

Clinical Center Grand Rounds
What is New in Thyroid Cancer?
Samuel A. Wells, Jr., MD
Senior Clinician and Director, Thyroid Oncology Program, Medical Oncology Branch, NCI
Ann W. Gramza, MD
Staff Clinician, Thyroid Oncology Program, Medical Oncology Branch, NCI

November 30, 2011

Clinical Center Grand Rounds
The Link Between Gaucher Disease and Parkinsonism: From Neuroimaging to Neurobiology
Ozlem Goker-Alpan, MD
Special Consultant, Section on Molecular Neurogenetics, Medical Genetics Branch, NHGRI
Joseph C. Masdeu, MD, PhD
Senior Clinician, Section on Integrative Neuroimaging, NIMH

Clinical Center News briefs

NIH releases Request for Information
The NIH has issued a Request for Information (RFI) to solicit input on potential opportunities for the external community involving use of the Clinical Center, in collaboration with the NIH intramural community.

These partnerships will help enhance translation of basic biological discoveries into clinical applications that improve health. The RFI (NOT-OD-12-005) is at grants.nih.gov/grants/guide/notice-files/NOT-OD-12-005.html. Responses demonstrate the value of and interest in translational science research. The responses are due by December 1. Please take a few minutes to review the request and provide recommendations.

NIH Telework Festival
Learn more about how to support scientific discovery from off-site locations on November 22 at the NIH Telework Festival. Hear firsthand from senior scientific and business leaders on how they have integrated telework into their operations and learn how teleworking can be part of the solution to help NIH.

Interactive telework technology demonstrations by the Center for Information Technology will be available as well as exhibitors from the Office of Human Resources, the Office of Research Services and Facilities, and other telework related organizations. The festival will take place from 9 am to 1 pm in the Natcher Conference Center, Building 45. For more information and to register visit: meetings.nigms.nih.gov/Meetings/TeleworkFestival/.

Charity is in our code
Fall marks the Combined Federal Campaign, the annual fundraising drive conducted by federal employees in their workplace each fall.

The mission of the CFC is to promote and support philanthropy through a program that is employee-focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. Talk to your department’s keyworkers or visit cfc.nih.gov for more information.

Patient spreads message of hope in art

While undergoing a stem cell transplant at the Clinical Center, patient Annette Abrams found herself with a bit of time on her hands. Although many members of her support system encouraged her to write in a journal, the life-long artist found peace through art and drawing. “I wasn’t intending to write a book,” Abrams said, “but I found peace in art and drawing. It was soothing and a great outlet for me.”

The book titled “My Body Needs Help” was published earlier this year. It is geared toward children and families dealing with cancer and the book’s main character describes her feelings and battle against cancer. “It is a book of hope,” said Abrams. “She is sick. She is confused. Then she realizes that she has a whole team of helpers on her side.”

Abrams also noted that once she recoups expenses from publication, proceeds will be donated to children’s cancer research and literary charities.