



Clinical Science Trumpet

Newsletter of the Association of Clinical Scientists

Charles D. Hawker, Ph.D., M.B.A., FACSc, Interim Editor

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MAYO CLINIC SET TO HOST THE 144TH MEETING OF THE ASSOCIATION

May 3-6 Program Features Outstanding Speakers and Activities

by Joshua A. Bornhorst, Ph.D., FACSc, and Charles D. Hawker, Ph.D., M.B.A. FACSc

The Program Committee for the next Annual Meeting of the Association of Clinical Scientists (ACS), to be held at the Mayo Clinic in Rochester, Minnesota May 3-6, 2023, has finalized the meeting program which can be found elsewhere in this newsletter. or on the website at <https://www.clinicalscience.org/meetings.html#Program>.

The meeting's overall theme is *Advances in Laboratory Medicine and Pathology: Integrating Diagnostics and Data Analytics*.

The theme of the first session, on Thursday, May 4, *Advances in Alzheimer's and Neurological Disorder Diagnostics*, features the Claude P. Brown Memorial Lecture delivered by **Ronald C. Petersen**,

M.D., Ph.D., Professor of Neurology, Cora Kanow Professor of Alzheimer's Disease Research, and Director of the Mayo Alzheimer's Disease Research Center, on *Alzheimer's Disease Diagnosis in the Era of Biomarkers*. Other Mayo faculty will deliver lectures in keeping with that theme during that session. If you have not yet registered for the Annual Meeting, do so at <https://www.clinicalscience.org/meetings.html#Registration>.

The Thursday luncheon seminar has a most interesting and informative topic, *From Microscope to Bedside How Postmodern Observations Can Impact Biomarker Research* by **Melissa Murray, Ph.D.** (Mayo Clinic, Jacksonville, FL). The two

Thursday afternoon sessions, each have different themes. *Artificial Intelligence in Medicine*, features three Mayo faculty with very enlightening presentations. After a coffee break, the final session of the day on *Applications of Pattern Recognition and Digital Imaging* features four additional speakers.

The Welcome Reception to kick off the Annual Meeting is at 5:30 p.m. on Wednesday evening. On Thursday evening at 7:00 p.m. there is a social event sponsored by the Young Fellows Section to which all young scientists aged 45 and under attending the meeting, and accompanying persons, are invited, regardless of whether a member of the Association. President **Chris Crutchfield** and members of the Executive Committee

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The Mayo Clinic, Rochester, Minnesota

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Meeting at Mayo... continued from page 1



Foundation House, Mayo,
Balfour Hall



Above center and right: Mayowood home



will host the event. This is an opportunity for younger scientists and non-members to learn about the Association and make new friends.

Friday morning's theme, "**Innovation in Pathology Initiatives**," is led by **William Morice, M.D., Ph.D.**, Professor of Pathology & Laboratory Medicine, providing an *Overview of the Mayo Clinic Department of Laboratory Medicine and Pathology and Mayo Collaborative Services*. **Dr. Morice** will be followed by several additional speakers describing some of the programs within the Mayo laboratory enterprise, and tours of several laboratories and Mayo facilities. Friday afternoon's program includes a luncheon at Mayowood (<https://www.olmstedhistory.com/mayowood>), the home of **Dr. Charlie and Edith Mayo**, a co-founding brother of the Mayo Clinic, and several additional tours.

Friday evening is the Annual Reception and Awards Banquet to be held at Mayo's Foundation House in Balfour Hall, the scene of many events for Mayo's senior leaders over the past century (<https://history.mayoclinic.org/tours-events/mayo-foundation-house.php>). Located in a southwest Rochester neighborhood, Mayo Foundation House was built between 1916–1918 as the residence of **Dr. and Mrs. William J. Mayo**, the other clinic co-founding brother. At this event, ACS will present four outstanding awards: Young Clinical Scientist to **Muge Sak, Ph.D.**, the FW Sunderman, Jr., Diploma of Honor to **Christopher Crutchfield, Ph.D.**, the Clinical Scientist of the Year to **Yusheng Zhu, Ph.D.**, and the Gold-Headed Cane Award to **Frederick Kiechle, M.D., Ph.D.** The featured speaker for the banquet will be **W. Bruce Fye, III, M.D., M.A.**, who will speak on *The Origins and Evolution of the Mayo Clinic from 1864 to 1939: A Minnesota Family Practice Becomes an International "Medical Mecca."* **Dr. Fye** is Professor of Medicine and Professor of History of Medicine at the Mayo Clinic and a past president of the American Association for the History of Medicine.

Saturday morning's lead-off speaker will offer a most interesting and interactive 'change of pace.' **Edward Creagan, M.D.**, a past president of the Mayo Clinic staff and recipient of Mayo's highest honor, the Distinguished Clinician Award, will speak on *The Burnout Pandemic: Proven Insider Tips to Go the Distance*, in which he will include recommendations to common issues experienced by all laboratory professionals as suggested by members of the Program Committee. Subsequent sessions will consist of papers presented by both members and non-members of ACS and there will also be the Association's Annual Business Meeting held during a luncheon to which all are invited (regardless of whether a member or not). Saturday afternoon also includes a poster session

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Plummer building, Rochester, MN

Meeting at Mayo... *continued from page 2*

with 10 posters submitted for presentation. And, of course, the entire meeting concludes with the traditional Musicales and Art Show on Saturday evening.

This meeting is being hosted by Program Committee Co-Chairs, **Joshua Bornhorst, Ph.D.**, from Mayo Clinic Rochester, and **Jonathan Hoyne, Ph.D.**, from Mayo Clinic Jacksonville. The other members of the Program Committee include: **Alicia Algeciras-Schimmich, Ph.D.**, Mayo Clinic Rochester, **Melissa R. Snyder, Ph.D.**, Mayo Clinic Rochester, **Christopher Crutchfield, Ph.D.**, Northwestern University, **Christine L. Snozek, Ph.D.**, Mayo Clinic Arizona, and **Charles D. Hawker, Ph.D.** (ex officio).

ACCOMMODATIONS

Accommodations for this annual meeting will be at the Rochester Marriott Mayo Clinic Area Hotel, which is centrally located in Rochester. The hotel is connected to the Mayo Civic Center and Mayo Clinic through the climate-controlled pedestrian skyways and underground walkways. This outstanding hotel features the *Salute Wine Bar and More* which serves breakfast and dinner, a well-equipped fitness center, and an indoor pool and hot tub. The newly renovated spacious guest rooms feature HDTVs and complimentary Wi-Fi, plus other amenities.

Our excellent meeting rates will be \$165 plus state and local taxes, which are currently 15.13%.

The cut-off date to make reservations is Wednesday, May 3, 2023.

The hotel's address is 101 First Avenue, SW, Rochester, MN 55902, telephone (507) 280-6000. To make a reservation online, use the following link:

Book your group rate for Association of Clinical Scientists (click here).

TRANSPORTATION

The Rochester Marriott Mayo Clinic Area is ten (10) minutes from the Rochester International Airport (RST). The hotel does not offer a complimentary shuttle. Alternatively, Minneapolis International Airport (MSP) is 70 miles away (90 minutes by shuttle) and there are multiple shuttles to the hotel each day, such as Rochester Shuttle Service for \$44 one way. Reservations are recommended. Hotel parking is \$25 per day, although there is off-site parking at the nearby Kahler Grand Hotel parking garage. Additional information can be found at <https://www.experiencerochestermn.com/planning-tools/getting-here/>

Additional shuttle information:

Groome Transportation offers shuttles to and from Downtown Rochester and MSP:

Rochester Shuttle Service also offers transportation to/from MSP or RST to downtown Rochester.



Rochester Marriott Mayo Clinic Area Hotel



Downtown Rochester, MN

Advances in Laboratory Medicine and Pathology: Integrating Diagnostics and Data Analytics

144th Meeting of the Association of Clinical Scientists Rochester, MN Program Schedule for May 3-6, 2023

Headquarters: Marriott Rochester Mayo Clinic Area, Rochester, MN

Host: Mayo Clinic Department of Laboratory Medicine and Pathology, Mayo Clinical Laboratories

CME Sponsor: College of American Pathologists (CAP)

ACCENT Sponsor: American Association for Clinical Chemistry (AACC)

Wednesday, May 3

Marriott Rochester Mayo Clinic Area

- 2:30 p.m. Registration (Ballroom I and II)
3:00 p.m. Executive Committee Meeting (Boardroom)
5:30 p.m. Opening Welcome Reception (Kahler Hotel: Elizabethan Room)

Thursday, May 4

Marriott Rochester Mayo Clinic Area

- 7:00 a.m. Registration (Ballroom II)
7:00 a.m. Complimentary Breakfast (Ballroom II)

Session A—Ballroom I

Advances in Alzheimer's and Neurological Disorder Diagnostics

Chairs: Joshua A. Bornhorst and Alicia Algeciras-Schimmich

- 8:00 a.m. Welcome: **Christopher Crutchfield** (President of the Association) and **Joshua A. Bornhorst** (Program Chair)
8:10 a.m. **[1] Claude P. Brown Memorial Lecture: Alzheimer's Disease Diagnosis in the Era of Biomarkers**
Ronald C. Petersen (Rochester, MN)
Virtual Presentation



- 9:00 a.m. **[2] Biomarker Discovery in Autoimmune Neurology: From the Dark Room to Near Cure!**
Sean Pittock (Rochester, MN)
9:30 a.m. **[3] Kappa Immunoglobulin Free Light Chains as an Alternative to Oligoclonal Banding for Diagnosis of Multiple Sclerosis**
Maria Willrich (Rochester, MN)
10:00 a.m. Coffee Break (Ballroom II)
10:30 a.m. **[4] Towards Laboratory Biomarkers for Multiple System Atrophy and other Synucleinopathies**
Wolfgang Singer (Rochester, MN)
11:00 a.m. **[5] Biomarkers for Systemic Autoimmune Diseases with Neurological Involvement**
Anne E. Tebo (Rochester, MN)
11:30 a.m. Adjournment for Lunch

Session B—Ballroom I

Luncheon

Chairs: Charles Hawker and Rickey Carter

- 12:00 p.m. **[6] From Microscope to Bedside How Postmortem Observations Can Impact Biomarker Research**
Melissa Murray (Jacksonville, FL)



- 12:45 p.m. Adjournment

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Session C—Ballroom I

Artificial Intelligence in Medicine

Chairs: **David McClintock** and **Keri Donaldson**

- 1:00 p.m. [7] *Establishing a Comprehensive Computational Pathology and Artificial Intelligence Division at Mayo Clinic: Rationale, Value, and Impact*
Jason Hipp (Rochester, MN)
- 1:30 p.m. [8] *Creating Strategies for Artificial Intelligence in Laboratory Medicine*
David McClintock (Rochester, MN)
- 2:15 p.m. [9] *Kidney Stone Spectral ID by Artificial Intelligence*
Rickey Carter (Jacksonville, FL)
- 3:00 p.m. Refreshments (Ballroom II)

Session D—Ballroom I

Applications of Pattern Recognition and Digital Imaging

Chairs: **Christopher Crutchfield** and **Jonathan Hoyne**

- 3:30 p.m. [10] *Developing Genomic Tests that Guide Large B-cell Lymphoma Diagnosis and Treatment: Lymph2Cx and Lymph3Cx Assays*
Ryan Robetorye (Phoenix, AZ)
- 4:00 p.m. [11] *Faster and More Accurate Amyloid Subtyping Informatics*
Surendra Dasari (Rochester, MN)
- 4:30 p.m. [12] *Operationalizing AI for Pathology Clinical Practice*
Mark Zarella (Rochester, MN)
- 5:00 p.m. [13] *AI-Empowered Rapid Onsite Evaluation of Biopsy Specimen*
Zeynettin Akkus (Jacksonville, FL)
- 5:30 p.m. Adjournment
- 6:30 p.m. **Musical Rehearsal (Kahler Hotel: Elizabethan Room)**
- 7:00 p.m. **Young Fellows Section Social Event led by Christopher Crutchfield (TBA); open to all registrants ≤ age 45 and guests**

Friday, May 5

Marriott Rochester Mayo Clinic Area

- 7:00 a.m. Registration (Ballroom II)
- 7:00 a.m. Complimentary Breakfast (Ballroom II)

Session E—Ballroom I

Innovation in Pathology Initiatives

Chairs: **Joshua A. Bornhorst** and **Robert Hunter**

- 7:55 a.m. Welcome and Announcements:
Joshua A. Bornhorst (Program Chair)
- 8:00 a.m. [14] *Overview of Diagnostic Services from Mayo Clinic*
William Morice (Rochester, MN)
- 8:30 a.m. [15] *AI Detection of Parasites in Stool Samples*
Bobbi Pritt (Rochester, MN)
- 9:00 a.m. Coffee Break (Ballroom II)
- 9:15 a.m. [16] *Advances in Biobanking: Samples Collection, Processing and Storage*
Paola Ramos (Rochester, MN)
- 9:30 a.m. [17] *Seeding and Accelerating Diagnostic Innovations at Advanced Diagnostics Laboratory*
Stephen Murphy (Rochester, MN) and **Yifei Yang (Rochester, MN)**
- 10:00 a.m. *Overview of Specimen Operations: Team of One Video*
Angela Reese-Davis (Rochester, MN), Amanda Riley (Rochester, MN) and Aaron Getchell (Rochester, MN)
- 10:15 a.m. Break to Organize into Tour Groups

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10:30 a.m.

Laboratory Tours
CDA Forms required for all attendees (sign on-site)

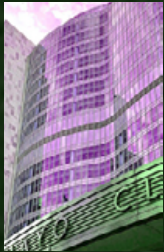


Anatomic Pathology (Joe Doppler, Danielle Johnsrud) – Hilton 3

Central Clinical Lab/Central Specialty Lab (Nicole Harris) – Hilton Court Level

Clinical Genome Sequencing Lab (Jennifer Johns) – Hilton 5

FISH (Kristin McGill, Ashley Carr) – Hilton 9



Tour Guides: Sierra Tollefson, Joshua Bornhorst, Alicia Algeciras-Schimmich (Rochester, MN), Jonathan Hoyne (Jacksonville, FL)

11:45 a.m.

Plummer Historical Suite Tour

Self-guided (Plummer Building 3rd Floor)



12:15 p.m.

Heritage Hall Tour

Self-guided (Mayo Building Lobby Level)



12:45 p.m.

Mayowood Tour

(Pick up: Marriott, tickets required)



12:45 p.m.

Rochester Trolley Transportation Bus departs from hotel for special tour (tickets required)

1:00 p.m.

Lunch and Tour of Mayowood

2:30 p.m.

Historic Trolley Tour (tickets required)

4:00 p.m.

Adjourn Trolley Tour

4:15 p.m.

Gonda Building Tour:

Self-guided (Gonda Building Subway and Lobby Level)



6:15–10:00 p.m.

Ground transportation to run between Marriott Hotel and Foundation House

6:30 p.m.

Annual Reception and Awards Banquet
Foundation House—Balfour Hall



Christopher Crutchfield, Ph.D.,
Master of Ceremonies

7:00 p.m.

Awards Banquet and Presentations

Toastmaster:



Christopher Crutchfield, Ph.D.,
HCLD (ABB), DABCC, ACS President

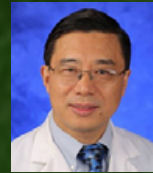
Annual Awards presented by:

Myra Wilkerson, M.D., ACS Awards
Chair



F.W. Sunderman Jr. Diploma of Honor presented to:

Christopher Crutchfield, Ph.D.,
HCLD (ABB), DABCC (Chicago, IL)



Clinical Scientist of the Year Award presented to:

Yusheng Zhu, Ph.D., DABCC,
FACSc, FAACC (Hershey, PA)



Young Clinical Scientist Award presented to:

Müge Sak, Ph.D. (Louisville, KY)



Gold-Headed Cane Award presented to:

Frederick L. Kiechle, M.D., Ph.D.,
(Pompano Beach, FL)

Banquet Address:

Introduction by **Joshua Bornhorst**
(Rochester, MN)



[18] The Origins and Evolution of the Mayo Clinic from 1864 to 1939: A Minnesota Family Practice Becomes an International "Medical Mecca"
W. Bruce Fye (Rochester, MN)

Saturday, May 6

Marriott Rochester Mayo Clinic Area

- 6:30 a.m. Run for the Lilies (meet in Hotel Lobby)
7:00 a.m. Registration (Ballroom II)
7:00 a.m. Complimentary Breakfast (Ballroom II)

Session F – Ballroom I

Work, Life, and Education

Chairs: Roland Valdes and Myra Wilkerson

- 7:00 a.m. [19] *The Burnout Pandemic: Proven Insider Tips to go the Distance*
Edward Creagan (Rochester, MN)



- 9:00 a.m. [20] *Beyond the Scope: A Comparative Look at Pathology Education in the U.S. and European Medical Schools*
Jessica Claus (Providence, RI)
- 9:45 a.m. [21] *Assessing Reliability of Creatinine-estimated Glomerular Filtration Rates in Living Kidney Donor Candidates*
Sarrah Lahorewala (Houston, TX)
- 10:00 a.m. Refreshments (Ballroom II)

Session G – Ballroom I

Advances in Genetic and Biochemical Testing

Chairs: Shuko Harada and George Chen

- 10:30 a.m. [22] *Deep Learning Predicts Breast Cancer HER2 Status but not Hormone Receptor Status*
Andy Nguyen (Houston, TX)
- 10:45 a.m. [23] *Effect of New Panel and Electronic Order on Solid Tumor NGS Testing.*
Shuko Harada (Birmingham, AL)

- 11:00 a.m. [24] *In-solution Ion Pairing Benefits Measurements, Instruments, and the Environment*
Anthony Maus (Rochester, MN)
- 11:15 a.m. [25] *FGF23 Assays: Analytical and Clinical Considerations*
Susan Ashrafzadeh-Kian (Rochester, MN)
- 11:30 a.m. [26] *Dengue Fever in Three Countries and Associated Seroprevalence of Chikungunya and West Nile Virus*
Frederick Kiechle (Pompano Beach, FL)
- 11:30 a.m. Adjournment
- 12:00 p.m. Lunch and ACS Business Meeting (Ballroom II).
Note: all attendees are invited to attend the ACS Business Meeting, although only members of the Association may vote
- 1:20 p.m. Adjournment

Session H – Ballroom I

Lymph and Thyroid Evaluation

Chairs: John Hicks and Nina Tatevian

- 2:30 p.m. [29] *The Role of Nrf2 in Differentiation and Dedifferentiation of Thyroid Cancer*
George Chen (Hong Kong SAR, China)
- 1:45 p.m. [27] *Lymph Node Development of Dendritic CD10 Positive Stromal Cells in Aggressive B-cell Lymphomas – Friend or Foe for Lymphoma Expansion?*
Diana Treaba (Providence, RI)
- 2:30 p.m. [28] *Multifocal Follicular Adenomas of Thyroid Discovers PTEN-Hamartoma Tumor Syndrome in Children*
John Hicks (Houston, TX)
- 2:45 p.m. [30] *A Rare Case of Metaplastic Thymoma Presenting with Myasthenia Gravis*
Stephanie Barak (Washington, D.C.)
- 3:00 p.m. Poster Session and Refreshments
- 4:10 p.m. Poster Session ends

Session I—Ballroom I

Reports of Interest

Chairs: Roger Bertholf and Frederick Kiechle

- 4:15 p.m. **[31] Primary Intraosseous Rhabdomyosarcoma: Rare Subtype Involving Mandible with Unique Translocation**
John Hicks (Houston, TX)
- 4:45 p.m. **[32] An Emerging Danger for the Pregnant Population—A Case of Congenital Syphilis**
Jessica Claus (Providence, RI)
- 5:10 p.m. Adjournment
- 7:30 p.m. **Musicale**
Kahler Hotel: Elizabethan Room
With wine and cheese reception at intermission
Organized by **Myra L. Wilkerson**, ACS Chair of the Committee on Music and Fine Arts
- 7:30 p.m. Musicale and Art Show



Philip Foulis, Myra Wilkerson, and Alex Feldman perform during a prior Musicale

Posters—Ballroom I

(Saturday, set up at 8:00 a.m. and take down by 5:30 p.m.)

- P1 *Performance Evaluation of a High-sensitivity Assay for Serum Neurofilament Light Chain*
Charbel Abou-Diwan (Tarrytown, NY)
- P2 *Intranasal Plasmacytoma with Anaplastic Features and CIC and MCL1 Alterations*
Rozeen Badeel (Providence, RI)
- P3 *An Acute Myeloid Leukemia Mimicker—Plasma Cell Myeloma with a “Blast-like” Morphology*
Christine Yu (Providence, RI)
- P4 *Development of a Diagnostic assay for Barth Syndrome using Mass Spectrometry*
Seul Byeon (Rochester, MN)
- P5 *Can the Newest Generation Mass Spectrometers Eliminate the Need for Microflow LC?*
Hallie Walsh (Rochester, MN)
- P6 *Ovarian Carcinosarcoma with a Malignant Squamous Component: a Case Report*
Ronald Phillips (Providence, RI)
- P7 *Distinguishing Delta-8 from Delta-9 Isomers in Tetrahydrocannabinol and Carboxy-Tetrahydrocannabinol*
Richard Lahr (Rochester, MN)
- P8 *Dried Blood Spot Collection for AQP4-IgG Testing Provides Opportunity for Improving Global Health NMO/MSD Diagnostics*
Yahya Abdulrahman (Rochester, MN)
- P9 *Unraveling the Mystery of Fatal Eosinophilic Pulmonary Vasculitis in a Neonate*
Jessica Claus (Providence, RI)
- P10 *Estimates of N-terminal pro-B-type Natriuretic Peptide Biological Variation from Eight Healthy Turkish Women*
Charbel Abou-Diwan (Tarrytown, NY)

[Click here for page 14—Registration Page](#)

Among the Speakers to Present in Rochester

Claude P Brown Honorary Lectureship

“Alzheimer’s Disease Diagnosis in the Era of Biomarkers”

RONALD C. PETERSEN, PH.D., M.D.

Professor of Neurology, Cora Kanow Professor of Alzheimer’s Disease Research
Director, Mayo Alzheimer’s Disease Research Center, Mayo Clinic College of Medicine

Dr. Ronald C. Petersen received a Ph.D. in Experimental Psychology from the University of Minnesota and graduated from Mayo Medical School in 1980. He completed an internship in Medicine at Stanford University Medical Center and returned to the Mayo Clinic to complete a residency in Neurology. That was followed by a fellowship in Behavioral Neurology at Harvard University Medical School/Beth Israel Hospital in Boston, Massachusetts. **Dr. Petersen** joined the staff of the Mayo Clinic in 1986 and became a Professor of Neurology in 1996. In 2000 he was named the Cora Kanow Professor of Alzheimer’s Disease Research and Mayo Clinic Distinguished Investigator in 2011. He is currently the Director of the Mayo Alzheimer’s Disease Research Center and the Mayo Clinic Study of Aging and has authored over 1000 peer-reviewed articles on memory disorders, aging, and Alzheimer’s disease.

Dr. Petersen is one of the recipients of the 2004 MetLife Award for Medical Research in Alzheimer’s Disease and the 2005 Potamkin Prize for Research in Picks, Alzheimer’s and Related Disorders of the American Academy of Neurology. In 2012 he received the Khachaturian Award and the Henry Wisniewski Lifetime Achievement Award in 2013 from the Alzheimer’s Association. In 2011 he was appointed by the Secretary of Health and Human Services to serve as the Chair of the Advisory Committee on Research, Care and Services for the National Alzheimer’s Disease Plan, and in 2014, he was appointed to the World Dementia Council by the UK government. In 2021, he was given the Lifetime Achievement Award for Alzheimer’s Disease Therapeutic Research.



Dr. Ronald Petersen

Luncheon Speaker

“From Microscope to Bedside: How Postmortem Observations Can Impact Biomarker Research”

MELISSA MURRAY, PH.D.

Dr. Murray is an assistant professor of neuroscience in the Mayo Clinic College of Medicine and Science. Her research focuses on investigating the heterogeneity of Alzheimer’s disease (AD). As a translational neuropathologist in the Department of Neuroscience at Mayo Clinic’s campus in Jacksonville, Florida, **Dr. Murray** uses a multidisciplinary approach to uncover neurobiological differences underlying atypical and typical neuropathological variants of AD and the relevance to clinical presentations observed before death.

Dr. Murray has published more than 130 scientific papers, with the bulk of her studies centered on identifying the clinicopathological characteristics and neuroimaging biomarkers of AD and related dementias.



Dr. Melissa Murray

Speakers in Rochester continued

Banquet Speaker

“The Origins and Evolution of the Mayo Clinic from 1864 to 1939: A Minnesota Family Practice Becomes an International “Medical Mecca”

W. BRUCE FYE, M.D., M.A.

Dr. Fye received his BA and MD degrees from Johns Hopkins, where he was elected to Phi Beta Kappa and Alpha Omega Alpha. He completed a medical residency at New York Hospital-Cornell Medical Center in Manhattan before returning to Hopkins for his cardiology fellowship. During his tenure as a Robert Wood Johnson Clinical Scholar at Hopkins, he received an MA degree from the Institute of the History of Medicine. He chaired the Cardiology Department at Marshfield Clinic in Wisconsin from 1981 to 1999 and joined the Mayo Clinic in 2000.



Dr. W. Bruce Fye



Dr. Edward Creagan

Saturday Morning Lead-off Speaker

“The Burnout Pandemic: Proven Insider Tips to Go the Distance”

EDWARD CREAGAN, M.D., FAAHPM

Dr. Creagan is a cancer specialist who practiced at the Mayo Clinic for more than forty Minnesota winters until his transition from clinical practice in late 2018. He was the first Mayo Clinic consultant to be board certified in hospice and palliative medicine. Dr. Creagan received the Distinguished Clinician Award, Mayo’s highest honor and has served as president of the Mayo Clinic staff.

As an accomplished speaker, his presentations to both professional and consumer audiences are notoriously funny yet filled with useful lifestyle information. His main topics include survivorship, how to cope with burnout and stress especially in the time of COVID, the healing power of pets, and how to live long enough to cash in your 401(k).

In 2015, he received the Ellis Island Medal of Honor for contributions to descendants of immigrants.

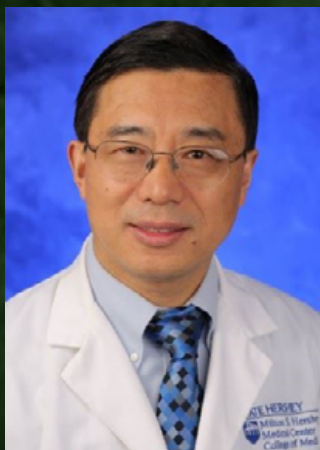
He is the author of the triple award-winning book, *How Not to Be My Patient: A Physician’s Secrets for Staying Healthy and Surviving Any Diagnosis* and the equally award winning: *Farewell*, which provides answers to the vital end-of-life questions patients and families ask. Each of these were best sellers on Amazon.

2023 ACS Awardees

Clinical Scientist of the Year

YUSHENG ZHU, PHD, DABCC, FACSc, FAACC

Yusheng Zhu, Ph.D., DABCC, FACSc, FAACC is a Professor of Pathology & Laboratory Medicine, Adjunct Professor of Pharmacology, Medical Director of Clinical Chemistry and Automated Testing Laboratory, Co-Director of Pathology Core Reference Laboratory, Medical Co-Director of Point-of-Care Testing (POCT) Program, Director of Postdoctoral Clinical Chemistry Fellowship Training Program, and Chair of Laboratory Utilization Committee at the Pennsylvania State University Hershey Medical Center and College of Medicine in Hershey, Pennsylvania. Prior to his current positions, he was a tenured Professor of Pathology and Medical Director of Clinical Chemistry and Toxicology at the Medical University of South Carolina in Charleston, South Carolina.



Dr. Yusheng Zhu

Dr. Zhu is board certified by the American Board of Clinical Chemistry (ABCC) in Clinical Chemistry, Toxicological Chemistry, and Molecular Diagnostics and a Fellow of the American Association for Clinical Chemistry (AACC) Academy (formerly National Academy of Clinical Biochemistry) since 2007.

Currently, he is the President-Elect and Fellow of the Association of Clinical Scientists, President-Elect of AACC Academy, Chair of AACC Academy Council Laboratory Test Utilization Task Force, Chair of AACC Academy Cervical Cancer Detection Guidance Document Working Group, and Chair of AACC Mass Spectrometry & Separation Science Division. Yusheng is on the Editorial Boards of three medical journals and an invited reviewer of fourteen international medical journals.

Dr. Zhu also served as the President of the North American Chinese Clinical Chemists Association in 2012, President of the Commission on Accreditation in Clinical Chemistry (ComACC) in 2015, Chair of AACC Southeast Section in 2015, Chair of Clinical Translational Science Division (2015-2016), Secretary of Proteomics & Metabolomics Division (2013-2015) of AACC, Treasurer of AACC Mass Spectrometry & Separation Science Division (2014-2017), and Vice President of ABCC (2019-2021). He participated in the development of the CLSI document C62: Liquid Chromatography-Mass Spectrometry Methods; Approved Guideline.



F.W. Sunderman, Jr. Diploma of Honor

CHRISTOPHER CRUTCHFIELD, PHD, HCLD (ABB), DABCC

Christopher Crutchfield, Ph.D., HCLD (ABB), DABCC, is an Associate Professor of Pathology at the Northwestern University Feinberg School of Medicine and Associate Medical Director of the Northwestern Memorial Hospital Clinical Laboratory. He earned his PhD in Chemistry from Princeton University in Princeton, NJ. Following his PhD, he was an Intramural Research Fellow at the National Institutes of Health in Bethesda, MD and a Clinical Chemistry Fellow at the Johns Hopkins University School of Medicine in Baltimore, MD. His academic interests include statistical quality control, laboratory informatics, toxicology, and clinical mass spectrometry. He has served the Association of Clinical Scientists Executive Committee since 2019 with his initial year as a Member-at-Large after which he was elected Vice President. His term as President of the Association began at the conclusion of the 2022 Annual Meeting in Louisville, KY. 🇺🇸



Dr. Christopher Crutchfield



As a teacher, **Dr. Zhu** has trained 7 post-doctoral clinical chemistry fellows and numerous pathology residents. **Dr. Zhu** has received research support from NIH, in vitro diagnostics industries, Department of Health of Pennsylvania, and local funding agencies. He is interested in clinical and translational research in clinical chemistry, toxicology, hemoglobinopathy, pharmacogenetics, imaging mass spectrometry, and clinical application of mass spectrometry. **Yusheng** has been conducting multiple clinical trials of devices for which data are presented to the FDA under 510(k). He has been invited to give 66 presentations at national and international conferences. Yusheng has over 139 publications including peer-reviewed papers, editorials, book chapters, and abstracts. **Dr. Zhu** has received over 40 awards from AACC, NACB, ACS, and other organizations. 🇺🇸

2023 ACS Awardees continued

Gold-Headed Cane Award

FREDERICK L. KIECHLE, MD, PHD

Frederick L. Kiechle, M.D., Ph.D. was born in Indianapolis, IN on March 26, 1946. He majored in chemistry at Evansville College, Evansville, IN from 1964 – 1968. From 1968 – 1973 he was in the MD, PhD program at Indiana University where he completed his PhD in bacteriophage T4-infected *E. coli* DNA, RNA and protein synthesis in 1973 and MD in 1975. He completed a combined anatomic and clinical pathology residency at William Beaumont Hospital, Royal Oak, MI from 1975 – 1979. He then devoted his career to the field of clinical pathology (1979 – 2022).



Dr. Frederick Kiechle

Dr. Kiechle was a clinical chemistry fellow (1979 – 1980) at Barnes Hospital, St. Louis, MO; Assistant Professor at University of Pennsylvania (1980 – 1983); Chief, Clinical Chemistry (1983 – 1988), Chairman of Clinical Pathology (1988 – 2005) at William Beaumont Hospital; Medical Director of William Beaumont Reference Laboratory (1993 – 2005); Medical Director, Clinical Pathology, Memorial Healthcare System (5 hospitals), Pathology Consultants of South Broward, Hollywood, FL (2006 – 2016); Chief Medical Officer, Boca Biologics Reference Laboratory, Pompano Beach, FL (2018 – present).

Dr. Kiechle divided his time between committee activities related to professional organizations like CAP, ASCP, ACS and AACC, basic research including insulin action; intracellular mediators; electrochemistry/ detection of nitric oxide, Ni, impedance; fatty acid metabolism; autoimmunity; peroxisomal disorders/ leukodystrophies; Hoechst 33342-induced apoptosis; and clinical lab development like initiating a STAT laboratory; selecting new clinical lab software; co-founder of one of the first clinical DNA laboratories, Annual William Beaumont Hospital Symposium, Beaumont Reference Laboratory; Joint Venture Hospital Laboratory, Michigan; BL3 safety microbiology laboratory; flow cytometry lab, toxicology lab; total lab automation, POCT, MALDI-TOF in microbiology. He has published 181 peer-reviewed articles, 24 book chapters, 2 books, 231 abstracts and given 238 presentations. He has received 10 awards from 1967 to 2014 including Hartford Foundation Fellow (1982 – 1983), Clinical Scientist of the Year Award (ACS, 1996), Distinguished Service Award Honoring George F. Stevenson, MD (ASCP, 2001), Diploma of Honor (ACS, 2006), CAP Lifetime Achievement Award (CAP, 2008) and Leadership and Service Award (CLSI, 2011).

Young Clinical Scientist Award

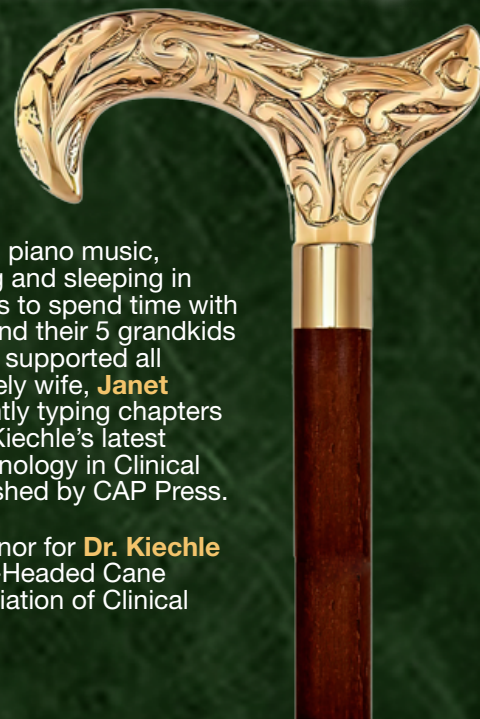
MÜGE SAK, BS

Müge Sak, B.S., graduated from the Middle East Technical University in Ankara, Turkey, with a Bachelor of Science degree in Molecular Biology and Genetics. During her undergraduate years she participated in several projects in different branches of biological science. At the end of her junior year, **Müge** was accepted to an internship position at the Ohio State University Wexner Medical Center in Columbus, Ohio in Dr. Norman Lehman's neuro-oncology laboratory.



Müge Sak

After graduation, she was admitted to the Ph.D. program at the University of Louisville, Department of Biochemistry and Molecular Genetics in Louisville, Kentucky. **Müge** is currently a Ph.D. candidate, working on her dissertation on glioblastoma research with Dr. Norman Lehman in the Department of Pathology and Laboratory Medicine. Their research includes testing the efficacy of combination therapies in glioblastoma cell lines and *in vivo* mouse tumor models and investigating the mechanism of action of these treatments.



He enjoys playing jazz piano music, reading novels, writing and sleeping in anytime. Also, he loves to spend time with his 3 grown children and their 5 grandkids (all girls). He has been supported all these years by his lovely wife, **Janet Kiechle**. She is currently typing chapters and proofreading Dr. Kiechle's latest book "Disruptive Technology in Clinical Medicine" to be published by CAP Press.

It is a privilege and honor for **Dr. Kiechle** to receive the Golden-Headed Cane Award from the Association of Clinical Scientists this year.

President's Corner

I hope you all are doing well. We are rapidly approaching our Annual Meeting in Rochester, MN scheduled for May 3 to 6, 2023. The meeting will be hosted by past-president Dr. Josh Bornhorst at Mayo Clinical Laboratories. Registration is live on our website <https://www.clinicalscience.org/meetings.html#Registration>. Please register!



Dr. Christopher Crutchfield

In addition to planning for our annual meeting, the executive committee has had some resolutions over the past the months. Importantly, Charlie Hawker, past-president and current executive director of ACS, has had his term renewed through 2025. Charlie's efforts are invaluable to the association. We greatly appreciate his efforts to maintaining continuity and excellence. If you see Charlie at the meeting, please thank him!

Another item that has come up has been the subject of travel grants. The executive committee resolved that the travel grants will be of a cash award (\$2,000) to pay for expenses associated with travel to the meeting the year the grant is awarded, or for the subsequent annual meeting. The executive committee believes that this strategy will make the award feel more impactful and hope that it will help increase the competition for this award.

Another outstanding issue that has been discussed has been issues related out our journal, Annals of Clinical & Laboratory Science. Submissions to the journal have grown substantially. This increase in volume has placed a large burden on our editorial staff and volunteers. We are actively developing strategies to increase the quality of articles submitted while also mitigating the impact to valued authors. At present, the most well considered strategy has been to adopt a submission fee. If you have any thoughts on this subject, please reach out and let us know.

Thank you all for your continued interest and involvement in the Association. See you in Rochester!

Christopher Crutchfield,
Ph.D., HCLD (ABB), D(ABCC), FACS_c
President (2022-2023)



The Young Fellows Section

Dear Colleagues,

We are all so excited for the upcoming 144th meeting of the Association of Clinical Scientists taking place at the Mayo Clinic in Rochester, MN! In a time when artificial intelligence chatbots like OpenAI's ChatGPT and Google's Bard are capturing the public's imagination in weekly headlines. This year's meeting theme, "Advances in Laboratory Medicine and Pathology:



Dr. Lance Van Truong

"Integrating Diagnostics and Data Analytics" gives many possibilities for discussion and future interdisciplinary collaboration within our circle. Our section aims to facilitate these opportunities for young fellows to explore the latest research and advances in clinical science, network with other professionals in the field, build relationships, and gain valuable experience through presentations and awards at the annual meetings.

The Young Fellows Section is dedicated to fostering the growth and development of early-career fellows in the field of clinical science. We encourage all young fellows to attend the 2023 meeting and to take advantage of the many experiences there while at the annual meeting and opportunities available to them within the Association during the year, whether it be submitting cases and review articles or original research manuscripts for publication to the Annals of Clinical and Laboratory Sciences, the journal for ACS, or serving as reviewers for the journal, wherein you can pair with senior reviewers to receive hands-on guidance in the reviewing process. And I speak for the rest of the Association when I say we all look forward to coming together again and welcoming new and familiar faces to our annual meeting and our Young Fellows Section on Thursday, May 4th, planned for 7 PM that evening!

On a personal note, I wanted to share with you, the reader, that while I was intending to join everyone in welcoming the new faces attending this upcoming meeting as the current Chair of the Young Fellows Section all those months ago in the last newsletter, it is now planned that I will be back home in Providence, RI, staying prepared as a first-time dad to instead welcome my daughter, Summer San Truong, into the world anytime up until her due date on May 30th! I will be wishing you all safe travels to and from the meeting and a splendid time throughout it all!

Sincerely,

Lance Van Truong, D.O.

Chair, Young Fellows Section, Association of Clinical Scientists

Chief Resident, Brown University Pathology and Laboratory Medicine



Association of Clinical Scientists

Registration for 144th Meeting, Rochester, Minnesota May 03–06, 2023

ATTENDEE INFORMATION

Last Name	First Name	Initial	Degree(s)
Institution		Street Address	
City	State	Postal/Zip Code	Country
Telephone Number	Fax Number	Email Address	

Please record number of persons for all No Charge (NC) items

	Unit Price (\$ US)	Number of Persons	Amount Charged
Full Meeting Registration, Regular, Member Rate For all Fellows of the Association and non-members attending the full Meeting; includes luncheons, one banquet ticket (subject to availability) and continuing education credits, if desired	\$475	_____	_____
Full Meeting Registration, Regular, Non-Member Rate For non-ACS Members attending the full Meeting; includes luncheons, one banquet ticket (subject to availability) and continuing education credits, if desired	\$575	_____	_____
Full Meeting Registration, Emeritus, Assoc. Fellows & Trainees and Invited Speakers Attending Full Meeting For all Emeritus or Associate Fellows of the Association and all trainees, residents, and Fellows attending the full Meeting; includes luncheons, one banquet ticket and CE credits, if desired	\$200	_____	_____
Meeting Registration, Complimentary — day of Lecture Speakers only attending the meeting for the day of their lecture — excludes banquet	NC	_____	NC
Single Day Registration — for either Thursday or Saturday Includes luncheon and continuing education credits if desired	\$200	_____	_____
Wednesday, May 03			
Welcome Reception — Open to all meeting registrants and accompanying persons. Indicate attendance for headcount.	NC	_____	NC
Thursday, May 04			
Luncheon Seminar with Dr. Creagan. Indicate attendance for headcount	NC	_____	NC
Young Fellows Social Event. Indicate attendance for headcount. All young scientists (regardless of whether an ACS member) and significant others are invited. Hosted by Lance Truong, D.O. , Chair of the Young Fellows Section, and members of the Executive Committee, this will be a light dinner at a local restaurant within walking distance.	NC	_____	NC
Friday, May 05			
Cultural and Historical Tour — Includes transportation and lunch	\$50	_____	_____
Extra tickets to Awards Banquet and Reception (subject to availability)	\$95	_____	_____
Saturday, May 14			
Luncheon, Annual Business Meeting Reserved seating for all Young Scientists, age 45 and under; included with full or single day registration (please indicate attendance for headcount estimation)	NC	_____	NC
Musicale, with Wine and hors d'oeuvres Intermission Complimentary for all attendees (please indicate attendance for headcount estimation)	NC	_____	NC
Include Renewal of Dues (Fellows)	\$225	_____	_____
Renewal of Dues (Assoc. Fellows)	\$50	_____	_____
Total Payment Enclosed (in USD)			=====

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Association of Clinical Scientists

Registration for 144th Meeting, Rochester, Minnesota May 03–06, 2023

PAYMENT OPTIONS

Cancellation with full refund will be accepted until **April 25, 2023**.

1. Register securely on-line at <http://www.clinicalscience.org/annualmeeting.html#Registration>.
2. Complete and mail this form (**print both pages 10-11 of form**) with a check, payable to Association of Clinical Scientists, or with credit card information, to Association of Clinical Scientists, 6431 Fannin Street, MSB2.292, Houston, TX 77030
3. To charge using American Express, Visa, or MasterCard, call the ACS office at (713) 500-5381, Mon–Fri, 8:00 a.m.–5:00 p.m. Central Time. You may also fax this form with your credit card information to our secure Fax at (713) 500-0732.

CREDIT CARD INFORMATION

Credit card type
(check only one)

Visa

MasterCard

American Express

Card number

Expiration (mo/yr)

Security Code (CVV) No.

Name on the card

Billing Address

City

State (Province)

Country

Postal (Zip) Code

Signature



Interview: Dr. Roland Valdes

The Young Fellows Section arranges interviews between Young Fellows and more senior Fellows. Young Fellows can obtain scientific and career advice from a senior member who may offer valuable guidance. This interview of Roland Valdes, Ph.D., FACSc. was conducted by Lance Van Truong, D.O.

Editor's Note: Dr. Valdes served the Association as Vice President in 2011 and President in 2012. He received the Clinical Scientist of the Year Award in 2011 and the FW Sunderman, Jr. Diploma of Honor in 2015.

Lance Van Truong: Please tell me a little bit about yourself. Where did you grow up? Where did you go to school?

Roland Valdes: I was born in New York City, as was my younger brother. My loving parents were immigrants from Cuba back in the 1940's and we lived in NYC before the family moved to Miami, Florida where my sister was born. We are from a large family with relatives in NY, Florida and California. After elementary school in Miami, I attended Miami Military Academy throughout my junior and high school years (which influenced my life, more later). University of Miami was my next stop and along with marriage to my lovely wife and then wonderful children we collectively began our career and life planning. Formal schooling was followed at the California State University, Fullerton and then the University of Virginia, Charlottesville (more details later).

Van Truong: How did you develop an interest in science and medicine?

Valdes: As a kid my interest was always Sci Fi (still is!). I remember watching TV shows on planetary travels or under water exploration - fascinated me. Frankly, I was born in the wrong century and should have been a Star Ship Commander seeking and exploring new worlds.

Anyway, instead of exploring new worlds beyond, I became interested in physics (the queen of sciences). I figured that if I understood physics, I could understand everything – it was a start. As a kid, I remember between baseball games and pool outings with family and many cousins, I would read a small paperback title “Physics Made Simple” - what a way to spend my youth!

So, at U of Miami I wound-up with a major in physics and minor in mathematics and a little bit of ROTC. As to my interest in medicine – that came a bit later.

Van Truong: Tell me about your career progression. Did your career progression exceed your expectations?

Valdes: As indicated it started with physics and math, being fluent in both English (native language) and Spanish and some military exposure (and a war overseas), I was recruited by Feds and moved the family to California. During my tenure there I started a Master's in physics with a twist to include some biology. How did that happen? During that time, scientists like Max Perutz, James Watson, Francis Crick and others were developing and using physical science techniques to assess protein and nucleic acid structures to better understand how biology works. The discipline of “Biophysics” was just beginning its emergence and I wanted to be part of that. At the California State University, Fullerton (at that time Fullerton State University) I asked the chair of the physics



Dr. Roland Valdes

department if I could integrate some biology courses as part of my MS program and call it an MS in “Biophysics”. This concept was quite new and he was intrigued. The chair of the biology department also agreed to this scheme and that was one of my first efforts at shaping a career. While I was doing all of this, apparently Uncle Sam recognized the importance of merging physics and biology for national defense, so I started a doctorate program in “real” Biophysics at University of Virginia, Charlottesville. My focus was thermodynamics of protein self-assembly. At the completion of the doctorate there was another fork-in-the-road – what to do next? The toss-up was a postdoc or medical school, I learned that if Med School, then to remain in the science arena it would evolve

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Dr. Valdes Interview continued

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into something like “pathology” as a specialty. The prospect of another 8 or 9 years was not appealing at that stage in my family life. However, I got lucky in that the department of pathology at UVA had just hired a prominent clinical chemist (Dr. John Savory) and other faculty. John had trained postdocs at his previous institution and was interested in starting a postdoc program at UVA. What luck – I contacted Dr. Savory and was most fortunate that he provided me the opportunity to be his first clinical chemistry postdoc at UVA.

After completing the postdoc, a faculty appointment based at Jewish Hospital at Washington University was my next stop. This was followed by an appointment at the University of Louisville where I was recruited by the then chair of pathology Dr. Bogdan Nedelkoff and the Dean, Donald Kmetz (both pathologists). I proposed starting a postdoctoral fellowship program in clinical chemistry and they provided me the opportunity and support to develop it. Life goes around! Eventually I was appointed as Senior Vice Chairman for the department.

Van Truong: How did mentoship influence your professional career? How did you get involved with the Association?

Valdes: Good mentorship is essential in fermenting a career. Honestly, mentoring is about “guidance” and “opportunity” and I have been blessed with individuals like Dr. Gary Ackers who mentored my doctorate (introduced me to the “thought experiment” before starting anything), John Savory and David Bruns, Brian Renoe and James Boyd during my clinical chemistry postdoc. Having the opportunity of taking in different perspectives from these individuals greatly helped me align my thinking. Dr. Gerald Kessler during my first real job in clin chem at Jewish Hospital while on the faculty at Wash U in St. Louis, showed me the true meaning of laboratory operations when he placed me as director of the endocrine lab at Jewish where I also had terrific assistance from the staff technologists. Dr. Jack Ladenson at Barnes Hospital, also part of Wash U, provided guidance during my first few years as an early faculty member and at the Wash U chemistry program.

I got involved in ACS during my postdoc with John Savory, where John introduced me to Dr. William Sunderman Sr. and the rest is history. The ACS provided an opportunity to meet others with mutual interests and importantly a forum for oral presentations and needed exposure for young scientists.

All of these individuals (and others not mentioned) helped to shape me in some way and I should add my lovely wife, Kathie, to that list, for all along providing me the support to carry on!

Van Truong: What unexpected turns did you have in your career?

Valdes: Well, when you think about it, going from pure physics and math to biology and then medicine may not seem unlikely now, but they were tall “leaps” back then. For me the challenges (all welcomed and appreciated) were convincing others that a new path should be taken. I have always felt that crossing disciplines is the best way to integrate and advance disciplines as well as develop new careers. Starting and spearheading new ventures is also part of this and what

I enjoy doing. For example, combining physics with biology as a major at a school was new; starting a new academic clinical chemistry postdoc program at a school not having one is new; guiding an organization in a new direction is another example of venturing off into uncharted territory. Starting new commercial ventures as businesses with a lab medicine focus is another example.

As to unexpected turns, stop and think, I was supposed to be a Star Ship Commander exploring new worlds and turned out to be a clinical scientist exploring new biological markers – maybe not so different!

Van Truong: How has ACS helped you in your career?

Valdes: This is incredibly important! First, getting involved in any professional organization is essential for networking in meeting new individuals or reuniting with established colleagues; second, it provides opportunities for exploring and learning how others manage their careers as well as their particular jobs; and third, it provides one the exposure and opportunity for developing leadership skills needed to advance your own work.

As for the ACS, it has no doubt provided me with the above. Attending the “special” kinds of meetings held by the ACS, participating in committees, organizing functions, creating new education programs, etc., all contribute. The privilege of sitting in leadership roles for any organization can be instrumental in developing your career. I strongly recommend this to young professionals in our discipline or any other.

Van Truong: Did you have any instances where mentors influenced your professional career? How did they influence you?

Valdes: I mentioned earlier how important mentors were in developing my career. Some additional ones include Dr. Bogdan Nedelkoff who hired me at UofL and guided me early on in establishing my entrepreneurial roles, mainly by giving me the freedom and support to create new programs. Even as far back as at Wash U, I learned that we could take anomalous results obtained in the clinical lab (for example, interferences in digoxin assays) and develop research activities ultimately funded by the NIH. In that regard, I encourage this path as not many in our profession take advantage of NIH grants as part of their career options. I was also encouraged by leadership at UofL to acquire US patents and several have led to start-ups creating jobs in our community. In fact, I often indicate to my postdocs to consider creating their own jobs if so inclined, as it can be professionally rewarding.

Having been involved in mentoring the career development of more than 40-plus individuals, I would be remiss in the area of mentorship if I did not mention how important my former and present students are and the effect they have had on my career. I think of all the things I have done professionally, that mentorship is probably the most rewarding for me, personally. In fact, I should point out that mentorship works both ways, in that I have also been mentored in some way by my students themselves, so it is a two-way street. Thus, I am grateful to all of them for the opportunity they gave me to make a difference in their lives and them in mine.

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Dr. Valdes Interview continued

continued from page 17

Van Truong: Describe the importance for faculty to be involved in national/international organizations and to have administrative responsibilities outside of your current institution.

Valdes: I believe we touched on this above. But look, as an example, I have been honored by the confidence my colleagues have placed in me when asked to lead efforts (not including when they cannot find anyone else, of course). Throughout my career I have been in leadership positions in at least six organizations in our discipline of lab medicine. In every case it has been rewarding in helping to shape the future of our discipline but also helping to mentor other young professionals. This is one key element often overlooked - in leadership roles you also serve as a role model for others to follow and this is part of our mentorship responsibility. So there, it all ties together!

Van Truong: How did you develop your network of colleagues over the years? How critical has this been towards success in your career?

Valdes: Developing a network is essential to a healthy and productive career. After all, how are you going to learn what others are seeing, experiencing, and doing at their institutions? For example, each time I attend a meeting I make an effort each day to meet-up and speak with colleagues and at least meet one new individual every day - it adds-up after a while!

One good way I recommend to network is to join groups engaged in activities, like committees, for example. You get to learn first-hand, see how they work, learn what they do, and you will know who to contact when needed. So, from personal experience, networking has been central to developing new ideas in my educational, clinical service and research

activities. So, propose a new idea or activity, and beware, you will likely be asked to lead it - trust me, I know.

Van Truong: What advice would you give to someone starting out in their career in clinical chemistry/laboratory medicine? What advice would you give someone at the Associate Professor level in their career?

Valdes: I don't know how much I would change if had to do it all over again (maybe fix a few mistakes here and there), but as to advice in starting out, consider what you like to do as your guiding mantra. You are not going to spend nights and weekends writing grant applications or manuscripts unless you love and enjoy doing that! People naturally gravitate towards their real interests.

Another piece of advice is to work on learning and developing an area in your discipline that is new and evolving – employers are looking for someone to help them get there! Start early, work with your mentors to help guide you. Regarding this, I tell my students that my role is not to teach them, but to provide them opportunities to learn - most have taken advantage and done well.

Starting a career at any institution requires you to focus on the job expectations and, by the way, it's not a job - it's a profession. During those early years as an assistant professor contribute to the collective while all the time keeping your eye on developing your own portfolio. Ask yourself, what will be required for your next professional appointment as a new hire?

Advice to an Associate Professor looking for advancement, I think it wise to look for opportunities at other institutions – if someone else wants you, you become more marketable where you are. It may be a better deal all around!



YOU!



Fellow or Associate Fellow to volunteer to serve as Newsletter Editor for the *Clinical Science Trumpet*. This is a great way to serve and learn about the Association. It can also open doors to other responsibilities and opportunities in ACS.


Contact Charles D. Hawker, Ph.D., at:
charlie@charlesdhawker.com

Executive Committee Restructures Travel Grant Program

At its most recent conference call, the Association's Executive Committee held an extensive discussion to restructure the existing Travel Grant program. The Travel Grant program was created several years ago to attract young scientists (\leq age 45) to the Association and increase membership. However, the program has had only limited success in reaching those objectives.

The existing program called for one trainee (resident, fellow, or student) and one early career professional (in an appointed position following their postdoctoral training) to be selected from among the submitted abstracts based on the quality of the abstract. Each awardee would receive full travel reimbursement to attend the subsequent year's meeting. However, as noted above, this resulted in limited success.

The Executive Committee decided to replace the travel reimbursement design to a flat cash grant of \$2000, again based on the quality of the submitted abstracts – with one awardee being a trainee as defined above and the other awardee being an early career professional.

The travel grant awardees will be selected by the Association's Awards Committee. If the awardee traveled to the meeting location to attend the meeting and present their paper, the grant would be presented at the meeting to defray their travel and attendance costs. If, however, the awardee was from the host institution and did not have to travel, the grant would be provided to them upon attendance at a future Association meeting. 



Rochester, MN, the site for this year's Association Meeting.

Newsletter Trivia Question

Edited by Stephen M. Roper, Ph.D., FACSc

The first person to email the correct answer will have their name mentioned in the following newsletter and the satisfaction of knowing they won. Please respond to, or if you *have a trivia question you would like to submit*, please email to Stephen M. Roper at: smroper@wustl.edu.

PREVIOUS QUESTION

(submitted by Dr. Stephen Roper)

Lead exposure can cause neurologic, hematological, cardiovascular, and reproductive abnormalities. Although there is no such thing as a "safe" blood lead concentration, the CDC recommends a clinical decision limit to differentiate elevated from non-elevated blood lead concentrations. Before 2010, the threshold was 10 ug/dL and from 2012 to 2021 it was 5 ug/dL. What is the current CDC clinical decision limit for blood lead and why did it change?

ANSWER

No one submitted an answer for the previous trivia question.

The answer is:

3.5 ug/dL. The threshold was decreased to reflect the 97.5th percentile of blood lead concentration in recent NHANES data.

CURRENT QUESTION

(submitted by Dr. Stephen Roper)

Newborn screening (NBS) labs rely heavily on mass spectrometry (MS) analysis. Unlike many clinical MS assays, however, NBS labs do not utilize chromatography. Rather, specimens are injected into a continuous flow of solvent(s) that is aerosolized and directly enters the instrument. What 3-word phrase describes this process? What is the benefit of this approach vs. LC-MS?

ANSWER

The answer will appear in the next *Clinical Science Trumpet*. The person submitting the first correct answer will have a chance to write the trivia question for the subsequent newsletter.

Submit your answer by email to **Stephen M. Roper, Ph.D., FACSc**, at: smroper@wustl.edu.

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Clinical Science Trumpet

Newsletter of the Association of Clinical Scientists

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Announcements, commentaries, and news/photos of members are welcome. Please send to the Editor at: charlie@charlesdhawker.com.

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