



Office of Education, Division of Intramural Research
National Heart, Lung, and Blood Institute
FELLOWS NEWSLETTER

The Fellows Newsletter is published monthly by the Office of Education, Division of Intramural Research, National Heart, Lung, and Blood Institute and distributed to NHLBI DIR members to promote the interest of DIR Fellows.

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From the Director of the Office of Education

My lead article this month suggests a system of mentoring that incorporates a *panel* of mentors, rather than a single mentor. This approach was suggested by our January Career Development Speaker, Dr. Patience White. Dr. White's career had many stops on the way from the practice of Medicine to Science Policy, and she noted that each transition was aided by the advice that she got from her mentors. So I ask each of you to think of who could serve in that capacity and seek them out.

We are now actively recruiting summer interns. Mentoring a summer intern is an easy way to get supervisory experience. If you would like to be a mentor for an intern, first consult with your P.I., and then send an e-mail to Jessica letting her know your availability. We'll try to match you with an appropriate student.

Registration and abstract submission for the 5th Annual Fellows Retreat begins **February 1**. All NHLBI fellows are invited to submit an abstract and present a poster. All posters compete for the Fellows Retreat Award, which gets the winners an increase in their stipend. So submit those abstracts!

Creating a Personal Board of Directors ***NHLBI Fellows – One Year Later: Ivan Rosas, MD***

By
Herbert M. Geller

Interviewed by
Jessica Llewellyn

Many fellows at NHLBI come to my office for advice on career guidance and career choices. In fact, the decisions involve more than simple career choices; they are major strategic issues that affect many areas of life. If you ask most successful people about their career path, they can always point to people to whom they go for advice: their "mentors". This trusted circle of friends and advisors acts much like the Board of Directors of a corporation that assists management with major decisions. The major difference is that this Board is composed

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This month's interview is with Ivan Rosas, M.D., Assistant Professor of Medicine, University of Pittsburgh. Dr. Rosas was a Clinical Fellow in the PCCMB from 1997-2005. In addition, he was a member of the Fellows Advisory Committee.

JL: *Can you give us a little background on what you're doing?*

IR: I work in a very supportive academic environment at the Pulmonary, Allergy and Critical Care Medicine division of the University of Pittsburgh. My appointment provides me with 75% of "protected research time", the bulk of

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(Board cont'd)

of mentors whose only interest in serving is seeing that you are successful.

While your research advisor should be your mentor for your career choices, many fellows find that they need more advice than can comfortably be given by their advisor, or that their advisor is not comfortable with this role. Moreover, it's helpful to have advice from several different sources. How do you start to pick a board? One way is to identify some others who are also in need of advice. You can then plan to have regular meetings at which you each discuss your plans and goals, and get feedback on their strengths and weaknesses. While some of these might be fellows and family, you will benefit from a having a diverse group that is not afraid to challenge your goals. It would also be helpful to include someone a little older and wiser who may have a more broad perspective.

Much like a real corporate board, your Board of Directors will have turnover. My original "board" consisted of several close friends in Graduate

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Come to the next Career Development Seminar

Featuring

Dr. Alan Deutch
**"Tech Transfer
Opportunities"**

February 13th, 2007
@ Noon
10/7S235A

Jessica's Corner

Recently, I have been listening to a lot of this new band, Cartel. One song lyric that is particularly poignant to many of you fellows at NHLBI says: "If you're not getting answers, ask better questions." Sometimes this can be hard to do as a trainee. But remember that without good communication, your PI and peers don't always know what you're thinking or what questions you MEAN to ask. If you are experiencing challenges in your work load, fill them in on your challenges and try to find a way to turn them into opportunities.

This is especially true for you newbies out there. Not having a clue as to what is going on in your lab or office can be extremely frustrating and can appear to stand in the way of your goals. So how do you overcome this? One way is to empower yourself to create the training opportunities that you want. What do you want to get out of your experience and how do you think you should get there? Try setting up a weekly meeting with your supervisor to figure out where you are and where you want to go. Don't forget that Dr. Geller and I are always around for a friendly ear to listen or shoulder to cry on. Remember that "You'll never know, and you never will until someone stands up – THEN you'll get some answers." – Cartel, "A".

(Interview, cont'd)

which is translational research. We are presently investigating the role of Syndecan-2 in the disease progression of patients affected with Idiopathic Pulmonary Fibrosis. This project was initially sponsored by PCCMB/NHLBI and performed at the NIH Clinical Center. The other part of my job is clinical. I have a weekly outpatient clinic where I follow patients affected with IPF. In addition, I attend the inpatient medical lung transplant service.

JL: *What was the hardest thing about transitioning from being a fellow to an Assistant Professor?*

IR: The biggest challenge is to successfully obtain NIH funding, which is essential to successfully performing research in the extramural academic environment. Learning how to submit a successful grant application in a very tight economic environment is very challenging. There are mechanisms (K22 or K99) by which you can obtain a grant before you transition; this is a

resource that should be aggressively pursued by fellows since there are not many institutions that can provide full support.

JL: *What advice do you have for fellows wanting to transition to academia?*

IR: Remain focused on a single project and publish as soon as possible as this is the most important requirement to obtain transitional grants. Make sure there is a mentorship plan that includes submitting a publication(s) within the first three years of fellowship. After this, apply for a transitional grant.

JL: *What was the best thing about your fellowship at NIH?*

IR: Definitely the resources and research infrastructure provided by the intramural program and the NIH Clinical Center. Because of the resources available, I was able to recruit families with a very rare disease and study aspects of the disease not previously addressed.

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**Preparations are under way for the next
DIR Annual Fellows Retreat:**

**April 19- 20, 2007
Wyndham Gettysburg, PA**

Featuring:

Keynote Speaker: William Haseltine, Ph.D.

- President, Haseltine Associates, Ltd.
- Former Founder and CEO of Human Genome Sciences
- Founder: Journal of AIDS Research and Retrovirology and Journal of Regenerative Medicine
- Established 7 biotech companies (including Dendreon, Diversa, Human Geone Sciences)

Scientific Speaker: George Yancopoulos, M.D. Ph.D.

- Chief scientific Officer, President, and founding scientist for Regeneron Pharmaceuticals, Inc.
- First MD to join the Planetary Society's Board of Directors
- 11th most highly cited scientist in the 1990's

**Registration Opens February 1st!
Don't miss it!**

(Board, cont'd)

School, as well as my wife. While my wife continues to be a trusted advisor, the longest serving members consist of a faculty member at a university and a very senior person at NIH who became my mentors over 30 years ago. More recently, I have added colleagues from NIH as well as other universities, for most of whom the mentoring goes both ways. The fact that we have had an ongoing relationship means that I do not need to bring them up to speed every time I need some advice. Conversely, I continue to mentor many others. This relationship has served me very well whenever I needed to make a major career or life decision. Now it's time for you to begin yours! •

(Interview cont'd)

JL: *What skills did you need to successfully perform at your present job that you wish you had acquired during your training years?*

IR: Grantsmanship. I've learned that the only thing that really trains you [for grant writing] is going through the whole process. Fellows should be stimulated to write and submit a grant – even if they are not successful on the first try. In addition to attending the grant writing workshops conducted by the Office of Education, you really must complete the process to fully understand the challenges of writing a grant. This exercise may provide the basis for your grant application once you leave NHLBI.

JL: *What is your mantra? (What phrase/ thought gets you through the day)?*

IR: Press on toward the goal" – quote from Philippians 3:14. It's on my desk, printed on a gift I was given while at the NHLBI by a staff clinician and close friend, Dr. Gustavo Pacheco.

JL: *Any other advice you would like to impart to the fellows at NHLBI?*

IR: Well, I know it's a well-known fact, but it can't be stressed enough: network! [Do this] on a regular basis and consistently! NIH is such a large institution with its own funding therefore, sometimes there's no need to network. But it is important to have contacts on the outside that will allow you to improve your science and may be the reason why you get a job. Networking is fundamental on many levels. Getting a job is just one of them.

For information or send a friendly greeting to Dr. Rosas, e-mail: rosasi@upmc.edu. •



**From the lobby of the
Wyndham Gettysburg Hotel,
home of the 5th Annual
Fellows Retreat!**

New NHLBI Fellows

Xiong Cai, Ph.D. is a Visiting Fellow in the PCCMB under the mentorship of Dr. Joel Moss. He received his Ph.D. in Molecular and Cellular pharmacology and drug development from Hong Kong Baptist University in Hong Kong. While at the NHLBI, Dr. Cai will be working on LAM disease.



Wenling Li, Ph.D. is a Visiting Fellow in the Laboratory of Developmental Biology under the mentorship of Dr. Yosuke Mukoyama. She received her Ph.D. from Kanazawa University in Japan. While at the NHLBI, Dr. Li will be working on neurogenesis and angiogenesis in development and vascular niche for stem cells.



Agnieszka Sulima, Ph.D. is a Research Fellow in the Imaging Probe Development Center under the supervision of Dr. Gary Griffiths. She received her Ph.D. in Organic Chemistry from Adam Mickiewicz University in Poland. Before joining the NHLBI, Dr. Sulima worked in the Laboratory of Medicinal Chemistry of NIDDK. She will now be working on synthetic chemistry probes for imaging applications at the NHLBI.



Bao Teng, Ph.D. is a Visiting Fellow in the Imaging Probe Development Center under the mentorship of Dr. Gary Griffiths. He received his Ph.D. in Medical Imaging and Nuclear Medicine from Peking Union Medical College and Chinese Academy of Medical Sciences. Dr. Teng will be working on Organic Chemistry while at the NHLBI.

Recent Publications by NHLBI Fellows

Basso, F., Amar, M. J., Wagner, E. M., Vaisman, B., Paigen, B., Santamarina-Fojo, S., & Remaley, A. T. (2006). Enhanced ABCG1 expression increases atherosclerosis in LDLr-KO mice on a western diet. *Biochem. Biophys. Res. Comm.* 351, 398-404.

Choi, Y. H., Park, S., Hockman, S., Zmuda-Trzebiatowska, E., Svennelid, F., Haluzik, M., Gavrilova, O., Ahmad, F., Pepin, L., Napolitano, M., Taira, M., Sundler, F., Holst, L. S., Degerman, E., & Manganiello, V. C. (2006). Alterations in regulation of energy homeostasis in cyclic nucleotide phosphodiesterase 3B-null mice. *J. Clin. Invest.* 116, 3240-3251.

Joyce, C. W., Wagner, E. M., Basso, F., Amar, M. J., Freeman, L. A., Shamburek, R. D., Knapper, C. L., Syed, J., Wu, J., Vaisman, B. L., Fruchart-Najib, J., Billings, E. M.,

Paigen, B., Remaley, A. T., Santamarina-Fojo, S., & Brewer, H. B. (2006). ABCA1 overexpression in the liver of LDLr-KO mice leads to accumulation of pro-atherogenic lipoproteins and enhanced atherosclerosis. *J. Biol. Chem.* 281, 33053-33065.

Kolobow, T., Bassi, G. L., Curto, F., & Zanella, A. (2006). The Mucus Slurper: a novel tracheal tube that requires no tracheal tube suctioning. A preliminary report. *Intensive Care Med* 32, 1414-1418.

Li, T. W., Santockyte, R., Shen, R. F., Tekle, E., Wang, G. H., Yang, D. C. H., & Chock, P. B. (2006). Expression of SUMO-2/3 induced senescence through p53- and pRB-mediated pathways. *J. Biol. Chem.* 281, 36221-36227.

Nakayama, M., Hisatsune, J., Yamasaki, E., Nishi, Y., Wada, A., Kurazono, H., Sap, J., Yahiro, K., Moss, J., & Hirayama, T. (2006). Clustering of *Helicobacter pylori* VacA in lipid rafts, mediated by its receptor, receptor-like protein tyrosine phosphatase beta, is required for intoxication in AZ-521 cells. *Infect. Immun.* 74, 6571-6580.

Wagner, W., Fodor, E., Ginsburg, A., & Hammer, J. A. (2006). The binding of DYNLL2 to myosin Va requires alternatively spliced exon B and stabilizes a portion of the myosin's coiled-coil domain. *Biochem.* 45, 11564-11577.

Yu, M. J., Pisitkun, T., Wang, G. H., Shen, R. F., & Knepper, M. A. (2006). LC-MS/MS analysis of apical and basolateral plasma membranes of rat renal collecting duct cells. *Mol. Cell. Proteom.* 5, 2131-2145.