

July/August 2008



## 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.

### **Office of Education, DIR, NHLBI**

Herbert M. Geller, Ph.D., Director  
Jessica M. Llewellyn, MBA, Coord.  
Aurora J. Taylor, Assistant Coord.

[DIREDucation@nhlbi.nih.gov](mailto:DIREDucation@nhlbi.nih.gov)

Building 10, Room 2N242  
Tel: 301-451-9440

### **Fellows Advisory Committee**

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### ***From the Director of the Office of Education***

I recently gave an introductory talk to some new NHLBI fellows, which was also attended by several senior fellows in the same laboratory. The most interesting response I got from the senior fellows was "I didn't know there was so much information on the Office of Education intranet site". While you all have gotten a tour of the OE intranet site when you arrived, I'd like to remind you that this is not a static web site: we are constantly updating the information to enhance your training experience. This information is targeted towards your career development, with many links to web sites that have specific job listings as well as web sites that have information on preparing your C.V. or resume, writing a cover letter, and even how to prepare your NHLBI business cards. Even if you are not directly involved in a job search, I'd suggest that you make periodic visits to the web site, <http://dir-intranet.nhlbi.nih.gov/oe>, to check out the latest updates. In addition, if you encounter a useful web site, please let us know so we can link to it from our web pages.

I hope that your summer is going well. The newsletter is taking a summer vacation in August, so look for your next newsletter at the beginning of September.

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### ***Your CV***

By  
Herbert M. Geller, Ph.D.

**Y**our C.V. is essentially your professional biography. When you read a C.V., what sections are most informative? Invariably, these are the ones that provide a chronology of your research experience: Education, including where and duration, and Publications. Both of these sections provide critical insights into your academic history and productivity, and are often extrapolated to predict your future success. They are also the sections supported by hard data, rather than self-promotion, and thus are a permanent record of your

achievements. The earlier you recognize this, the easier it will be to ensure that your C.V. supports your career goals.

Most readers look for a continual record of productivity, with no gaps. This means that the time you spend as a Ph.D. student or a postdoctoral fellow should be paralleled by measurable output, in terms of publications, both in terms of quality and quantity. It is well-accepted that harder and more original problems often take longer to solve, and that doing all the proper experiments, including all the controls, takes some time. Thus, a C.V. that lists fewer, but more significant, publications, will be more favorably evaluated in an academic job search. On the other hand, big gaps

**New NHLBI Fellow**

**Sarah Cheal, Ph.D.** is a new postdoctoral fellow in the Imaging Probe Development Center under the mentorship of Dr. Gary Griffiths. Dr. Cheal received her Ph.D. in Biological Chemistry from the University of California at Davis. While at the NHLBI, she will be working on chemically synthesizing affibody peptides with the hop of making agents for molecular imaging or therapy.

in your publication record give a negative impression. In addition, your publications provide a public record of the techniques that you have mastered. And you cannot rewrite your C.V. to hide these facts.

So what can you do, in advance, to make sure that your C.V. is competitive for the kind of position you want? First, at any point in your graduate training or postdoctoral fellowship, make sure that you and your mentor have agreed upon your research problem, the approach you will take and a time line for achievements. In this regard, the graduate thesis proposal is a key to success, as it provides you with a solid research plan, including specific aims, methods, and how you will treat the data. For postdoctoral fellows, writing a fellowship application, while normally not required at NIH, can achieve the same goals. Even if you don't submit the application, writing a research plan can help you clarify your goals and how you can achieve them.

Another way to promote progress is to present your results and your thoughts about your progress to and solicit feedback from a formal advisory committee at regular intervals. This

committee should include experts from outside your laboratory who will not be afraid to provide critical input to your project. Again, while this is a normal part of graduate education, postdoctoral fellows would all benefit from an advisory committee who can give straight advice. The outcome of these meetings should be an assessment of your progress, and, if the project is not going according to plan, how to solve the problems or change direction.

If your primary project is high-risk, but one that will provide a major breakthrough in your field, yet might take some time to achieve, you should have a second that may not be as important, but can be accomplished more easily.

Ideally, this project should not depend upon new techniques or equipment, but should be designed to highlight your skills and achieve a publication within a year.

Finally, if none of the above strategies appears to be working for you, and it is not likely that you'll publish in a reasonable amount of time, you should consider the possibility of switching projects and/or laboratories. A gap of two years in your C.V. can easily be explained. If you do decide to go this route, you will need to make sure that your new advisor/lab is one that will offer you a route to rapid publications as well as important ones.

**Jessica's Corner**

Happy summer fellows! July might be one of the hottest months of the year, but it's probably one of my most favorite. Between the fireworks and barbecues, trips to the beach and amusement parks, it seems there is ALWAYS something to do. Nothing but Sunshine and Good Times. Make sure you get out there and grill a little something special for your Program Coordinator =).

But on to this month's Inspiration Station. Did I ever tell you how awesome you fellows are? I may not be a scientist and I may not understand 100% of your scientific rattlings - but I still find it so fascinating and inspiring. You have all worked so hard to be here to pursue your dream and fulfill your passion for science. To see the extreme joy and glow on your faces when you discuss your projects - WOW. That's something that just can't be beat. Don't EVER let anyone take that glow away from you. Be confident and stay passionate about what you are doing. To honestly know what it is that you love and want to get up everyday and do is truly a gift, one that many people rarely get to experience. I can't wait to see what all of you will do and become with all of this passion and talent that you have.

I hope that message and thought carries you through and let's you know that instead of me inspiring you ... You manage to inspire me too =)

*"Show me what you can become. There's a dream in everyone and it's all real.  
I'm telling you just how I feel.*

*So wake up the members of my nation - it's your time to be! There's no chance  
unless you take one - everytime. Just see the brighter side of every situation.  
Some thing are meant to be - so give me your best and leave the rest to me."*

~"Leave it all to me," by Miranda Cosgrove

## ***Recent Publications by NHLBI Fellows***

**Aliyu, Z. Y.,** Gordeuk, V., Sachdev, V., Babadoko, A., Mamman, A. I., Akpanpe, P., Attah, E., Suleiman, Y., Aliyu, N., Yusuf, J., Mendelsohn, L., Kato, G. J., & Gladwin, M. T. (2008). Prevalence and risk factors for pulmonary artery systolic hypertension among sickle cell disease patients in Nigeria. *American Journal of Hematology* 83, 485-490.

Christian, T. F., **Aletras, A. H.,** & Arai, A. E. (2008). Estimation of absolute myocardial blood flow during first-pass MR perfusion imaging using a dual-bolus injection technique: Comparison to single-bolus injection method. *Journal of Magnetic Resonance Imaging* 27, 1271-1277.

Frikke-Schmidt, R., Nordestgaard, B. G., Stene, M. C. A., **Sethi, A. A.,** Remaley, A. T., Schnohr, P., Grande, P., & Tybjaerg-Hansen, A. (2008). Association of loss-of-function mutations in the ABCA1 gene with high-density lipoprotein cholesterol levels and risk of ischemic heart disease. *Jama-Journal of the American Medical Association* 299, 2524-2532.

**Gonzales, P., Pisitkun, T.,** & Knepper, M. A. (2008). Urinary exosomes: is there a future? *Nephrology Dialysis Transplantation* 23, 1799-1801.

**Gonzalez, F. M., Shiva, S.,** Vincent, P. S., **Ringwood, L. A.,** Hsu, L. Y., Hon, Y. Y., Aletras, A. H., Cannon, R. O., Gladwin, M. T., & Arai, A. E. (2008). Nitrite anion provides potent cytoprotective and antiapoptotic effects as adjunctive therapy to reperfusion for acute myocardial infarction. *Circulation* 117, 2986-2994.

Hyodo, F., Chuang, K. H., Goloshevsky, A. G., **Sulima, A.,** Griffiths, G. L., Mitchell, J. B., Koretsky, A. P., & Krishna, M. C. (2008). Brain redox imaging using blood-brain barrier-permeable nitroxide MRI contrast agent. *Journal of Cerebral Blood Flow and Metabolism* 28, 1165-1174.

Leatherbury, L., **Yu, Q., Chatterjee, B.,** Walker, D. L., **Yu, Z.,** Tian, X., & Lo, C. W. (2008). A novel mouse model of X-linked cardiac hypertrophy. *American Journal of Physiology-Heart and Circulatory Physiology* 294, H2701-H2711.

Olive, M., **Mellad, J. A.,** Beltran, L. E., **Ma, M. C.,** **Cimato, T.,** Noguchi, A. C., San, H., Childs, R., **Kovacic, J. C.,** & Boehm, M. (2008). p21(Cip1) modulates arterial wound repair through the stromal cell-derived factor-1/CXCR4 axis in mice. *Journal of Clinical Investigation* 118, 2050-2061.

## **Upcoming Events from the NHLBI & Around the NIH**

### Summer Poster Day

Thursday, August 7th, 2008 in Natcher Auditorium

\* Come support your NHLBI Summer Interns! \*

### Career Development Seminars

3rd Tuesday of Every Month at Noon in 10/13S235B

Resuming in September 2008; Keep an eye on your e-mail.

### 7th Annual Fellows Retreat

April 2-3, 2009

Annapolis, Maryland

Happy Hours, Social Events, and more. Contact your Fellows Advisory Committee Member to get involved.