

# UMANA News



Established 1950

The Newsletter of the Ukrainian Medical Association of North America

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Ukrainian Medical Association of North America, in conjunction with  
The Chicago Medical Society, present  
June 18-21, 2015

## “Wellness Medicine”

**XLIII Scientific Conference  
XXXVI Assembly of Delegates**

### COURSE FACULTY

**Borys Buniak, MD** Gastroenterologist  
Gastroenterology and Hepatology of Central  
New York, Liverpool, NY

#### *Probiotics*

**Liana Buniak, MS** Clinical Research  
Associate, Assistant Project Manager  
Theradex, Princeton, NJ

#### *Diet and Exercise Effects on Brain Health*

**William Buniak, MS** Business  
Development Analyst  
New York Hospital Queens, Flushing, NY

#### *Race Training and Nutrition*

**Nadia Ciuha, ND** Doctor of Naturopathy  
Naturopathic Living, Washington, DC

#### *Naturopathic Approach to Health and Wellness*

**Christina Duzyj-Buniak, MD, MPH**

Assistant Professor of Obstetrics,  
Gynecology and Reproductive Sciences  
Robert Wood Johnson University  
Hospital, New Brunswick, NJ

#### *Women's Wellness in the Reproductive Years to Optimize Pregnancy Health*

**Khrystyna Herasym, BSc** Medical Student  
University of Ottawa Medical School,  
Ottawa, Ontario

#### *Art Therapy In Managing Stress*

**Markian Kovaluk, DC** Director  
Clinique Chiropratique Kovaluk,  
St. Jerome, Quebec

#### *Wellness to Prevent Degenerative Joint Disease*

**Peter Kujtan, MD, PhD** Attending Physician  
Mississauga Family Health Organization,  
Mississauga, Ontario

#### *Nutritional Pearls That Baba Tried to Teach Me*

**Liza Pilch, MD** Assistant Professor of  
Medicine  
Rush Medical College, Chicago, Illinois

#### *Coffee or Tea—What's Best for Thee*

**Daria Trojan, MD, MSc** Associate Professor  
Department of Neurology, McGill University,  
Montreal, Quebec

#### *Exercise for Health*

We invite the membership of UMANA to join us for the XLIII Scientific Conference and XXXVI Assembly of Delegates, jointly sponsored by the Chicago Medical Society. Our conference will take place **June 18-21, 2015**, at the Fairmont Tremblant Hotel in Mont Tremblant, Quebec, Canada. This verdant corner of Quebec will host an informative roster of qualified speakers discussing the pressing topic of “Wellness Medicine”. They will inform us on how to live healthy, stress-free lives and avoid destructive habits.

The Fairmont Tremblant resort in Quebec's Laurentian Mountains is nestled in the heart of a European-style village at the foot of the legendary Mont Tremblant. This breathtaking year-round resort offers an abundance of activities, including golf, mountain biking, river rafting, hiking, and more.

The Chicago Medical Society designates this activity for a maximum of **10 AMA PRA Category 1 Credit(s)**.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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## UMANA CHAPTER NEWS



*Illinois Branch business meeting (from left standing): Drs. Roman Dykun, Eugene Kovalsky, George Kuritza, Diana Iwanik, (sitting) Adrienne Kovalsky, Arkadiush Byskosh, Theresa Kuritza, and Maria Hrycelak*

### Illinois Branch

The UMANA Illinois branch held its biennial business meeting and annual Yalynka on January 11, 2015, in the Conference Center of the Selfreliance Ukrainian American Federal Credit Union in



### UMANA News

The Newsletter of the Ukrainian Medical Association of North America is published quarterly by UMANA with the objective to promote good fellowship and to uphold and enhance the best interests of UMANA. The newsletter serves as an impartial forum for information for its members. UMANA cannot guarantee the accuracy of all information contained herein. Some information has been obtained from third party published and oral sources and may not have been independently verified. The treatment of articles, views, and opinions expressed in UMANA News is not necessarily endorsed by UMANA.

Distributed to members and friends of UMANA

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**The Ukrainian Medical Association of North America**



Chicago's Ukrainian Village. Outgoing President **Diana Iwanik, MD** gave the end-of-term report of branch activities, followed by the election of the new slate of officers for the years 2015-2017. The new leadership consists of **Arkadiush Byskosh, MD** (President), **Theresa Kuritza, DO** (Treasurer), and **Adrienne Kovalsky, MD** (Secretary). Following the business meeting, attendees along with their families relished a delicious luncheon catered by the well-known Chicago eatery *Shokolad* and enjoyed the company of colleagues, friends, and family.

For the first time in living history, the UMANA Illinois Branch has been invited as a co-sponsor to the 68<sup>th</sup> Annual Midwest Clinical Conference "The Convergence of Humanism and Technology in Medicine" will take place in Chicago March 13-14, 2015, at the Westin Chicago River North. Branch President Arkadiush Byskosh, MD recruited **Lubomyr Domashevsky MD** to speak on "Emergency Medicine in a Combat Zone", and **Paul Byskosh MD** will present on "Advances in Trauma Care". Speaking under the sponsorship of another group is member **Marko Jachtorowycz, MD**, on "Pelvic Floor Disorders – Update on Treatments and Prevention".

### NY Metro Branch

Continuing a decades-long tradition, the UMANA NY Metro Branch, along with the Ukrainian Engineers' Society of America (UESA) held its annual Christmas celebration Yalynka at the Ukrainian Institute of America in New York City December 13, 2014. Over 300 guests were treated to a musical interlude by rising operatic tenor Taras Chmil. Lada Rosylsky of the Ukrainian Freedom Fund (UFF) appealed for support of this NGO in supplying first aid and medical and protective material for Ukrainian defense efforts. The Institute continued to fill with revelers, all enjoying their renewed friendships and new connections, staying late into the night and reluctant to see this traditional gathering come to an end.

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## OBITUARIES



**KOZAK MD, Michael**, age 91, *University of Minnesota, 1957*, member UMANA Minnesota Branch, died May 2, 2014.



**SHKOLNIK MD, Alexandra**, age 91, *Medizinische Fakultät, Ludwig Maximilians Universität, Munich, Germany, 1949*, member UMANA Ohio Branch, died December 8, 2014.



**WOŁOSHENIUK-KUSHNIR RN, ARNP, Larysa**, age 55, *State University of New York (SUNY)-Buffalo, 1996*, member UMANA Florida Branch, died November 4, 2014.



## President's Message

The frosts and snows are well upon us, and that means it's time for the Likarska Zabava in Chicago. This is an elegant debutante ball sponsored and organized every year by the UMANA Illinois branch. In years past proceeds have gone to the UMANA Foundation, for its work in providing medical school scholarships for medical and dental students of Ukrainian heritage and for CPR classes the Foundation sponsors in Ukrainian communities throughout North America. This year the debutantes decided to make a contribution directly to Ukraine. This year's proceeds will provide trauma simulator manikins and educational materials for Tactical Combat Casualty Care course training in Ukraine. The manikins range in price from \$1,000 to \$12,000, depending on their complexity and mechanics. We like to call them "UMANIKINS". I applaud the UMANA Illinois branch for organizing and sponsoring this wonderful event, and for the innovative, important donation they are making.

Now let's think about summer. Please join us for our upcoming UMANA Scientific Conference, which will be held at the Fairmont Resort in Mont Tremblant, Quebec, Canada, June 18-21. These will be the longest days of the summer in this beautiful Laurentian Mountain resort. This year's topic is "Wellness Medicine", and our lecturers will showcase the strategies and myths we all confront while trying to maintain the health of our patients. For the most athletic UMANA members, this year's meeting will coincide with the IronMan 70.3 competition, adding a further note of excitement to our meeting. We hope to see you there. Yes, summer will soon be here!

Sincerely,  
Andrew Dzul

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*Texas Tech medical and pharmacy students organize and take inventory of the supplies.*

### At Large Members – Amarillo, Texas

UMANA member **Dr. Tetyana Vasylyeva**, a pediatric nephrologist trained in Ukraine, is working with **Brittanie Bartlett**, a third year medical student at Texas Tech Health Science Center (TTHSC) in Amarillo, TX, and current president of the local REMEDY chapter. REMEDY, started at Yale University, stands for Recovered

Medical Equipment for the Developing World. **Dr. Mubariz Naqvi** is the faculty sponsor for REMEDY, whose passion for international medicine has helped keep REMEDY alive for almost eight years. Members of the medical faculty, residents, and medical and pharmacy students at the TTHSC REMEDY chapter recently held a 'packing party' to box up medical supplies collected to help hospitals in Ukraine. A total of 9 boxes are now headed for Dnipropetrovsk, Ukraine. The boxes contain supplies such as cotton swabs, alcohol preps, gloves, gauze, urinalysis strips, assorted syringes, anesthesia face masks, catheters, and plenty of surgical supplies.

## Wellness Medicine...

*Continued from front*

Registration forms will be available by mail or downloaded from our web site, [www.umana.org](http://www.umana.org).

### CONFERENCE FACTS:

**Location: June 18-21, 2015**  
**Fairmont Tremblant, Quebec**  
3045 Chemin de la Chapelle  
Mont-Tremblant, Québec J8E 1E1  
(819) 681-7000

**Air Transportation:** Major airports near Fairmont Tremblant: Montreal (PETruudeau Airport) YUL  
Ottawa (MacDonald-Cartier Airport) YOW  
You will need to arrange your ground transport to the hotel.

**Valid unexpired U.S. passports are required for travel.**

**The IronMan Race takes place in Mont Tremblant the same weekend. Be sure to allow plenty of time for arrival and departure.**

## UMANA MEMBER NEWS



**Roman Oleh Bilynsky, MD** (NY Metro branch), since July 2014, has been serving as Commander of the U.S. Army Medical Research Institute of Chemical Defense (MRICO) at the Aberdeen Proving Grounds in Maryland.



**Andrew Browar, DDS** (Illinois branch), practicing in Oak Brook, Illinois, has been appointed to a full-time position as Assistant Professor of Dentistry at the Midwestern University Dental Institute, Downers Grove, Illinois.



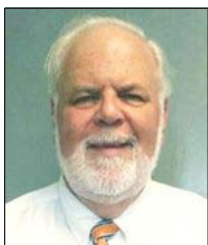
**Tanya Bucierka** (Buffalo branch) is a first-year medical student and UMANA Foundation scholarship recipient for 2014-2015. She has started her medical studies at Lincoln Memorial University DCOM in Harrogate, TN, with the traditional White Coat Ceremony.



**Olha Halyabar MD** (Maryland branch) will begin a fellowship in pediatric rheumatology at the Boston Childrens Hospital, Harvard Medical School in July 2015.



**Bohdan Hrecznyj, MD** (member at-large) recently moved to Arizona and is practicing at the Spectrum Healthcare Group, Cottonwood, AZ, an integrated care psychiatric and internal medicine clinic. He is “lovin” the southwest lifestyle with wife Lorian, son Gabriel, and daughters Tatiana and Marta.



**Ronald R. Liteplo, MD** (NY Metro branch) was named “Teacher of the Year 2012” by the Albert Einstein College of Medicine, Department of Dermatology. He has recently left solo practice to join Boulevard Medical Healthcare in Bronx, NY, and is enjoying time with his 4<sup>th</sup> grandson, born in October 2014.



**Mariia Patyka, MSc**, (Montreal branch) completed her MSc degree in Biology at New York University as a Fulbright Scholar. She is currently in the Dept. of Experimental Medicine at McGill University, Montreal, Quebec, conducting translational research on malignant brain tumor-glioblastoma multiforme at the Research Institute of the McGill University Health Center.



**Vita Rymaruk-Varner** (member at-large), after arriving at age 9 from Ivano-Frankivsk, will graduate with a PharmD/MBA dual degree in June 2015 from the South University School of Pharmacy in Savannah, Georgia. She is focusing on the field of infusion pharmacy and is contemplating a move to Colorado.



**Wira Slobodianiuk-Trigos, MD** (Pennsylvania branch) continues to enjoy the fine arts with her paintings and exhibitions and is kept busy by her two granddaughters, ages 8 and 10.



**Yaroslav Stawnychy, DDS** (NY Metro branch) is a Clinical Assistant Professor at the Rutgers School of Dental Medicine, Restorative Department.



**Michael Yaremchuk, MD** (New England branch) is the program director for the Harvard Medical School Plastic Surgery residency program.



**Steven Yevich, MD** (member at-large) finished his fellowship in Interventional Radiology at Johns Hopkins Medical Center in June 2014 and is working as an interventional radiologist in Paris, France.