

Western Minds, Ukrainian Hearts

We are witnessing historic events in Ukraine. This has been a year of enthusiasm and hope, punctuated by disappointment and tragedy. The members of the Ukrainian Medical Association of North America, inspired by Ukraine's courageous drive for freedom, responded to the challenges facing Ukraine.

Our common DNA spans oceans of distance to aid those in need. Many, many individuals, some known, some anonymous, contribute in myriad ways to help their brothers and sisters. We are proud to mention those who have helped and continue to help, each in his or her own way. If we missed you, it was not intentional. Let us know, and we will share your contribution, as an example and an idea for others to follow. We thank each and every one for what you've done.

UMANA Chapters Respond

PENNSYLVANIA Branch: Ihor Fedoriw, OD (president) was the first to mobilize UMANA's formal response to events on the Maidan by firing up the call to support donations to the United Ukrainian American Relief Committee (UUARC-ZUDAK). As a result of this effort, through personal and chapter donations, the total contributed by UMANA members to UUARC reaches \$50,000 to date. Individual chapter members are also involved: **Petro Kozicky, MD**, an orthopedic surgeon from Bethlehem, PA, operated/treated a wounded Maidan victim. **Zenia Chernyk, DO**, of the Ukrainian Federation of America (UFA), arranged transportation and treatment for numerous wounded on the Maidan.

NEW YORK METRO Branch: Petro Lenchur MD (president) and **Daniel Kuncio DDS** (treasurer) inspired their chapter to donate \$5,000 to UUARC in support of EuroMaidan during December 2013. The NY Metro chapter contributed \$2,000 in support of a seminar at Yale School of Medicine (August 22-29, 2014) on "Education and Training Initiative for Ukrainian Professionals: Behavioral Health Assessment and Treatment of Survivors of Traumatic Stress." This was a joint effort on behalf of Yale University

School of Medicine, the Open World Leadership Center (OWLC), and UUARC.

ILLINOIS Branch: Illinois Branch members authorized **Diana Iwanik MD** (president) to contribute \$5,000 to UUARC to assist with needs at the Maidan. Part of this donation included proceeds from the Traditional Debutante Ball held in Chicago that winter. Many members have contributed both financial and in-kind donations.

DC METRO-MARYLAND Branch: Roxolana Horbowyj, MD (president), with the chapter's support, has been working tirelessly through the World Federation of Ukrainian Medical Associations (WFUMA-USA) to find sources of information to promulgate the teaching in Ukraine of acute trauma care courses. Over 40 physicians have completed these courses in the U.S. and Europe, including ATLS, RTTDC or PHTLS, and TCCC. Eighteen traumatologists from throughout Ukraine have been trained to begin officially promulgating these courses in Ukraine.

In addition to teaching, WFUMA-USA has sent thousands of pounds of medical equipment to hospitals in the Anti-Terrorist Operation (ATO) zone through the non-profit MedWish Foundation, located in Cleveland, Ohio. MedWish repurposes medical equipment

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WFUMA-U.S. ATLS course at Tulane University

JUNE 18-21, 2015
"WELLNESS MEDICINE"
XLIII Scientific Conference
XXXVI Assembly of Delegates



Mont Tremblant,
Quebec, Canada



UMANA CHAPTER NEWS

Illinois Branch

Ukrainian Days Festival August 23-24, 2014

The annual Ukrainian Days event, sponsored by the Illinois Branch of the Ukrainian Congress Committee, was held in Smiths Park. This year, under the leadership of UMANA member **Rostyslav Kuprienko** (medical student at Rush University), a group of young Ukrainian health care professionals manned a tent offering information and basic health screening. According to Kuprienko, "Sunday was a definite success for our medical youth group tent! We were incredibly busy, barely having enough stethoscopes to be able to attend to everyone! We all had great fun, got a chance to learn something new, and help the community in the process. I wanted to thank you all for your contributions and for helping make this a reality. It was a highly rewarding experience!"

UMANA Illinois Fall Luncheon October 19, 2014

The Illinois Branch held its regular luncheon/lecture at Mon Ami Gabi, a classic French Bistro in Lincoln Park. The guest speaker was Michael Fedyniak, DVM, a known local veterinarian, who regaled the audience of 60 with his presentation on "Zoonoses: Disease, Animals, and People". Whether we own pets or not, Dr. Fedyniak



Ukrainian Days: (from left) Maryana Shtypula, Ostap Panchoshak, Yarina Shtohryn, Rostyslav Kuprienko, Olha Maihutiak, Maria Solonenko, Oleksandr Roshko, and Veronika Stefinka

enlarged our font of knowledge regarding the risks as well as benefits that stem from our daily interaction with the animal world.

Illinois Branch President **Diana Iwanik, MD** summarized the ongoing efforts to support Ukraine in its hour of need and introduced member **Andrew Ripecky, MD**, who gave an in-depth review of his recent visit to the Central Kyiv Military Hospital. Dr. Ripecky will be working on finding methods of supplying needed antibiotics for the institution.



Michael Fedyniak, DVM addresses Illinois members on animal diseases.

New York Metro Branch

The NY Metro Branch helped organize and actively participated in a gala banquet honoring His Excellency Petro Poroshenko, president of Ukraine at the Waldorf Astoria Hotel in New York City on September 25, 2014. Prior to the gala, UMANA

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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





President's Message

This autumn has been a particularly active period for the UMANA president. In early September we learned of the visit of the new president of Ukraine, Petro Poroshenko, to New York. The New York Ukrainian community arranged a very elegant reception for the President at the Waldorf Astoria Hotel on September 25, 2014. Invitations were printed and mailed throughout the U.S. and Canada. My wife, Khrystyna, and I thought for about 2 seconds and decided to go. The streets of midtown Manhattan were lined by concrete barriers, armored security vehicles, and security personnel with various helmets, shields, and weapons. It was the week of the UN General Assembly, a yearly event. The Ukrainian community had filled the Waldorf Astoria ballroom. Many had travelled long distances for this event. **Dr. Zwenyslawa Worocho**, an event organizer, arranged for a special UMANA reception - a meeting of the New York Branch of UMANA with Ukraine's then Minister of Health, Dr. Oleh Musij. I had the pleasure of meeting many UMANA members. Alas, we learned that President Poroshenko could not travel to New York for the UN General Assembly and instead the

government had sent its prime minister, Arseniy Yatseniuk. It was truly a memorable event.

This was the year of the biennial WFUMA Congress. But would it happen? Ukraine seemed like a dangerous place: the Maidan, the Yanukovych escape, Russia's annexing of Crimea, and then a war in the Donbas. Late in the summer we received belated notice that the meeting was on, to take place in Chernivtsi, the capital of Bukovyna. I attended, representing UMANA, and along came my wife Khrystyna, my daughter Maria, and her husband, Chris. We made a tour of it, and it was a wonderful trip: Kyiv-Lviv-the Karpaty/Bukovel-Chernivtsi-Kyiv. Although WFUMA membership has shrunk since the days of Dr. Achille Chreptowsky and my father Dr. Paul Dzul, there remains a very enthusiastic, influential group of Ukrainian doctors who love to attend the Congresses and exchange ideas with us. Our UMANA colleague and *Likarskyj Visnyk* editor **Dr. Roxolana Horbowyj** remains a very well-known and influential figure amongst the Ukrainian medical community. I appreciated her attendance and the leadership role she plays there.

As all of the travel and excitement have passed, I must admit that being president of UMANA has really been an exciting and illuminating experience. If any of you get a chance to do this I would highly recommend it.

Sincerely,
Andrew Dzul

UMANA CHAPTER NEWS

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President **Andrew Dzul, MD** and UMANA chapter members met with UMANA President **Andrew Dzul, MD**, other chapter members, and Ukrainian officials. The event was very well attended by our chapter members. **Zwenyslawa Worocho, MD** was one of the head organizers of the gala.

In September of 2014 UMANA member **Marta Lopatynsky, MD** organized an evening at the Ukrainian American Cultural Center of New Jersey with the Minister of Education of Ukraine and President of Kyiv Mohyla Academy, Serhij Kvit. This meeting was a great success and very well attended.



UMANA presidents at the New York Poroshenko event

UMANA Branch Officers
Please let us know of activity
in your local branch.
E-mail news and photos
to umana@umana.org

We will make every effort to include reports of your events in an upcoming issue of UMANA News!

Minds and Hearts...

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from donated sources. The last shipment was supported by volunteer efforts by the Ukrainian community and UMANA - Ohio Chapter members lead by **Maria (Marusia) Strus, MD** (president), **Ihor Zachary, MD** (past-president), and member **Michael Samotowka, MD**. Together with about 40 volunteers, they helped MedWish sort and pack about 1,200 pounds of medical supplies for Ukraine.

Help MedWish restock for our, as well as others, efforts. Please share the links below with your hospitals and health care facilities: Surplus items may be appropriate for donation to www.medwish.org.

<https://docs.google.com/a/medwish.org/file/d/0B3bR8209Qd2MMUMyc3VoMGEzYms/edit?pli=1>

OHIO Branch: Maria (Marusia) Strus, MD (president) continues to lead efforts in conjunction with the Ukrainian Federation of America (UFA), to provide *pro bono* medical/surgical treatment for several victims of trauma as a result of the uprisings in Maidan and during the war in Eastern Ukraine. After identifying hospitals in Cleveland providing *pro bono* care to such victims, Dr. Marusia has been working with families in the Ukrainian community who are now providing a home to these patients while they are undergoing treatment. UFA has covered the cost of medical visas and transportation from Europe to the U.S. Various groups in the Cleveland-area Ukrainian community have been working feverishly to continue to support these selfless heroes in their recovery.

Michael Samotowka, MD, Roxolana Horbowyj, MD (WFUMA representative and president of the Maryland and Metro DC branch), and **Ihor Zachary, MD** (former Ohio



MedWish packers (Ohio)

branch president) have joined efforts to collect donated medical supplies at MedWish Foundation at the Cleveland Clinic and package them for shipment to Ukraine. On September 13, over 40 volunteers, including Dr. Strus, Oleksandr Nechyporuk and Volodymyr Movchan, gathered to package needed medical supplies. A van was sent from Buffalo, New York to pick up and take these packages to Buffalo for transport to Ukraine. In October, approximately 1,200 pounds of medical supplies were successfully delivered to Ukraine. Other packaging events are planned for November 7 and December 20. Several other shipments have already been made by Dr. Samotowka.

If anybody is interested in organizing efforts to treat wounded soldiers in their local communities, please contact Dr. Marusia at docmarias@hotmail.com. Contacts for the Ohio Chapter are UMANAOhio@gmail.com and UMANA OhioChapter on Facebook.

See a full report of Ohio Chapter activities in an article at www.umana.org/library.php.

MICHIGAN Branch: Lydia Baltarowich, MD (president) reports that the reconstruction efforts on the eye of a patient wounded at the Maidan in February have been completed successfully. **Mark Juzych, MD**, director of the Kresge Eye Institute and chair

of the Department of Ophthalmology at Wayne State University School of Medicine, kindly provided the care *pro bono*, and the Juzych family served as hosts for the patient and his brother.

Individual Members and Organizations Respond

Patriot Defence Project – Ukrainian World Congress

Ulana Suprun, MD (New York Metro Branch), Director of Humanitarian Initiatives

for the Ukrainian World Congress (UWC), oversees the humanitarian initiative “Patriot Defence”. Patriotdefence.org was started in May 2014 in response to a specific need: to train Ukrainian soldiers in military Tactical Combat Casualty Care (one-day courses), Combat Lifesaver courses (two days), and to provide IFAKs (Improved First Aid Kits) to each soldier trained. The program is funded by donations from Ukrainian communities in Australia, Canada, U.S., Austria, Czech Republic, and many other countries all over the world.

Patriot Defence provides foreign professional NATO certified instructors and newly certified volunteer local Ukrainian Combat Lifesaver (CLS) and TCCC instructors who teach the soldiers combat first aid specifically designed for military personnel. These courses are the same ones taught to NATO and U.S. soldiers, based on the curriculum developed by the U.S. Army Institute for Professional Development. The soldiers are taught to provide self-aid and buddy-aid in the context of their primary mission, which is their combat mission. Patriot Defence has already taught over 9,300 soldiers and distributed over 7,500 IFAKs. Please watch the videos of the kind of training Patriot Defence provides at <https://www.youtube.com/user/PatriotDefenceUA> or

http://youtu.be/6_pl12HlejU.

Patriot Defence needs your support. Please visit patriotdefence.org or [Facebook.com/patriot.defence.ua](https://www.facebook.com/patriot.defence.ua). Direct all inquiries about the program to the Ukrainian World Congress Director of Humanitarian Initiatives Ulana Suprun, MD at usuprun@gmail.com or call +38 (091) 971 63 63, and send requests for trainings to registration@patriotdefence.org or to our coordinator Svitlana at +38 (067) 907 13 22.

See a full report of the Patriot Defence Project in the article at www.umana.org/library.php.

Medical Fund for Maidan (Chicago, Illinois)

Medical Fund for Maidan is an initiative led by Ukrainian-American physicians and other volunteers to fund the treatment and rehabilitation needs of injured activists and soldiers. Core people working tirelessly to provide medical relief since December are Chicago-based physician **Dr. Mariya Dmytriv-Kapeniak MD, MPH** (initiator), **Alla Dziuina, MPH**, physicians from Iowa **Nataliya Kukhar MD** and **Ivan Kukhar MD**, and many more. All funds are transferred directly to the injured and their families or used to pay for specific treatments, as well as necessary medical supplies and devices. All receipts and a spreadsheet of their spending are available at our Facebook page: <https://www.facebook.com/maidanmedicalusa?ref=hl>. They have established networks of volunteers throughout the U.S. and Ukraine, funded the evacuation of the critically injured for treatment abroad, funded the treatment of over 400 injured, and purchased highly needed medical supplies.

The current focus is still the same: helping severely injured and recovering victims back to health. Remember that by donating, you are helping freedom-loving people like

yourself. They give their personal guarantee that all donated money will be spent for the medical needs of the injured. No donation is too small. All donors and the public are updated as the medical mission progresses. Please make your names known to receive a personal thank you. Anonymous donations are welcome as well. Let's speak in numbers. Thank you for the support! Donations to date amount to \$172,200. You can donate at <http://www.gofundme.com/MedicalMaidanUkraine>.

Individual Efforts

Zhanna Albany, MD (Illinois Branch) disseminated information regarding the U.S. Embassy request for assistance with helping burn patients from Maidan.

Halyna Boryslavska, MD (Illinois Branch) has donated personal funds, in partnership with the Star Mortgage Team of Illinois, to purchase and send 120 boxes of medical supplies and hospital beds valued at nearly \$100,000, to Kyiv's Central Clinical Military Hospital and hospitals in Dnipropetrovsk. The firms of KLM Express and Ukraine Express kindly donated the transport of the packages, and the internet media portal Vidia has covered the story on its news pages at <http://vidia.org/2014/26764>.

Olena Gordon, MD (Illinois Branch) shared emails encouraging her colleagues to

become involved with medical support for those injured at Maidan. **Zenon Kossak, DDS** (Michigan Branch) shared emails encouraging members to write to their government representatives urging immediate relief efforts be extended to Ukraine. **John Kucan, MD** (Illinois Branch) responded to a request for hospital beds for burn victims of Maidan and shared information among members requesting assistance for the injured. **Myron Lewicky, MD** (Illinois Branch) offered a review of records and medical consultation to a patient in Ukraine sustaining eye and orbital injuries during the Maidan confrontations.

Roxolana Tymiak-Lonchyna, DDS and **Vassyl Lonchyna, MD** (Illinois Branch) both volunteered as medical personnel on site at the Maidan in December 2013. Furthermore, they served as International Election Observers in Odessa in May and in Dnipropetrovsk in October 2014. Despite this busy schedule, they have found time to send over 30 boxes of medical supplies to needed areas in Ukraine and continue to assist the renewal of the Lvivska Oblastna Likarnya in Lviv, Ukraine.

Jerome Maryniuk, MD (Southern California Branch) is vice president of the California Association to Aid Ukraine (CAAU). His group has pledged at least \$10,000 for humanitarian aid for the people on Maidan for medical assistance to the wounded and other basic needs. Recognizing

the critical nature of the needs, CAAU has already forwarded the initial \$10,000. With the escalation of Ukraine's military situation, the CAAU has forwarded a request to the Consul General of Ukraine in San Francisco appealing for funding for the logistical and medical needs of the Ukrainian military forces. In addition, CAAU donated \$4,000 to UUARC for tourniquets and bandages. For more information, contact CAAUkraine@gmail.com.



Team Boryslavska readies a shipment.

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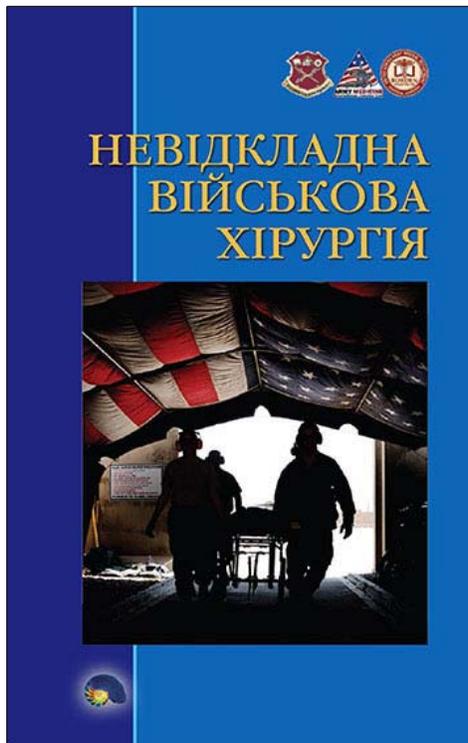
Ukrainian Hearts...

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Alexander Nagrebetsky, MD (Illinois Branch) spearheaded a collection of funds and transfer of needed surgical supplies among his colleagues using his contacts in Kyiv for field hospitals during the Maidan events of early 2014.

Sergiy Nesterenko, MD (member-at-large Texas) obtained permission from the U.S. government to translate and make available, on the internet and in hard copy, a Ukrainian language version of the latest edition of *Emergency War Surgery* (4th Ed. 2013). It will be available on-line in real time for medical personnel in Ukraine to use. The translation and publication project is currently underway with the sponsorship of the American Ukrainian Medical Foundation (AUMF). Help make this book reach Ukrainian physicians, hospitals, medical schools, and clinics. You can make a tax-deductible contribution and view the current state of translation on their website, www.aumf.net.

Andrew Ripecky, MD (Illinois Branch) visited Kyiv's Central Military



Hospital in October 2014 and is currently exploring an initiative to find access to needed antibiotics for the institution's patients.

Maryana Stetsiv, MD (Illinois Branch) facilitated obtaining a medical consultation for a patient injured at the Maidan by obtaining medical information and CT scans from Ukraine and receiving an ophthalmologist's opinion.

George Szczerbaniuk, MD and **Jaroslawa Szczerbaniuk, RPh** (Florida Branch) have been active disseminating information on humanitarian initiatives through their contacts on the internet and urging support for those in need in Ukraine.

Tatyana Vasyleva, MD (member-at-large Texas) shared information and contact numbers in Ukraine for pharmaceutical assistance and general aid for injured soldiers in Kyiv.

Olga Vasyleva, MD (Rochester, NY Branch) suggested forming an initiative to investigate the procurement of ocular prostheses for those injured at Maidan.

UMANA MEMBER NEWS



George Baranowsky, DDS (Florida Branch) is enjoying his retirement in the Sarasota, Florida area, staying involved in Ukrainian veteran's groups and men's social clubs. He was the first university-trained Ukrainian orthodontist in North America, having finished a 2-year residency with a degree of Master of Science in Orthodontics, and practiced for 40 years.



providing basic and emergency medical services to climbers and trekkers challenging Mt. Everest.

Andrienne Kovalsky, DO, MPH (Illinois branch) spent a thrilling few weeks in Pheriche, Nepal (elev. 14,340 ft.) with a team at the Himalayan Rescue Society (HRA) clinic



30 years.

Myron Stachniw, MD (Illinois Branch) still practices orthopedics in the same place, Galesburg, Illinois, since 1978, and has remained active in FDA pharmaceutical and device studies for over



with the traditional White Coat Ceremony.

Solomiya Grushchak (Illinois Branch), a first-year medical student and UMANA Foundation scholarship recipient for 2014-2015, began her medical studies at Loyola Medical School



with actor-parent James Van Der Beek, separating facts from fiction about the upcoming flu season. Dr. Lechman is Medical Director of the Northwestern Medical Group in Chicago.

Peter Lechman, MD (Illinois Branch) was interviewed in New York by station KITV of Honolulu, Hawaii, along



Hospital, University of Michigan Health System, in Ann Arbor, Michigan.

Larysa Tarashevsk-Wickman, MD (Michigan Branch) is now Assistant Professor of Pediatric Nephrology at C.S. Mott Childrens