College of Health Newsletter

College of Health Newsletter contains news and events from our schools, departments, and centers to keep you informed and engaged with the College. Health care and health promotion are crucial to the well-being of our state and nation, and Southern Miss is leading the way. Please continue to stay involved with the College of Health and your respective academic program in order to help take Southern Miss to the Top!

August 2015

Calendar of Events:

- Celebration of 50th Anniversary of Desegregation
  September 2-6, 2015
  Keynote Address Speaker
  Soledad O’Brien
  CEO and Founder, Starfish Media Group
  7 pm, September 4
  Bennett Auditorium
  http://www.usm.edu/conventioninfo-
  celebration-50th-anniversary-desegregation-set-sept-2-6

- Homecoming
  Southern Miss vs. UTSA
  October 17, 2015

- 2015 MAHPERD Convention hosted by The School of Kinesiology
  November 5-6, 2015
  To sponsor, present or attend, visit the event page
  http://www.msahperd.com/mahperd-conventioninfo/

- Commencement
  December 11, 2015

Dr. Daniel Credeur and Lena Cialdella, of the Southern Miss School of Kinesiology, conduct intermittent pneumatic compression (IPC) on spinal cord injury patient Chris Williams.

Researchers Test New Therapies to Reduce Cardiovascular Disease Risk in Spinal Cord Injury Patients

By Hanna Knowles

Exercise is commonly prescribed to improve cardiovascular health, but since individuals with spinal cord injuries cannot move their legs, alternatives must be sought. Researchers at Southern Miss’ School of Kinesiology are evaluating other methods to improve cardiovascular health among individuals with this challenge.

Dr. Daniel Credeur, assistant professor of exercise science; Lena Cialdella, a master’s student in exercise science; and Dr. David Dolbow, assistant professor of kinesiotherapy, are testing the effect of intermittent pneumatic compression (IPC) on leg blood flow and vascular function in spinal cord injury patients. Cialdella is using the study for her master’s degree thesis.

“Individuals with spinal cord injury are three times more likely to die from cardiovascular disease than able bodied individuals,” said Credeur. “We are addressing this public health problem by looking into how to treat, prevent or restrain the decline in cardiovascular health and functional capacity in this population.”

Credeur said any type of stimulation that can increase blood flow through the arms or legs can improve their overall cardiovascular health. Traditional therapy for spinal cord injury patients uses electricity to stimulate the muscles, called neuromuscular electrical stimulation. The technology is available at the School of Kinesiology and at some health clinics, but it is not readily available for a majority of patients. The therapy typically requires a prescription, and if it is not covered by insurance can be expensive.

“The IPC therapy could be conducted in a clinic or at home,” said Cialdella. “If it works, then it could improve their vascular health and function even if they can’t move their legs. This helps decrease their risk of cardiovascular disease.”

National Food Service Management Institute Undergoes Name Change

By Hanna Knowles

The National Food Service Management Institute has been renamed the Institute of Child Nutrition, after it was determined a name change would better reflect a growth in its resources and services, as well as its mission of promoting the continuous improvement of child nutrition programs. The Applied Research Division of the Institute is housed in Southern Miss’ College of Health.

“The Institute has been called National Food Service Management Institute since its inception 25 years ago. At the time, this name served us well but as child nutrition programs have evolved, it has become necessary to rebrand our image to meet the diverse population,” said Dr. Michael Forster of the Applied Research Division.

Alumni Spotlight

Adam Shirley, MS, MLS (ASCP) is the laboratory supervisor at Orbit Labs in West Palm Beach, Florida, where he oversees daily testing operations in toxicology, clinical chemistry, cytogentic methods, serology, and hematology. He is also founder of Chemtox, LLC, where he specializes in consulting for start-up laboratories. Upon graduation from Southern Miss (’03, ’14) he worked as a medical laboratory scientist at Batson Children’s Hospital at the University of Mississippi Medical Center. There he specialized in pediatric and neonatal testing of patients with cancer, sickle-cell anemia, and other blood disorders. He is a member of the American Society of Clinical Pathology, American Association of Clinical Chemistry, and American Society of Clinical Laboratory Science. His research into developing new testing methodologies using fluorescence polarization quantitation of human immunoglobulins has been published in multiple journals. Adam and his wife, Dr. Megan Shirley, have two sons, Mason and Hayden.

Dean’s Blog:

Click here to see updated posts from Dr. Michael Forster.

Adam Shirley, MS, MLS
needs of child nutrition programs across the country,” said Dr. Mary Frances Nettles, director of the Applied Research Division.

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19th Annual DuBard Symposium to Focus on Dyslexia, Related Disorders

By Catherine Lott

The DuBard School for Language Disorders at The University of Southern Mississippi is hosting the 19th Annual DuBard Symposium: Dyslexia and Related Disorders on September 16-17, 2015 at the Thad Cochran Center on the Southern Miss Hattiesburg campus.

This two-day educational and networking event touts a first-rate collection of sessions on dyslexia and topics surrounding this often-misunderstood written language disorder. Keynote sessions from highly experienced and knowledgeable professionals will kick off the event each day, followed by a multitude of breakout sessions in which participants can choose the programs most fitted to their needs.

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Southern Miss Department of Nutrition and Food Systems to Give Local Grocery Tours

By Hanna Knowles

The Southern Miss Department of Nutrition and Food Systems is partnering with Mississippi Winn-Dixie and Kroger locations to offer grocery store tours. Southern Miss dietetic interns will deliver grocery store tours about fruits and vegetables during the fall 2015 semester. Students will be trained by a Grocery Store Tour Registered Dietitian to conduct the tours with college students in Hattiesburg, the Gulf Coast and Jackson. Specific tour locations will be selected by the dietetic interns.

The project is funded by the Produce for Better Health Foundation’s Supermarket Tour Training Grant. Funding is used to encourage collaboration between supermarkets and university nutrition and dietetic programs.

“We are excited to offer these tours to college students in an effort to increase their knowledge and intake of the health benefits of fruits and vegetables,” said Roxanne Kingston, dietetic internship director.

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Southern Miss Faculty Member Participates in NIH Health Disparities Class

By Hanna Knowles

Dr. Susan Mayfield-Johnson of Southern Miss’ Department of Public Health has been selected as a scholar to participate in the 2015 National Institute on Minority Health and Health Disparities Translational Health Disparities course. Acceptance is highly competitive, affirming Mayfield-Johnson’s work addressing health disparities.

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