

Treating stroke — an app for that

Stroke specialist Dr. Amy Guzik '01 and her colleagues have a saying — Time is Brain! — meaning that the key to minimizing brain damage after a stroke is early treatment to restore blood flow. Guzik is designing cutting-edge smartphone apps that will get patients treated faster by transmitting critical information to the 'stroke team' of neurologists who will provide treatment — before patients even get to the hospital.

Each year, 750,000 Americans suffer from a stroke, a condition in which blood flow to the brain is interrupted, usually by a blocked artery. When a stroke occurs, brain cells quickly begin to die — nearly two million per minute — and the abilities such as speech and movement that those cells control are compromised, sometimes permanently. In fact, stroke is the number-one cause of long-term disability and the third-leading cause of death in the United States.

But getting treated quickly can drastically improve a stroke victim's outcome, and that's where Guzik and her apps come in. As a clinical instructor in neurology and part of the stroke team at the University of California, San Diego (UCSD), Guzik is using her medical experience to mastermind two different smartphone apps — one for ambulance personnel and the other for family members — to provide a "directed stream of information," she said. Both apps, which she's developing in conjunction with a UCSD engineering group, will allow users to input the most salient details, such as symptoms, which will then be transmitted to the stroke team.

The apps will also give the stroke team a heads-up. Currently, the team is usually notified only after a patient is assessed in the emergency room (ER). Patients typically arrive by ambulance, often with limited language capabilities and with their loved ones still en route to the hospital. Verbal transmittal of a patient's details can be "like playing a game of telephone," explained Guzik, with the team relying on information from the family relayed through the ambulance personnel and then the ER physician. "One of the things I like to do in my research and my clinical practice is improve communication between patients and providers," she said. By allowing direct communication with the stroke team, Guzik's apps will improve the accuracy of the transmitted information. Pinpointing when a stroke started is especially critical, because the best treatment for most strokes, a clot-busting drug known as tPA, must be administered within 4.5 hours of stroke onset; after that, it can do more harm than good.

Guzik is no rookie app developer. During her residency in neurology at the University of Virginia, she and fellow physician Dr. Ivan Login were one day lamenting the impracticality of carrying around the many tools required to perform specialty exams. Like something out of an Apple commercial, her colleague asked, "Wouldn't it be neat if there was an app for that?" The two wrote up a proposal to have their app idea developed by students of the university's engineering program, and over the next year, they supervised its creation. Their neuro-ophthalmology app, used to diagnose visual problems, has now been downloaded more than 10,000 times.

Although her stroke apps are still in the final stages of development (and so, the exact details are under wraps), the goal, she said, is to decrease the time between onset and treatment and hopefully improve outcome. "There's so much potential in smartphones to facilitate the practice of medicine," she said. For Guzik, these apps may just be the beginning.

— Allison A. Curley '04



Gershowitz, Marc Schwartz, Marlo La Corte, Liza Hovey Laibe, Suzy Bean Mancuso, Katie Redford, Sara Corbett, Trish Kelleher, Lynda Dennen Costello, Lisa Erickson, Nicole Wetzold Daw, Lauren Galliker, Scott Detraglia, and Jeff Greenberg '89.

In late April, Erik's brothers, Jeremiah and Lucas, organized a weeklong party in Erik's hospital room in NY. Many of the people listed above came to see Erik that week to share stories, drink Jack Daniels, and say good-bye. Also visiting Erik during that time were **Mark Zehfuss, Sara Needleman, Melissa McStay, Patrick and Kristen Olson Ramsey, Ellis Hensler Siedem, Paul Lobo '89, and Dave McGarvey '88.**

Throughout Erik's illness, his brothers often mentioned how grateful they were to Erik's friends from Colgate, who rallied around him. During that time, we all realized how lucky we were to have known Erik and how fortunate we were to have a group of friends who we can count on when times are bad and who we enjoy being with when times are good. Let's hope for more of the latter."

Hope everyone realizes how fortunate we were to make lasting friendships at Colgate. I recently went out to Hartford, CT, to visit Marty and **Meg Murphy Nagle '91** and their 3 girls (Cora, Molly, and Bridget). **Dan Roggow** joined us from Lockport, NY, and we all went out Saturday night to see Jimmy Buffett and the Coral Reefer Band rock in Great Woods. At the show we ran into **Hal Budd '91** and his wife tailgating in true Colgate fashion! Remember we are all "Growing older, but not up."

I also had the pleasure of visiting **David Storms** and wife Karin in Yardley, PA, this summer. Conlin and Claire are growing up fast, looking forward to more baseball and softball games that keep Dave and Karin always on the move.

Keep the news coming, and I will try to do my best to piece it all together for all of us to enjoy. Best wishes, Marty Johnson
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1991

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This time of year always makes me think of the 'Gate. The amazing fall foliage, the crisp mornings on the hill, and the best part of all, seeing all our friends reconvene after a summer hiatus. I really enjoy catching up with our classmates and hope you will all send me a hello and let me know what you've been up to. I have had the pleasure of writing these articles for a few years now, and I have reconnected with so many amazing people. If there is anyone who would be interested in getting involved in writing the class notes, please let me know.

One of my favorite re-connects has been with **Chas Williams**. Chas is enjoying his life in Taos, NM, after a 3-day visit morphed into a 20-year experience. He has worked as a horseback guide, snowboard instructor, and lots of other stuff, too. He currently works as a case manager at a mental health clinic and fronts an original rock and roll band called The Freight. He plans to run his 2nd marathon this fall in Portland, ME. He rocks, literally.

I also checked in with **Gus Coldebella**. Continuing a tradition that began sometime during soph year after an ill-considered late-night Hamilton-to-Cape Cod drive, Heather and Gus, Mia and **Andy Busser**, Stephanie and **Jon Plexico**, **Meredith Angert '94** and **Alex Kenna**, and Maria and **Rob Fawcett** spent some beach time

together this Aug enjoying each others' (and their kids') company, not to mention a few too many Dark and Stormies.

Wishing you all health, happiness, and adventures to keep you amused.
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1992

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Surprise, surprise, lots of first-time parents in this *Scene*. So let's get to the Class of '92 (in alphabetical order). Norah Hawkins was born on April 10 to proud papa **Damian Anderson** and wife Kristie. Norah came into this world weighing 6 lbs, 3 oz. Damian, though well outnumbered in the household, is "over the moon with his precious little girl." Rupert and **Jennifer Wellott Murray** welcomed Sawyer on May 22. All went very well but Jennifer reports that she "got a bit nervous when, unable to see (c-section) as the doctor's pulled him out, I heard 'oh, wow!' Better than 'yikes.'" At 5 weeks old, Sawyer is off the charts, weighing in at 14 lbs and is 24" long. Jennifer is hoping Colgate will be ready for a really big soccer player in 18 years (or as her British husband would say, "footballer"). Nick and **Anne Cole** Norman are parents to George Cole, born May 8. "Georgie" is a strapping young man who weighed in at 9 lbs, 4 oz at birth. Anne is a bit bleary eyed but is enjoying life as a new mom immensely. And having been at her baby shower this spring, I can tell you that Georgie already has a vast library of children's books to choose from, apropos for the son of a book editor. And last but certainly not least, Allison Paige was born on April 16 to **Amy Forsythe** and husband Jim Rice. Amy is loving life and little Alli is cute as can be with blonde hair and blue eyes. Just days before this column was due, Amy sent me a picture of Alli in her red, white, and blue finest for the 4th of July. Glad to see she was feeling so patriotic for her first 4th but we need to get that baby some Colgate gear!

Celebrating a milestone of a different kind, **Tamara Merchart** celebrated her 5th anniversary with husband Lee McCambry on May 27. Congrats to them and to all of our new parents.

As many of you know from my mass e-mail, I was not able to make it to reunion in June. Oddly enough, my solicitation got more responses from people who also didn't attend as opposed to those who did. Reverse psychology? Whatever it was, I'll take all the news I can get.

Kristin Adelberger Shepperson is a physician asst for an orthopedic group in Greensboro, NC. KJ e-mailed me while sipping a pomegranate martini on her vacation on Kiawah with her husband and 2 boys, 6 and 8. She keeps in touch with **Beth Norton** Frisch and **Kim Bowers Schaffer**. Beth is married and has 2 girls, 5 and 7. She teaches preschool in Nazareth, PA. Kim is in the Seattle area with her twin girls.

Jeff Standish and wife Cara are living in DC, having relocated there from Boston 2 years ago. Jeff works at the American Chemical Society's Dept of Professional Education and enjoys it, but perhaps not as much as surfing, which he was preparing to do when he e-mailed.

Wendy Gill Czerwinski lives in Burlington, MA, with husband Richard and 4 children. She teaches HS chemistry and oceanography.

And now to reunion. Yes, I realize I buried the lead. **Liz Lattanzio** agreed to be my eyes and ears in Hamilton and she did not disappoint with a very colorful report. In her words: "It wouldn't be reunion if we weren't hiding under the tents to stay out of the rain. You would think the