

Art in Medicine

Fall 2018 Newsletter

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Internal Medicine

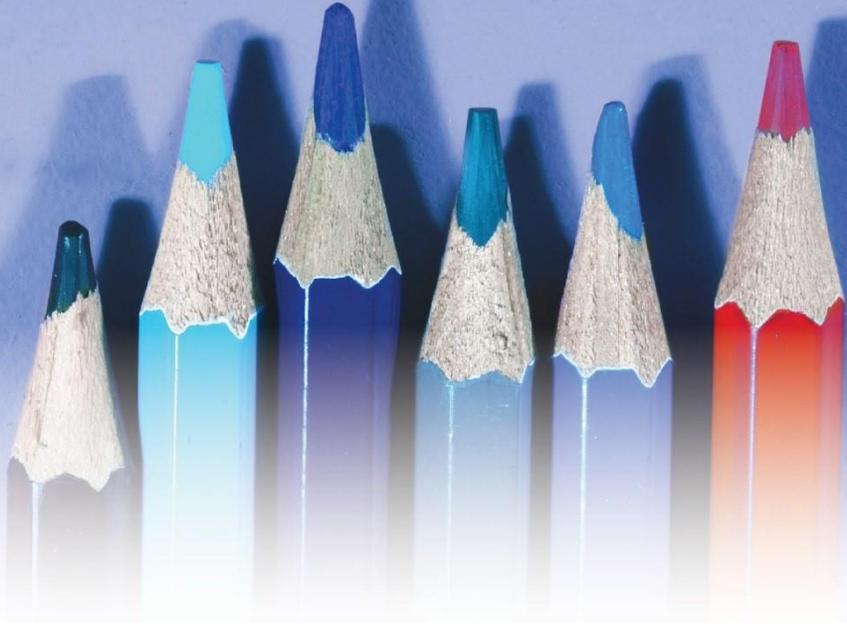
Welcome to another edition of the AiM newsletter! We are excited to continue our seasonal newsletter and have a lot of ground to cover, with Halloween, Thanksgiving and the Christmas season all approaching. This time of year is always a bustle in Houston, and we can't possibly pay homage to all the amazing events happening around town. Hope you enjoy the selected events we offer this season and wish you all the best as 2018 comes to a close.

Keep your eyes peeled for emails about upcoming Art in Medicine-sponsored events that you won't want to miss! The first event is a painting event at Honey Art Café on October 20th.

Interested in joining AiM? Let us know! Email Astrid Grouls at astrid.grouls@uth.tmc.edu

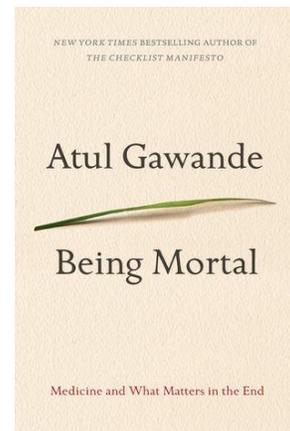
Event of the Season

It's hard to watch the holiday season go by without noting the annual production of *The Nutcracker* by the Houston Ballet, showing this year from November 23rd through December 29th. Tickets start at \$30 in November, but bump up to \$40 per seat in December. This event is not to be confused with the also popular Nutcracker Market, also an annual event at NRG Stadium. The Nutcracker Market this year will be held from November 8 – 11 – it's a great time to get started on your holiday shopping (you know you always run late!) while benefiting the Houston Ballet Foundation.



Fall Book Recommendation

I can't believe it has taken us over a year to recommend a piece by Atul Gawande, surgeon and writer for *The New Yorker*. While some of his shorter pieces, such as *The Cost Conundrum*, got him renown, today I want to recommend *Being Mortal*, a book that *Time Magazine* described as "mandatory reading for all Americans."



While filled with insight on aging and dying in America, Dr. Gawande's prose is a delight to read, filled with cited information (there's a bibliography in the back) interlaced with engaging stories on both his patients and family. Don't have time to read the whole book? Check out *Letting Go*, the *New Yorker* piece that inspired the book. Enjoy! ~Astrid

Narrative Corner

Intima is a literary journal created in 2010 by graduate students in the Narrative Medicine program at Columbia University and publishes narrative and art pieces produced by professionals that work in any capacity in healthcare.

Every year, they judge and publish the top five essays in their “Compassion in Healthcare” essay contest, which is done in partnership with the Schwartz Center for Compassionate Healthcare. Unfortunately, we don’t have room to share all of the stories in our newsletter, but we encourage you to read these wonderful pieces, written by a wide variety of people, from an ER nurse to a medical student to a lawyer.

Here’s an excerpt from the 1st place essay:

“Abdul told us he had lost his appetite three days ago. He said he did not miss dahl and rice, mangos and bananas, though he knew that he should. He had not drunk for a day. I unwrapped an IV cannula and Abdul jumped. It was that quiver we see in our chronically ill patients who, for their entire lives, are stuck with needles. Those patients who we assume won’t mind just another shot. But they are the ones who feel the pain the worst as they catastrophize over another stick, their tolerance for that pain significantly diminished. It was as if Abdul, though new to receiving medical care, was an haruspex—a diviner who examines proceedings from animals’ digestive processes—who knew that his own gastrointestinal system would invite the onslaught of frequent injections for the rest of his life. He foresaw years of clinically induced pain. He winced when I cleaned his arm with alcohol.”

Check out the whole essay and the rest of the winning pieces at <http://www.theintima.org/>. ~Nadia

Alumnus Corner

We don’t have any new pieces to share here, but please share with us if you know of any works (art, narratives, poetry, etc) that have been recently published by any alumni so that we can give them a shout out!

Artist Corner



An Experiment on a Bird in an Air Pump, Joseph Wright (1768)

Health and illness have frequently been the focus of works of art, such as Michelangelo’s portrayals of anatomy. However, sometimes medicine makes an appearance in illustrations simply by virtue of attentiveness to detail. “Diagnosing the canvas” is a hobby of some physicians whereby they try to diagnose medical conditions in subjects of works of art. One example of this is a British physician’s diagnosis of dermatomyositis in the man just to the right of the scientist in Joseph Wright’s “An Experiment on a Bird in an Air Pump”. Upon closer evaluation, the man is noted to have a bumpy red rash on his face and erythematous papules on the joints of his fingers, suggestive of Gottron’s papules.



You can read the full article at:

<https://www.smithsonianmag.com/smart-news/doctor-will-frame-you-now-mds-diagnose-diseases-two-famous-paintings-180959227/>

Fall Events

As the holidays approach, the Houston art scene picks up steam. Check out the events below:

Hobby Center Musicals

Seven-time Tony winner **Phantom of the Opera** is coming to Sarofim Hall at the Hobby Center from November 7 through 18. Not into classic musicals? Check out **Redemption of a Dogg** from October 5 through 7, starring Snoop Dogg himself.

Ballet

The Nutcracker will be performed by both the Houston Ballet (above), but also by the Moscow Ballet on December 29th at the Smart Financial Center.

Festivals

The **Korean Festival** is back in town at Discovery Green on October 13. It coincides with the **40th annual Italian Festival**, running from October 11 – 14 in Montrose. The annual **Greek Festival** is also coming up quick: it starts on October 4 and runs through the 7th. The **Houston Filipino Street Festival** will be close by at Rice Stadium on November 3rd. Finally, while it's a bit out of town, the **Texas Renaissance Festival** opened September 29 and will remain open through most of November.

Discovery Green

The travelling **moonGARDEN** exhibit has opened at Discovery Green and will remain on site until October 7, during which time the lights will remain on until midnight, as will happy hour specials at the café on site. Also check out the **Dia de los Muertos** event, **Art @ Discovery Green** in November and the **Bayou City Music series**.

Miller Outdoor Theatre – Always Free, Rain or Shine

The Miller Outdoor Theater isn't winding down yet! This season, check out **1,000 Lights for Peace** on October 14, a candle-lighting ceremony celebrating Mahatma Gandhi week. Also up this season: a **Michael Jackson tribute concert**, a **Veteran's Day** musical performance and a performance of **The Divine Miss Bette!**

Fall Poem

To Autumn

John Keats

Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For summer has o'er-brimm'd their clammy cells.

Who hath not seen thee oft amid thy store?
Sometimes whoever seeks abroad may find
Thee sitting careless on a granary floor,
Thy hair soft-lifted by the winnowing wind;
Or on a half-reap'd furrow sound asleep,
Drowsed with the fume of poppies, while thy hook
Spare the next swath and all its twined flowers:
And sometimes like a gleaner thou dost keep
Steady thy laden head across a brook;
Or by a cider-press, with patient look,
Thou watchest the last oozings, hours by hours.

Where are the songs of Spring? Ay, where are they?
Think not of them, thou hast thy music too,--
While barred clouds bloom the soft-dying day,
And touch the stubble-plains with rosy hue;
Then in a wailful choir the small gnats mourn
Among the river shallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly bourn;
Hedge-cricket sing; and now with treble soft
The redbreast whistles from a garden-croft,
And gathering swallows twitter in the skies.

Calls for Submission

No new calls for submission this month! As usual, if you are interested in publishing your work, take a look at Pulse, Op-(m)ed, Intima, and the Annals of Internal Medicine.