

Medical Match

Direct Hire and Contract Staffing

August 2010

Time to add administrative or clinical staff ?

303-980-1000

Prof Simplifies Choosing a Med School and Donor Matching

August 2010 Forbes Magazine featured economics-game theorist professor Alvin Roth. "He's unusual, because he's highly respected as a theorist, but he's also working directly in the field," observes Eric Maskin, a co-recipient of the 2007 Nobel Prize in economics for theoretical work on market design. Dr. Roth practically applies math (an algorithm) to **match choices of many people to many options.**

In 2003 his Harvard/Columbia team solved the problem of 80,000 eighth graders choosing one of 700 high schools to continue their education. Previously confusing, only 66% of the students would participate. When Roth simplified the system where students would list their 12 preferences, the participation rate jumped to 93%. **His computerized system has been used in medical school matching and has helped redesign the system for specialties like gastroenterology.**

The waiting list for kidney donors is near 85,000 in the U.S. with 4,000 patients dying because of organ shortage. In 2009 Roth **designed a system for matching incompatible kidney donor pairs and lone altruistic donors with other donors and recipients.** Although fewer than 1,000 transplants used his system the first year, the potential is promising. "His work on kidney matching is one of the few great modern advances in transplant policy," says Sally Satel, of the American Enterprise Institute.

Humor Helps

RELIEVES STRESS Dr. Lee Berk and Dr. Stanley Tan at the Loma Linda University School of Medicine documented controlled studies showing that the experience of laughter stimulates the immune system, off-setting the immunosuppressive effects of unhealthy stress. Humor is a good stress-releaser.

CHANGES NEGATIVE THINKING AND PHYSICAL REACTIONS "My belief is that we are going to eventually discover that the most dramatic health benefits of humor are not in laughter, but in the cognitive and emotional management that humorous experiences provide. The experience of humor relieves emotional distress and assists in changing negative thinking patterns." Steven M Sultanoff, Ph.D. (Results: relaxes tense muscles, lowers blood pressure, speeds more oxygen into your body and mind, builds relationships, increases communication and attention, calms and clears the thinking process, increases emotional resilience, helps control pain, improves cardio-vascular circulation.)

PROVIDES EMOTIONAL RELIEF. Even during crises, thoughtful humor can flip one's perception and temporarily stop dramatic emotional impact. A cartoon depicts a man, talking to the desk sergeant at a police station, describing how his house was caught in a storm, was washed of its foundation, slid down the hill, crossed the main highway, and ended up in the ocean floating away. The sergeant replied, "Okay buddy, I'll just write 'No fixed address.'"

BUILDS RELATIONSHIPS AND COMMUNICATION AT WORK Many studies show that a majority of employees are fired because they cannot get along with fellow employees...not because of a lack of skills. As Loretta LaRoche, author of "Life is Short; Wear your Party Pants", humorist, and stress counselor says, "You don't realize what an impact a positive energy field has on others, even if you don't notice it at first." Any job is more productive, energized, and less stressful with team members who see the position through a positive perspective.

CHANGES YOUR OUTLOOK Once you become alert to life's daily incongruities and look for and invite humor, you'll find less stress and have more control in your life. "Laughter is the rainbow after a storm."