



Young neurologist diagnosed with ALS champions call to action

Michael Ibarra, M.D., Assistant Professor of Neurology at UT Southwestern, has devoted years of training to his specialty and spent hours studying the inner workings of the brain.

Still, nothing could have prepared him for the moment in March 2023 when, at age 30, he was diagnosed with ALS, or amyotrophic lateral sclerosis – one of the most devastating diseases he has treated in patients. Widely known as Lou Gehrig's disease, ALS targets motor neurons and gradually paralyzes the entire body, including the lungs. Today it remains one of the most complex mysteries in the field of neurology.

But rather than despair, Dr. Ibarra has dedicated himself to helping patients, whom he cares for at UTSW's [Sleep and Breathing Disorders Clinic](#), teaching students, and raising awareness. He also has felt deep support from his colleagues at UTSW, who this summer participated in a 10-year anniversary Ice Bucket Challenge.

"Those who know me know I can be stubborn sometimes, and I promise I'm not going anywhere anytime soon," he said. "I've found support groups that have helped strengthen my mindset, and now I feel extremely motivated to make a difference."

Read more about Dr. Ibarra's ALS fight and advocacy in our MedBlog.

[Read the full story](#)

Visiting translational researcher Sid O'Bryant, Ph.D., to speak at UTSW

UTSW's Clinical and Translational Science Award (CTSA) Program is excited to host a special event this Thursday, Oct. 17, featuring **Sid O'Bryant, Ph.D.**, Executive Director of the Institute for Translational Research at the University of North Texas Health Science Center at Fort Worth. Dr. O'Bryant, one of the world's leading experts in blood-based biomarkers of Alzheimer's disease and other neurodegenerative diseases, will present "Alzheimer's Disease Biomarkers Across Diverse Communities – Findings From the HABS-HD Study."

Additionally, UT Southwestern medical student and Dean's Research Scholar **Zuhair Hawa** will present "The Instantaneous Relationship Between Neuro-Electrophysiology and Hand Movement in Patients with Parkinson's Disease."

Registration for this hybrid event is required, and those who register by noon today will receive a free lunch.

[Info and registration](#)

Join UTSW and Mavs for Breast Health Awareness Night

Cheer on two of your favorites on Monday, Oct. 28, as the Dallas Mavericks and UT Southwestern's Harold C. Simmons Comprehensive Cancer Center team up for Breast Health Awareness Night at American Airlines Center.

During the Mavs game against the Utah Jazz, we will share breast health resources, celebrate the strength of UTSW's breast cancer survivors, and showcase some of our exceptional providers. Employees who purchase tickets to the game through the special link below will be invited to join a private postgame Q&A with Mavs player Dwight Powell, who lost his mother to breast cancer in 2012. After his mother's passing, he established the Dwight Powell Children and Family Support Program in collaboration with the Simmons Cancer Center to assist patients and families coping with the challenges of cancer.

Before the game and during the first quarter, a limited number of fans who find the UTSW table on the concourse will receive a unique, co-branded shirt to commemorate the night. Because UTSW is the Official Health Care Partner of the Dallas Mavericks, employees can buy discounted tickets to all home games.

We hope you'll join us Oct. 28 and at future games. Let's go, Mavs!

[Get discounted tickets](#)



This month in UTSW history ...

2012

In October 2012, Nobel Laureate **Alfred G. Gilman, M.D., Ph.D.**, former Chair of Pharmacology and Dean of UT Southwestern Medical School, generously donated his 1994 Nobel Prize in Physiology or Medicine to the Perot Museum of Nature and Science. Since then, four other UTSW Nobel laureates – Drs. Michael Brown, Joseph Goldstein, Johann Deisenhofer, and Bruce Beutler – have followed suit, contributing their prestigious medals to the museum.

The late Dr. Gilman, who also had served as Executive Vice President for Academic Affairs and Provost at UT Southwestern Medical Center, earned this honor for his groundbreaking discovery of G proteins alongside Martin Rodbell, Ph.D., of the National Institute of Environmental Health Sciences.

These tiny molecular switches are central to signaling transduction, the process of receiving signals from outside the cell and activating a range of cellular responses. They play a role in everything from vision to smell to hormone secretions, and even thinking. Problems with G protein signaling contribute to a range of diseases including cancer, cholera, and whooping cough.

Beyond his research, Dr. Gilman left a powerful impact at UT Southwestern. In recognition of his legacy, the UT System Board of Regents established the Alfred G. Gilman Distinguished Chair in Pharmacology in December 2014.

"As a scientist, teacher, and leader, Dr. Gilman's contributions are legion," said UTSW President **Daniel K. Podolsky, M.D.**, at the time of his passing in December 2015. "He mentored many scientists who have gone on to become leaders in their fields, and his dedication to serving UT Southwestern was unwavering."

Photo courtesy of the UTSW Special Collections & Archives.

UTSW in the News

UT Southwestern's clinical and scientific experts are often featured in the news, with media outlets turning to us for our insights and perspectives. "UTSW in the News" highlights some of those stories.

USA Today

What is a detox? Here's why you may want to think twice before trying one.



Supplements and diets marketed as "detoxes" claim to rid your body of harmful toxins, helping you to lose weight, feel less tired, and gain more energy. Trying a detox or cleanse may appear to be the solution to a variety of health concerns, but do they work and are they actually safe?

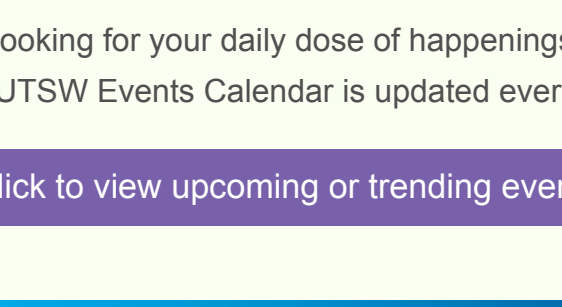
Josephine Ni, M.D., a gastroenterologist and an Assistant Professor at UT Southwestern, recently sat down with *USA Today* and offered her advice.

"As far as I know, there's zero scientific evidence to support the use of these cleanses for proposed gut health," Dr. Ni says. "There is no universally safe way to do [a detox], because one, detoxes have not been well studied, and two, they're not regulated. For that reason, it's very, very difficult for us to say that they're ever safe to use when you buy them from the market."

To learn more about the potential risks and myths surrounding detoxes and cleanses, be sure to check out the article linked below.

[Read the full story](#)

Insider Guide



TODAY: North Campus State Employee Charitable Campaign Pop-up
 Noon-1:30 p.m., Oct. 14
 Medical Education & Conference Center, Commons Food Court, NG Commons

Join SECC representatives at this pop-up event and help make a profound impact on the lives of those in need by participating in the campaign, now through Oct. 31. You'll be able to get help with making your donation, enjoy treats, and collect some swag!

[Details](#)



Leukemia & Lymphoma Society Light the Night
 5:30-8:30 p.m., Oct. 26
 300 Reunion Blvd. E., Dallas

The Simmons Cancer Center is bringing light to the darkness of cancer at the Leukemia & Lymphoma Society's (LLS) Light The Night walk. Join the team and help honor those affected. Meet at the Simmons Cancer Center sponsored table at 6:45 p.m. to walk together. Register [here](#).

[Details](#)

UTSW Events Calendar

Looking for your daily dose of happenings?
 The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)

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