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NEWS

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**Elizabeth Albright named Ho Din winner.

DALLAS--Graduating medical student Elizabeth B. Albright has been chosen this year's winner of the Ho Din Award, the highest honor given by the Southwestern Medical Foundation and a tradition at Southwestern Medical School.

Presented annually to the senior medical student best representing "the spirit of medical wisdom and human understanding," the Ho Din is synonymous with excellence. Albright is the fourth woman to receive this award in its 40-year history.

Ho Din recipients are selected "not for their academic standing, but for those inherent personal attributes embodied in all great physicians," according to the award resolution adopted in 1943 by the foundation. The award includes a symbolic key and a \$5,000 cash award, given in memory of Dr. Edward H. Cary, first president of the foundation.

In selecting a Ho Din recipient, each department is asked to present five nominations to the Student Awards Committee. The committee then compiles votes based on number of contact hours each department has with the student. The committee then sends its recommendation, based on faculty votes, to the foundation. The foundation formally makes the award at graduation.

"Most years there is one clear-cut winner who cuts across pre-clinical and clinical departments," says committee chairman Dr. Edwin Eigenbrodt, professor of Pathology, who has served on the committee for more than 10 years.

Upon graduation Albright will begin a residency in diagnostic radiology at Barnes Hospital in St. Louis.

"Medicine is an interesting profession with many options. You can go in many directions, such as research, patient care or teaching," says Albright. "And I'm comfortable with the fact that I'll always be financially secure and have a skill at my disposal that is available to the public. I think it's increasingly important to women to have a sense of self-reliance. Personally, I'm psychologically better off in a self-reliant position."

Throughout her academic career, Albright's performance has been outstanding.

At Southwestern she was elected to Alpha Omega Alpha, an honors organization that accepts the top five percent of each class in medical school, received Texas Merit Scholarships and participated in the 1979 Medical Student Research Forum. She presented "The Metabolic Activation of a Colon Carcinogen," a summer research project she compiled under the supervision of Dr. Russell Prough, professor of Biochemistry. She published in the Journal of Clinical Investigation on hepatic glycogen synthesis, a summer research project supervised by Dr. Daniel Foster, professor of Internal Medicine, and Dr. J.D. McGarry, professor of Internal Medicine and Biochemistry.

(over)

A native of Anson, Texas, she was valedictorian and senior class president at Anson High School. At The University of Texas at Austin, she graduated with highest honors with a degree in Plan II (an interdisciplinary honors program), was Phi Beta Kappa and received numerous scholarships. She received her master's degree in nutritional biochemistry and metabolism from Massachusetts Institute of Technology with a 4.0 GPA.

Coming from a family of educators (her father was a school superintendent and her mother was a special education teacher), Albright says education was always emphasized as she was growing up. She attributes her personal academic success to "innate ability and a lot of hard work.

"One quality that is always present in an overachiever is self-doubt. You are always trying to prove you are capable by asking yourself, 'Can I operate under pressure?' or 'Can I meet the qualifications?' The self-doubt pushes you forth."

Although she was accepted for medical school immediately after undergraduate school, she decided to pursue another academic route.

"As an undergraduate, I debated on medical school, and while it looked attractive, I wasn't sure my personality was suited for it," she explains. "It's an intense profession, a demanding profession. And a lifetime commitment. Graduate school gave me time to solidify my desire to go to medical school. I was then able to approach it with more confidence and maturity."

Albright says Southwestern was her preference of all the Texas medical schools because of the "outstanding" faculty and low cost.

"In applying for admission, I felt more comfortable with faculty members here than I did with those of other schools. Texans are fortunate that the medical education here is such a value for the money. Given the tuition differential between here and Harvard, this is a better value. The faculty and research at this school are always increasing in prominence nationwide," she says.

Clinical training at Southwestern outdistances the competition, she continues. "Clinically, I feel very well prepared. Through Parkland (primary teaching hospital for the medical school), we have more patient exposure and responsibility than comparable students across the country. Southwestern graduates are viewed as strong clinicians."

In fact, she enjoys patient contact so much that she was hesitant about specializing in diagnostic radiology, a field with limited patient contact.

"A radiologist is more of a consultant although several procedures involve patient contact. Yet you don't have protracted patient contact over five or 10 years. Following patients over time does have its gratification," she says.

While she admits to having difficulty selecting a specialty (she also considered internal medicine, pediatrics, neurology and pathology), it is the nature of radiology that made it so attractive. "I picked radiology because you need to know a lot about each field and are intimately involved in diagnosing aspects of each field. And, diagnoses are one of the big challenges in medicine. With many diseases, it's critical.

"Also, radiology is a good field for women, especially because you can excel in the field and devote time to a family, too. The hours are more regular and predictable."

While she is eager to begin a new phase of her medical career, Albright says she will never forget her medical school experience.

"During four years of continued contact with the same 200 students, a kind of camaraderie develops that is unique. I have made some of my closest friends here, and they will always be my friends. I will never again be in this kind of situation."