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Students and faculty from the VCU School of Medicine and personnel from Fort Lee welcomed first lady Michelle Obama before she presented an initiative to ensure care for military personnel and their families.

Michelle Obama announces effort to aid veterans at VCU

[First lady Michelle Obama](#) visited VCU on Jan. 11 to announce an initiative of the country's top medical colleges and universities to create a new generation of doctors, medical schools and research facilities to ensure that service men and women receive the medical care they deserve.

The **VCU School of Medicine** was among 101 members of the **Association of American Medical Colleges (AAMC)** that signed a pledge to support **"Joining Forces"** with a commitment to pursue groundbreaking research in the areas of **Post-Traumatic Stress Disorder (PTSD)** and **Traumatic Brain Injury (TBI)**, and to unite with the AAMC and the **American Association of Colleges of Osteopathic Medicine** to enhance education and share research, information and best practices to better serve veterans and their families.

The White House said VCU was selected to host the announcement because it is a national leader in TBI research and a strong partner with the **Hunter Holmes McGuire Veterans Affairs Medical Center**.

"First lady Michelle Obama's visit to VCU is both an honor and a tremendous opportunity to highlight our excellence in rehabilitative science and our commitment to human

health," said **VCU President Michael Rao, Ph.D.** "Our **Department of Physical Medicine and Rehabilitation's** partnership with the VA Hospital System has earned a national reputation as a comprehensive polytrauma center that treats seriously injured American service members, many with traumatic brain injuries or suffering from PTSD."

VCU LifeEvac celebrates 10 years of service

VCU Medical Center's **LifeEvac program**, the Richmond area's preeminent air medical transport service for critically ill or injured patients, recently reached 10 years of service.

In 2001, the VCU Medical Center, a Level I trauma center, partnered with Denver-based Air Methods Corp., to create a much-needed critical care service that could provide safe air medical transportation for critical patients throughout Virginia and portions of North Carolina. In its inaugural flight on Sunday, Oct. 14, 2001, VCU Life Evac flew 65 miles to Southside Community Hospital in Farmville to bring a patient with a head injury back to the VCU Medical Center. VCU LifeEvac bases operate 24/7 and each helicopter includes a critical care nurse, a critical care paramedic and pilot.

"The strength of this team lies in our paramedics, nurses and pilots," said **Dr. Harinder Dhindsa**, associate professor in the Department of Emergency Medicine and medical director of LifeEvac. "Their level of dedication to their job and the patients we serve is inspiring."

VCU Medical Center and CBS 6 to present Healthy Lifestyle Expo

The VCU Medical Center and WTVR-CBS 6 are teaming up once again to bring you the **2012 Healthy Lifestyle Expo**, Feb. 4 at the Greater Richmond Convention Center between 10 a.m. and 4 p.m. The day will feature a yoga demonstration from "The Young and the Restless" star **Judith Chapman**, healthy cooking tips with celebrity chef **Nathan Lyon** and workout advice with Dr. Oz's fitness expert **Stepp Stewart**. Promoting healthy living and total wellness, the expo will also feature free health screenings and information about VCU Medical Center services and programs.