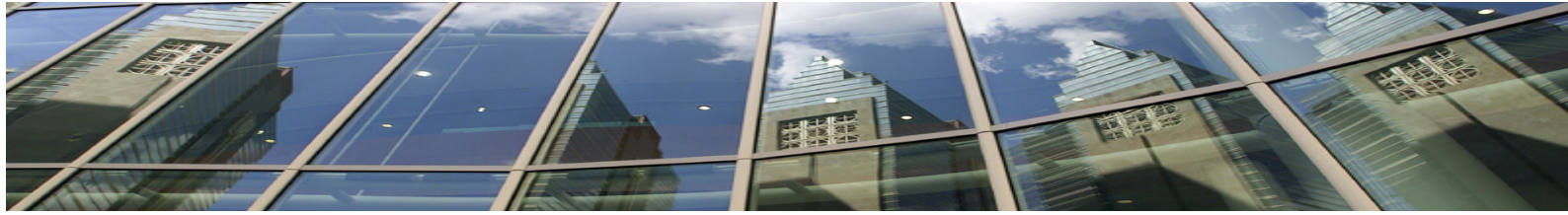


**From:** owner-in-the-loop@mddl.mayo.edu on behalf of In The Loop  
**Sent:** Tuesday, September 29, 2009 5:28 PM  
**To:** in-the-loop,List  
**Subject:** Sept. 29, 2009 - IN THE LOOP



Sept. 29, 2009

# In the Loop

News and views from around the Mayo system

*In The Loop* is an every-other-daily e-mail newsletter with just the information you need to keep you in the loop. The idea is to give you an at-a-glance view of what's happening around Mayo Clinic and beyond. We'll keep it short and snappy.

## H1N1 gets a good rap (video)

It won't surprise you that someone has come up with an H1N1 rap, especially since the video shows signs of going as viral as its subject matter. But it might surprise you that a doctor made the video, and that it took first place in a national competition. John Clarke, M.D., of New York, created [the video](#) as a fun way to educate people about flu prevention. (Fun with flu. Who knew?)

Interestingly, the video even came up this week at the Clinical Practice Committee meeting in Rochester. An inside source, who has asked to keep his or her name anonymous for fear of being asked to appear in a medical rap video, tells us the discussion went as far as asking who among the committee members would be the best rapper. Apparently, committee chair Mike Harper, M.D., questioned whether he'd have the right moves to accompany his rhymes. "Have you ever seen Al Gore dance?" he's reported to have retorted.

Dr. Clarke, who has done previous videos on asthma, diabetes and HIV, won the 2009 H1N1 PSA contest sponsored by the U.S. Department of Health and Human Services. Here's a taste of the H1N1 rap:

*H1N1 swine flu infection  
For intervention, I bring prevention  
Dr. Clarke, here I come, to make your head numb  
Health hop, lesson one, to stop the bedlam ...*

Our thoughts about a Mayo version ended when we got stuck after ...

*We've got a flu committee  
It's not so itty bitty*

Riff on the flu and show your moves on the [In the Loop](#) blog.



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## Sneaker alert

In case you haven't heard, Mayo Clinic is one of the sponsors of the 2009 Medtronic Twin Cities Marathon being held Sunday, Oct. 4. Mayo will have a booth at the event expo, physicians speaking at marathon seminars, and two water stops. If we were running, they'd have to be oxygen stops, but that's neither here nor there.

Anyway, we're told by our Marketing colleagues that this sponsorship will help promote Mayo Clinic as a member of the Twin Cities community, giving us some nice visibility in the area.

There are also 65 or so Mayo employees running in this year's marathon. They'll be sporting Mayo-provided running shirts complete with Mayo Clinic logo. We're told that the technical term for the shirt is "singlet." Not exactly sure what that means (we can only conjure wrestling singlets), but we hear they're quite fashionable.

Things kick off at noon Friday, Oct. 2, with a Target Health & Fitness Expo. Saturday and Sunday offer running-related seminars. Mayo sports medicine specialist Ed Laskowski, M.D., will present "Preventing and Coping With Running Injuries" at 11:15 a.m. on Saturday. Mayo's Sharon Mulvagh, M.D., and Thomas Allison, Ph.D., will present "How to be a Heart-Wise Marathoner" at 12:10 p.m. There's also a pasta party on Saturday, from 4:30 to 7:30 p.m. -- for pre-race carbo-loading, we're assuming.

For those of you whose shins splint at the thought of 26.2 miles of running or walking, there are other (shorter) events that you can participate in throughout the weekend, including some for families and young kids.

For more information on this year's marathon, huff your way to [mtcmarathon.org](http://mtcmarathon.org).



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## The wind beneath our wingtips

*In The Loop* is sent only to those who subscribe. And those who subscribe do so because you've spread the word. So please, keep spreading the news -- tell your Mayo-affiliated friends. Forward it to your co-workers. If you're not yet in on *In the Loop*, send an e-mail note with your e-mail address to [InTheLoop@mayo.edu](mailto:InTheLoop@mayo.edu).

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## Quote of the day

*"We can't all be heroes because someone has to sit on the curb and clap as they go by."*

Will Rogers

Comments? Go to the In The Loop blog at [idealab.mayo.edu/intheloop](http://idealab.mayo.edu/intheloop).

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Editors: Hoyt, Sherri and, carbo-loading for the next issue, Cory