

HOWARD UNIVERSITY HOSPITAL SELECTS DR. CLAUDIA THOMAS AS THE VISITING SCHOLAR FOR THE QUARTERLY GRAND ROUNDS

America's First African American Female Orthopaedic Surgeon and Author of *God Spare Life* to Speak on Spirituality & Medicine

ROCHESTER, N.Y. (August 13, 2008) - Windsor Media Enterprises, LLC announced today that author Dr. Claudia Thomas, America's first black female orthopedic surgeon, has been selected to be the Visiting Scholar for Howard University Hospital's quarterly Grand Rounds. Presented in conjunction with various departments in the College of Medicine, the Grand Rounds Visiting Scholar Program will take place on Wednesday, August 13, 2008 at 9:00 am at the Tower Auditorium, Howard University Hospital in Washington, DC. As the Visiting Scholar, Dr. Thomas will give her personal testimony on "*How God Intervened in the Life of a Physician.*" A book signing will immediately follow her lecture.

Dr. Thomas will explore the relatedness of spirituality and medicine and the role that the mind and spirit play in the healing of the body. In a world that was still bound by prejudice and anger, Claudia Thomas learned the value of faith – faith in herself, faith in her upbringing, and faith in God. That lesson, embraced and held tightly to her heart, guided Claudia through the tempestuous events that have unfolded throughout her life. She will highlight those experiences with her own enduring faith and will speak on how to achieve it to aid in the healing process and in maintaining wellness.

During the 1960s, Dr. Thomas rode out the turbulence of coming of age as a college student at Vassar College. Years later, while trapped in the jaws of a demonic hurricane, she clung to the arm of a sofa and prayed repeatedly, "God spare life!" and was saved. But as awful as Hugo was, it could not match the storm of the desperate illness that threatened her very life: kidney cancer and transplant surgery.

"It was the prayers of my mother and others that allowed me to survive when I could not pray for myself," Thomas said. "At a time when I was literally dying, I became distraught, lost my faith and fell into depression. However, it was the prayers and resilience of those around me that saved my life."

Seventeen years later, the 2008 Spirituality and Medicine Physician honoree lives a cancer free life. Doctors say she has overcome the illness through the power of her own faith.

Dr. Thomas' book of memoirs, *God Spare Life*, is historical in perspective and highlights the many challenges she has overcome in her lifetime through faith. It details spirituality and medicine, as well a story of achievement and faith. For more information on Dr. Thomas's incredible story, visit her website and blog at www.GodSpareLife.com.

In April 2008, Dr. Claudia Thomas was honored by Howard University Hospital. In an awards ceremony held in Washington, DC, Dr. Thomas was issued the 2008 Spirituality and Medicine Award.

Grand Rounds sessions are designed to augment the clinical training for the medical students. Because significant numbers of patients are discussing questions about their overall health within a context of spirituality, there continues to be a growing need for present and future physicians to recognize the importance of the patient's spiritual dimension within the context of total care.

INTERVIEW OPPORTUNITY: To schedule an interview with Dr. Claudia Thomas, American's first African American female orthopaedic surgeon and author of *God Spare Life*, please contact D-D Flannery at 585-703-6243 or dd@flannery-pr.com