

THE UNIVERSITY OF MICHIGAN

Regents Communication

ACTION REQUEST

Adopted by the Regents
September 18, 2008

Subject: Report of Faculty Retirement

Action Requested: Adoption of Retirement Memoir

Monica N. Starkman, M.D., associate professor of psychiatry, Medical School, will retire from active faculty status September 30, 2008.

Dr. Starkman received her A.B. degree from Brandeis University in 1959, and her M.D. and M.S. degrees from the University of Michigan in 1963 and 1965, respectively. She completed her psychiatry residency at the University of Michigan from 1969-72. She joined the faculty of the Department of Psychiatry as an instructor in 1972, and was promoted to assistant professor in 1974 and associate professor in 1986.

Dr. Starkman is recognized as a leading researcher in the neurobiology of Cushing's syndrome and depression. Her research has demonstrated and elucidated how the stress hormone cortisol adversely affects human brain structure, cognition, and mood, and she has also studied the extent and manner in which these alterations are reversible. She was the first to show volume decreases of the hippocampus, the brain structure involved in learning and memory, in humans with elevated cortisol levels and demonstrated how increasing hippocampal volume leads to improvements in learning and memory once hormone levels are normalized with treatment. These studies help illuminate brain plasticity, and shed light on the potential role of stress hormone elevation levels that frequently occur with aging, depression, and Alzheimer's disease.

From 1979-95, Dr. Starkman served as chief of the Adult Consultation-Liaison Service in the Department of Psychiatry, caring for patients who have both psychiatric and other medical conditions. She has been director of education for medical students and for residents within the department, and has participated in a number of committees and other initiatives at the departmental, Medical School, and University levels.

The Regents now salute this distinguished faculty member for her dedicated service by naming **Monica N. Starkman associate professor emerita of psychiatry**.

Requested by:



Sally J. Churchill, J.D.

Vice President and Secretary of the University

September 2008