

Dr. Adyr Soares Mulinari (08/10/1927 - 01/12/2017): reasoning is the shortest path between two goals

Dr. Adyr Soares Mulinari (08/10/1927-01/12/2017): o raciocínio é o meio mais curto entre dois objetivos

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Adyr Mulinari was born in the spring of 1927 in Curitiba, the eldest son of Mrs. Maria da Luz and Mr. Santo Mulinari.

As a teenager, Adyr had an urge to discover how things worked at the time and innovate, often finding new applications for what was already obsolete. He was an amateur sportsman of mountaineering, basketball, swimming, camping, and, specially, cycling.

In those days, to earn a prominent position in the community coming from a modest family, it was imperative for a young man to show physical and moral strength, added to excellence in education, sports, socializing, and the courage to stand his ground without ever hesitating or retreating. These characteristics would linger throughout his life, giving rise to his frank personality, which was the source of some memorable confrontations.

Adyr's passion for medicine started in childhood and persisted through his youth. However, two challenges menaced his future as a doctor. First,

the only Medical school in the state was at the University of Paraná, a private, high-cost university. To overcome this challenge, the young Adyr took a job in an accounting office and saved enough money to pay for his studies. The second challenge was passing in the highly competitive entrance exam for one of the 90 places in the Medical school, which he faced by studying hard and attending a preparatory course. He received his medical degree in 1951 from the University of Paraná, which had recently become a public institution (UFPR).

Dr. Mulinari began his career as a urological surgeon in Curitiba, having Dr. João Atila Rocha as mentor. He was a dedicated assistant, operating at the Santa Casa de Misericórdia Hospital in Curitiba, a teaching hospital for the UFPR. When hired as a teaching instructor of the Department of Surgery at UFPR a great passion was fulfilled, the academic life. His eagerness for discovery led him to gather material on renal tuberculosis that would originate the thesis for promotion to Full Professor of Dr. Atila. However, by that time, he was envisioning a career

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beyond that of an expert operator and professor of medicine. He was eager for innovation.

The opportunity came in 1959 with the first scholarship offer to medical professors of the UFPR from the W. K. Kellogg Foundation for continuing medical training in the United States of America. New challenges followed, such as mastering the English language, obtaining permission from the administration, passing the selection process and the Board exam for the practice of Medicine in USA. Adyr, who had never had contact with a language other than Portuguese, was introduced to the young English instructor Laila Cury, who recognized that he needed much help and personal effort to master reading, writing, speaking and listening in English, in a matter of few months. They agreed that after work he would study English daily with Laila. The challenge of obtaining the approval of the University administration was overcome thanks to a timely conflict that occurred when the Dean of the Faculty of Medicine indicated a professor without consulting the Rector Flavio Suplicy de Lacerda. The Rector, in response, indicated the young Prof. Mulinari. Following the Foundation selection, Adyr would set out in 1960 to his long-sought training in Nephrology, a specialty of medicine that had been developing. As a surgeon by training, he chose professor Lysandro Santos Lima, an eminent clinician and professor in Curitiba, as a mentor for achieving proficiency in Clinical Medicine.

He began a one-year Internal Medicine training at Columbia University in New York, and then went to the University of Washington in Seattle, with Dr. Belding Scribner. His nephrology training was also extended at the end of 1962 in Saint Louis, referred by Dr. Scribner, where he showed what they did in Seattle, and at Cleveland Clinic with Dr. Willem Kolff.

Dr. Mulinari returned to Curitiba in April 1963 where he organized the beginning of the Residency in Internal Medicine at the Hospital das Clínicas of UFPR and set up the third year of residency in Nephrology. In 1967, Dr. Altair Jacob Mocelin was the first nephrology resident, who would go to Londrina in 1968 and perform the first kidney transplant of Paraná in 1973. He was the first of many residents that contributed to the growth of nephrology in Paraná, Santa Catarina, and Rio Grande do Sul. During that time, Dr Mulinari, who was a captivating speaker, gave countless talks in cities of the most diverse regions of Brazil, naturally sharing his knowledge.

In the mid-1960s, Dr. Mulinari developed a pioneering chronic dialysis program in Brazil, with hemodialysis using the Scribner shunt and intermittent peritoneal dialysis, initially at Hospital de Clínicas with Nurse Alice de Lima and Professor Augusto Laffitte, and later at Nossa Senhora das Graças Hospital, a philanthropic organization in Curitiba. His leadership was fundamental in the development of the Center for Nephrology Research at UFPR, with the support of the Government of Paraná. In 1977, he gathered a group of researchers from the Department of Clinical Medicine to create the Master for Graduate Program of Internal Medicine.

Dr. Mulinari was Full Professor in Medicine and Chair in Nephrology at UFPR, contributing in the training of numerous physicians in Internal Medicine and Nephrology. In addition to teaching and research, he was involved in administrative activities as Head of the Department of Internal Medicine, graduate studies coordinator in Internal Medicine and Director of Health Sciences. He was also President of the Brazilian Society of Nephrology (SBN), Brazilian Society of Medical Education (ABEM) and the Brazil-United States Inter-American Cultural Center.

As a physician and Professor Emeritus of rigid principles, the medical education and the UFPR were Dr. Mulinari's great passions. As the first member of his family to earn a college degree, he was an inspiration to his brothers, cousins, nephew, children, and grandchildren, as well as to hundreds of young doctors. An avid learner, he continued his studies in medical sciences even after closing his private practice at the age of 80.

Brasília, his wife since 1954, was a companion of Adyr in all journeys, the days and nights of unceasing work, the continuous study, the English learning, while living and learning in America, and later in his "motorhome" adventures throughout Brazil. Our mother, (mine and of my brother and three sisters), was always a dedicated and demanding figure, and was alongside Adyr at all times.

Adyr was an attentive father of rigid but sensitive conduct and a friend, even with his many activities. He could understand the weaknesses, and support and encourage the personal growth of his children, always towards an ethical and humanistic behavior. A skillful and creative personality, Adyr taught that facing challenges, small or big, is what makes life meaningful.

At age 52, Adyr lost his right knee and leg from injuries of a motorcycle accident. Mr. Santo, his father, made him realize that he should not focus on the lost limb, but rather on being reborn. Thus, the physical disability did not prevent him from fully enjoying his family and friends, his work, and his passions, challenges and achievements. Natural mobility, defined by him as "the gift of life", was achieved with innovations in prosthetics, and the most diverse vehicles and tricycles, in tune with his creativity and restless nature.

Adyr Mulinari was a role model to his children and to all who were influenced by his journey. In his words, "knowledge, wisdom, pursuit of perfection, hard and smart work, loyalty and persistence, learning from difficulties and the ability to evaluate contradictions can empower and lead to success."

As a doctor, a professor, a father, a friend, Adyr leaves a remarkable legacy to the nephrology field in Brazil and to those who had the privilege of being with him until December 1, 2017.