



# GW Medicine Notes

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## End of the Year Party

The End-of-the-Year Party was a huge success.

To continue the tradition we also had the end of the year photo taken at the party which resulted in the largest group turn out yet (see page 4).

The following awards were given out at the party:

Medicine Faculty of the Year  
**Jalil Ahari, MD (again)**  
&  
**Khaled el-Shami, MD**

Non-Medicine Faculty  
Member of the Year  
**Philip Zapanta, MD**

Clinic Attending of the Year  
**David Popiel, MD**

VA Attending of the Year  
**Nitin Seam, MD**

Fairfax Attending of the Year  
**Homan Wai, MD**

Fellow of the Year  
**Gurpreet Sodhi, MD**

Jorge Rios Resident of the Year  
**Ashley Freeman, MD**

VA Resident of the Year  
**Sally Che, MD**

Fairfax Resident of the Year  
**Chad Henson, MD**

"ICU" Resident of the Year  
**Shivangi Pandya, MD**

Intern of the Year  
**Erica McBride, MD**

Preliminary Intern of the Year  
**Al Sardari, MD**

**Congratulations to All !!**

## *From the Chairman*

Every once in a while something will trigger my memory about a former patient who was in some way memorable. I assume, (hope) this happens to everyone. I wrote about one such patient from my days as a house officer a few months ago, but now I am referring to patients who are more recent. A few months ago, another faculty told me about a patient we shared who he found out had passed away. I can remember "MF" (when does HIPAA end?) walking into my office like it was yesterday although it was a least 20 years ago. His brother had just had an MI and he told me he wanted to have a cardiac catheterization. What a great learning experience for the fellow, resident and student who were seeing this patient with me. What a terrific opportunity to show them how to educate a patient. I spent the next 30 minutes explaining to MF why we wouldn't go right to cardiac catheterization and reviewed all the options and risks. I, after all, had given this lecture hundreds of times before and therefore felt very confident in my powers of persuasion.

The results of the cath, performed the next day (so much for my power) revealed two tight proximal lesions in his LAD and Circumflex arteries and multiple other obstructions, and as stenting wasn't an option at that time, MF went on to have Bypass Surgery (with a smile on his face and egg on mine.) But I do remember thinking, "the hell with reasoning." Having been brought down a notch or two I am sure I became a better physician. Is it possible the patient may know better? Is it possible that treating "by the book" may not be the best treatment for everyone? Then again, he was asymptomatic and maybe those lesions would have never caused him problems. Never would have convinced MF of that, but I write about MF for another reason.

MF became a long term patient with occasional other problems. One day he returned to the office with reflux symptoms. Once again, he was quite emphatic, no H2 blockers for him, he wanted an endoscopy. "No problem," I said, how about this week? Unsurprisingly, at least to me, the biopsy came back with esophageal cancer. MF was on the operating table in a week and survived another 15 years without a recurrence.

I think about MF now when I think about "Population Medicine (PM)." Practicing PM never would have allowed me to refer MF to cardiac catheterization without more risk factors and prior to some form of non-invasive testing. In fact, today it is likely that whatever insurance he had would have denied the procedure. I would be required to place him on a Statin and maybe an aspirin, never check his lipids and wait for him to develop symptoms (which he never had.) His insurance would not have paid for an endoscopy without a least a trial of medication which may have allowed his cancer to spread eliminating the chance of his being cured with surgery.

Of course, if we cathed every patient who wanted it or scoped every patient with reflux we would bankrupt our health care system even faster than the rate we are heading. So for the good of the populace we need guidelines and restrictions. Maybe I should have explained that to MF. We need rationing. In fact, we have rationing either through "good medicine" or poor or no insurance. Occasionally the "art" of medicine tries to creep in to persuade us to practice by experience and not by evidence. Horrors! It's a good thing MF had such a good doctor.

*Alan G. Wasserman, M.D.*

## Department of Medicine July 2014 Grand Rounds

Jul 3 **"Interferon Lambda 4, Human Genetics, and HCV Treatment"**

**Thomas R. O'Brien, MD, MPH**

Senior Investigator  
Infections and Immunoepidemiology Branch  
Division of Cancer Epidemiology and Genetics  
National Cancer Institute

Jul 10 **"Inflammation and Kidneys"**

**Michael Flessner, MD, Ph.D.**

Professor and John D. Bower Chair of  
Nephrology and Hypertension  
University of Mississippi Medical Center  
Director, Kidney Inflammation and Inflammatory Diseases  
National Institute of Diabetes and  
Digestive and Kidney Diseases

Jul 17 **"Minimally Invasive Thoracic Surgery"**

**Keith Mortman, MD**

Associate Professor of Surgery  
Director, Thoracic Surgery  
Department of Surgery  
The GW Medical Faculty Associates

Jul 24 **"Breast Imaging and Interventions"**

**Jocelyn Rapelyea, MD**

Associate Professor of Radiology  
Department of Radiology  
The GW Medical Faculty Associates

Jul 31 **"Current State of Kidney Transplantation"**

**Joseph Keith Melancon, MD**

Professor of Surgery  
Chief, Transplant Division  
The GW Medical Faculty Associates

The George Washington University Medical Center (GWUMC) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. GWUMC designates this continuing medical education activity on an hour-for-hour basis in Category I of the Physician's Recognition Award of the American Medical Association.

## Medicine Team Contacts

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SILVER TEAM	(202) 715-6040
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ADMITTING RESIDENT 741-0161 pager



**CARDIOLOGY  
GRAND ROUNDS  
WILL RETURN  
IN SEPTEMBER**



## Resident Lecture Series July 2014 Noon Conference

- Jul 1 "DVT Prophylaxis"- Dr. Sara Wikstrom
- Jul 2 "Common Cardiology Issues on the Ward"-  
Dr. Gurpreet Sodhi
- Jul 3 **Medicine Grand Rounds**
- Jul 4 **Conference Canceled - Independence Day**
- Jul 7 "CXR"- Dr. Jalil Ahari
- Jul 8 "Medical Ethics/Code Status" – Dr. Kaitlin Roth
- Jul 9 "Anemia in the Hospital"- Dr. Shant Ayanian
- Jul 10 **Medicine Grand Rounds**
- Jul 11 "Intro to HIV"- Dr. Marc Siegel
- Jul 14 "STDs" – Dr. David Popiel
- Jul 15 "Intro to Antibiotics"- Dr. Richard Brooks
- Jul 16 "Intro to Pas and UTIs"- Dr. Deena Nasr
- Jul 17 **Medicine Grand Rounds**
- Jul 18 "Palliative and Pain"- Dr. Danielle Doberman
- Jul 21 "Work-up and treatment of AKI" – Dr. Jun Shoji
- Jul 22 "SIRS/Sepsis/Shock"- Dr. Katrina Hawkins
- Jul 23 "Diabetic Foot"- Dr. Michael Stempel
- Jul 24 **Medicine Grand Rounds**
- Jul 25 "Crystal Arthropathies"- Dr. Nora Taylor
- Jul 28 "Diabetes Management in the Hospital" -  
Dr. Josh Cohen
- Jul 29 "Work-up and management of COPD" –  
Dr. Morgan Delaney
- Jul 30 "Jeopardy" – Chiefs
- Jul 31 **Medicine Grand Rounds**

## Please Join Us In Welcoming Our New Chief Residents

The new Chief Medical Residents have started and after three years as GWU residents you should know them by now, but here is a little background to get to know them a little better.

**Jeffrey Zweig, MD** is one of the Chief Residents at the GWU Hospital. He is from California and received his medical degree at The Sackler School of Medicine New York State/American Program of Tel Aviv University. In 2013, Jeff was admitted to the Gold Humanism Honor Society. His clinical interests include Hematology/Oncology. During his time at GW, Jeff has used his Spanish speaking skills to serve several patients on his continuity clinic panel. Jeff is known for his remarkably calm demeanor and a great sense of humor, both of which will serve him well as a chief resident!

**Wesley Fiser, MD** is one of the Chief Residents at the GWU Hospital. He was born in Little Rock, Arkansas where he also received his medical degree from the University of Arkansas. In 2013, Wes was admitted to the Gold Humanism Honor Society. His clinical interests include cardiology. Wes's out-of-work expertise includes being father to a beautiful baby girl, who has trained him well for middle-of-the-night calls from residents in need! Wes has already demonstrated his detail-oriented nature and sense of fairness in his work on our inpatient 4+1 schedule.

**Chad Henson, MD** is the GWU Outpatient Chief Resident. Chad was born in Youngstown, Ohio; he completed his medical school at Northeast Ohio Medical University in 2011. In 2010, as a medical student, Chad was admitted to the Gold Humanism Honor Society and in 2012 he was awarded with the GWU Department of Medicine "Intern of the Year" Award. He also received the INOVA Fairfax "Resident of the Year" Award in 2014. Chad's special clinical interests include HIV Primary Care and LGBT health. During his time at GW, Chad has been a resident in our primary care track and in the Underserved Medicine and Public Health (UMPH) concentration. He also represented GW as a member of our ACP Doctor's Dilemma medical jeopardy team. We anticipate that he will design excellent jeopardy-based noon conferences!

**Laura Perry, MD- VA** is one of the Chiefs at the Veterans Affairs Medical Center as part of the VA's Quality Improvement Chief Resident program. Laura received her undergraduate degree at Harvard University and graduated Magna Cum Laude. She completed her medical degree from Emory University School of Medicine in Atlanta, GA. During her time at GW, Laura has been a resident in our primary care track and in the Underserved Medicine and Public Health (UMPH) concentration. She has also served as president of the resident peer review committee, which analyzes cases and concerns that affect residents across multiple departments at GW and suggests corrective action plans to our hospital and program leaders. We know our program will benefit from her systems-level thinking and her cross-departmental relationships.

**Ashley Charter, MD- VA** is a Chief Medical Resident at the VA. Ashley received her medical degree from the University Of Texas Medical School at Houston. In 2013, she was admitted to the Gold Humanism Honor Society. She was also the recipient of the Best Clinical Vignette Poster Presentation Award at the 2013 American College of Physicians DC Chapter Meeting. During her time at GW, Ashley has been a resident in our primary care track. Ashley is known for her patience, compassion, and level-headed decision making. Our residents will surely benefit from her extensive experience leading morning report as a resident and her solid teaching skills.

**Rebecca Witt, MD- FX** is the Chief Resident at the Inova Fairfax Hospital. Becky received her medical degree from the Medical College of Wisconsin. Her personal interests include piano, choral groups, singing, and volleyball. Becky is known for her enthusiasm and her excellent clinical teaching on rounds. She has the distinct privilege of being the first chief resident who will serve as both GW chief resident and chief resident of the new INOVA Fairfax internal medicine program, and we know she is up for the challenge!

## Please Join Us In Welcoming Our Newest Additions to the Medicine Faculty

**Dr. Mihir Patel** joins the Division of General Internal Medicine this month. Dr. Patel comes to us from St. Luke's- Roosevelt Hospital Center in New York. Dr. Patel received his medical degree from the Medical College of Georgia, Georgia Regents University in 2005. He completed his internal medicine residency training at Jefferson Medical College of Thomas Jefferson University in Philadelphia, PA. Dr. Patel also went on to receive a Masters of Science in Clinical Epidemiology at Cornell University.

Dr. Patel is board certified in Internal Medicine. Dr. Patel speaks Gujarati. Appointments can be made with Dr. Patel by calling 202-741-2222.

**Nupur Mehta, MD, MPH** joins the Division of Hospital Medicine. Dr. Mehta received his undergraduate degree from Duke University and his medical degree from Harvard University Medical School in 2006. He completed his internal medicine residency at Brigham and Women's Hospital in Boston, MA. He went on to receive a Masters in Public Health at Harvard University School of Public Health and received a global health equity fellowship at Brigham and Women's Hospital. He was an attending internal medicine physician at Brigham and Women's in the Department of Medicine and then moved to Washington, DC and joined McKinsey and Company. He has been working part time at the VA hospital in DC where he interacts already with our medical students and residents. Dr. Mehta has experience in quality improvement in the inpatient setting. Dr. Mehta is board certified in Internal Medicine. His interests include quality improvement, medical education, and health systems optimization. Dr. Mehta speaks Spanish.

**Dr. Natasha Ang** has joined the Division of General Internal Medicine on M Street, or rather returns as a faculty member, since she completed her residency training here at GWU in June 2014. Dr. Ang earned her medical degree from New York's Stony Brook University Medical Center, School of Medicine in 2011. Her special interests include diabetes, preventative medicine, and patient education.

Appointments can be made with Dr. Ang by calling 202-677-6990.

### ACP DC Chapter Meeting, Spring 2014:

**Dr. Paul Blair (PGY1)** won third place overall for his oral research presentation "*Review of Empiric Echinocandin Therapy for Candidemia.*" Co-authors included **Cristina Amado, M.D., John Keiser, M.D., and Marc Siegel, M.D.**

**Dr. Niharika Tipirneni (PGY2)** was selected for having the best clinical vignette poster from GW, "*A Rare Disease with Rare Complications.*"



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**2013 - 2014 Department of Medicine  
End-of-the-Year Party  
June 13, 2014**

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