



GW Medicine Notes

A Monthly Publication of the GW Department of Medicine

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Culinary Medicine Expert Joins Medicine Department

The Department of Medicine is pleased to announce that **Timothy S. Harlan, MD, FACP**, will join the GW faculty and establish the GW Center for Culinary Medicine. "We are thrilled to have an internationally recognized leader in the field of Culinary Medicine join our faculty," said Jeffrey S. Akman, MD, vice president for health affairs. Dr. Harlan currently serves as the associate dean for clinical services at Tulane University in New Orleans. He is also the medical director of the Tulane University Medicine Group and the executive director of the Goldring Center for Culinary Medicine at Tulane.

"We are extremely excited about having Dr. Harlan teach our students and faculty, treat our patients, and conduct evidence-based research to show the benefits of this approach to attaining better health," said Dr. Alan Wasserman, Professor and Chairman of Medicine. Dr. Harlan will join the department on January 1, 2020 and will be seeing patients in the Division of General Internal Medicine.

**SAVE THE DATE
FACULTY/HOUSESTAFF
END-OF-THE-YEAR
CELEBRATION
FRIDAY JUNE 5, 2020
RITZ-CARLTON DC**

From the Chairman

For some reason I have seen more absurd journal articles this last month than in a long time. I think the surging number of journals and the pressure to publish has resulted in the increase of publication nonsense.

For example, a study out of Korea with 161,286 subjects enrolled in a National Health Insurance System Health Screening Cohort found that brushing your teeth three or more times a day resulted in decreased risk for heart failure and atrial fibrillation. The results weren't significant, but there was a trend towards a positive finding after 12 years of study. The study showed that you could brush your teeth at least 3 times a day for 12 years or visit the dentist at least once in those 12 years to have the same positive outcome. Losing interest in the study yet?

The next one I enjoyed was a study from China that revealed an increased risk of cardiovascular disease in subjects with insomnia. Insomnia was defined as difficulties in initiating or maintaining sleep, early morning awakening or daytime dysfunction at least 3 days per week. Since these symptoms apply to a large percentage of people you can now start to worry when you can't fall asleep about having a stroke or MI which should make falling asleep impossible. But that may be ok because another study reported that sleeping 9 or more hours increases stroke risk compared to just being in bed (sleeping or not) for 6-7 hours. Maybe they should try reading each other's studies.

There was an article from Australia that I liked, entitled, "Statins may not confer memory cognition decline in older patients." The patients were 70-90 years old and were followed for 6 years. Patient who had ever taken a statin and those who never took a statin had the same decline in memory function. First, who finds this reassuring? Second, they had 40% of the population who never took a statin. Word must travel slowly in Australia. The lesson from this study should have been, start using statins more often. Maybe they just forgot.

Finally, there was the article I would subtitle, "Did you really need to do this study?" "Research Indicates Deportation Worries Tied To Elevated Risk For High Blood Pressure Among Mexican-Born Women In California." A study of 572 women suggests fear of deportation doubles the risk of high blood pressure in Mexican-born women in farmworker families who live in California's Salinas Valley. Among the 408 women without high blood pressure at the outset, those with moderate or high levels of worry were twice as likely as others to be diagnosed with high blood pressure. I would be more interested in learning how the 28% of the women in the study who only had a low level of worry managed that. I bet they also didn't have insomnia. These are the people we should be studying.

Alan G. Wasserman, M.D.

Department of Medicine January 2020 Grand Rounds

JAN 2 **HOLIDAY - NO GRAND ROUNDS**

JAN 9 **"Peripheral Artery Disease"**

Ramesh Mazhari, MD
Associate Professor of Medicine
Division of Cardiology
Department of Medicine
GW Medical Faculty Associates

Shawn Sarin, MD

Assistant Professor of Radiology
Chief, Interventional Radiology
Department of Radiology
GW Medical Faculty Associates

JAN 16 **"Concussions"**

Marilyn Kraus, MD
Professor of Psychiatry & Behavioral Sciences
Director, Traumatic Brain Injury Program 7 Concussion Program
Department of Psychiatry & Behavioral Sciences
GW Medical Faculty Associates

JAN 23 **"Clinical Pathology Conference"**

Charles Baron, MD, PGY2 & Amanda Moyer, MD, PGY2
Division of General Internal Medicine
Department of Medicine
GW Medical Faculty Associates

JAN 30 **"Evaluation of Cognitive Disorders"**

Christina Prather, MD
Assistant Professor of Medicine
Division of Geriatrics & Palliative Care
Department of Medicine
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 1 of the Physician's Recognition Award of the American Medical Association. (AMA).

Medicine Team Contacts

Need to find a Resident on an
inpatient team?

Please use Tiger text to reach the appropriate physician. Go to
gwu.medhub.com/paging; password: GWUPublicCall; Select Internal
Medicine.

Alternatively

GWUH Defining Medicine Intranet: Go to Applications \ Inactive-Non-
Production \ Directory Contact System

GWUH Citrix Portal—<https://gwportal.gwu-hospital.com/vpn/index.html>

MFA URL— <http://192.168.254.132/miTeamWebWA/Home> (Logon) -
<http://192.168.254.132/miTeamWebAL/Home> (View Only)

If you have trouble with your MedHub account, please contact Deborah
Corvalan at dcorvalan@mfa.gwu.edu.

Cardiology Grand Rounds

5:00 PM, Ross Hall, Room # 227

JAN 1 **Holiday Break**

JAN 8 **M & M**

JAN 15 **Dr. Vivek Jain**

Associate Professor of Medicine
Director, GW Sleep Disorders Center
Department of Medicine
GW Medical Faculty Associates
Sleep Apnea and the Heart

JAN 22 **Drs. Samtani Visiting Professor**

Anjali Vaidya, MD, FACC, FASE, FACP
Associate Professor of Medicine
Co-Director, Pulmonary Hypertension, Right Heart Failure,
and CTEPH Program
Advanced Heart Failure & Cardiac Transplant
Associate Program Director, Cardiology Fellowship
Temple University Lewis Katz School of Medicine
CTEPH/PAH/RV

JAN 29 **Dr. Matthew Needleman**

Commander, Medical Corps, U.S. Navy
Adult, Pediatric, and Adult Congenital Electrophysiology
Program Director, Cardiovascular Diseases Fellowship, NCC
Director, Arrhythmia Services, WRNNMC
Associate Professor of Medicine and Pediatrics, USUHS
*Updates on Leadless Pacemakers in 2020:
Leaded Pacemakers Are Dead*



Resident Lecture Series January 2020 Noon Conference

JAN 1 **HOLIDAY**
JAN 2 **HOLIDAY**
JAN 3 **HOLIDAY**
JAN 6 **TBA**
JAN 7 **"IBD" - Dr. Samuel Kallus**
JAN 8 **GME Core Lectures**
JAN 9 **Medicine Grand Rounds**
JAN 10 **RECRUITMENT**
JAN 13 **RECRUITMENT**
JAN 14 **PSC**
JAN 15 **RECRUITMENT (Snow Date)**
JAN 16 **Medicine Grand Rounds**
JAN 17 **Chairman's Rounds**
JAN 20 **TBA**
JAN 21 **"Post Acute Care Discharge Options" -
Dr. McLean**
JAN 22 **TBA**
JAN 23 **Medicine Grand Rounds**
JAN 24 **Chairman's Rounds**
JAN 27 **"Lupus" - Dr. Kilian**
JAN 28 **Residency Rank List Meeting**
JAN 29 **"Transfusion & Resuscitation" -
Dr. Megan Quintana**
JAN 30 **Medicine Grand Rounds**
JAN 31 **Chairman's Rounds**

GW Resident-Fellowship Match List

We had an extraordinary match day for fellowships on December 11, 2019 when every resident who applied received great news. We have fewer residents applying this year because of the increase in those going into hospital medicine. Below is the good news:

Cardiology

Dr. Pedro Covas - GW
 Dr. Haneen Ismail - GW
 Dr. Jigar Patel - University of Florida - Jacksonville
 Dr. Taher Tayeb - University of Kansas
 Dr. Rachel Volke - GW

Endocrinology

Dr. Nejat Naser - GW

Gastroenterology

Dr. Ali Khan - GW

Hematology/Oncology

Dr. R. Linwood Millett - Emory

Infectious Diseases

Dr. Jony Czeresnia - Montefiore/Albert Einstein
 Dr. Brian Epling - NIH
 Dr. Praneet Kalkat - UCLA - Harbor

Pulmonology/Critical Care

Dr. Mohammed Alsaggaf - GW
 Dr. Michael Simon - Brown
 Dr. Kendrew Wong - NYU

Rheumatology

Dr. Sonia Krupnikova - GW

Sleep Medicine

Dr. Nawaf Abaalkhail - UCLA

Introducing Ryan Mouton MFA Pharmacy Operations Manager

Ryan Mouton, PharmD, BCACP, BCGP, AAHIVP joined the MFA as the Pharmacy Operations Manager in September, with the responsibilities of overseeing and providing support for the retail pharmacy, investigational drug service and clinic dispensary. He is a pharmacist board-certified in geriatrics, ambulatory care, and HIV. He completed his undergraduate degree at The Ohio State University, his pharmacy training at Howard University, and has experience in several diverse pharmacy practice settings including regulatory, legal, administration, ambulatory care, institutional, specialty and compounding. At the MFA, he hopes to identify new sources of revenue for the pharmacy department, develop partnerships with local pharmacy professional organizations and mobilize talent within the department to provide additional healthcare services in partnership with the clinical teams.

Please Join Us In Welcoming Our Newest Addition to the Department of Medicine

Diala El-Maouche, MD, MS, joins the department as an Associate Professor in the Division of Endocrinology on January 15, 2020.

Dr. El-Maouche holds a MS in Pharmacoepidemiology and Pharmacoconomics from the University of Rhode Island and an MD from the University of Balamand in Beirut, Lebanon. She completed residency training in internal medicine at University of Maryland's Union Memorial Hospital, post-graduate research training at the Johns Hopkins Division of Endocrinology and her fellowship in Endocrinology, Diabetes, and Metabolism at the NIH Inter-Institute Endocrinology Program.

Dr. El-Maouche has previously held academic and research positions at the University of Miami Miller School of Medicine, the NIH Endocrinology Training Program, and was a medical officer at the FDA's Division of Endocrinology, Office of New Drugs.

Dr. El-Maouche was the principle investigator or associate investigator in numerous NIH and industry studies. She has co-authored over 45 peer-reviewed publications (including high-impact journals like The Lancet), abstracts, book chapters, and has presented at national and international endocrine conferences. Her areas of expertise include bone and mineral disorders including osteoporosis, rare bone disease, and parathyroid disorders, as well as adrenal and androgen disorders.

Dr. El-Maouche is board certified in internal medicine, and endocrinology, diabetes and metabolism, and is a certified clinical densitometrist.



Chairman's Rounds

GWU Hospital Auditorium, 12:00

All Faculty Invited to Attend

JAN 17 **Dr. Karandeep Singh**
Dr. Taher Tayeb

JAN 24 **Dr. Jigar Patel**
Dr. Praneet Kalkat

JAN 31 **Dr. Linda Salva**
Dr. Sonia Krupnikova

Rheumatology Academic Conference Schedule January 2020

2300 M Street, N.W., Suite 3-332
8AM—11:30 AM
Questions: Call (202) 741-2488

JAN 2: 8:00 AM	Radiology Rounds Dr. Kathy Brindle - Hospital 1st floor
JAN 2: 9:30 AM	DEXA BOOT CAMP Drs. Phillpotts and Shanmugam
JAN 2: 10:30 AM	Sign-Out Rounds Drs. Chand, Aggarwal, Almackenzie
JAN 9: 8:30 AM	Journal Club Drs. Aggarwal and Almackenzie
JAN 9: 9:30 AM	Division Meeting Coding Update
JAN 9: 10:30AM	Clinical Case Conference and Sign-Out Drs. Chand, Aggarwal, Almackenzie
JAN 16: 7:30 AM	Intra-City Grand Rounds <u>Location:</u> Children's Hospital
JAN 16: 10:00 AM	Quality Improvement Meeting Drs. Chand, Aggarwal, Almackenzie
JAN 16: 11:00AM	Clinical Case Conference and Sign-Out Drs. Chand, Aggarwal, Almackenzie
JAN 23: 8:30 AM	Ultrasound Workshop Dr. Saira Bilal
JAN 23: 11:00 AM	Sign-Out Rounds Drs. Chand, Aggarwal, Almackenzie
JAN 30: 8:00 AM	Radiology Rounds Dr. Kathy Brindle - Hospital 1st Floor
JAN 30: 9:30 AM	Rheumatoid Arthritis Update Dr. Saira Bilal
JAN 30 10:30 AM	Sign-Out Rounds Drs. Chand, Aggarwal, Almackenzie

Kudos and Congratulations

Sincerest condolences ... to **Dr. Samuel Spagnolo**, Emeritus Professor, Division of Pulmonary Diseases on the loss of his wife Dorcas R. Hardy, who passed away November 28, 2019.

Congratulations ... to the **GW Structural Heart Program** which recently hit a milestone of performing their 300th TAVR procedure!

Kudos ... from a patient who wrote, “ A patient does not look forward to a hospital visit and stay. Yet your team, led by the experienced and extremely capable **Dr. Cynthia Tracy**, (Professor, Division of Cardiology) made my experience successful, comfortable and almost “enjoyable”. No wonder GW Hospital and Medial School enjoys the renowned reputation it has earned.”

More kudos ... to **Dr. Susie Q. Lew**, Professor, Division of Renal Diseases & Hypertension, who along with key nephrology community members participated in the lobby day on the Hill, asking Maryland Senators and Representatives and DC Rep. Eleanor Holmes Norton for support for chronic kidney disease legislation.

Even more kudos ... to **Dr. Matt Peterson**, PGY2, in a note of praise from a physician, “I had the pleasure of working with Matt Peterson this past week on Gold, and I wanted to pass along how excellent he was as a resident!”

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