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

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:
Leadless 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 Kalius
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. Killian
JAN 28 Residency Rank List Meeting
JAN 29 "Transfusion & Resuscitation" - Dr. Megan Quintana
JAN 30 Medicine Grand Rounds
JAN 31 Chairman’s Rounds

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

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

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 a 1-hour basis in Category I of the Physician’s Recognition Award of the American Medical Association (AMA).
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 Czersenia - 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

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**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.

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**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 Pharmacoeconomics 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, endocrinology, diabetes and metabolism, and is a certified clinical densitometrist.
### 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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**Rheumatology Academic Conference Schedule January 2020**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN 2</td>
<td>8:00 AM</td>
<td>Radiology Rounds</td>
<td>Dr. Kathy Brindle - Hospital 1st floor</td>
</tr>
<tr>
<td>JAN 2</td>
<td>9:30 AM</td>
<td><strong>DEXA BOOT CAMP</strong></td>
<td>Drs. Phillipotts and Shanmugam</td>
</tr>
<tr>
<td>JAN 2</td>
<td>10:30 AM</td>
<td><strong>Sign-Out Rounds</strong></td>
<td>Drs. Chand, Aggarwal, Almackenzie</td>
</tr>
<tr>
<td>JAN 9</td>
<td>8:30 AM</td>
<td><strong>Journal Club</strong></td>
<td>Drs. Aggarwal and Almackenzie</td>
</tr>
<tr>
<td>JAN 9</td>
<td>9:30 AM</td>
<td><strong>Division Meeting</strong></td>
<td>Coding Update</td>
</tr>
<tr>
<td>JAN 9</td>
<td>10:30 AM</td>
<td>Clinical Case Conference and Sign-Out</td>
<td>Drs. Chand, Aggarwal, Almackenzie</td>
</tr>
<tr>
<td>JAN 16</td>
<td>7:30 AM</td>
<td><strong>Intra-City Grand Rounds</strong></td>
<td>Location: Children’s Hospital</td>
</tr>
<tr>
<td>JAN 16</td>
<td>10:00 AM</td>
<td>Quality Improvement Meeting</td>
<td>Drs. Chand, Aggarwal, Almackenzie</td>
</tr>
<tr>
<td>JAN 16</td>
<td>11:00 AM</td>
<td>Clinical Case Conference and Sign-Out</td>
<td>Drs. Chand, Aggarwal, Almackenzie</td>
</tr>
<tr>
<td>JAN 23</td>
<td>8:30 AM</td>
<td>Ultrasound Workshop</td>
<td>Dr. Saira Bilal</td>
</tr>
<tr>
<td>JAN 23</td>
<td>11:00 AM</td>
<td>Sign-Out Rounds</td>
<td>Drs. Chand, Aggarwal, Almackenzie</td>
</tr>
<tr>
<td>JAN 30</td>
<td>8:00 AM</td>
<td>Radiology Rounds</td>
<td>Dr. Kathy Brindle - Hospital 1st floor</td>
</tr>
<tr>
<td>JAN 30</td>
<td>9:30 AM</td>
<td>Rheumatoid Arthritis Update</td>
<td>Dr. Saira Bilal</td>
</tr>
<tr>
<td>JAN 30</td>
<td>10:30 AM</td>
<td>Sign-Out Rounds</td>
<td>Drs. Chand, Aggarwal, Almackenzie</td>
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</tbody>
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The George Washington University Medical Faculty Associates
Department of Medicine, Suite 8-416
2150 Pennsylvania Avenue, NW