This week, coffee is good for you and the more you drink the better; this week, eggs are bad for you and the more you eat the worse it is. I can understand but have no doubt that it will change again with the next meta-analysis. (Meta-analysis is the statistical procedure for combining data from multiple studies.) I have always hated the use of meta-analysis since putting multiple garbage studies together and expecting more than garbage as an output is naïve. Occasionally this type of analysis can lead one to do a real study to confirm the results, but often the number of patients needed to prove the hypothesis is beyond the reach of most specialties, except cardiology which is known for doing studies entering hundreds of thousands of patients.

One study reported in the last few weeks makes no sense, at least to me. Let me set the stage. We have seen a decrease in mortality from CHD and stroke since the early 1980’s. Mortality rates have declined to about one third of what they were in the 1960’s. The decline has been attributed to a host of things including, less smoking, better treatment of hypertension, the use of reperfusion therapy (stents and thrombolytics) for acute MI, but most of all, STATINS. Statins, with the reduction in LDL levels, has been attributed with the majority of this decline.

The study I referred to was presented at the recent American College of Cardiology meetings and received a lot of attention and publicity because of its startling results. The study looked at 5,500 patients with known CAD, 80% male (as are most of these studies) with an average age of 57. All had been prescribed some statin. However, 25 percent never filled the prescription and another 25 percent didn’t fill their second one. Only 6.4% of patients took the drug 80 percent of the time or more. WHY?? They don’t say in the abstract but we can assume that some had side effects of muscle aches and some probably attributed other side effects as coming from the statin. Cost shouldn’t be an issue because today a 90-day supply of most statins cost about $10 or less.

The abstract did state that the more noncompliant someone was the worse the outcome. Those who took the statin as prescribed had a 48% lower risk of having an MI or stroke and at least that makes sense.

Smoking cessation and BP treatment wouldn’t give this magnitude of decline in mortality, so how can we reconcile this study with overall national trends? If only 6% of patients with CAD nationwide are taking their statins, how did this amazing reduction in death happen? Is it possible that this study may not be indicative of the rest of the nation? The study was done in Murray, Utah. Murray is a city situated on the Wasatch Front in the core of Salt Lake Valley between Millcreek and Midvale. Named for territorial governor Eli Murray, it is the state's fourteenth largest city and has approximately 46,746 residents. How could this not be representative of the rest of the United States? So the entire concept of statins as a wonder drug now falls on the shoulders of Sara Wikstrom who will be returning to the mountains of Utah for the explicit purpose of explaining these results. I expect a full report a few weeks after she arrives. I realize this is a large burden but she can handle it, after all she was a chief resident.

---

From the Chairman

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---

Alan G. Wasserman, M.D.
Grand Rounds

APR 4 "APOL1: Friend or Foe?"
Renu Regunathan-Shenk, MD
Assistant Professor of Medicine
Division of Kidney Disease & Hypertension
Department of Medicine
GW MFA

APR 11 "Physician Professionalism"
Andrea Anderson, MD
Chairman, DC Board of Medicine
Clinical Assistant Professor of Medicine
GW School of Medicine
Director of Family Medicine
Unity Health Care

APR 18 "IBD Then and Now"
Samuel Kallus, MD
Assistant Professor of Medicine
Division of Gastroenterology
Department of Medicine
GW MFA

APR 25 "Ventricular Fibrillation"
Samuel Asirvatham, MD
Professor of Medicine/ Division of Cardiology
Department of Medicine
Professor of Pediatrics/ Division of Pediatric Cardiology
Department of Pediatric and Adolescent Medicine
Program Director, Clinical Cardiac Electrophysiology Fellowship
Mayo Clinic, Rochester, MN

Cardiology Grand Rounds
5:00 PM, Ross Hall, Room # 227

APR 3 M & M

APR 10 George Koseski, MD
Former GW Fellow
Cardiac Electrophysiologist
Altoona, Pennsylvania
Bundle Pacing

APR 17 TBA

APR 24 Invited Varghese Lecture
Samuel Asirvatham, MD
Professor of Medicine/ Division of Cardiology
Department of Medicine
Professor of Pediatrics/ Division of Pediatric Cardiology
Department of Pediatric and Adolescent Medicine
Program Director, Clinical Cardiac Electrophysiology Fellowship
Mayo Clinic, Rochester, MN
Ventricular Fibrillation

Resident Lecture Series
April 2019 Noon Conference

APR 1 Jeopardy
APR 2 Journal Club
APR 3 GME Core Lecture
APR 4 Medicine Grand Rounds
APR 5 Chairman’s Rounds
APR 8 "SLE/Scleroderma/Sjogrens and the ANA Test-
Dr. Victoria Shanmugam
APR 9 Patient Safety Conference
APR 10 GW Research Day
APR 11 Medicine Grand Rounds
APR 12 Chairman’s Rounds
APR 15 Social Lunch
APR 16 “Syphilis”– Dr. Afsoon Roberts
APR 17 GME Core Lecture
APR 18 Medicine Grand Rounds
APR 19 “Contraception”– Dr. Jill Catalanotti
APR 22 NEJM Mystery Case
APR 23 CPC
APR 24 “Nutrition with Diabetes”- Tamara Swigert
APR 25 Medicine Grand Rounds
APR 26 Chairman’s Rounds
APR 29 Geriatrics Jeopardy– Dr. Prather
APR 30 Jeopardy

Department of Medicine
April 2019 Grand Rounds

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 (AMA).

Cardiology Grand Rounds

May 1
Hypertension Management
5:00 PM, Ross Hall, Room # 227

APR 10
George Koseski, MD
Former GW Fellow
Cardiac Electrophysiologist
Altoona, Pennsylvania
Bundle Pacing

AX 17
TBA

APR 24
Invited Varghese Lecture
Samuel Asirvatham, MD
Professor of Medicine/ Division of Cardiology
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APR 29 Geriatrics Jeopardy– Dr. Prather
APR 30 Jeopardy

Medical 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

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.
### International Scholars

<table>
<thead>
<tr>
<th>Name</th>
<th>Medical School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malak Alharbi</td>
<td>King Abdulaziz University College of Medicine</td>
</tr>
<tr>
<td>Mohamed Bohlega</td>
<td>King Saud University, Riyadh College of Medicine</td>
</tr>
<tr>
<td>Mohammad Alarfaj</td>
<td>University of Dammam College of Medicine</td>
</tr>
<tr>
<td>Naif Altamimi (Preliminary)</td>
<td>University of Ha’il College of Medicine</td>
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### Internal Medicine Match

#### Categorial

<table>
<thead>
<tr>
<th>Name</th>
<th>Medical School</th>
</tr>
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<tbody>
<tr>
<td>John Gracely</td>
<td>Campbell University Jerry M. Wallace School of Osteopathic Medicine</td>
</tr>
<tr>
<td>Albert Samost</td>
<td>Cooper Medical School of Rowan University</td>
</tr>
<tr>
<td>Negin Shahshahan</td>
<td>Drexel University College of Medicine</td>
</tr>
<tr>
<td>Padma Shenoy</td>
<td>Drexel University College of Medicine</td>
</tr>
<tr>
<td>Ezra Lee</td>
<td>Eastern Virginia University Herbert Wertheim College of Medicine</td>
</tr>
<tr>
<td>Carly Rabin</td>
<td>Florida International University Herbert Wertheim College of Medicine</td>
</tr>
<tr>
<td>Leonel Atencio</td>
<td>George Washington University SMHS</td>
</tr>
<tr>
<td>Matthew Rosenthal</td>
<td>George Washington University SMHS</td>
</tr>
<tr>
<td>ChiChi Udochi</td>
<td>Howard University College of Medicine</td>
</tr>
<tr>
<td>Faraz Sohail</td>
<td>Indiana University School of Medicine</td>
</tr>
<tr>
<td>Manuel Cabrera</td>
<td>Lewis Katz School of Medicine at Temple University</td>
</tr>
<tr>
<td>Anna Ralphchenko</td>
<td>Lewis Katz School of Medicine at Temple University</td>
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<tr>
<td>Martin Maldonado-Puebla</td>
<td>Ponce Health Sciences University School of Medicine</td>
</tr>
<tr>
<td>Leor Needleman</td>
<td>Sackler School of Medicine - New York State American Branch</td>
</tr>
<tr>
<td>Julia Zemskova</td>
<td>The University of Toledo College of Medicine</td>
</tr>
<tr>
<td>Tatiana Rugeles Suarez -Universidad Industrial de Santander</td>
<td>Escuela de Medicina</td>
</tr>
<tr>
<td>Seba Ramhdani</td>
<td>University of Aleppo Faculty of Medicine</td>
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<tr>
<td>Emily Newman</td>
<td>University of Cincinnati College of Medicine</td>
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<tr>
<td>Margaret Pruitt</td>
<td>University of Kansas School of Medicine</td>
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<tr>
<td>Zachary Appelbaum</td>
<td>University of Miami Leonard M. Miller School of Medicine</td>
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<tr>
<td>Daniel Ludi</td>
<td>University of Tennessee Health Science Center College of Medicine</td>
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<tr>
<td>Hayley Rogers</td>
<td>University of Texas Medical Branch School of Medicine</td>
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<tr>
<td>Niraj Gowda</td>
<td>USF Health Morsani College of Medicine</td>
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#### Primary Care

<table>
<thead>
<tr>
<th>Name</th>
<th>Medical School</th>
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<tbody>
<tr>
<td>Stefano Leitner</td>
<td>Florida State University College of Medicine Ft. Pierce Campus</td>
</tr>
<tr>
<td>Omowunmi Adedeji</td>
<td>Rutgers, Robert Wood Johnson Medical School</td>
</tr>
<tr>
<td>Nisha Patel</td>
<td>Sidney Kimmel Medical College at Thomas Jefferson University</td>
</tr>
<tr>
<td>Michelle Camp</td>
<td>University of Miami Leonard M. Miller School of Medicine</td>
</tr>
<tr>
<td>Gavin Truong</td>
<td>University of South Carolina School of Medicine</td>
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#### Preliminary

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Marwa Baalbaki (Neurology)</td>
<td>American University of Beirut Faculty of Medicine</td>
</tr>
<tr>
<td>Shengyun Li (Neurology)</td>
<td>Capital Medical University</td>
</tr>
<tr>
<td>Christopher Lawrence</td>
<td>George Washington University SMHS</td>
</tr>
<tr>
<td>Ariel Ozeki</td>
<td>George Washington University SMHS</td>
</tr>
<tr>
<td>Kathleen O’Brien</td>
<td>Georgetown University School of Medicine</td>
</tr>
<tr>
<td>Carlos Rodriguez-Russo</td>
<td>The Warren Alpert Medical School of Brown University</td>
</tr>
<tr>
<td>Bohan Liu</td>
<td>Uniformed Services University of the Health Sciences F. Edward Hebert School of Medicine</td>
</tr>
<tr>
<td>Maryam Khan (Radiology)</td>
<td>University of Louisville School of Medicine</td>
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</table>
GW Medicine Notes

Rheumatology Academic Conference
Schedule
April 2019

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

APR 4: 8:00-9:00 AM Radiology Conference
Dr. K. Brindle

APR 4: 9:00-9:30 AM Patient Safety Monitoring

APR 11: 8:00-9:00 AM Journal Club
Dr. Aggarwal & McBride

APR 11: 9:00-9:30 AM Patient Safety Monitoring

APR 18: 7:30-9:00 AM Intra-city Grand Rounds:
Location: NIH CAMPUS
Building 10

APR 25: 8:30-9:30 AM Thrombosis
Dr. Najeebah Bade

APR 25: 8:00-9:00 AM Patient Safety Monitoring

Kudos and Congratulations

Kudos...to Drs. Allen Solomon (Cardiology), Dr. Jonathan Reiner (Cardiology), and Erica Schockett (Palliative Care), on a letter of praise from a patient, “I cannot praise each of them enough for the kindness and care they gave to my brother, if there is an award for the best Heart ICU, I feel strongly that GWUH would and should receive it.”

Kudos...to Dr. Kaylan Baban, General Internal Medicine, on her live interview with WUSA Channel 9 regarding the anti-vaccine movement and the misinformation surrounding vaccines.

Kudos...to Dr. Christina Prather, Palliative Care, on a patient compliment, “She helped me immensely with my treatment, thank you so much.”

Kudos...to Dr. James Gehring, Hospital Medicine, on a patient compliment, “Dr. Gehring is genuine, sympathetic, and caring.”

Congratulations...to Dr. Anjeni Keswani, Allergy, and her family on the arrival of her baby boy, Aarav Mazumdar, 6lbs 1 oz, 19 inches and a full head of hair!

Congratulations...to Dr. Courtney Paul, Hospital-Medicine, and his family on the arrival of their new baby boy, Alexander Francis Paul 8lbs 4 oz on 3/24.

The George Washington University Medical Faculty Associates
Department of Medicine, Suite 8-416
2150 Pennsylvania Avenue, NW