GW Medicine Notes
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GWUH Transcatheter Aortic Valve Replacement (TAVR) Update

The GWU Hospital structural heart disease program passed another milestone this month. According to Stephen Robie, PA, TAVR coordinator, 36 TAVRs have been completed with 3 more scheduled first week of September.

This accomplishment which was achieved in a little over 1 year has been made possible because of the dedication, professionalism and hard work of many people including the leadership of Drs. Christian Nagy and Jonathan Reiner and the dedicated collaboration of many more members including members of the Cath lab, operating room and departments of Medicine, Surgery, Anesthesia/Critical Care, Radiology and Nursing. Dr. Nagy will be giving a TAVR update at Medicine Grand Rounds on August 20th.

The program has provided extremely high-quality and compassionate care to some of the area’s sickest patients and we’re looking forward to an even better second year.

We are truly grateful for the hard work of so many people.

From the Chairman

Sleep has become the new constipation. Everyone wants to talk about it. Everyone wants to do it. But more and more people are having trouble. Either you can’t sleep or you are keeping someone else from sleeping. How has “not sleeping” become a disease? And when did it become a multi-million dollar business?

According to some online dictionary (so it must be true) the word “insomnia” first appeared around 1623. I would imagine that the main cause of insomnia for the next 350 years was probably heat. Hard to worry about someone snoring when the temperature in the room is in the 90’s.

Many famous people over the years suffered from insomnia; from Benjamin Franklin to Napoleon to Marilyn Monroe. Winston Churchill supposedly had two beds in his house so if he couldn’t sleep in one he moved to the other; sounds to me as the start of Cognitive Therapy.

The therapy for constipation is as simple as Metamucil or bran. Both are cheap and effective. Not so for insomnia. Alcohol was probably the first therapy for insomnia and, for many, still may be. However, the real breakthrough probably came around 1912 with the introduction of phenobarbital. For the next 50 years, barbiturates were the rage. “Downers” were so prevalent that books were written about them, Valley of the Dolls and they were immortalized in songs, Mother’s little Helpers. It was barbiturates that probably caused Marilyn’s flame to flicker and certainly didn’t do Elvis any good although he had both problems.

Advances in pharmaceuticals, first with benzodiazepines and then non-benzodiazepine sleeping meds like zolpidem, replaced barbiturates. But these drugs have problems with poor efficacy, dependence or tachyphalaxis. My personal favorite name for a drug is Intermezzo, which is low dose zolpidem that you can take if you have middle of the night awakening since it lasts only 4 hours instead of supposedly 8. Do you think anyone ever tried breaking the generic zolpidem version in half? Crazy idea. It’s quick onset and short duration has made Zolpidem a leading date rape drug replacing Quaaludes which was banned in 1982 and which according to the DEA “eliminated the (date rape) problem.”

Sleep disorders, of which there are hundreds, have it all over constipation. There is no Academy of Constipation but there is an American Academy of Sleep Medicine (AASM). Not surprisingly the AASM considers sleep disorders an illness that has reached epidemic proportions. And sleep apnea probably has. You never hear about constipation reaching epidemic proportions. Hypertension may be the silent killer but those with constipation are the silent sufferers.

The term "Pickwickian syndrome" was coined by William Osler. The description of Joe, “the fat boy” in Dickens's novel The Pickwick Papers, seemed to him an accurate clinical picture of an adult with obstructive sleep apnea syndrome. And if you are lucky enough to have this diagnosis and it is estimated that one in 15 Americans do, you may become the victim of CPAP or APAP. At an initial cost of $500 and $2000 with additional annual supply costs, we are talking big bucks. But worry not, Medicare covers it all (including your nose and mouth.) Many patients swear by the treatment and many others just swear at the machine. Either way is probably therapeutic.

If you tried CPAP you understand why some individuals would turn to measures as extreme as Propofol, a short acting hypnotic, to sleep. If something is as prevalent as insomnia, is it really a disease? Would it be if Medicare stopped paying for treatment? If you think you can’t sleep try watching Wolf Hall on PBS. You will be out like a light in minutes.

Alan G. Wasserman, M.D.
Department of Medicine
August 2015 Grand Rounds

AUG 6 “Future of GME”
Fitz Mullan, MD
Murdock Head Professor of Medicine and
Health Policy
George Washington University
School of Public Health
Professor of Pediatrics
George Washington University School of Medicine

AUG 13 “Granulomatosis with Polyangiitis”
Scott Cohen, MD
Associate Professor of Medicine
Division of Kidney Diseases & Hypertension
Department of Medicine
GW Medical Faculty Associates

AUG 20 “Mitral Valve Regurgitation Treatment and TAVR Update”
Christian Nagy, MD
Assistant Professor of Medicine
Division of Cardiology
Department of Medicine
GW Medical Faculty Associates

AUG 27 “Stem Cell Therapy”
Cynthia Dunbar, MD
Head of the Molecular Hematopoiesis Section
Hematology Branch
National Heart, Lung, and Blood Institute (NHLBI)

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
WILL RETURN
IN SEPTEMBER

Resident Lecture Series
August 2015 Noon Conference

AUG 3 “Drug Hypersensitivity”- Dr. Richard Nicklas
AUG 4 “Advance Directives/Code Status”–
Dr. Katalin Roth
AUG 5 “Cancer Screening”- Dr. Adam Possner
AUG 6 Grand Rounds
AUG 7 “Intro HIV”- Dr. Marc Siegel
AUG 10 “Immune Suppression in Renal Transplant”-
Dr. Muralidharan Jagadeesan
AUG 11 “COPD”- Dr. Morgan Delaney
AUG 12 TBD
AUG 13 Grand Rounds
AUG 14 “Seizures and Epilepsy”-
Dr. Mohamad Koubeissi
AUG 17 “Management of Renal Transplant Patients”-
Dr. Muralidharan Jagadeesan
AUG 18 “Atrial Fibrillation”- Dr. Marco Mercader
AUG 19 “Heart Failure”- Dr. Gurusher Panjrath
AUG 20 Grand Rounds
AUG 21 Chairman’s Rounds
AUG 24 TBD
AUG 25 Clinicopathologic Conference-
Drs. Srikar Kumar and Christian Geir
AUG 26 “Glomerulonephritis”- Dr. Scott Cohen
AUG 27 Grand Rounds
AUG 28 Chairman’s Rounds
AUG 31 “Infectious Diseases Emergencies”-
Dr. David Parenti

Medicine Team Contacts

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SILVER TEAM  (202) 715-6040
PURPLE TEAM  (202) 715-6042
GOLD TEAM  (202) 715-6044

ADMITTING RESIDENT 741-0161 pager
Please Join Us In Welcoming Our Newest Additions to the Medicine Faculty

**Lakshmi Lattimer, MD** joins the Division of Gastroenterology or rather returns as a faculty member. Dr. Lakshmi Lattimer earned her Medical Degree at Harvard Medical School in 2008. She completed her Residency in Osler Internal Medicine at Johns Hopkins School of Medicine in 2011. She completed her Gastroenterology Fellowship, here at the George Washington University. She is board certified in internal medicine and plans to take her Gastroenterology boards in the near future.

Dr. Lattimer has an excellent record as a clinician, always showing great compassion while advocating for her patients. Her teaching abilities are exemplary and is well respected by her students, medical, resident and fellow. Her scholarly works are growing, she has participated in a number of research projects, published in seven journals, three book chapters and seven abstracts.

**Kaylan Baban, MD** joins the Division of General Internal Medicine this month. Dr. Kaylan A. Baban completed her Medical and Master of Public Health Degrees at Mount Sinai School of Medicine in 2008. From 2008 to 2009, she completed Residency training, here at The George Washington University Hospital in Internal Medicine. She then completed an Ophthalmology & Visual Sciences Residency at the University of Wisconsin Hospital and Clinics from 2009 to 2012. In 2015, Dr. Baban completed a Residency in Preventative Medicine at Icahn School Medicine at Mount Sinai as Chief Resident.

Dr. Baban’s experience is varied. Over the years, she has been employed as a consultant/contributor with a number of institutions including the Maven Clinic in New York, The American Macular Degeneration Foundation in Massachusetts and TechurSelf in California. As an educator, she has been able to lend her expertise in the role of instructor and mentor. Her scholarship is enthusiastic with two publications, one of which is peer reviewed, with another in the works. She has a number of presentations, nationally and regionally and has been involved in a number of projects and clinical trials, five of which are still active.

Dr. Baban has been the recipient of a number of awards throughout her career. Most recently she was honored as the “Future Academic Clinician Educators Fellowship, Dec. 2014 to Jun. 2015.

Her special interests are Digital Health (mobile, telehealth, apps, social media), Preventive Medicine (active design, eye health), Integrative Medicine (mind body) and Public and Population Health.

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**Chairman’s Rounds**

GWU Hospital Auditorium, 12:00
All Faculty Invited to Attend

Aug 21  Dr. Nathan Punwani
      Dr. Talal Alzahrani

Aug 28  Dr. Erica McBride
      Dr. Emily Lo

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**Academic Promotions 2015**

Congratulations to the following Full-Time Medicine Faculty on their academic promotions effective July 1, 2015:

**Professor**

Lakhmir Chawla, MD, Professor of Medicine (VA)
Jehan El-Bayoumi, MD, Professor of Medicine
Carlos Palant MD, Professor of Medicine (VA)

**Associate Professor**

Mohammed Aamir Ali MD, Associate Professor of Medicine
Jillian Catalanotti MD, Associate Professor of Medicine
Danielle Davison, MD, Associate Professor of Medicine
Vivek Jain, MD, Associate Professor of Medicine
Raya Kheirbek MD, Associate Professor of Medicine (VA)
Marc Siegel MD, Associate Professor of Medicine

**Associate Clinical Professor**

Bonita Coe, MD, Associate Clinical Professor
Robert Kruger, MD, Associate Clinical Professor
Mia Marcus, MD, Associate Clinical Professor

Also, Congratulations to the following Limited Service Medicine Faculty on their promotions:

Richard Kaufman MD, Clinical Professor Emeritus
Charles Abrams MD, Associate Clinical Professor Emeritus of Medicine
Elizabeth Wheaton, MD, Associate Clinical Professor
Frederick Parker, III, MD, Associate Clinical Professor
Gary Koritzinsky, MD, Associate Clinical Professor
Mahnaz Momeni, MD, Associate Clinical Professor
Homan Wai, MD, Assistant Clinical Professor
Rebecca Witt, MD, Assistant Clinical Professor
Anne Linton, MS (Librarian), Adjunct Associate Professor
Kudos and Congratulations

Kudos… to Dr. Brandon Rieders, PGY 2, who won the award for the best poster at the Annual Conference of Liver Disease and Gastroenterology at the University of Virginia.

Kudos… to Dr. Lawrence DuBuske, Allergy, on presenting 20 posters at the European Academy of Allergy and Clinical Immunology 2015 Meeting in Barcelona.

Kudos… to Drs. Jannet Lewis, Jon Reiner, Ramesh Mazhari, Marco Mercader and the residents on the Gold Team for receiving praise from a patient, “the care was excellent…”

Kudos… to Dr. Adam Possner, General Internal Medicine, on his excellent work as Section Editor for Poetry and 55 Word stories for the journal Families, Systems, and Health, “Adam has proved himself to be a hardworking, meticulous, and congenial colleague whose involvement has greatly enhanced our journal.”

Kudos… to Dr. Showkat Bashir, Gastroenterology, from a patient who wrote, “He was great; and the GW Hospital was first rate from timing the procedure, through the anesthesia… very smooth and so well cared for.”

Kudos… to Dr. Samir Patel and the Nephrology Division on being recognized by the American Society of Nephrology (ASN) on being amongst the top 10 medical schools producing future nephrologists.

Congratulations… to Dr. Vikram Doraiswamy, Nephrology fellow, on his abstract being selected as the top research in the category of Clinical Science at the National Foundation 24th Annual Fellows Research Forum.

Congratulations… to Pedro Jose, MD, PhD, Renal and Hypertension, who will be joining the MFA family in September for his American Heart Association’s 2015 Excellence Award for Hypertension Research. Way to go!

Congratulations… to Dr. Anita Kumar, Gastroenterology, on the newest addition to her family. Her baby boy, Manav Raj Kumar, was born on 5/20/2015.

Congratulations… to Dr. Tania Alchalabi, Geriatrics, on the newest addition to her family. Her baby boy, Dean Alathari, was born on June 30th, 2015.