I don’t know how much good news one can take in a month, but November may top them all. First, I read that it is very likely within three to four years that Cancer will become the number 1 cause of death in the United States. How is this “good” news you ask? Well it means that Coronary Artery Disease is at best #2.

There seems to be a lot of evidence to support this prediction. Coronary bypass surgery usage is down, and even cardiac catheterizations appear to be on the decrease. A combination of more effective preventive medicine as well as better interventional procedures such as stenting has finally made an impact. I continue to believe that other than vaccinations (except for the new Shingles vaccine which is evil), statins have contributed more, or at least have the potential to contribute more, than any other treatment to improve the health of mass populations.

The new guidelines for the treatment of cholesterol were also released in November, and thankfully whatever committee produced them have regained their senses. The last guidelines were, how do I put this, CRAP! While evidence was piling up that the lower the LDL the better, these dangerous and antiquated guidelines did not emphasize this. That nonsense has finally been rectified. No longer is just putting someone on a statin and not worrying about the LDL level acceptable; now depending on the degree of risk of any individual, the level is important. In most cases, especially in high risk individuals, we must go low.

And how do we determine risk? Twenty five years after many of us involved in cardiac imaging started using coronary artery calcium scoring to help risk stratify, the new guidelines finally get around to recommending its use. Standard methods to assess risk, Framingham, American Heart, etc. are inaccurate. It is estimated that as much as a third of patients classified by these methods as “high risk” never develop coronary disease, leading to overtreatment of millions of individuals. Because coronary calcium scoring is a direct test of disease (you have calcium = you have CAD) it is extremely predictive. Conversely, no matter what your standard risk calculation may be, if your calcium score is zero (men over 45; women over 55) you would become a low risk patient.

“Yay” for our side. Maybe now insurance companies will not be able to deny paying for this test as they have stonewalled for years. Their argument included fearmongering the use of high radiation doses but the dose is equal to that with mammography. Not everyone should be tested. This should be done for primary prevention and only for those with an intermediate risk where a treatment decision needs to be made. In other words, only a few million Americans.

One can imagine that with guidelines heading in the right direction and interventional techniques continuing to improve that death from coronary disease can continue to decrease. Getting rid of all the fast food restaurants would probably do more than all the above. (I am sure you remember a previous newsletter discussing that there was no CAD in China before fast foods appeared). But as that will never happen, a trip to “Elizabeth’s Gone Raw” or “Fancy Radish” in DC might just get you hooked on eating healthy (at least for one meal.)

Alan G. Wasserman, M.D.
**Department of Medicine December 2018 Grand Rounds**

DEC 6 "Advanced Diagnostic and Therapeutic Bronchoscopy"
Daniel Baram, MD
Associate Professor of Medicine
Division of Pulmonary Diseases
Department of Medicine
GW Medical Faculty Associates

DEC 13 "Medical Management of LGBTQ Patients"
Raymond Martins, MD
Associate Clinical Professor of Medicine
Senior Director of Clinical Education and Training
Whitman Walker Health

DEC 20 "Respiratory Failure"
Michael Seneff, MD
Associate Professor of Anesthesiology and Critical Care Unit
Director, Intensive Care Unit
Department of Anesthesiology
GW Medical Faculty Associates

DEC 27 HOLIDAY

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**Cardiology Grand Rounds**

DEC 5 Steven Farmer, MD
Associate Professor of Medicine
Division of Cardiology
Department of Medicine
GW MFA
Bundled Payments for Care Improvement, Advanced

DEC 12 Monica Mukherjee, MD, MPH
Assistant Professor of Medicine
Director, Echocardiographic Research
Johns Hopkins University
RV and Pulmonary Hypertension

DEC 19 M & M

DEC 26 HOLIDAY

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**Resident Lecture Series December 2018 Noon Conference**

DEC 3 Interview Lunch
DEC 4 NEJM Mystery Case
DEC 5 GME Core Lecture
DEC 6 Medicine Grand Rounds
DEC 7 Interview Lunch
DEC 10 Interview Lunch
DEC 11 Patient Safety Conference
DEC 12 Interview Lunch
DEC 13 Medicine Grand Rounds
DEC 14 Interview Lunch
DEC 17 Interview Lunch
DEC 18 Jeopardy
DEC 19 Interview Lunch
DEC 20 Medicine Grand Rounds
DEC 21 Interview Lunch
DEC 24 HOLIDAY
DEC 25 HOLIDAY
DEC 26 HOLIDAY
DEC 27 HOLIDAY
DEC 28 HOLIDAY
DEC 31 HOLIDAY

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**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: GWU Public Call; 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 an hour-for-hour basis in Category I of the Physician’s Recognition Award of the American Medical Association (AMA).
Please Join Us In Welcoming Our Newest Additions to the Department of Medicine

Rohit Jain, MD joins us as an Assistant Professor of Medicine in the Division of Endocrinology. He is board certified in General Internal Medicine and Endocrinology and is licensed in the District of Columbia as well as the State of Maryland.

Dr. Jain completed his basic Medical Degree MBBS from Medical College Kolkata, India. He subsequently pursued his Internal Medicine Residency and Fellowship training in Endocrinology, Diabetes and Metabolism at SUNY Upstate Medical University, Syracuse NY USA.

Dr. Jain’s areas of interest includes Diabetes, Obesity, Thyroid, Adrenal disorders and metabolic bone disease. His patient care philosophy is based on “do no harm first” and believes in empowering patients through education to help them make informed decisions about their health.

Megan Slocum, MMS, PA-C, joins us as a certified Physician Assistant at the GW Medical Faculty Associates in the GW Cancer Center.

Megan received her Bachelor’s Degree in Zoology from the University of Wisconsin-Madison in 2007. She then moved to Chicago, IL to attend Midwestern University where she earned a Master of Medical Science degree in Physician Assistant Studies in the College of Health Sciences in 2009. She obtained her certification as a Physician Assistant by the National Commission on Certification of Physician Assistants shortly thereafter. She is a member of the American Academy of Physician Assistants and is licensed in Washington, DC and Illinois.

Prior to joining the GW Medical Faculty Associates, Megan worked at the Robert H. Lurie Comprehensive Cancer Center at Northwestern Medicine where she helped to develop and implement a cancer survivorship program. Her previous clinical experience included work as a geriatric physician assistant.

Megan is particularly interested in the late and long-term effects associated with cancer and cancer treatment and is committed to improving the lives of patients across the cancer care continuum. She is especially passionate about caring for her older patients affected by cancer.

Congratulations Dr. Ashte Collins, Renal Division, and Dr. Chavon Onumah, General Internal Medicine, on receiving the 2018 Class of 40 under 40 Young Alumni Award from Xavier University, New Orleans, LA. These recipients, who were selected from more than 200 nominations, have demonstrated significant accomplishments before the age of 40 in the arts, entertainment, healthcare, sciences, education, law, business, entrepreneurship, philanthropy, public service or government.

Evelyn Y. Davis, activist shareholder and ‘queen of the corporate jungle,’ dies at 89

A long time patient of Dr. Malakoff and Dr. Roth, Evelyn was one of a kind. She established the Evelyn Y. Davis Foundation, donating with the stipulation that they mount and polish a plaque bearing her name, so long as the institution continues to exist. The MFA/GW plaque can be seen next to the elevator on the ground floor.

TOP DOCTORS - 2018
WASHINGTONIAN MAGAZINE

Allergy: Daniel Ein, MD, Janine Van Lancker, MD, Anjeni Keswani, MD
Cardiology: Richard Katz, MD, Jonathan Reiner, MD, Allen Solomon, MD, Cynthia Tracy, MD, Ramesh Mazhari, MD
Endocrinology: Nicole Ehrhardt, MD, Michael Irwig, Jill Paulson, MD
General Internal Medicine: April Barbour, MD, Elizabeth Bluhm, MD, Jehan (Gigi) El-Bayoumi, MD, Robert Jablonover, MD, Brad Moore, MD, David Popiel, Gail Povar, MD
Gastroenterology: Marie Borum, MD, Antoinette Saddler, MD
Geriatrics: Tania Alchalabi, MD, Elizabeth Cobbs, MD, Christina Prather, MD, Christina Puchalski, MD, Katalin Roth, MD
Infectious Diseases: David Parenti, MD, Afsoon Roberts, MD, Gary Simon, MD
Hematology/Oncology: Robert Siegel, MD
Pulmonary: Jalil Ahari, MD, Morgan Delaney, MD, Guillermo Gutierrez, MD

Congratulations to all The Washingtonian Top Doctors 2018
Kudos and Congratulations

**Kudos to Dr. Renu Regunathan-Shenk**, Renal Division, on a patient compliment, “Dr. Regunathan-Shenk truly exemplifies what a true health care professional should be professional, kind, compassionate, and focused on the whole person mind, body, and spirit.”

**Kudos to Dr. Robert Jayes** and his team on providing such excellent care, “You and your team truly do miraculous work and it is more appreciated than you can imagine. It has made caring for my father at home possible and brought great peace of mind to my mother as well. We all feel extremely lucky that you were willing to take our family on.”

**Kudos to Dr. Nabil Fallouh, Hospital Medicine, Dr. Christina Prather, Geriatrics and Palliative Care, and Dr. Rohan Paul, Renal**, on a letter from a patients’ family who was recently at the hospital, “They presented the facts clearly, discussed minuses and pluses and gave my family time to understand our mom’s situation, with an excellent expertise and high level of humanity during the difficult time.”

**Kudos to Dr. Mayce Hal-Ali, PGY-3**, on a patient compliment, “I was ESTATIC over how wonderful she is. She’s truly caring, knowledgeable, professional, inviting & encouraging, I can’t say enough wonderful things about her.”

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**Rheumatology Academic Conference Schedule**

December 2018

2300 M Street, N.W., Suite 3-332
8AM—11:30 AM

Questions: Call (202) 741-2488

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<td>DEC 6</td>
<td>8:00-9:00 AM</td>
<td>Journal Club Drs. McBride and Aggarwal</td>
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<td>Knowledge Bowl</td>
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