Although early, I thought I would \textit{weigh} in on the 2016 Republican Presidential nomination race. After all, I am sure whoever wins will demonize Obamacare even though it has worked better than anyone would have predicted. Notice that this year even the website ran without a hitch and health care costs continue to remain flat. No wonder the new GOP mantra is stopping immigration reform and not health care. We have to guard those borders, no mind that no one is coming in.

But it seems that the candidates are more concerned with appearance than with substance and given some of the candidates that may be a good thing. Jed Bush has lost 15 pounds and hired a personal trainer to keep in shape. It is interesting that if you google “Jed Bush weight loss” the first thing that comes up is an ad for Jenny Craig. Chris Christie, after making sure that every pizza palace and sub shop re-opened on the Jersey Shore, opted for gastric banding surgery so far the banding is losing. I assume Mike Huckabee is just praying for weight loss although he does seem more interested in Beyoncé’s behind than his.

Bobby Jindal is on the other end of the spectrum. Appearing too thin to be a stout contender, he gained the 15 pounds that Jed Bush lost. Marco Rubio maintains his weight with his water diet as was made evident by his appearance giving the Republican response to the State of the Union address in 2013 better known as the “water bottle-gate” speech. Water is filling and has zero calories.

Of course none of these politicians would admit that they did any of this because they are running for President. But there is one honest man in the Republican Party, Haley Barbour who ran in 2012, told reporters in 2010 that “if you see me losing 40 pounds, that means I’m either running or have cancer.” He did lose weight but fell short of his goal by 20 pounds and therefore had to take himself out of the race.

It is a good thing that Howard Taft isn’t still a Republican nominee. Taft, who weighed in at a svelte 335 pounds ran against the much thinner William James Bryan in 1908. However, Bryan was already a two time loser in 1896 and 1900 so it was no contest making Bryan a three time loser. So it really doesn’t matter who the Democrats put up if Mitt tries running for a third time. How about assemblyman, Sam Hoyt (circa 250lbs) from Buffalo who said “‘When my constituents tell me to trim the fat, I want to make sure they mean the budget, and not me.”

\textit{Alan G. Wasserman, M.D.}
Department of Medicine  
February 2015 Grand Rounds

Feb 5 “Million Hearts”  
Janet Wright, MD FACC  
Executive Director  
Million Hearts at CMS Innovations Center  
Washington, DC

Feb 12 “Who Gets the Heart Attack?  
Jagat Narula, MD, PhD  
Professor of Medicine  
Director, Cardiovascular Imaging Program  
Mount Sinai Hospital

Feb 19 “Palliative Medicine”  
Thomas Smith, MD  
The Harry J. Duffey Family Professor of Palliative Medicine  
Professor of Oncology  
Director of Palliative Medicine  
John Hopkins

Feb 26 “Transgender Care”  
Michael Irwig, MD  
Associate Professor of Medicine  
Division of Endocrinology  
Department of Medicine  
Director of Andrology  
GW Medical Faculty Associates

Cardiology Grand Rounds

5:00 PM, Ross Hall, Room # 104

Feb 4  
Mortality & Morbidity Conference

Feb 11  
Jagat Narula, MD, PhD  
Professor of Medicine  
Director, Cardiovascular Imaging Program  
Mount Sinai Hospital  
TBA

Feb 18  
Allen Solomon, MD  
Professor of Medicine  
Division of Cardiology  
Department of Medicine  
GW Medical Faculty Associates  
Not Atrial Fibrillation

Feb 25  
Michael Miller, MD  
Professor of Medicine  
Director, Center for Preventative Cardiology  
University of Maryland, School of Medicine  
Evolving Strategies to Lower LDL

Resident Lecture Series  
February 2015 Noon Conference

Feb 2  “Common Psychiatric Disorder in Medicine”-  
Dr. Lorenzo Norris

Feb 3  Journal Club

Feb 4  GME Core Lecture

Feb 5  Medicine Grand Rounds

Feb 6  Chairman’s Rounds

Feb 7  "Hospital Transitions”-  
Drs. Chad Henson and Sara Wikstrom

Feb 10  Clinicopathologic Conference-  
Drs. Saria Izzeldin and Nika Safaie

Feb 11  “Heparin Induced Thrombocytopenia”–  
Dr. Shant Ayanian

Feb 12  Medicine Grand Rounds

Feb 13  "Approach to Acute Psychosis”- Dr. Lorenzo Norris

Feb 16  TBD

Feb 17  "Male Hypogonadism”-Dr. Michael Irwig

Feb 18  TBD

Feb 19  Medicine Grand Rounds

Feb 20  Chairman’s Rounds

Feb 23  "Age Appropriate Vaccines– Dr. Anne Cioletti

Feb 24  Clinicopathologic Conference-  
Drs. Nathan Calabro and Emily Lo

Feb 25  GME Core Lecture

Feb 26  Medicine Grand Rounds

Feb 27  TBD

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.

Medicine Team Contacts

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RED TEAM  
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BLUE TEAM  
(202) 715-6156

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 Addition to the Medicine Faculty

**Kimberly Howard, NP** joins the Division of General Internal Medicine this month. Kimberly Howard has earned two Bachelor degrees, the first in Human Physiology from Boston University in 2007 and the other in Nursing at SUNY Binghamton in 2009. In 2014, she earned her Master’s in Nursing/Family Nurse Practitioner Program- SUNY Upstate School of Nursing.

Kimberly, worked as a Registered Nurse in the Cardio-pulmonary ICU at SUNY Upstate Hospital for 5 years. In July 2014, she began employment as a Nurse Practitioner in breast surgery at Medstar Georgetown University Hospital. She is AANPCP board certified as a Nurse Practitioner. Her special interests include the holistic approach to healthcare with an emphasis on lifestyle modifications and preventative medicine.

Celebration

**Ahmed Abughaban, MD** joined the Internal Medicine Residency Program on January 7, 2012. He had superior academic credentials but just as importantly, he had an easy smile, a kind and compassionate heart and humility. Ahmed was interested in becoming an oncologist but unfortunately had to deal with a difficult illness that started at the end of 2013.

He exhibited tremendous physical and emotional strength, courage and grace through it all. On Friday January 16, 2015, surrounded by his family, his friends from residency and faculty, he was awarded his Internal Medicine Residency certificate of completion by Dr. Wasserman. Ahmed returned to Saudi Arabia the following week. He will forever be in our hearts.

Intern Interview Season Comes to an End

That’s it for another year. Thanks to everyone who helped with the interview process. Now we will be meeting to get together our Match list while all the students do the same. Then the waiting starts until Friday March 20th, when those envelopes get opened and everyone’s life changes. Special thanks to Jacqueline Cole Miles, Tamara Lyons, and DeLaura Mosby for all the hard work they did in making this interview season go so smoothly.

White House Docs

This picture was taken at the White House Medical Unit Holiday Reception for Physician Consultants who help care for the 12,000 people who work at the White House!

From Left: Dr. Borum (Gastroenterology), Dr. Kevin O’Connor (physician for the Vice President), Dr. El-Bayoumi (General Internal Medicine), Dr. Ronny Jackson (physician for the President).

Chairman’s Rounds

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

Feb 6  Dr. Mohammed Fadlalla  
    Dr. John Duronville

Feb 20  Dr. Salim Daouk  
    Dr. Meena Hassan
**Rheumatology Academic Conference Schedule February 2015**

*Please note new conference locations:*

ACC Building 6B-411B (8:00 am - 9:00 am)
Questions? Call (202) 741-2488

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<tr>
<th>Date</th>
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<tr>
<td>Feb 5</td>
<td>Journal Club</td>
<td>Dr. Heidi Hanna</td>
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<tr>
<td>Feb 5</td>
<td>Rheumatology Divisional Meeting</td>
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<td>Feb 12</td>
<td>Psoriasis and Psoriatic Arthritis</td>
<td>TBA</td>
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<td>Feb 12</td>
<td>Didactic Sessions</td>
<td>1:00 - 3:30 p.m., GW Hospital, 6th floor</td>
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<td>Feb 19</td>
<td>Intra-City Rheumatology Grand Rounds</td>
<td>NOTE LOCATION: Children’s National Medical Center&lt;br&gt;NOTE TIME: 7:30 AM</td>
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<tr>
<td>Feb 19</td>
<td>Didactic Sessions</td>
<td>1:00 - 3:30 p.m., GW Hospital, 6th floor</td>
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<tr>
<td>Feb 26</td>
<td>Radiology Conference</td>
<td>Dr. Kathleen Brindle, Associate Professor of Radiology&lt;br&gt;Chief, Musculoskeletal Radiology</td>
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<td>Feb 26</td>
<td>Didactic Sessions</td>
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**Kudos & Congratulations**

*Kudos*... to Dr. Justin Ertle, PGY 1, for being selected by the nursing staff and case management team as 4 South Physician of The Month.

*Kudos*... to Dr. Matthew Tuck, for being praised from the Journal of Graduate Medical Education on his high-quality peer reviews for 2014. He was among the top 10% of all reviewers for the Journal.

*Kudos*... to Dr. Woo Lee, PGY 6, Gastroenterology, on receiving a compliment from a physician, “Dr. Lee went way above the call of duty providing excellence, ingenuity, kindness and efficiency to a very frail patient. He was the embodiment of professionalism.”

*Congratulations*... to Dr. Lauren Mauro, Hematology & Oncology, on the newest addition to her family. Patrick Mauro Kochan was born on 12/31/2014 weighing a healthy 7 lbs. 10 ounces.

*Congratulations*... to Dr. Lauren Doliner, General Internal Medicine, on the newest addition to her family. Sarah Emily Bolhofer was born on 1/6/2015 weighing 7 lbs 5 ounces.

*Congratulations*... to Dr. William Borden, Cardiology, on the newest addition to his family. Sela Emilie Borden was born on 1/9/2015 weighing 6 lbs and 6 ounces.

See you next month! The Editor