GW
Rheumatology
School of Medicine & Health Sciences
THE GEORGE WASHINGTON UNIVERSITY
The Division of Rheumatology at The George Washington University School of Medicine and Health Sciences provides state-of-the-art rheumatologic care in the heart of Washington, D.C.

Rheumatologic disease is the number one cause of disability in the United States. Our division’s mission is to:

- Care for patients with rheumatic diseases
- Conduct research that influences patient outcomes in rheumatic diseases
- Educate and advocate for rheumatology

I am proud to report that in 2019, with the dedication of our faculty members and staff, we have made significant strides towards all three components of our mission.

In patient care, the addition of two new faculty members has allowed us to expand our capacity for musculoskeletal ultrasound as well as bone densitometry services for GW Medical Faculty Associates.

With more than 400 patients enrolled in clinical research studies, research continues to be a strength of the division. Our team published 26 manuscripts, and gave multiple research presentations at local, national, and international meetings.

We continue our efforts to educate and advocate for the future of rheumatology. Our ACGME accredited fellowship is highly regarded, and is one of the few fellowships that focuses on training musculoskeletal ultrasound. Our faculty teach locally and nationally as well as serve in directorship roles for national and international rheumatology conferences.

Victoria K. Shanmugam, MRCP, MBBS, FACR, FACP
Director, Rheumatology
HIGHLIGHTING New Faculty

*ADAM KILIAN, MD*

Dr. Adam Kilian completed his undergraduate education in the Honors Program at the University of Michigan. He obtained his medical degree from Michigan State University College of Human Medicine in Grand Rapids, MI, and he completed internship and residency in internal medicine at the University of Utah Hospitals and Clinics in Salt Lake City. Subsequently, he returned to Michigan for rheumatology fellowship at the University of Michigan.

Dr. Kilian is passionate about clinical care, research, and teaching. He has published many peer-reviewed articles, and he has presented at more than fifteen national and international conferences. He has received many regional and national awards for his work, including the Grand Award at the American College of Physicians Annual Research Competition in 2018. Dr. Kilian is an active member of several professional societies, including the Gold Humanism Honor Society, the American College of Physicians, the American College of Rheumatology, and the American Medical Association.

*NADINE MBUYI, MD*

Dr. Nadine Mbuyi joined GW Rheumatology as an Assistant Professor of Medicine in November 2018. Dr. Mbuyi received her Medical Degree at the Saint George’s University School of Medicine. She completed her residency training in Internal Medicine at the Roger Williams Medical Center, Boston University School of Medicine and fellowship in rheumatology at Brown University, where she received training on the diagnosis and management of a broad range of rheumatic diseases. Dr. Mbuyi has expertise in musculoskeletal ultrasound having completed the rigorous Ultrasound School of North American Rheumatologists (USSONAR) training. She is certified in musculoskeletal ultrasound by the American College of Rheumatology.

Dr. Mbuyi is building her research program in gout and the management of early arthritis. She has several publications in prominent journals. Dr. Mbuyi is an active member of the American College of Rheumatology. At GW School of Medicine and Health Sciences, Dr. Mbuyi is serving as secretary of the Clara Bliss Hinds Society for Women in Medicine and Science.
Dr. Patience White received the American College of Physicians D.C. Chapter, John F. Maher Laureate Award from Governor Alice Fuiz, in recognition of her services to Medicine and to the D.C. Community. The Laureate Award is the highest award that the D.C. Chapter can bestow on any of its members.

Dr. Marc Phillpotts has been selected to serve on the GW School of Medicine and Health Sciences Committee for MD Program Admissions. The committee is dedicated to admitting a diverse group of students, who will be prepared to meet the broad and disparate needs of patients and their communities.

In the hands of trained rheumatologists, musculoskeletal ultrasound is a powerful diagnostic tool. The George Washington University Division of Rheumatology is the only academic division of rheumatology in the Washington, D.C. metropolitan area with several physicians who have been certified by the American College of Rheumatology in Musculoskeletal Ultrasound (RhMSUS) to perform diagnostic and therapeutic musculoskeletal ultrasound.
BUILDING A TEAM FOR **Bone Health**

The GW Rheumatology Division recently assumed leadership of Bone Densitometry services for the GW Medical Faculty Associates and operates bone density scans five days per week. Our team of trained rheumatologists also provide expert consultation for osteoporosis management.

**STUDENT Successes**

GW Medical Student Amil Agarwal recently received the Rheumatology Research Foundation Student Achievement Award. This award is presented to encourage medical and graduate students to consider a career in rheumatology, by recognizing promising work. Amil will be presenting a poster at the American College of Rheumatology meeting in Atlanta.

Undergraduate student Kanchan Misra won the Research Day School of Public Health First Prize in the Undergraduate Research Category for a poster presenting work from the GW Lupus study investigating the impact of educational levels on lupus disease activity.
Our work added up to make 2019 Count!
In 2019 the GW Rheumatology fellowship has expanded to three fellows. The fellowship is an ACGME-accredited training program that prepares physicians to become board certified in Rheumatology.

Senior fellow Dr. Ishita Aggarwal has successfully published multiple research manuscripts during her fellowship. She is currently receiving dedicated training in musculoskeletal ultrasound. Junior fellows Drs. Maha Almackenzie and Mamata Chand are learning rheumatology through tutorials and at the bedside. They each have dedicated continuity clinics and are working on research and quality improvement projects.

As Chair of the Clinical Competency Committee and part of the GW Rheumatology fellowship leadership team, Dr. Saira Bilal is mentoring fellows in quality improvement projects. Through these projects, our team is working with patients and multiple members of the healthcare team to streamline several aspects of the care we deliver. We are focused on improving important clinical outcomes for our patients.

The GW Myositis Team had a very successful year with three presentations at international meetings. The team presented data on the use of ultrasound in the diagnosis of juvenile myositis, as well as data from a study on anti-MDA5 antibody associated juvenile dermatomyositis at the 3rd Global Conference on Myositis in Berlin, Germany. They also presented data on anti-MDA5 autoantibody associated juvenile dermatomyositis at the 63rd Annual Scientific Meeting of the Japan College of Rheumatology in Kyoto, Japan.
GW Rheumatology hosted Dr. John Stone, an internationally renowned rheumatologist for the 2nd Stuart S. Kassan Endowed Lecture in Rheumatology. Dr. Stone spoke about IgG4 related disease, describing the evolution from a previously unknown phenomenon to diagnostic criteria and novel therapies.

**THE GW LUPUS STUDY**

Systemic Lupus Erythematosus is a chronic autoimmune disease in which the immune system becomes active against parts of our own cells. The causes of lupus are not well understood, and there is great need to improve outcomes for patients with Lupus. The goal of the GW Lupus study is to investigate predictors of Lupus activity and clinical outcomes.

**STOP SCLERODERMA**

Scleroderma is an immune disease characterized by inflammation, vasculopathy, and fibrosis. The STOP Scleroderma study is designed to investigate various biomarkers that predict disease progression in scleroderma, and to try to understand factors that predict prognosis for patients with early disease.

**WE-HEAL**

Through the Wound Etiology and Healing Study we have developed a longitudinal cohort of patients with Hidradenitis Suppurativa (HS). Work conducted through this study has allowed us to investigate the interplay of the microbiome with HS disease activity and to study keratinocyte function and antimicrobial peptide production. Defective innate immune responses may drive the development of HS, and our team is working with collaborators to better understand the drivers of this disease and potential new therapies.
Dr. Adam Kilian recently joined the American College of Rheumatology Advocates for Arthritis program and spent two days on Capitol Hill advocating for increasing the rheumatology workforce and for improving access to rheumatologic medications for our patients.

PULLING TOGETHER for Rheumatology

As our division has grown, we have been working hard to strengthen our support team and improve the flow for our patients. Our team of dedicated staff guide our patients through the clinic and assist with scheduling follow up appointments.

Our team of physicians and post-doctoral research scientists collaborate on synergistic projects that advance discovery in autoimmune disease and promote education in rheumatology. Much of the support for these projects comes from generous donations to the Rheumatology Research Fund, Alumni Endowments, and faculty donations to the Rheumatology Medical Education Fund.

Research funding is so important. Because of cutting-edge research, my doctors have been able to develop an amazing treatment plan.

- Ceci and Dennis Wraase, MS’75

The Rheumatology Medical Education Fund celebrates and promotes Rheumatology education at GW. I am proud to support it!

- Adam Kilian, MD

As a Rheumatologist and a graduate of the George Washington University School of Medicine and Health Sciences, I could not think of a better way to promote and enhance this important discipline than by funding the endowed lecture series in rheumatology at GW. The Division is outstanding, and I am thrilled to support their work.

- Stuart S. Kassan, MD’72


Philanthropic donations to the Rheumatology Research Fund support investigations into autoimmune disease, educational research and faculty development. Many of these donations come from grateful patients, whose lives have been changed by our work. We want to thank all of our supporters including alumni, faculty and grateful patients as we continue to focus on conducting cutting edge research, and improving care for patients with rheumatic disease.

Thank you for your support of the GW Division of Rheumatology.

Donations to support the GW Division of Rheumatology may be made online at:

go.gwu.edu/Give2Rheumatology