I take full responsibility for the new Blood Pressure GUIDELINES just published in JAMA; after all, I proposed relaxing treatment guidelines in the last Newsletter in line with the new Statin Guidelines. Treating patients is becoming easier and easier. In fact this looks like a conspiracy to make being paid for performance a cinch. If you can’t attain the quality measure than just change the measurement. Just like moving in the goal posts if you can’t kick that far.

No longer (at least in patients over 60) do we need to bring the BP down to the 30 year standard of below 140/90. Now we can allow the BP to go up to 150/90 and call it what? Normal? Adequate? We give up? Or What?

All this because two Japanese studies did not show that patients who reduced their pressure to below 140 fared any better than the patients who only reduced their pressure below 160. Very scientific? Maybe, but let me repeat that slowly, TWO JAPANESE STUDIES. Notice any problem with that statement? First, there are only two studies to compare to 30 years of watching the incidence of stroke and heart failure fall by over 50% with the old standards. Second, if we are talking about Evidence Based Medicine, where is the evidence that the effect of BP in Japanese patients apply to all other ethnic groups?

That has always been the problem with clinical trials, they lump. And if you make the trial large enough the lumps smooth out. We know that any two patients may have considerable different reactions to any drug. Why then wouldn’t ethnic groups or gender show marked differences? It isn’t more large randomized clinical trials we need but smaller more defined patient studies. So if the Japanese do just as well with higher Blood Pressures why isn’t the next step repeating the same trial in Eastern Europeans or Inuits or others.

That is exactly what is being done now in most cancer trials. Research is now geared to looking at the genetic makeup of tumors and designing trials to see which patients would most likely benefit not just studying everyone with that particular cancer. We need more trials that are targeted not buckshotted. It is reasonable to assume that some patients would benefit from a lower BP and in others it wouldn’t matter? Yet once again, we have experts advocating an approach that treats the Populace and not the Individual. So being a physician is getting easier all the time. Start a Statin, any statin and don’t check the lipids again because guidelines tell us it is using the drug that matters not anything else. And now we can do much the same with blood pressure. You had trouble getting some patients down below 140. Not to worry, it doesn’t matter.

I actually think the way to look at Blood Pressure goals should be the same as for Golf. The systolic and your golf score should be some number X plus your age. For BP pick 100 and for golf that number also sounds good. We would have a lot of people with lower BP’s if they were happy with shooting a round of golf under 160. I am.

Alan G. Wasserman, M.D.
Department of Medicine
January 2014 Grand Rounds

Jan 2 Cancelled: Holiday

Jan 9  “Medical Marijuana”
David Belyea, MD
Associate Professor & Vice Chair of Ophthalmology
Department of Ophthalmology
GW Medical Faculty Associates

Jan 16  “Patient Safety & Health Care Policy”
Rosemary Gibson
Senior Advisor
The Hastings Center
Garrison, New York

Jan 23  “Transcatheter Aortic Valve Implantation”
Christian Nagy, MD
Assistant Professor of Medicine
Division of Cardiology
Department of Medicine
GW Medical Faculty Associates

Jan 30  “Bioethics of the Holocaust”
CMATH (Speaker to be determined)
The Center for Medicine After the Holocaust
Houston, Texas

Cardiology Grand Rounds
5:00 PM, GWU Hospital, Conference Room 6-116

Jan 8  Mortality & Morbidity Conference

Jan 15  Allen Solomon, MD
Professor of Medicine
Division of Cardiology
Department of Medicine
GW Medical Faculty Associates
Topic TBD

Jan 22  Maya Salameh, MD
Assistant Professor of Medicine
Division of General Internal Medicine
Department of Medicine
John Hopkins Medicine – Green Spring Station
Noninvasive Diagnosis and Medical Management of Peripheral Arterial Disease

Jan 29  Danielle Doberman, MD, MPH
Assistant Professor of Medicine
Division of Geriatrics & Palliative Care
Department of Medicine
GW Medical Faculty Associates
Palliative Care in Cardiology

Resident Lecture Series
January 2014 Noon Conference

Jan 1  Holiday – No Conference
Jan 2  No Conference
Jan 3  Recruitment/Resident Luncheon
Jan 6  Recruitment/Resident Luncheon
Jan 7  Journal Club
Jan 8  Recruitment/Resident Luncheon
Jan 9  Medicine Grand Rounds
Jan 10  Recruitment/Resident Luncheon
Jan 13  Recruitment/Resident Luncheon
Jan 14  “Crystal and Joints” – Dr. Nora Taylor
Jan 15  Recruitment/Resident Luncheon
Jan 16  Medicine Grand Rounds
Jan 17  Recruitment/Resident Luncheon
Jan 20  Medicine Grand Rounds
Jan 21  “Androgen Deficiency” – Dr. Michael Irwig
Jan 22  Recruitment/Resident Luncheon
Jan 23  Medicine Grand Rounds
Jan 24  Recruitment/Resident Luncheon
Jan 27  Recruitment/Resident Luncheon
Jan 28  Mortality & Morbidity
Jan 29  Recruitment/Resident Luncheon
Jan 30  Medicine Grand Rounds
Jan 31  Recruitment/Resident Luncheon

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

WHITE TEAM  (202) 715-5669
YELLOW TEAM  (202) 715-6041
GREEN TEAM  (202) 715-6062
RED TEAM  (202) 715-6039
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 Additions to the Medicine Faculty

Dr. Tania Alchalabi joins the Division of Geriatrics & Palliative Medicine this month, or rather returns as a faculty member, since she completed her Geriatric fellowship training here at GWU in June 2012. Dr. Alchalabi received her medical degree from the University of Al Mustansiriyah in Baghdad, Iraq. She completed her residency program in family medicine and continued on for an additional year as Chief Resident at Saint Joseph Mercy Hospital in Michigan.

Dr. Alchalabi will spend a significant amount of her clinical time at our affiliated nursing homes and assisted living facilities. She is board certified in Family Medicine and board eligible in Geriatrics. Her clinical interests include dementia and elderly care in nursing homes. She speaks fluent Arabic.

Dr. Saeed Taheri joins the Division of General Internal Medicine at the M Street office this month. Dr. Taheri received his medical degree from Harvard Medical School in Boston, Massachusetts. He completed his residency at Rush University Medical Center in Chicago, Illinois.

His clinical interests include general internal medicine and preventative medicine. He speaks fluent Farsi and Spanish.

Appointments for Drs. Alchalabi and Taheri can be made by calling (202) 741-2222.

Dr. Angela Lee has joined the Division of Geriatrics and Palliative Medicine. Dr. Lee received her medical degree and completed her Residency in Emergency Medicine from the University at Buffalo School of Medicine and Biomedical Sciences in Buffalo, NY. She completed a Hospice and Palliative Care Fellowship in June 2013 from Washington Hospital Center's Department of Emergency Medicine.

She also completed an International Emergency Medicine Fellowship at George Washington University, Ronald Reagan Institute of Emergency Medicine. While she was completing this fellowship she was getting her Masters in Public Health at GWU School of Public Health and Health Services. She was on the faculty in Emergency Medicine part-time practicing at PG County Hospital from 2007 to 2012 until she started her Hospice and Palliative Care Fellowship.

Dr. Lee has worked on extensive international projects focusing on health workforce development, helping to develop courses, and lecturing in India, Thailand, China, and Turkey to name a few.

She is board certified in Emergency Medicine and board eligible in Palliative Medicine. Her interests include Emergency Medicine and Palliative Care. She will be solely hospital-based on the Palliative Care Service.

Subspeciality Match Results

As is evident from the list below, our residents, chief residents and former residents all had a terrific match this year. Everyone matched in the specialty of their choice and most received their first choice.

Gastroenterology, followed by Pulmonary/Critical Care, both for the first time surpassed Cardiology as the most difficult programs to match. Yet our house staff had no problems with five matching to GI alone.

Although it is always nice to see people stay with us for additional training, the fact we have Residents going to places like Hopkins, Northwestern, UCLA and UNC to name a few is impressive.

None of this would have been possible without the hard work of many people mentoring and recommending. Special notice goes out to Dr. Borum and our GI division for helping so many succeed.

Our fellowship match list follows:

**Allergy**
Dr. Akilah Jefferson – NIH

**Cardiology**
Dr. Sam Karki – GWU
Dr. Sanjay Shah – GWU
Dr. Bianca Ummat – GWU

**Endocrinology**
Dr. Shivangi Pandya – Georgetown
Dr. Hanna Mariani – Northwestern McGaw

**Gastroenterology**
Dr. Nuha Alammar – Johns Hopkins
Dr. Shelton McMullan – Georgetown
Dr. Sabeen Medvedev – Georgetown
Dr. Emmanuel Reyes-Ramos – GWU
Dr. Samir Vermani – University of Louisville

**Hematology & Oncology**
Dr. Ashley Freeman – UNC
Dr. Faysal Haroun – GWU
Dr. Andrew Mener – GWU

**Infectious Diseases**
Dr. Cristina Amado – GWU
Dr. Trevor Uyemura – GWU

**Nephrology**
Dr. Dipti Patel – University of Maryland
Dr. Casey Watkins – Johns Hopkins

**Pulmonary/Critical Care**
Dr. Alex Cho – GWU

**Interventional Pulmonology**
Dr. Robert Maximos – Lahey Clinic

**Rheumatology**
Dr. Nehmat Ramadan – GWU
Dr. Sarah Doaty – UCLA

**CDC Epidemic Intelligence Service (EIS)**
Dr. John Jordan
### Rheumatology Academic Conference Schedule

**January 2014**

**ACC Building 6B-411B** (8:00 am - 9:00 am)

**Questions? Call (202) 741-2488**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jan 9</td>
<td><strong>Journal Club</strong></td>
<td>Dr. Mahsa Tehrani</td>
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<tr>
<td>Jan 9</td>
<td><strong>Didactic Sessions</strong></td>
<td>1:00 - 3:30 p.m., GW Hospital, 6th floor</td>
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<tr>
<td>Jan 16</td>
<td><strong>Intra-City Rheumatology Grand Rounds</strong></td>
<td><strong>NOTE LOCATION:</strong> NIH Campus <strong>NOTE TIME:</strong> 7:30 AM</td>
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<tr>
<td>Jan 16</td>
<td><strong>Didactic Sessions</strong></td>
<td>1:00 - 3:30 p.m., GW Hospital, 6th floor</td>
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<td>Jan 23</td>
<td><strong>Radiology Conference</strong></td>
<td>Dr. Kathleen Brindle, Associate Professor of Radiology Chief, Musculoskeletal Radiology</td>
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<tr>
<td>Jan 23</td>
<td><strong>Didactic Sessions</strong></td>
<td>1:00 - 3:30 p.m., GW Hospital, 6th floor</td>
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<td>Jan 29</td>
<td><strong>Juvenile Myositis Update</strong></td>
<td>Dr. Gulnara Mamyrova</td>
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<tr>
<td>Jan 29</td>
<td><strong>Didactic Sessions</strong></td>
<td>1:00 - 3:30 p.m., GW Hospital, 6th floor</td>
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### Kudos & Congratulations

**Kudos... to Erin Davidson**, PGY-2, for being the Resident GMEC Representative in the Senior Leadership Group during the first ever Clinical Learning Environment Review (CLER) site visit. The site visitors were impressed with her commitment to patient safety and dedication to improving quality of care. Way to go!

**More kudos ... to Drs. Brandon Rieders, PGY-1, Maram Alkhatib, PGY-2, Salim Daouk, PGY-2, Ashlee Metcalf, PGY-2, and Ashley Charter, PGY-3, on presenting at the 2013 DC Chapter of the ACP Scientific Meeting.**

**Kudos also ... to Dr. Christina Puchalski**, Geriatrics and Palliative Medicine, on speaking at the Health Group Dinner in December on the *Human Connection: Finding Compassion in Healthcare.*

**Even More Kudos ... to Medicine’s Common Purpose Award winners: Jennifer Bires (Hemonc), LaShawn Anderson (Call Center), Sharon Butler (Internal Medicine), and Swanzetta McCoy (Cardiology). Good job!**

**Congratulations... to Dr. Vinayak Jha**, Pulmonary, CCM and Sleep Disorders Medicine, on his Letter to the Editor, “Abusive Prescribing of Controlled Substances”, which appeared in the December 5 issue of the *New England Journal of Medicine.*

**More Congratulations... to Dr. Mikhail Kogan**, Geriatrics and Palliative Care, on being listed in Drexel University’s 40 under 40 which recognizes their young alumni.

**Congratulations on the birth of Tyler Vaziri, born Dec 30th at 6 lbs, 3 oz and 19 inch long to proud parents Dr. Danielle Davison (Anesthesiology & Medicine) and Dr. Khashayar Vaziri (General Surgery).**

*See you next month! The Editor*