



GW Medicine Notes

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Special House Staff Recognition

On November 22, 2017 a special ceremony took place in the Hospital Board Room to honor the work of one of our house staff, Dr. Chase Houghton. Chase was given special recognition for going well above and beyond what was expected. In early October, the CEO of the Hospital, Ms. Kimberly Russo, received a note from the sister of a patient who had been in the hospital. The patient was homeless and very ill and communicated with difficulty. Chase took it upon himself to track down the patient's sister which was successful after many days and much searching.

The sister wrote the following to Ms. Russo, *"My brother was homeless for a long time and needed in depth care and it was because of a very special employee that the hospital was able to locate me. I want to commend Dr. Chase Houghton for his diligence in locating me. He never gave up and searched all of his resources to locate me. This is truly the mark of an excellent physician and a remarkable human being. Your facility, Ms. Russo, is fortunate and blessed to have him on staff and he will go on to do remarkable things. It only takes one person to care about another human being no matter his circumstance, race, economic background, etc. to change the world and make a dramatic difference. May all other physicians follow in his footsteps?"*

Nothing I can add to that. Well done!

SAVE THE DATE

END-OF-THE-YEAR PARTY

FRIDAY, JUNE 8TH

RITZ CARLTON HOTEL

From the Chairman

In 1986, the last time we had a major tax cut, Ronald Regan and Tip O'Neil made sure the bill was budget neutral. This year there was no such commitment. After continuing to allow major tax benefits for hedge fund managers (among many other perks for the rich), the bill runs up a projected deficit of over a trillion dollars. Therefore, according to many, the only way to resolve this deficit is to cut spending on entitlements that effect the elderly and poor. Finding a way to cut spending on entitlement programs such as Medicare, Medicaid, and Social Security has been the focus of the House leadership for many years. George W. Bush, whose standing as a President has risen significantly in comparison to the present, tried to privatize Social Security to save money and failed. In interviews, he states that not being able to reform Social Security was his greatest failure. (I guess the Iraq War and the Great Recession have been wiped from his memory bank.)

But I digress, in 2012, Paul Ryan said that the only thing he needs to finalize his "Voucher" Plan for Medicare is a Republican President. He should have added that running a larger deficit would also give him a fake rationale. 'We have too much debt and therefore we are now forced to make changes in these programs.'

Medicare was created in 1965 because so many seniors could not afford to buy insurance in the private market. Insurance companies would not cover older Americans because they were too expensive to insure. When President Lyndon Johnson signed Medicare into law, only one in eight seniors had health insurance, while many were placed into poverty to cover their medical costs.

Under Ryan's plan, the elderly would be given vouchers, worth some amount of money to pay for health insurance. Of course, it wouldn't pay for all of any insurance but the most basic that has major restrictions and high deductibles. An analysis by the Congressional Budget Office estimated that under Ryan's voucher system, typical 65-year-olds would pay 68 percent of the cost of their Medicare coverage out of pocket, compared with the 25 percent they pay now. This is if they could find a company that will insure them. And if they have the mental dexterity to be able to find and decide which plan would be best for them.

The other area to cut funding to lower the new deficit would be by turning Medicaid into a block-grant program. Under this system, states would receive a federal Medicaid contribution pegged to inflation and population growth, and could determine how the program is run. This would save the federal government \$756 billion over 10 years, Ryan's figures showed. However, his plan could result in millions of people losing Medicaid eligibility and be dependent on the states to decide what adequate coverage means. You don't save money unless you cut enrollment and benefits.

The third rail of a nation's politics is a metaphor for any issue so controversial that it is "untouchable" to the extent that any politician who dares to broach the subject will invariably suffer politically. For years, Social Security and Medicare had been the third rail but now it seems that tax breaks for hedge fund managers is the new third rail. You don't think vouchering Medicare can't happen? If you can sell the new tax plan as greatly benefitting the middle class you can sell anything.

Alan G. Wasserman, M.D.

Department of Medicine January 2018 Grand Rounds

- JAN 4 **"Cutaneous Lymphoma"**
Frank Glass, MD
Professor of Dermatology & Pathology
GW MFA
- JAN 11 **"Bicarbonate Therapy What is it Good for?"**
Ashte Collins, MD
Assistant Professor of Medicine
GW MFA
- JAN 18 **"Parkinson's Disease: Some Practical Nuts and Bolts"**
Aviva Ellenstein, MD
Assistant Professor of Neurology
GW MFA
- JAN 25 **"Emerging Therapies in Migraine"**
Amanda Michael, MD
Assistant Professor of Neurology
GW MFA

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 1 of the Physician's Recognition Award of the American Medical Association. (AMA).

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: GWUPublicCall; Select Internal Medicine.

Alternatively

WebExchange is still the best way to find the on-call physician.

If you have trouble with your MedHub account, please contact Mary Mitchum at mdmitchum@mfa.gwu.edu.

Cardiology Grand Rounds

5:00 PM, Ross Hall, Room # 227

- JAN 3 **M&M**
Raza Yunus, MD
- JAN 10 **Chagas Cardiomyopathy**
Rachel Marcus, MD
- JAN 17 **Diagnosis and Management of PE's**
Shawn Sarin, MD
- JAN 24 **Atrial Fibrillation and Dementia**
Allen Solomon, MD



Resident Lecture Series January 2018 Noon Conference

- JAN 2 **Holiday**
- JAN 3 **Holiday**
- JAN 4 **Medicine Grand Rounds**
- JAN 5 **Recruitment Lunch**
- JAN 8 **Recruitment Lunch**
- JAN 9 **Patient Safety Conference-Drs. Viktoria Elkis and Brandon Anderson**
- JAN 10 **Recruitment Lunch**
- JAN 11 **Medicine Grand Rounds**
- JAN 12 **Recruitment Lunch (Snow Day)**
- JAN 15 **HOLIDAY**
- JAN 16 **Clinical Pathology Conference-Drs. Linwood Millett and Kathryn Humes**
- JAN 17 **Dr. Leon Guerrero-Ischemic Stroke**
- JAN 18 **Medicine Grand Rounds**
- JAN 19 **Chairman's Rounds-Drs. Lauren Choi and Qusai Al Saleh**
- JAN 22 **TBD**
- JAN 23 **Dr. Mia Barnes-Antibiotic Stewardship**
- JAN 24 **Dr. Julie Fox-Emotional Intelligence in Practice of Medicine**
- JAN 25 **Medicine Grand Rounds**
- JAN 26 **Chairman's Rounds-Drs. John Tiu and Nardos Temesgen**
- JAN 29 **TBD**
- JAN 30 **Autopsy-Dr. Patricia Latham**
- JAN 31 **No conference (Residency Rank List)**

Please Join Us In Welcoming Our Newest Addition to the Medicine Faculty

Renu Regunathan-Shenk, MD joins us as an Assistant Professor of Medicine in the Division of Renal Diseases and Hypertension. Dr. Regunathan-Shenk received her Medical Degree from the Icahn School of Medicine at Mount Sinai. She completed her Internal Medicine Residency and General Nephrology Fellowship at New York Presbyterian - Columbia University Medical Center. Following her Fellowship, she completed an additional year of subspecialty training in Glomerular Diseases at New York Presbyterian-Columbia University Medical Center under the guidance of Dr. Gerald B. Appel. She is board certified in Internal Medicine and Nephrology and is a member of the American Society of Nephrology. Her research interests include Onco-Nephrology, Nephrotic Syndrome, Lupus Nephritis, Glomerulonephritis, and Hypertension.

Gelareh Atefi, MD joins the Department of Medicine, Division of Rheumatology as a Clinical Instructor of Medicine. She obtained her Medical Degree in Iran at Kermanshah University of Medical Sciences. She moved to the United States to pursue her lifelong interest in Immunology. She completed a postdoctoral research fellowship in Dr. Peter Ward's laboratory at the University of Michigan, Ann Arbor. She went on to join the Internal Medicine Residency Program at Michigan State University Hurley Medical Center in Michigan. She continued her research in Immunology as a Research Fellow in the laboratory of Dr. George Tsokos at Beth Israel Deaconess Medical Center, (BIDMC)/ Harvard Medical School in Boston. Her field of interest is Lupus and Cardiac Disease in SLE patients. She then continued her training as a Rheumatology Fellow at BIDMC/Harvard Medical School in Boston. After completing her Fellowship in 2017, Dr. Atefi moved to the DC Metropolitan area to join her husband, to be closer to family and make her home. She looks forward to providing the best health care for her patients, building meaningful relationships with them and helping them to live the best possible life.

Waseem Aziz, MD joins us as Assistant Professor of Medicine, in the Division of Gastroenterology and Liver Diseases. Dr. Aziz earned his Medical Degree from King Edward Medical University, Lahore Pakistan. After a one year of Internship at The University of Pittsburgh Medical Center, he went on to complete Residency at the University of Connecticut Health Center where he also served as Chief Resident. After the completion of his Residency, Dr. Aziz was accepted as a Gastroenterology Fellow at the University of Vermont and subsequently accepted a 2nd Fellowship in Hepatology and Advanced Endoscopy at Beth Israel Deaconess Medical Center affiliated with Harvard Medical School. He is board certified in Gastroenterology; and is licensed in the State of Virginia and the District of Columbia. Dr. Aziz has been in Private practice for more than 20 years, the last 12 yrs. in Northern Virginia. He comes to us with a vast experience of clinical Gastroenterology and Hepatology as well as Interventional Endoscopy. He is a member of the American Gastroenterological Association and American Association of the Study of liver diseases. He is also the Past President of Association of Gastroenterologists of Pakistani Descent in North America. During his free time he plays golf and travels the world with his family to give the opportunity to his kids to learn about different cultures.

Fellowship Match Results

We are proud to announce that we had a great match this year! Congratulations to all of our PGY3s, and thank you to the faculty and staff who supported and guided them along the way to this success!

Our residents matched with the following fellowship programs:

Cardiology

Hani Alhamoud - West Virginia University

Ivan Pena- Hofstra Northwell

Nardos Temesgen - George Washington University

John Glenn Tiu - University of Connecticut

Gastroenterology

Gregory Piech - Temple University

Stephen Testa - George Washington University

Matthew Tick - George Washington University

Geriatrics

Qusai Al Saleh - George Washington University

Hematology & Medical Oncology

Kanika Gupta - Cleveland Clinic

Kristen Millado - Rush University

Hind Rafei - MD Anderson Cancer Center

Hospice and Palliative

Alia Khoja - George Washington University

Celia Mouyal - George Washington University

Infectious Diseases

Vincent DeChavez - Mount Sinai Hospital

Sarah Tran - Augusta University

Medical Education

Caitlin Mingey - George Washington University

Pulmonary and Critical Care

Joseph Delio - George Washington University

Lisa Glass - George Washington University

Yev Vayntrub - Brown University

Rheumatology

Viktoria Elkis - Penn State University

Rheumatology Academic Conference Schedule January 2018

2300 M Street, N.W., Suite 3-332

8AM—11:30 AM

Questions: Call (202) 741-2488

January 4: 8:00-9:00AM	Radiology Conference Dr. K. Brindle
January 4: 9 Am -9:30 AM	Fellows sign-out and patient safety monitoring and education
January 4: 11 AM-noon	Knowledge Bowl and rheumatology boards training /preparation
January 11: 8:00-9:00AM	Journal Club. Dr. Phillipotts and Dr. McBride
January 11: 9 Am -9:30 AM	Fellows sign-out and patient safety monitoring and education
January 11 : 9:30 AM- 11:30 AM	Knowledge Bowl and rheumatology boards training /preparation
January 17 5 Pm-7 PM	Dermatology-rheumatology combined Conference
January 18: 7:30- 9 AM	Intra-city Grand Rounds Location: WHC
January 18: 10- 11 AM	Fellows sign-out and patient safety monitoring and education
January 25: 8:00-9:00AM	Autoimmune liver diseases Patricia Latham, MD
January 25: 9 Am -9:30 AM	Fellows sign-out and patient safety monitoring and education

Kudos and Congratulations

Kudos...to Dr. Paul Silver, General Internal Medicine, who was voted a Top Doctor in the 2017 Washingtonian Magazine.....*apologies for omitting you in the December edition.*

Kudos...to the Endocrine Faculty (Nisha and Michael) who participated in the recent health fair with the Endocrine Society and used their Spanish!

Kudos....to Dr. Solomon who received a shout-out from a patient. The patient's own doctor searched the best doctors in the area to remove his device and recommended Dr. Solomon. The patient came to GW!

Kudos...We received some very kind words from a recent hospitalized patient. He had the pleasure of interacting with both Dr. Teufel and Dr. Holmes. He said that they were both fantastic and he was very grateful to have met them. He was given a choice to go to Washington Hospital Center or GWUH and he chose GW. They made sure that he did not regret that decision.

See you next month! The Editor

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