Posse Scholarship Awardee

Congratulations to Malik Williams on being awarded the Posse Foundation’s University Scholarship. Posse is one of the most comprehensive and renowned college access and youth leadership development programs in the United States.

Malik participated in the Rodham Institute’s Health Education and Leadership Program (HELP). HELP’s aim is to increase the number of kids entering the health care workforce and the majority of middle and high school students who participate in it are the sons and daughters of the GW-MFA staff. Rodham Institute’s HELP nominated Malik for this scholarship program which he was awarded. Malik will be attending the University of Wisconsin at Madison in the Fall of 2015. Malik is the son of Ms. Aminata Williams, radiology technician in the Breast Care Center.

For more information on the Posse Foundation please see their website at: http://www.possefoundation.org/

From the Chairman

For decades most physicians have followed, for the treatment of an Acute Myocardial Infarction, the mantra of MONA (Morphine, Oxygen, Nitrates, and Aspirin) that was learned in Medical School. My favorite pneumonic was MOSTDAMP for CHF (Morphine, Oxygen, Sit up, Tourniquets, Digoxin, Aminophylline, Mercurial diuretic, and Plebotomy.) Seriously, what century was this?

But I digress. I have always been bothered by the fact that when asking medical students how to treat an acute MI, MONA is the first thing that comes to mind and not Reperfusion Therapy (a topic for another newsletter.) How long have we been teaching Evidence Based Medicine (EBM)? EBM is a form of medicine that aims to optimize decision-making by emphasizing the use of evidence from well designed and conducted research. So let’s examine MONA.

Morphine which was marketed by Merck in 1827 has yet to undergo any major clinical trial that shows benefit in acute MI but has been touted as the pain killer of choice. Small studies that have been done have given mixed results but most were done before the era of reperfusion and therefore are irrelevant. But there is nothing wrong with pain relief and something has to be used.

Nitrates had been weakly studied in the pre-reperfusion era with some results in decreasing mortality by decreasing infarct size by decreasing oxygen demand by decreasing pre and after-load. Got it? Since most ST-elevation MI’s have totally occluded arteries there would be little use in using nitrates and much downside if the patient is hypotensive (systolic BP < 90 mm Hg); if RV infarction, or if the patient recently received phosphodiesterase-5 inhibitors (eg, sildenafil). So if you use it, do so at your patients’ risk.

Oxygen is given to every acute MI or chest pain patient who arrives in any emergency room in the U.S. And until recently it has been provided with no evidence of efficacy. There have been concerns of the harmful effects of oxygen potentially caused by the paradoxical effect of oxygen reducing coronary artery flow, and increasing coronary vascular resistance. The 638 Australian patients in the AVOID (Air Versus Oxygen in ST-Elevation Myocardial Infarction) study were randomized, before hospitalization, to oxygen administered via face mask at a flow rate of 8 L/min to no oxygen, unless oxygen saturation fell below 94%. Patients who were not hypoxic and received oxygen had larger myocardial infarct size, as measured during the first 3 days of hospitalization using cardiac enzymes. The people who have been criticizing this study because 8 L of oxygen is higher than normally given are missing the point. The point is oxygen may be dangerous!

Finally, there is Aspirin. Thank goodness for ASA. In 1988, ISIS-2 reported that aspirin therapy (ALONE) reduced short-term mortality in patients with suspected AMI by 23%. In 1990 the American Heart Association recommended that aspirin therapy should be initiated immediately for all patients with AMI and continued for at least 1 month. However a recent study showed that only one third of elderly patients (those who may need it the most) with acute myocardial infarction who had no contraindications to aspirin therapy did not receive it within the first 2 days of hospitalization. In 1972, Archie Cochrane published Effectiveness and Efficiency, which described the lack of controlled trials supporting many practices that had previously been assumed to be effective. So here we are 40 years after the medical community started touted EVB, and we are still anecdotally and routinely treating acute MI patients with three out of four medications that may be harmful and underutilizing the one that is efficacious. Maybe, just maybe, we haven’t advanced as far as we sometimes think we have. How can I put this?

Absence of evidence is not evidence of absence. [Carl Sagan 1996] and I would add, but it might be! (Wasserman 2015)

Alan G. Wasserman, M.D.
**Department of Medicine**  
**January 2015 Grand Rounds**

Jan 8  “**Chronic Hepatitis B in the United States**”  
**Hyman Zimmerman Lecture**  
Charles Howell, MD  
Professor, Department of Gastroenterology  
Chairman, Department of Internal Medicine  
Howard University Hospital

Jan 15  “**Psoriasis**”  
**Alison Ehrlich, MD**  
Professor and Chair  
Department of Dermatology  
Director of Clinical Research  
GW Medical Faculty Associates

Jan 22  “**Scleroderma**”  
**Pravitt Gourh, MD**  
Henry Metzger Scholar in Translational Medicine  
National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)  
National Human Genome Research Institute (NHGRI)  
National Institute of Health (NIH)

Jan 29  "**National Quality Forum**”  
Christine Cassel, MD  
President and CEO  
National Quality Forum

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

Jan 7  Mortality & Morbidity Conference

Jan 14  
Igor Efimov, PhD  
Lucy & Stanley Lopata Distinguished Professor of Biomedical Engineering, Cell Biology and Physiology, and Radiology  
Washington University, St. Louis  
Chairman, Biomedical Engineering  
Human Heart Remodeling in Heart Failure  
NOTE LOCATION: MFA, 10TH FLOOR CONFERENCE ROOM, 10-403

Jan 21  Allen Solomon, MD  
Professor of Medicine  
Division of Cardiology  
Department of Medicine  
GW Medical Faculty Associates  
TBA

Jan 28  Allen Solomon, MD  
Professor of Medicine  
Division of Cardiology  
Department of Medicine  
GW Medical Faculty Associates  
TBA

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**Resident Lecture Series**  
**January 2015 Noon Conference**

Jan 1  Holiday— No Conference

Jan 2  No Conference

Jan 5  Recruitment/Resident Luncheon

Jan 6  Journal Club

Jan 7  GME Core Lecture

Jan 8  Medicine Grand Rounds

Jan 9  Recruitment/Resident Luncheon

Jan 12  Recruitment/Resident Luncheon

Jan 13  Clinicopathologic Conference  
Drs. Angela Pham and Raza Yunus

Jan 14  Recruitment/Resident Luncheon

Jan 15  Medicine Grand Rounds

Jan 16  Recruitment/Resident Luncheon

Jan 19  HOLIDAY

Jan 20  Mortality & Morbidity—  
Drs. Amani Alameer and Shuo Chen  
Recruitment/Resident Luncheon

Jan 21  Medicine Grand Rounds

Jan 22  Recruitment/Resident Luncheon

Jan 23  Recruitment/Resident Luncheon

Jan 26  Recruitment/Resident Luncheon

Jan 27  "Common Podiatry Pathology"— Dr. Zung Le  
Recruitment/Resident Luncheon

Jan 28  Recruitment/Resident Luncheon

Jan 29  Medicine Grand Rounds

Jan 30  Recruitment Overview— Dr. Jill Catalanotti

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**Medicine Team Contacts**

<table>
<thead>
<tr>
<th>WHITE TEAM</th>
<th>(202) 715-5669</th>
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<tbody>
<tr>
<td>YELLOW TEAM</td>
<td>(202) 715-6041</td>
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<tr>
<td>GREEN TEAM</td>
<td>(202) 715-6062</td>
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<td>RED TEAM</td>
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<td>SILVER TEAM</td>
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<td>PURPLE TEAM</td>
<td>(202) 715-6042</td>
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<tr>
<td>GOLD TEAM</td>
<td>(202) 715-6044</td>
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ADMITTING RESIDENT 741-0161 pager
Please Join Us in Welcoming Our Newest Additions to the Medicine Faculty

Dr. Michael Spagnola joins the Division of Hospital Medicine, or rather returns as a faculty member, since he completed his residency training here at GWU in June 2014.

Dr. Spagnola received his medical degree from The George Washington University School of Medicine and Health Sciences. Dr. Spagnola is board certified in Internal Medicine. His special interests include: Hospital Medicine and Medical Education.

Dr. Amandeep Bawa, joins or rather returns as faculty member in the Division of Pulmonary, Critical Care and Sleep Disorder Medicine. He comes to us from the Assistant Professor rank from the University Of Maryland School Of Medicine in Baltimore, MD where he has been on faculty since 2012. Dr. Amandeep Bawa received his medical degree from The University College of Medical Sciences, University of Delhi, New Delhi, India and completed a mandatory rotating internship at an 800 bed tertiary care G.T.B. Hospital in New Delhi, India. His Internal Medicine Residency was completed at Queens Hospital Center, an affiliate of the Mount Sinai School of Medicine in New York, where he also served as Chief Resident in his final year of residency.

Dr. Bawa completed a fellowship in Pulmonary and Critical Care, here at The George Washington University. He is boarded in Internal Medicine, Pulmonary Disease, Critical Care Medicine and Sleep Medicine.

Dr. Christina Prather, joins the Division of Geriatrics. Dr. Prather completed her Medical Degree at The University of Maryland. She completed her residency in Internal Medicine at The University of North Carolina Hospitals, where she also completed a Fellowship in Geriatric Medicine. She is board certified in both Internal Medicine and Geriatric Medicine.

Dr. Prather will focus on the geriatrics consultation service in the hospital, and the clinical integration of inpatient and outpatient geriatrics.

Announcements

New Clinic: Renal/Urology Stone Clinic: The Departments of Renal and Urology have created a stone clinic, which starts on Wednesday January 7th. For appointments please call, 202-741-3333

GW’s Hematology Update 2015: Saturday February 21st from 7AM-4PM at the Milken Institute School of Public Health, 950 New Hampshire Avenue Washington DC 20052. Register before 1/31/2015 to receive the advanced registration rate ($150-Physicians).

Subspeciality 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 have supported and guided them along the way to this success!

Our residents matched with the following fellowship programs:

Cardiology
Dr. Mohammed Gibreal- GWU
Dr. Wesley Fiser—University of Arkansas
Dr. Alex Ross—University of Utah

Endocrinology
Dr. Mayssam Nehme—Georgetown
Dr. Sheliza Lalani—GWU
Dr. Victoria Trendafilova—University of Illinois at Chicago

Gastroenterology
Dr. Wadhia Al-Jaaser—Georgetown University

Hematology & Oncology
Dr. Jeffrey Zweig—Stanford University
Dr. Kristen Whitaker—University of Chicago

Nephrology
Dr. John Duronville—Duke University
Dr. Omar Al Dhyabi—University of Chicago

Pulmonary/Critical Care
Dr. Salim Douak—University of Florida
Dr. Steven Quinn—Rush University
Dr. Georges Al-Helou—GWU
Dr. Sulliman Al Amro—Cedars-Sinai

CDC Epidemic Intelligence Service (EIS)
Dr. Ashley Styczynski

Our incoming fellows for FY 16 are:

Cardiology
Dr. Katlin Baron—University of Maryland Medical Center
Dr. Andrew Bradely—University of Michigan
Dr. Mohammed Gibreal—GWU

Interventional Cardiology
Dr. Bassel Hassouna—GWU
Dr. Aditya Sharma—GWU

Clinical Cardiac Electrophysiology
Dr. Ali Bou Shahr—GWU

Endocrinology
Dr. Sheliza Lalani—GWU
Dr. Preeti Kadambi—GWU

Gastroenterology
Dr. David Jencks—Stanford University
Dr. Jason Adams—VCU

Heme/Onc
Dr. Rahul Singh—New Hanover Regional Medical Center
Dr. Danielle Krol—Drexel University College of Medicine

Hospice Palliative Care
Dr. Mariatu Koroma-Nelson—GWU (Geriatrics)
Dr. Stephanie Cheng—Contra Costa Regional Medical Center

Infectious Diseases
Dr. Suchita Kumar—Lehigh Valley Hospital
Dr. Prakash Khanal—Nassau University Medical Center

Pulmonary
Dr. Georges Al-Helou—GWU
Dr. Arun Jose—Johns Hopkins Hospital
Dr. Ziyad Al-Shathri—Case Western Reserve
Dr. Ahmad Awassia—Saint Vincent Hospital

Renal
Dr. Mohamed Abdus Samad—Atlantic Health System/Morrissitnew Medical Center
Dr. Muhammad Farhan—Saint Joseph Hospital Chicago

Rheumatology
Dr. Sam Saraf—Medstar Union Memorial Hospital

*Geriatric Match—January 7, 2015—5 positions to be filled
**Kudos & Congratulations**

*Kudos*... to Maria Wing, PhD, renal research associate, for being the recipient of the Joseph M. Kranin, MD, Memorial Young Investigator Award from the National Kidney Foundation. In a study titled, “Prebiotic in Peritoneal Dialysis” she will examine the change in microbiome and metabolome in response to prebiotic treatment in patients on peritoneal dialysis.

*More Kudos*... to Drs. Jeanny Aragon-Ching (Hem/Onc), Manish Pant (Hem/Onc), and Ahmed Abuhgabah, PGY 3, on their recently published article, “Advances in systemic therapies for metastatic castration-resistant prostate cancer”, in Future Oncology Journal. Way to go!

*More more Kudos*... to Dr. Jessica Davis, 3rd year medicine resident, on her abstract titled, “Getting Burned by Activated Charcoal: A Case of Gastroenteritis Associated with Activated Charcoal” which was selected as a featured presentation at the American College of Gastroenterology. The co-authors of this abstract were Dr. Anita Kumar, Dr. Marie Borum, and Dr. Vikesh Khajiw.

*Even more Kudos*... to Dr. Alan Wasserman, who received a letter from a patient, “I credit you with saving my husband’s life and giving us the life together that we have.”

*Congratulations*... to Dr. Tina Shah, Rheumatology, on the newest addition to her family. Shawn Ethan Moinuddin was born on 12/4/14 weighing 6lb 8oz.

*Congratulations*... to Dr. Imad Tabbara, Hematology and Oncology, and Dr. Adam Kittai, PGY 3, on their manuscript, “Granulocytic Sarcoma in a Patient with Chronic Myeloid Leukemia in Complete Hematologic, Cytogenetic, and Molecular Remission” that was published in BMJ Case Reports.

*Congratulations*... to Dr. Jeanny Aragon-Ching, Lauren Leatherman, Teka Henderson, Matthew Harrison, Sandra Chacon, and Reneya Gaskins on being the recipient of the MFA 2014 Common Purpose Award. Way to Go!

Our condolences to Dr. Michael Bukrinsky, Professor of Microbiology at GWU SMHS, on the passing of his son, Teddy Bukrinsky. Our thoughts and prayers are with him and his family at this time.

*See you next month!* The Editor

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**Rheumatology Academic Conference Schedule January 2015**

*Please note new conference locations:*

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

<table>
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<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
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<tr>
<td>Jan 8</td>
<td>Journal Club</td>
<td>Dr. D. Almanabri</td>
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<tr>
<td>Jan 8</td>
<td>Rheumatology Divisional Meeting</td>
<td>Ross Hall, Conference room 201 C</td>
<td>1:00 - 3:00 p.m.</td>
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<tr>
<td>Jan 15</td>
<td>Intra-City Rheumatology Grand Rounds</td>
<td>WHC</td>
<td>NOTE LOCATION: WHC</td>
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<tr>
<td>Jan 15</td>
<td>Didactic Sessions</td>
<td>Ross Hall, Conference room 201 C</td>
<td>1:00 - 3:00p.m.</td>
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<td>Jan 22</td>
<td>GW Medical School: New Rheumatology Curriculum</td>
<td>Dr. Matthew Mintz and Dr. Frank Slaby</td>
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<tr>
<td>Jan 22</td>
<td>Didactic Sessions</td>
<td>Ross Hall, Conference room 201 C</td>
<td>1:00 - 3:00p.m.</td>
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<tr>
<td>Jan 29</td>
<td>Radiology Conference</td>
<td>Dr. Kathleen Brindle, Associate Professor of Radiology</td>
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<tr>
<td>Jan 29</td>
<td>Didactic Sessions</td>
<td>Ross Hall, Conference room 201 C</td>
<td>1:00 - 3:00p.m.</td>
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