



# GW Medicine Notes

A Monthly Publication of the GW Department of Medicine

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## End of the Year Party

The End-of-the-Year Party was a huge success.

To continue the tradition, we also had the end of the year photo taken at the party (see page 4).

### AWARDS

Medicine Faculty of the Year  
**Nupur Mehta, MD**

Non-Medicine Faculty  
Member of the Year  
**Babak Sarani, MD**

Clinic Attending of the Year  
**Chad Henson Martins, MD**

VA Attending of the Year  
**Matthew Tuck, MD**

Fairfax Attending of the Year  
**Meena Raj, MD**

Fellow of the Year  
**Alex Cho, MD**

Jorge Rios Resident of the Year  
**Aung Myint, MD**

VA Resident of the Year  
**Paul Blair, MD**

Fairfax Resident of the Year  
**Mitali Mehta, MD**

"ICU" Resident of the Year  
**Katie Cramer, MD**

Intern of the Year  
**Hind Rafei, MD**

Preliminary Intern of the Year  
**Sumeet Gupta, MD**

Annual Susan Hasselquist Award  
*Presented to a resident who exemplifies  
compassionate care combined with clinical and  
diagnostic excellence*  
**Aneesha Hossain, MD**

Gordon Moshman, MD '78 Primary Care  
Resident Award  
**Emily Lo, MD**

**Congratulations to All !!**

## *From the Chairman*

Most people refuse to dine with me or know me well enough not to ask questions about food. For example, I was over a friend's house last weekend having a lovely brunch when of course someone had to mention cholesterol. It is sort of the old Grouch Marx show "You Bet Your Life", say the magic word and win \$100. In this case it is, say the magic word and watch out. Immediately of course the topic changed to statins and then things got going.

"How can you take that 'Poison'?" Really! And this wasn't from someone who is uneducated. He graduated from Rutgers Newark (no comments.) In my calmest voice, I said something like, "you ignorant slut, you have no idea what you are talking about," I was then shown an internet page with multiple books with titles like, "The Statin Sham", "Statins Kill," "the Cholesterol Myth," etc. You get the point. But I was stopped in my tracks after all the internet is where Donald Trump gets his information so how could this not be true?

I tried to recover with data: WOSCOPS, was a primary prevention trial where the use of statins decreased major coronary events by 31% compared to diet and exercise alone. The 4S trial was a secondary prevention trial and major coronary events were decreased by 34%. The CARE trial, blah, blah, blah, I could see I was getting nowhere with data.

So I tried this: every cardiologist I know will say that the incidence of coronary disease and acute MI has decreased in their lifetime. In fact, (more data) there has been a 28% reduction in death from heart disease from 1997 to 2007. Now all of this may not be statins. Some may be due to a decrease in smoking, at least in the U.S., and for the minority a healthier diet.

But what about muscular problems, and coenzyme Q-10 deficiency and memory loss and diabetes and a few other nonsensical things like ALS and liver failure that have been totally debunked. Well, a good percentage of patients can't tolerate these drugs because of muscle aches but serious muscle damage is very rare. Some patients seem to have some short term memory issues (be nice if they forgot they had muscle aches) and in some who are prone to diabetes these drugs seem to hasten the appearance of abnormal glucose levels. As for CoQ-10, evidence from randomized controlled trials does not appear to support the idea that CoQ-10 is an effective treatment for statin myopathy. It is not FDA approved to treat any condition but at least it is well tolerated.

However, these side effects are dwarfed by this statement: "maximal doses of rosuvastatin and atorvastatin resulted in significant regression of coronary atherosclerosis." The key word here is REGRESSION. We have not seen this before and the two studies that showed this were done by the curmudgeon of cardiology (and good friend) Steve Nissen from the Cleveland Clinic. Steve does not give praise lightly but confirmed that multiple imaging studies have demonstrated plaque stabilization or regression with statin treatment that paralleled improvement in lipid profile and clinical outcomes. Nissen has led a number of inquiries as to the scientific integrity of many medications currently on the market most notably Vioxx but he is an advocate for statins.

No drug is risk free. All you can do is weigh the risks to the benefits. No doubt some people could be harmed by statins but when you have multiple, large scale studies showing reductions in MI and mortality and demonstrate regression of disease the benefits far outweigh the risk. And if you don't agree don't eat Brunch with me, just stay on the internet.

***Alan G. Wasserman, M.D.***

## **Department of Medicine July 2016 Grand Rounds**

**JULY 7 "Flaviviruses"**

**Aileen Chang, MD**

Assistant Professor of Medicine  
Division of General Internal Medicine  
Department of Medicine  
GW Medical Faculty Associates

**JULY 14 "Hereditary Cancer Syndromes"**

**Farzana Walcott, MD**

Assistant Professor of Medicine  
Division of General Internal Medicine  
Department of Medicine  
GW Medical Faculty Associates

**JULY 21 "Male Infertility"**

**Kelly Chiles, MD**

Assistant Professor of Urology  
Department of Urology  
GW Medical Faculty Associates

**JULY 28 "Early Goal Directed Therapy Traveling  
Down the Wrong River"**

**Charles Natanson, MD**

Senior Investigator  
Chief, Anesthesia Section  
Critical Care Medicine Department  
National Institutes of Health (NIH)  
Professor of Anesthesia  
University of Maryland & John Hopkins University  
Clinical Professor of Medicine  
GW University

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**

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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 New Chief Residents**

**Erica McBride, MD** received her Medical Degree from Loyola University Stritch School of Medicine in 2013. She completed a three year Residency in Internal Medicine, at The George Washington University Hospital in June 2015. She will continue at the GWU MFA for one additional year as Chief Medical Resident in July 2016. Dr. McBride is licensed in the District of Columbia and plans to take her Internal Medicine boards in August 2016.

Dr. McBride has participated in research projects at both Loyola University Stritch School of Medicine and Cornell University and has had some presented abstracts at local meetings. Her other interests include Spanish (proficiency, intermediate), cooking, Nutrition, Running and Historical Non-Fiction.

**Leonard D. Genovese, MD** received his Medical Degree from Trinity School of Medicine in 2012 in St. Vincent and the Grenadines. He completed his PGY1 & 2 Residency in Internal Medicine at Rutgers, University Hospital in 2014 and concluded his final year here at The George Washington University Hospital, June 2016.

(Continued on page 3)



## **Resident Lecture Series July 2016 Noon Conference**

JULY 1 **No Conference**  
 JULY 4 **HOLIDAY**  
 JULY 5 **"Intro to HIV"- Dr. Marc Siegel**  
 JULY 6 **"Hospital Wound Care"- Kathleen Kurntke**  
 JULY 7 **Medicine Grand Rounds**  
 JULY 8 **"Oral Health"- Pierre Cartier**  
 JULY 11 **"Sepsis"- Dr. Katrina Hawkins**  
 JULY 12 **Mortality and Morbidity-  
Drs. Sara Pike and Tina Chee**  
 JULY 13 **"Thyroid Nodules"- Dr. Jill Paulson**  
 JULY 14 **Medicine Grand Rounds**  
 JULY 15 **"UTI"- Dr. Jillian Catalanotti**  
 JULY 18 **"Drug Allergies"- Dr. Richard Nicklas**  
 JULY 19 **"TBD"- Dr. Khaled el-Shami**  
 JULY 20 **"Radiology"- Dr. Michael Burke**  
 JULY 21 **Medicine Grand Rounds**  
 JULY 22 **"Stroke"- Dr. Shahram Majidi**  
 JULY 25 **"Reading CXR"- Dr. Jalil Ahari**  
 JULY 26 **"Neutropenic Fever"- Dr. Afsoon Roberts**  
 JULY 27 **"TBD"- Dr. Faysal Haroun**  
 JULY 28 **Medicine Grand Rounds**  
 JULY 29 **"ETOH Withdrawal"- Dr. Karolyn Teufel**

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## Please Join Us In Welcoming Our New Chief Residents

He will continue at the GWU MFA for one additional year as Chief Medical Resident, starting in July 2016. Dr. Genovese is licensed in the District of Columbia and plans to take his Internal Medicine boards in August 2016.

Dr. Genovese has a special interest in Cardiology, Critical Care and Pulmonology. His interests has allowed him to be involved in research projects and presentations in a number of forums.

**Raza Yunus, MD** received his Medical Degree from Northeast Ohio Medical University in 2013. He recently completed his Residency in Internal Medicine at The George Washington University Hospital, and will continue at the GWU MFA for one additional year as Chief Medical Resident, starting in July 2016. He is licensed in the District of Columbia and plans to take his Internal Medicine boards in August 2016.

Dr. Yunus has received many accolades and honors including AOA nomination, Phi Sigma National biological Honorary Society and the Dean's List. He has been involved in research activities and is a participant of community works, here and abroad. His linguistic abilities are impressive, with fluency in conversational French and Urdu and his proficiency in writing French.

**Kelli Gilmer, MD** received her Medical Degree from the University of California, San Francisco in 2013. She completed her Residency at The George Washington University in Internal Medicine in June 2016. She will continue at the VAMC as a Chief Medical Resident for one additional year starting in July 2016. Her primary employment location will be at the Veterans Affairs Medical Center, here in the District of Columbia. Dr. Gilmer is licensed in the District and plans to take her Internal Medicine boards in August 2016.

Dr. Gilmer has had experience as an instructor, teaching Nurse Practitioners at UCSF School of Nursing. She has been the recipient of a number of awards, most recently, the 2015 Southeast Center of Excellence in Geriatric Medicine, Resident Award. Dr. Gilmer has been very productive, with participation in a number of research projects and has presented to diverse groups.

**Mitali Mehta, MD** received her Medical Degree from the University of Michigan Medical School in 2013. She completed her Internal Medicine Residency at The George Washington University in June 2016 and will continue with the MFA for one additional year as Chief Medical Resident in July 2016. Her primary place of employment will be at The Veterans Affairs Medical Center, here in the District of Columbia and plans to take her Internal Medicine boards in August 2016.

Dr. Mehta has had some research experience and has participated on a small number of projects. She has also presented at meetings at The George Washington University as well as sponsored events. Dr. Mehta's interests include tennis, violin and piano. She is fluent in English, Gujarati and Hindi and volunteers in the community.

**James S. Howard, MD, MPH, MHSA** received his Medical Degree from Wayne State University School of Medicine in 2013. He completed a three year Residency at The George Washington University in June 2016 as well as a Fellowship in Health Policy at The George Washington University School of Public Health. Dr. Howard will be employed at Fairfax Inova Hospital as a Chief Medical Resident in July 2016. He is licensed in the Commonwealth of Virginia and the District of Columbia and plans to take his Internal Medicine boards in August 2016.

Dr. Howard's professional experience spans fifteen years from his position as a Professional Assistant, at Michigan State University, where he searched major daily papers attempting to categorize bias in election coverage to his position as an Implementation Contractor, providing support to clinical users of Cerner to most recently his Residency. He has been involved in research projects over the years and presented at various meetings locally and nationally. He has many accolades including the AOA Comprehensive Honors, Year 3 Award, Dean's Distinguished Leadership Award and the Dean's Distinguished Service Award to name a few. Dr. Howard enjoys physical outdoor activities, reading and professes to be a news "junkie".

## Please Join Us In Welcoming Our Newest Additions to the Medicine Faculty

**Courtney Paul, MD** joins or rather returns as a full time faculty in the Division of Hospital Medicine. Dr. Paul received his Medical Degree from Temple University School of Medicine. In 2012 Courtney started his Internal Medicine Residency at The George Washington University School of Medicine and Health Sciences. In March of 2015 he embarked on a Residency Fellowship in the Health Policy Program at the Milken Institute School of Public Health, here at The George Washington University. Courtney's foundational experiences as an Intern at the Shriners Hospital for Children in Philadelphia and as a Research Assistant at the Drexel University College of Medicine, Spinal Cord Research Center where he spent five years have been invaluable. He has served as Chief Medical Resident at The George Washington University Hospital since July 1, 2015. Dr. Paul is board certified in Internal Medicine and is licensed in the District of Columbia.

**Jianqing Lin, MD** joins the Division of Hematology & Oncology. Dr. Lin received his Medical Degree from Zhejiang Medical University, China in 1986. In 1992, he completed a Master of Science degree in Pathophysiology at the Shanghai Medical University, China and five years later, a Master of Arts in Biology Science at Marshall University, West Virginia. Upon completion of his MA, Dr. Lin trained as a Research Fellow at the Children's Hospital, Harvard School of Medicine. In 2006, Dr. Lin completed his Internal Medicine Residency at Tufts University. Following his Residency, Dr. Lin completed a second Fellowship in Medical Oncology at Johns Hopkins University, which he completed in 2009. He is board certified in Internal Medicine and Medical Oncology and is licensed in the state of Pennsylvania and the District of Columbia.

**Lalit Narayan, MD** joins the Division of Internal Medicine. Dr. Narayan received his Medical Degree at St. John's Medical College, Bangalore, India in 2007. In 2013, Dr. Narayan earned a Master's Degree in Anthropology at Syracuse University, New York. He recently completed his Residency in Primary Care/Social Internal Medicine. He will be eligible for the American Board of Internal Medicine in August 2016. Dr. Narayan accepted a Medical Education Fellowship offered by GWU SMHS. He will provide primary care clinical services in the Division of Internal Medicine, while pursuing the MTLDP and an individual longitudinal project.

**Adey Berhanu, MD** joins the Division of Rheumatology. Dr. Berhanu received her Medical Degree at the University of Illinois at Chicago College of Medicine in 2011. She completed her Residency in Internal Medicine at Loyola University Medical Center in 2014. That same year, Dr. Berhanu started a Fellowship in Rheumatology, and finished in June 2016 as Chief Fellow. She is board certified in Internal Medicine and is board eligible in Rheumatology. She holds a New York State Medical license as well as a District of Columbia Medical license.



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**2015 - 2016 Department of Medicine  
End-of-the-Year Party  
June 12, 2015**

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