I hate it when I start yelling at the radio, but sometimes I just can’t help it. Most of my frustration results from stupidity or at least my perception of such. For example, I try to remain calm whenever I hear the advertisement from the Cleveland Clinic about what to do if you think you are having an acute myocardial infarction. Did you know, that according to the Clinic, what you should do is chew an aspirin since it will dissolve quicker than swallowing it? Well if you didn’t, you do now, and that is their advice; chew an aspirin. Not call 911, not have prior knowledge of the nearest hospital that does interventional cardiology, not just go to the nearest hospital if you don’t have a choice; no, just chew.

The study that supports the concept of chewing an aspirin was performed in a total of 14 patients, 13 of whom were men (one wonders how they let one woman enter.) It turns out that chewing the aspirin didn’t lead to a significantly different result than swallowing, but using CHEWABLE aspirin did absorb quicker. I didn’t know they still made aspirin gum, as we called it when we tried to convince our third grade teacher we weren’t chewing real gum but medicinal gum for our a headache. But there it is, of course, on Amazon. Orange or cherry-flavored low dose aspirin. It is in the same category as chewable birth control pills which although chewable must also be swallowed (so what is the point of being chewable?) Spearmint flavor is only for birth control so you shouldn’t be confused if you pop in the wrong chiclet.

So rather than being aware of what hospitals in your area have to offer, the Cleveland Clinic thinks it is more important to stock up on chewable aspirin. But they don’t say that, they just say chew an aspirin. What if you’re like the millions of people in this country who are already on daily low dose aspirin? Do you take more? Stay tuned.

My son worked in the lab of Allan Goldstein, Chairman of the Department of Molecular Biology, lab one summer (actually, one day). His experiment was to test which type of aspirin dissolved the fastest. The comparison was between coated and non-coated and generic and brand. It turned out that the non-coated generic dissolved much faster than the brand name coated aspirin. Maybe I should send those results to the Clinic as it has more than 14 subjects. Of course he was only 11 years old at the time.

What really matters if you are having an acute MI is getting to a hospital that can invasively open your occluded artery as soon as possible. There are two hospitals in DC (including GW) where this is available 24/7. Going anywhere else will delay the only reasonable treatment since you will waste time being transferred. I believe that one of the major benefits to the health care of the citizens of Washington, DC has been the fact that the EMS in DC will only take patients to one of these two hospitals if they suspect an acute MI. So don’t chew or swallow; just get moving and if the Clinic wants to do a community service that is what they would tell you.

There is evidence that smokers have a decreased mortality after a heart attack so it may be better to ask for a Camel than an aspirin; after all according their advertising, “More doctors smoke Camels than any other cigarette.” That’s a radio ad to “die” for. You may not even have to inhale but don’t chew.

Alan G. Wasserman, M.D.
Department of Medicine
June 2018 Grand Rounds

JUNE 7  Tamagna Lecture
“Blood Pressure Control in Diabetes”
George Bakris, MD
Professor of Medicine
Director, ASH Comprehensive Hypertension Center
The University of Chicago Medicine

JUNE 14  Whipplinger Lecture
"Man Has (No) Beef with Tick”
Christina Sensabaugh, MD
"Immunodeficiency in Adults”
Caitlin Willemann, MD
PGY 3 Residents
GWU Internal Medicine

JUNE 21  “Health Equity: Where You Live Should Not Determine Whether You Live”
Doris Browne, MD
President of National Medical Association
President and CEO
Browne and Associates, Inc.

PLEASE NOTE: FRIDAY Grand Round

*JUNE 29  Location: Ross Hall–Rm: 101 (Main Auditorium)
National Cure JM conference
“Juvenile Myositis Basics”
Lisa Rider, MD
Deputy Chief
Environmental Autoimmunity Group
National Institute Environmental Health Sciences
NIH

Cardiology Grand Rounds
5:00 PM, Ross Hall, Room # 227

JUNE 6  M&M– Joe Forgione

JUNE 13  Mark Haigney, MD
Professor of Medicine and Pharmacology
Director of Cardiology
Uniformed Services University
Opioids and Sudden Cardiac Death

JUNE 20  SUMMER BREAK
JUNE 27  SUMMER BREAK

Resident Lecture Series
June 2018 Noon Conference

JUNE 1  “Discharging Dilemma”- Dr. Christina Prather
JUNE 4  Social
JUNE 5  Journal Club
JUNE 6  GME– Core
JUNE 7  Medicine Grand Rounds
JUNE 8  Geriatrics Jeopardy– Dr. Christina Prather
JUNE 11 “Hyperthermia”- Dr. Jalil Ahari
JUNE 12  Patient Safety Conference
JUNE 13  Podiatry Series Part 2– Dr. Farah Siddiqi
JUNE 14  Medicine Grand Rounds
JUNE 15 “Psychiatry Series Part 1”- Dr. Zeina Saliba
JUNE 18  Intern Orientation– No Conference
JUNE 19  Intern Orientation– No Conference
JUNE 20  Intern Orientation– No Conference
JUNE 21  Medicine Grand Rounds
JUNE 22  Intern Orientation– No Conference
JUNE 25  Intern Orientation– No Conference
JUNE 26  Intern Orientation– No Conference
JUNE 27  Intern Orientation– No Conference
JUNE 28  Intern Orientation– No Conference
JUNE 29  Medicine Grand Rounds

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 (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
GWUH Defining Medicine Intranet: Go to Applications \ Inactive-Non-Production \ Directory Contact System

If you have trouble with your MedHub account, please contact Mary Mitchum at mdmitchum@mfa.gwu.edu.
The GWU SMHS 2018 Diploma Ceremony was held at the Lisner Auditorium on May 20, 2018. The Department of Medicine was represented with 3 of our faculty receiving Emeritus Status:

**Howard S. Goldstein, MD**  
*Clinical Professor Emeritus of Medicine*  
Following completion of his MD degree at GWU in 1971, Dr. Goldstein completed residency training in internal medicine at Boston City Hospital and the University of Vermont. He served as an attending physician at Holy Cross Hospital in Montgomery County from 1977 to 1996. It was during this period that he began to serve as a preceptor and clinical instructor for our medical students and residents and as a small group instructor in the second year cardiology course on campus. He was promoted to the rank of clinical associate professor in 1998 and clinical professor in 1993.

**Prudence P. Kline, MD**  
*Clinical Professor Emeritus of Medicine*  
Dr. Kline received her MD degree from the College of Medicine and Dentistry of New Jersey Rutgers Medical School in 1978 and completed her residency training in internal medicine at GWU. Dr. Kline entered the private practice of internal medicine in the Washington, DC area and received an academic appointment from our Department of Medicine as clinical associate professor. She was promoted to the rank of clinical professor in 2000. Dr. Kline has served on the department’s appointment, promotion, and tenure committee for twenty years.

**Samuel V. Spagnolo, MD**  
*Professor Emeritus of Medicine*  
Dr. Spagnolo joined the clinical staff at the Washington, DC Veterans Affairs Medical Center in 1972 and was appointed to our faculty as assistant professor of medicine. Dr. Spagnolo was promoted to the rank of associate professor in 1975 and to professor in 1981. Dr. Spagnolo has filled many important leadership roles at the Department of Veterans Affairs, including serving as associate chair of the Department of Medicine for nearly 20 years, director of the Division of Pulmonary Diseases and Allergy, and president of the National Association of Veterans Affairs Physicians and Dentists. He has a worldwide reputation as a clinician and has served as a consultant to the White House physicians. He was also the lead physician in charge of President Ronald Reagan’s post-surgical care following the 1981 assassination attempt.

**Department of Medicine Student Awards:**  
Presented by Drs. Chavon Onumah and Sara Wikstrom at the award student gala on the Friday before graduation.

- Allie S. Freed Award in Preventative Medicine  
  **Noah Ravenborg**

- Phillip S. Birnbaum Award in Primary Care  
  **Abhirami Janani Raveendran**

- Jorge C. Rios Award in Internal Medicine  
  **Alice Schmidt Kehaya**

- Mark Millen Memorial Award for Rheumatology  
  **Spencer William Frost**

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**Integrative Medicine for the Underserved 8th Annual Conference**

**Justice & Equity in Policy and Practice**

**June 21-23, 2018**  
**George Washington University**  
**Washington, DC**

The conference will focus on ensuring greater justice and equity in healthcare policy and practice for the underserved. Conference participants will learn from, as well as interact and make connections with, organizations, policymakers, and legislators working to attain health equity. Participants will also have the opportunity to gain the tools needed to take action not only nationally, but in their own local communities.

Conference registration:  

For more information email:  
info@im4us.org

**Distinguished Teacher Award**

Congratulations to **Dr. Scott Cohen**, Renal, as he is a recipient of the Distinguished Teacher Award for the MD Program at The George Washington University School of Medicine and Health Sciences.
Rheumatology Academic Conference Schedule
June 2018

2300 M Street, N.W., Suite 3-332
8AM—11:30 AM
Questions: Call (202) 741-2488

JUNE 7: 8:00-9:00 AM
Radiology Conference—Dr. K. Brindle

JUNE 7: 9:00-9:30 AM
Patient Safety Monitoring

JUNE 7: 9:30-11:30 AM
Knowledge Bowl and Rheumatology Boards training /preparation

JUNE 14: 7:30-9:00 AM
Intra-city Grand Rounds—WHC

JUNE 14: 10:00-11:00 AM
Patient Safety Monitoring

JUNE 21:
Summer Recess

JUNE 28:
Summer Recess

Kudos, Congratulations, and Condolences

Kudos…to Dr. Elora Majumder, FY 19 chief resident, for winning the prize for best poster at the ACP national meeting in April.

Kudos…to Matthew Mancini, PA in General Internal Medicine, as he was appointed to the position of Secretary for the DC Academy of PAs and serving as their House of Delegates representative at the annual conference in New Orleans, LA.

Kudos…to Dr. Dominic Raj, Renal, as he received a compliment from one of the attendees at his NKF lecture, “...you are so impressive & I really enjoyed your information & evidence-based data that you shared... I am truly inspired & hope I can find some solutions for my patients to live healthier & happier.”

Congratulations…to Drs. Michael Knight and Ginger Winston, General Internal Medicine, who received certification by the American Board of Obesity Medicine and are now diplomates!

Condolences…to the family of Dr. Leslie Pierce, who was a former Professor of Medicine in Geriatrics and Nephrology. Our thoughts and prayers are with his family at this time.