An outside observer, new to the United States or other developing countries, would think that dehydration is our single largest medical problem. Why else would the majority of people you see be carrying individual water bottles or containers? When and why did this phenomena occur? When did we become so thirsty we had to have instant gratification?

Whole-body insensible water loss is widely accepted to occur at about .03L/h at normal room temperature. So you would have to be sitting in the same room for 33.33 hours to have lost only 1 liter of water through your skin. Since we average about 40 liters of water in our body it is hard to imagine that you are that thirsty after sitting for 10 minutes. Compare that to hard exercise in the heat where it is possible to lose 3-4 liters/hour; drinking during exercise makes sense. The number of athletes dying from heat stroke has dropped precipitously in the last 20 years as common sense has prevailed and Bear Bryant died.

In 1976 it was estimated that the average American drank 1.6 gallons of bottled water a year. That number in 2014 was over 34 gallons. There has been an annual growth rate of 9.5% and many think that this has been the most successful mass marketing campaign ever seen in the United States. It has been predicted that soon, bottled water will be the number one packaged beverage sold in the United States. No wonder it costs $5.00 a bottle at Nationals stadium.

Now for the negatives. Americans used over 66 billion bottles of water of which only 22% were recycled. Landfills are stocked with empty bottles. But don’t worry in 700 years the bottles will decompose. We will all be on Mars by then. It takes 17 million barrels of oil to produce this amount of bottles; enough to fuel over 1,000,000 cars or one Mustang for an entire year. It also takes three bottles of water to make and distribute one disposable plastic water bottle. No wonder it costs $5.00 for a bottle of water at the Verizon Center.

It is also estimated that 1.2 billion people in the world do not have easy access to safe, clean water. Meeting the UN goal of reducing by half the percentage of people without access to safe drinking water and basic sanitation would cost about $4 billion a year for 10 years. That amount represents just one month’s spending on bottled mineral water in Europe and the U.S. So please remember this added guilt when you are slugging down your Perrier.

At a recent lecture I gave for third year medical students, I counted 10 types of water bottles in a class of 14 (and two Starbucks cups). Some were your typical plastic disposable bottles but some were the reusable types in multiple colors and shapes. This may be an example where the millennials are way ahead of us and just may save the world in spite of us baby boomers. Or it may be because of student debt they can’t afford $5 a bottle.

Alan G. Wasserman, M.D.
**Department of Medicine**
**October 2016 Grand Rounds**

OCT 6 “NIH Erdheim Chester”
Juviannee Estrada-Veras, MD
Clinical Investigator
Staff Clinician
National Human Genome Research Institute

OCT 13 “Contraception: Where are We Now and Where are We Going?”
Mitchell Creinin, MD
Professor of Obstetrics and Gynecology
University of California, Davis Health System
Sacramento, CA

OCT 20 “Watchman”
Cynthia Tracy, MD
Professor of Medicine
Associate Director of Cardiology
Division of Cardiology
Department of Medicine
GW Medical Faculty Associates

OCT 27 “Culinary Medicine”
Tim Harlan, MD
Associate Clinical Professor of Medicine
Associate Chief of General Internal Medicine
Associate Dean for Clinical Services
Medical Director
Tulane University School of Medicine
New Orleans, LA

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).

**Cardiology Grand Rounds**
5:00 PM, Ross Hall, Room # 104

OCT 5 Mortality & Morbidity Conference
OCT 12 No Conference
OCT 19 Richard Katz, MD
Bloedorn Professor of Medicine
Director, Division of Cardiology
Director, Cheney Cardiovascular Institute
Division of Cardiology
Department of Medicine
GW Medical Faculty Associates

OCT 26 Anthony DeMaria, MD
Professor of Medicine
Judith and Jack White Chair, Cardiology
Founding Director, Sulpizio Cardiovascular Center
Division of Cardiovascular Medicine
UC San Diego School of Medicine
Translating Clinical Research into Clinical Care

**Resident Lecture Series**
**October 2016 Noon Conference**

OCT 3 “Pre-Op Evaluation”- Dr. Mihir Patel
OCT 4 Journal Club
OCT 5 GME
OCT 6 Medicine Grand Rounds
OCT 7 “ASHA for Women”- Dr. Revathi Vikram
OCT 10 “Pulmonary HTN”- Dr. Amandeep Bawa
OCT 11 Morbidity and Mortality-
Drs. Raeva Malik and Nejat Naser
OCT 12 “GU Oncology”- Dr. Jianqing Lin
OCT 13 Medicine Grand Rounds
OCT 14 “Anemia Cont.”- Dr. Shant Ayanian
OCT 17 TBD
OCT 18 “IBD”- Dr. Lakshmi Lattimer
OCT 19 GME
OCT 20 Medicine Grand Rounds
OCT 21 TBD
OCT 24 TBD
OCT 25 TBD
OCT 26 TBD
OCT 27 Medicine Grand Rounds
OCT 28 “Crystalline Arthropathies”- Dr. Nora Taylor
OCT 31 Recruitment

**Medicine Team Contacts**

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<thead>
<tr>
<th>WHITE TEAM</th>
<th>(202) 715-5669</th>
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<tr>
<td>YELLOW TEAM</td>
<td>(202) 715-6041</td>
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<td>PURPLE TEAM</td>
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<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 Addition to the Medicine Faculty

Jennifer Kannan, MD joins us as a full-time faculty member in the Division of Allergy and Sinus Center. Dr. Kannan earned her Medical Degree from Northeast Ohio Medical University (formerly Northeastern Ohio University College of Medicine) in 2011. Her Residency was completed at The University of Cincinnati Medical Center in 2014. Dr. Kannan successfully completed a Fellowship in Allergy/Immunology at The University of Cincinnati Medical Center/Cincinnati Children’s Medical Center in June 2016.

Dr. Kannan’s scholarly activities has produced seven publications, and a number abstracts and presentations. She is board certified in Internal Medicine and is board eligible in Allergy and Immunology, and is licensed in the District of Columbia.

Tali Stopak-Mathis, FNP joins the Division of Geriatric and Palliative Medicine as a part-time Nurse Practitioner. She earned her Bachelor of Science in Nursing degree at American University in 1983. In 2012, Tali completed a Master of Science in Nursing degree at the University of Maryland, Baltimore. She is board certified as a Family Nurse Practitioner by the American Nurses Credentialing Center (ANCC) and is certified as a Wound Care Nurse (CWCN).

Tali has more than thirty years of patient care experience, stemming from pediatric nursing at the Children’s Hospital National Medical Center here in the District of Columbia, to providing care at several school systems around the country. Most recently and since passing her boards, Tali has been honing her skills as a Nurse Practitioner at a local hospice, where she was the Primary Care Provider (PCP) for more than 150 nursing home residents with complex health issues. She was also responsible for patient and family education, staff training and quality improvement initiatives.

Her scholarship activities include two publications, one in the Journal of School Nursing and another a handbook for basic baby care. Her special interest include would care, palliative care and geriatrics.

AAIM Skills Development Conference

The Alliance for Academic Internal Medicine (AAIM) will be hosting the 2016 AAIM Skills Development Conference October 20-22, 2016 at the Gaylord National Resort and Convention Center in National Harbor, MD.

Presentations will be given by a few of our own, Dr. Jillian Catalanotti on “Navigating Your Environment Leadership Styles: Strategies to Successfully Mix Oil and Water” and by Dr. Monica Yepes-Rios, former Chief Resident who is currently at Uniformed Services University of the Health Sciences, on “J. Faculty Development: Evaluation and Effective Feedback in the Community Clinic—Challenges and Innovations in an X+Y Block System.

There will also be an AAIM Women in Medicine Leadership Development Forum on October 20th at the conference. The Department of Medicine has invited multiple female faculty to attend this event.

The end of the road; from mouth to anus!

Dr. Sands Irani is a graduate of the GW school of Medicine. After interning with Hy Zimmerman, MD, at the Boston VA, he completed his residency and fellowship in GI at GW.

Dr. Irani received his academic appointment in the Department of Medicine in 1975 as a Clinical Instructor in Medicine. The appointment was given by William O. Dobbins III, MD, Director of the Division of Gastroenterology with the approval of Wallace N. Jensen, MD, Chairman of the Department of Medicine. He was made an Assistant Clinical Professor by John N. Sheagren, MD, Acting Chairman of Medicine in 1976. In 1982, Dr. Jorge C. Rios, MD promoted him to Associate Clinical Professor and in 2016 Dr. Alan G. Wasserman, MD promoted him to Clinical Professor of Medicine.

He has always been one of the Premier Invasive Gastroenterologist in the Washington, DC area with his endoscopic and ERCP skills in such demand that he had privileges at 6 local hospitals and CNMC and NIH. He is also well known in the DC area for his Charity work with the Catholic Charities of the Archdiocese of Washington and for the many medical missions he directed in South America. I know he is an avid bicyclist and have been told he is a scratch golfer but will need to see for myself (hint).

But times have changed and in Dr. Irani’s own words:

- The saddest thing I ever did see
- Was a wood pecker peckin’ on a plastic tree
- He looks at me, and friend says he
- Things just aint what they used to be.

Dr. Irani will retire from clinical practice on October 23, 2016. He will be greatly missed by all of us who have been helped and comforted by his expertise over the years.
Rheumatology Academic Conference Schedule
October 2016

2300 M Street, Suite 3-332
8 AM–11:30 AM
Questions? Call (202) 741-2488

OCT 6: “Metallosis”
Raymond Scalettar, MD

OCT 13: Radiology Review II
Dr. Kathleen Brindle,
Associate Professor of Radiology
Chief, Musculoskeletal Radiology
NOTE LOCATION: GWU Hospital
Radiology Conference Room

OCT 20: Intra-City Rheumatology Grand Rounds
NOTE LOCATION: NIH
NOTE TIME: 7:30 AM

OCT 27: “Bone Tumors”
Kathleen Brindle, MD

SAD NEWS

Dr. Mark Gourley passed away on September 24th following a long battle with Renal Cancer. He was an Associate Clinical Professor in the Department of Medicine, a great rheumatologist and mentor of many of our faculty, house staff and students. Mark was a world expert on Lupus and related diseases at NIH.

Kudos and Congratulations

Kudos... to Dr. Katalin Roth, Geriatrics, for being selected for Castle Connolly Top Doctors.

Kudos... to Dr. Nora Taylor, Rheumatology, as she was awarded the ACR Clinician Scholar Educator Award! Way to go!

Kudos... to Dr. Patience White, Professor of Medicine and Pediatrics and co-director of Got Transition on announcing the launch of the Pediatric to Adult Health Care Transitions Initiative at the American College of Physicians. Dr. White was featured in the August Internal Medicine News publication.

Kudos... to Drs. Stan Liu, PGY6, Michael Elliot, PGY6, and Neil Okey, PGY1, for being recognized by their patients as outstanding providers. Way to go!

Kudos... to Drs. Catherine Boinest, Bonita Coe, and Amirala Pasha, Division of General Internal Medicine, on their outstanding comments on Zocdoc from patients.

Congratulations... to Dr. Jim Howard, Fairfax Chief Resident, as he was one of 3 winners of the 2015-2016 GW Hospital Innovation Awards.

Congratulations... to Dr. Sabyasachi Sen, Endocrinology, as he was conferred fellowship of RCP Edinburgh (FRCP) as recognition of continued commitment to medical education and research worldwide. From now on he will be referred to as Sir Saby.

See you next month! The Editor