The annual physical exam is a bad habit that seems harder to break than trying to stop smoking. The full head to toe physical is a ritual passed down from generation to generation. Patients expect it and we deliver. How often does a full physical exam on a healthy, non-complaining individual (if such a person exists) result in an important finding? I have no idea, but I would bet it is not often. There is a shortage of primary care doctors and too many patients who need or want one, so one way to alleviate this shortage would be to concentrate on those with specific complaints and to emphasize preventive counseling.

Then there is the annual blood work. A waste of money? I will give you that the Vitamin D level will be abnormal because it is abnormal in everyone. So don’t order it and start every patient on Vitamin D or make up a new normal that fits most patients and then don’t order it.

Let’s move on to the yearly ECG; another waste of money for healthy individuals (although given current reimbursement rates, it is less than my Rolling Stone subscription). What are we looking for, asystole? This is probably a clinical diagnosis. True, to diagnose atrial fibrillation you have to touch the patient but you might be able to do this while shaking hands (which I don’t do either.)

My favorite has always been the pre-op chest X-ray. What do the anesthesiologists think will be found, no heart? Let’s give our patients more useless radiation. Although, I must admit it is not as bad as getting a CT scan or MRI for a headache. What could possibly be found that anything could be done about anyway?

It is estimated (I think I read somewhere) that half the people in this country have high blood pressure which is untreated or uncontrolled. You can get a blood pressure check at Giant and then claim that it must be wrong because it’s never that high when it is checked at home. This would save the patient a trip to the office to say the same thing. It is amazing that no one’s blood pressure is ever high when they take it themselves at home. The incidence of those effectively treated would be much higher if patients just stayed at home.

Back in the days when Dr. Simon trained, the emphasis was on doing a thorough rectal exam. That went by the wayside when the PSA test was discovered for men and when colonoscopies were recommended for all over 50. I have never had a student or a resident do or even propose to do a rectal exam while seeing patients with me in clinic. Of course I am a cardiologist and it may seem a little weird to the patient so maybe that’s not so bad.

Speaking of cardiology, now we are thinking of giving medical students a course in bedside ultrasound since hand held units are now available. Forget the rectal; soon we won’t even have to listen to the heart.

So if we didn’t do all of the above our healthy patients will be better off; there will be more time to see the sick patients and time would be better spent in counseling on weight loss, smoking cessation, updating immunization status and other proven preventive measures. Physical diagnosis is a dying art anyway. Why not just let it die?

Alan G. Wasserman, M.D.
**Department of Medicine**  
**November 2012 Grand Rounds**

Nov 1  **"Risk Based Screening of Breast Cancer"**  
Rachel Brem, MD  
Professor of Radiology  
Director, Breast Imaging and Intervention Center  
Department of Radiology  
George Washington University Medical Faculty Associates

Nov 8  **"Schizophrenia"**  
Michael Compton, MD, MPH  
Professor of Psychiatry and Behavior Sciences and  
Director of Research Initiatives  
Department of Psychiatry and Behavior Sciences, SMHS  
Professor of Prevention and Community Health  
Department of Prevention and Community Health,  
School of Public Health and Health Services  
George Washington University Medical Faculty Associates

**Brandt Memorial Lecture in Women’s Health**  
Nov 15  **"Perspective and Priorities in Women’s Health and Health Care Services"**  
Mary Wakefield, RN, PhD  
Administrator  
Health Resources Services Administration  
U.S. Department of Health and Human Services

Nov 22  **Cancelled for Thanksgiving Holiday**

Nov 29  **"MRSA"**  
Robert C. Moellering, MD  
Beth Israel Deaconess Research Investigator  
Institute for Drug Resistance  
Beth Israel Deaconess Medical Center  
Boston, Massachusetts

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.

**Cardiology Grand Rounds**

5:00 PM, GWU Hospital, Conference Room 6-116

Nov 7 M & M

Nov 14 Alan Maisel, MD  
Professor of Medicine  
Director, Coronary Care Unit and  
Heart Failure Program  
Veterans Affairs San Diego Healthcare System  
UC San Diego School of Medicine  
San Diego, California  
**Cardio-Renal Syndrome**

Nov 21 No Conference  
Thanksgiving Holiday

Nov 28 Tim McCaffrey, MD  
Professor of Medicine  
Director, Division of Genomic Medicine  
Department of Medicine  
George Washington Medical Faculty Associates  
**Genetics of CAD**

Drs. Jillian Catalanotti and David Popiel will again be offering the Community Health Elective for Internal Medicine Residents, organized in conjunction with the GW School of Public Health and Health Services. This 2-week elective features morning lectures which are open to ALL who are interested in attending (students, residents, faculty, etc.). Please see [www.gwmed.com](http://www.gwmed.com) for more information.

**Resident Lecture Series**

**November 2012 Noon Conference**

Nov 1  Medicine Grand Rounds

Nov 2  Chairman’s Rounds

Nov 5  HVCCC Lecture Series: “Biostatistics” -  
Dr. Jillian Catalanotti

Nov 6  Journal Club

Nov 7  GME Core Curriculum

Nov 8  Medicine Grand Rounds

Nov 9  Chairman’s Rounds

Nov 12  TBD

Nov 13  Hospitalist Lecture Series: “Acid/Base” -  
Dr. Sara Wilkstrom

Nov 14  “The Diabetic Foot” - Dr. Michael Stempel

Nov 15  Medicine Grand Rounds

Nov 16  Recruitment/Resident Luncheon

Nov 19  Recruitment/Resident Luncheon

Nov 20  CPC

Nov 21  Recruitment/Resident Luncheon

Nov 22  No Conference - Thanksgiving Holiday

Nov 23  No Conference - Thanksgiving Holiday

Nov 26  Recruitment/Resident Luncheon

Nov 27  Mortality & Morbidity

Nov 28  Recruitment/Resident Luncheon

Nov 29  Medicine Grand Rounds

Nov 30  Recruitment/Resident Luncheon

**Medicine Team Contacts**

ADMITTING RESIDENT (202) 715-6034 (CELL)

**WHITE TEAM**  
(202) 715-5669

**YELLOW TEAM**  
(202) 715-6041

**GREEN TEAM**  
(202) 715-6062

**RED TEAM**  
(202) 715-6039

**BLUE TEAM**  
(202) 715-6156

**SILVER TEAM**  
(202) 715-6040

**PURPLE TEAM**  
(202) 715-6042

**GOLD TEAM**  
(202) 715-6044
Dr. Lisa McGrail joined the Division of Hematology & Oncology in October, as our second Breast Oncologist. Dr. McGrail earned her medical degree from Georgetown University School of Medicine where she also received her undergraduate degree.

Dr. McGrail completed her internal medicine residency and her fellowship in hematology & medical oncology at Walter Reed Army Medical Center in Washington, DC. During her fellowship she was an Instructor at the Uniformed Services University of Health Sciences (USUHS) and became an Assistant Professor at USUHS while serving as the Assistant Chief and then Chief of the Hematology/Oncology Service at Malcolm Grow Medical Center at Andrews Air Force Base. At Malcolm Grow, Dr. McGrail served as Chairman of the Cancer Committee and Chairman of the Tumor Board. Among other administrative and clinical leadership responsibilities, she was also elected to AOA while at USUHS.

Dr. McGrail entered private practice in the DC area in 2006. She was voted a Washingtonian Top Doc for Breast Oncology in 2010 and a Washingtonian Top Doc for Medical Oncology in 2012.

Dr. McGrail focuses her clinical interests on breast oncology. She is board certified in internal medicine and medical oncology.

Appointments can be made with Dr. McGrail by calling (202) 741-2210.

The GW Cardiovascular Institute’s Board of Directors unanimously voted to expand the Cardiovascular Institute’s mission to include a focus on vascular disease. To reflect its expanded scope, the Institute will be renamed the GW Heart & Vascular Institute. Building upon the strengths of the GW Medical Faculty Associates’ renowned team of surgeons in the Division of Vascular Surgery, as well as the natural alignment of cardiac and vascular disease prevention and treatment, the combined faculty initiative will better serve the Washington, D.C. region. Through collaborative research, public and professional education, and community outreach focused on heart and vascular disease, the Institute will have a profound impact on the community.

Richard Neville, M.D., chief of vascular surgery, will serve as co-director of the Institute. Anton Sidawy, M.D., chair of the Department of Surgery, and Joseph Babrowicz, M.D., assistant professor of surgery, will join the Institute’s Board of Directors. Richard Katz, M.D., director of the Division of Cardiology, will continue to serve as Director of the Institute and Chair of the Board.

Since it’s founding in 2006, The HEALing Clinic (Healthcare, Education and Active Living) has strived to help expand access to primary health care for the vulnerable residents of Washington, DC, regardless of insurance status or ability to pay. This entirely student-run effort shapes the education of GW’s future medical professionals and provides a much needed service for the local community. The HEALing Clinic has provided more than 300 patient visits in the past year alone.

The clinic operates at two locations; Bread for the City (Shaw) on Tuesday nights from 5:00 to 7:30 pm and the Family Medical Center (Anacostia) on Saturday mornings from 9:00 am to 12:00 noon. The HEALing Clinic is recruiting attending physician volunteers as this clinic can not be held without their presence and support. The commitment required is just four (4) shifts per year.

If you can’t commit, then consider a donation of $450, the cost of running the clinic for one week. Please contact Kathleen Bren, Director of Community Relations at healing.communityrealtions@gmail.com to volunteer or make a donation.

Dr. Emmanuel Reyes
Dr. Mimi Ayana
Nov 9
Dr. Feras Abdul-Kahlek
Dr. Jeffrey Zweig

Pharmacy CME: “Current Trends in Disease Management” to be Held November 17, 2012

The Department of Pharmacy at the George Washington University Hospital (GWUH) will be sponsoring a day-long educational conference entitled: “Current Trends in Disease Management” on November 17th. Speakers include: Dr. Matthew Mintz, General Internal Medicine (Treatment of Diabetes); Dr. Morgan Delaney, Pulmonary, Critical Care and Sleep Medicine (Diagnosis and Treatment of COPD); Dr. Ted Rothstein, Neurology; (Diagnosis & Treatment of Alzheimer’s Disease); Dr. Julia Frank, Psychiatry (Evaluation & Treatment of Schizophrenia); Mark Prue, R.Ph, GWUH Pharmacy Clinical Manager (Patient Safety: Causes & Prevention of Medication Errors); and Abrar Hussain, PhD, R.Ph, GWUH Pharmacy (Medication Errors: Global and Legal Perspectives).

The conference will be held at the GWUH Auditorium. To register call (202) 715-5038 or email saundra.moore@gwu-hospital.com.

Chairman’s Rounds
GWU Hospital Auditorium, 12:00 Noon
All Faculty Invited to Attend

Nov 2
Dr. Emmanuel Reyes
Dr. Mimi Ayana

Nov 9
Dr. Feras Abdul-Kahlek
Dr. Jeffrey Zweig
### Rheumatology Academic Conference Schedule November 2012

<table>
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<tr>
<th>Date</th>
<th>Event Description</th>
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| Nov 1  | **Journal Club**
         | Dr. M. Tehrani
         | Didactic Sessions
         | 1:30 - 3:30 p.m., GWU Hospital, Rm 6106                                           |
| Nov 8  | **Delphine McDowell**
         | Department of Medicine Revenue Cycle Manager
         | “Coding and Billing for Rheumatology”
         | Didactic Sessions
         | 1:30 - 3:30 p.m., GWU Hospital, Rm 6106                                           |
| Nov 15 | **Dr. Kathleen Brindle**, Associate Professor of Radiology
         | Radiology Conference
         | Didactic Sessions
         | 1:30 - 3:30 p.m., GWU Hospital, Rm 6106                                           |
| Nov 22 | **Cancelled** - Thanksgiving Holiday                                               |
| Nov 29 | **Intra-City Grand Rounds**
         | Location: GWU Hospital
         | Time: 7:30 - 9:00 a.m.                                                            |
         | Didactic Sessions
         | 1:30 - 3:30 p.m., GWU Hospital, Rm 6106                                           |

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### Kudos and Congratulations

**Kudos** … to **Dr. Ashley Styczynski**, PGY1, who received a shout out regarding her excellent fund of knowledge and her “gusto” to provide exceptional patient care, implementing her inquisitive mind to almost immediately narrow a wide differential and then following the pathology personally from collection to confirmatory diagnosis.

**More kudos** … a student writes to thank **Dr. Andrew Myers**, PGY2, and **Dr. Charles Smith**, PGY1, while on service at Inova Fairfax Hospital. “They first made a conscious effort to bring me into the team and give me ample opportunities to learn. Then they took the time to help me improve and go over points with me … they actually came to me to help. They truly embraced the concept of “Team” in Team A.

**Even more kudos** … to **Drs. Allen Solomon, Brian Choi and Miriam Fishman**, Division of Cardiology, who screened nearly 100 student athletes at Albert Einstein High School in Silver Spring, MD, for heart conditions using GE’s V-scan handheld ultrasound machine.

**Congratulations also**… to **Dr. David Borenstein**, Clinical Professor of Medicine, who has been selected as a Master of the American College of Physicians.

**Condolences** … to **Dr. Kate Goodrich** and **Dr. Reena Hemrajani**, both of the Division of Hospital Medicine, on the recent passing of their fathers. Our heartfelt sympathies go out to Kate and Reena and to the Goodrich and Hemrajani families.

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The George Washington University Medical Faculty Associates
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Washington, DC  20037

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See you next month! The Editor