A research division of the World Health Organization (the International Agency for Research on Cancer IRAC) announced that bacon, sausage and other processed meats cause cancer and that red meat probably does too. IRAC wants to put processed meats next to Arsenic and Asbestos as the most common cancer causing agents. Ham, hot dogs, salami, pastrami, and burgers are also anticipated to make it to the list.

Up until now many studies have found "a link" between eating red meat and heightened risks of colorectal cancer. But investigators have always stopped short of telling people that the meats actually causes cancer. Maybe there is an increased risk because the same people that eat this “crap” (no bias intended) are eating fewer fruits and vegetables, unless you count pickles, which may be protective against cancer.

There is no experimental data to prove any of this. Investigators must rely on observational studies, to draw their conclusions. Although WHO thinks "the epidemiological evidence is very strong," others believe that if you test enough things, many will be labeled as "cancer causing agents.” Yet, epidemiological studies were critical in proving the dangers of cigarettes. Get ready for warning labels on processed meats.

Just as there were scientists who disclaimed the fact that cigarettes caused lung and other forms of cancer there are those that immediately sprung to action to defend meat. Shalene McNeill, executive director of the National Cattlemen's Beef Association commented that existing scientific data does not back up a causal link between any type of cancer and any form of meat. Even though she is not a scientist, she also condescendingly noted that cancer is a complex disease and that not even the most intelligent people could completely comprehend it. She must have been referring to Barry Carpenter, the president of the North American Meat Institute who said this announcement “defies both common sense and numerous studies showing no correlation between meat and cancer.” He called the conclusion "dramatic and alarmist overreach."

The report, allegedly says, that eating two slices of ham can increase your cancer risk by 18%. Of course it all depends on what your risk was to start with. Other studies have shown daily aspirin use at any dose reduced the risk of colon cancer by 24% and of colon cancer-associated mortality by 35%. So instead of a tomato or lettuce, put an aspirin in your pastrami sandwich and you will still come out ahead.

According to CNN, the meat industry is crying foul. Sounds to me like they should be crying!
Department of Medicine
November 2015 Grand Rounds

NOV 5 “Beyond Flexner and the Struggle for the Soul of Medicine”
Fitzhugh Mullan, MD
Murdock Head Professor of Medicine and Health Policy
GW University School of Public Health
Professor of Pediatrics
GW University School of Medicine

NOV 12 “Treatment of Refractory Depression”
Veronica Slootsky, MD
Assistant Professor of Psychiatry and Behavioral Sciences
Department of Psychiatry
GW Medical Faculty Associates

NOV 19 “Renal Transplant a GW: An Update”
Muralidharan Jagadeesan, MD
Associate Professor of Medicine
Division of Kidney Disease and Hypertension
Department of Medicine

NOV 26 HOLIDAY

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

NOV 4 Mortality & Morbidity Conference

NOV 11 AHA Annual Sessions–No Conference

NOV 18 AHA Summary–Fellows

NOV 25 Holiday–No Conference

Resident Lecture Series
November 2015 Noon Conference

NOV 2 RECRUITMENT
NOV 3 Journal Club
NOV 4 GME Core Lecture
NOV 5 Medicine Grand Rounds
NOV 6 RECRUITMENT
NOV 9 RECRUITMENT
NOV 10 "Transfusion Indications and Complications–Dr. Jason Prior

NOV 11 RECRUITMENT
NOV 12 Medicine Grand Rounds
NOV 13 RECRUITMENT
NOV 16 RECRUITMENT
NOV 17 Mortality & Morbidity Conference–Drs. Nawaf Abaalkhail and Meghana Bhatta
NOV 18 RECRUITMENT
NOV 19 Medicine Grand Rounds
NOV 20 RECRUITMENT
NOV 23 RECRUITMENT
NOV 24 TBD
NOV 25 RECRUITMENT
NOV 26 HOLIDAY
NOV 27 HOLIDAY
NOV 30 RECRUITMENT

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ADMITTING RESIDENT 741-0161 pager
Please Join Us In Welcoming Our Newest Additions to the Medicine Faculty

**Nisha Nathan, MD** joins the division of Endocrinology this month. Dr. Nisha Nathan completed her Medical Degree here at The George Washington University School of Medicine and Health Sciences in 2010, as well as her Residency in Internal Medicine in 2013. In 2015, she completed a Fellowship in Endocrinology at Georgetown University/Washington Hospital Center. She is board certified in Internal Medicine and is board eligible for Endocrinology and Metabolism and plans to take her boards this month.

Dr. Nathan currently has four publication and has presented at a number of conferences and Grand Rounds. Her special interests are in Pituitary, Adrenal, Sodium, PCOS, Male Hypogonadism and Male and Female Infertility. Dr. Nathan is Proficient in Spanish.

**Alice Gilhool, MSN FNP** will join the Division of Hematology & Oncology this month as a Nurse Practitioner. She received a Bachelor of Science degree in Nursing at the University of Scranton, Pennsylvania in 2006 and earned a Master of Science degree in Nursing – Family Nurse Practitioner in 2012 at the University of Pennsylvania. She is board certified as a Family Nurse Practitioner by the American Nurse Credentialing Center (ANCC).

Alice’s experience as a healthcare provider spans almost ten years starting as a Staff Nurse at the Hahnemann University Hospital, a twenty bed medical Intensive Care Unit to her former position as a Nurse Practitioner at the Center for Cancer & Blood Disorders facility in Bethesda Maryland.

Her special interests include patient education and clinical research.

**Elizabeth M. Kirby, MSN, APRN, FNP-BC** will join the Division of General Internal Medicine this month as a Nurse Practitioner. She received a Bachelor of Arts degree in French at Bowdoin College, Brunswick in 2010 and earned a Master of Science degree in Nursing in 2014 at the University of Pennsylvania, School of Nursing. She is board certified as a Family Nurse Practitioner by the American Nurse Credentialing Center (ANCC).

As a student, Elizabeth gained practical experience at Murray Brand Associates, Penn Presbyterian Medical Center and South Philadelphia Pediatrics. More recently and since passing her boards, she was employed at the Family Health and Birth Center, here in Washington D.C., where she managed a panel of patients in the community health clinic.

Rheumatology Announcements....

Rheumatology is on the Move! **Beginning November 16, 2015** you can find the Division of Rheumatology at 2300 M Street, NW. We will see patients on the 9th floor. Our phone number will remain the same, 202-741-3333.

The Division of Rheumatology has established a new Osteoporosis clinic led by **Dr. Mandana Hashemi**. The mission of the Osteoporosis Clinic is to identify and treat patients with osteoporosis through individualized therapy and treatment tailored to their specific needs. For appointments please call: 202-741-3333, for more information please visit our website at: http://www.gwdocs.com/rheumatology/osteooporosis-clinic

**Kudos** to the following faculty presenting sessions at the American College of Rheumatology Annual Scientific Meeting:

- **Dr. Bita Shakoori** is moderating a concurrent session "Nuts and Bolts of Macrophage Activation Syndrome", Monday NOvember 9th at 8.30 AM, she is also coauthor on an abstract being presented "An organ based diagnostic approach to macrophage activation syndrome in children demonstrates impaired reticuloendothelial system clearance"
- **Dr. Rodolfo Curiel** is leading a poster tour on Myositis at the American College of Rheumatology Annual Scientific Meeting
- **Dr. Nora Taylor** is moderating an educational abstract session
- **Dr. Victoria Shanmugam** is moderating a Discovery Plenary Session and is coauthor on 4 abstracts

Nephrology Announcement....

**Dr. Juan Bosch**, former Division Director of Nephrology, will be giving a Renal Grand Rounds titled “Ultrafiltration in the Treatment of Renal and Heart Failure” on December 1 at 4 PM at Ross Hall, Ground Floor Lobby C.

Condolences

Condolences…. to the family of **Dr. Warren Brill**, Professor Emeritus of Clinical Medicine, who passed away last month. He is survived by his wife of 70 years, 3 children, 8 grandchildren, and 2 great grandchildren.

Condolences… to the family of **Ken Marter** on the passing of his brother, Harvey Marter III. Our thoughts and prayers are with you.
Rheumatology Academic Conference Schedule  
November 2015

ACC Building 6B-411B (8:00 am - 9:00 am)  
Ross Hall: Room 201C (9:30 am- 11:30 am)  
Questions? Call (202) 741-2488

NOV 5: American College of Rheumatology Conference

NOV 12: Cancelled due to Division Move

NOV 19: Glomerulopathies  
Dr. S. Cohen

NOV 19: Rheumatology Divisional Meeting

NOV 26: HOLIDAY

Kudos and Congratulations

Kudos to... Drs. Michael S. Irwig, Endocrinology, who was elected President and Jill Paulson who was elected Board Member of the Mid-Atlantic Chapter of the American Association of Clinical Endocrinologists (AAE).

Kudos... to Dr. Jehan El-Bayoumi, General Internal Medicine, for being quoted in an article, “Searching for Richard Holbrooke” in the Washington Post.

Congratulations... to Dr. Robert Wilkinson for being selected to receive the Outstanding Volunteer Clinical Teacher Award from the American College of Physicians.

Congratulations....to Dianne Thompson, MD, Internal Medicine resident, and Sheena Khurana, MD, Internal Medicine faculty, who were awarded the 2015 Rodham Institute Academic Community Collaborative Award for with Wholesome Waves, “Empowering Physicians to Address Health Disparities Related to Food Insecurity”. Wholesome Waves is a National non-profit organization dedicated to providing a just and sustainable food system.

Congratulations... to Dr. Sabyasachi Sen, Endocrinology, for his application approval for Fellowship to the Royal College of Physicians in the UK.

Congratulations.... to Dr. Juan Reyes, Hospital Medicine, and Aimee Desrosiers, Infectious Diseases, on the newest addition to their family, Liliana Isabelle.

Congratulations... to Dr. Pragya Pooja Singh, Rheumatology, on the arrival of her baby boy, Ajay Dhiraj Jagasia, weighing in at 6lb 6oz.

See you next month! The Editor

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