Forget 140, that didn’t last even a year. Now the new standard is a blood pressure of 120 millimeters of mercury (mm Hg). Good luck to you all. I am pretty sure that I never (or almost never) have been able to get a hypertensive patient down to a systolic of 120 without; a) major side effects from the medications, b) severe dehydration, or c) a broken blood pressure cuff/machine.

The NIH sponsored SPRINT study was designed to determine the potential benefits of achieving systolic blood pressure of less than 120 mm Hg for hypertensive adults 50 years and older who are at risk for developing heart disease or kidney disease. Beginning in the fall of 2009, the SPRINT study included more than 9,300 participants age 50 and older, recruited from about 100 medical centers and clinical practices throughout the U.S. and Puerto Rico, including GW. The results were reported to show reduced rates of cardiovascular events, such as heart attack, heart failure, and stroke, by almost a third, and the risk of death by almost a quarter, as compared to the target systolic pressure of 140 mm Hg.

"This research will have a significant impact on the way physicians treat patients with high blood pressure," said Dominic Raj, professor of medicine at the GW School of Medicine and Health Sciences and director of the Division of Renal Diseases and Hypertension at The GW Medical Faculty Associates. "Patients over 50 with high blood pressure will receive potentially lifesaving treatment." So please refer all patients who you cannot get their BP down to 120 to Dr. Raj. Obviously he has had more success than I, but then he is one of the smartest people I know.

Just by chance, I recently spoke to the chairman of medicine at UVA (who is a nephrologist) and he agreed that most of the hypertensive patients he sees rarely obtain a BP of 120. Therefore, having completed my extensive research of this subject, I and many others await the publication of the paper to be able to tear apart the results. The study did not include patients with diabetes or prior stroke, but what other patients were excluded? Patients were over 50, but under what? Patients in the 140 group had an average of two drugs and those in the 120 had an average of 3. Does that mean that half of the 120 group were on 4 drugs and half of the 140 group on 3 drugs could not get lower than 140?

We don’t know because the results weren’t published. So the public is being told that to not die you need to get your BP lower than you were told it had to be last week but your physician has no idea if this is correct. But of course NIH also said; “But patients should talk to their doctor to determine whether this lower goal is best for their individual care.” How irresponsible can NIH be? Or should we just take them at their word and start prescribing 4 medications, each with side effects, to the majority of our hypertensive patients. How would their doctor know?

The results will be published in the next few months. Remember when systolic BP was ignored and diastolic BP was king? Four or five drugs or more; do they still make Guanethadine?

Alan G. Wasserman, M.D.
Department of Medicine
October 2015 Grand Rounds

OCT 1 Understein Memorial Lecture
"Clinical Research and the Development of Medical Therapeutics: What Does the Future Hold?"
Elliott Antman, MD
Professor of Medicine
Associate Dean, Clinical and Translational Research
Harvard Medical School
Senior Physician, Cardiovascular Medicine
Brigham and Women’s Hospital
Boston, MA

OCT 8 "Disaster Preparedness"
David Marcozzi, MD, MHS-CL
Director, National Healthcare Preparedness Program (NHPP)
Assistant Secretary for Preparedness and Response
US Department of Health and Human Services

OCT 15 "Lipid Management"
William Borden, MD
Associate Professor of Medicine
Division of Cardiology
Director, Healthcare Delivery Transformation
Department of Medicine
GW Medical Faculty Associates

OCT 22 "Macrophage Activation in Sepsis and Autoimmune Disease"
Bita Shakoorry, MD
Assistant Professor of Medicine
Division of Rheumatology
Department of Medicine
GW Medical Faculty Associates

OCT 29 "Anthrax Attacks of 20001"
Larry Bush, MD
Chief of Staff, Atlantis Medical Center
Affiliated Professor of Biomedical Sciences
Charles E. Schmidt College of Medicine
Florida Atlantic University
Affiliated Associate Professor of Medicine
University of Miami-Miller School of Medicine
Palm Beach County, Florida

The George Washington University Medical Center (GWUMC) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor 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 7 Mortality & Morbidity Conference

OCT 14 Guillermo Gutierrez, MD
Professor of Medicine
Division Director
Division of Pulmonology
Department of Medicine
GW Medical Faculty Associates
Cardio-Pulmonary Stress Testing

OCT 21 Mark Haigney, MD
Professor of Medicine and Pharmacology
Director of Cardiology
Department of Medicine
Uniformed Services University of the Health Sciences
Bethesda, MD
Pro-Arrhythmia of Exercise

OCT 28 Allen Solomon, MD
Professor of Medicine
Division of Cardiology
Department of Medicine
GW Medical Faculty Associates
Professionalism–Transgender Patients

Resident Lecture Series
October 2015 Noon Conference

OCT 1 Medicine Grand Rounds
OCT 2 "Making Wise Antibiotic Choices" - Dr. Angelike Liappis
OCT 5 Jeopardy
OCT 6 Journal Club
OCT 7 GME Core Lecture
OCT 8 Medicine Grand Rounds
OCT 9 "Transfusion Indications and Reactions" - Dr. Jason Prior
OCT 12 "Cardiac Imaging" - Dr. Andrew Choi
OCT 13 "Autopsy" - Dr. Patricia Latham
OCT 14 GME Core Lecture
OCT 15 Medicine Grand Rounds
OCT 16 "Contraception" - Dr. Jennifer Lesko
OCT 19 TBA
OCT 20 Clinicopathologic Conference - Drs. Tina Chee and Faryal Osman
OCT 21 "Oncologic Emergencies" - Dr. Khaled el-Shami
OCT 22 Medicine Grand Rounds
OCT 23 TBA
OCT 26 TBA
OCT 27 TBA
OCT 28 TBA
OCT 29 Medicine Grand Rounds
OCT 30 TBA

Medicine Team Contacts

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

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

Dr. Shailendra Sharma joined the Division of Nephrology last month. Dr. Sharma received his medical degree from the Institute of Medicine at the Tribhuvan University in 2001. He started his Residency at the Patan Hospital in Nepal in 2003 and then in Internal Medicine at the John H. Stroger Hospital, Illinois in 2008. Dr. Sharma was named Chief Resident at the same institution until 2009. In June 2014, Dr. Sharma completed a Nephrology Fellowship at the University of Colorado. He is board certified in Internal Medicine.

Dr. Sharma’s clinical and teaching abilities are excellent; he is well respected by those he taught as well as his peers. Dr. Sharma’s scholarly works are impressive, with fifteen publications in respected journals, twelve competitive abstracts, one of which was selected for Nation NKH recognition in 2013, and has delivered a number of presentations regionally and nationally.

Dr. Sharma’s clinical interests lie in the area of Sodium Water Balance and Renal adaptation and response to high altitude.

Dr. Ehsan Nobakht Haghighi plans to join the Department of Medicine this month. He will have a joint position in the departments of Kidney Disease and Hypertension and Hospital Medicine. He received his Medical Degree from The Tehran University of Medical Sciences. He completed his residency in Internal Medicine at The George Washington University Hospital as well as a fellowship in Nephrology. He is board certified in Internal Medicine and licensed in the District of Columbia.

Dr. Haghighi’s concentration lies in Nephrology with a keen interest in clinical research. He has six publications and nine abstracts. He is an excellent clinician with very practical methods. He is well liked among his peers and was voted “Fellow of the Year” in 2013.

Dr. Sumugdha Rayamajhi joined the division of Hospital Medicine. She completed her Medical Degree at Kathmandu University in 2007, where she also completed a one year Internship. Her Residency was completed at the Michigan State University in 2014 with her final year at the University of Colorado in 2015.

Dr. Rayamajhi’s scholarly activities are growing with a number of presentations, and posters added to her portfolio. She is a conscientious citizen, volunteering with various health camps over a five year period, both in the United states and her home country of Nepal. She is linguistically proficient in Nepali, English and Hindi. Her hobbies are hiking and community service.

American College of Gastroenterology Annual Meeting

The Division of Gastroenterology has been invited to present 16 abstracts at the American College of Gastroenterology (ACG) annual meeting. Two of the abstracts have been chosen from amongst the 2500 + submitted abstracts due to significant findings which have impact on GI patient care or public health.

The abstracts that have been selected for their significant findings include:

- “Successful Laparoscopic-Assisted Gastric Per Oral Endoscopy Myotomy (G-POEM) in Refractory Diabetic Gastroparesis”  Drs. Najeff Waseem, Steven Zeddun, Frederick Brody, Marie L. Borum
  
  Dr. Steven Zeddun will be the featured speaker.

- “Trying to Stay Healthy Can Sometimes Make You Sick If You Have Celiac Disease: Vitamins at Mass Market Retail and Warehouse Stores Often Contain Gluten”  Drs. Michelle Corinaldi, Michael Corinaldi, Marie Borum

Dr. Marie Borum will be the featured speaker.

Testimony of Dr. Stanley Talpers

Recently, Dr. Stanley Talpers, retired internist and Emeritus Professor of Medicine at George Washington University School of Medicine spoke in favor of the Death with Dignity bill introduced by Councilmember Mary Cheh.

"The Oregon law, which the DC law follows closely, places both the responsibility and the choice in the hands of the patient—where they belong. The patient must be the agent who voluntarily lifts the cup to her lips. The patient may change her or his mind at any time. Safeguards are in place to make sure the patient is not suffering from depression or other psychiatric disorder. Most of the patients in the Oregon experience had been in hospice care, as was my wife suffering from cancer three years ago. Her pain was initially controlled by outpatient hospice care, and near the end she was admitted to an inpatient hospice, where she died comfortably after five days.

Not all patients are as lucky as she was. Death can be very slow in coming to those suffering with no hope of recovery. I therefore strongly support the Death with Dignity bill.”

GW Healing Clinic Fundraiser

Vegas Night! The GW Healing Clinic annual fundraiser is on Friday October 16th at 6pm in the new School of Engineering building. Watch your inbox for information on how you can donate and register online – or write to healingclinic@gwu.edu for more information.
Rheumatology Academic Conference Schedule
October 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

OCT 1: “Pathology of the Shoulder”
    Andrew Neviaser, MD

OCT 1: Didactic Sessions

OCT 8: Journal Club
    Sam Serafi, MD

OCT 8: Rheumatology Fellowship Interviews

OCT 15: Intra-City Rheumatology Grand Rounds
    NOTE LOCATION: NIH
    NOTE TIME: 7:30 AM

OCT 15: Rheumatology Fellowship Interviews

OCT 22: Radiology Cases:
    Dr. Kathleen Brindle, Associate Professor of Radiology
    Chief, Musculoskeletal Radiology
    Location: GW Hospital, Radiology Conference Room

OCT 22: Rheumatology Divisional Meeting

OCT 29: “Auto Immune Hepatitis”
    Patricia Latham, MD

OCT 29: Didactic Sessions

Kudos and Congratulations

Kudos... to Drs. Sabyasachi Sen, Eric Nylen, and Ishita Prakash (former Endocrinology fellow), for their publication titled, “Lithium as an Alternative Option in Graves Thyrotoxicosis” in Case Reports in Endocrinology.

Kudos... to Dr. Bonita Coe, General Internal Medicine, on receiving a letter, “I love the MFA organized approach to medical care.”

Kudos... to Dr. Showkat Bashir, Gastroenterology, and the staff at the surgery center on a patient letter, “It [ultrasound colonoscopy] was by far the most pleasant experience for such a procedure. Everyone was professional and extremely nice and helpful. Dr. Bashir was wonderful in explaining everything to me at the time of the procedure.”

Congratulations... to Dr. Andrew Choi, Cardiology, on receiving the Young Investigator Award at the Society of Cardiovascular CT annual meeting in Las Vegas, NV on his paper, “Coronary Artery Calcium Scoring on 320 Detector Row CT Demonstrates Low Interscan Variability at Standard and 70% Reduced Radiation Dose.”

Congratulations... to Dr. Gregg Furie, General Internal Medicine, and his wife, Clara, on the new addition to his family. Reid Walker Furie arrived on 9/15/2015 weighing 6lb 7oz.

See you next month! The Editor

The George Washington University Medical Faculty Associates
Department of Medicine, Suite 8-416
2150 Pennsylvania Avenue, NW