It is well known that caffeine intake is associated with longevity. If it’s so well known how is it that I didn’t know it, did you? But so says Dr. David Furman, Ph.D. from Stanford. It appears the logic goes this way: Inflammation is known to cause or at least contribute to the development of some cancers, dementia, cardiovascular diseases, some forms of arthritis, and other mental conditions such as depression. These conditions cause 75% of all deaths worldwide. It is estimated that more than 90% of all noncommunicable diseases of aging are associated with chronic inflammation and over 1000 publications have confirmed this association.

The theory is that breakdown products in our circulation of nucleic acids, the molecules that make up our genes, trigger this inflammatory process. The group from Stanford studied two groups of patients and compared blood from older (over 60) versus younger (20-30) patients and found two genes in particular whose activity was associated with inflammatory proteins. Moving on, they found two groups of older patients, with and without high activation of one or both of these inflammatory genes. I should mention that the total number of patients studied was 23. Twelve with high activation and 11 in the low group who were eight times more likely to have at least one family member who lived to at least age 90. And most importantly those in the low activation group tended to drink more caffeinated beverages.

They then got really serious and injected these inflammatory proteins into mice which triggered massive systemic inflammation and hypertension. Finally, incubating these inflammatory proteins with caffeine decreased their inflammatory effect on cells.

So is the medical community ready to tell everyone to start drinking more caffeinated beverages after this rigorous study of 23 patients 11 of whom tended to ingest more caffeine? Sound like solid proof to me, and I left out the part about free radicals because whenever I hear someone talking about them I want to run screaming from the room. The only free radicals that ever were proven to do anything are back in the 60’s in San Francisco. Who was this study funded by, Starbucks? Maybe I am naïve, but it seems to me that it would have been better if they gave half the mice coffee and the other decaf and followed them until they died. Of course there is nothing worse than treating a mouse with palpitations. And what name do you put on their little cups? (Mouse one, half caff, tall skim latte)

This study was so important that it even made USA Today. So as that paper said: “Perk up.” Why shouldn’t we believe this study? It allows us to feel good about drinking more coffee. However, don’t be surprised if the cost of a cup goes up. In fact, Starbucks has raised their coffee prices three times in the last year. We may soon look fondly back on the days of the $4.00 Latte. Did you hear about the $23.60 cup: 31-ounce, Venta Frappuccino with “16 shots of espresso, a shot of soy milk, caramel flavoring, banana puree, strawberry puree, vanilla beans, Matcha powder, protein powder, and a drizzle of caramel and mocha? Now that should be good for a least 5 extra years of life, most of which spent wide-awake.

Alan G. Wasserman, M.D.
### Department of Medicine
#### March 2017 Grand Rounds

- **MAR 2** "Dementia/Neuropsychological Testing"
  Antonio Puente, PhD  
  Assistant Professor of Psychiatry  
  Department of Psychiatry  
  GW MFA

- **MAR 9** "Percutaneous Mitral Valve Repair"
  Christian Nagy, MD  
  Assistant Professor of Medicine  
  Division of Cardiology  
  Department of Medicine  
  GWU MFA

- **MAR 16** "Current Trends in Lung Cancer and Management of Pulmonary Node"  
  Keith Mortman, MD  
  Associate Professor of Surgery  
  Director, Thoracic Surgery  
  Department of Surgery  
  GWU MFA

- **MAR 23** "New Understanding of Mitochondrial Function in Diabetic Complications"  
  Kumar Sharma, MD  
  Professor of Medicine  
  Director, Institute of Metabolomic Medicine  
  Director, Center for Renal Translational Medicine  
  University of California, San Diego  
  La Jolla, California

- **MAR 30** "Autism and Neurodevelopmental Disorders"  
  Kevin Pelphrey, PhD  
  Carbonell Family Professor  
  Director, Autism and Neurodevelopmental Disorders Institute  
  GWU

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

- **MAR 1** Mortality & Morbidity Conference
- **MAR 8** Joshua Cohen, MD  
  Professor of Medicine  
  Division of Endocrinology  
  GW MFA  
  **CV Manifestations of DM**
- **MAR 15** Michael Irwig, MD  
  Associate Professor of Medicine  
  Division of Endocrinology  
  GW MFA  
  **Testosterone and the Heart**
- **MAR 22** Javid Mosleh, MD  
  Assistant Professor of Medicine  
  Division of Cardiovascular Medicine  
  Vanderbilt University School of Medicine  
  **Cardio-Oncology Grand Rounds**
- **MAR 29** Robyn Macsata, MD  
  Associate Professor of Surgery  
  GW MFA  
  **Lower Extremity PAD**

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### Resident Lecture Series
#### March 2017 Noon Conference

- **MAR 1** GME Conference
- **MAR 2** Medicine Grand Rounds
- **MAR 3** Chairman's Rounds
- **MAR 6** "ICDs Continued..." – Dr. Allen Solomon
- **MAR 7** Journal Club
- **MAR 8** "Nosocomial Infections" – Dr. David Parenti
- **MAR 9** Medicine Grand Rounds
- **MAR 10** Chairman’s Rounds
- **MAR 13** Chairman’s Rounds
- **MAR 14** Mortality & Morbidity
- **MAR 15** "Allergic rhinitis/chronic sinusitis" – Dr. Anjeni Keswani
- **MAR 16** Medicine Grand Rounds
- **MAR 17** "DDx for Mono-Arthritis" – Dr. Rodolfo Curiel
- **MAR 20** TBD
- **MAR 21** Clinical Pathological Conference–Drs. Michael Elliott and Hind Rafei
- **MAR 22** "Perioperative Medication Management" - Dr. Nabil Fallouh
- **MAR 23** Medicine Grand Rounds
- **MAR 24** Chairman’s Rounds
- **MAR 27** "Myeloma Kidney" – Dr. Ehsan Nobhakt
- **MAR 28** No Noon Conference
- **MAR 29** "The Agitated Patient" – Dr. Baiju Gandhi
- **MAR 30** Medicine Grand Rounds
- **MAR 31** Chairman’s Rounds

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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).

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### Medicine Team Contacts

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<thead>
<tr>
<th>Team</th>
<th>Contact Number</th>
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<tbody>
<tr>
<td>WHITE TEAM</td>
<td>(202) 715-5669</td>
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<tr>
<td>YELLOW TEAM</td>
<td>(202) 715-6041</td>
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<td>GREEN TEAM</td>
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<td>RED TEAM</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 Additions to the Department of Medicine

**Patricia Centron, MD** joins us as an Assistant Professor of Medicine in the Division of Renal Disease and Hypertension. Dr. Centron received her Medical Degree from the Technologic University of Santiago. She completed her Internal Medicine Residency at New York Downtown Hospital. She worked as an academic hospitalist at the New York Presbyterian-Weill Cornell Medical College and later on went on to complete a Nephrology Fellowship at the University of Pittsburgh Medical Center. She is board certified in Internal Medicine and board eligible in Nephrology and is licensed in the District of Columbia.

Her research interests include nutrition in kidney disease, genetics of hypertension and factors associated with GFR loss in Peritoneal Dialysis. She is a member of the American Society of Nephrology, Renal Physicians Association and American Medical Association.

**Holly Dushkin, MD** joins us as an Associate Professor of Medicine in the Division of Hematology & Oncology. Dr. Dushkin earned her Medical Degree at Temple University School of Medicine, PA, 2001. After completing a one year Internship in Internal Medicine, she accepted a Residency at the same institution; she completed in 2004. In 2007, Dr. Dushkin competed a three year Fellowship in Hematology & Medical Oncology at Fox Chase Cancer Center, PA.

Dr. Dushkin is boarded in Internal Medicine and Medical Oncology. She is licensed in the District of Columbia, Maryland, Pennsylvania and Ohio.

Dr. Dushkin has a number of years as an educator, including roles as Residency Site Director, Internal Medicine Residency program at Temple/Fox Chase Cancer Center and Associate Director, Hematology/Medical Oncology Fellowship Program at Fox Chase Cancer Center as well as the Cleveland Clinic in Ohio.

Her research interests include Medical Oncology and Breast Cancer; her scholarly activities are impressive with fifteen publications, participation on four research projects and more than twenty five clinical trials.

Dr. Dushkin is a member of several professional organizations, including the American Society of Clinical Oncology, American Society of Hematology and the American Medical Association.

**Tanya Clifford, FNP** joins the Division of Hematology & Oncology. Tanya earned her Bachelor’s degree in Nursing at Bloomsburg University, PA in 2000. In 2006, she completed a Master of Science degree as a Family Nurse Practitioner at Salisbury University, Maryland and subsequently earned a Post Masters Certificate, AGACNP at the University of Maryland, Baltimore Campus in 2013. Tanya is certified by the American Academy of Nurse Practitioners – Family Practice; she is also ACLS, BLS and CCRN certified and is licensed in the District of Columbia and Maryland.

Tanya has more than ten years of experience in healthcare; initially in Critical Care to present day, Hematology & Oncology. She also acquired experience in the academic realms, as an Instructor of Clinical Nursing and is published: Nursing Economics, Foreign Educated Nurses: An overview of migration and credentialing issues.

**Mitchell R. Smith, MD, PhD** joins us as a Professor of Medicine and Associate Center Director for Clinical Investigations in the Division of Hematology & Oncology and the GWU Cancer Center.

Dr. Smith earned his Medical Degree and PhD at Case Western Reserve University School of Medicine, OH in 1979. He completed a one year internship in Internal Medicine at the Long Island Jewish Hospital, NY in 1980 and then embarked on a three year Residency in Pathology at the Washington University School of Medicine, Barnes Hospital, MO, 1983. In 1984 Dr. Smith completed a one year Residency in Internal Medicine at the Jewish Hospital of St. Louis, MO. In 1984, he accepted a four year Fellowship in Medical Oncology at Memorial Sloan-Kettering Cancer Center, NY and completed a second Fellowship in Biomedical Research (Clinical Scholars Program) at the same institution.

Dr. Smith is boarded in Internal Medicine, Medical Oncology and Hematology. He is licensed in the District of Columbia and Ohio.

Dr. Smith’s experience is broad and spans a number of years; until January of this year he was the Director of the Lymphoid Malignancy Program at the Cleveland Clinic. After serving as Assistant Professor in Medical Oncology at Wayne State University in Detroit, MI, he joined Fox Chase Cancer Center in 1993, where he remained as Director of the Lymphoma Program until 2012. His clinical and laboratory interests have focused on targeted approaches to improve therapy of lymphoid malignancies.

Dr. Smith is an active member of the ASCO, AACR, ASH and ECOG. He has served on the NCCN lymphoma and myeloma guideline committees, and chaired the Mantle Cell Lymphoma subcommittee of the NCTN lymphoma planning committee.

**Chairman’s Rounds**

GWU Hospital Auditorium, 12:00 Noon
All Faculty Invited to Attend

Mar 10 Drs. Joe Delio and Sheldon Steiner
Mar 13 Drs. Faryal Osman and Nick Dallas
Mar 24 Drs. Vlad Tsalsken and Lei Lynn
Mar 31 Drs. Vani Pyda and Nejat Naser
Rheumatology Academic Conference Schedule March 2017

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

MAR 2:
Journal Club
Dr. Serafi & Dr. Phillipotts

MAR 2:
M&M and Clinical rounds

MAR 2:
Knowledge Bowl and Rheumatology boards training /preparation
Dr. Taylor / Dr. Curiel

MAR 9:
Uveitis
Dr. Keith Wroblewski

MAR 9:
Joint Injection Technique Workshop for MS4

MAR 16:
Intra-city Grand Rounds
Location: Walter Reed/ Naval Hospital
NOTE: LOCATION TIME 7:30AM

MAR 16:
M&M and Clinical rounds

MAR 23:
Radiology Conference
Dr. K. Brindle
Location: Radiology conference Room, GW Hospital

MAR 23:
M&M and Clinical rounds

MAR 23:
Knowledge Bowl and Rheumatology boards training /preparation
Dr. Taylor / Dr. Curiel

MAR 30:
Pulmonary Sarcoidosis
Dr. Anna Mclean

MAR 30:
M&M and Clinical rounds

MAR 30:
Knowledge Bowl and Rheumatology boards training /preparation
Dr. Taylor / Dr. Curiel

Kudos and Congratulations

Kudos… to Dr. Ashte Collins, Renal, who received compliments from the NxStage GW Center for Home Dialysis for his performance, specifically his leadership of the monitoring agency.

Kudos… to Dr. Anne Cioletti, Internal Medicine, who was accepted into the 2017 LEAD Certificate Program at the Society of General Internal Medicine, Association of Chiefs and Leaders of General Internal Medicine.

Kudos… to Drs. Carlos Palant and Susie Lew, Renal, as they have been invited to speak at the “Kidney Innovation Summit” co-sponsored by the Department of Veterans Affairs, the VA Center for Innovation, and the American Society of Nephrology.

Kudos… to Dr. Mayce Haj-Ali, PGY 1, for being entered into the official United States Congressional record for the great care she provided a Congressman who was a patient at the hospital.

Congratulations… to Dr. Shailendra Sharma, Renal and Dr. Kavita Natrajan, Hemonc, on their first exchange transfusion performed at the hospital on February 1st.

See you next month! The Editor