



DEPARTMENT OF MEDICINE

MISSION

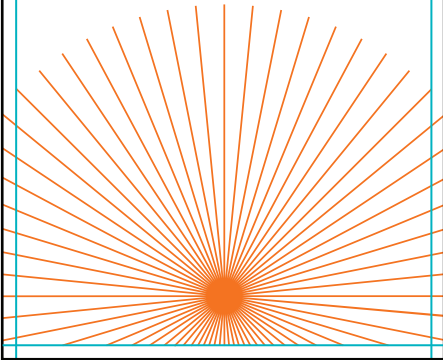
We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

VALUES

We strive for a sense of community, connection, and synergy among all faculty, staff, and trainees.

PLEDGE

We will conform to the highest ethical standards, uphold the values of our partner organizations, and give back to our community through public service.



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MESSAGE FROM THE CHAIR

We are proud to present this month's version of "Medicine Matters" with a focus on the Division of Endocrinology and Metabolism. As you read through the accomplishments of this distinguished group of faculty and staff, I am sure you will be impressed by the significant, ground-breaking achievements that are so typical of the Division. Endocrine faculty are leaders in improving the care for patients with diabetes, hypertension, pituitary disease, reproductive hormone abnormalities and many other areas. The Division is also a great example of a community of faculty, fellows and staff that work together to improve outcomes. My thanks to the entire division for their tireless efforts.



The month also ends our yearly residency interviews and we should all thank the education team for their hard work and dedication through this long process. Dr. Brian Uthlaut, the Chief Residents (Drs. Walid El-Nahal, Carrie Hamilton, Amy Ogurick and Anthony Peters), Joy Hilton, Tony Brinkman, Erin Arnold, Terry Bennett, Margaret Kuhlman and many others have put together a fantastic interview day that highlights the Department and University. Our thanks also to the many faculty reviewers for their time. We have attracted an outstanding applicant pool, and many thanks to the team for their efforts.

Lastly, this month is a time to celebrate the legacy of Dr. Martin Luther King, Jr. We should continually strive to ensure that everyone in our organization as well as anyone that we touch is treated with the greatest respect and dignity. We are bound by a common goal of improving the human condition for everyone. Let's hold ourselves to this high ideal.

Mitchell H. Rosner, MD, MACP
Henry B. Mulholland Professor of Medicine
Chair, Department of Medicine

QUICK LINKS

[DoM WEBSITE](#)

[DoM CALENDAR](#)

[GRAND ROUNDS](#)

[HOOS WELL](#)

[WORK DAY](#)

[HIGHLIGHTED DIVISION](#)

DOM FINANCIAL UPDATE

Department of Medicine Summary of Consolidated Financials FY19 as of December 31, 2018

	Budget YTD	Actual YTD	\$ Variance YTD
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Work RVUs	442,520	444,682	2,162
Clinical Receipts (NPSR)	27,030,395	28,807,016	1,776,621
Total Revenues	88,298,189	86,468,575	(1,829,615)
Total Expenditures	89,834,662	85,792,957	4,041,704
Net Income	(1,536,472)	675,617	2,212,089

Summary Explanation of Variance:

For the six months ending December 31, 2018 DOM posted a consolidated net surplus of \$676K and a favorable variance to budget of \$2.2M. Strong individual faculty clinical effort performance and higher collections per Work RVU drove net patient service revenue to outperform budget by \$1.8M. Sponsored program revenue underperformed budget by \$2.5M due to the timing of anticipated NIH awards. Also, the department realized non-personnel cost savings of \$4.9M driven by lower than expected grant expenditures.

IN THE KNOW



DIVERSITY DIALOGUES - Sponsored by the SOM Office of Diversity/Inclusion

Wednesday, February 13, 12:00 pm-1:00 pm

BIMS 1023 - McKim Hall (across from Sandridge Auditorum) Lunch will Be Served, Space is Limited

PLEASE RSVP to: jjp5s@virginia.edu

There is a saying: “Nothing great ever comes from comfort zones.” The Diversity Dialogues are designed to encourage honest discussions in a safe environment with people who are in some way, different from us, about the ways that we are different and the ways that we are similar. These facilitated dialogues may feel uncomfortable, but are essential to building understanding and empathy so we can leverage our strengths and differences at work and in our communities.

The Diversity Dialogues are a series of facilitated conversations around specific topics related to diversity, equity and inclusion in our community. The same topic will be explored each month by members of different groups – trainees (students and housestaff), faculty, or staff. We will invite one group each month - this month’s group are staff. The topic will rotate every 3 months.

Our current topic is “unconscious bias”. What is unconscious bias? Unconscious biases are social stereotypes about certain groups of people that individuals form outside their own conscious awareness. Everyone holds unconscious beliefs about various social and identity groups, and these biases stem from one’s tendency to organize social worlds by categorizing. In this dialogue, we will examine with each other the impact that unconscious bias has had on all of our lives.



COME JOIN THE FUN!

The Charlottesville
10 miler is
Saturday, March 23rd
at 7:15 am.

[SIGN UP HERE](#)

Division Chiefs, you can
create a team in support
of the community and
Computer4Kids, a local
charity!
(cost is \$10, [click here](#))

← TEAM 2018



Congratulations to resident Will Eschenbacher and his wife Michaela on the birth of their daughter Rose Camille, born January 10, 2019.

DOM CENTRAL EDUCATION TEAM UPDATE

Team Recognition and Engagement

Annual Appreciation Luncheon

The central education administrative team met on January 15th for its annual appreciation luncheon. This event was sponsored by undergraduate clerkship directors, graduate program directors, associate program directors and the Chief Residents. This year's appreciation luncheon was held at the Greencroft Club where team members were celebrated and acknowledged for their continuous efforts to support our medical students and graduate medical education trainees in the respective UME and GME programs including their most recent recruitment efforts culminating in successful fellowship matches for all the subspecialty programs and what hopes to be a very successful residency match in March. The luncheon is always a special time for the team to meet and reflect on the past year's successes and to think about education goals for the upcoming year.



Vision Board Retreat

The central education administrative team met offsite Friday, January 18th for a "Vision Board" retreat to foster team building, engagement, and personal goal setting. Following lunch, the team spent a few hours translating their goals for the coming year into creative vision boards utilizing images and words taken from magazines and transposing them onto poster boards for display and motivation. Themes around work/life integration, personal health and wellness, family, career success, life transitions, renewal and revitalization emerged, among others. The retreat set the tone for the coming year and was an excellent opportunity for the team to share their personal goals and visions as well as celebrate the end of a very busy interview season.

Fellowship Match

November 28th was match day for fellowship programs. Many of our current PGY3s, as well as some recent grads who applied this year, had a very successful match! (Results below)

ALLERGY

Dilawar Khokhar- Univ of Michigan
Will Eschenbacher- Univ of Virginia

CARDIOLOGY

Anthony Peters- Duke University
Manu Mysore- Univ of Maryland
McCall Walker- Univ of Texas Southwestern
Paras Patel- Univ of Virginia

GASTROENTEROLOGY

Indy Bhavsar- Indiana Univ
Matthew Bender- Ohio State Univ
Carrie Hamilton- Univ of Alabama-Birmingham
Mark Radlinksi- Univ of Virginia
Amy Ogurick- Yale Univ

HEMATOLOGY-ONCOLOGY

Kristine Gade- Univ of Pittsburgh
Maria Nicolais- Univ of Rochester
Laura Hanson- VCU

INFECTIOUS DISEASES

Walid El-Nahal- Johns Hopkins
Tom Dieringer- UCLA

PALLIATIVE CARE

Becky Mullan- Northwestern

PULMONARY-CRIT CARE

Jigna Solanki- Georgetown
John Odackal- Univ of Colorado
Chris Harding- Univ of Texas- Houston

RHEUMATOLOGY

Fatima Alduraibi- Univ of Alabama-Birmingham
Samanth Minkin- MUSC
Amanda Lusa- Univ of North Carolina
Anjali Bal- Univ of Virginia

Terry Bennett Appointed to ACGME Coordinator Advisory Group



Terry Bennett, the Department's Graduate Medical Education Compliance Manager, was chosen from over 100 applicants and appointed to serve a three year term on the Accreditation Council for Graduate Medical Education (ACGME) beginning July 1, 2019.

The ACGME sets standards for US graduate medical education (residency and fellowship) programs and the institutions that sponsor them, and renders accreditation decisions based on compliance with these standards. The Coordinator Advisory Group serves as a consultative body to the ACGME administration concerning coordinator, graduate medical education, learning environment, and accreditation matters.

To be considered for the Coordinator Advisory Group, eligible coordinators were nominated by their program director or the designated institutional official (DIO). As part of the selection process, the ACGME considered diversity in terms of geography, type and size of program and institution, specialty, and professional experience. Members must have a minimum of five years of experience as an institutional or program coordinator or administrator.

Please join us in congratulating Terry on this prestigious appointment.

NOTABLE ACHIEVEMENTS

Kambiz Kalantari, MD



Karen Warburton, MD



Aditya Sharma, MD



Mark Okusa, MD



Sabrina La Salvia, PhD



Amanda DeMauro Renaghan, MD



Mitchell Rosner, MD



Pranav Patel, MD



Matt Reilley, MD



Dr. Kambiz Kalantari, The Division of Nephrology, was elected as The Harrison Distinguished Teaching Associate Professor of Medicine, and won The Jefferson Scholars Award for Excellence in Teaching.

Dr. Karen Warburton, The Division of Nephrology, was elected to Fellowship in the American College of Physicians. Status in the FACP reflects commitment and accomplishments within the internal medicine community.

Sabrina La Salvia, PhD, a postdoctoral fellow in Dr. Uta Erdbruegger's laboratory, The Division of Nephrology received a two year American Heart Association Postdoctoral Fellowship beginning summer 2019.

Drs. Sharma and Okusa were awarded the research grant, "Novel Cytokine Therapy for Type 1 Diabetes" for the project period November 2018 through October 2019.

Drs. Amanda DeMauro Renaghan and Mitchell Rosner, published "Hypercalcemia: Etiology and Management" in *Nephrology Dialysis Transplantation (NDT) Digest*.

Congratulations to Dr. Pranav Patel on being named in the February 2019 issue of *Northern Virginia Magazine's* list of "Top Doctors in Northern Virginia."

Congratulations to Mary Poss, DVM, PhD, Professor of Research, who started work in Dr. Thomas Loughran's lab on January 1, 2019 as a part-time employee.

New clinical trials opened for GI-Oncology/ Developmental Therapeutics in December and January.

There has been tremendous growth in the gastrointestinal oncology and developmental therapeutics clinical trial programs over the past year. In the past 2 months alone, 5 trials have opened for enrollment at UVA adding to treatment options available for patients. Trial treatments for our patients now include novel immunotherapies alone or in combination, cellular therapies, antibody-drug conjugates, and small molecular targeted therapies. On several early-phase studies, our patients have been among the first in the country to receive novel therapies. With the continued growth of the clinical trials program we look forward to offering additional options – and hope – to patients facing tough cancers.
~Matthew Reilley, MD

NCT03611556: A Phase 1b/2 Study to Evaluate the Safety, Pharmacokinetics, and Clinical Activity of Oleclumab (MEDI9447) with or without Durvalumab in Combination with Chemotherapy in Subjects with Metastatic Pancreatic Ductal Adenocarcinoma. PI: Matt Reilley

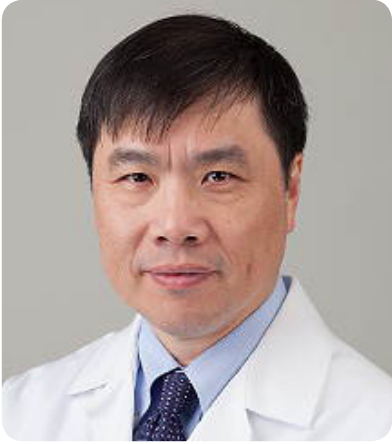
NCT02880371: A Study of ARRY-382 in Combination With Pembrolizumab for the Treatment of Patients With Advanced Solid Tumors. PI: Paul Kunk

NCT03485209: Open Label Phase 2 Study of Tisotumab Vedotin for Locally Advanced or Metastatic Disease in Solid Tumors. PI: Matt Reilley

NCT03673501: A Phase 3, Interventional, Randomized, Multicenter, Open-Label Study of DCC-2618 vs Sunitinib in Patients with Advanced Gastrointestinal Stromal Tumors after Treatment with Imatinib. PI: Matt Reilley

NCT03628651: Blood Sample Collection to Evaluate Biomarkers for Hepatocellular Carcinoma. PI: Matt Reilley

MESSAGE FROM DR. ZHENQI LIU - Division Chief, ENDOCRINOLOGY



As chief of the Division of Endocrinology and Metabolism at the University of Virginia, I feel privileged and honored to work with so many talented, kind and generous people.

The Division has a rich history and tradition of excellence in patient care, education and research and remains one of the finest endocrinology divisions in the country. We currently have 36 faculty members (14 full professors, 9 associate professors, 7 assistant professors, 3 instructors, and 3 NPs) and 7 clinical endocrine fellows. The Division boasts many previous and current leaders in national professional societies including three presidents of the Endocrine Society (Margaret A. Shupnik, Ph.D., Robert M. Carey, M.D., and Richard J. Santen, M.D.) and one president of the American Diabetes Association (Eugene J. Barrett, M.D., Ph.D.). Our faculty members strive to provide the best possible care to patients with a variety of hormonal and metabolic disorders and best training to the next generation of physicians and scientists, and make cutting-edge scientific discoveries in both clinical and basic endocrine research.

The Division houses an internationally renowned pituitary/neuroendocrinology program with patients referred here from around the world. We have a robust clinical diabetes program that provides outstanding care for patients with diabetes both in our outpatient clinics and inside the hospital. We have strong expertise in managing patients with a variety of thyroid disorders, endocrine hypertension, adrenal diseases, metabolic bone disorders, and benign breast diseases. We further expanded our clinical portfolio in 2018 and started a diabetes technology clinic, a transgender clinic and a transplant endocrine program.

ENDOCRINOLOGY AND METABOLISM CLINICAL UPDATES

The divisions' ambulatory presence continues to grow throughout the region and includes 27 clinicians practicing in 10 different locations, including Fishersville, Zion's Crossroads, and Culpeper. Dr. Meaghan Stumpf joined last year to complement the transplant program, concentrating on pre and post-transplant endocrinology. Drs. Susan Kirk and Christopher McCartney opened a clinic dedicated to transgender medicine. Dr. Heather Ferris sees geriatric diabetes patients as a member of the cardiovascular metabolic network. Drs. Ananda Basu, Sue Brown, Stacey Anderson, Meaghan Stumpf, and Jennifer Kirby and Ms. Mary Voelmle, NP share care and education responsibilities in the advanced diabetes management clinic, which integrates the use of continuous glucose monitors for patients with diabetes [see below].

Our division runs two inpatient consult services. Dr. Jennifer Kirby continues to expand the inpatient glucose management program staffed by two dedicated nurse practitioners, Ms. Cherie Chaney and Ms. Elaine Hannah. Our general endocrine consult service provides postdoctoral fellows exposure to many different diagnosis.

Overall, our clinical workforce is strong and continues to provide excellent and innovative care to our patients.

UVA Expands Type 1 Diabetes Technology Clinic

Goal: Easier, Faster Access to the Best Diabetes Management and Technology



Ananda Basu, MD

University of Virginia Health System has opened an expanded outpatient clinic to help patients with type 1 diabetes and insulin-dependent patients with type 2 diabetes more easily obtain appropriate technology to effectively manage their condition. It is among just a handful of similar clinics in the U.S. and builds off UVA's groundbreaking research that seeks to better manage this chronic disease.

The Advanced Diabetes Management Clinic is now open at 183 Spotnap Road in Charlottesville, staffed by a team of five endocrinologists, a nurse practitioner and a certified diabetes educator along with support staff. The clinic is open Mondays, Tuesday mornings and Thursday afternoons, with additional days set aside for classes to educate patients on how to effectively use these diabetes-management devices.



Mary Voelmle, FNP, CDE

"We'll fit you with the right technology and work with your insurer to get all necessary devices or supplies approved expeditiously," said Ananda Basu, MD, a UVA endocrinologist and the clinic's director.

ENDOCRINOLOGY AND METABOLISM - RESEARCH

This year was prosperous for the Division's research program. In FY2018, our investigators received an excess of \$10M in external awards. We have internationally recognized research programs in the areas of diabetes pathogenesis and complications, diabetes technology and artificial pancreas, endocrine hypertension, and neuroendocrinology/polycystic ovary disease. In FY18, we had three strategic hiring initiative recruits joined the division. They brought in various expertise that are complementary to our existing programs. Please join us in welcoming them to UVA!



Rita Basu, MD

Dr. Rita Basu's research interests include investigating the various mechanisms responsible for abnormal glucose metabolism in individuals with diabetes and pre-diabetes. She is interested in the reasons for higher fasting and post-meal glucose concentrations in people with impaired fasting glucose and type 2 diabetes. She is also looking at the mechanisms by which cortisol plays a role in carbohydrate metabolism. Recent studies that her team conducted have shown that the splanchnic bed makes cortisol in humans via the enzyme 11betahydroxysteroid dehydrogenase type 1, and now she is looking at what modulates splanchnic and whole-body cortisol production. Is it mediated by the pituitary-hypothalamic axis or by degree of visceral adiposity, and does nutrient ingestion and/or incretins/insulin modulate this process?

Dr. Ananda Basu's research is currently directed at developing physiological models to inform, fine tune and eventually personalize an effective closed-loop control artificial pancreas system for patients with type 1 diabetes using cutting-edge insulin pump and glucose sensor technologies. These models are designed to assess the effect of sizes of meals, ranges of physical movement that span all activities of daily living, exercise, sleep, menstruation and pregnancy (among others) as they modulate insulin action and glucose variability. Such information is critical to refine and personalize control algorithms that will then be applied to individualize artificial pancreas systems.

Furthermore, he has developed innovative methods to measure pancreatic alpha cell function and glucagon kinetics in humans. This will further enable a better understanding of glucagon physiology in health and in diabetes.



Ananda Basu, MD, FRCP (UK)

Dr. Heather Ferris and endocrine fellow, **Dr. Charity Kwamanakweenda** have launched an initiative, in collaboration with the Telemedicine department, to improve diabetes care throughout Virginia. Modeled after a program first started at the University of New Mexico called Project Echo, primary care providers can participate via video-conferencing in diabetes focused didactic sessions and case discussions led by faculty in the endocrine division. The program engages primary care providers in current diabetes best practices, through didactics and case discussions, in much the same way that we train our own endocrine fellows, thereby increasing their comfort managing complex diabetes cases. By increasing local competency in diabetes management the program aims to improve access to quality care for the skyrocketing number of diabetes patients in the state.

For more information on Project Echo, contact Dr. Ferris.

Dr. Ferris was also highlighted in an article at BBC.com recently, ['Is Juicing Actually Good For You'](#). Congratulations!



Heather Ferris, MD, PhD

Dr. Ferris's research focuses on the interaction between diabetes and cognitive decline. Particular focuses of the lab include investigating how insulin regulates cholesterol synthesis in the different cell types of the brain and how this impacts brain energetics and function, the potential role of oxidized cholesterol species as signaling molecules in the brain in diabetes and Alzheimer's disease, and the role of insulin in the pathogenesis of Alzheimer's disease.



Charity Kwamanakweenda, MD

ENDOCRINOLOGY PROJECTS, PUBLICATIONS, AND ACCOMPLISHMENTS



Robert M. Carey, MD, MACP, FRCPI, FAHA
 Professor of Medicine
 Dean, Emeritus, School of Medicine
 Division of Endocrinology and Metabolism

Dr. Carey, Dean, Emeritus, and Professor of Medicine, served as Co-chair of the American College of Cardiology/American Heart Association Writing Committee on the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults, which in 2018 reported the first comprehensive clinical practice guideline for hypertension since 2003. The 2018 report redefined hypertension, reduced the threshold for initiation of antihypertensive drug therapy to $\geq 130/80$ mmHg for high risk individuals, and lowered the blood pressure goal of treatment to $< 130/80$ mmHg for most adults. The initial report achieved a media reach of approximately 4.5 billion audience, media impressions and views with over 2,000 media placements and 650 million social media encounters. Articles in virtually all major newspapers included The New York Times (front page), Washington Post and Wall Street Journal. The published report received over 1300 citations and was accompanied by 10 guideline-related articles co-authored by Carey.

Carey chaired the American Heart Association Scientific Statement Writing Committee on Resistant Hypertension, which published its report in 2018. The Scientific Statement

lowered the blood pressure threshold for defining resistant hypertension to $\geq 130/80$ mmHg in individuals on 3 or more antihypertensive medications. The report also provided a new approach to the pharmacological management of resistant hypertension. In a separate report, Carey and colleagues demonstrated that the prevalence of resistant hypertension increased by only about 2% using the new more stringent definition. Carey also is a member of the American Heart Association Scientific Statement Writing Committee on Blood Pressure Measurement which will report its findings in early 2019.

Carey currently chairs the American Heart Association Hypertension Accreditation Work Group and is a member of its Hospital Accreditation Science and Ambulatory Quality Improvement Committees. He also serves on the Board of Directors of the Consortium for Southeastern Hypertension Control and the Virginia Academy of Science, Engineering and Medicine.

Carey continues to provide Principal Investigator/Project Director leadership for two NIH grants: (1) renal AT2 receptors in the control of blood pressure and kidney function and (2) the molecular determinants of salt-sensitivity of blood pressure in humans. He was selected by the editor of the Journal of the American College of Cardiology to be the lead author of the cardiovascular disease prevention series review on hypertension.

Carey is one of the Masters of the American College of Physicians selected in 2018 to become a Fellow of the Royal College of Physicians – London.



Mary Lee Vance, MD
 Professor of Medicine & Neurosurgery
 UVA Division of Endocrinology & Metabolism

Dr. Vance has been selected to receive the Pituitary Society's Lifetime Achievement Award in recognition of her outstanding contributions and leadership in pituitary medicine. She will be honored at the 16th International Pituitary Congress which will be held March 20-22, 2019 in New Orleans, Louisiana.

Recent Publications

Manuscripts

Lundgren JA, Kim SH, Burt-Solorzano CM, McCartney CR, Marshall JC. Progesterone Suppression of LH pulse frequency in adolescent girls with hyperandrogenism: effects of metformin. *J Clin Endocrinol Metab*, 103: 263-270, 2018 (doi:10.1210/jc.2017-02068) PMID29095983, PMC5761484

186 Kim SuHee, Lundgren JA, Bhabhra R, Collins JS, Patrie JT, Burt Solorzano CM, Marshall JC, McCartney CR. Progesterone-mediated inhibition of the GnRH pulse generator: differential sensitivity as a function of Sleep status. *J Clin Endocrinol Metab*, 103: 1112-1121, 2018 (doi:10.1210/jc.2017-02299) PMID29300925, PMC 6283412.

187 Burt Solorzano CM, Knudsen KL, Anderson AD, Hutchens EG, Collins JS, Patrie JT, Marshall JC, McCartney CR. Insulin Resistance, Hyperinsulinemia, and LH: Relative Roles in Peripubertal Obesity- Associated Hyperandrogenemia. *J Clin Endocrinol Metab*, 103: 2571-2582, 2018 (doi: 10.1210/jc.2018- 00131)

188 McCartney CR, Burt-Solorzano CM, Patrie JT, Marshall JC, Haisenleder DJ. Estimating testosterone concentrations in adolescent girls: validation of two direct immunoassays via comparison to liquid chromatography-tandem mass spectrometry. *Steroids*. 2018

Chapters

McCartney CR, Marshall JC. Neuroendocrinology of Reproduction . In Yen and Jaffee's Reproductive Endocrinology and Fertility 8th Ed, Eds. J. Strauss, K. Barbieri. Chapter 1, p. 1- 24 , Elsevier (Saunders) Philadelphia. 2018.

Manuscript

Errazuiz, Dube, Slama, Visentin, O'Connor, Cobelli, Das, Basu, Kremers, Port, and Basu. JCEM paper, Randomized Controlled Trial of a MUFA or Fiber-Rich Diet on Hepatic Fat in Prediabetes, was chosen for the Endocrine Society Thematic Issue on Diabetes.

DIVISION SPOTLIGHT - ENDOCRINOLOGY AND METABOLISM

CURRENT & RECENTLY GRADUATED FELLOWS



Shreela Mishra, MD, graduated from fellowship in June 2018 and is now a faculty member at the University of California - Fresno. While a fellow, her research was supported by an Endocrine Fellows Foundation grant, and she co-authored a chapter on diabetes in pregnancy (Lavin's Manual of Endocrinology and Metabolism, 5th edition).



Nyrene Haque, MD, is a second-year fellow on the two-year clinical track. In addition to her clinical training, she has been evaluating gamma knife outcomes for patients with Cushing's Disease with biochemical remission but apparent incomplete resection.



Meaghan Stumpf, MD, graduated from fellowship in June 2018 and is currently a UVA Assistant Professor spearheading our transplant endocrinology section and participating in the newly-initiated diabetes technology clinic. While a fellow, she co-authored a case report published in Journal of the Endocrine Society (2017).



Kaitlin Love, MD, is a second-year fellow on the three-year clinical/research track. She is supported by the Research Training in Neuroendocrinology T32 NRSA grant. In addition, Dr. Love received a fundable NIH F32 NRSA priority score (20) for her application entitled "Effect of GLP-1 on microvascular insulin responses in type 1 diabetes."



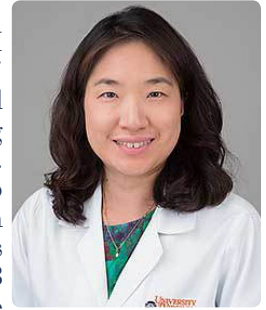
Charity Kwamanakweenda, MD, is a second-year fellow on the two-year clinical track. In addition to her clinical training, she is organizing endocrine division's involvement with Project ECHO (a national telehealth model for rural health care).

FACULTY AND FELLOWS UPDATE



Christopher McCartney, MD, is the current Chair of the Endocrine Society's Clinical Guidelines Committee (term 2018-2021) and President of the Association of Program Directors in Endocrinology, Diabetes, and Metabolism (term 2018-2020).

Su Hee Kim, MD, recently completed an NIH F32 NRSA grant ("Role of hyperandrogenemia in abnormal pubertal gonadotropin-releasing hormone (GnRH) secretion and development of PCOS"). She was first author on a 2018 J Clin Endocrinol Metab manuscript entitled "Progesterone-mediated inhibition of the GnRH pulse generator: differential sensitivity as a function of sleep status," and first author on a 2018 Physiology Reports manuscript entitled "Progesterone administration does not acutely alter LH pulse secretion in the mid-follicular phase in women." She was co-author on an additional J Clin Endocrinol Metab manuscript published in 2018. Dr. Kim has received a fundable priority score of 21 for her K23 grant proposal entitled "Pathophysiology and therapeutic strategy for late reproductive aged women with PCOS."



CURRENT & RECENTLY GRADUATED FELLOWS (continued)



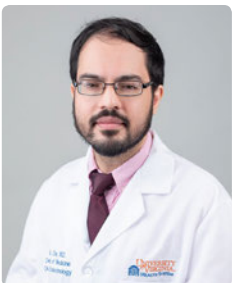
William (Ben) Horton, MD, is a third year fellow supported on an NIH F32 NRSA entitled "Examining the effects of acute hyperglycemia on skeletal and cardiac muscle microvasculature." He was first author on a 2017 case report published in Journal of the Endocrine Society (2017), and he was co-author on a Neurology manuscript related to DM neuropathy (2018).

Additionally, Dr. Horton is serving as an advisor to the ADA's Diabetes & Cardiovascular Disease Interest Group Leadership Team, and he was recently chosen as a fellow member of the ACGME's Milestones 2.0 Working Group for Endocrinology.



Jessica Lundgren, MD, graduated from fellowship in June 2018 and currently remains at UVA performing research under the auspices of an NIH F32 NRSA grant entitled "Impaired Gonadotropin Surges in Polycystic Ovary Syndrome: The Role of Hyperandrogenemia in Positive Feedback." She was first author on a 2018 J Clin Endocrinol Metab manuscript entitled "Progesterone suppression of LH pulse frequency in adolescent girls with hyperandrogenism: effects of metformin." Dr. Lundgren was co-author on an additional J Clin Endocrinol Metab manuscript published in 2018.

FIRST YEAR FELLOWS



In July 2018, **Suhail Dar, MD**, (pictured from left) entered the two-year clinical track; **Jeanette Owusu, MD**, entered the three-year clinical/research track; and **Tarunya Vedere, MD**, entered the two-year clinical track.

The Endocrinology and Metabolism Training Program at the University of Virginia provides intensive clinical and research training for physicians who have completed a residency in internal medicine. The program is partially supported by an NIH T32 training grant and fulfills the requirements for subspecialty certification in Endocrinology and Metabolism by the American Board of Internal Medicine (ABIM).

The major purpose of the program is to prepare physicians for a career in academic endocrinology, although our fellows pursue careers with varying distributions of effort in clinical care, scientific investigation, and education. It is the intent of our program to provide a firm grounding in the fundamentals of clinical practice and endocrine research, an approach that will be useful to the future clinician, investigator, and educator alike.

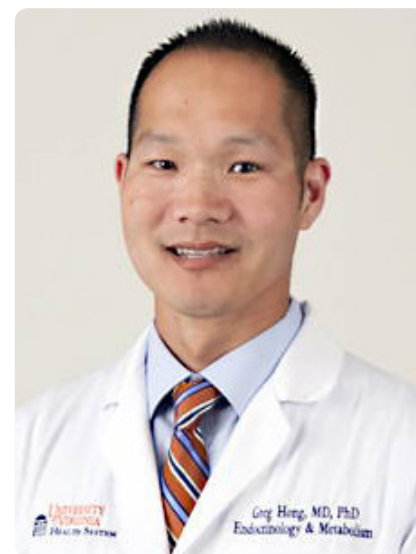
Starting in the 2015 recruiting season (for the July 2016 start date), we began offering both a traditional three-year clinical/research training track and a two-year clinical track, as described below:

Three-year clinical/research track

Our standard fellowship is a three-year training experience that combines clinical training with an intensive research experience. We believe that the three-year clinical/research track is most appropriate for fellows who are primarily interested in an academic research career, but it is also appropriate for fellows interested in an academic career as a clinician-educator. During the first year of training, the fellows have an in-depth clinical experience that will later be reduced when their research projects are started in earnest. Specifically, first-year fellows can expect to devote 80% their effort to clinical training and 20% to research activities; corresponding percentages are 20% (clinical) and 80% (research) for second- and third-year fellows. Note that other educational activities (conferences, etc.) are included in the effort distributions described above. Overall, fellows will complete approximately 80% of their ACGME-required clinical training in the first year, with the remainder of ACGME-required clinical training completed during the second year. Importantly, however, additional clinical experience is obtained in the third year of fellowship; thus, a three-year clinical/research fellow will obtain approximately 150% of minimum ACGME-required clinical training over her/his three years of training. Our three-year program places a heavy emphasis on research and learning the basic methods of scientific investigation. Meaningful participation in research fosters important critical thinking and problem-solving skills; and it provides a deeper understanding of the nature (and limits) of scientific evidence, which is the foundation of medical practice. Thus, we believe that an in-depth research training is beneficial to all fellows, regardless of a fellow's ultimate career path.

Two-year clinical track

The two-year clinical track is perhaps most appropriate for fellows who are primarily interested in a non-academic clinical career, but it is also appropriate for fellows interested in an academic career as a clinician-educator. During the first year of training on this track, the fellow will have an in-depth clinical experience—essentially identical to the clinical experience described above for the three-year clinical/research track. However, a second-year fellow on the clinical track will continue to devote a majority of her/his effort to clinical training activities; the balance of the fellow's effort will be devoted to an academic project. Overall, the two-year clinical fellows will obtain at least 160% of minimum ACGME-required clinical training over their two years of training.



Dr. Greg Hong was appointed to the Academy of Distinguished Educators. The ADE was founded by the Dean of the School of Medicine in 2003 to provide an organizational structure that would recognize, reward, promote, and further develop excellence in medical education within the School of Medicine. The members of the Academy have worked over the years to develop criteria for future membership, to investigate a peer evaluation program, and to fund excellent educational research projects. The School of Medicine charge to the Academy is to recognize and reward outstanding teachers; to work to make excellence in teaching a domain of academic advancement; and to develop effective faculty educators across the academic medical center.

UPCOMING EVENTS



“History of Estrogen”

Richard Santen, MD
February 12, 2019 @ 12:00 pm – 1:00 pm
Aurbach Building, 1st Floor Conference Room
450 Ray C. Hunt Drive, Fontaine Research Park

“State of the Art Update on Automated Insulin Delivery”

Sue Brown, MD
March 5, 2019 @ 12:00 pm – 1:00 pm
Aurbach Building, 1st Floor Conference Room
450 Ray C. Hunt Drive, Fontaine Research Park

FACULTY PROFILE - SILAS CULVER



Tell us a little about yourself.

I've been at UVA since 2011 when I came for my internal medicine residency. After finishing residency, I stayed at UVA to undertake a fellowship in endocrinology which I finished in 2017. Since that time, I have been performing research on obesity related hypertension in addition to practicing endocrinology. I live in Charlottesville with my wife and 3 year old son.

Why Healthcare?

I first got interested in healthcare after a taking job as a cardiac tech at my local hospital in high school. I found that I liked working with patients and learning about various medical conditions. As I progressed through my training, I came to appreciate how every patient's situation is different and how there is always something more to learn.

My research interest developed during my residency and fellowship. I really enjoy the challenges involved in finding the right way to ask a question as well as the excitement of discovering new knowledge.

What brought you to Charlottesville?

I came to Charlottesville to do internal medicine residency. In addition to the medical center, I was attracted to the fact that Charlottesville has a manageable size but also a great deal of cultural and outdoor opportunities.

Proudest/greatest achievement outside the professional realm?

Running the Detroit half marathon in under 90 minutes.

Next life?

Diplomat or interpreter.

What are you usually doing on the weekend?

I'm usually spending weekends with my family. We enjoy taking walks around Charlottesville as well as hiking in the Blue Ridge.

How did you meet your partner?

I met my wife in residency. She was a year ahead of me and was actually my resident briefly for about a week (before we were in a relationship).

Favorite vacation/activity spot?

My favorite place to visit has probably been the White Mountains in New Hampshire. I've gone there intermittently ever since I was growing up in Maine and I think that they are certainly one of the most beautiful places I have ever been.

Most admired person, and why?

I really admire one of my mentors from residency who I think really exemplified how to be a good physician. Not only did he have excellent medical knowledge, but he was terrific in his ability to talk to patients and earn their trust. On top of that he was also a great teacher for trainees. I would like to think I have taken a lot from him in terms of my own approach to patients.

Best advice anyone ever gave you?

I had a faculty member on the wards in medical school who once told me "It's a long career. If you're not having fun then you're probably in the wrong place." Even though there are always tough days, I try to keep this in mind when I think about what I do.

What about you would surprise us?

I was actually a Russian language and literature major in college before I went to med school.

FELLOW PROFILE - William Horton

Tell us a little about yourself.

I've been at UVA for 3 years after growing up in Mississippi. I attended medical school at the University of Mississippi and completed an internal medicine residency at the University of Mississippi Medical Center. Following that, I was lucky enough to match into an endocrinology fellowship here at UVA (many thanks- it's been a blessing!). I currently live in downtown Charlottesville and have jumped wholeheartedly onto the UVA sports bandwagon.

Why Research and healthcare?

The answer to both questions is the same: I was diagnosed with type 1 diabetes at age 18 years. Living with diabetes has provided intense motivation to care for others and find new ways to improve care and quality of life for those living with the disease.

What brought you to Charlottesville?

The excellent endocrinology fellowship training program.

What excites you about your work?

The opportunity to improve quality-of-life, and possibly even lifespan, for those living with diabetes. It's both exciting and rewarding. I'm sure people tire of reading answers like the one I'm about to give, but I really do wake up each morning excited about the work that lies ahead that day.



Proudest/greatest achievement outside the professional realm?

I won the Pinewood Derby in my hometown when I was a young kid. Does that count? I'm still more proud of that accomplishment than I probably should be....

Next life?

Probably living on a farm in the Smoky Mountains. Or being Tony Bennett and coaching the UVA basketball team. I'd settle for either option.

What are you usually doing on the weekend?

Sleeping in, exercising, watching UVA sports, and (most importantly) spending time with my significant other (Liz).

Favorite vacation/activity spot?

Anywhere with sun and a nice beach.

Most admired person, and why?

My father. A humble and hard-working man who goes out of his way to serve others. His life has demonstrated the benefit of having excellent role models for young people to follow.

Best advice anyone ever gave you?

"Let us not grow weary of doing good, for at the proper time we will reap a harvest, if we do not give up."

What about you would surprise us?

I have 7 nieces and nephews under the age of 6 years. Holidays are quite interesting in our (large) family.



STAFF PROFILE - Maha Akhter



Tell us a little bit about yourself.

My father was a physician who always encouraged me to be a doctor. I was a practicing physician in Bangladesh for more than a decade as a general practitioner. After immigrating to USA, I started working as a clinical lab specialist at UVA infertility clinic 1998. Eventually I enrolled in Master program of clinical research at UVA while I was working at UVA. Currently I am working as a clinical research coordinator intermediate at endocrine and metabolism division and engaged in clinical trial <https://www.saltstudy.com/>

Why education and why research?

Education and research dive to a deeper level of observation which always helps to build up solid knowledge I believe. At this point I am very much involved and engaged in the field of clinical research. It is fascinating to see how much we can add to, innovate, and promote the vast area of clinical care and preventive medicine by the outcome of clinical research.

What brought you to Charlottesville?

Originally I came straight from Dhaka, Bangladesh to Charlottesville in 1995 in the month of August as my brother in law used to study in McIntire School of commerce UVA. Although he moved to California, we (my core family of four including myself, two boys and husband) fell in love with the beautiful surroundings and wonderful people of Charlottesville.

What excites you about your work?

The most exciting part of my job is the diversity of participants and different age groups in which almost 80 percent are UVA students. I love their enthusiasm and desire to participate in research and planning for their future research. In addition I am highly excited to have the opportunity to work under the guidance and supervision of Dr. Robert Carey, an internationally renowned professor emeritus and Dr. Robin Felder, an extraordinary innovator (full of unique ideas).

Proudest / greatest achievement outside the professional realm?

I am proud of two wonderful sons who are working in their desired field. Tonu works as a technical project manager (graduate of William and Mary College). And Onu works as a computer engineer at Bloomberg (graduate of UVA). In addition I believe I have quite a few great friends of different ethnic backgrounds and diverse age groups in Charlottesville, which complete, support and strengthen my life a lot.

Next life?

In retired life I would like get more involved with cooking projects and am hoping to write a cook book full of recipes for Indian food. Also I would be interested in visiting my old friends who are residing in different countries.

What are you usually doing on the weekend?

Sometimes I take a trip to Arlington or New York to visit my sons. When the season permits I enjoy gardening. Moreover, I raise funds for the homeless at The Haven (a day shelter) every third Saturday.

How did you meet your partner?

I met him at Rajshahi Medical College. He was one year ahead of me.

Favorite vacation/activity spot

I have many favorite spots, however, Niagara Falls is my favorite place because I visited it sometime back with my friends and family when my boys were little. An activity that is really exciting for me is attending social gatherings and meeting new people.

Most admired person, and why?

My father is my most admired person, because in his 92 years of life he has done so many good things for people. Not only medical care, he has also helped many people to further their education.

What about you would surprise us?

I am teaching Bengali recipes to Charlottesville and Lynchburg communities such as The Haven, Senior center, PVCC, Albemarle high school, cultural festival, Lynchburg Park and recreation, Lynchburg city market, Bridge between the World, Vegetarian Festival, Ecovillage, Spice Diva, Whole food store, and International Center UVA. In most cases I volunteer my time.

You might be surprised to know I have been teaching my native Bengali at the Speak! language center here in Charlottesville.



“Seam,” an Indian vegetable in the bean family I grow on my porch (taken last summer).



Red spinach from my garden.

ENDOCRINOLOGY NEW YEAR'S CELEBRATION



Mrs. Meiping Gong and Dr. Zhenqi Liu



Dr. Jia Liu and Ms. Rebecca McDevitt



Mr. Jon Baugher (from left), Ms. Sarah Creef Baugher, Dr. Ananda Basu, and Dr. Rita Basu, Mrs. Anelia Farhi and Dr. Leon Farhi



Mrs. Theodora Carey [from left], Ms. Donna Harris, Dr. Robert Carey, Ms. Martha Burner



Mr. John Stumpf, Dr. Meaghan Stumpf and Dr. Su Hee Kim



Ms. Donna Harris, Ms. Martha Burner, and Dr. Maha Akhter



Dr. Eugene Barrett and Dr. John C. Marshall



Dr. Meg Crook, Dr. Stacey Anderson, Ms. Anne Wolf, RD, CDE



Dr. Jennifer Kirby, Ms. Anne Wolf, RD, CDE, Dr. Jeff Lysiak, and Dr. Christopher McCartney

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Dr. Richard Santen, Dr. Peggy Shupnik, and James Barrett, PhD



Ms. Sarah Creef Baugher, Dr. Meg Crook, and Ms. Mary Voelmle, NP