

MEDICINE

NEWS FROM THE DEPARTMENT OF MEDICINE

MATTERS

FEBRUARY 2021

 UVA Health | DEPARTMENT OF MEDICINE

MISSION

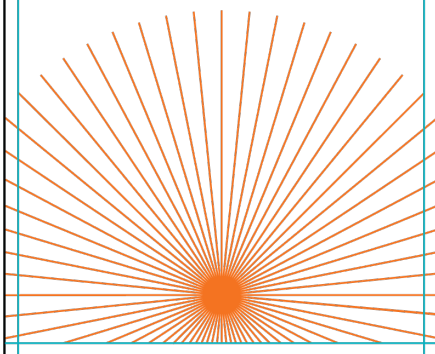
We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

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



Welcome to this month's edition of Medicine Matters. Many of you may not know the history of how the newsletter was named; now, over ten years ago. At the time, the Department was starting a recovery phase after a very turbulent time and after some significant financial issues. Morale was low. We decided to hold a naming contest for a new newsletter that would highlight our faculty and staff's many incredible achievements and make the clear

statement that finances are not the way to judge a Department of Medicine. It would also be a place to build a sense of community. Dr. William Petri submitted the winning entry, "Medicine Matters." The title was fitting in many ways, from the literal to the figurative, and has served the newsletter well. Dr. Petri also won a now archaic I-pod for his winning entry.

Reflecting back, there are some constants for the Department. Finances will always be a challenge for an academic Department of Medicine, but we counter this by our actions as being an indispensable part of the University and Health System. Every day we lift the lives of our patients and our community with our high-quality care. Our research fundamentally changes how we care for patients and betters the human condition on an even greater scale. We strive to educate the next generation to carry on the traditions of dedication and care and push them to improve upon our work. We work within the community as essential links to the resources of the University and people in need. So, Medicine does Matter. All of you matter, and we should take great pride in our work each and every day. As you look through this edition, I know you will agree with me.

With best wishes,

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



DOM FINANCIAL UPDATE

Department of Medicine Summary of Consolidated Financials FY21 as of December 31, 2020

| | Budget YTD | Actual YTD | \$ Variance YTD |
|--------------------------|------------------|------------------|--------------------|
| Work RVUs | 443,711 | 448,432 | 4,720 |
| Clinical Receipts (NPSR) | 29,485,837 | 30,002,239 | 516,402 |
| Total Revenues | 93,149,271 | 88,538,923 | (4,610,349) |
| Total Expenditures | 93,558,180 | 89,236,921 | 4,321,260 |
| Net Income | (408,909) | (697,998) | (289,089) |

Summary Explanation of Variance:

For the fiscal year through December 31, 2020 DOM posted a consolidated net loss of \$698K and an unfavorable variance to net budget surplus of \$289K. Net Patient Service Revenue outperformed budget due to strong clinical productivity despite the COVID-19 pandemic. Clinical revenues underperformed budget by \$1.1M due to delayed Medical Center support (MOU) and payments from Outreach Programs. Non-clinical revenues underperformed budget by \$3.5M driven by required FY20 clinical deficit support recorded in FY21, reduced Medical Center support (Funds Flow) and lower grant expenditures. Personnel and Non-personnel expenditures outperformed budget driven by the impact of financial mitigation efforts. Total revenues include \$2.2M Endowment revenue received for January through June. Total expenditures include \$209K pension charge back adjustment for January through June.

UVAHS VOLUNTEERS NEEDED FOR UVA COVID-19 COMMUNITY TESTING PROGRAM

SIGN UP HERE

Strict infection control precautions are followed and PPE is offered to every one according to the risk of exposure per our infection control colleagues.

Studies that have opened since 12/1/20

IRB # INTEGRATION OF IMMUNOTHERAPY INTO ADJUVANT THERAPY FOR RESECTED NSCLC: ALCHEMIST CHEMO-IO

HSR200238

CT. Gov. ID: NCT04267848

Sponsor Protocol A081801 Sponsor: Alliance

Principal Investigator: Hall, Richard Study Contact: Gracie Hockenberry mgt4n@virginia.edu 434-297-7784



Check Out Mindfulness Matters

A Newsletter from the UVA Mindfulness Center

DOM UPDATES & NOTES



David Wilkes, MD



Ukpong Eyo, PhD



Li Li, MD, PhD, MPH



Aditya Sharma, MD



Sana Syed, MD, MS



Cameron Webb, MD



Melody Noble, NP



Larry Lum, MD



Kimberly Acquaviva, PhD



Shayn Peirce-Cottler PhD

Awards and Achievements

Congratulations to School of Medicine dean **Dr David Wilkes**, and **Dr Ukpong Eyo**, assistant professor of neuroscience. They were both recently named to *Cell Mentor's* 1,000 Inspiring Black Scientists in America list.

Congratulations to **Dr Li Li**, who has been appointed to the *U.S. Preventive Services Task Force*. The task force makes important recommendations on screenings and other preventive healthcare measures to help Americans live healthier lives.

Congratulations to **Aditya Sharma MD** for being named *Associate Editor of Vascular Medicine*.

Congratulations to **Dr Sana Syed** on receipt of a *UVA Health 2021 Dr. Martin Luther King, Jr. Award* in recognition of her powerful advocacy for minorities in biomedicine and community supported STEM education in Charlottesville Schools.

Congratulations to everyone at the **UVA Department Medicine and School of Medicine** for being included in the list of the *Top Infectious Diseases Schools in the World - US News Education*.

Congratulations to **Dr Cameron Webb** who will serve as *Senior Policy Advisor for COVID-19 Equity* in the Biden/Harris administration.

Congratulations to **Melody Noble, NP** (Infusion Urgent Care NP) on receiving the Advanced Oncology Nurse practitioner certification (AOCNP)

Congratulations to **Dr Larry Lum**, Professor of Medicine, on his 5 years of service with the Division of Hematology/Oncology.

Congratulations to **Dr Kimberly Acquaviva**, who was named by The National Academies of Practice in Social Work, a non-profit organization that advises governmental groups on equitable and inclusive healthcare standards, as a *Betty Norman Norris Professor of Nursing Distinguished Fellow*.

Congratulations to **Dr Shayn Peirce-Cottler**, who was named a Fellow by *The Biomedical Engineering Society* (BMES).

A special congratulations to this year's recipients of the *2021 Dr. Martin Luther King University of Virginia Health System Award*: 3rd-year School of Nursing student, **Zahra Alisa**, Assistant Professor, Pulmonary and Critical Care Medicine, **Taison D. Bell, MBA, MD**, Patient Logistics & Support Services Manager, **Rudy Beverly**, Associate Professor, Anesthesiology, **Ebony Hilton Buchholz, MD**, General Surgery Resident, **Mark Fleming, MD**, 3rd-year School of Nursing student, **Milania Harris**, **The Housestaff Council on Diversity & Inclusion**, Assistant Professor, Pediatric Gastroenterology, **Sana Syed, MD, MS**, 3rd-year School of Medicine student, **Tiana Walker**, Assistant Professor, General Medicine, Geriatrics and Palliative Care, **Bryant Cameron Webb, JD, MD**, Assistant Professor, Emergency Medicine, **Leigh Ann Webb, MD, MBA, FACEP**. You can read about more about the awardees [here](#).

Welcome To The World



Congratulations to Matt and Katie Allen who welcomed Elliot Austin Allen, born January 22, 2021

FRIDAYS AT NOON via Zoom
Click for details and schedule.



February Photo Share



Beautiful dahlia, photo credit: Leslie Blackhall Have a photo you would like to share? Please send to: kak2cj@hscmail.mcc.virginia.edu

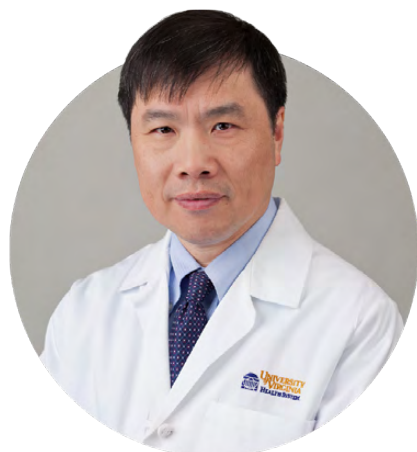
THANK YOU!
TO ALL THOSE
WHO HAVE BEEN
VOLUNTEERING
AT UVA
COMMUNITY
COVID-19 TESTING
SITES



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DIVISION OF ENDOCRINOLOGY & METABOLISM

Message from Dr Zhenqi Liu - Division Chief, Endocrinology & Metabolism



Zhang Liu, MD

As one of the finest endocrinology divisions in the country, the Division of Endocrinology and Metabolism boasts many outstanding academic and clinical leaders in endocrinology and metabolism. Its faculty members strive to provide exceptional patient care and training to the next generation of physicians and scientists in addition to making cutting-edge scientific discoveries in basic, translational, and clinical endocrine research. The year 2020 has proved to be one of the most challenging and unsettling years, but our faculty and staff continue to excel in our tripartite missions. The Division currently has thirty-six faculty members (twelve full professors, nine associate professors, eleven assistant professors, and four NPs), and welcomed in 2020 one new member to its faculty: Kaitlin M. Love, MD. As Division Chief, I feel privileged and honored to work with so many talented, kind, and generous people.

Zhang Liu, MD

ACHIEVEMENTS



Mary Voelmle FNP, CDE



Elyse Marriner



Demetris Louderback



Donna Bryant

Mary Voelmle, Elyse Marriner, Demetris Louderback, and Donna Bryant at the Pantops practice site were selected as *UPG Uteam Members of the Month* (November 2020).

RESEARCH



Robert M. Carey, MD



Heather Ferris, MD, PhD

Robert M. Carey, MD successfully renewed his NIH R01 grant titled “Renal AT₂ Receptors in Hypertension”

Heather Ferris, MD, PhD received a NIH R03 award titled “The Brain Cholesterol Interactome”

DIVISION OF ENDOCRINOLOGY & METABOLISM

ANNOUNCEMENTS



Christina Hamill

We welcome **Christina Hamill** as our new division administrator, effective January 11, 2021. Over the past four years, she has been serving as Senior Operations Manager for the Sections of Geriatrics, Hospital, and Palliative Medicine. She earned her MBA (with healthcare management concentration) from Liberty University and brings a wealth of administrative experience in business and finances, clinical operations, human resources, and graduate education.



Alan C. Dalkin, MD



Jennifer L. Kirby, MD



Meaghan M. Stumpf, MD



Mary Lee Vance, MD

Congratulations to the following groups and individual providers for winning the FY2020 *University of Virginia Experience in Patient Experience Awards*. The top performance criteria is a percentile ranking of equal to or greater than 90 in FY20 patient surveys used to measure patient perception:

- **Endocrinology Pantops Clinic** (score 96.35, percentile 96) - Top Performer and Most Improved
- **Pituitary Clinic** (score 96.2, percentile 95%ile) - Top Performer
- **Dr. Alan C. Dalkin** (score 95.5, percentile 99)
- **Dr. Jennifer L. Kirby** (score 96.7, percentile 99)
- **Dr. Meaghan M. Stumpf** (score 97.7, percentile 99)
- **Dr. Mary Lee Vance** (score 93.1, percentile 95)

NEWS



Rita Basu, MD

Community Children Learn, Write, and Draw in celebration of World Diabetes Day: *World Diabetes Day* (WDD), November 14, 2020, **Rita Basu, MD**, Professor of Medicine in the Division of Endocrinology and Clinical Education Director of the Center for Diabetes Technology, reached out to our community to educate elementary-, middle-, and high-school students and to provide virtual lessons on healthy living. [News Link](#)



Follow UVA Endocrinology on Twitter

SELECTED RECENT PUBLICATIONS AND PRESENTATIONS

Insulin resistance and impaired lipid metabolism as a potential link between diabetes and Alzheimer's disease.

Kulas JA, Weigel TK, Ferris HA.

Drug Dev Res. 2020 Apr;81(2):194-205. doi: 10.1002/ddr.21643. Epub 2020 Feb 5.

Evolution of the Primary Aldosteronism Syndrome: Updating the Approach.

Vaidya A, Carey RM.

J Clin Endocrinol Metab. 2020 Dec 1;105(12):dgaa606. doi: 10.1210/clinem/dgaa606.

Identification of a Primary Renal AT2 Receptor Defect in Spontaneously Hypertensive Rats.

Kemp BA, Howell NL, Gildea JJ, Keller SR, Carey RM.

Circ Res. 2020 Feb 28;126(5):644-659. doi: 10.1161/CIRCRESAHA.119.316193. Epub 2020 Jan 30.

Systemic estradiol levels with low-dose vaginal estrogens.

Santen RJ, Mirkin S, Bernick B, Constantine GD.

Menopause. 2020 Mar;27(3):361-370. doi: 10.1097/GME.0000000000001463.

Which Blood Pressure Measurement Best Predicts Cardiovascular Outcomes?

Carey RM, Marwick TH.

J Am Coll Cardiol. 2020 Dec 22;76(25):2923-2925. doi: 10.1016/j.jacc.2020.10.031.

Special Article - The management of resistant hypertension: A 2020 update.

Carey RM.

Prog Cardiovasc Dis. 2020 Sep-Oct;63(5):662-670. doi: 10.1016/j.pcad.2020.08.001. Epub 2020 Aug 11.

Electronic Glycemic Management System and Endocrinology Service Improve Value in Cardiac Surgery.

Chancellor WZ, Mehaffey JH, Hawkins RB, Charles EJ, Tribble C, Yarboro LT, Ailawadi G, Kirby JL.

Am Surg. 2020 Oct 29;3134820950685. doi: 10.1177/0003134820950685. Online ahead of print.

Evidence That Renin-Angiotensin System Inhibitors Should Not Be Discontinued Due to the COVID-19 Pandemic.

Carey RM, Wang JG.

Hypertension. 2020 Jul;76(1):42-43. doi: 10.1161/HYPERTENSIONAHA.120.15263. Epub 2020 May 21.

Microvascular Dysfunction in Diabetes Mellitus and Cardiometabolic Disease.

Horton WB, Barrett EJ.

Endocr Rev. 2020 Oct 30;bnaa025. doi: 10.1210/endrev/bnaa025. Online ahead of print.

Approach to Managing a Postmenopausal Patient.

Santen RJ, Heitjan DE, Gompel A, Lumsden MA, Pinkerton JV, Davis SR, Stuenkel CA.

J Clin Endocrinol Metab. 2020 Dec 1;105(12):dgaa623. doi: 10.1210/clinem/dgaa623.

Blood Pressure Management in Stroke.

Gorelick PB, Whelton PK, Sorond F, Carey RM.

Hypertension. 2020 Dec;76(6):1688-1695. doi: 10.1161/HYPERTENSIONAHA.120.14653. Epub 2020 Oct 12.

“Re-booting” after retirement: Novel approach using telemedicine to solve the work-force gap in diabetes management.

Santen RJ.

Maturitas. 2020 Mar;133:68-69. doi: 10.1016/j.maturitas.2019.10.001. Epub 2019 Oct 7.

GLP-1 and insulin regulation of skeletal and cardiac muscle microvascular perfusion in type 2 diabetes.

Love KM, Liu J, Regensteiner JG, Reusch JEB, Liu Z.

J Diabetes. 2020 Jul;12(7):488-498. doi: 10.1111/1753-0407.13045. Epub 2020 Apr 23.

Abnormal GnRH Pulsatility in Polycystic Ovary Syndrome: Recent Insights.

McCartney CR, Campbell RE.

Curr Opin Endocr Metab Res. 2020 Jun;12:78-84. doi: 10.1016/j.coemr.2020.04.005. Epub 2020 Apr 23.

DIVISION OF ENDOCRINOLOGY & METABOLISM

SELECTED RECENT PUBLICATIONS AND PRESENTATIONS (continued)

Vasodilatory Actions of Glucagon-Like Peptide 1 Are Preserved in Skeletal and Cardiac Muscle Microvasculature but Not in Conduit Artery in Obese Humans With Vascular Insulin Resistance.

Wang N, Tan AWK, Jahn LA, Hartline L, Patrie JT, Lin S, Barrett EJ, Aylor KW, Liu Z.
Diabetes Care. 2020 Mar;43(3):634-642. doi: 10.2337/dc19-1465. Epub 2019 Dec 30.

Novel Insights Into Effects of Cortisol and Glucagon on Nocturnal Glucose Production in Type 2 Diabetes.

Basu A, Yadav Y, Carter RE, Basu R.

J Clin Endocrinol Metab. 2020 Jul 1;105(7):e2378-88. doi: 10.1210/clinem/dgaa241.

Underlying Breast Cancer Risk and Menopausal Hormone Therapy.

Santen RJ, Heitjan DE, Gompel A, Lumsden MA, Pinkerton JV, Davis SR, Stuenkel CA.

J Clin Endocrinol Metab. 2020 Jun 1;105(6):dgaa073. doi: 10.1210/clinem/dgaa073.

Hyperglycemia does not Inhibit Insulin's Effects on Microvascular Perfusion in Healthy Humans: A Randomized Crossover Study.

Horton WB, Jahn LA, Hartline LM, Aylor KW, Patrie JT, Barrett EJ.

Am J Physiol Endocrinol Metab. 2020 Aug 24. doi: 10.1152/ajpendo.00300.2020. Online ahead of print.

Brain Endothelial Cells Regulate Glucagon-Like Peptide 1 Entry Into the Brain via a Receptor-Mediated Process.

Fu Z, Gong L, Liu J, Wu J, Barrett EJ, Aylor KW, Liu Z.

Front Physiol. 2020 May 29;11:555. doi: 10.3389/fphys.2020.00555. eCollection 2020.

2018 American Heart Association redefinition of resistant hypertension: Major adverse cardiovascular and renal events.

Carey RM.

J Clin Hypertens (Greenwich). 2020 Nov;22(11):2103-2104. doi: 10.1111/jch.14042. Epub 2020 Oct 15.

Evening and overnight closed-loop control versus 24/7 continuous closed-loop control for type 1 diabetes: a randomised crossover trial.

Kovatchev BP, Kollar L, Anderson SM, Barnett C, Breton MD, Carr K, Gildersleeve R, Oliveri MC, Wakeman CA, Brown SA.

Lancet Digit Health. 2020 Feb;2(2):e64-e73. doi: 10.1016/S2589-7500(19)30218-3. Epub 2020 Jan 3.

Hyperglycemia But Not Hyperinsulinemia Is Favorable for Exercise in Type 1 Diabetes: A Pilot Study.

Romeres D, Olson K, Carter R, Cobelli C, Dalla Man C, Basu A, Basu R.

Diabetes Care. 2020 Sep;43(9):2176-2182. doi: 10.2337/dc20-0611. Epub 2020 Jul 13.

Evidence for the Universal Blood Pressure Goal of <130/80 mm Hg Is Strong: Controversies in Hypertension - Pro Side of the Argument.

Carey RM, Whelton PK.

Hypertension. 2020 Nov;76(5):1384-1390. doi: 10.1161/HYPERTENSIONAHA.120.14647. Epub 2020 Sep 21.

Workshop on normal reference ranges for estradiol in postmenopausal women, September 2019, Chicago, Illinois.

Santen RJ, Pinkerton JV, Liu JH, Matsumoto AM, Lobo RA, Davis SR, Simon JA.

Menopause. 2020 Jun;27(6):614-624. doi: 10.1097/GME.0000000000001556.

Young-onset diabetes, nutritional therapy and novel insulin delivery systems: a report from the 21st Hong Kong Diabetes and Cardiovascular Risk Factors - East Meets West Symposium.

Luk AOY, Kong APS, Basu A.

Diabet Med. 2020 Aug;37(8):1234-1243. doi: 10.1111/dme.14335. Epub 2020 Jun 28.

The Impact of a Recently Approved Automated Insulin Delivery System on Glycemic, Sleep, and Psychosocial Outcomes in Older Adults With Type 1 Diabetes: A Pilot Study.

Bisio A, Gonder-Frederick L, McFadden R, Chernavvsky D, Voelmle M, Pajewski M, Yu P, Bonner H, Brown SA.

J Diabetes Sci Technol. 2021 Jan 15:1932296820986879. doi: 10.1177/1932296820986879. Online ahead of print.

PMID: 33451264

FACULTY PROFILE - Gregory Hong



Tell us a little bit about yourself.

I grew up in San Jose, CA, and did undergrad at UC San Diego. After college, I completed an MD/PhD at UNC-Chapel Hill and came to Charlottesville for my internal medicine residency. I then completed a fellowship here as well and have been on faculty since 2013.

Why Healthcare?

I initially thought I was going to be an investigator with minimal time in the clinic/classroom; however, I realized I enjoyed the direct interaction with patients and trainees, and so I shifted paths to a predominantly clinical/education-based career.

What brought you to Charlottesville?

I was impressed with the camaraderie of the IM residents during my interview day and knew I wanted to train at a place where I would enjoy being around my fellow residents. I also loved the area – perfect for my interests (see below), and it is a great place to raise a family (I came here with two young children already).

What excites you about your work?

I think Endocrinology is an elegant specialty - very cerebral (at least I think so), and I love figuring out challenging diagnostic cases based on objective data (e.g. lab tests). Furthermore, many of the rare conditions we diagnose can be treated effectively, and you can witness a positive change in your patient's quality of life – that to me is very rewarding.

Proudest/greatest achievement outside the professional realm?

My family – my primary identity in my mind is as a husband/father rather than anything else.

Next life?

I will still be enjoying time with my family!

What are you usually doing in your spare time?

I love the outdoors - hiking, camping, kayaking, fishing, etc. I probably spend the most time fishing - either fly fishing for trout in the mountains, kayak fishing for smallmouth bass in the local rivers, or fishing the ocean/sounds at the coast (Outer Banks or Topsail Beach NC), depending on the season. When I'm not fishing, I'm usually preparing something fishing related, typically tying flies at the vise. My desk at home is a total disaster and is covered with all types of feathers, animal fur, thread, and hooks.

How did you meet your partner?

High school sweethearts – sophomore English class! We went to separate colleges and maintained a long-distance relationship for 4+ years until we finally got married in my 1st semester of medical school after which my wife moved out from CA to join me in NC.

Favorite vacation/activity spot?

South Topsail Beach, NC, we've been going there at least once a year for the last 20 years, and it's a cherished family tradition.

Most admired person, and why?

My wife – if there is a kinder, more impressive person in the world, I've yet to meet them!

Best advice anyone ever gave you?

There are several teachings I really like. One I'll mention is "Comparison is the thief of joy", originally attributed to Teddy Roosevelt; I was introduced to it in a talk I heard several years ago. I believe much unhappiness and dissatisfaction would be eliminated if we all stopped comparing ourselves to others – whether it comes to professional achievements, material possessions, or family situations – and just focused on being grateful for what we have.

What about you would surprise us?

I have four kids, and one (my daughter) is now in college...for some reason, people do a double-take when they learn that. (I must seem too immature to have a college-age kid?) People would probably also be astounded at our monthly food budget – my three boys (16, 13, 10) are eating us out of the house!



FELLOW PROFILE - Peggy Amoakohene



Tell us a little bit about yourself.

I was born in Washington, DC while my dad was here on a diplomatic assignment. At the end of his tenure, at age three, we moved back to Ghana. I studied and trained at medical school in Ghana, at the Kwame Nkrumah University of Science and Technology. Shortly after graduating from medical school, I met my now-husband and moved back to the US in 2014. After moving back to the US, I pursued my internal medicine residency at Meharry Medical College in Nashville, TN, and worked as a hospitalist at various hospitals in Maryland and Virginia, after graduation. In July 2019, I excitedly started my Endocrinology fellowship at UVA. I currently split my time between Northern Virginia and Charlottesville.

Why Healthcare?

I've always known since childhood I wanted to be a healthcare professional, first because of my vivid imagination while watching episodes of 'ER', picturing myself working in a fast-paced hospital saving numerous lives. As I grew older, I spent time engaging in various medical rotations/observerships at one of the major hospitals in Accra, Ghana, solidifying my intent and goals to make a positive impact in the lives of the sick. My father was very encouraging and supportive, bolstering my interest and desire. Lastly, I enjoyed internal medicine the most during my clerkship years and decided to pursue that further.

What brought you to Charlottesville?

My husband has been living in Virginia for years and did his Masters in IT, at the McIntire School of Commerce. He had great things to say about UVA, especially regarding the quality of education he received. I did some further research into the Endocrinology program and then applied after completing a residency in 2018. After my interview with the faculty and fellows, I was convinced that UVA was the place for me.

What excites you about your work?

The individual story and challenge each patient brings, and the variety of ways we work as a team to improve our patients' lives. I also appreciate each attending's perspective, insight, and unique style with regard to management.

Proudest/greatest achievement outside the professional realm?

In my 5th year of medical school, a few friends and I set up a foundation; Heal the Children to raise funds to cover the bills of needy pediatric patients at our hospital, especially those on the oncology unit. It made a huge difference in the lives of those families.



Next life?

I will be joining the Mary Washington Endocrinology Group in Fredericksburg, Virginia. I would like to pursue a career in academia, some years down the line as well. I am interested in volunteering and offering my expertise in under-resourced areas, so I hope to go to Ghana annually to do so.

What are you usually doing in your spare time?

Lately, I have turned into a baking and cooking enthusiast. I have a severe dairy allergy, which excludes most readily available pastries from my diet, so I have taught myself how to bake dairy-free goodies. Chocolate chip cookies are my favorite.

How did you meet your partner?

Eight years ago, I attended a birthday party with a family friend in Ghana. She introduced us, and through our long conversations, we hit it off, and the rest is history.

Favorite vacation/activity spot?

San Juan, Puerto Rico. My husband and I vacationed there during my residency and we loved it. The people, the culture, and the food reminded me of some parts of Ghana. The beaches were beautiful, and we got to engage in lots of adventurous activities such as ziplining, kayaking at night, and hiking in remote regions.

Most admired person, and why?

There are quite a number of people I admire, but I would like to highlight Prof. Jacob Plange-Rhule. He was my physiology lecturer during medical school, who unfortunately passed away a few months ago. He was an excellent teacher and physician, who was invested in his student's education. He was down to earth, worked hard, and had a generous heart. He was also a well-rounded individual, not just in the field of medicine where he worked as a nephrologist, medicine attending, and physiology lecturer but also in golf, and multiple social activities. His ability to maintain a work-life balance was very admirable.

Best advice anyone ever gave you?

One of my attendings in residency told me to 'always strive to be the best you can be'. And I think it has really paid off. I have grown to realize that people do appreciate hard work.

What about you would surprise us?

I am pretty adventurous. I am that person, who wants to try all those daredevil stunts, go on the scariest rides, or just try new activities. I look forward to skydiving soon.



DIVISION OF ENDOCRINOLOGY & METABOLISM

STAFF PROFILE - Cheri Chaney



Tell us a little bit about yourself.

I am the youngest of six children. I was born in our family physician's office in Ripley, West Virginia. There wasn't a hospital in the area, so our community doctor had a makeshift delivery room in his office. I grew up on a farm in a small community where everyone knew your name and would lend a hand at the drop of a hat. My mom was an excellent cook, and most of what we ate we had raised.

I completed my undergraduate degrees at Marshall University while working at Thomas Hospital in Charleston. I met my wonderful husband Walt at Marshall on the court during a pickup game of basketball. After we married, we settled in Miami, Florida, where I worked at Baptist Hospital for a year before returning to the mountains and closer to home. We pursued our graduate degrees at the University of Virginia, and I transitioned from my nursing to nurse practitioner role in 2013.

Why Endocrinology?

It seems I've always had an interest in the link between heart disease and diabetes, in part because of my genetics as both my grandmother and my father had diabetes. While working on my graduate degree, I did a research project with some of my colleagues on diabetes and heart disease. This project helped inform the need for a collaborative outpatient specialty practice where both Endocrinologists and Cardiologists provided care during the patient's encounter. I became a part of this clinical enterprise, and from this experience, my love for Endocrinology continued to grow.

What brought you to Charlottesville?

An opportunity to work at UVA and for my husband and I to further our education. Living in Miami in the late '80s was a lot of fun, but I missed the mountains, and we wanted to be closer to our family.

What excites you about work?

The opportunity to collaborate with a diverse group of innovative and accomplished colleagues. It is also gratifying to care for patients and to hope that in some way, I've made a difference in their care and improved their outcomes.

Proudest/greatest achievement outside of the professional realm?

I would have to say it has been a blessing to be a mother. I was told I would never have children, and with the help of some great doctors at UVA and a whole lot of praying, I have a son and a daughter. Lindsey is 24 years old, lives in Virginia Beach, and is working full time while advancing her education. She hopes to enter a PA program in the fall. Joshua is a Naval Aviator who was just selected to go to the Top Gun Academy.



Next life?

Honestly a grandmother with at least four grandchildren, but I would also love to be able to sing and play a musical instrument.

What are you usually doing in your spare time?

Gardening, cooking, traveling and spending time with my family and our two Labrador retrievers Regs and Lucy.

Favorite vacation/activity spot?

Although the mountains feel like home, I do love spending time at the beach. Some of my favorite spots have been in Pensacola and Marco Island, Florida, and along the coast of California.

Most admired person and why?

My mom. She was unwavering in her faith and her love, even in the midst of a very challenging life.

Best advice anyone ever gave you?

Keep striving for more and do the right thing.

What about you would surprise us?

I sat in the pilot's seat of a Black Hawk Helicopter in Germany.

