

MEDICINE

MATTERS

NEWS FROM THE DEPARTMENT OF MEDICINE

MESSAGE FROM THE CHAIR

JUNE 2024

 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.



One of the Department of Medicine's goals is to bring novel and advanced therapies to patients with complex diseases. In fact, academic medicine in the United States has a long and storied history of leading the way in developing ground-breaking therapies that have translated into tangible benefits for patients.

This edition of *Medicine Matters* strikes me as a great example of this innovation focused on improving the human condition. Just take a look at the new clinical studies that Department faculty have led, which involve new cancer therapies, the article highlighting the placement of a novel type of pacemaker by Dr. Pam Mason, the work done by Dr. Scott Heysell on the impact of undernutrition, and the entire focus on the Division of Cardiovascular Medicine this month. I am so proud of the innovation within our Department and the excitement of bringing these new therapies to our patients.

I encourage you to read about the Division of Cardiovascular Medicine and learn more about their research, educational, and clinical excellence. I thank all of the Division members for their excellence and dedication.

With best wishes,

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

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UVA Health

DOM UPDATES & NOTES

DOM Financial Update

Department of Medicine Summary of Consolidated Financials FY21 as of April 2024

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	1,010,705	1,059,868	49,163
Clinical Receipts (NPSR)	64,873,295	69,143,097	4,269,801
Total Revenues	179,521,652	190,233,589	10,711,937
Total Expenditures	178,991,368	191,782,931	(12,791,563)
Net Income	530,283	(1,549,342)	(2,079,625)

Summary Explanation of Variance:

For the fiscal year through April 2024, DOM reported a consolidated net loss of \$1.5M and an unfavorable variance to YTD net income budget of \$2.1M.

Clinical receipts surpassed budget by \$4.6M primarily due to strong productivity, unbudgeted Community Oncology and APP charge volumes.

Total revenues include \$840K Endowment revenue recorded for May and June and \$1.0M clinical deficit coverage revenue accrual.

Total revenue is missing \$1.2M in missing clinical agreements and revenue contingencies.

Total expenditures variance is unfavorably impacted by \$6.4M increased spending related to grants and commitments, \$3.0M unbudgeted CommOnc Expenses, \$1.1M unbudgeted ICU Culpeper APPs and unbudgeted APPs night and weekend shifts and \$1.4M budgeted expenditure reduction contingencies.

Do You Have News You'd Like To Share on Medicine Matters?

Contact Kim Kelley-Wagner kak2cj@virginia.edu
434.328.0680

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UVA CARDIO**

**FOLLOW
GASTRO**

Research in Motion

**Robert Dreicer, MD,
Professor, Division of
Hematology & Oncology**

"As a clinical investigator of patients with urologic cancers, I have the privilege of both caring for these patients as well as being involved in the development of new therapies for them."

WATCH VIDEO

Research in Motion

**Amy Mather, MD,
Associate Professor,
Division of Infectious
Diseases**

"My research focuses on how antibiotic resistance genes move between bacteria and how we detect them in the clinical micro lab, as well as how we detect them in the hospital; and try to eliminate transmission of drug resistant pathogens to and from patients."

WATCH VIDEO

DOM UPDATES & NOTES



Alden Doyle MD



Anne Sperling PhD



Taison Bell MD MBA



Patrick Jackson MD



Jeffrey Sturek MD PhD



Suzanne Jan De Buer MD



Michael Keng MD



John Kim MD



Uta Erdbruegger MD

Awards and Achievements

Congratulations to **Dr Alden Doyle** (Division of Nephrology) who has been named co-chair of a pivotal national task force that will study and recommend ways to increase the number of donated organs for transplant and the efficiency of the organ transplant process. [Read more...](#)

Congratulations to **Dr Anne Sperling** (Division of Pulmonary and Critical Care), whose entry into the Spark Innovation Competition (De-mystifying the research environment for new faculty who are primarily research-focused) was selected as a first-round winner! Three hundred nineteen ideas were received from individuals in over 80 different areas of the health system. Each individual/team submitting a semi-finalist idea will be awarded \$1000 and paired with a coach to develop their ideas further. In June, the results will be presented to the Spark Project Team so that the three finalists can be selected based on the scope of impact, feasibility of implementation, and long-term sustainability. [Learn more...](#)

Congratulations to **Drs Taison Bell, Patrick Jackson, Jeffrey Sturek, and colleagues** on their the publishing of their paper "[Analysis of National Institutes of Health Funding for the COVID-19 Pandemic](#)" in the journal Open Forum Infectious Diseases.

Congratulations to **Dr Suzanne Jan De Buer** (Division of Endocrinology) and **Michael Keng** (Division of Hematology and Oncology) who are featured in the new "Driven to Bring Hope to Life" ad campaign that launched April 29th across Virginia. You can view the ads [here](#) and [here](#).

Congratulations to **Dr John Kim** on his contributions to the articles "[Commensal Oral Microbiota, Disease Severity, and Mortality in Fibrotic Lung Disease](#)" and "[Proteomic Biomarkers of Survival in Idiopathic Pulmonary Fibrosis](#)" published in The Blue Journal.

Congratulations to **Dr Uta Erdbruegger and colleagues**, who have been awarded \$3.5 Million to study the impact of extracellular vesicles and exercise on insulin and vascular function in type 2 diabetes. [Read more...](#)

New studies opened since April 1, 2024

DEVELOPMENTAL THERAPEUTICS

A Phase I, First-in-Human, Dose Escalation and Expansion Study to Evaluate the Safety and Tolerability of XmAb®541 in Advanced Solid Tumors

IRB #300025

CT. Gov. ID: NCT06276491

Sponsor Protocol: XmAb541-01 Sponsor: Xencor, Inc.

Principal Investigator: Reilley, Matthew

Study Contact: Francis Bagley fb9up@uvahealth.org

THORACIC

Randomized Phase III Study of Combination Osimertinib (AZD9291) and Bevacizumab versus Osimertinib (AZD9291) Alone as First-Line Treatment for Patients with Metastatic EGFR-Mutant Non-Small Cell Lung Cancer (NSCLC)

IRB #300041

CT. Gov. ID: NCT04181060

Sponsor Protocol: EA5182 Sponsor: ECOG-ACRIN

Principal Investigator: Hall, Richard

Study Contact: Lacey N Garrett lb5tu@uvahealth.org 434-297-5588

CONGRATULATIONS CONGRATULATIONS CONGRATULATIONS CONGRATULATIONS CONGRATULATIONS CLASS OF 2024!



House staff 2024

End of year educational updates in the next edition of Medicine Matters.

Education Team Giving Back to the Community



Education team volunteering at the “Front Porch” as we close out AY 2023-24. Terry Bennett, Joy Hilton Early, Cheryl Etelvari and Monte Parsons. Front Porch is a non-profit dedicated to connecting us all through music.

In Media

Boomers Have a Drug Problem, But Not the Kind You Might Think

The taking of multiple medications is called polypharmacy, typically four or more at the same time. That includes prescriptions from doctors, over-the-counter medicines, supplements and herbs. Sometimes, polypharmacy can be dangerous. Dr. Laurie Archbald-Pannone explains the risks of interactions and side effects in The Conversation.



[READ MORE](#)

MINDFULNESS MATTERS

A Newsletter from the UVA Mindfulness Center



UVA Resources for Team Members

support for dealing with crisis and how to stay informed.

In Media

GLP-1s May Increase Post-Endoscopy Aspiration Pneumonia Risk

Dr. Andrew Wang talks with Medscape about the risk for pneumonia following endoscopic procedures among patients taking weight-loss drugs.



[READ MORE](#)

Get To Know Your Doctor In 7 Questions

Nephrologist, Hasan Iftikhar, MD, specializes in caring for patients with kidney disease, including CKD - end stage renal disease, glomerulonephritis, and acute kidney injury. We asked Iftikhar our 7 quick questions.

[READ MORE](#)



Dr Nick Ashur Honored with UVA's Mullholland Resident Teaching Award



Congratulations to third-year Cardiovascular fellow Nick Ashur (picture on the left with Dr Victor Soukoulis at the awards celebration) for receiving the prestigious UVA All-University Teaching Award at a ceremony hosted by the University President! Amazing accomplishment and well-deserved recognition!

[READ MORE](#)

UVA Cardiologist Pamela Mason Implants New Defibrillator for Dangerous Heart Conditions (CBS19 NEWS)



UVA Health cardiologist Dr. Pamela Mason is the first physician in Virginia to implant a new kind of cardioverter defibrillator into a patient.

“The advantage of that is if it ever needs to come out, we think it’s a lower-risk procedure to take them out because there is nothing implanted in the blood vessel or in the heart. It works just as well in the studies to convert patients out of dangerous arrhythmia and it is able to provide some

limited pacing as well,” said Mason.

[WATCH CBSNEWS](#)

DEPARTMENT OF MEDICINE
MEDICINE GRAND ROUNDS
UNIVERSITY OF VIRGINIA

In Media

UVA Celebrates 100 Years of Women in Medicine and Science



The Committee on Women in Medicine and Science or COWIMS and the Maxine Platzer Lynn Women’s Center jointly hosted 100 Years of Women in Medicine and Science at UVA, on April 25, 2024. The event, held at the Colonnade Club on Grounds, was attended by over 50 faculty, staff, and students/trainees.

[READ MORE](#)

WATCH THE MEDIA COVERAGE: [CBSNEWS](#) AND [NBCNEWS](#)

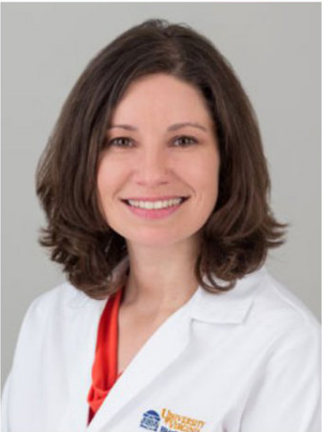
Congratulations

Master Educator Award for Graduate Medical Education

Rachel Kon, MD

Associate Professor of Medicine

“Dr. Kon’s program created a community of mentors for me, who taught about the value of walking alongside patients who are suffering. From these mentors, I learned to love tying together symptoms into an illness script, making diagnoses, and understanding the evidence behind medical decisions. Dr. Kon not only advises students individually, but she also creates structures that help learners discover their paths.” – Trainee



Scott Heysell, MD, Publishes Article in *The Wire* about impact of Undernutrition on Human Health



Scott Heysell, MD, MPH, the Thomas H. Hunter Associate Professor of International Medicine, and former UVA medical student Pranay Sinha MD, who is an assistant professor of medicine and infectious diseases and Boston University, wrote an in-depth article for *The Wire* about the massive but correctable impact undernutrition has on human health, and infectious diseases such as tuberculosis.

[READ MORE](#)

What We’ve Learned and What We Haven’t Since The Start of the Pandemic (WNPR)



COVID-19 was officially declared a pandemic on March 11, 2020. It continues to impact our lives to this day. This hour, we’re looking back at the four years since the pandemic started to understand what we’ve learned. Dr. Taison Bell is among the guests who share their expertise about this and equity in healthcare.

[LISTEN HERE](#)

DOM UPDATES & NOTES

Welcome To The World



Congratulations to fellow Emily Mitchell and husband Sari Rizek who welcomed baby Callie Rose Rizek on April 23, 2024.

Is Your Content Up-to-Date?

Our department websites are one of the most powerful recruitment tools we have, and to use them effectively, we need your help to keep our content up-to-date.

Please check your Division's DOM site for wherever you appear to be sure all information is current.

Researchers and lab managers, if you don't already have a research page dedicated to your team, please get in touch with Kim Kelley-Wagner to get started at kak2cj@uvahealth.org or 434.328.0680

Need a team photo or a research lab photo shoot? Contact Kim Kelley-Wagner.

Thanks for making our websites a valuable and dynamic experience!

COME SEE HOOS RUNNING WITH GIM!

'Run with GIM' (General Internal Medicine) would love for all interested to join us at 5pm every Wednesday across from the South garage on the corner of Jeanette Lancaster and Crispell Dr.

Run with GIM is a non-competitive, all-inclusive running group focused on building wellness and growing camaraderie.



Follow DOM on INSTAGRAM!

Do You Have News You'd Like To Share on Medicine Matters?

Contact Kim Kelley-Wagner kak2cj@virginia.edu
434.328.0680

FOLLOW UVA SCHOOL OF MEDICINE DIVERSITY & INCLUSION

FOLLOW UVA WOMEN IN INTERNAL MEDICINE NETWORK



FOLLOW THE DOM

DIVISION OF CARDIOVASCULAR MEDICINE

Message from Christopher Kramer MD, Division Chief Cardiovascular Medicine



The Division of Cardiovascular Medicine observed its 100th anniversary in June of 2023 with a 2-day celebration of its reputation for excellence in patient care, research, and education event for faculty, fellows, and alums. A scientific symposium was held with outstanding presentations from present and former faculty. A wide range of science was presented, from basic studies in murine models to large-scale clinical registries and examples of international health efforts. Former division chief George Beller MD, gave the opening talk, having been a medical student or faculty member at UVA for over half of the Division's century of excellence. A social event at the Rotunda on Friday night and dinner the following night at the Boar's Head rounded out the highly successful weekend. Some pictures from the event are included in this edition of Medicine Matters.

The CV Division comprises 42 clinical and six research faculty. We continue to grow rapidly, recruiting for six open positions (two heart failure/transplant, including a new director, one structural echocardiographer, one electrophysiologist, and two clinician investigators). The Division is extremely active clinically, with nearly \$21 million in clinical revenue and over 264,000 work RVUs performed in fiscal year 2024. A 5th cardiac cath lab is operational 50% of the time with additional staffing, resulting in a 6% growth in interventional procedures from FY '23 to FY '24. Significant growth has been seen in

advanced cardiac imaging procedures over the same period (20% increase in cardiac MRI, 15% for cardiac CTA, 10% for stress echo, and 9% for PET). We have received state approval for a cardiac-specific PET scanner at Fontaine, which should be installed in 2025. A Partnership with Riverside Hospital was initiated to interpret their cardiac magnetic resonance studies. Outpatients are seen at the UVA Main Hospital, Fontaine Research Park, and outreach clinic locations, including Fishersville, Zion's Crossroads, and Culpepper. Over 54,000 outpatients are projected to be seen in FY '24 at these locations, representing an increase of 8% over FY '23.

Vice Chief for Research, Jonathan Lindner MD, provides an update on the research activities within the CV Division under a separate cover in this document. Grant expenditures (direct) increased yearly from \$7.6 to 8.6 million (a 12% increase).

The CV Division had a very successful year on the philanthropic front by procuring a \$2 million Lawrence W. Gimple MD Clinical and Translational Research Fund from a grateful patient and a planned interventional fellowship fund gifted by the Lipson family. An endowed professorship is also in the works as part of an estate plan.

Additional highlights of the past year appear in our Accolades section.

~ Christopher Kramer MD



UVA Health

DIVISION OF CARDIOVASCULAR MEDICINE

Research Update

Cardiovascular Medicine Division Research Retreat



The University of Virginia Cardiovascular Division emphasizes promoting the activities of its physician-scientists and basic scientists, applying their knowledge and creativity to advancing patient health through science, discovery, and innovation. The history of impactful cardiovascular research at the University of Virginia spans over 100 years. The Division's key scientific discoveries and accomplishments have been translated into human healthcare. The Division is also dedicated to training tomorrow's scientists and providing resources to disseminate knowledge through education and scientific communication.

To maintain and grow cardiovascular scientific programs, the Division of Cardiovascular Medicine sponsored a one-day Strategic Research Retreat held on March 19 at the Forum Hotel in Charlottesville. The retreat was organized by the UVA Cardiovascular Division Research Oversight Committee and Chaired by Jonathan R. Lindner, Vice Chief for Research of the Division. It was attended by a diverse panel of basic scientists, clinical scientists, administrators, research coordinators, Foundation representatives, members of the Heart and Vascular Center leadership, and Health System research leadership, including Dr. Fred Epstein (Interim Vice President for Research) and Jeffrey Martens (Senior Associate Dean for Research). Scientists attending the retreat represented not only the Cardiovascular Division and the Robert M. Berne Cardiovascular Center but also the Department of Biomedical Engineering, the Beirne Carter Center for Immunology Research, and the Department of Molecular Physiology and Biological Physics.



Short and long-term key strategic goals that emerged from the strategic retreat will now be used to create a roadmap of basic research, clinical research, and education tasks. These goals are summarized below.

- To further strengthen translational research by restructuring research conferences to be multidisciplinary, building programs that match clinical and pre-clinical research strengths, participation in the Manning Institute for Biotechnology, leveraging research-related opportunities offered by the University and School of Medicine, and the creation of a research concierge service for fostering collaborations and technology development.
- To ensure the health of the clinical research enterprise by establishing policies that incentivize research faculty to take part in strategic clinical research, engaging with the cardiology clinical research coordinator group to enhance retention and sense of value to create more extensive networks for clinical research enrollment, and to ensure flexibility in the clinical trial business model.
- To elevate the importance and impact of research training by recruiting research-oriented house staff for T32-funded training, restructuring research conferences and Grand Rounds series, and structured mentor selection.
- To work with Communications and Foundation groups to curate material highlighting research strengths and accomplishments to educate our colleagues and our community, including those interested in philanthropy.

DIVISION OF CARDIOVASCULAR MEDICINE

Educational Update

Cardiac disease is the number one killer of Americans. As such, cardiac education plays an appropriately central part in medical school, residency, and beyond. We are lucky to have a division robust with world-class educators. Nearly 30 faculty members have spoken at regional, national, and international conferences in the last year alone. The third pillar of the academic mission is alive and well!



Provost Ian Baucom, back row, center, and Vice Provost for Faculty Affairs Maite Brandt-Pearce, far right, pose with some of the winners of the University Teaching Awards. They are, left to right, Brian Helmke, Evangelia Gazaki, **Nicholas Ashur**, Natasha Smith, William Brady, Cynthia Tong, Cole Rizki, Sylvia Tidey, Beth Quatrara, Mike Gallmeyer, Gerald Warburg, Martin Wu and Judy Paulick. (Photo by Coe Sweet)

The pre-clinical cardiology course continues to be an award-winning block within the medical school. The course has expanded its curriculum to include focused didactics on interactions between climate change and cardiovascular health, the impacts of racial and socioeconomic discrimination on cardiovascular outcomes, women's cardiology, and LGBTQI+ medicine. There are new sessions on live interpretation of cardiopulmonary exercise stress tests and over six hours of one-on-one cardiovascular ultrasound scanning. We are fortunate to deliver lectures from nurses, pharmacists, social workers, physical therapists, and scientists. Cross-discipline case-based sessions with our pulmonary and renal colleagues allow for multidisciplinary learning. The cardiac ICU rotation for fourth-year medical students is uniformly full, and a new dedicated back-to-the-classroom intersession for clerkship students features two hours of cardiology cases taught by our CV fellows and IM residents. **Dr. Kelly Wingerter** recently completed her onboarding to serve as a co-system

leader for the pre-clinical cardiology course, replacing **Dr. Mohamed Morsy**. We thank Dr. Morsy for his years of service as a system leader within the medical school!

Within the internal medicine residency program, the division is driven to continue transforming and finding new ways to reach our trainees. Efforts are being made in the inpatient cardiology services to drive curriculum innovation and help standardize an outstanding resident experience. **Dr. Patricia Rodriguez Lozano** has created a fantastic elective clinical rotation focused on women's health in cardiology for residents interested in this vital field. **Dr. Angela Taylor** has done yeoman work to improve the culture of feedback within ICUs, providing robust opportunities for cross-vocational learning.

We continue to have a truly exemplary group of fellows in the cardiovascular fellowship. We look forward to welcoming our outstanding new fellowship class soon after a great match. Our Jeopardy team, composed of **Drs. Nick Ashur, Nisha Hosadurg**, and **Sami Ibrahim**, were crowned state champions and represented Virginia on the national stage at ACC.24. **Dr. Ashur** was selected for the All-University Teaching Award, the most prestigious award at UVA that can be granted to a trainee, in recognition of his amazing dedication to teaching. On the education front, we have revamped our adult congenital learning experiences with the tireless help of **Dr Asma Habib**. As part of maintaining a truly cutting-edge curriculum, **Drs. Rodriguez Lozano** and **Paul Montana** have implemented and are studying the efficacy of a multidisciplinary series on Women's Health with invited speakers from within the institution and nation. We have also created a novel system to provide our fellows with key ambulatory performance metrics as part of a multi-year effort to improve and transform performance feedback across all domains.



Drs. Nick Ashur, Nisha Hosadurg, and Sami Ibrahim Virginia Jeopardy state champions.

Ultimately, the fundamentals of how adults learn do not change over time. Learners, however, often will adopt new learning styles as technology moves. The division is dedicated to reaching the next generation of trainees as we continue to grow research, extend our services, and expand clinically. The future of cardiology—and cardiovascular medical education—is bright!

DIVISION OF CARDIOVASCULAR MEDICINE

Cardiovascular Fellows 2024



Elliott Goldberg, MD
University of Virginia



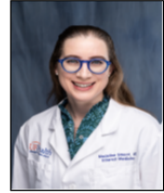
Salim Najjar, MD
Baylor College of Medicine



Daniel Patterson, MD
University of Virginia



Carolina Rojas Salvador, MD
University of Minnesota

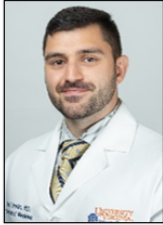


Maddie Smoot, MD
University of Florida

Electrophysiology

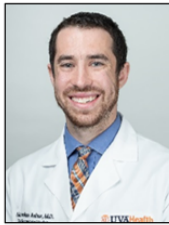


Ben Irvine, MD
Tulane University



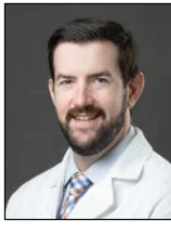
Sami Ibrahim, MD
University of Virginia

Heart Failure



Nick Ashur, MD
University of Virginia

Imaging



Jamey Cutts, MD
University of Virginia



Bishow Paudel, MD
U. of Alabama at Birmingham

Interventional



Jake Ortiz, MD
Maine Med Center

Structural



Jeffrey Chidester, MD
U. of Texas Southwestern

Vascular



Shiavax Rao, MD
MedStar Health

2024 INCOMING FELLOWS

Name	Program	Residency/Fellowship Program
Elliot Goldberg	Cardiovascular Disease Medicine	University of Virginia
Salim Najjar	Cardiovascular Disease Medicine	Baylor College of Medicine
Daniel Patterson	Cardiovascular Disease Medicine	University of Virginia
Carolina Rojas Salvador	Cardiovascular Disease Medicine	University of Minnesota
Madeline Smoot	Cardiovascular Disease Medicine	University of Florida
Sami Ibrahim	Electrophysiology	University of Virginia
Benjamin Irvine	Electrophysiology	Tulane University
Shiavax Rao	Vascular	MedStar Health
Jacob Ortiz	Interventional	Maine Medical Center
Bishow Paudel	Imaging	University of Alabama at Birmingham
Jamey Cutts	Imaging	University of Virginia
Jeffrey Chidester	Structural/Valve	University of Texas Southwestern
Nick Ashur	Heart Failure	University of Virginia

2024 GRADUATING FELLOWS

Name	Program	Residency/Fellowship Program
Patrick Stafford	Interventional Cardiology	Assistant Professor - University of Virginia
Nisha Hosadurg	Imaging	Assistant Professor - University of Virginia
Zachariah Nealy	Imaging	Riverside Regional Medical Center, Newport News, VA
Alan Wong	Vascular	General Cardiology Fellowship - Christ Hospital, Cincinnati, OH
Paras Patel	Electrophysiology	Prisma Richlands, University of South Carolina, Columbia, SC
Michael Zimmerman	Electrophysiology	Atrium Health, Charlotte, NC
Nick Ashur	Cardiovascular Disease	AHFT Fellowship - UVA
Sneha Gadi	Cardiovascular Disease	Kaiser Mid-Atlantic Permanente Medical Group, Tyson's Corner VA
Sami Ibrahim	Cardiovascular Disease	EP Fellowship - UVA
Matthew Miller	Cardiovascular Disease	Cardiology Associates of Fairfield County, Fairfield CT
Jonathan Pan	Cardiovascular Disease	Advanced Imaging Fellowship - UVA

DIVISION OF CARDIOVASCULAR MEDICINE

Events



Cardiology Centennial Celebration

The Division of Cardiovascular Medicine held a 100th Anniversary Celebration on June 16 and June 17, 2023, with support from the University of Virginia Medical Alumni Association. Highlights of the event included a reception at the Rotunda, speaker programming, and a Centennial Gala at the Boar's Head Resort. Over 100 former and current trainees, alums, faculty, staff, and guests attended.

Throughout its one-hundred-year history, the division has become nationally recognized for excellence in clinical care, research, and teaching. It has also become known as a place where teamwork and collaboration thrive.

The celebration coincided with recognition from Becker's Hospital Review, which named UVA Health's Heart and Vascular Center to its 2023 list of 100 Hospitals and Health systems with Great Heart Programs.

"In the years that I was fortunate to be there, there was major growth in cardiology worldwide. Within a few years of my arrival, we started programs in echocardiography, interventional cardiology, preventive cardiology, and electrophysiology."

Dr. George Beller – Division Chief 1977-2004 and 2007-2008

"The collegiality is a hallmark of the division. I saw that people never left here. They came and stayed, and it was a very cohesive group and has been ever since."

Dr. Christopher Kramer – Division Chief 2019 – (current)



DIVISION OF CARDIOVASCULAR MEDICINE

Accolades

- The **Cardiovascular Division** was ranked highly in *Newsweek's World's Best Specialized Hospitals* rankings.
- Fifteen **Cardiovascular Division faculty** and six **Cardiovascular Division APPs** won *UVA Patient Experience Awards* in 2023 for outstanding outpatient care based on patient surveys.
- **Antonio Abbate MD, PhD**, will lead UVA on behalf of the *American Heart Association* as one of fifteen centers to educate and promote therapies for recurrent pericarditis.
- **Michael Ayers MD**, received the *American College of Cardiology (ACC) W. Proctor Harvey Young Teacher Award*, the *UVA Dean's Excellence in Teaching Award*, and the *UVA SOM Class of 2006 Faculty Teaching Award*.
- **George Beller MD**, Professor Emeritus, won the *Distinguished Service Award* from the *American Society of Nuclear Cardiology*.
- **Christopher Kramer MD**, began his term as *Vice President of the ACC*. He will be installed as President on March 31, 2025.
- **Jonathan Lindner MD** was named *Chair of the American Society of Echocardiography (ASE) Research Committee* and to the Board of Directors of the *ASE Foundation*, winning the *Dean's Excellence in Research Award*.
- **Pamela Mason MD**, won the *Sharon L. Hostler Women in Medicine Leadership Award* and was named Chair-elect of the *ACC Electrophysiology Section Leadership Council*.
- **Michael Ragosta MD**, was named co-lead of the *Growth and Development committee of the Heart and Vascular Service Line*.
- **Patricia Rodriguez Lozano MD**, won the *Workflow, Innovations, and Patient Award at CMR 2024* and was selected for the *2024-25 ACC Clinical Trials Research program*.
- **Victor Soukoulis MD** began his term as *Governor-elect of the VA chapter of the ACC* and was named to *ACC Emerging Faculty 2.0*.
- **Angela Taylor MD**, was named to lead the *Quality Committee of the Heart and Vascular Service Line*.
- **Mike Valentine MD**, was named to lead the *Executive Council of the Heart and Vascular Service Line and Director of the Operations Committee of the Service Line*. He is also the director of the *UVA Health Leadership Institute*.

New faculty that began this academic year included:

- **Afshan Alvi MD**, general cardiology, Fishersville clinic.
- **David Guarraia MD**, Director of Cardiovascular Prevention.
- **John Saxon MD**, Medical Director of the Valve Program, profiled in this edition of *Medicine Matters*.
- **Todd Villines MD**, cardiovascular imaging and general cardiology.

New faculty hired/rehired to begin in the fall of 2024 include:

- **Joseph Chung MD**, general cardiology, former Loma Linda fellow.
- **Nisha Hosadurg MD**, a former UVA fellow, cardiovascular imaging and women's heart health.
- **Oliver Monfredi MD**, electrophysiology and Director, Cardiac Lead Extraction Center, former UVA, and present Hopkins faculty member.
- **Rajan Patel MD**, Interventional Cardiology Director, is at the Ochsner clinic.
- **Patrick Stafford MD**, interventional cardiology, former UVA resident and fellow.

Sadly, we lost faculty member **Lew Lipson MD**, in December 2023 after a prolonged illness. A wonderful celebration of his life and contributions to the UVA CV Division was held at Alumni Hall on April 13, 2024.

SELECT PUBLICATIONS

Golino M, Moroni F, Abbate A. *Connecting the Dots: Inflammatory Burden and Outcomes in Heart Failure*. J Am Heart Assoc. 2023 Oct 3;12(19):e031786. doi: 10.1161/JAHA.123.031786. Epub 2023 Sep 30. PMID: 37776202

Patrick L Stafforzd , Adam Purvis , Kenneth Bilchick , Joseph Dan Khoa Nguyen , Pooja Patil , Cherisse Baldeo , Nishaki Mehta , Younghoon Kwon , Khadijah Breathett 5, **David Shisler** , **Mohammed Abuannadi** , **James Bergin** , **Steven Philips** , Sula Mazimba *Echocardiographic derived pulmonary artery wedge pressure is associated with mortality, heart hospitalizations, and functional capacity in chronic systolic heart failure: insights from the HF-ACTION trial* J Echocardi DOI: 10.1007/s12574-023-00630-y PMID: 38153648

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FOLLOW UVA CARDIO

DIVISION OF CARDIOVASCULAR MEDICINE

STAFF PROFILE - Tessa Shifflett



Tell us a little bit about yourself.

I've been at the University of Virginia for twelve years, the last six years being in Patient Financial Services. I am now assisting some of the Cardiology Department doctors and couldn't be happier!

Why Healthcare?

I have always had a knack for helping others. In my prior careers, I have helped people/patients by being on the front lines in a clinic and doing more behind-the-scenes work, like in Patient Financial Services. In PFS, we were responsible for providing financial assistance to patients. It would make me smile when I could help someone with financial assistance who was in dire need and stressing out about an upcoming appointment. They have always appreciated help. I love being able to ease someone's mind and help them to feel better. Kindness goes a long way!

What brought you to Charlottesville?

I was born and raised in the surrounding counties.

What excites you about your work?

I truly enjoy helping others, so being able to lift some of the burden off of my already very busy docs and being able to complete a task for them brings me much satisfaction.

What do you consider to be your greatest achievement outside the professional realm?

My kids! They amaze me every day and bring me so much happiness.

What do you enjoy doing on the weekend?

Spending time with my family.

How did you meet your partner?

We first met in person at a football game where our rival high schools were playing against each other. A little time passed, and I saw him on MySpace (before Facebook was a thing). I added him as a friend, and he messaged me right away. We talked for a while before he asked for my number. The rest is history!

Do you have any pets?

We have two dogs—a teacup Yorkie, Benji, and Chihuahua, Lady.

What is your favorite vacation/activity spot?

We love vacationing at the OBX in NC, especially on Hatteras Island.

What is the best advice anyone ever gave you?

I was a freshman in high school French class, and a graduating senior wrote in my yearbook, "Don't sweat the petty things, and don't pet the sweaty things." It always seemed like good advice to me!

What is the last book you read

for pleasure?

It has been a while since I've read anything, but the last thing I read was part of the Harry Potter series.

What's the most unusual thing you have ever eaten?

While in high school Biology, I won a prize for answering a question correctly. My prize was a chocolate-covered grasshopper. 16



DIVISION OF CARDIOVASCULAR MEDICINE

STAFF PROFILE - Kara Watts



Tell us a little bit about yourself.

I've been at the University of Virginia for four years, after working for twelve years in various capacities for the WIC program - a federal nutrition education program for young families. It was quite the leap for a Registered Dietitian, but I was ready for a change. I started as the Pulmonary/Critical Care fellowship coordinator in April 2020 (Covid made that interesting). Two years ago, I transitioned to my current role with the six advanced cardiology fellowship programs (Cheryl Etelvari does the General Cards program). I also help with ambulatory & special projects for the IM residency.

Why Healthcare?

Health is integral to all facets of our lives and the greater community. I want to do my part to help us all thrive and enjoy what life offers.

What brought you to Charlottesville?

I went through a match process similar to the resident/fellow system and

matched with UVA for a year-long dietetic internship at the hospital. I only planned to stay for that year. That was 15 years ago. We moved to Kansas for about two years when Olivia was a baby to be closer to family. But those winters are wicked, and Charlottesville is our true home, so we moved back.

What excites you about your work?

I find it so fulfilling to support the work of exemplary people with immense purpose in their work. If I can make it so that they can focus on their real work (instead of paperwork) or enhance the quality of the training program that they're in, then I feel that I've lent extra value to what they can contribute to the betterment of society.

What do you enjoy doing on the weekend?

Playing Settlers of Catan with friends, frisbee golfing with Patrick & Olivia (I'm by far the worst of the three of us..and yes, she's only seven), and baking something we saw on the Great British Bake Off.

How did you meet your partner?

At Mellow Mushroom on the Corner. A mutual friend introduced us, and by the night's end, I knew we'd get married. It's as simple as that. When I did an internet search on him, I found a picture of the two of us together, along with that mutual friend, from a year before she introduced us. So technically, we knew each other earlier, though neither of us remembers it.



What about you would surprise us?

I grew up in the sticks - my parent's house is the only one on the square mile. I was county 4-H fair princess and a rodeo queen, which was good prep for my time showing horses in college for Kansas State.

What is the last book you read for pleasure?

All 14 books of The Wheel of Time by Robert Jordan...twice...in a row. I have plans to make an interactive map for my next round.

What's the most unusual thing you have ever eaten?

I'll try anything. Once. I stand by my opinion that Vegemite counts as the most unusual thing. It's clearly weird. I'm not sure if these count, but I've also had yak, turtle soup, rocky mountain oysters, frog legs, ostrich, kangaroo, fresh durian, and cicadas - I'm so happy about the recent brood!



DIVISION OF CARDIOVASCULAR MEDICINE

FELLOW PROFILE - Anish Desai



Tell us a little bit about yourself.

I came to the University of Virginia in July 2022 after a brief stint in Portland for my Internal Medicine Residency. I grew up in the Short Pump area of Richmond. I attended undergrad at VCU studying Biomedical Engineering with minors in chemistry, physics, and math, and moved on to medical school at MCV. When applying for residency, I wanted to experience an entirely new “vibe” and see a part of the country I had never visited. During my interviews, I ultimately loved the lifestyle of the Pacific Northwest and matched at OHSU in Portland, Oregon. I became interested in cardiology there and met fantastic mentors such as Dr. Jonathan Lindner and Dr. Chuck Henrikson. After interviewing at UVA for a fellowship, the decision to be back east, closer to family (but not too close!), be on familiar stomping grounds, and be at a world-class center was a no-brainer.

Why Healthcare?

I hadn't planned to go into medicine when applying to college. I had initially wanted to be an engineer of some sort, following in my dad's footsteps. As part of my early BME curriculum at VCU, we shadowed MCV physicians to get an idea of the engineering principles applied to medicine. As I gained more exposure to the healthcare setting, I experienced many engineering tenets of technical problem-solving melded with the human element of clinical care. Ultimately, I didn't take

long to switch gears and pursue medicine. Like any young, naive person going into medicine, I was inspired by a desire to directly impact people's lives, alleviate suffering, and provide comfort. Everyone in my family was either an engineer of sorts, a professor, or a farmer- so it took the guidance of many mentors to figure out my way along this path- shout-outs to Dr. Rao Ivatury, Dr. Dipin Gupta, and Dr. Gary Tye.



As I look back on the 10+ years since my decision to go into medicine, I still feel I made the right decision. I can't imagine doing any other job, and I truly love what I do every day. There aren't many jobs where you can go to work and help someone every day, learn something meaningful and challenging, and take care of sick people. I'm blessed never to have gone to work and wondered if my work was necessary.

What brought you to Charlottesville?

After spending three years of IM training in Oregon and being so far from family in Richmond, especially during the Covid-ian nightmare, I wanted to be closer to home. After interviewing at UVA for fellowship, I was impressed and jumped at the chance to learn cardiology from the many greats in the field. Having grown up in Richmond, I spent many weekends in town going to Miller's, Foxfields etc so felt pretty familiar with the area!

What excites you about your work?

Medicine and technology are intertwined and always on the cutting edge. There's always something new to learn and master, whether it's a procedural technique, imaging modality, or new treatment method. Additionally, there aren't many jobs where you can routinely help patients and their families through the worst days of their lives.

Do you have any pets?

Like much of the country, I, too, got a covid pup. Venti and I have been buddies for over two years now. He's the best- just a sweet dog who's always happy, down for a walk, and will do anything for a pup cup.

What do you enjoy doing on the weekend?

I love trying to get outdoors, whether it's the Ix Farmer's Market, dog parks with Venti, hikes, or local breweries/wineries.

How did you meet your partner?

Roshani and I met on an Alternative Break Spring break volunteer trip to Nashville many years ago. We went there to help rebuild some schools in the area and ended up hitting off soon after!

What is the one thing you always have in your fridge?

Hot Sauce- I've got a little bit of a collection. I've actually started making a few myself now, but it's been hit or miss so far.

What is your favorite vacation/activity spot?

Any place sunny, warm, beachside with fruity drinks.

What is the best advice anyone ever gave you?

"Sometimes, life is too uncertain to have regrets."

What is a talent or skill you don't have that you wish you did?

I wish I had kept up with playing an instrument. I played the violin and guitar for nearly ten years but lost those skills! Working on that now.

What is the last book you read for pleasure?

Like many of my co-fellows here at UVA, I have become enamored with the Red Rising series by Pierce Brown.

What's the most unusual thing you have ever eaten?

I tried Moose in Alaska. It can't be sold commercially in Alaska, so it can be hard to get!

Do you collect anything?

I've always loved cars growing up. I have a pretty large collection of small die-cast cars. Whenever I run errands at a department store, I often wander over to the toy section to see if they have any cool models.



DIVISION OF CARDIOVASCULAR MEDICINE

FELLOW PROFILE - Yaqub Betz



Tell us a little bit about yourself.

I came to the University of Virginia in 2019 for my internal medicine residency from Texas and have been here ever since. I am currently a second-year fellow in the general cardiology program and plan on pursuing a career in non-invasive cardiology.

Why Healthcare?

Working in healthcare and being a physician are some of the great privileges I have been fortunate to have had. There are few areas of work where you can use your knowledge and skills to help others have such a direct and personal role in people's lives. Furthermore, it is impressive to see, even in my short career, how quickly new medicines and technologies can improve patients' lives.

What brought you to Charlottesville?

I did my undergraduate education in chemical engineering at the University of Oklahoma. While there, I participated in many projects regarding global health and worked on water quality and sanitation in El Salvador. Because of this, I was fortunate to join some faculty at UVA, including Dr. Jim Smith in the Department of Civil and Environmental Engineering, Dr. Jim Plews-Ogan in the Department of Pediatrics, and multiple undergraduates and medical students in South Africa. That was my first experience with UVA, and because I enjoyed it so much, I was excited to apply here for residency!

What excites you about your work?

Working together with and learning from my attendings, fellows, residents, nurses, and all the staff at the hospital makes each day different and fun. It is fulfilling to work with so many great people to help take care of others.

What do you enjoy doing on the weekend?

My wife and I love to go to the farmer's market at IX Park every Saturday morning and walk around the downtown mall exploring the restaurants.

How did you meet your partner?

We were participating in an international fashion show for an annual cultural night at our university, and we met while waiting in line to go up on stage.



What is the one thing you always have in your fridge?

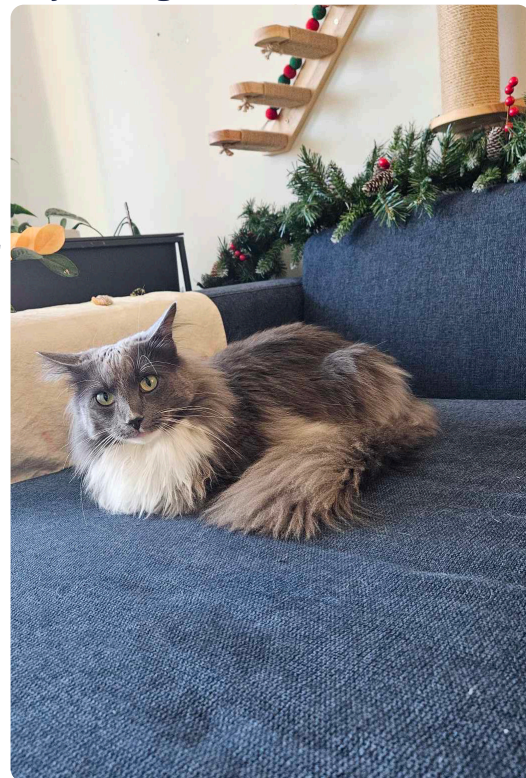
Coke Zero.

Do you have any pets?

We have one dog (Nala) and one cat (Theo). They love to go outside and explore when they aren't looking for treats around the house.

What is the last book you read for pleasure?

"Light Bringer" by Pierce Brown. It is Book 6 of the Red Rising series, and our whole fellowship is hooked!



DIVISION OF CARDIOVASCULAR MEDICINE

FACULTY PROFILE - Nisha Hosadurg



Tell us a little bit about yourself.

I've been at the University of Virginia for four years as a general cardiology and advanced imaging fellow. I was born in the United States and moved to India with my parents when I was eight. So I mainly grew up and went to school in a town called Mysore in South India, which, in retrospect, was kind of like Charlottesville. I then went to medical school in Bangalore, a few hours away. I then matched at Tufts in Boston for an internal medicine residency. I will add here as a fun fact that my last name, 'Hosadurg' isn't German (I get this more often than I expected), but it's the name of my ancestral town a couple of hours away from Bangalore.

Why Healthcare?

From a relatively young age, I was more interested in biological systems, and my maternal grandfather was a well-respected ENT surgeon whom I spent a reasonable amount of time around over summers, so in retrospect, the idea of pursuing medicine was subconsciously always around. As someone who went straight to medical school from high school, though, I always find this an interesting question to answer because how much do you truly know what you're getting into at seventeen? During my clinical years of medical school, during which

we cared for a disadvantaged population with diverse pathology, I realized I quite enjoyed patient interactions and the gratification that came with making a difference in their lives despite being a solid introvert. I knew I had made the right decision.

What brought you to Charlottesville?

I was interested in coming here for fellowship because of the 2 + 2 general cardiology and advanced cardiac imaging program and the opportunity to learn from the stellar lineup of cardiac imaging experts on the faculty here. Having lived in major cities like Bangalore and Boston, I was initially a bit dubious about how we would like to live here. Charlottesville truly punches above its weight regarding the number of things to do around the area, and we have indeed grown to love living here. So much so that after looking broadly for a faculty position, I happily decided to stay. An extremely collegial and supportive division also influenced this!

What excites you about your work?

The ability to wear so many different hats! Reading multi-modality cardiac imaging studies, taking care of diverse patient populations in the inpatient and outpatient setting, pursuing my research interests, and teaching students/trainees are gratifying and exciting.

What do you consider to be your greatest achievement outside the professional realm?

Planning a big fat Indian wedding from across the world without ever being on site until the big day!

Describe yourself in one word.

Determined.

What do you enjoy doing on the weekend?

I enjoy checking out the endless wineries/breweries and fantastic restaurants around Charlottesville with my husband. We also like hiking in Shenandoah in the spring and fall.

How did you meet your partner?

Coffee meets Bagel. The app works sometimes!

What is the one thing you always have in your fridge?

Plain yogurt. For any south Indians who may stumble across this, you probably know what I mean when I say there's no better comfort food than plain yogurt and rice!

Do you have any pets?

No, but we are dog people, and it's definitely on the cards! I am obsessed with pugs.

Are you a hunter or a gatherer?

Gatherer – preferably at Wegmans.

What is your favorite vacation/activity spot?

Of the places I've been to in recent years, I would love to return to Lisbon, Portugal, and the island of Vieques in PR.

Who is the person you admire most, and why?

My paternal grandfather was the most hard-working, selfless, and unconditionally supportive person I have ever known.

What is the best advice anyone ever gave you?

Have the confidence to question the actions/decisions of someone older or more senior than you if you disagree with them.

What is a talent or skill you don't have that you wish you did?

I wish I could play a musical instrument.

Favorite fictional characters?

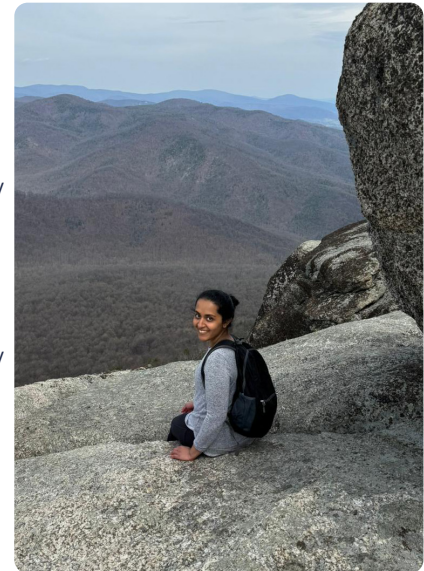
Rocko the anthropomorphic wallaby from Rocko's Modern Life and Brienne of Tarth from Game of Thrones.

What is the last book you read for pleasure?

"While Justice Sleeps" by Stacey Abrams.

What's the most unusual thing you have ever eaten?

Bonito flakes (that look like they're alive and dancing when on top of steaming foods). As an unadventurous pescatarian, that's as unusual as I'll probably get!



DIVISION OF CARDIOVASCULAR MEDICINE

FACULTY PROFILE - John Saxon



Tell us a little bit about yourself.

I've been at the University of Virginia for almost a year. I grew up in Jackson, MS, and attended Washington and Lee University. I returned to Mississippi for medical school, internal medicine, and cardiology fellowship. I moved to Kansas City, MO, for interventional cardiology and structural cardiology training, then spent six years on faculty at Saint Luke's Mid-America Heart Institute as a Structural Cardiologist and Program Director of Interventional Cardiology Fellowship.

Why Healthcare?

No other profession has such a profound impact on the well-being and longevity of patients and their families. Our is a sacred trust. We care for patients at their time of greatest need – there is nothing else like it in human existence.

What brought you to Charlottesville?

An opportunity to work in a world-class medical and educational institution in America's most beautiful natural setting.

What excites you about your work?

-The convergence of need, cognitive and technical skill, and impact.

What do you consider to be your greatest achievement outside the professional realm?

Attended six straight AFC championship games.



Describe yourself in one word.

Lanky.

What do you enjoy doing on the weekend?

Baseball, basketball, hiking, playing with the kids, reading.

How did you meet your partner?

During my undergraduate at Washington and Lee.

What is the one thing you always have in your fridge?

Cold brew coffee.

Do you have any pets?

Ruby, a three-year-old rescued boxer-mix.

Are you a hunter or a gatherer?

Subsistence farmer.

What is your favorite vacation/activity spot?

Glacier National Park.

Who is the person you admire most, and why?

Harry S. Truman was an underrated leader, an amazing politician, and a voracious reader; the last American President was a small-scale family farmer (he did all his own labor), and the last President who did not go to college.

What is the best advice anyone ever gave you?

"People may forget what you said, but they never forget how you made them feel."

What is a talent or skill you don't have that you wish you did?

Stand-up comedy.

Would you rather do one thing extraordinarily well or ten things admirably well?

One thing extraordinarily well.

What is the last book you read for pleasure?

"Go Down, Moses" by William Faulkner

What's the most unusual thing you have ever eaten?

Alligator.

Do you collect anything?

I don't collect them, but every time I go into a bookstore, I have a loose rule: I will buy at least one book.

