

MEDICINEMATTERS

SEPTEMBER 2025

NEWSLETTER

Medicine Matters is a monthly newsletter published by the University of Virginia, Department of Medicine. Inquires may be sent to the editor, Kim Kelley-Wagner, at kak2cj@uvahealth.org



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.

Message from the Office of the Chair



Dear Friends and Colleagues,

As we move into the fall and trade the burden of heat and humidity for the burden of heavier traffic, I want to highlight a part of our July financial report that tells a larger story than what appears. While our RVU estimate was on target, we experienced an unfavorable variance of approximately \$630,000 in Net Patient Service Revenue. Point 2 in the variance summary explains that this was due to an unbudgeted charity care discount and an uninsured patient discount. That's a lot of financial jargon, so here's what it really means:

We collected less revenue than we had planned in July. The primary reason is that we collaborated with the revenue cycle team and the University Physicians Group (UPG) to update their charity care and self-pay discount policies, ensuring they now align with the more

generous program at the Medical Center. This change wasn't part of our original budget, and when it went into effect, it was applied retroactively for the past five years. The result was a one-time reduction in the revenue we see for July.

While this appears as an unfavorable variance on our financial statements, it reflects a decision that is deeply aligned with our department's values: prioritizing patient care regardless of their ability to pay—actions like this matter. As a child, I remember the guilt my grandmother felt taking me to doctor visits when we were already behind on my medical bills. By allowing more patients from lower-income households to qualify for discounts, we are fulfilling our mission to serve the community and prioritize patient care. We will continue to manage our resources carefully, balancing them with a focus on prioritizing fairness, compassion, and access to care.

This month's newsletter features news of numerous DOM members securing grants, winning awards, and sharing vital information with the community. Our division highlight this month is the Division of Nephrology—a division that continues to embody resilience and excellence in all realms. Enjoy catching up on some of the excellent work being done in the Department of Medicine, and thank you for all you do every day to carry this mission forward.

My Best to You,
Taison D. Bell, MD, MBA
Interim Chair, Department of Medicine



"I follow the science, knowing it rarely runs straight; each discovery

revealing new directions and new opportunities."

~Mark Okusa MD



UVA

SCHOOL of MEDICINE
Department of Medicine

DEPARTMENT OF MEDICINE

Department of Medicine Summary of Consolidated Financials July 2025

FY25 as of

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	118,877	117,518	(1,359)
Clinical Receipts (NPSR)	7,593,554	6,964,655	(628,899)
Total Revenues	26,094,901	25,927,149	(167,752)
Total Expenditures	19,955,693	20,578,870	(623,177)
Net Income	6,139,208	5,348,279	(790,929)

Summary Explanation of Variance:

1. For the fiscal year through July 2025, the Department of Medicine reported a consolidated net gain of \$5.3M and an unfavorable variance to YTD net income budget of \$791K.
2. Clinical receipts underperformed budget by \$629K primarily due to unbudgeted charity care discount, unfavorable collectability model adjustment and unbudgeted 40% uninsured discount. The charity discount includes a one-time reduction in accrued patient revenue as a result of changes made to align policy with the MC. The policy change was made retroactive going back five years.
3. Total revenue includes \$5.1M for the remainder of the fiscal year and \$895K MC clinical deficit coverage accrual.
4. Total expenditures are impacted by unplanned departures, unfilled positions and timing of third staff payroll in July but budgeted in August.



MICHAEL J. WEBER SYMPOSIUM

UVA COMPREHENSIVE CANCER CENTER

OCT
3
2025

Register today for the fifth annual **Michael J. Weber Symposium** to be held **Friday, October 3, 2025** from **8 a.m. to 2 p.m.** in the School of Medicine's Claude Moore Medical Education Building Auditorium.

This year's theme is "**Drugging the Undruggable in Cancer.**"

The Weber Symposium was established to honor the life and achievements of Michael Weber, a renowned scientist, professor and former UVACCC Director. The symposium aims to bring together cancer researchers and clinicians to present their findings on cancer research, with a focus on integrating basic, translational, and population science research with clinical trials and compassionate patient care.

Friday, Oct. 3

8 a.m. to 2 p.m.

Claude Moore Medical
Education Building
Auditorium

[Learn more & register](#)

Registration is free and breakfast
and lunch will be provided.

*Note: Although the event will be held
in person, we are happy to
accommodate virtual participants.*

Featuring the following world-class scientists and clinicians:

Lisa H. Butterfield
Discovery Oncology

Craig Crews
Yale University

Alpa Patel
American Cancer Society

Mallika Singh
Revolution Medicines

Frank Slack
Harvard University

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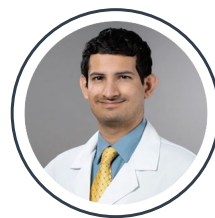
Rahul Mehta MBBS



Valerie Tran MD



Fabian Bolte MD



Gautham Prakash MD



Chizoro Taylor PA



Eibhlin Goggins



Andrew Parsons MD



Karen Warburton MD



Patricia Rodriguez-Lorano MD

AWARDS AND ACHIEVEMENTS

Congratulations to **Dr. Rahul Mehta** (Division of Hospital Medicine), who has been honored with this year's Leonard Tow Humanism in Medicine Award. The Arnold P. Gold Foundation presents the award. It recognizes individuals who demonstrate exceptional compassion and sensitivity in patient care, serving as role models for humanistic values in the medical field.

Congratulations to fellow **Valerie Tran MD** (Division of Hematology and Oncology), who was chosen to participate in the American Society of Hematology (ASH) Advocacy Leadership Institute.

Congratulations to fellows **Fabian Bolte MD**, and **Gautham Prakash MD** (Division of Hematology and Oncology), for their work with the highly selective ASCO/AACR Methods in Clinical Cancer Research Workshop.

The Division of Hematology and Oncology welcomed **Chizoro Taylor PA** who joined the division as its new APP Director for Neurosciences and Oncology.

Congratulations to **Dr. Eibhlin Goggins** and colleagues on the publication of her paper, [*"Pulsed ultrasound targeted to the spleen mitigates against kidney injury and promotes kidney repair."*](#)

Congratulations to **Dr. Andrew Parsons** (Division of Hospital Medicine) and **Dr. Karen Warburton** (Division of Nephrology) on the publication of their book [*"Clinical Reasoning: Coaching the Struggling Medical Learner."*](#) [Learn more on page 21.](#)

Congratulations to **Dr. Patricia Rodriguez-Lozano** and colleagues on the publication of their paper, [*"Spontaneous Coronary Artery Dissection \(SCAD\): Unveiling the Enigma of the Unexpected Coronary Event"*](#) in Current Arteriosclerosis Reports.

Correction from the August issue: **Dr. Matthew Wolf is in the Division of Cardiovascular Medicine, not Nephrology. Sorry for the confusion.*

Congratulations to the following faculty who have recently received promotions (who have not been mentioned in a previous issue:

Dr. Catherine Bonham to Associate Professor of Medicine (Division of Pulmonary and Critical Care)

Dr. Patrick Jackson to Associate Professor of Medicine (Division of Infectious Diseases)

Dr. Anubhav Kumar to Associate Professor of Medicine (Division of Nephrology)

Dr. Benjamin Martin to Associate Professor of Medicine (Division of Hospital Medicine)

Dr. Jeffrey Sturek to Associate Professor of Medicine (Division of Pulmonary and Critical Care)

Dr. Jeffrey Wilson to Associate Professor of Medicine (Division of Asthma, Allergy, and Clinical Immunology)

Dr. Leonid Volodin to Associate Professor of Medicine (Division of Hematology and Oncology)

Dr. Sana Khan to Associate (Tenured) Professor of Medicine (Division of Nephrology)

Dr. Andrew Parsons to Associate (Tenured) of Medicine (Division of Hospital Medicine)

Dr. Jeannine Engel to Professor of Medicine (Division of General, Geriatric and Palliative Medicine)

Dr. Paul Helgersen to Professor of Medicine (Division of Hospital Medicine)

Dr. Scott Heysell to Professor of Medicine (Division of Infectious Diseases)

Dr. Monica Lawrence to Professor of Medicine (Division of Asthma, Allergy, and Clinical Immunology)

Dr. Mami Taniuchi to Professor of Medicine (Division of Infectious Diseases)

Excellence in Research



Su Cheon PhD



Jennifer Hendrick MD



Alexander Podboy MD



Justin Taylor PHD

Excellence in Clinical Care



Omar Alsamman MD



Christine Eagleson MD



Gitanjali Khurana MD



Miriam Gomez-Sanchez MD



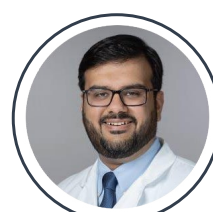
Brad Murray MD



Daniel Reed MD



John Saxon MD



Sarthak Virmani MD



Brian Wentworth MD

Excellence in Mentorship



Lindsay Carter MD



Charles Chalfant MD



Heather Ferris MD, PhD



George Hoke MD



Donald Kimpel MD



Vanessa Shami MD



Judith Woodfolk MBChB, PhD

Community Engagement Award



Matthew Allen, MD



Angie Nishio Lucar, MD

Excellence in Teaching



Larry Borish MD, FACP



Rebecca Clemo MD



Andrew Copland MD



Silas Culver MD



Michael Devitt MD



Ryan Gentzler MD, MS



Sana Khan MD



Amanda Lusa MD



Milad Memari MD



Brian Peterson MD



Randy Ramcharitar MD

Outstanding Staff Contributor



Don na Bryant



Stephanie Daniels



Nicole Keller



MathaJoy Spano MS



Erin Zimmerman

Excellence in Administration



Lisa Beach MHA



Terry Bennett



Lindsey Danburg EdD, MPA

Diane Snustad Award



Kathleen McManus MD

Outstanding Team Contribution



Cardiology Administrative Team



UVA Outpatient Parenteral Antimicrobial Therapy Team



Department of Medicine Finance Team



Third-year Heme/Onc fellows Gautham Prakash MD, and Fabian Bolte MD, attended the 2025 ASCO/ AACR Methods in Clinical Cancer Research Workshop (Vail Workshop). This highly competitive and intensive program focuses on the core principles of effective clinical trial design for therapeutic interventions in cancer treatment. The workshop offers early-career oncology researchers the skills and mentorship necessary to develop high-quality clinical trials that can translate scientific discoveries into enhanced patient care.

Welcome To The World



Congratulations to Akua Boadu and husband Sandy Beidu who welcomed babies Naana and Maame Beidu on May 1, 2025.

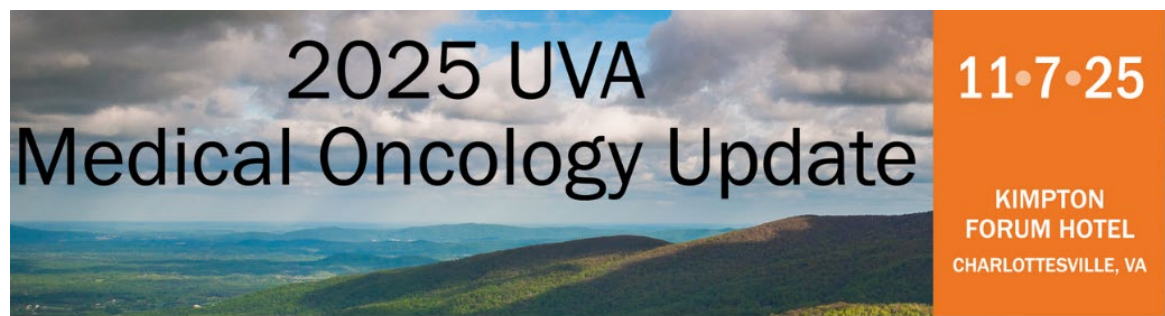
UVA RESOURCES FOR TEAM MEMBERS



support for dealing with crisis and how to stay informed

FOLLOW WOMEN IN INTERNAL MEDICINE NETWORK

SUBMIT
NEWS



The University of Virginia Cancer Center is pleased to present the 2025 UVA Interdisciplinary Medical Oncology Update: A Case Based Update.

Topic areas include urology, gastroenterology, breast, and thoracic cancers.

For more information and to register, visit <https://uva.cloud-cme.com/MedOnc25>



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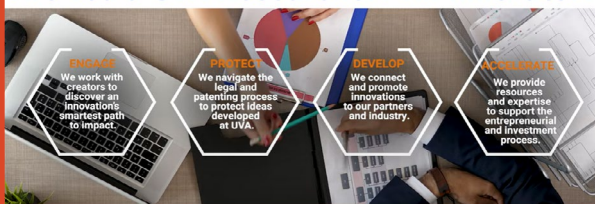
**MINDFULNESS
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**Is Your Division's Website
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**Need a Team or Research
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Contact Kim Kelley-Wagner to get
started at
kak2cj@uvahealth.org or
434.328.0680

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IN **DEPARTMENT** MEDIA

It's Not Time To 'Panic' Over Medicaid, But It's Time To Plan, Charlottesville Docs Say

With cuts to Medicaid coming, Charlottesville doctors, health care workers and representatives in Richmond say if it's not the time to panic it is at least time to plan.

A bill signed into law on July 4, cuts \$1 trillion from the federal health insurance program meant to support poorer Americans. More than 10 million Americans stand to lose coverage, including more than 300,00 Virginians, according to official estimates. 338 rural hospitals are at risk of closing — including six in Virginia, according to data from the Cecil G. Sheps Center for Health Services Research at the University of North Carolina at Chapel Hill.

"The cuts to Medicaid will be catastrophic," Charlottesville-based Dr. Andrew Wolf said at the July 25 press conference at the Northside Library just north of the city. "They will leave many of the patients I've cared for through the years without affordable access to their medications, to routine care for complex conditions and to the preventive services that keep people out of the hospital in the first place."

Virginia state Sen. Creigh Deeds, D-Charlottesville, told The Daily Progress after the press conference that he would be working to find ways to cover some of the losses coming from federal cuts. "I don't want people to go without insurance. I don't want people to go without health care," he said.

[LEARN MORE](#)



**White Coat
Ceremony
Celebrates
Class of 2029**

Researchers say heart failure medication may help POTS patients with their symptoms

An existing drug for heart failure may help people who experience heart racing and dizziness when standing.

Researchers at the University of Virginia Health System and Virginia Commonwealth University found the drug ivabradine appears to provide relief for Postural Orthostatic Tachycardia Syndrome, or POTS. According to a release, these findings provide insights into the underlying causes of POTS.

The researchers analyzed information from 10 patients with POTS, finding that the drug reduced their heart racing while also improving other symptoms associated with their condition.

The researchers say this shows that heart racing isn't just a symptom of POTS, but it may be a driver of it.

"These data suggest that the inappropriate increase in heart rate is exactly why patients feel sick, and that reducing the heart rate with a medication that does not affect blood pressure can make a difference in the quality of life," said Antonio Abbate, MD, PhD, a cardiologist at UVA Health. "These results may stimulate more research in the mechanism and therapies for POTS. There are, indeed, several treatments that are employed in patients with POTS, but very few, if any, are supported by well-controlled studies."

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Dr. Mo Nadkarni featured discussing new research into the shortage of primary care doctors across Virginia.

A Virginia Commonwealth University (VCU) research paper describes that 44% of people in Virginia lack adequate access to primary care. "If you lack access to a primary care physician, or have a long distance to drive, it's more likely that you'll delay care, particularly preventative care, and only show up when things have gotten very bad," said Dr. Mo Nadkarni, professor of medicine and Division Chief for General Internal Medicine at UVA.

WATCH ON 29NEWS



How to Lower Heart Rate Quickly With 6 Simple Steps

There are ways to slow your heart rate down in the moment, says Dr. Pamela Mason, a cardiologist at UVA Health.

"The biologic pacemaker of the heart is called the sinus node, and it has nervous inputs both from the sympathetic nervous system and the parasympathetic nervous system," Mason, who is the chair of the American College of Cardiology Electrophysiology Council, tells TODAY.com.

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Got the Sniffles? Here's What to Know About Summer Colds, COVID-19 and More

Should you get another COVID-19 booster now? For people who are otherwise healthy, timing is a key consideration to getting any vaccine. You want to get it a few weeks before that big trip or wedding, if that's the reason for getting boosted, doctors say. However, for most people, it may be worth waiting until the fall, in anticipation of winter cases of COVID-19 really increasing. "You want to be fully protected at the time that it's most important for you," said Dr. Costi Sifri,

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Inside the Numbers: Data Science and Health Research

In this Inside the Numbers, UVA PhD candidate JiaXiang "Joy" Qui (Division of Cardiovascular Medicine, Center for Advanced Analytics), discusses data science and health-related research, including the development of models to improve care for transplant patients and the adjustment of models for multi-level data structures.

WATCH ON NEWS19

Women In Internal Medicine Network would love to hear from you!



Please share your ideas with us here.



Dr. Richard Hall talks with WRIC about World Lung Cancer Day and the importance of early screening.

According to the American Lung Association, Virginia ranks 17th among all states for new lung cancer cases, placing the Commonwealth in the average tier nationally.

“It’s the second most common type of cancer in men and women, but it’s the leading cause of cancer-related deaths,” said Dr. Richard Hall, Pulmonologist with UVA Health.

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Weighted Vests: Are They Effective for Weight Loss?

Dr. Sidhartha Pani and Dr. Madhu Misra write an article for Medscape on whether weighted vests are effective for weight loss.

With the ongoing obesity epidemic, researchers are constantly looking for strategies that optimize weight loss while minimizing associated side effects. One strategy currently gaining interest is the use of weighted vests — form-fitting garments into which weights are sewn or carried in pockets.

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Vanishing Y Chromosomes Seem To Be Driving Heart Disease In Men

Men who have lost their Y chromosome from a significant number of their immune cells are more likely to have narrow blood vessels, a key contributor to heart disease, according to a study of more than 30,000 people.

“Loss of Y is killing a lot of men,” says Kenneth Walsh at the University of Virginia, who wasn’t involved in the study. “Men live six years shorter than females, and an enormous amount of that mortality is due to their sex chromosome instability.”

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Full Automation of UVA Health Artificial Pancreas with AI Could improve Type 1 Diabetes Treatment

Automated insulin delivery (AID) systems such as the UVA Health-developed artificial pancreas could help more type 1 diabetes patients if the devices become fully automated, according to a new review of the technology.

“These automated insulin delivery devices have significantly helped people with type 1 diabetes manage their blood sugars and yet challenges still remain – people still need to remember to give insulin for meals as well as carbohydrate counts. These newer approaches can help alleviate those requirements and we are hopeful that we can make insulin management even easier for people with type 1 diabetes,” Dr. Sue A. Brown, an endocrinologist and researcher at the UVA Center for Diabetes Technology who co-authored the paper, said.

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and HERE
and HERE





Jeffrey Sturek, MD, PhD, Earns New \$4 Million NIH Grant to Study the Molecular Mechanisms Driving Pulmonary Fibrosis

Jeffrey Sturek, MD, PhD, an associate professor of medicine, pharmacology, and biomedical engineering, was awarded a new five-year \$4 million grant from the NIH National Heart, Lung, and Blood Institute to study how B cells and antibodies impact pulmonary fibrosis.

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Student in Bielinsky- Hendrickson Lab Shares Summer Experience

Emilie McCaskill, a rising fourth-year student, is now less than a year away from graduating, pursuing a bachelor's in biochemistry. She is spending her last summer as an undergraduate juggling studying for the MCAT, earning her medical assistant certification and volunteering at UVA Health through Madison House, the University's independent, nonprofit student volunteer center.

Outside of Madison House, she does research in the Department of Biochemistry and Molecular Genetics lab of Anja-Katrin Bielinsky and Eric Hendrickson. This is her second year in the lab researching therapies for a rare genetic disease.

"My normal day would be studying in the morning, completing volunteering logistics in the late morning to afternoon and going to medical assistant classes some evenings, but if not, more studying," she said. "Occasionally, I would pop into the lab to help out with whatever they needed. They are truly the best lab to be a part of."

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(photo by Matt Riley, Univ Communications)

What can make you dizzy?

Whether moment of lightheadedness or room-whirling vertigo, dizziness can be unsettling.

A common cause is the shifting of tiny inner-ear crystals that help us maintain balance. When these move out of their normal spot — which happens more often in older adults — it can create a spinning sensation known as benign paroxysmal positional vertigo. "If the room is spinning, and it started suddenly when you got up from tying your shoe, let's say, odds are you're experiencing BPPV," said Dr. Laurie Archbald-Pannoneth.

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UVA Researchers Awarded \$13 Million for National Study to Battle Leukemia

UVA Comprehensive Cancer Center Director Thomas P. Loughran Jr., MD, and Professors of Medicine/Hematology and Oncology Charles Chalfant, PhD, and David Feith, PhD, have been awarded a new five-year, \$13 million National Cancer Institute (NCI) program project grant to lead a multi-institution, interdisciplinary study seeking new therapies for acute myeloid leukemia (AML).

A rare cancer and the deadliest form of leukemia, AML is primarily diagnosed in older patients with a median age of 68. It occurs when myeloid cells mutate and multiply in the bone marrow and blood, crowding out the healthy blood cells that carry oxygen, form clots, and fight infections.

"We've made great progress understanding how AML works and how patients respond to treatment differently," Dr. Loughran said. "This project will build on that, drawing on disciplines ranging from hematology to the engineering of nanotechnology to deliver new therapies directly to cancer cells. We're thrilled to continue this collaborative work to reduce the impact of this devastating disease."

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Screentime Before Bed Can Lead to Less Fulfilling Sleep

Dr. Scott Schecter says the blue light from screens suppresses melatonin, the hormone that makes you feel sleepy. He says that social media apps can also trigger stress responses, making it harder to wind down.

"If you're able to cut out that exposure in a lot of situations, we look at how long it takes someone to adjust the changes in their circadian rhythm, a lot of times it can be accomplished within like a week or two," Dr. Schecter said.

[READ MORE](#)



Tick Season Is Here and UVA Health Brings Awareness

Tick season is hitting its peak this August. Warm temperatures and high humidity mean you are likely to find ticks around. As schools start up, we need to know what to look for in ticks and how to protect ourselves.

"Be aware that we are all being exposed to ticks in Charlottesville, it's almost like a part of city, country life now if having ticks," Doctor William Petri, said. "If you have a dog, you are especially at risk because dogs can bring ticks into the house."

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UPDATE

DIVISION

Message from Dr. Mark Okusa, Division Chief of Nephrology



Recent changes emanating from Washington, D.C., have introduced new challenges to our academic mission, including cuts in federal research funding and Medicare reimbursements. Leadership transitions at the University add to this period of uncertainty. Still, we are fortunate to have dedicated leaders who have stepped up: Taison Bell as Interim Chair of our department, Colin Derdyn as Interim Dean, and Mitch Rosner as Interim Executive Vice President. Their willingness to serve provides stability, and these changes bring fresh perspectives, opportunities, and a spark of innovation. For this, we are deeply grateful.

Amid these changes, our Division continues to demonstrate resilience, maintaining its commitment to excellence in research, education, and clinical care. This year, we celebrate our award-winning students, fellows, and faculty, including several promotions and tenure appointments. At the same time, our research efforts remain robust, producing discoveries that benefit patients.

Building on this idea, we understand that innovation flourishes when supported by vision and generosity. To enhance our Division's research mission, we thank the Columbini family for their generous \$1.5 million gift. This contribution creates an endowment dedicated

to advancing the Division of Nephrology's goals and maintaining its strategic efforts for years ahead.

Mark Okusa MD

Chief, Division of Nephrology and the Center for Immunity, Inflammation and Regenerative Medicine

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FOLLOW DR MARK OKUSA

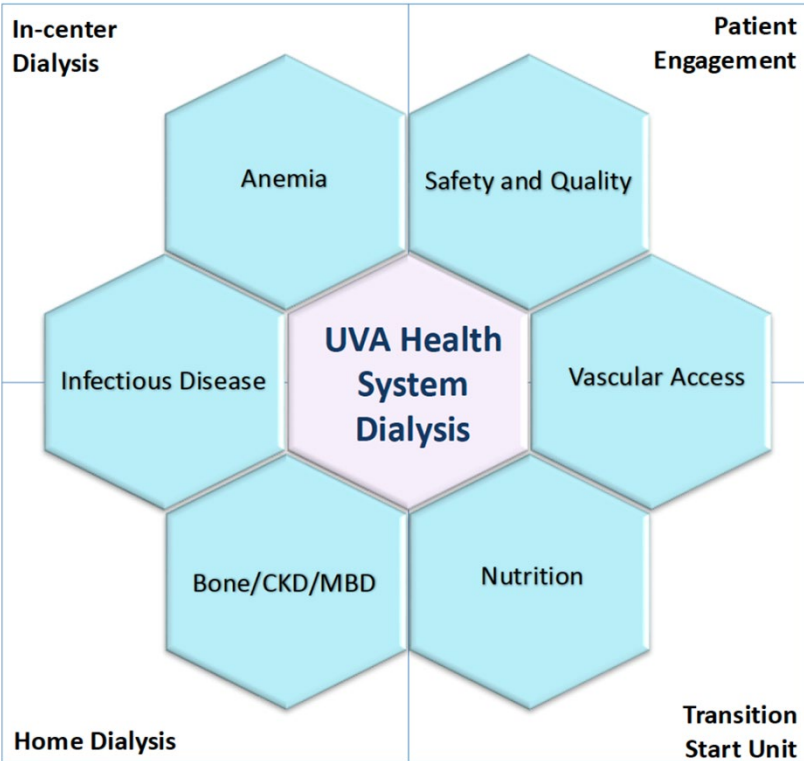
UVA Health System Dialysis: An Academic Dialysis Program Focused on Quality and Clinical Research

Chronic kidney disease represents a significant public health challenge, affecting more than 850 million people worldwide and approximately 40 million people in the United States. In fact, one in seven adults in the U.S. has some degree of kidney disease. Since 1972, when dialysis became a Medicare entitlement through presidential decision, life-saving therapy has been available to all Americans who need it. It is estimated that 550,000 people are on dialysis. Over the decades, dialysis care in the U.S. has become dominated by a for-profit duopoly that provides services for nearly 80% of patients requiring dialysis.

In contrast, UVA Health System Dialysis is one of the largest academic dialysis programs in the nation, serving patients across Central Virginia. The program—built through a collaboration between the UVA Medical Center and the Department of Medicine’s Division of Nephrology—reflects a strong commitment to excellence. Through its Quality Committees, led by Dr. Rasheed Balogun, every aspect of dialysis care is closely evaluated to ensure the highest standards of safety, effectiveness, and patient-centered care.

Over 800 patients receiving dialysis care at UVA have access to innovative therapies and interventions that would not ordinarily be available to them outside of clinical research. These opportunities are made possible through the Nephrology Clinical Research Center (NCRC), directed by Dr. Julie Scialla and managed by Dr. Igor Shumulin, which coordinates and oversees all clinical research activities focused on dialysis. Here are a few studies:

- Comparative effectiveness of an individualized model of hemodialysis vs conventional hemodialysis (PI: Emaad Abdel-Rahman).** The TwoPlus Trial investigates whether patients with kidney failure on hemodialysis, who have substantial residual kidney function, benefit from an individualized treatment plan with initial twice-weekly hemodialysis plus drug therapy compared to a conventional approach.
- Identifying Healthy and High-Risk Weight Loss Phenotypes to Optimize Obesity Management in End Stage Kidney Disease Study (PI: Alden Doyle).** The objective of this study is to identify clinical predictors associated with worsening muscle mass, strength, and quality of life among obese ESKD patients who desire weight loss.
- Validating Algorithms for CKD-MBD Treatment in Hemodialysis (PI: Julia Scialla).** This data analysis study, led by the UVA team, aims to improve management of chronic kidney disease-mineral and bone disorder (CKD-MBD) commonly observed in patients treated with hemodialysis. Using electronic health record data from UVA dialysis, the team developed machine learning algorithms to create recommendations to optimize CKD-MBD treatment.
- Mortality Prediction for Clinical Decision Support in Hemodialysis (UVA Team: Julia Scialla, Jennie Ma, Ben Lobo, Elizabeth Thompson, Michelle Tran, Claire Maher, Maxwell Malter).** In collaboration with investigators at Duke University, the team previously developed models to predict 6-month mortality and 5-year survival for patients on hemodialysis. The team at UVA is working to validate these models in our dialysis program and consider optimal implementation features to ensure they are helpful for clinical decision making. Ongoing activities include evaluating model performance, simulating impact on clinical decisions, and engaging patients and providers in discussions around effective, trustworthy, and ethical model use in practice. The team hopes that models can close gaps in preventive care for patients on hemodialysis and ensure that patients who need it get support in advanced care planning.



DIVISION EDUCATION

A Warm Welcome To Our New Fellows

Meet the 2025 incoming nephrology fellows and get to know them beyond the clinic.



Tariqul Omar Ismail MD

Hometown: Chittagong, Bangladesh

Medical School: Sher-e Bangla Medical College

Hobbies: Watching documentaries, old movies. Travel when time allows

Fellow's Corner:

- *What do you like about being a fellow?* I can learn from learned faculties
- *Favorite nephrology trivia:* First anticoagulant used in dialysis (Saliva of Hirudin leeches) ... First Dialysis machine photo (Cellophane drum)
- *Fictional world of choice:* I would like to live in a spaceship



Sahil Patel MD

Hometown: Columbia, MD

Undergrad: University of Maryland, College Park – B.S. in Biology

Medical School: Edward Via College of Osteopathic Medicine, Blacksburg

Hobbies: Hiking, biking, exploring new places, and visiting restaurants

Fellow's Corner:

- *Favorite things in Charlottesville:* Hiking and going to wineries
- *Fictional world of choice:* Gotham





José Javier Berríos-Méndez MD

Hometown: Ponce, Puerto Rico

Undergrad: Pontificia Universidad Católica de Puerto Rico – Biology

Medical School: University of Medicine & Health Sciences, St. Kitts

Hobbies: Playing golf, boating, exercising, listening to music, cooking fun recipes with my fiancé, and watching anime

Fellow's Corner:

- *What do you like about being a fellow?* Being surrounded by awesome colleagues & mentors who are always available
- *Favorite things in Charlottesville:* Wine tasting, visiting new restaurants, hiking trails, and visiting the golf courses
- *Favorite nephrology trivia:* The number of functional nephrons per kidney is 700k–1.8 million
- *Fictional world of choice:* A world in which humans can actually have superpowers
- *Celebrity dinner guest:* Kobe Bryant and Tiger Woods



Emmanuel Bassil MD

Hometown: Smarjbeil, Lebanon

Undergrad: American University of Beirut – BS Biology

Medical School: American University of Beirut

Hobbies: PReading, traveling, skiing, tennis, gaming

Fellow's Corner:

- *What do you like about being a fellow?* Schedule is great; leadership/faculty are very approachable and down to earth
- *Favorite things in Charlottesville:* All the nearby hiking and museums; food is great, too
- *Fictional world of choice:* Lebanon during the golden age
- *Celebrity dinner guest:* J.R.R. Tolkien



DIVISION HIGHLIGHTS

Distinguished Endowment Lectureships 2025

Three lectures. Leading voices. Translational impact.

Phillip C. Liverman Lectureship — April 11, 2025, Stefan Somlo, MD — Yale School of Medicine

Dr. Somlo, the C. N. H. Long Professor of Medicine and Genetics at Yale, spoke on “Polycystic Kidney and Liver Disease: How Do We Get from Gene Discovery to Therapy.” His pioneering research has uncovered multiple disease genes for ADPKD/ADPLD and points the way from genetics to treatment.



Division Chief Dr. Mark Okusa with Dr. Stefan Somlo



Dr. Amy K. Mottl

Nuzhet O. Atuk Lectureship — February 28, 2025 — Amy Mottl, MD, MPH — University of North Carolina

Dr. Mottl presented “Innovations and Gaps in Kidney Clinical Trials.” A Professor of Medicine at UNC, she is an expert in diabetic kidney disease, glomerular disorders, and clinical trials, highlighting both advances and persistent challenges in translating research into better outcomes for patients.

In Memoriam

Larry Preston Bowles



For a decade, Larry Bowles embodied the best of who we are. He was the first and last face our many guests encountered. Utterly dependable and ever kind, he left a lasting impression. We considered him a true ambassador, a cherished friend, and an honorary member of our division. He was part of the family. Larry left us on June 27th. We will greatly miss him.

Kline Bolton Lectureship — May 16, 2025 Fernando Fervenza, MD, PhD — Mayo Clinic

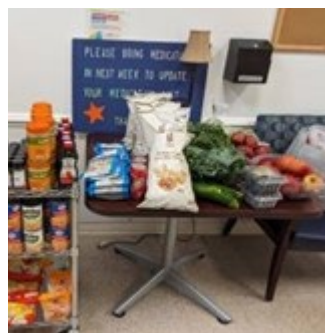


At dinner with Dr. Fervenza (L–R): A Renaghan, Y. Radhakrishnan, J. Scialla, A. Vincent Johnson, A. [guest], F. Fervenza, M. Okusa

Amanda Renaghan, and Yeshwanter Radhakrishnan are in attendance.

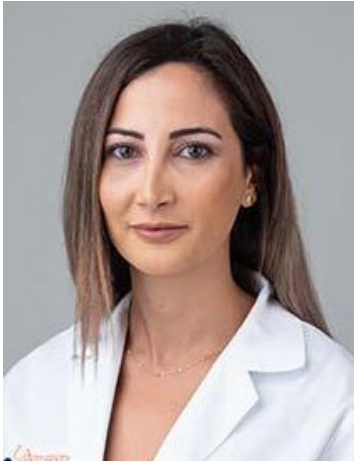
Dr. Fervenza delivered “Membranous Nephropathy: Diagnosis and Treatment in the Era of PLA2R Antibodies.” A Professor of Medicine at Mayo Clinic, his work focuses on advancing patient-oriented research in glomerular disease. The event also highlighted our collaborative community, with Drs. Mark Okusa, Julie Scialla, Anita Vincent Johnson,

UVA Health Expands Dialysis Food Pharmacy

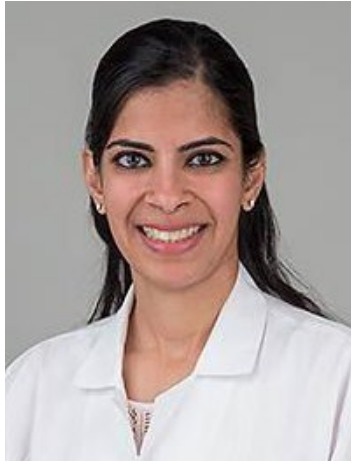


UVA Health has expanded its Dialysis Food Pharmacy Program to all centers, providing free, kidney-friendly foods to patients during dialysis visits. Since its 2020 pilot, the program has distributed over 125,000 pounds of food to more than 450 patients. “We’re committed to removing barriers and expanding this program,” said Lesley McPhatter, MS, RDN, CSR. Funded entirely by donations since July 2023, more than \$60,000 has been raised, with continued support vital to its growth. Donate here via [GiveCampus](#) or through the [UVA Health Foundation site](#).

Division of Nephrology Faculty Promotions



Jeanne Kamal MD
Associate Professor

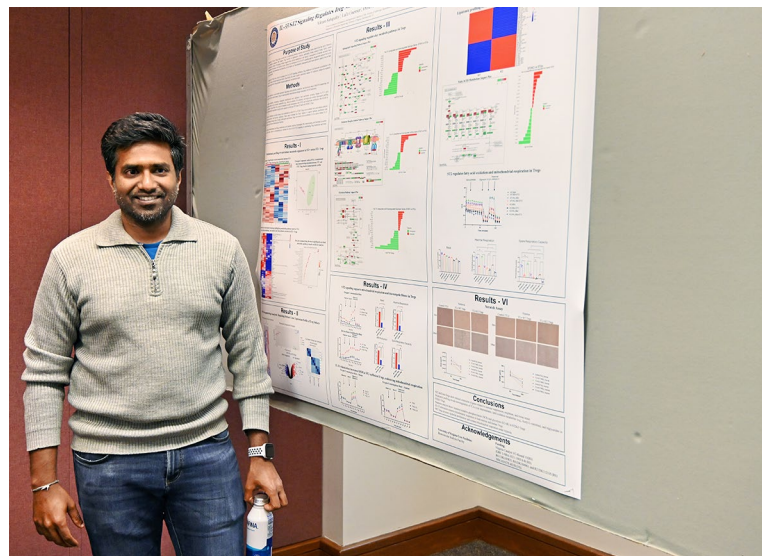
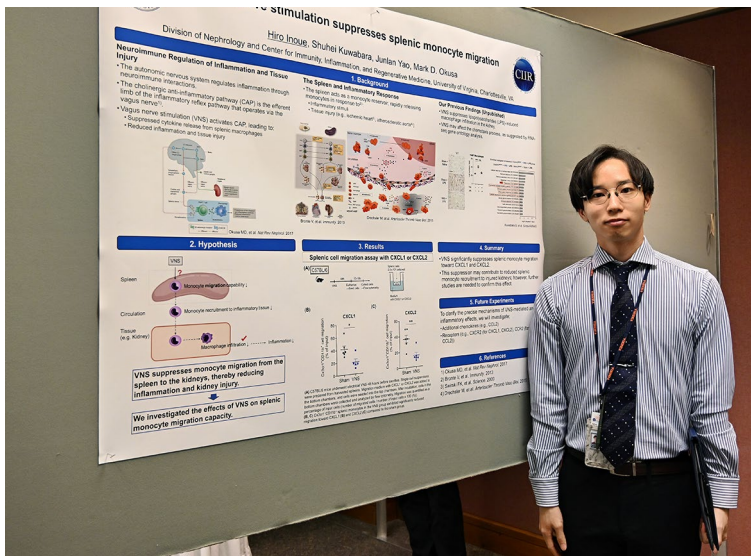


Sana Khan MD
Tenured Associate Professor

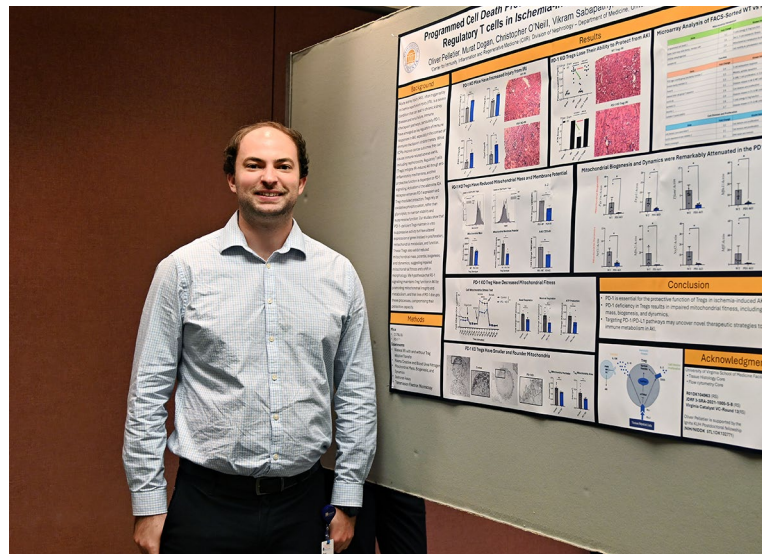


Karen Warburton MD
Tenured Professor

Division of Nephrology and Center for Immunity, Inflammation, and Regenerative Medicine's Representation at the Department of Medicine Carey Marshall Thorner Scholars' Day 2025



Hiro Inoue, MD, PhD (pictured left) and Vikram Sabapathy, PhD (pictured right) shared the Shyr-Te Ju Award. Vikram also took home the "Outstanding Publication Award."



Ebby Goggins, MSTP Student, and Oliver Pelletier, PhD, both received an award for "Outstanding Poster Presentation."

Honors and Accolades

R25 VA K-TUTOR Students 2025-2026

A new batch of R25 students traveled to UNC in Chapel Hill for the R25 National meeting. Between meeting with peers and networking, they presented posters and three-slide “rapid-fire” presentations of their work.



From left: Nirelle Ksena Sitchoa, Sri Posani, Asha Patel, Karina Arakal, Nema Saleh, Chloe Walker, Luke Frank, Evelyn Hicks, and Rahul Sharma, PhD



Former R25 student **Samantha Upson** received a Harrison Undergraduate Research Award and will complete her master's in global health and development at University College of London. Her long-term goal is to become a physician focused on preventing non-communicable diseases in underserved areas. Another R25 graduate, **Carson Brantley**, was accepted into the George Washington University School of Medicine.



Congratulations to **Sarthak Virmani MBBS**, who has been made a Fellow of the American Society of Transplantation (FAST). The FAST designation recognizes AST members who have demonstrated both exceptional commitment to the field of transplantation and outstanding service to the Society.



Congratulations to **Uta Erdbrügger MD**, who has been selected to the 2025 Class of Pinn Scholars. The Pinn Scholars program is named in honor of the extraordinary career of Vivian Pinn, MD, one of the first African American graduates of the UVA School of Medicine. Pinn Scholars are mid-career faculty members chosen for their scientific expertise, research productivity, and contributions to the School

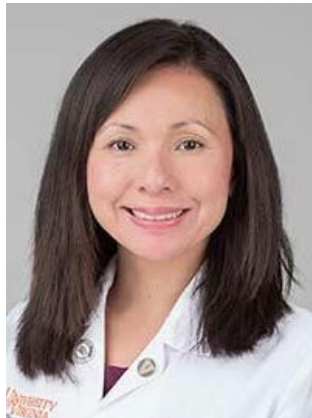
of Medicine and the broader research community, including mentoring and service. This selection reflects Dr. Erdbrügger's significant scientific contributions, productivity, mentorship, and service for the School of Medicine at UVA.



Congratulations to **Amanda Renaghan MD**, who the Curriculum Committee has appointed as the new Co-Renal System Leader.



Congratulations to Fellowship Director, **Tushar Chopra MD**, who has been named the 2025 Reviewer of the Year by the ASN.



Angie Nishio Lucar and **Sarthak Virmani MBBS** join the 4th cohort of the UVA Health Leadership Institute! The UVA Health Leadership Institute (HLI) trains innovative leaders, empowers talent, and maximizes individual potential to develop the future of healthcare leadership.

Honoring Rasheed Balogun, MD: Leading Apheresis Globally



This summer, **Rasheed Abiodun Balogun MD**, received international recognition for his visionary leadership in the field of apheresis. Dr. Balogun was elected President of the International Society for Apheresis (ISFA) and delivered the 2025 Presidential Address in Bangkok, Thailand. In his address, Dr. Balogun reflected on his journey from early clinical milestones in



Nigeria to advancing life-saving therapies worldwide. He emphasized a shared global mission: equitable access to apheresis and innovation across diverse settings.

His leadership initiatives include expanding training in underserved regions, fostering interdisciplinary research, and harnessing technology such as tele-education and mobile apheresis to improve patient care. Dr. Balogun's service and scholarship have long been recognized. Last year, the American Society for Apheresis honored him with its Presidential Award for his consistent and outstanding contributions. Now, as he guides ISFA for the next two years, his influence will help shape the future of apheresis worldwide.

"If you want to go fast, go alone. If you want to go far, go together."



Congratulations Dr. Scialla

This year, the American Society of Nephrology announced that it has awarded **Julia Scialla MD**, the Mid-Career Distinguished Mentoring Award, which will be presented in November 2025. This award is highly prestigious, given to only one or two recipients nationally each year, and is given during the plenary session of Kidney Week, the premier international meeting that gathers over 13,000 kidney professionals. Dr. Scialla earned this honor through her dedication to supporting trainees from diverse fields in kidney-related research (such as data science, engineering, nutrition, pediatrics, and internal medicine) as well as her informal mentorship in the American Journal of Kidney Diseases Editorial Internship and other national leadership roles (including Co-Chair/Chair of the National Kidney Foundation Spring Clinical Meeting in 2025 and 2026).

Congratulations Rahul Sharma PhD



Congratulations **Rahul Sharma PhD** for the following research grant award notification: "ST2 Tregs in Enhancing Islet Transplantation" Breakthrough T1D (formerly Juvenile Diabetes Research Foundation :JDRF") June 2025 - May 2028



Congratulations Karen Warburton MD and Andrew Parsons MD MPH

Congratulations to **Drs. Karen Warburton and Andrew Parsons** (Division of Hospital Medicine), on the publication of their book, "**Clinical Reasoning: Coaching the Struggling Medical Learner.**" **Dr. Amanda Renaghan** (Division of Nephrology), also wrote a chapter in this book.

The book is a practical guide to clinical reasoning coaching. Why they wrote this book: No best practices to translate clinical reasoning theory into practice for struggling learners.

Goals:

1. Connect theory and observable behavior
2. Introduce practical definitions and examples of clinical reasoning
3. Propose two complementary approaches to the recognition, assessment, and coaching of clinical reasoning that informs teaching for all learners



Karen Warburton MD

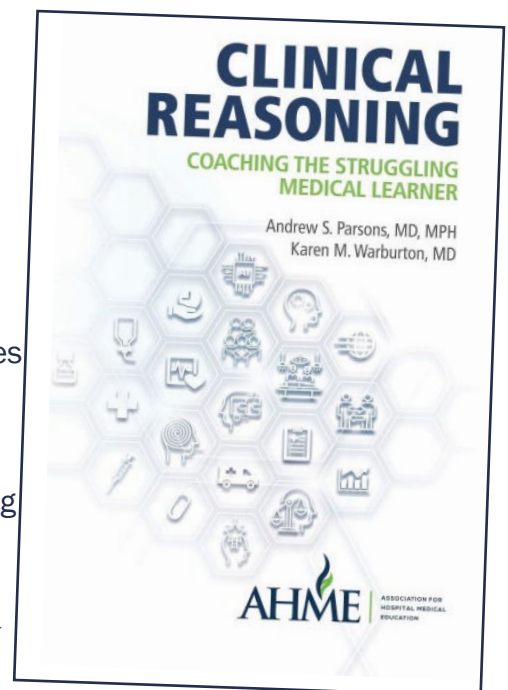


Andrew Parsons MD

Clinical Reasoning, offers a comprehensive and evidence-based approach to supporting medical learners who struggle with clinical reasoning. Drawing on their extensive experience in remediation and faculty development, Parsons and Warburton present practical tools and strategies designed to help educators identify challenges

early, implement effective coaching methods, and foster long-term success for learners across the medical education continuum. This book serves as a vital resource for educators dedicated to advancing the teaching, assessment, and remediation of clinical reasoning in diverse clinical training environments.

This publication is available for purchase through [Amazon](#) and [Barnes and Noble](#).



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DIVISION PROFILE

STAFF - Donna Bryant



Tell us a little bit about yourself.

I have been with the University of Virginia for approximately thirty years, during which time I've had the opportunity to work in various roles across clinical and academic settings. As part of my career journey, I worked alongside Meg Crook, MD, in a private physician's office, where I gained experience in clinic operations—particularly within endocrinology and healthcare management. It has been gratifying to grow alongside this institution and contribute to its mission in both clinical and academic areas.

What brought you to Charlottesville?

I am a Charlottesville native, and I have lived here my whole life. I love this area.

What excites you about your work?

I enjoy helping people and supporting our providers and clinics. We are fortunate to have such exceptional providers and specialists here at UVA, and I'm grateful to play a supporting role in the cutting-edge medical and research efforts.

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

My greatest achievement outside of work is the love and support I've given to my family. Being present for them.

Describe yourself in one word.

Caring.

What do you enjoy doing on the weekend?

I enjoy camping with family and friends, spending time outdoors. I also love working on quilting and other craft projects—it's a great way to relax and be creative.

How did you meet your partner?

We were high school sweethearts.

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

Ice cream and chocolate.

Do you have any pets?

Three dogs: Sophie, Gracie, and my grand-dog, Callie.



Do you travel or have a favorite trip?

I love to travel, and my favorite trip was to Iceland.

Are you a hunter or a gatherer?

A gatherer.

What is your favorite vacation/activity spot?

Beach/camping/hiking.

What is the best advice anyone ever gave you?

Be kind and understanding.

What about you would surprise us?

The size of my family. (The family picture is of my husband's brothers, sisters, and their children).

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

I want to learn guitar/piano.

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

Ten things admirably well.

What is the last book you read for pleasure?

"Home Front" by Kristen Hannah.

Do you collect anything?

Memories.



DIVISION **PROFILE**

NEW FACULTY - Michelle Tran



Tell us a little bit about yourself.

I have been at the University of Virginia since starting my internal medicine residency here in 2020, completed a nephrology fellowship, and am now proud to join the faculty of nephrology. Before that, I attended Virginia Commonwealth University for medical school and Virginia Tech for undergraduate studies, where I focused on biology and engineering mechanics. I am a Virginian through and through!

Why Healthcare?

I enjoy working in healthcare because it is captivating and challenging. It fosters an environment of collaboration, connection, and lifelong learning. I look forward to working with learners of all levels, as I recall how impactful my own teachers were. Since medical education is multidirectional, I am excited not only to teach others but also to learn from what others can teach me.

What brought you to Charlottesville?

I came to UVA for internal medicine residency and have stayed since! I distinctly remember that during my residency interview, I immediately got the impression that UVA was special due to its culture of support and clinical excellence. This has held throughout my time at UVA. Working in healthcare can be difficult, so it was vital for me to find a place that would treat me like family – I have found that here and more.

What excites you about your work?

Nephrology as a specialty is detail-oriented. I love delving into the nitty-gritty details of physiology, electrolytes, acid-base balance, and more. It may be partly due to my engineering background, but I find it really enjoyable to break down a component into its individual parts to gain a better understanding.

Who is the person you admire most, and why?

There are two people whom I admire the most: my mom and dad. They immigrated to the United States during the Vietnam War. They started with nothing — no money, no knowledge of the language/culture — but through hard work and dedication, they both became successful engineers and built an incredible life here. They are a testament to what a strong work ethic can bring, and their story inspires me every day.



DIVISION PROFILE

NEW FACULTY - Arfa Amjad



Tell us a little bit about yourself.

I am absolutely thrilled to be joining the University of Virginia as a freshly minted nephrology attending! I recently completed my fellowship at SUNY Downstate in Brooklyn, following the completion of my internal medicine training at Greater Baltimore Medical Center. I'm passionate about patient education and clear, compassionate communication — and I look forward to making meaningful contributions to both the clinic and the community.

Why Healthcare?

From an early age, I knew I wanted to work in a field where I could build meaningful connections and make a positive impact on people's lives. What drew me to healthcare and continues to ground me in it is the human side of medicine. I have always found deep purpose in being present for patients during some of their most vulnerable moments.

What brought you to Lynchburg?

When I was interviewed at different places, what stood out to me about Lynchburg was its calm and peaceful atmosphere. I like to think of myself as a nature person, & the area's scenic beauty, with its mountains, trails, and quiet pace, really appealed to me.

What excites you about your work?

What excites me most about my work is the human connection. Nephrology enables me to establish long-term relationships with patients and genuinely be part of their journey. I have

always believed good communication is just as important as clinical knowledge, and that's where I find most meaning in my work. Every day brings a new opportunity to listen, educate, and advocate. As I step into this next chapter after fellowship, I am excited to take on new responsibilities, grow as an independent clinician, and continue learning in a field that's constantly evolving.

Describe yourself in one word:

I'd call myself an ambivert - quiet at first, but once I feel a connection, the extrovert in me takes over.

What do you enjoy doing on the weekend?

On the weekends, I enjoy spending quality time with my family, exploring new places, and trying out local restaurants. But after a long week, sometimes the best plan is no plan at all. I have learned that a lazy weekend can be the most productive kind.

What is your favorite vacation/activity spot?

Definitely the beach —there's something about the beach that instantly resets everything.



What is the best advice anyone ever gave you?

Your health —and the health of your loved ones— is the most valuable thing you have. It taught me not to stress over material losses or setbacks. If you and your loved ones are well, you're already rich in what truly matters.

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

I have always wished I could speak multiple languages, especially Arabic and Spanish.

Do you collect anything?

It may sound cliché, but yes- I collect wall magnets from places I visit. It reminds me of the memories made along the way and is a great way to turn my fridge into a travel gallery!