

# MEDICINE

## NEWS FROM THE DEPARTMENT OF MEDICINE

# MATTERS

### MESSAGE FROM THE CHAIR

FEBRUARY 2022



This month's Medicine Matters is packed with interesting information. From the various awards and achievements to the focus on the Division of Endocrinology and Metabolism, you cannot help to be impressed by the strong community of the Department of Medicine. In particular, this month highlights the incredible work of our Endocrinology

faculty, who are world-renowned in their clinical care, educational activities, and research. Led by Dr. Chris McCartney and, most recently, Dr. Zhenqi Liu, the Division excels in all aspects of its specialty. In particular, I would encourage everyone to be on the lookout for the mysterious yet shy "Baby Endo." I am pretty sure that I saw that baby at Kroger. Congratulations to the Endocrine Division!

Lastly, as I read this month's newsletter, I was struck by the obvious...the Department of Medicine is strong and vibrant for a simple yet profound reason- We are defined by our people and how we work together to make the lives of our community better. The dedication, passion, and drive to achieve this goal are displayed every day. One of the joys of my job is that I get to see these deeds every day, and it never ceases to bring me great pride and satisfaction. So, thank you for all that you do!

With best wishes,

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

 **UVAHealth** | DEPARTMENT OF MEDICINE

#### MISSION

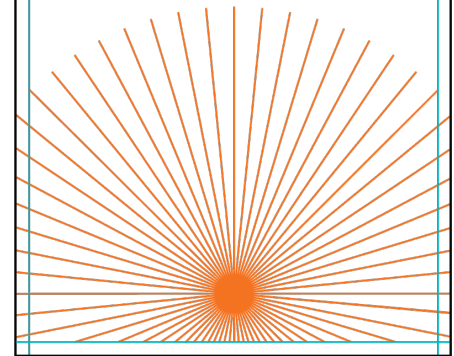
We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

#### 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.



**DoM WEBSITE** . . . . . ▶

**GRAND ROUNDS** . . . . . ▶

**HIGHLIGHTED DIVISION** . . . ▶

**MINDFULNESS MATTERS** . . . ▶

**GIVE TO DOM** . . . . . ▶

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# UVAHealth

# DOM UPDATES & NOTES

## DOM Financial Update

### Department of Medicine Summary of Consolidated Financials FY21 as of December 21, 2021

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	526,429	520,207	(6,221)
Clinical Receipts (NPSR)	33,915,384	34,795,892	880,508
Total Revenues	97,118,683	103,091,926	5,973,243
Total Expenditures	95,155,099	98,870,715	(3,715,616)
<b>Net Income</b>	<b>1,963,584</b>	<b>4,221,211</b>	<b>2,257,627</b>

#### Summary Explanation of Variance:

For the fiscal year through December, 2021 DOM posted a consolidated net gain of \$4.2M and a favorable variance to YTD net income budget of \$2.3M. Clinical receipts outperformed budget by \$881K due to higher charge volumes.

Total expenditures underperformed budget driven by timing and unbudgeted grant expenditures on new and existing awards.

Total revenues include FY22 CARES Allocations of \$460K and \$2.4M Endowment revenue recorded for January through June.

## New Studies

### CALM: Chronic & Acute Leukemia/MDS & MPN

*Phase II Trial of Cardioprotective Prophylaxis with Combination of Beta Blocker and Angiotensin-Converting Enzyme Inhibitors During Intensive Chemotherapy for Patients with Newly Diagnosed Acute Myeloid Leukemia*

IRB # HSR210151

CT. Gov. ID: NCT04977180

Sponsor Protocol HSR210151 Sponsor: University of Virginia

Principal Investigator: Michael Keng

Study Contact: Kelly Reed, yvy8ge@virginia.edu

434-297-7783

*A Phase 2, Open-Label, Single Arm, Multi-Center Study to Assess the Efficacy and Safety of BST-236 as a Single Agent in Adults Unfit for Intensive Chemotherapy with Relapsed or Refractory Acute Myeloid Leukemia or Higher-Risk Myelodysplastic Syndromes*

IRB # HSR210200

CT. Gov. ID: NCT04749355

Sponsor Protocol BST004 Sponsor: BioSight Ltd.

Principal Investigator: Michael Keng

Study Contact: Kelly Reed, yvy8ge@virginia.edu

434-297-7783

### LCM: Lymphoma/CLL/Myeloma

*A Phase 1/2 Multicenter, Open-label Study to Assess the Safety, Pharmacokinetics and Efficacy of CC-92480 Monotherapy and in Combination with Dexamethasone in Subjects with Relapsed and Refractory Multiple Myeloma*

IRB # HSR200368

CT. Gov. ID: NCT03374085

Sponsor Protocol CC-92480-MM-001 Sponsor: Celgene

Principal Investigator: Laahn Foster

Study Contact: Silvia Park, spp2d@virginia.edu

434-297-5150

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



## MINDFULNESS FOR HEALTHCARE EMPLOYEES

Mindfulness for Healthcare Employees  
Free Winter 2022 Course

Live online via Zoom

Mondays, January 10 – February 28, 2022

6:30pm – 8:30pm

Retreat: Saturday, February 12, 2022

9:00am-1:00pm

# DOM UPDATES & NOTES



Karen Ballen, MD



Rachael Boston



Jeanette Retan



Monica Lawrence, MD



William Petri, MD



Zhen Yan, PhD



Ross Buerlein, MD



Daniel Strand, MD



Andrew Wang, MD



Rebecca Dillingham, MD

## Awards and Achievements

Congratulations to **Karen Ballen, MD** on celebrating five years with the Division of Hematology/Oncology.

The Division of Hematology/Oncology welcomed **Rachael Boston** as the new Hematology/Oncology Division Administrator. Rachael joined us from the Eye and Dental programs at UVA. Join us as we welcome Rachael!

The Division of Hematology/Oncology welcomed **Jeanette Retan** back as Administrative Assistant. We are delighted that she has rejoined our administrative staff team. Welcome back Jeanette!

Congratulations to **Dr. Monica Lawrence** on her recent election to incoming Vice-Chair of the AAAAI Allergy-Immunology Program Directors Assembly beginning at the AAAAI annual meeting next month in Phoenix. After a two-year term as Vice-Chair, she will ascend to Chair of the Assembly in 2024. The Assembly provides Allergy-Immunology Fellowship program leaders a forum for networking, leader & faculty development, advocacy, collaboration, sharing of tools and lessons learned, and promotion of fair and enhanced recruiting.

Congratulations to **Dr. Bill Petri** from the Division of Infectious Diseases on being one of the Daily Press' Distinguished Dozen Read more [here](#).

Congratulations to Cardiovascular Division faculty member **Dr. Zhen Yan** on winning the Distinguished Research Award from the University of Virginia. This award is aimed at scholars and leaders in research impacting the field and society.

Thank you to **Dr. Ross Buerlein** from the Division of Gastroenterology and Hepatology and volunteers, who have been hosting weekly clinics at The Haven. Needs among the homeless became more urgent during the pandemic; Dr. Buerlein and team have been helping community members find masks, food, water, bathrooms, and helping others to stay healthy. Read more [here](#).

Congratulations to everyone who helped UVA Health earn recognition as an Academic Center of Excellence for Pancreatic Cancer by the National Pancreas Foundation (NPF). NPF Centers are awarded after a rigorous audit review to determine that an institution's focus is on multidisciplinary treatment of pancreatic cancer, treating the "whole patient" with a focus on the best possible outcomes and an improved quality of life. UVA has also been designated a Pancreatitis Center since 2016. The NPF acts as a consortium to facilitate research in pancreatitis and pancreatic cancer, including potential access to grants. Congratulations to the Division of Gastroenterology & Hepatology and our Pancreatic Cancer team, with special thanks to **Drs. Daniel Strand and Andrew Wang** for their leadership in seeking these designations.

Congratulations to **Dr. Rebecca Dillingham**, (Division of Infectious Diseases) who along with associate professor of nursing Emma Mitchell, RN, developed the smart phone app Azulado, a system to help with screening, follow up and treatment of patients who have developed cervical cancer in remote regions. Read [more](#).

### New Adventures



**Virginia Atwell**

After nineteen years at UVA, Ginny Atwell has decided to retire as Program Coordinator for the Infectious Diseases Fellowship Program. Before taking this position, she worked in the Office of Student Affairs for almost ten years. Under her steady watch, the fellowship has run smoothly and has been fortunate to have successful matches despite the most challenging recruitment environments. She was instrumental in transitioning the fellowship to an all-virtual recruitment due to COVID-19 for the last two cycles, which was no small task. She has also successfully organized in-person and virtual ID Research Days, which are always rewarding. We are also indebted to her for organizing our get-togethers to welcome fellows and our graduation events to celebrate their completion. Daily, she keeps track of administrative tasks that need to be completed, and she is always available to help the fellows with their organizational needs before, during, and after fellowship. We are very happy for her that she is retiring, but we will miss her guidance and her always upbeat and optimistic outlook on life. She is looking forward to enjoying retirement with her husband, volunteering in the community, and returning to her passion for painting and drawing.

Please join us in congratulating her on a job well done and her imminent retirement. Her last day with us will be on February 25th.

Chris Moore, MD

Program Director, Infectious Diseases Fellowship

**FRIDAYS AT NOON via Zoom**

**Click for details and schedule.**

UNIVERSITY OF VIRGINIA

**MEDICINE  
GRAND  
ROUNDS**

DEPARTMENT OF MEDICINE



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**12 Mental  
Health and  
Wellness  
Resources  
For You To  
Know About**

**UVAHS VOLUNTEERS NEEDED  
FOR UVA COVID-19  
COMMUNITY TESTING PROGRAM**

**SIGN UP HERE**

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

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## Message from Endocrinology & Metabolism Interim Division Chief, Christopher McCartney, MD



**Christopher McCartney, MD**

It's been a challenging year for our division. In addition to dealing with the psychological stress of a stubborn global pandemic, we recently experienced an unanticipated, abrupt 20-25% reduction in our capacity to provide clinical care. This required us to put a couple of specialized clinical programs on hold, and we've struggled (more than usual) to keep up with existing clinical demand. In some ways, it has felt as if we are simply putting our heads down and slogging ahead—doing the best we can in a very challenging situation. At the same time, I've been inspired by how our faculty members have continued to make academic progress and how our group has wholeheartedly engaged in several divisional projects we've adopted for the academic year. What I've appreciated the most: our faculty members have remained kind and supportive at all times.

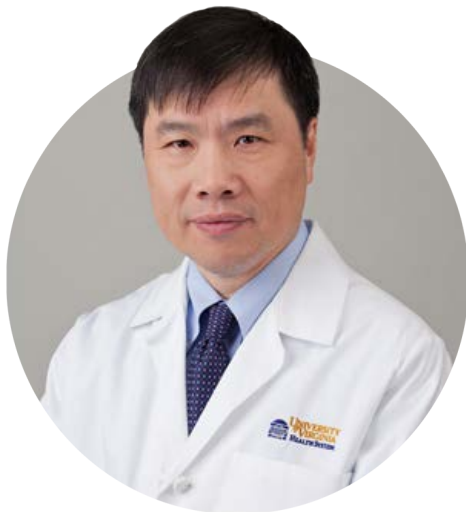
As a division, we honor our colleagues who continue to take the brunt of the pandemic, including those in Infectious Diseases, Pulmonary/Critical Care, General and Hospital Medicine, etc. The pandemic has been hard on all of us, but we recognize that it's been especially hard on you. We also thank Dr. Rosner and

the Department of Medicine leadership for guiding and supporting us through this remarkably-challenging couple of years. May the pandemic hardships durably diminish in 2022.

I'm unapologetically using this edition of Medicine Matters as a way to honor and encourage my fellow division members. But I trust that the newsletter will contain something of interest for most everyone in the Department of Medicine. In addition to the standard Medicine Matters fare, the newsletter includes an Endocrine Division Quiz and the latest news about the ever-mysterious "Baby Endo."

~ Christopher McCartney, MD, Interim Division Chief

## Tribute to Dr. Zhenqi Liu, Division Chief 2012–2021



**Zhenqi Liu, MD**

In July 2021, Dr. Zhenqi Liu stepped down as division chief after a long and productive tenure. Under Dr. Liu's leadership, our division markedly expanded its clinical footprint. For example, we built an inpatient cardiovascular diabetes consult service, a transplant endocrinology service, the Advanced Diabetes Management (ADM) program, and an adult transgender care program. Dr. Liu also recruited world-class scientists such as Drs. Rita Basu, Andy Basu, and Heather Ferris, through strategic hiring initiatives, and hired outstanding early-career faculty straight out of our fellowship—Drs. Silas Culver, William (Ben) Horton, Su Hee Kim, Kaitlin Love, and Meaghan Stumpf. Our research portfolio is now more extensive than ever: in 2021, our division managed approximately 47 grants with a total combined budget of over 28 million dollars. Dr. Liu has also been a staunch supporter of our fellowship program and many other educational efforts. Our heartfelt thanks and very best wishes to Dr. Liu, who will remain busy as PI for two R01s and Co-Investigator for four R01s, all while continuing his clinical practice and mentoring future generations of clinicians and scientists!

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## UVA Endocrine Division Quiz

Pictured below is the UVA Endocrine Division circa 1980. How many folks can you identify? (A nearly-complete key can be found further down in the newsletter.)



## 2021 Updates on Faculty Activities



**Eugene Barrett, MD**

**Eugene Barrett, MD, PhD**, is a diabetologist, clinician-investigator, and former President of the American Diabetes Association. Dr. Barrett currently focuses his efforts on research: his areas of interest relate to insulin regulation of its own delivery to skeletal muscle; insulin promotion of its own uptake by endothelial cells; and how these actions of insulin are altered in the setting of insulin resistance, obesity, and diabetes mellitus. Dr. Barrett's 2021 research was supported by NIH R01 HL142250 (Barrett PI - "Acute effects of hyperglycemia on the heart and skeletal muscle microvasculature"), and he served as an essential Co-Investigator for additional grants (e.g., R01 HL130296, R01 DK102359). Dr. Barrett also served as PI and Director for our NIH T32 NRSA-supported "Research Training in Neuroendocrinology & Metabolism" program. Dr. Barrett published ten peer-reviewed manuscripts in 2021 (and the first half of January 2022); he chaired a special NIH/NIDDK Review Panel for Diabetes Center (P30) applications in October 2021. He was a critical research mentor for several faculty members.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## 2021 Updates on Faculty Activities



**Ananda Basu, MD**

**Ananda Basu, MD**, is a clinician-investigator and clinical diabetologist who co-directs the Integrated Carbohydrate Physiology and Translation Laboratory. His areas of research interest include automated insulin delivery (artificial pancreas) systems, glucagon kinetics, etc. Dr. Basu's 2021 research was funded by DP3 DK106785 (A Basu PI - "Relative Efficacy of single-, bi- and tri-hormonal closed-loop control systems") and R01 DK085516 (A Basu PI - "Integrated Approaches to Close the Loop in Type 1 Diabetes"). He also served as an essential Co-Investigator for two R01s (DK29953 and DK124886) and an industry-sponsored trial. Dr. Basu had five peer-reviewed publications in 2021 (and the first half of January 2022), and he served on the Editorial Board for Diabetes Care and the DSMB for the RADIANT study (NIH/NIDDK). Clinically, Dr. Basu is a diabetologist who serves as Director for our Advanced Diabetes Management Clinic.



**Rita Basu, MD**

**Rita Basu, MD**, is a clinical researcher who co-directs the Integrated Carbohydrate Physiology and Translation Laboratory. Her areas of research interest include the pathophysiology of diabetes and insulin resistance, liver cortisol metabolism and its role in metabolic syndrome and NASH, etc. Dr. Basu's 2021 research was funded by R01 DK29953 (R Basu PI - "Mechanisms of Insulin Resistance in Man") and three industry-sponsored trials, and she was an essential Co-Investigator on two additional NIH grants (DP3 DK106785 and R01 DK85516). Dr. Basu had six peer-reviewed publications in 2021 (and the first half of January 2022). In 2021, Dr. Basu was appointed Chair of UVA's IRB-Health Sciences Research. She was highlighted by the UVA Committee on Women in Medicine & Science as an outstanding institutional leader. Dr. Basu also served as the Clinical Education Director of UVA's Center for Diabetes Technology, a member of the American Diabetes Association Scientific Session Program Planning Committee, a member of the Chronic Liver Disease Foundation Endocrinology NAFLD/NASH Steering Committee, and a member of the DSMB for the RISE Pediatric Medication Study Group.



**Sue Brown, MD**

**Sue Brown, MD**, is a clinical trialist whose work primarily relates to automated insulin delivery (artificial pancreas) systems. Dr. Brown's 2021 research was supported by R01 DK085623 (Brown Co-PI - "Bio-behavioral Human Machine Co-Adaptation of the Artificial Pancreas"), R01 DK129553 (Brown Co-PI - "Advanced Artificial Pancreas Systems to Enable Fully Automated Glycemic Control in Type 1 Diabetes Mellitus"), and four industry grants. Dr. Brown published eleven peer-reviewed manuscripts in 2021, with two additional manuscripts accepted for publication in the first half of January 2022. Clinically, Dr. Brown is a general endocrinologist with a special interest in metabolic bone disease, calcium disorders, diabetes, and diabetes technology. In 2021, Dr. Brown was honored with a Patient Experience Award for the second year in a row, and she was recently listed in Best Doctors in America. Dr. Brown is a core member of our fellowship faculty, serving as one of five preceptors in our endocrinology fellows' continuity clinic and as a member of our Clinical Competency and Program Effectiveness Committees. Fittingly, Dr. Brown was promoted to Professor of Medicine in 2021.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## 2021 Updates on Faculty Activities



**Robert Carey, MD**

**Robert Carey, MD**, is UVA Dean Emeritus and a former President of the Endocrine Society. Dr. Carey's 2021 research was primarily supported by NIH R01 HL128189 (Carey PI - "Renal AT2 receptors in hypertension") and NIH P01 HL074940 (Carey PI - Project "Renal sodium-bicarbonate co-transporter (SLC4A5) activity in human subjects with salt-sensitivity of blood pressure: intrarenal mechanisms and role in blood pressure regulation"). In 2021 (and the first half of January 2022), Dr. Carey published 10 peer-reviewed manuscripts; he delivered numerous external talks; and he fulfilled numerous professional roles (e.g., Co-Chair of the Endocrine Society's Scientific Statements Subcommittee; member of the American Heart Association's Commission of the Hypertension Specialists and Clinicians Study Guides Planning Committee; Board of Directors for the Target:BP initiative (AMA/AHA); Senior Editor for Journal of Clinical Hypertension, Senior Advisory Editor for Hypertension, and member of Editorial Boards for Journal of Hypertension and The FASEB Journal).



**Margaret Crook, MD**

**Margaret Crook, MD**, is a general endocrinologist with a particular interest in metabolic bone disease and calcium disorders. She co-founded Blue Ridge Endocrinology in 2010 but has practiced at UVA Endocrinology Pantops since 2015. Dr. Crook is a community referral favorite; her patient survey results are outstanding, and she was awarded a 2021 DOM Award for Excellence in Clinical Care. Our fellows highly value their rotations in her clinic. At the 2021 Recent Advances in Clinical Medicine (RACM) CME conference, Dr. Crook provided an excellent osteoporosis update.



**Silas Culver, MD**

**Silas Culver, MD**, is an *iTHRIV* scholar pursuing basic-science research related to obesity-associated kidney dysfunction and renal lipotoxicity, in addition to the role of the (pro)renin receptor in obesity-associated hypertension, aging, and cellular senescence. In 2021, Dr. Culver published two peer-reviewed manuscripts, and he delivered grand rounds at Wake Forest University. Clinically, Dr. Culver is a general endocrinologist with a particular interest in adrenal disease, endocrine hypertension, and obesity (Dr. Culver became certified by the American Board of Obesity Medicine in 2021). In addition to staffing inpatient consults and seeing outpatients at our main endocrinology clinic, Dr. Culver served the division (and Virginians) by staffing clinics in Fishersville.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## 2021 Updates on Faculty Activities



**Alan Dalkin, MD**

**Alan Dalkin, MD**, is a general endocrinologist with a special interest in metabolic bone disease and calcium disorders. In addition to staffing inpatient consults and seeing outpatients at clinics in Charlottesville, Dr. Dalkin served the division (and Virginians) by staffing clinics in Fishersville. He is routinely included in Top/Best Doctors lists and in 2021 was honored with a Patient Experience Award for the third year in a row. Dr. Dalkin has been DOM Vice-Chair since 2012, and he is one of three new Associate Chief Medical Officers for Ambulatory Services. Dr. Dalkin is a core member of our fellowship faculty, serving as one of five preceptors in our endocrinology fellows' continuity clinic and a member of our Clinical Competency and Program Effectiveness Committees. In addition, Dr. Dalkin admirably served the division in 2021 by reprising his role as System Co-Leader for Endocrinology and Reproduction (NexGen Curriculum).



**Christine Eagleson, MD**

**Christine Eagleson, MD**, is a general endocrinologist who has made exceedingly valuable contributions to the division's clinical mission, including our regional outreach: in addition to seeing patients in our main endocrinology clinic, she served the division (and Virginians) by staffing clinics in both Culpeper and Crozet. Dr. Eagleson is also an integral part of our Transgender Health team, thus contributing to a critically-important institutional mission. Fortunately for us, Dr. Eagleson moved from a part-time to a full-time position in 2021. New responsibilities in 2021 included being a preceptor for the fellows' continuity clinic, a change that was initiated based on fellow input. Accordingly, Dr. Eagleson became a member of our Clinical Competency and Program Effectiveness Committees.



**Leon Farhy, PhD**

**Leon Farhy, PhD**, is a biomathematician whose primary role relates to research. In 2021, Dr. Farhy's work was supported by Center for Innovative Technology/Commonwealth Research Commercialization Fund MF20-007-LS (Farhy PI - "Machine Learning Technology for Prediction of Future Glucose Fluctuations to Enable a New Generation of Adaptive Glucose Control in Diabetes") and UVA Strategic Investment Funding (PrIMeD) (Farhy PI - "The Biochip project"). In addition, Dr. Farhy served as an important Co-Investigator for R01 DK085516; JDRF 1-SRA-2019-818-S-B; and two industry-funded projects. Dr. Farhy also served as Associate Director of Education for UVA's Center for Diabetes Technology.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## 2021 Updates on Faculty Activities



**Heather Ferris, MD, PhD**

**Heather Ferris, MD, PhD**, is an early-career basic scientist who was recruited from Harvard Medical School/Joslin Diabetes Center—part of the SOM Strategic Hiring Initiative—in 2017. Dr. Ferris’s areas of interest relate to brain insulin and IGF-1 action in addition to interactions among diabetes, cholesterol, and Alzheimer’s disease. Her 2021 research was supported by a large foundation grant (Ferris PI - “Discover novel binding partners of 7-ketocholesterol using clickable cholesterol probes”), NIH R03 AG070428 (Ferris PI - “The brain cholesterol interactome”), and charitable giving. Dr. Ferris received a 2021 DOM Award for Excellence in Research, and her 2021 PNAS paper generated substantial positive press. In 2021, Dr. Ferris gave presentations at the NIH’s Foundation for Advanced Education in the Sciences Endocrinology Update Review, the Vanderbilt Diabetes Research Training Center, and Virginia Commonwealth University (Endocrinology Grand Rounds). Dr. Ferris also served as a member of the American Diabetes Association’s Membership Advisory Committee and its Post-scientific Sessions Webinar Committee. Clinically, Dr. Ferris is a general endocrinologist interested in diabetes, especially in older patients.



**Daniel Haisenleder, PhD**

**Daniel Haisenleder, PhD**, is a reproductive neuroendocrinologist with a long history of crucial basic-science research related to the regulation of gonadotropin synthesis. Dr. Haisenleder is the Director for the Ligand Assay and Analysis Core Laboratory in the Center for Research in Reproduction, a busy research laboratory supported by NIH R24 HD102061. This role includes the development and refinement of hormone assays. For example, Dr. Haisenleder recently developed an ultra-sensitive LH assay for rodents, and this has become an essential tool for numerous reproductive neuroendocrinology investigators across the country. Dr. Haisenleder continues to serve as a member of the University of Virginia Animal Care and Use Committee and an External Advisory Board Member for the Wisconsin National Primate Center.



**Gregory Hong, MD, PhD**

**Gregory Hong, MD, PhD**, is a general endocrinologist with a particular interest in neuroendocrinology and pituitary disease: he is an integral part of our multidisciplinary pituitary program. In addition to being a highly-skilled clinician, Dr. Hong is an outstanding educator and has continued to do an exceptional job as our fellowship program director. Dr. Hong serves as one of five preceptors in our endocrinology fellows’ continuity clinic and Chairs our Clinical Competency and Program Effectiveness Committees. In 2021, he was Co-Chair of the Association of Program Directors in Endocrinology, Diabetes, and Metabolism’s (APDEM’s) Fellowship Recruitment Subcommittee/COVID-19 Task Force; and he was a question writer and reviewer for the American Association of Clinical Endocrinology’s Self-Assessment Program.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## 2021 Updates on Faculty Activities



**William (Ben) Horton, MD**

**William (Ben) Horton, MD**, is an *iTHRIV* scholar pursuing clinical research to investigate the effects of acute hyperglycemia on skeletal and cardiac muscle microvasculature. In 2021, Dr. Horton received research support from a UVA Launchpad for Diabetes grant; he functioned as a Co-Investigator on NIH R01 HL142250, and he published eight peer-reviewed manuscripts. Also, in 2021, Dr. Horton was a member of the American Association of Clinical Endocrinology's Diabetes Disease State Network; he was part of the 15-member ACGME Endocrinology, Diabetes, and Metabolism Milestones Work Group that revised fellowship milestones (implemented in 2021); and he delivered grand rounds endocrinology at Wake Forest University. Clinically, Dr. Horton is a general endocrinologist with a particular interest in diabetes. In addition to staffing inpatient consults, Dr. Horton served the division (and Virginians) by staffing clinics in Zions Crossroads.



**Susanna Keller, MD**

**Susanna Keller, MD**, is a basic research scientist whose areas of research interest include insulin signaling, regulation of metabolism/energy homeostasis, insulin-regulated membrane trafficking, and nutrigenomics. In 2021, Dr. Keller was a Co-PI on a UVA Engineering in Medicine Seed Award ("Nutrigenomics for Precision Health"), and she was an essential Co-Investigator on a number of grants (NIH R01 HL135018; American Diabetes Association 1-19-IBS-105 Research Award; NIH R01 DK118287; NIH R01 HL128189; NIH R01 HL155165; NIH R01 AI140405; NIH R01 HL123627; NIH R01 HL128189; NIH R01 DK114875). Dr. Keller had three peer-reviewed manuscripts in 2021. Dr. Keller continued to serve as a member of the UVA Animal Care and Use Committee, and she was a valuable contributor to several SOM educational efforts.



**Su Hee Kim, MD**

**Su Hee Kim, MD**, is a clinical researcher supported by a K23 career-development grant (2019–2024) entitled "Pathophysiology and therapeutic strategy for late reproductive-aged women with PCOS." She is currently pursuing studies to explore the comparative pathophysiology of hyperandrogenism in older vs. young women with polycystic ovary syndrome (PCOS) and to define the relative desirability of metformin vs. combined oral contraceptive pills for the treatment of PCOS in women of later reproductive age. Dr. Kim is also pursuing a Master of Clinical Research (Public Health Sciences). In 2021, Dr. Kim delivered Grand Rounds presentations at Wake Forest University and VCU. Clinically, Dr. Kim is a general endocrinologist specializing in polycystic ovary syndrome, and she is certified by the American Board of Obesity Medicine. In addition to staffing inpatient consults and seeing outpatients at clinics in Charlottesville, Dr. Kim served the division (and Virginians) by staffing clinics in Fishersville.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## 2021 Updates on Faculty Activities



**Jennifer Kirby, MD, PhD**

**Jennifer Kirby, MD, PhD**, is a general endocrinologist specializing in diabetes and obesity (she is certified by the American Board of Obesity Medicine). In addition to staffing inpatient consults and seeing outpatients at our main endocrinology clinic, Dr. Kirby served the division (and Virginians) by staffing clinics in Fishersville. In 2021 she was honored with a Patient Experience Award for the third year in a row, and she was recently listed in Best Doctors in America. Dr. Kirby is our division's Associate Chief for Clinical Affairs, the Medical Lead for our Endocrinology and Metabolism clinic (this requires a tremendous amount of work!), Director of our Cardiovascular Diabetes Consult Service and Co-Medical Lead for Inpatient Glycemic Management. In addition to being a highly-skilled clinician, she is an outstanding educator and mentor.



**Susan Kirk, MD**

**Susan Kirk, MD**, is a general endocrinologist with a particular interest in endocrine disorders in pregnancy and transgender medicine, and she is consistently included in Top/Best Doctors lists. Dr. Kirk continues to do remarkable work on behalf of marginalized groups (e.g., she has been a strong and effective advocate for gender-diverse patients at UVA). She is an integral part of our Transgender Health team. Dr. Kirk has been our Designated Institutional Official and Associate Dean for Graduate Medical Education since 2006. She is a national GME leader (e.g., she was Chair of the ACGME's Institutional Review Committee from 2017 to 2020), and she received a 2021 DOM Award for Excellence in Teaching. Dr. Kirk is currently the 2021–2022 Chair of the University of Virginia Faculty Senate. She was recently highlighted by the UVA Committee on Women in Medicine & Science as an outstanding institutional leader.



**Zhenqi Liu, MD**

**Zhenqi Liu, MD**, is a clinician-investigator whose primary interests relate to regulating insulin action in the vasculature and the cardiovascular complications of diabetes. Dr. Liu's 2021 research was supported by R01 DK125330 (PI Liu - "Effects of Exercise and GLP-1R Agonism on Muscle Microvascular Perfusion and Insulin Action") and R01 DK124344 (Co-PI Liu - "Role of Microvascular Insulin Resistance and Cardiorespiratory Fitness in Diabetes"). Dr. Liu served as an essential Co-Investigator for four additional R01s (HL142250, HL130296, DK116768, HL129510). In 2021, Dr. Liu published at least six peer-reviewed manuscripts; he served on the Endocrine Society's Publications Core Committee and Global Engagement Advisory Group; and he became an Associate Editor for the Journal of the Endocrine Society. Clinically, Dr. Liu is a general endocrinologist interested in diabetes and thyroid disease, and he is routinely included in the America's Top/Best Doctors lists.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## 2021 Updates on Faculty Activities



**Kaitlin Love, MD**

**Kaitlin Love, MD**, is an *iTHRIV* scholar pursuing clinical research related to micro-and macrovascular insulin resistance in type 1 diabetes and response to GLP-1-receptor agonism and exercise treatment. She is also an essential Co-Investigator for NIH R01 DK124344. In 2021, Dr. Love published five peer-reviewed manuscripts, and she delivered Grand Rounds endocrinology at Wake Forest University. Clinically, Dr. Love is a general endocrinologist with a particular interest in diabetes.



**Ralf Nass, MD**

**Ralf Nass, MD**, is a general endocrinologist who has made valuable contributions to the division's clinical mission, including our regional outreach. In addition to seeing patients in our main endocrinology clinic, he served the division (and Virginians) by staffing clinics in Culpeper. He also contributed significantly to our Cardiovascular Diabetes Consult Service consult efforts. Dr. Nass has been an exceptional divisional citizen, routinely volunteering to cover in the setting of unanticipated faculty absences. Dr. Nass has also engaged with research in partnership with the Center for Diabetes Technology, and in 2021 he wrote a chapter for Yen and Jaffe's Reproductive Endocrinology—widely considered to be the premier reproductive endocrinology textbook.



**Helmy Siragy, MD**

**Helmy Siragy, MD**, is a clinician-scientist whose primary interests relate to the endocrine/paracrine control of blood pressure and renal function. His 2021 research was supported by NIH R01 HL091535 (Siragy PI - "Prorenin Receptor Mediates Early Changes in Diabetic Kidney") and NIH R01 DK114875 (Siragy PI - "(Pro)renin receptor mediates obesity-induced hypertension"). In 2021, Dr. Siragy published three peer-reviewed manuscripts, served as the Division's Associate Chief for Research, and adeptly organized the division's Research in Progress conference. Dr. Siragy also fulfilled numerous professional roles (e.g., standing member of NIH Pathobiology of Kidney Disease Study Section; Editorial Boards for Integrated Blood Pressure Control and Nature Research Group [Scientific Reports/Medicine/Endocrinology]). Clinically, Dr. Siragy is a general endocrinologist with a particular interest in adrenal disease and endocrine hypertension; in addition to staffing inpatient consults, he served the division (and Virginians) by staffing clinics in Zions Crossroads.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## 2021 Updates on Faculty Activities



**Meaghan Stumpf, MD**

**Meaghan Stumpf, MD**, is a general endocrinologist interested in diabetes and transplant endocrinology. Indeed, Dr. Stumpf initiated (and continues to develop) our division's transplant endocrinology program, which involves strong partnerships with the solid abdominal transplant group. Dr. Stumpf received a 2021 DOM Award for Excellence in Clinical Care, and in 2021 she was honored with a Patient Experience Award for the second year in a row. Dr. Stumpf also engaged in research with the Center for Diabetes Technology—related to continuous glucose monitoring in patients receiving intermittent dialysis—and in 2021, she wrote a chapter for the second edition of the textbook *Pancreas Transplantation*.



**Mary Lee Vance, MD**

**Mary Lee Vance, MD**, is a medical neuroendocrinologist who forms the backbone of our multidisciplinary pituitary program. She is a world-renowned expert in pituitary disease, and she is routinely included in the America's Top/Best Doctors lists. Dr. Vance is a former President of the Pituitary Society, and in 2019 received a Pituitary Society Lifetime Achievement Award. Although most of Dr. Vance's efforts are dedicated to patient care, she continues to contribute to substantive team-based research efforts and education.

**\*John Marshall, MD, PhD**, retired in January 2022 after a long and remarkably-productive career. Our tribute can be found elsewhere in this newsletter.

**\*Margaret (Peggy) Shupnik, PhD**, retired in March 2021 after a long and remarkably-productive career. Our tribute can be found elsewhere in this newsletter.

### Additional Notes:

• **Michele Hamrick RN, ANP, MSN**, is an outpatient endocrine nurse practitioner who cares for a substantial number of our endocrine patients. **Cherie Chaney RN, MSN, FNP**, and **Elaine Hannah RN, MSN, AG-ACNP**, are nurse practitioners who staff the division's Cardiovascular Diabetes Consult Service. These individuals play critically-important roles in our clinical care mission.

• Our Emeritus Professors include **Drs. William (Bill) Evans, MD; John Marshall, MD, PhD; Anthony (Tony) McCall, MD, PhD; Richard Santen, MD; Margaret (Peggy) Shupnik, PhD; and Michael Thorner, MBBS**. We understand that all have enjoyed a much-deserved respite from their long and highly-productive work careers, and some remain very active in our division's activities. For example, Dr. Richard Santen continues to see patients and provide remote diabetes care to underserved patients via federally-funded Community Health Centers in southwestern Virginia.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## A Fond Farewell to Esteemed Colleagues

A handful of our faculty members left the University in 2021. **Dr. Jessica Lundgren** joined our faculty in 2018 after graduating from our fellowship program. In addition to practicing general endocrinology, she made valuable contributions to multidisciplinary efforts related to transgender care and thyroid cancer. Dr. Lundgren currently cares for endocrine patients via telemedicine through Penn Highlands Endocrinology.

**Dr. Shetal Padia** joined our faculty in 2007 after graduating from our fellowship program. Dr. Padia developed substantial clinical expertise in endocrine hypertension and adrenal disease as a faculty member. She was NIH-funded (K08 and subsequent R01) to study the role of the intrarenal ghrelin system and its role in obesity-induced hypertension. Moreover, from 2015 to 2021, she was the System Co-Leader for the Endocrinology and Reproduction section of the School of Medicine's NexGen Curriculum. Dr. Padia moved to Pennsylvania in 2021 for family-related reasons.

**Mary Voelmle** is a Family Nurse Practitioner and Certified Diabetes Care and Education Specialist who played significant roles in the Advanced Diabetes Management Clinic and Center for Diabetes Technology from 2018 to 2021; she is now a Medical Science Liaison at LifeScan.

We remain very fond of these talented former colleagues, and we wish each of them the very best.

## In Memoriam: Drs. Stacey Anderson and Bruce Gaylinn



The division is heartbroken to have lost two of its own in the latter half of 2021. Despite the protracted and debilitating nature of their illnesses, they both remained steadfastly generous, outward-focused, and kindhearted. We remember them with great fondness, and we aim to honor them in our work and by the way we continue to support each other.

**Dr. Stacey Anderson** received a BS in Molecular Biology and medical degree from Vanderbilt University. She came to UVA for both IM Residency and Endocrinology/Metabolism Fellowship. Her initial research interest related to estrogen neuromodulation of the growth hormone axis, but her interests eventually shifted towards diabetes. Dr. Anderson was appointed Medical Director of the Center for Diabetes Technology, and she became an internationally-recognized expert in automated (closed-loop) insulin-delivery systems (i.e., artificial pancreas technology). Dr. Anderson was recognized as an outstanding physician with special interests in diabetes and thyroid disease. Dr. Anderson was promoted to full Professor in 2021, shortly before her untimely death. Dr. Anderson is survived by family members Henry Carrington Lancaster III (husband); Rachel Ann Gildersleeve, Henry Carrington Lancaster IV, Max Arthur Lancaster, and Thomas Alexander Lancaster (children); Gordon Paul and Darlene Anderson (parents); Nicole Siira (sister); and Anthony Anderson (brother). Dr. Anderson's obituary may be found [here](#).



**Dr. Bruce Gaylinn** obtained a BS in Biology and a PhD in Biophysics from Rensselaer Polytechnic Institute (Troy, NY). He pursued muscle physiology research at SUNY Stony Brook and then at the University of Virginia. Dr. Gaylinn joined the endocrinology division in 1992 to study growth and hunger, and he had exceptionally-productive collaborations with, among others, division members Drs. Michael Thorner, Ralf Nass, and Leon Farhy. Dr. Gaylinn is survived by family members Sandie Gaylinn (wife), Nathan Gaylinn (son), and Renee Ritter (sister). Dr. Gaylinn's obituary may be found [here](#).

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## Well Wishes for a Happy Retirement - Dr. Peggy Shupnik



**Dr. Margaret (Peggy) A. Shupnik, Gerald D. Aurbach Professor in Endocrinology,** retired in March 2021 after an absolutely tremendous career.

Dr. Shupnik obtained her Bachelor of Science degree at Pennsylvania State University and PhD at the University of Wisconsin, after which she was a Postdoctoral NIH Research Fellow at the Harvard School of Public Health. After six years on faculty at Harvard Medical School, Dr. Shupnik came to the University of Virginia (1988) as an Associate Professor of Medicine and Physiology. Dr. Shupnik was awarded tenure in

1992, was promoted to Professor of Medicine and Physiology in 1995, and became the Gerald D. Aurbach Professor in Endocrinology in 2011.

Her exceptional research career contributed substantively to our understanding of thyroid hormone action, reproduction (e.g., mechanisms by which GnRH pulse frequency differentially controls gonadotropin gene transcription), and steroid-responsive cancers (e.g., mechanisms by which estrogens and antiestrogens impact breast cancer). Dr. Shupnik published 126 peer-reviewed publications, with 7331 total citations and an h-index of 50. While at UVA, Dr. Shupnik's research support included, but was certainly not limited to: NIH R01 HD25719 (1989–1999); NIH R01 DK57082 (1989–2008); R44 DK44142 Shannon Award (1991–1993); R01 DK44142 (1992–1997); and several R01 equivalents as part of NIH U54 HD28934 (1998–2015). Dr. Shupnik was also PI and Director for NIH T32 NRSA “Research Training in Neuroendocrinology” (1995–2015) and was the Women's Oncology Program Leader for the University of Virginia's NIH P30 Cancer Center Grant (2012–2017).

Dr. Shupnik received a 1995 University of Virginia Dean's Award for Teaching Excellence, and in 2003 she became a Charter Member of the Academy of Distinguished Educators (now called Academy for Excellence in Education). Dr. Shupnik has been a formal mentor to many notable endocrine clinicians and scientists, including Drs. Douglas Ross, Susan Greenspan, Randall Urban, Laurel Rice, and Heather Ferris. (Dr. Shupnik was also an important role model and sponsor for the author of this tribute.)

Dr. Shupnik's accolades are legion. Selected awards include the 1992 American Thyroid Association Van Meter Award for Research, the 1993 Endocrine Society Ernst Oppenheimer Award for Research, the 1994 Pituitary Society Young Investigator Award, and the 2004 Endocrine Society Sidney H. Ingbar Award for Distinguished Service. Dr. Shupnik was a member of several editorial boards and was an Associate Editor for the International Journal of Endocrinology. She also served on numerous review panels, including as Chair (e.g., Chair of NIH Biochemical Endocrinology Study Section; Chair of NIH Special Emphasis Panel,

## Well Wishes for a Happy Retirement - Dr. Peggy Shupnik

(continued) Fellowship Review ZRG1, F06E, Diabetes, Nutrition, Obesity, Reproduction Sciences; Chair of the NIH Distinguished Editorial Panel for the review of applications for Centers of Research on Sex Differences [P50]).

She was a member of numerous committees with the American Thyroid Association, the Society for the Study of Reproduction, FASEB, Women in Endocrinology, and the Endocrine Society. Dr. Shupnik's leadership positions in the Endocrine Society—arguably the world's most prestigious professional organization for endocrinology—included: Council/Board of Directors (1995–1998), Secretary-Treasurer (1998–2004), Chair of Strategic Planning Committee (2001–2002), Chair of Research Affairs Committee (2004–2006), Chair of Publications Committee (2009–2015), and President (2006–2008). Dr. Shupnik also served on the International Society of Endocrinology (ISE) Executive Committee (2010–2016), including as its Chair (i.e., ISE President) (2012–2016).



Here at home, Dr. Shupnik was the University of Virginia School of Medicine's Associate Dean for Basic Research (2004–2010), Senior Associate Dean for Research (2010–2021), and Associate Vice President for Research–Medical Sciences (2015–2019). And Dr. Shupnik's contributions to the University in these roles were truly exceptional. For example, Dr. Shupnik established K programs leading to an 80% increase in successful K and K-to-R transitions. She developed/organized School of Medicine Bridge, GAP, and Pilot Funding programs. She organized and developed pan-University efforts on research in the neurosciences, leading to the UVA-BRAIN project. She substantively contributed to the University of Virginia's successful CTSA application (awarded in 2019). She developed the first clinical/translational research building for the University of Virginia (the Ivy Building), the first cGMP cellular therapy facility for clinical research in Virginia, and the first inducible pluripotent adult stem cell (iPSC) core in the state. She developed new Clinical Research Units and cores. She developed a network of shared research facilities among Virginia state universities. She directed Hartwell scholar and investigator awards and established the Pinn Scholar Program for mid-career scientists. She was Co-Chair of the School of Medicine's Strategic Hiring Committee, which hired 25 established physician-scientists and translational scientists, increasing the School's research funding by 33% over two years. (The list goes on.)

The division, Department of Medicine, School of Medicine, and University owe Dr. Shupnik a tremendous debt of gratitude, and we wish her the very best for a long and fulfilling retirement!



# UVAHealth

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## Well Wishes for a Happy Retirement - Dr. John Marshall



**Dr. John C. Marshall, MD, PhD,** Andrew D. Hart Professor of Medicine of Endocrinology, retired in January 2022 after a long and extraordinarily successful career.

Shortly after completing his training in the United Kingdom, Dr. Marshall was recruited to the University of Michigan, where he quickly achieved promotion to Professor and served as the Department of Internal Medicine's Director of House Officer Programs and Associate Chairman for Graduate Education (1983–1986); Associate Chairman for Research Programs (1986–1987); Chief of Division of Endocrinology and Metabolism (1987–1990); and Interim Chairman, Department of

Internal Medicine (1989–1990).

Dr. Marshall was recruited to the University of Virginia by Dean Robert Carey in 1991, and he served as the Department of Medicine Chair and Physician in Chief of University of Virginia Hospitals from 1991 to 1996. Dr. Marshall demonstrated profound excellence in research, clinical care, education, and mentorship throughout his career.

Dr. Marshall is a world-renowned expert in reproductive neuroendocrinology, and he was Director for the University of Virginia's Center for Research in Reproduction—which he founded—since 1996. Since coming to the University of Virginia, Dr. Marshall was PI on at least ten R01 or equivalent grants; was overall PI on five NIH center grants (funded by P30, U54, and P50 mechanisms); and was PI/Director for three cycles of a reproduction-focused T32 NRSA training grant. Dr. Marshall has published at least 188 peer-reviewed publications, received at least 15,183 citations, and has an h-index of 69.

Dr. Marshall has also been an essential mentor to numerous DOM and SOM faculty members, including Drs. Susan Kirk (Assoc. Dean for GME and DIO) and Alan Dalkin (DOM Vice-Chair; ACMO for Ambulatory Services). (He was also the primary research mentor and an important role model for the author of this tribute.) Clinically, Dr. Marshall was an integral member of UVA's highly-regarded multidisciplinary pituitary program. He also practiced as a general endocrinologist (specializing in medical reproductive endocrinology) and a general internist (inpatient wards).

Dr. Marshall has been nationally and internationally recognized for his achievements and service, bringing great honor to the University. For example, Dr. Marshall received the 2008 Clinical Investigator Award and the 2020 Outstanding Leadership Award from the Endocrine Society—arguably the world's most prestigious professional organization in endocrinology.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## Well Wishes for a Happy Retirement - Dr. John Marshall

Dr. Marshall also served as Endocrine Society's Secretary-Treasurer (2010–2013) and held numerous other leadership positions with the Society: Committee on Scientific Programs (1987–1989), Nominating Committee (1990–1992), Recent Progress in Hormone Research Program Committee (1993–1998), representative to the International Society of Endocrinology (1996–2000), Finance Committee (1996–2000, 2005–2008, Chair 2011–2013), Investment Subcommittee (2005–2013, Chair 2010–2013), Operations Committee (Chair 1997–1998), Council/Board of Directors (2000–2003), Publications Core Committee (2010–2013), Executive Committee (2010–2013), and Nominating Committee (2013–2016). Dr. Marshall also served as Editor for Endocrinology, the Endocrine Society's flagship basic science journal (1979–1983).

Additional national leadership positions of interest included: the American Board of Internal Medicine (ABIM) Endocrinology and Metabolism Subspecialty Committee (1983–1989); the ABIM Certifying Examination Pretest Committee (1991–1992); the American College of Physicians (ACP) Endocrinology and Metabolism Subspecialty Committee, MKSAP IX (1989–1991); the ACP In-Training Examination Committee (1995–1998); and the ACP Annual Session Scientific Program Subcommittee (2001–2002).

Additional honors of interest included: election as a Fellow of the Royal College of Physicians of London (1980); election as a Fellow of the American College of Physicians (1980); induction into the American Society for Clinical Investigation (1981); and induction as an honorary member of AOA (1984). Dr. Marshall was an editor for DeGroot's Endocrinology, a premiere endocrinology text, from 1988 to 2010; and he provided tremendous service to the NIH (e.g., Board of Scientific Counselors [1983–1987]; numerous study sections/review panels, including as Chair; external reviewer/counselor for the Developmental Endocrinology Branch, the Clinical Research Branch, and the Endocrinology and Reproduction Research Branch; Chair of the review panel for the National Cooperative Program for Infertility Research; Specialized Cooperative Centers Program in Reproduction Research Steering Committee; and panelist for the NIH Evidence-based Methodology Workshop on PCOS).

We thank Dr. Marshall for the way he unreservedly invested himself in others and for his undying enthusiasm for science and endocrinology. We wish Dr. Marshall the very best for a long and fulfilling retirement!



# UVA Health

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## 2021 Fellowship Updates



**2021 Fellowship Graduates** We graduated four wonderful fellows in 2021 (L to R): Dr. Peggy Amoakohene, who is now practicing at Mary Washington Healthcare in Fredricksburg, VA; Dr. Jeanette Owusu, who is now practicing at Frederick Health in Frederick, MD; Dr. Jeremy Steinman, who is now practicing at Atrium Health in Charlotte, NC; and Dr. Izzah Vasim, who is now practicing at Wake Forest University SOM in Winston-Salem, NC.



**Current Fellows** (L to R): Dr. Vladimer Bakhutashvili (first-year fellow) attended medical school at University of Wisconsin and completed his IM residency at West Virginia University; Dr. Ronak Patel (second-year fellow) attended medical school at George Washington University and completed his IM residency at Christiana Care; Dr. Janice McMillan (second-year fellow) attended medical school at University of Virginia and completed her IM residency at University of Rochester; Dr. Woderyeleh Kassa (first-year fellow) attended medical school at the University of Maryland and completed her IM residency at Inova Fairfax; Dr. Sarah Lee (second-year fellow) attended medical school at University of Nebraska and completed her IM residency at Virginia Commonwealth University; Dr. Nawar Suleman (first-year fellow) attended medical school at Kalamoon University (Syria) and completed his IM residency at MedStar Health (Baltimore). We're exceedingly proud of all our fellows: in addition to being wonderful physicians, they're exceptionally kind-hearted, thoughtful, and honorable.

### 2021 Fellowship Match:

We're exceedingly excited about our 2021 Match!

**Dr. Katherine Mustafa** attended medical school at DeBusk College of Osteopathic Medicine and is completing her IM residency at Virginia Tech Carilion.

**Dr. Lisette Rodriguez** attended medical school at Instituto Tecnológico de Santo Domingo and is completing her IM residency at Florida State University.

**Dr. Angela Vuong** attended medical school at East Carolina University and is completing her IM residency at Wake Forest University.

Also of note: Once again, **Dr. Gregory Hong** and **Ms. Javanov Barksdale** expertly met the challenge of recruiting during a pandemic. For the 2021 recruitment season, Dr. Hong organized what we think is an exceptional recruitment video which you may enjoy [here](#).



[VIEW RECRUITMENT VIDEO](#)



**Follow  
Endo  
on  
Twitter**

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## The latest news about Baby Endo

We're hearing multiple reports of "Baby Endo" sightings around the Aurbach and Endocrine Clinic Buildings (see below Tweet). We were previously convinced that this was an urban legend, but now we are unsure. Please let us know if you happen to catch a glimpse of or stumble upon Baby Endo. And don't worry, we hear it's friendly. #BabyEndoLives (For those of you who haven't heard about Baby Endo, see Wikipedia screenshot below.)

### Baby Endo

From Wikipedia, the free encyclopedia

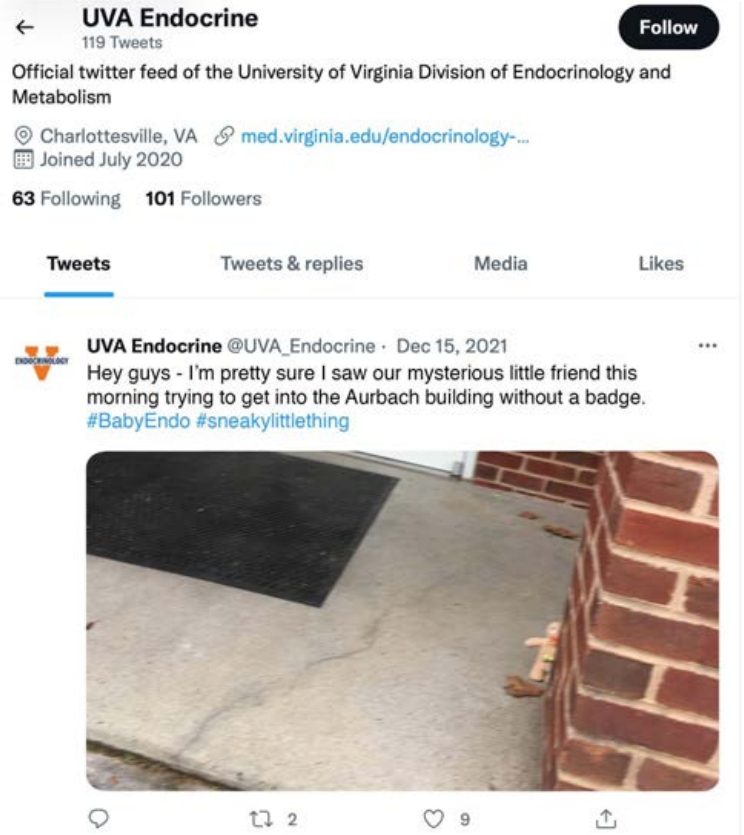
**Baby Endo** is the (possibly-fictional) patron saint of clinical endocrinologists, endocrine researchers, and patients with [endocrine disorders](#).

Baby Endo (a.k.a., Gland Gnome<sup>[1]</sup>) sightings have been reported for decades,<sup>[2]</sup> but reported sightings have increased substantially since the emergence of [social media](#)<sup>[3]</sup> and, especially, since the start of the [COVID-19 pandemic](#).<sup>[4]</sup> The newly-entrenched moniker "Baby Endo" is widely believed to be a playful-yet-respectful nod to the fictional character [Baby Yoda](#).<sup>[5]</sup>

The reality of Baby Endo remains highly controversial. Whether detailed published photographs of Baby Endo are authentic or elaborate [deepfakes](#) is unknown.<sup>[6]</sup>

The appearance of Baby Endo has been likened to a [gingerbread man](#).<sup>[7]</sup> However, the gender of Baby Endo is unknown. Baby Endo's most prominent distinguishing characteristics are the visible "classic" endocrine organs: [hypothalamus/pituitary](#), [thyroid](#), [parathyroids](#), [pancreas](#), [adrenal glands](#), and [gonads](#) (one every one testis).

Baby Endo	
	
<b>Born</b>	Unknown
<b>Gender</b>	Unknown
<b>Other names</b>	Gland Gnome Endocrine Elf 아기 내분비 嬰兒內分泌 الطفل الغدد الصماء शिशु अंतःसाध குழந்தை நாளமிகலன் சுரப்பி endokrine Babys
<b>Organization</b>	Unaffiliated



## Welcome to the World - Births in 2021

Congratulations to Drs. Su Hee Kim and Silas Culver on the birth of their second child, Emerson Jae Culver, born on May 29, 2021. Everyone is doing well and kids are keeping Mom and Dad very busy. Drs. Su Hee Kim and Silas Culver are both Assistant Professors of Medicine in the Division of Endocrinology and Metabolism, and both completed their Fellowships at UVA as well.



Congratulations to Dr. Ben and Mrs. Liz Horton on the birth of their daughter, Charlotte Grace Horton, born on June 22, 2021. The Horton Family is doing well and overflowing with joy. Dr. Ben Horton is an Assistant Professor of Medicine in the Division of Endocrinology, and Liz Horton is an Injury Prevention Coordinator for the UVA Trauma Program.



Congratulations to proud parents Drs. Janice McMillan and Edward Lam on the birth of their daughter, Meredith Lam, born in December, 2021. Everyone is doing very well. Dr. McMillan completed her medical school at UVA and is currently completing her 2nd Year Endocrine fellowship at UVA. Dr. Lam is an interventional spine care specialist at Valley Health Interventional Spine located in Winchester, VA.



Congratulations to Dr. Kaitlin Love and Mr. John Bauer on the birth of their second son, Ted Stuart, born September 8, 2021. Everyone is doing well and enjoying the new addition. Dr. Kaitlin Love is an Assistant Professor of Medicine in the Division of Endocrinology and Metabolism, who completed Internal Medicine residency and Endocrinology fellowship at UVA.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## Other Divisional Updates

- Our division recently hired two new NPs to join Cherie Chaney and Elaine Hannah on the Inpatient Diabetes Consult Service: **Milford George, MSN, FNP** (MSN at Winston-Salem State University 2019) and **Caleb Helsley, MSN, FNP** (MSN at Old Dominion University 2020). Many thanks to the search committee who recruited these outstanding NPs: Cherie Chaney, MSN, FNP; Elaine Hannah, MSN, AG-ACNP; Jennifer Kirby, MD, PhD (Chair); Christopher McCartney, MD, Meaghan Stumpf, MD.
- **Jessica Proffitt** has joined the division as Operations Manager starting Jan 1, 2022. She has been at UVA for 11.5 years, most recently as Operations Manager for General/Geriatric/Palliative/Hospital Medicine. Welcome Jessica!
- **Charlotte Odom** has joined the division as administrative support for Drs. Rita and Andy Basu. She was previously the Executive Assistant for UVA SOM COO, and the Sr. Admin. Asst. to Sr. Assoc. Dean of Research (Dr. Shupnik). Welcome Charlotte!
- The Virginia Center Diabetes Prevention & Education has hired two new members: **Lorrie Rilko, DNP, ADM**, as Education and Outreach Manager, and **Jaelyn Munson**, as Senior Administrative Coordinator and Health Educator. We offer a warm welcome to both!
- Our division is actively seeking to recruit two new Clinical Faculty members. Many thanks to the search committee for leading the charge: **Ananda Basu MD; Sue Brown, MD; Margaret Crook, MD; Su Hee Kim, MD; and Christopher McCartney, MD.**
- **Drs. Stacey Anderson and Sue Brown** were promoted to Professor of Medicine in 2021.
- **Dr. Rita Basu** was appointed Chair of the UVA IRB for Health Sciences Research (IRB-HSR) in July 2021.
- **Dr. Susan Kirk** serves as the 2021–2022 Chair of the Faculty Senate.
- **Dr. Susan Kirk** is serving as Co-Chair for UVA Health's Strategic Planning Work Group for Education.
- A number of our faculty members—**Drs. Sue Brown, Alan Dalkin, Jennifer Kirby, and Meaghan Stumpf**—received 2021 Patient Experience Awards, indicating patient satisfaction scores in the top 5%.
- **Drs. Margaret Crook and Meaghan Stumpf** received 2021 DOM Awards for Excellence in Clinical Care; **Dr. Heather Ferris** received a 2021 DOM Award for Excellence in Research, and **Dr. Susan Kirk** received a 2021 DOM Award for Excellence in Teaching.
- Our division now has three faculty members certified by the American Board of Obesity Medicine: **Drs. Jennifer Kirby** (since 2017), **Su Hee Kim** (since 2020), and **Silas Culver** (since 2021).
- A number of our faculty members served on scientific journal editorial boards in 2021, including **Drs. Eugene Barrett** (American Journal of Physiology-Endocrinology & Metabolism; Journal of Clinical Endocrinology and Metabolism), **Rita Basu** (American Journal of Physiology-Endocrinology & Metabolism; Diabetes Care), **Ananda Basu** (Diabetes Care), **Robert Carey** (Journal of Hypertension; The FASEB Journal); **Zhenqi Liu** (Journal of Central South University (Medical Sciences); Chinese Journal of Diabetes; World Journal of Diabetes), **Christopher McCartney** (Journal of Clinical Endocrinology and Metabolism), and **Helmy Siragy** (Integrated Blood Pressure Control; Nature Research Group [Scientific Reports/Medicine/Endocrinology]). **Dr. Robert Carey** served as a Senior Editor for Journal of Clinical Hypertension and a Senior Advisory Editor for Hypertension; **Dr. Jennifer Kirby** served as a Review Editor for Frontiers in Diabetes. **Dr. Zhenqi Liu** became an Associate Editor for the Journal of the Endocrine Society.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## Other Divisional Updates

• A number of our faculty members served on NIH study sections in 2021, including **Drs. Eugene Barrett** (Chair of Special NIDDK Review Panel for Diabetes Center [P30] applications), **Rita Basu** (Small Business Special Emphasis Panel, Digestive, Kidney and Urological Systems Integrated Review Group), **Leon Farhy** (NIDDK Diabetes, Endocrinology, and Metabolic Diseases B Study Section), **Susanna Keller** (standing member of NIDDK Special Emphasis Panel for R13 applications), **Christopher McCartney** (standing member of NICHD Reproduction, Andrology, and Gynecology Study Section), and **Helmy Siragy** (standing member of Pathobiology of Kidney Disease Study Section). **Dr. Zhenqi Liu** was a reviewer for the Research Grants Council of Hong Kong and the Department of Defense Medical Research Program.

• Expertscape recently recognized **Dr. Richard Santen** as a world expert in the field of menopause. In particular, Expertscape determined that Dr. Santen ranked in the top 0.1% of scholars writing about menopause over the past ten years.

• A number of our faculty members served on professional organization committees in 2021, including **Drs. Rita Basu** (American Diabetes Association Scientific Session Program Planning Committee; Chronic Liver Disease Foundation Endocrinology NAFLD/NASH Steering Committee), **Robert Carey** (Co-Chair of the Endocrine Society's Scientific Statements Subcommittee; Chair of the Endocrine Society's Baxter Medal Selection Committee; member of the American Heart Association's Commission of the Hypertension Specialists and Clinicians Study Guides Planning Committee; Search Committee Chair for the Editor-in-Chief of Hypertension; Board of Directors for the Target: BP initiative [American Medical Association/American Heart Association]), **Gregory Hong** (Co-Chair of the Association of Program Directors in Endocrinology, Diabetes, and Metabolism's Fellowship Recruitment Subcommittee/COVID-19 Task Force; question writer/reviewer [pituitary section] for the American Association of Clinical Endocrinology's Self-Assessment Program), **William (Ben) Horton** (American Association of Clinical Endocrinology's Diabetes Disease State Network), **Zhenqi Liu** (Endocrine Society's Publications Core Committee; Endocrine Society's Global Engagement Advisory Group), **Christopher McCartney** (Chair of the Endocrine Society's Conflict of Interest Advisory Group; question writer/reviewer [reproduction section] for the American Association of Clinical Endocrinology's Self-Assessment Program), and **Meaghan Stumpf** (Early Career Representative on the American Diabetes Association's Immunology, Immunogenetics, and Transplantation Interest Group Leadership Team). In 2021, **Dr. Christopher McCartney** was selected to be the Clinical Science Chair for the Endocrine Society's 2023 Annual Meeting.

• **Dr. Rita Basu** is currently a member of the development panel for the American Association of Clinical Endocrinology's clinical practice guideline regarding NASH/NAFLD, and **Dr. Christopher McCartney** is presently a methodologist member of the development panel for the Endocrine Society's clinical practice guideline related to vitamin D deficiency.

• **Dr. Heather Ferris**, our new Endocrine Grand Rounds (EGR) Course Director, has assembled a truly remarkable speaker lineup for the 2021–2022 academic year, including the following external speakers: Susan Samson, MD, PhD (Mayo Clinic Jacksonville) [special joint Endocrine Grand Rounds with VCU]; Ritu Madan, MD (VCU); Rita Kalyani, MD (Johns Hopkins); Mary Elizabeth Patti, MD (Joslin/Harvard); Kristy Brown, PhD (Weill Cornell); Matthew Gorris, MD (Wake Forest); Theresa Hillier, MD (Kaiser Permanente Center for Health Research) [Thorner Lectureship]; Jacqueline Jonklaas, MD, PhD (Georgetown) [Dunn Lectureship]; Gary Hammer, MD, PhD (Michigan) [Crispell Lectureship]; Andrea Dunaif, MD (Mount Sinai) [sponsored by Center for Research in Reproduction].

# Endocrinology Grand Rounds

## Tuesdays 12:00-1:00 PM

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## Peer-Reviewed Publications Since January 1, 2021

Meijer RI, Barrett EJ. *The Insulin Receptor Mediates Insulin's Early Plasma Clearance by Liver, Muscle, and Kidney*. Biomedicines. 2021 Jan 5;9(1):37 (PMID 33466380)

Senthivayagam S, Serbulea V, Upchurch CM, Polanowska-Grabowska R, Mendu SK, Sahu S, Jayaguru P, Aylor KW, Chordia MD, Bisio A, Gonder-Frederick L, McFadden R, Chernavsky D, Voelmle M, Pajewski M, Yu P, Bonner H, Brown SA. *The Impact of a Recently Approved Automated Insulin Delivery System on Glycemic, Sleep, and Psychosocial Outcomes in Older Adults With Type 1 Diabetes: A Pilot Study*. J Diabetes Sci Technol. 2021 Jan 15:1932296820986879 (PMID 33451264)

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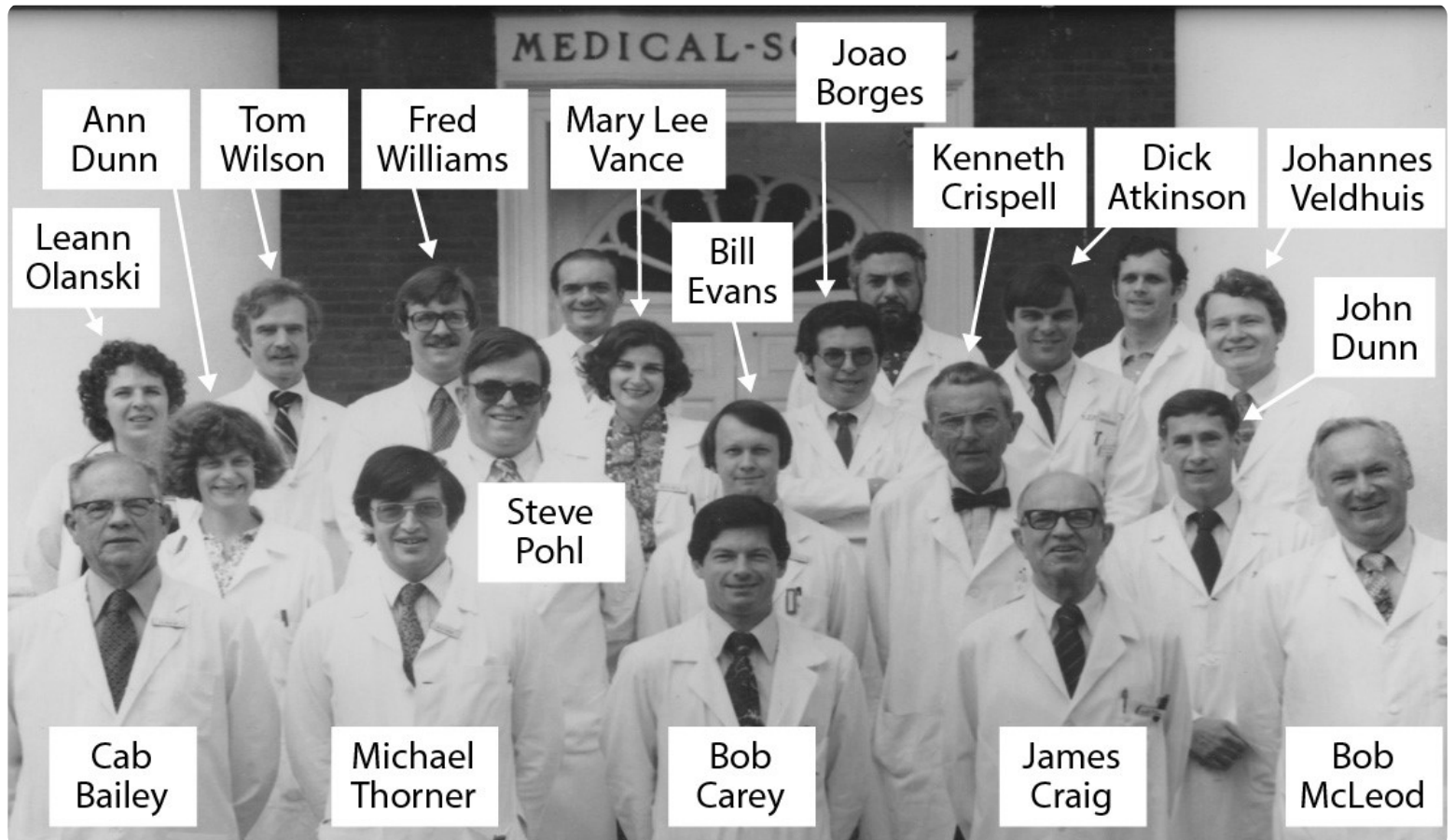
# DIVISION OF ENDOCRINOLOGY & METABOLISM

## Endocrine Clinic Nurse Group



Back row left to right: Jennifer Pinnata, Tanya Baber, Lark Lier, Julie Kilmartin, Carrie Everard, Raycine Allen, Cynthia Southard  
Front Row: Carolyn McMullin, Amanda Ponton, Caela Cohen, Cara Linke

## Key to UVA Endocrine Quiz



**Key to UVA Endocrine Quiz:** With the help of Drs. Bob Carey and Mary Lee Vance, we've positively identified most individuals in this photograph.

# DIVISION OF ENDOCRINOLOGY & METABOLISM

## STAFF PROFILE - Charlotte Odom



*Tell us a little bit about yourself.*

In 2018, I moved to the Charlottesville area after living in Louisiana most of my life. Having grown up in a suburb of New Orleans, I moved to the Baton Rouge area to start at LSU and stayed there until moving up here. I became interested in languages due to my family's love for travel and early instruction in French due to Louisiana's heritage. Therefore, I earned my Bachelor's degree in French from LSU. However, since I did not want to teach French, I went on to get a Master's in Marketing from LSU. (Yes, I did enjoy Mardi Gras and vast amounts of seafood—I do miss them both!) My professional career has spanned working at a financial institution, raising money for public television and political campaigns, working at a nuclear plant in public relations and procurement, and before moving to Virginia--doing communications and fundraising for Baton Rouge school nurses and school-based health centers.

*Why Healthcare?*

Although I work in the administrative sector, I have always been interested in medicine, so I have read a lot of medical literature relative to various diseases and illnesses that I have encountered in my family or in general. So, when I applied at the University of Virginia after moving to Virginia, I was very excited to find a role in the School of Medicine in 2019, especially in Research, since it's very interesting to me.

*What brought you to Charlottesville?*

My three children grew up in Louisiana, but they all moved to Charlottesville due to their jobs or love interests. After visiting Virginia many times, I decided if I wanted to see my children more, I needed to relocate here, too. Since I moved here, I now have a grandchild,

so it was a good move! I also love the countryside, the history and the change of seasons in the region, so it was an all-around good decision.

*What excites you about your work?*

I like to do a wide variety of tasks that keep my interest while learning new things in my work. I also enjoy writing and working with people. I am grateful that my jobs within the School of Medicine have fulfilled these preferences.

*Proudest/greatest achievement outside the professional realm?*

My children and grandchild are my proudest/greatest achievements outside of work. My children are married now, so I have two great daughters-in-law and a wonderful new son-in-law. And, they all have successful careers: an attorney, a veterinarian, and an engineer who is an Air Force Captain.



*Next life?*

Not sure! I have so many different interests, so I would have trouble deciding, as I did in this one! But, I love to travel and meet new people from other cultures, so maybe I would be a travel writer or a veterinarian because I love animals and find medicine very interesting.

*What are you usually doing in your spare time?*

Often on the weekends, I go to the countryside to visit family or friends and play with my Standard Poodle. I also love listening to live music, playing tennis or pickleball, and reading or watching movies on the couch with my two cats.

*Favorite vacation/activity spot?*

Traveling is my favorite vacation. I love Europe because of its long history, especially France because I can use my French language skills. I also like to walk or hike in the countryside if I can't travel farther.

*Best advice anyone ever gave you?*

Make a plan, then work the plan—it makes things so much easier even though it may take more time upfront!

*What about you would surprise us?*

My two youngest children (boy and girl) are fraternal twins, so I learned most of my planning and coordination skills from raising them with my older son! (Fraternal twins are hereditary—I had uncles that were twins.)



# DIVISION OF ENDOCRINOLOGY & METABOLISM

## FELLOW PROFILE - Sarah Lee



### *Tell us a little bit about yourself.*

I grew up in Glenview, Illinois, and moved to Omaha, Nebraska, when I was ten. I graduated from the University of Nebraska – Lincoln with majors in Spanish and chemistry and a minor in math. After college, I spent a year in Daegu, South Korea, on a Fulbright English Teaching Assistantship teaching at an all-girls middle school and serving as a cultural ambassador for the US. The following year, I spent a year in the Philadelphia Health Corps, an AmeriCorps program, as a refugee health associate helping newly resettled refugees navigate the health system. I then returned to Omaha for medical school at the University of Nebraska Medical Center. I was in Richmond, Virginia, for an internal medicine residency at Virginia Commonwealth University. I then excitedly moved to Charlottesville for my fellowship in endocrinology at the University of Virginia. I will graduate in June 2022.

### *Why Healthcare?*

Navigating the health care system can be intimidating for many people. Add a language, cultural, and socioeconomic barriers, and it can be even more so. From accompanying my non-native English speaking parents to their appointments growing up, I recognized the importance of clear and effective communication for successful relationships in health care. I love medicine for the critical thinking and application, and endocrinology for the generally long-term relationships with patients and ability to provide individualized care.

### *What brought you to Charlottesville?*

I was impressed and drawn to the collegiality and support within the department and the variety of endocrinology cases we see.

### *What excites you about your work?*

Meeting patients of all backgrounds and using the knowledge and tools we have to provide impactful and empowering healthcare.

### *Proudest/greatest achievement outside the professional realm?*

I am most proud of pushing myself to spend time abroad and learning to adapt to these settings. Studying Spanish in college provided me with some unique opportunities, including traveling to various Spanish-speaking countries for volunteer work and study abroad programs during college and medical school. Between living with host families in Korea, Costa Rica, Peru, and Nicaragua, learning to get around with public transportation, and teaching in another country, I pushed myself out of my comfort zone and learned a lot about resilience and problem-solving.



### *Next life?*

Start my career as an endocrinologist! Location to be determined.

### *What are you usually doing in your spare time?*

Pre-COVID: I love traveling and planning mini-weekend trips, spending time with friends and family when I could, watching musicals, and trying new restaurants. Nowadays, a lot of cooking (trying to work on my Korean) and baking, gardening (in the summer), listening to true crime podcasts, and spending some time outdoors.

### *Favorite vacation/activity spot?*

I love the city of Philadelphia – Chinatown, Reading terminal market, Walnut Street shopping, the restaurants, the murals, and the cheesesteaks.

### *Most admired person, and why?*

My sister, Grace, who is a transplant surgery fellow in New York. She is passionate about life and works harder than anyone I know. She has been a role model and guiding light for me throughout my life.

### *What about you would surprise us?*

I played the electric guitar, violin, and piano growing up (not so much anymore), I am a Kappa Delta alumna, and I watch every episode of jeopardy!



# DIVISION OF ENDOCRINOLOGY & METABOLISM

## FACULTY PROFILE - Sue Brown



*Tell us a little bit about yourself.*

I moved around a lot growing up, including spending four years in Germany, and eventually, my family settled in a small town outside of Harrisburg, PA. I stayed in-state for my undergrad at the University of Pennsylvania in Philadelphia, studying Economics and French. After college, I spent a few years as an analyst in Washington, D.C. I then headed back to Medical School at the University of Virginia. I went to the University of North Carolina at Chapel Hill and completed an internal medicine residency, stayed for an additional Chief Year, and continued for a fellowship in Endocrinology. I was then on faculty at UNC before joining the Endocrine Division at UVA in 2005.

*Why Healthcare?*

I had always thought I wanted to be a doctor, even though no one in my family was in healthcare. I believe that working in healthcare has a lot of potential to do “good in this world” yet has many challenges to overcome. I was not ready to go to Med School straight out of college because I needed to earn money for tuition, and I had a lot of interests that I wanted to explore. I ended up working for three years in the “real world” before Med school, and that was probably the best thing I did to prepare for committing myself to work in healthcare.

*What brought you to Charlottesville?*

We love the college-town atmosphere, the proximity to the mountains and yet it is not too far from the beaches. My husband and I both came back to UVA because it was a great place to raise kids, and we wanted to work with people we enjoyed being around from our days in medical school.

*What excites you about your work?*

Never a dull day! There is always something new each day—either something I learn from a patient or colleague or a new endeavor we are working on. I feel quite fortunate to be in a field that is so engaging.

*Proudest/greatest achievement outside the professional realm?*

My family, of course!

*Next life?*

There are so many things I would love to do... they include riding my bike across the U.S. and Canada with my family, driving around in an R.V. or something along those lines, and touring the national parks. And I never seem to have found the time to join the Peace Corps, but I have always wanted to do so.

*What are you usually doing in your spare time?*

Hanging out with my family, biking, traveling, going to UVA basketball games.

*How did you meet your partner?*

We met at our first job out of college when we worked as analysts for a company in Washington, D.C. I started my first day accidentally wearing two right shoes, but somehow it all worked out!

*Favorite vacation/activity spot?*

Ah so many. We love to ski, so anywhere there is snow, and second-up would be the North Carolina beaches where we spent many days when we lived in N.C. when our kids were young.

*Most admired person, and why?*

I am so lucky to have many role models and people I admire, but I have to settle on my mom—for her warmth, never-ending sassy humor, and generally sunny outlook on life who always seemed to see the best in people.

*Best advice anyone ever gave you?*

It is not what you do but how you do it.

*What about you would surprise us?*

I have run in six 200-mile relay races with my family and friends (on the first one, we ran from Crozet to Williamsburg)... it is surprising because those that know me know that I run like a turtle!

