

MEDICINE

NEWS FROM THE DEPARTMENT OF MEDICINE

MATTERS

MESSAGE FROM THE CHAIR

AUGUST 2023



I wanted to lead off with some amazing news regarding our research mission this month. In the last several years, the amount of extramural funding support coming to the Department of Medicine averaged about \$60-65 million. Given the COVID-19 pandemic, remaining stable was laudable. However, through a combination of some critical recruitments as well as new grants to existing faculty, our funding has risen to more than \$80 million. This is incredible and a testament to

the outstanding research being performed in the DOM.

In addition, I am so proud that our research model includes a combination of basic and clinician investigators. Indeed, the core research faculty in the Department has over 60 PhD research scientists that are absolutely critical to our mutual success. I want to highlight two scientists, Dr. Jie Sun and Charles Chalfant. Dr. Sun's laboratory is a world leader in the study of respiratory tract immunology, and he has done critically important research on COVID-19. Dr. Chalfant's laboratory studies cell signaling associated with bioactive lipids and RNA splicing with a focus on basic science mechanisms related to cancer, wound healing, and inflammation. In both cases, these labs are providing critical insights into human disease. I encourage you to look up their groundbreaking work and my thanks for their contributions to the University of Virginia and beyond.

One reminder that we will have monthly town halls starting in August that will highlight various aspects of the Department, and I welcome your suggestions for topics or questions. Enjoy this month's Medicine Matters, which highlights the Division of Nephrology, a world leader in the area. The Division provides outstanding clinical care throughout Central Virginia and is an excellent example of a clinical program that has grown exponentially. In addition, faculty in the Division (led by Dr. Mark Okusa) are recognized world leaders in their areas of specialization. They include Rasheed Balogun for plasmapheresis, Adam Campbell for kidney stones, the entire kidney transplant team, and many others. I encourage you to read and learn more about your colleagues.

With best wishes,

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

 UVA Health | DEPARTMENT OF MEDICINE

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

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

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



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[MINDFULNESS MATTERS](#) . . . ▶

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UVA Health

DOM UPDATES & NOTES

DOM Financial Update

Department of Medicine Summary of Consolidated Financials FY21 as of June 2023

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	1,207,347	1,190,138	(17,209)
Clinical Receipts (NPSR)	80,212,899	77,533,072	(2,679,827)
Total Revenues	209,307,616	220,123,293	10,815,677
Total Expenditures	207,149,538	214,223,916	(7,074,378)
Net Income	2,158,078	5,899,377	3,741,299

Summary Explanation of Variance:

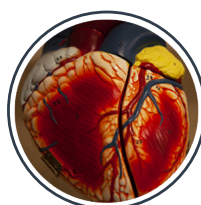
For the fiscal year through June 2023, DOM reported a consolidated net gain of \$5.9M and a favorable variance to YTD net income budget of \$3.7M. Clinical receipts underperformed budget by \$2.7M due to unfilled positions, delayed starts, reduced bed capacity open and unsigned encounters and unplanned leave. Total revenues variance includes \$61M unbudgeted grants revenue, \$3.2M unbudgeted clinical deficit coverage revenue, \$319K unbudgeted academic funds fbw true up and \$494K net unbudgeted gifts and indirect recoveries. Total expenditures variance includes \$6.7M unbudgeted research spending, \$1.9 deficit coverage expenditures, \$621K unrealized expense reduction contingencies and \$2.1M savings in personnel charges



Christopher Kramer MD



Scott Heysell MD



Heart & Vascular Center



Heather Ferris MD



Neeral Shah MD



Anne Tuskey MD

Awards and Achievements

Congratulations to **Dr. Christopher Kramer** (Division of Cardiovascular Medicine), who has been announced as the next Vice President of the American College of Cardiology (ACC). In subsequent years, Dr. Kramer will also become the President of the ACC (2025-2026). This distinction recognizes his excellence as a clinician, researcher, and educator. It is a huge honor, and we are proud to have Dr. Kramer as a leader in the Department of Medicine and a colleague.

Congratulations to **Dr. Scott Heysell**, (Division of Infectious Diseases), who has been named director of the Center for Global Health Equity effective July 1, 2023. Dr. Hysell, the Thomas H. Hunter Associate Professor of Internal Medicine, primarily cares for patients with the human immunodeficiency virus, or HIV, and tuberculosis and also researches infectious diseases' impact on international health. [Read more...](#)

Congratulations to **UVA's Heart & Vascular Center** which has been named to Becker's 2023 list of 100 hospitals and health systems with great heart programs. In its introduction to this year's list, the national publication says the honored institutions "are renowned for their exemplary heart care, patient outcomes, and leading technologies." Institutions that conduct research, such as UVA Health, also contribute to "innovative breakthroughs in the field of cardiology," Becker's notes. **Christopher Kramer, MD**, UVA Health's chief of cardiovascular medicine, said the award highlights the comprehensive care available at UVA Health and the quality of the team providing that care. [Read more...](#)

Congratulations to **Dr. Heather Ferris** and team on their new Alzheimer's research that suggests that enhanced light sensitivity may contribute to "sundowning" – the worsening of symptoms late in the day – and spur sleep disruptions thought to contribute to the disease's progression. [Read more...](#)

Congratulations to **Dr. Neeral Shah**, elected as our next American College of Gastroenterology Governor of VA. And thank you, **Dr. Anne Tuskey**, for serving as our ACG Governor for many years, including during the Covid-19 pandemic. Anne's work with ACG to advocate for patients and GI physicians in Virginia and nationwide has been fantastic. She has represented us at the ACG Board of Governors and the state and federal legislatures. Our combined societies won several important battles when Anne was our ACG Governor (including complete coverage of colonoscopies done for CRC screening and modifying United Healthcare's stance on requiring prior auth for all endoscopic procedures). Anne has been an excellent representative for UVA and our Division, and she continues her societal leadership and work through ACG and our other national organizations.

Neeral will take over from Anne in October, and the transition will occur during the ACG's Annual Scientific Meeting. Neeral will be a great advocate for us and our field. He will also continue as an Associate Editor for the American Journal of Gastroenterology, the ACG's flagship publication.

Thanks to all who voted to support Anne and Neeral. Thank you, Drs. Shah and Tuskey, for your service and leadership!

DOM UPDATES & NOTES

Excellence in Clinical Care



Karen Duffy NP



Lindsay Somerville MD



Indumathy Varadarajan MD



Brian Behm MD



Timothy Kyin MD



Subodh Pandey MD



Teresa Artale FNP



Jae Hee Yun MD



Steven Philips MD



Stacy Park MD

Excellence in Research



Kaitlin Love MD



Enrica Marchi MD PhD



Sanja Arandjelovic MD



Andrew Parsons MD



David Feith PhD



Jeffery Wilson MD



James Platts-Mills MD



Carol Gilchrist PhD

Excellence in Mentorship



Alan Dalkin MD

**Congratulations to School of Medicine's
Graduating Residents and Fellows**

WATCH THE VIDEO

DOM UPDATES & NOTES

Excellence in Teaching



Meaghan Stumpf MD



Benjamin Martin MD



Timothy Scialla MD



Paul Katzenstein MD



Anubhav Kumar MD



Kathleen McManus MD

Outstanding Staff Contributor



Javanov Barksdale



Sandra Draper



Mary Lenahan



Cathy Brown RN



Lisa Workman



Caroline McCormick



Brittany Davis



Andrew Bowen



Amanda Scott



Charlotte Lewis

Excellence in Administration



Nadine Knight

Outstanding Team Contribution



Hospital Medicine "Nocturnist Team"

Women in Medicine Excellence Award



Susan Kirk MD

Diversity, Equity & Inclusion Award



Kelly Davidson MD

Outstanding Contributor Award



Costi Sifri MD

In Memoriam: Dr. Gerald Mandell



Jerry Mandell arrived in Charlottesville from New York/Cornell in 1969 to start the Division of Infectious Diseases at UVA. He was brought by Ed Hook, who was then the new Chair of Medicine here. His career and impact on the field of infectious diseases was magnificent. He was a giant in Infectious Diseases and left a giant legacy. He served as Chief of the Division at UVA his entire career and was the Owen R. Cheatham Professor of the Sciences. His research involved seminal work on the phagocyte and how it kills bacteria. He held numerous NIH grants, including an NIH Merit award, and started the UVA Infectious Diseases Training Grant, now in its 47th year. He authored 131 scientific publications and 183 book chapters. He was the lead editor of the classic clinical textbook of our field, "Mandell, Douglas, and Bennett's Principles and Practice of Infectious Diseases," now in its 9th edition. He was President of IDSA in 1994, a member of the Institute of Medicine, and served on numerous national advisory boards on infectious disease threats. As he said at our UVA Infectious Diseases 50th-year celebration, "Our raison d'être was to train academicians including clinicians, teachers, and researchers with a goal of each fellow having all of the attributes." Beyond these many accolades, he will be remembered for his personal qualities - a sharp clinician with a quick wit, he had high standards, and brutal honesty. We learned a lot from him.

COME SEE HOOS RUNNING WITH GIM!

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

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

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

Contact Kim Kelley-Wagner
kak2cj@virginia.edu
434.328.0680

MINFULNESS MATTERS A Newsletter from the UVA Mindfulness Center



FOLLOW THE DEPARTMENT OF MEDICINE

DEPARTMENT OF MEDICINE
MEDICINE GRAND ROUNDS
UNIVERSITY OF VIRGINIA

In the News

Ask the Expert | Dr. Antonio Abbate (Daily Progress)

Ask the Expert | What is the connection between inflammation and heart disease?

Heart disease is the most common cause of death in the world. There are many recognized risk factors for heart disease, like high cholesterol, high blood pressure, diabetes and tobacco use.

[READ MORE](#)



UVA Cancer Center's Cutting-Edge Immunotherapy Soon Available With No Hospital Stay (Medicine in Motion News)

Based on evaluations by UVA Cancer Center's treatment team, appropriate patients will be able to receive chimeric antigen receptor (CAR) T-cell therapy as outpatients in the infusion center at UVA Health's Emily Couric Clinical Cancer Center. The outpatient treatment option will mean patients can receive care in a more comfortable setting, said Indumathy Varadarajan, MD, a UVA Cancer Center oncologist who is leading the program.



[READ MORE](#)

UVA Study Will Help New Moms in Bangladesh Recover From ANemia (UVA Today)



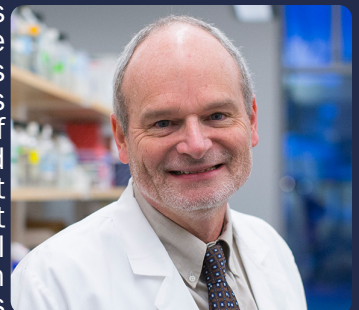
Here's an understatement: Childbirth can be taxing. The process drains the blood of iron, adding to postpartum fatigue, which can lead to life-threatening anemia in up to 25% of new mothers.

Dr. William Petri of the University of Virginia returned Friday from Saidpur, Bangladesh, where he and two doctoral candidates spent a week setting the stage for a hospital trial to combat postpartum anemia. The new medical protocols at the country's LAMB Hospital start this week.

[READ MORE](#)

Dr. William Petri | Lions, Bears and COVID: An Update for the Summer (Daily Progress)

Animal behavior has been subject to the impact of humans for ages. Part of this impact is alteration of the land with roads and habitat destruction, but another important part is limitation of animal mobility by our own mobility. This suggests that we may be able to improve the environment for animals by changing human behavior, perhaps by changes in the frequency or volume of traffic on existing roadways.



[READ MORE](#)

In Media

Episodes of the Podcast, “This Medicine Life” with Dr. Taison Bell

Check out a podcast called “This Medicine Life,” with DoM host Taison Bell, MD

Episode 6 of This Medicine Life is up! Dr. Bell sits down again with Dr. Kat Egressy from the University of Virginia

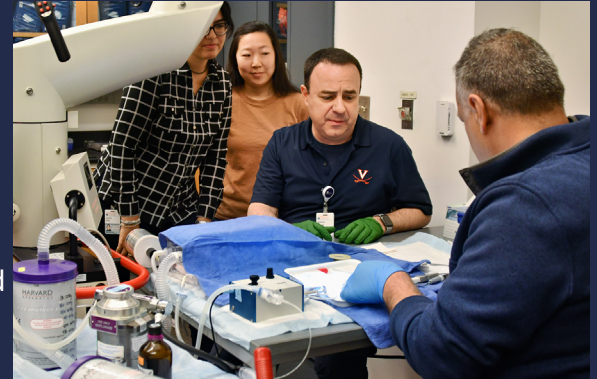
Department of Medicine to discuss her trip to Ukraine. We cover providing care in a conflict zone, cultural identity, and much more.



[CLICK TO LISTEN](#)

Anakinra Vs Heart Inflammation: UVA Health Leads Research into Future Heart Failure Treatments (Physician Resource)

Heart failure, affects close to 7 million Americans a year. In 2017, the American Heart Association projected that heart failure incidence would increase by 46% by 2030.



Antonio Abbate, MD, PhD, medical director of the Exercise Physiology Laboratory, studies anti-inflammatory therapies that can prevent heart failure after a heart attack and reduce inflammation in patients already experiencing heart failure.

[READ MORE](#)

Research in Motion

Eric Houpt, MD Professor, Division of Infectious Diseases & International Health

“The main focus of my research is to develop molecular tools, think of it like a magnifying glass, that can really finely diagnose the cause of different infections. We apply this to lung diseases, childhood infections, and diarrheal diseases.” —Eric Houpt, MD

[WATCH VIDEO](#)

SHARE YOUR TRADITIONS AND CELEBRATIONS WITH US!

Email Kim Kelley-Wagner
kak2cj@uvahealth.org

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[FOLLOW UVA ENDO](#)

[FOLLOW UVA CARDIO](#)

[FOLLOW UVA NEPHROLOGY](#)

[FOLLOW UVA PULMONARY](#)

Many people are tired of grappling with long COVID—here are some evidence-based ways to counter it (The Conversation)

There are many names for the condition: long COVID, long-haul COVID, post-acute COVID-19 syndrome and chronic COVID.

Patients report that their symptoms, or the severity of them, fluctuate over time, which makes diagnosis and treatment difficult.



[READ MORE](#)

DOM UPDATES & NOTES

Charlottesville's Best Kept Secrets

We asked you to tell us some of your favorite best-kept secret spots in the Charlottesville area, and here are the first of the results (keep them coming). From lesser-known hiking trails to out-of-the-way eating establishments, shops, and entertainment venues. You've recommended a variety of fabulous places to check out if they are new to you. In the coming issues, we plan to expand on some of these areas and why you think they are unique. If you are interested in telling us more about your favorite venue, let us know [HERE](#) or email us at: kak2cj@uvahealth.org to learn more.

[Bearr Appetit Restaurant at Lydia Mountain](#) - Has indoor and outdoor dining amidst stunning mountain views. Warm and friendly service in the fresh mountain air while savoring Chef Michael's mouth-watering dishes that celebrate the region's natural flavors. *Donna Rogers (Division of Cardiovascular Medicine)

[Paddleboarding on Ragged Mountain Reservoir](#) - along with the Rivanna River above the dam, Beaver Creek, or Chris Greene Lake, is a fun, relaxing activity—the perfect combination of exercise and mindfulness. *Christine Eagleson (Division of Endocrinology)



[Carter's Mountain Orchard](#) - is just minutes from downtown Charlottesville and Monticello. The mountain has lush groves and stunning views of the valley below. It's a popular destination for families and friends to pick crisp apples and sweet peaches while enjoying the fresh mountain air. *Caleb Martin (Division of Infectious Diseases)

[Decades Arcade](#) - An all-you-can-play-for-one-price arcade with games of all kinds, including pinball machines from the 50s to the present, table games such as air hockey, and of course, the best of the 80s and 90s video game machines. *Caleb Martin (Division of Infectious Diseases)

[The Tea Bazar](#) - A vegetarian restaurant and eclectic tea house on the historic downtown mall serving a wide variety of specialty teas and light vegetarian dishes and desserts. *Caleb Martin (Division of Infectious Diseases)

[Monticello Trail](#) - With native hardwood forests, deep ravines, and spectacular views of the Blue Ridge Mountains, the trail winds toward Monticello and back in a manageable four miles. The Saunders-Monticello Trail and park system are open to the public daily. *Caleb Martin (Division of Infectious Diseases)

[Low](#) - A vintage store off the downtown mall. It has a wide variety of carefully curated items with a background history tag that makes the pieces come alive. So much character, and it could easily be missed being on a side street. *Kara Watts (Division of Cardiovascular Medicine)

[Knight's Gambit Vineyard](#) - Delicious wines, breathtaking views, and friendly horses. *Josh Colston (Division of Infectious Diseases)

[Moose's by the Creek](#) - A laidback diner where you can get a picture with the moose antlers hanging on the wall and a "mimosa!" *Anita V-J (Division of Nephrology)

[The Garage](#) - An art space/concert venue/amateur film theater/impromptu studio/potluck dining hall/etc located on 1st Street across from Emancipation Park. *Ben Horton (Division of Endocrinology)

[Daedalus Used Books](#) - Three floors of out-of-print books, book searches, specializing in fiction. 100,000 books! Ben Horton (Division of Endocrinology)

[Rivanna Roots Summer Concerts](#) - A family-friendly outdoor concert series held on the banks of the Rivanna River. Sitting and listening to music by the river with family and friends is fun. Bring food or get it there from trucks. My teenage kids and friends often play in the river while we listen to music. *Amy Mathers (Division of Infectious Diseases)

[Baked on the James](#) - in Scottsville. The best cupcakes ever! *Tammy Tedsen (Division of General & Hospital Medicine)

[Bodo's](#) - will slice your bagels if you ask for them "cut." There is a catch, though, as they dry out faster, so you must consider the cost-benefit ratio. *Jess Dreicer (Division of General & Hospital Medicine)

[Now and Zen](#) - The best sushi! *Heather M Haughey (Division of Infectious Diseases)



DOM UPDATES & NOTES

Charlottesville's Best Kept Secrets

The JMRL Library Book Sale - though it may not be a secret, it is surprising how many people don't know about the book sale that happens twice a year. They have books on every topic, including a huge selection of children's and YA books which is great if you have young readers. The prices are phenomenal, and the proceeds go back into supporting our library system and programs. The next sale should be in the fall of 2023. *Danielle Richardson (Division of Rheumatology)

Peacock Auto - Everyone needs a good auto mechanic. Joe Peacock, a UVA grad and team, provides quality, professional, and personal service. *Mark Okusa (Division of Nephrology)

Firefly - an old-school gaming arcade. *Tyler Lienhart (Division of Infectious Diseases)

Going the back way to the **Appalachian Trail up Jarmans Gap Road**. *Christopher Kramer (Division of Cardiovascular Medicine)

Preddy Creek Park - is a great easy mountain biking trail that is fast, flowy, and fun. *Heather M Haughey (Division of Infectious Diseases)

The Blue Ridge Swim Club - A shady, cool, bohemian, spring-fed swimming pool in a bucolic setting. *Evan Heald (Division of General & Hospital Medicine) and *Chelsea Marie Braun (Division of Infectious Diseases)

The Jason Stevens Trail at Kemper Park - A real "hike" right in town! Far less crowded than other, more popular walking trails. When the trees are bare in the fall and winter, you also have some excellent views of Charlottesville. *Stacy Park (Division of Infectious Diseases)

Bearfence Mountain Hike - A 1.5-mile hike with some rock scrambling to a 360 view of the Blue Ridge. It's easier and shorter than Old Rag. *Mo Nadkarni (Division of General & Hospital Medicine)

Bobby Morris Auto Body - An auto body shop that does great repair work for thousands less than their competitors. *Mo Nadkarni (Division of General & Hospital Medicine)

Beaver Creek Park - A 219-acre park with trails and a 104-acre fishing lake that offers fishing, boating, hiking, and scenic views. *Samina Afreen (Division of Endocrinology) and *Yong Huang (Division of Pulmonary and Critical Care)

Pollak Vineyards - The wine and food are wonderful, and there is a beautiful little lake, grassy fields for the kids to explore, and fantastic mountain views. *Monica Lawrence (Division of Asthma, Allergy, and Immunology)

Timberwood Restaurant's chocolate mousse pie is the best dessert in Charlottesville! *Mo Nadkarni (Division of General & Hospital Medicine)



Nguyen's Kitchen - A newish Vietnamese and Korean place on 29N. *Danielle Richardson (Division of Rheumatology)

Basic Necessities - Simple French cuisine in the back of the wine shop in Nellysford with about four tables. You pick your wine off the shelf. It's a true gem! *Andy Wolf (Division of General & Hospital Medicine)

Our local farming community and **CSA** availability. In particular, **Bellair Farm** has many CSAs (community-sponsored agriculture), including veggie, meat, dairy, and fruit. They share a weekly newsletter discussing their farming practices and recipes that use their fresh products. The farm also welcomes visitors for tours and "pick your own" produce for free for CSA members. A great way to support local agriculture, eat healthy, and positively impact the environment. *Meghan Geraghty (Division of General & Hospital Medicine)

DOM UPDATES & NOTES

Charlottesville's Best Kept Secrets

City Spray Grounds - There are four around the city, all next to playgrounds/picnic areas, so it's easy to make a half day of it. *Tri Minh Le (Division of Hematology/Oncology)

Aromas Cafe and Catering - is located in the Forestry Building, so it may be off the beaten path. Hopefully, everybody knows about it because the food and service are fantastic. If you're near Fontaine Research Park, it's a great place to meet your colleagues for lunch! *Meg Stumpf (Division of Endocrinology)

Old Mills Trail - is a lovely walk along the Rivanna, starting at the Free Bridge. It's less busy and more interesting than the Riverview Trail on the other side of the river. *Ira Helenius (Division of General & Hospital Medicine)

Sour Dough English Muffins at Belle Cafe in Belmont - Delicious! But prepare to stand in line on weekend mornings. *Ira Helenius (Division of General & Hospital Medicine)

Riverview Park - is a nice walk through the woods on a paved trail, then wander to the river. *Tri Minh Le (Division of Hematology/Oncology)

McGuffey Arts Center - is one of the oldest artist-cooperatives in the country, housing 45+ renting artists within the building and 100+ artists in the center's association. It showcases its members works through exhibitions and encourages community support and participation by holding classes, workshops, and events. It is located one block from the downtown mall. *Kim Kelley-Wagner (DoM Administration)



Wildrock, in Crozet - is staffed by naturalists, teachers, mental health professionals, musicians, and artists. It has a huge outdoor natural play area where there is all sorts of fun to be had. It's only open to visit on certain days and times, and you need to buy a ticket beforehand. *Tri Minh Le (Division of Hematology/Oncology)

Sugar Hollow/Blue Hole - is a short hike to a swimming hole fed by a small creek. *Tri Minh Le (Division of Hematology/Oncology)

The Teeny Tiny Trifecta at Second Street Gallery - is an annual group exhibition and fundraiser. All artwork is 8" or smaller, and each Virginia artist, most from the Charlottesville area, has submitted three works priced at \$100. each. It's an excellent opportunity for collectors of all budgets to own a work of art by some of their favorite artists. This year's exhibition will be held September 1 - 29, 2023 and includes over 150 artists. *Kim Kelley-Wagner (DoM Administration)

**FOLLOW UVA WOMEN IN
INTERNAL MEDICINE
NETWORK**

**WELCOME
NEW FELLOWS
TO THE
UVA
DEPARTMENT OF MEDICINE**

DIVISION OF NEPHROLOGY

Message from Mark Okusa MD, Nephrology, Division Chief



Mark Okusa MD

We are grateful to have an exceptional Nephrology team! As we remain COVID-19 vigilant, our extraordinary team never ceases to astonish us with their unwavering dedication and productivity. This year, we take immense pride in acknowledging a host of faculty, fellows, researchers, and staff for their laudable accomplishments, nationwide recognition, newly acquired grants, published papers, and significant milestones. The joy of removing our masks and returning to face-to-face interactions is beginning to sweep across our health system. A resurgence of tangible normalcy in the form of hybrid seminars, conferences, and, most importantly, in-person meetings are becoming increasingly prevalent.

We went en masse to ASN Kidney Week in Florida, united for Kidney Health. Once more, we could engage in person in compelling and thought-stirring presentations. Additionally, the joy of reconnecting with friends and colleagues, some unseen since 2018, added a heartfelt warmth to the conference.

We resumed hosting our Visiting Professor Program – in person-facilitating networking, collaborations, and education. This year we hosted three successful endowed lectureships. Dr. Katalin Susztak, was our Philip C. Liverman Distinguished Lecturer, and we were delighted to have Thierry Liverman join us for dinner at the Colonnade Club. He spoke with remembered emotion about his brother Philip, for whom this lectureship is named. Established in 1986, it is the longest-running lectureship/endowment in the Department of Medicine.



Our W. Kline Bolton Distinguished lecturer was Dr. Paul Palevsky, and Dr. Mark Perazella was our Nuzhet O. Atuk lecturer.

Our ever-evolving Division looks for new ways to treat our patients. We started a stone clinic, created an education suite for our fellows, and incorporated KDSAP into our outreach efforts. The transplant team is slated to open an innovative new kidney and pancreas clinic early next fiscal year, including on-site echocardiography and an outpatient treatment



center with infusion capabilities. The recent Supreme Court ruling made us even more committed to examining and incorporating diversity and inclusion into every aspect of our Division. Most importantly, we would like to highlight two patient-centric programs that we supported.

~ Mark Okusa, Division Chief



UVA Health

DIVISION OF NEPHROLOGY

KDSAP – Kidney Disease Screening and Awareness Program



We recently became a Chapter of the Kidney Disease Screening and Awareness Program. Under the guidance of Dr. Li Li Hsaio, Director and founder of KDSAP at Harvard Medical School, our enthusiastic undergraduates and their mentors trained to participate in outreach clinics for underserved populations who cannot afford healthcare or do not trust healthcare institutions. KDSAP has two key objectives: student career development and community outreach. These screenings can inform community members about their overall health and if they have clinical test results that indicate chronic kidney disease (CKD). CKD is a silent disease; 1 in 7 Americans have CKD, but 90% do not know if they

have it. Early detection, like through a KDSAP free kidney health screening, is vital in identifying those with kidney disease and in slowing the progression of CKD. We had our first screening at Mt. Zion First African Baptist Church on March 25, 2023, where the UVA KDSAP team screened 35 patients and picked up a few patients with hypertension, hematuria, and/or proteinuria. Our thanks go out to **Marissa Yee** (UVA 4th yr) and **Dr. Tushar Chopra** for leading the effort and the rest of the incredible undergraduates, faculty, staff members, and of course, **David Simmons** for coordinating with Mt Zion FABC. News outlets were there to cover the event, calling it their “top story.”

UVA Food Pharmacy. Under the leadership of **Leslie McPhatter**, Assistant Clinical Nutrition Manager – Renal Nutrition, we continue underpinning our unwavering commitment to our patients; the UVA Dialysis Program launched an on-site Food Pharmacy in March 2020. This initiative, fueled by a generous grant from the Blue Ridge Area Food Bank (BRAFB), was designed to enhance our patients’ access to kidney-friendly, nutritious food.

As of July 2023, our food pharmacy seeks continued funding to maintain its valuable services. It caters to approximately 300 patients across 6 of our 12 dialysis units. The enduring aim is to broaden this service to all our dialysis units, as food insecurity continues to be a significant challenge for many patients. Our ongoing dedication to patient welfare drives this effort, underlining our commitment to offering comprehensive care that addresses medical needs and nutritional well-being. This year the Division of Nephrology/CIIR, through an endowment from the Ralph Cohen Fund, provided a significant gift to the Food Pharmacy Program.



DIVISION OF NEPHROLOGY

Education Updates



We graduated four fellows Parker Hughes, Varsha Pothula, Nam Ha, and Sudipa Chowdry, and celebrated their two years with us at Darden.

incorporating innovative conferences. This latter conference has been a remarkably enduring and excellent conference.

We developed subspecialty nephrology electives such as a point-of-care ultrasound elective with Dr. Kumar and a subspecialty CKD (chronic kidney disease) elective with Drs. Cavanagh and Renaghan. Dr. Kumar's outstanding contribution to our educational mission earned him the Department of Medicine's Educational Excellence Award in 2023. We continue to enhance fellow's elective experience by developing a palliative elective with Dr. Blackhall and an apheresis elective with Dr. Balogun.

We had an exceptional year for our fellowship program. UVA Nephrology maintained its ACGME (Accreditation Council for Graduate Medical Education) accreditation of 2-year clinical adult Nephrology fellowship training and a 3-year Clinical/Research fellowship via the IGNITE-KUH award by the National Institute of Health. We have a comprehensive educational curriculum



Our UVA Nephrology fellows have excelled academically with excellent representation at the National Kidney Foundation and American Society of Nephrology meetings with poster presentations and several manuscripts.

At our reception and in the Poster Hall, previous fellows showed up to cheer on the new. They worked incredibly hard during the year and won awards for their efforts.



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Nephrology
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DIVISION OF NEPHROLOGY

Education Updates



They also took time out to surf the ASN waves, and at the holiday party, they dropped their masks, went full-on Karaoke, and danced the night away.

We had 100% recruitment for our incoming class of 2023 - 2025, with a stellar group of candidates from all facets of America. We are thrilled to welcome: Michelle Tran, Abdallah Abdelrazeq, Sindu Marampudi, Alexander (Sasha) Gogoli, and one transplant fellow Iram Rafique.

Our associate program director, Dr. Corey Cavanaugh, and his wife, Brittany, will move closer to family and relocate to the Cleveland Clinic (see below). Dr. Amanda Renaghan has been appointed as our new associate program director. We are very excited that she will work with Dr. Tushar Chopra, our Program Director, to provide exceptional training for our fellows.

Nephrology Fellows - Class of 2025



Abdallah Saleh Abdelrazeq, MD
Residency: University of Missouri-Kansas City School of Medicine

Fun Fact: During my school days, I used to actively participate in concerts, showcasing my passion for singing.



Alexander Olegovich Gogoli, DO
Residency: EVMS Medical School

Fun Fact: As an individual with a multicultural background, English is my second language, while Russian is my first.



Sindhu Krishna Marampudi, DO
Residency: Rowan-Jefferson, New Jersey

Fun Fact: In my earlier years, I used to play the piano passionately, but my focus shifted as I pursued my medical education.



Michelle Tran, MD
Residency: University of Virginia

Fun Fact: I am the odd one out in my family as the only medical doctor. Everyone else in my family is in engineering, which has given me unique insights into diverse professional perspectives.

DIVISION OF NEPHROLOGY

Clinical Updates

UVA Stone Clinic - The Division continues to exceed all expectations from an in-patient to an outpatient setting. While we have a growing subspecialty area that includes glomerulonephritis and onconeurology, **Dr. Adam Campbell** has been working with our Urologists at the UVA Stone Clinic at Fontaine. He sees complex patients with nephrolithiasis and co-manages them with Urology staff.

Polycystic Kidney Disease Center of Excellence - The University of Virginia was selected as a PKD Center of Excellence by the PKD Foundation. **Dr. Mitch Rosner** led this effort and is one of only a dozen centers in the US. The term is for three years, from 11/15/22 to 11/15/25. The program's mission stands on three pillars: 1) Understanding PKD through research, 2) Ensuring better care for all individuals with ADPKD, and 3) Educating and empowering the community.

UVA at Lynchburg - will receive a boost this year as two outstanding nephrologists dedicated to the Lynchburg/Farmville area began service this month. **Dr. Hanna Zaraket** has been the sole nephrologist managing UVA at Lynchburg practice. However, **Dr. Hasan Iftikhar** (Farmville) and **Dr. Varsha Pothula** (Lynchburg) began seeing patients last week along with our nurse practitioner, **Joanne Anderson** (more below). We are now poised to pursue full-scale operations in the Lynchburg/Farmville area.

Transplantation - Under **Dr. Swati Rao**'s interim direction, the transplant program continues its outstanding performance. UVA's kidney and pancreas programs continue to grow, posting the highest numbers in their 55-year history. Patient survival, graft outcomes, and access measures remain excellent during this growth. The transplant nephrology team has spearheaded an extensive network of outreach sites across the Commonwealth (5 locations) to allow for greater patient access to the transplant programs. The team is slated to open an innovative new kidney and pancreas clinic early next fiscal year, including on-site echocardiography and an outpatient treatment center with infusion capabilities. Soon UVA will equip the program with a new state-of-the-art HLA laboratory coming online over the next few months. The kidney team is at the forefront of donor acceptance using ABO-incompatible donors, early adoption of hepatitis C + and COVID+ donors, Peds en bloc donors, and 2:1 high KDPI donors. With an active collaboration with the HLA lab, they have been able to perform transplants in highly sensitized patients.



The Division of Nephrology has an exceptional Advanced Practitioner Program led by **Leah Wayner, MSN, ACNP, CNN-NP**, and includes:

- **Danielle Wentworth, FNP-BC**
- **Laura Krause, MSN, FNP**
- **Larkin Muncaster, MSN, FNP**
- **Nina Stewart RN, APRN, FNP-C**
- **Diane Burns, FNP**
- **Kimberly Gahring, AGA-CNP**
- **Joanne Burkes-Anderson, AG-ACNP**
- **Karen Sumner, AG-ACNP**

They represent a significant academic Advanced Practitioner Program, and individuals provide a broad spectrum of clinical services, including outpatient dialysis, in-patient ESRD service, CKD education, and outpatient CKD clinic. The APPs host nursing and pharmacy students during clinical rotations. Leah Wayner is developing a national presence by advocating independent APP practice. She recently published a “perspectives” paper in the Clinical Journal of the American Society of Nephrology entitled: Promoting Independent Advanced Practice Nephrology Care: New Care Models to Advance Kidney Health. Her other UVA nephrology APPs are completing a follow-up manuscript on the same topic. On this topic, her abstract Advanced Practice ESRD Hospital Care was featured during the Opening Ceremonies and Reception at the National Kidney Foundation Clinical Spring Meeting on April 12, 2023, in Austin, Texas.

DIVISION OF NEPHROLOGY

Clinical Updates



Joanne Anderson AG-ACNP

When one of our Farmville-based nephrologists took medical leave for several months this past year, we were challenged to care for several local UVA patients with kidney diseases. Although several individuals stepped up, I would like to highlight four individuals. **Joanne Anderson** took over the entire practice in Farmville, handling all in-patient and outpatient cases in collaboration with attending physicians. **Nina Stewart** regularly made trips to Farmville to ensure all UVA Dialysis patients were cared for. **Dr. Hanna Zaraket**, based in Lynchburg, took calls almost daily for a year. Lastly, **Michael Wilkowski**, who many of you may remember as one of our most outstanding educators in the 1990's drove up from Georgia to spend several days a month for over a year to help cover the clinical practice. Many other attendings helped out during this period of time. We are incredibly grateful for their efforts to get us



Hanna Zaraket MD

to where we are today, in which we have a full complement of providers with the addition of **Drs. Hasan Iftikhar** and **Varsha Pothula** (see profile section).

Research Updates

It has only been three years since we hired **Dr. Sanja Arandjelovic**, Assistant Professor. While working with Dr. Kodi Ravichandran, former Chair Department of Microbiology, she made significant advances with publications in Nature, Nature Immunology, and Nature Communications. Naturally, when the opportunity arose, we were excited about recruiting her to the Division and Center. Her current work on tuning apoptotic cell clearance to maximize anti-inflammatory metabolite release could improve our understanding of cell clearance's impact on tissue health. Sanja's research findings challenge the dogma that posits that lingering/uncleared apoptotic cells increase tissue pathology in inflammation and have the potential to lead to the development of entirely novel therapeutic strategies for the treatment of inflammatory diseases like RA. This year Sanja received 3 NIH grants: an R01, R21, and R21 (notice of award that is pending). Three NIH grants in 1 year is an amazing feat for anyone, let alone a 3rd-year faculty member. She received the Department of Medicine's Research Excellence Award for 2023 for her outstanding contributions. We are incredibly proud to have this gifted scientist in the Division and Department. Oh, and the protein she studies is called Elmo1.



Sanja Arandjelovic PhD



Uta Erdbrügger MD

Uta Erdbrügger, widely recognized as one of the world's leaders in extracellular vesicle (EV) research, continues her groundbreaking work on novel bio-markers and bio-activators in vascular and renal disorders; in particular, she is testing disease and site-specific EV biomarkers in blood and urine with single EV flow cytometry. She is the Treasurer of the International Society for Extracellular Vesicles (ISEV), Associate Editor for the Journal for EVs, and co-Chair for the Annual Meeting in Seattle (May 23). Most recently, she received an American Diabetes Association grant entitled. Urinary extracellular vesicles characterize early diabetic kidney disease phenotypes.

Two years ago, the Division of Nephrology/CIIR, in partnership with VCU and Va Tech, received the coveted U2C/TL1 training grant. The Integrated Virginia Research Training Centers in Kidney, Urology, and Hematology (IGNITE KUH) is a pre-and postdoctoral research training program designed to address the increase in disease burden in the areas of kidney, urology, and hematology, where there is a shortage of the workforce to advance scientific discoveries and technology. We had our first very successful External Evaluation Board Meeting on May 28, 2023, in which three external advisors

(David Ellison, Oregon University, Greg Tasian, University of Pennsylvania, and Betty Pace, Augusta University) gave us excellent feedback. Our trainees gave impressive summaries of their research projects. The input will be instrumental as we plan for a competitive renewal application soon.

Research Updates

Baoshan He has recently been appointed Division/CIIR grants administrator. He holds a Master's in Account from Indiana University -Purdue University Indianapolis. He was the grant coordinator at the University of Kansas Office of Research. He is very experienced in pre-award and post-awards, and we are fortunate to have such a talented grants administrator.

Administration Updates

We have outstanding faculty and fellows and often receive high accolades, many others are critical in ensuring that the day-to-day operations remain highly functional and efficient. We truly have a talented core of administrative assistants, including those listed below.



Jane Beckert

Jane Beckert is a wonderful person and an exceptional administrator. She is a kind and jolly person who spreads cheer wherever she goes. Jane is organized, resilient, and resourceful, thus handling even the most complex tasks easily. She has an uncanny ability to anticipate the needs of the faculty and, more than likely, has already worked out a solution before you come to her with the problem. Jane loves the outdoors, and her eyes sparkle when she recounts her favorite hikes in the various National Parks. Jane is a true asset to the nephrology division, and we deeply value her support and wisdom.

Amy Thompson has a strong, steady work ethic and firm appreciation for deadlines which helps to form the backbone of our financial operations. She capably navigates the complexities of financial transactions, astutely manages reconciliations, meticulously tracks budgets, prudently approves expenses, and diligently ensures that our monthly financial reporting is always accurate and timely. Outside work, her love for music and crossword puzzles hints at her prowess in keeping us fiscally sound.

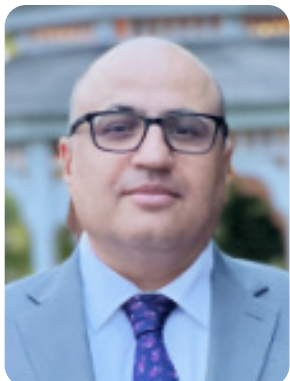


Jackie McCauley

Jacqueline (Jackie) McCauley has been a remarkable addition to our Division. She was initially focused on providing administrative support for the Nephrology Clinical Research Center, but others start calling on you when you do a great job. Now she has expanded her portfolio to assisting with CIIR seminar series and the U2CTL1 training grant providing outstanding support for these additional critical missions within the Division.

Mary Lenahan has a constant be-of-service attitude and always finds a way to “get it done.” What makes her most unique is her willingness to step in and help, no matter the challenge or what needs to be accomplished. She stands tall among high performers, and we are grateful to have her on our team. The faculty she supports is delighted with her performance, and she is undoubtedly a great example of citizenship and support of the missions of the Department of Medicine and well deserving of this award.

We welcome **Sheryl “Oria” Vaughn** as our Clinical Program Coordinator, Kidney Care First (KCF) Program, a Center for Medicare & Medicaid Innovation (CMMI) alternative payment model. Oria has jumped in and handling well a complicated program. We are grateful for her expertise.



Fawad Sohail

Fawad Sohail took over as the Nephrology Fellowship Coordinator last October, and we are thrilled to have him on board; he is a great contributor to his fellowship program. He completed his bachelor's degree in law and management from Kabul University. Before accepting this position, Fawad worked for the Charlottesville General District Court as a Deputy Clerk. Fawad moved to Charlottesville 10 years ago and lives here with his family. He has also worked for UVA Medical Center as a Health Unit Coordinator and worked for the International Rescue Committee. Fawad's life and administrative experiences have allowed him to interact with and relate to a diverse group of people. His strong computer technology skills, along with his legal background, will most definitely serve him well in his new education coordinator role. In his spare time, Fawad likes to hike, cook, play soccer and enjoys volunteering in the community.

Administration Updates



Caroline McCormick is the glue that keeps the Division together. Caroline has ensured a well-run invited speakers program, including three endowed lectureships. Her interface with visiting professors is critical; her effervescent and professional attitude and the meticulously arranged visits send a lasting impression of our Division to visiting professors. She has become instrumental in assisting in promotion and tenure portfolios and ensuring that the tele video system functions for meetings and conferences. Lastly, Caroline has become the resource for all administrative assistants. Whatever is asked, she approaches each request with a “can do” attitude. For these reasons, she was the recipient of the Department of Medicine’s Outstanding Staff Contributor Award for 2023.

Caroline McCormick

In Bob’s absence, we were grateful that **Nadine Knight** stepped in immediately and helped manage the Division through a critical period (Budget season!). As always, Russ Manley was there to backstop everyone and is continuing as our interim Division Administrator while managing the operations of the Department. Lastly, we are very excited that Lauren Swindell has joined our Division as Associate Administrator of Operations.

Accolades

We heartily congratulate the following faculty members for their achievements:

Dr. Mitchell Rosner was appointed global associate director for the *Americas at the Royal College of Physicians* (RCP). He is a fellow of the RCP and has been appointed on a four-year term, where he will help guide RCP activity in the Americas.

Dr. Mitchell Rosner, Director of the new *ADPKD Center of Excellence* sponsored by the *PKD Foundation*. The term is for three years, from 11/15/22 to 11/15/25.

Dr. Jeanne Kamal was elected by the *American Society of Transplantation’s* (AST) *Trainee and Young Faculty Community of Practice (TYF-COP)* as *Member-at-Large* for 2023-2025. **Welcome To The World**

Dr. Angie Nishio-Lucar was approved as an *American Society of Transplantation Fellow*. This is quite an honor, and we are proud of your achievements in advancing the transplant field. Selection requires a deep commitment through service and achievements. Only a handful are selected each year.

Dr. Rasheed Balogun was elected as the 13th Board Member and President-Elect of the *International Society of Apheresis* (ISFA). He will be President of ISFA in 2025.

Our esteemed faculty and staff persistently deliver top-tier performance in their designated fields, a testament to their ceaseless dedication and diligence. This year, we had the pleasure of witnessing multiple individuals being honored with the *Department of Medicine Excellence Awards*, including:

Sanja Arandjelovic PhD - Department of Medicine Excellence in Research, 2023

Anubhav Kumar MD - Department of Medicine Excellence in Education, 2023

Caroline McCormick - Department of Medicine Outstanding Staff Contributor Award, 2023

Rahul Sharma PhD - Dean’s Excellence in Faculty Research Award, 2022



Congratulations to Danielle and Brian Wentworth who welcomed son Cody on January 9, 2023. He loves watching big sister Arielle (3) bouncing in his bouncer, smiling, babbling, and pulling hair.

DIVISION OF NEPHROLOGY

Accolades

We celebrate the new journey that **Linda Deeds** embarks upon after her long tenure with us in Nephrology and CIIR. Undoubtedly, Linda played a pivotal role in our Division's research efforts and was instrumental in our successes since her arrival. Her consistent professionalism, calm demeanor, and collected approach to her work were deeply appreciated. We are grateful for her significant contributions as a valued Division member. Due to her outstanding abilities as a grants administrator, Linda has now transitioned to the School of Medicine's Grants and Contracts Office.



Dr. Corey Cavanaugh

of the Clinical Competency Committee bear testament to his dedication to our Division.

We bid a bittersweet farewell to **Dr. Corey Cavanaugh** as he moves on to a new chapter at the Cleveland Clinic Foundation, Ohio. Dr. Cavanaugh will serve as an Assistant Professor in the Nephrology Division, working under the guidance of Dr. Crystal Gadegbeku, Chair, Department of Nephrology, Glickman Urological & Kidney Institute, and a former UVA fellow.

Dr. Cavanaugh joined UVA in 2019, fresh from his fellowship training at Yale University. Since then, he has significantly contributed to our Division as a dedicated clinician and exceptional educator, particularly in glomerular disease. His educational initiatives, like the Kidney Pathology microscope rounds and Rheumatology – Nephrology conferences, have profoundly influenced our fellows. His roles as associate nephrology fellowship program director, Core Faculty Committee member, and Chair of the Clinical Competency Committee bear testament to his dedication to our Division.

Although his departure brings a sense of personal loss, there is also immense pride in knowing he will continue his illustrious career at Cleveland Clinic, serving as an ambassador for UVA. Dr. Cavanaugh and his wife Brittany also gain the opportunity to live closer to family, a comforting prospect. His departure is undoubtedly a significant loss to the UVA faculty and fellows, but it is heartening to anticipate the continued contributions he will make in his new role. We wish Dr. Corey Cavanaugh and his family the very best in this exciting new endeavor.

We are excited for **Charlotta Wriston** as she starts a new chapter with the School of Engineering. She was the manager of two significant grants, the U2CTL1 IGNITE KUH, and the R25 Va KUTOR, ensuring that we continue to meet our commitments to each.

Dr. Shu Man Fu, MD, PhD, the Margaret M. Trolinger Professor of Rheumatology, Professor of Medicine and Microbiology, and former Chief of the Division of Rheumatology & Immunology (1998-2007), retired in March 2023. An internationally known physician-scientist, he has left a significant impact through his extensive academic career involving teaching, patient care, and groundbreaking research.



Group gathered to celebrate Dr Fu

Dr. Fu pursued his education in Hong Kong and the US, earning his MD from Stanford University and his PhD in immunology from Rockefeller University. He is board certified in internal medicine and rheumatology. Dr. Fu's renowned research, primarily in basic and clinical immunology, has significantly advanced understanding of lupus and autoimmune disorders.

A prolific author, Dr. Fu has published more than 200 original articles and 32 book chapters, and symposium presentations, garnering over 15,423 citations. His continuous research support from NIH since 1978 has facilitated his investigation into novel therapeutic agents for lupus nephritis.

The retirement of Dr. Fu marks the conclusion of a brilliant career that will continue to impact patients and fellow researchers for many years to come.

DIVISION OF NEPHROLOGY

Nephrology Awards, Grants, and Achievements

Emaad M. Abdel-Rahman	Outset Medical, Inc.	Prospective, multicenter, post-market study of the Tablo Hemodialysis System for the treatment of participants with end-stage renal disease in the home setting
Emaad M. Abdel-Rahman	LabCorp Drug Development Inc CVS Kidney Care, LLC	Open Label Study to Allow Patients Continuous Use of the Hemocare Hemodialysis System Removal of Apoptotic Cells in Inflammatory Arthritis
Sanja Arandjelovic	Arthritis National Research Foundation	Removal of Apoptotic Cells in Inflammatory Arthritis
Sanja Arandjelovic	U.S. NIH Institute of Allergy & Infectious Diseases R21AI173639	R21 The Role of Efferocytosis in Inflammatory Arthritis
Sanja Arandjelovic	U.S. NIH Institute of Allergy & Infectious Diseases R21AG083330 (pending NOA)	Impact of phagocytosis on amyloid beta-induced pathology
Sanja Arandjelovic	U.S. NIH Institute of Allergy & Infectious Diseases R01AI158596	Understanding A Molecular Cascade That Drives Neutrophil Mediated Pathology In Arthritis
Rasheed A Balogun	International Society of Nephrology	ISN Sister Renal Support Center
Rasheed A Balogun	Vertex Pharmaceuticals, Inc	A Study of the Prevalence of Apolipoprotein L1 (APOL1) Alleles Among Individuals With Proteinuric Kidney Disease Who Are of Recent African Ancestry or Geographic Origin
Michael G Brown Victor Engelhard Judith A Woodfolk	U.S. NIH Institute of Allergy & Infectious Diseases T32AI007496	Interdisciplinary Training Program in Immunology
Michael Brown Didier Portilla	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases TL1 DK132771	Integrated Virginia Research Training Centers in KUH (IGNITE KUH) - TL1
Tushar Chopra	CinCor Pharma, Inc	A Randomized, Double-Blind, Placebo-Controlled, Multicenter, Parallel-Group, Dose-Ranging Study to Evaluate CIN-107 for the Treatment of Patients With Uncontrolled Hypertension and Chronic Kidney Disease
Alden Michael Doyle	Drexel University	Identifying Healthy and High-Risk Weight Loss Phenotypes to Optimize Obesity Management in End Stage Kidney Disease
Uta Erdbruegger	American Diabetes Association	Urinary extracellular vesicles characterize early diabetic kidney disease phenotypes
Sana F Khan	Reata Pharmaceuticals, Inc.	A Phase 3 Trial of the Efficacy and Safety of Bardoxolone Methyl in Patients with Autosomal Dominant Polycystic Kidney Disease
Sho Morioka	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases K01DK123497	Removal of apoptotic cells during acute kidney injuries
Sho Morioka	Yamada Bee Company, Inc.	Establishment of new methods for improving human health using propolis and phagocytosis promotion model
Sho Morioka	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases: P&F Grant University of Alabama at Birmingham	Boosting Removal of Apoptotic Cells During Acute Kidney Injury
Mark D Okusa John Chappell Joyce Lloyd	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases U2C DK129500	Integrated Virginia Research Training Centers in KUH (IGNITE KUH) - U2C

DIVISION OF NEPHROLOGY

Nephrology Awards, Grants, and Achievements

Mark D Okusa	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases U2C DK129500	Integrated Virginia Research Training Centers in KUH (IGNITE KUH) – Administrative Core
Mark D Okusa	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases R01 DK08525	Sphingolipids in Acute Kidney Injury and Disease Progression
Mark D Okusa	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases R01 DK08525	Neuroimmune Regulation of Acute Kidney Injury
Mark D Okusa Rahul Sharma William Guilford	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases R25 DK124918	The University of Virginia Kidney Technology Development Research Education Program (VA K-TUTOR)
Didier Portilla	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases R01 DK122624	Role of intracellular complement activation in kidney fibrosis
Swati Rao	NATERA, INC.	Use of dd-cfDNA in Multi-Organ Transplant Rejection Detection (MOTR)
Mitchell H Rosner	Kadmon Corporation, LLC	A Double-blind Randomized Parallel Group Study of the Efficacy and Safety of Tesevatinib in Subjects with Autosomal Dominant Polycystic Kidney Disease
Julia Scialla	Trustees of the University of Pennsylvania	Transformative Research in Diabetic Nephropathy (TRIDENT) Clinical Trial
Julia Scialla	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases 7R01DK111952	Integrated Mineral Metabolism Treatment Strategies in Patients on Dialysis
Julia Scialla	Virginia Department Of Health	InnoVAte: Telehealth for Prevention and Management of Chronic Diseases
Julia Scialla	Duke University U.S. NIH Institutes of Diabetes & Digestive & Kidney Diseases	Predictive Analytics in Hemodialysis: Enabling Precision Care for Patient with ESKD
Rahul Sharma	Slate Bio, Inc.	Slate Bio IL233 Variants
Rahul Sharma	Juvenile Diabetes Research Foundation International	Novel Therapeutic Cytokine for T1D
Rahul Sharma	Virginia Biosciences Health Research Corporation	Development of a First-in-Class Bifunctional Fusion Cytokine Therapy that Targets Tregs and Tissue Resident Tregs for the Treatment of Lupus and other Autoimmune Diseases
Sun-sang J Sung Shu Man Fu	U.S. NIH Institute of Allergy & Infectious Diseases R01 AI148231	NLRP3 Inflammasome Activation T Follicular Helper Cells and Autoimmunity
Sun-sang J Sung Shu Man Fu	U.S. NIH Institute of Allergy & Infectious Diseases 5R01AI139673	Infections, Microbiome and HLA-DR in the Induction of Lupus Related Auto-antibodies
Guofen Yan	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases R01DK112008	Differential survival selections and care-related determinants among African Americans and Hispanics versus whites with chronic kidney disease



UVA Health

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STAFF PROFILE - Lauren Swindell



Tell us a little bit about yourself.

I am originally from Raleigh, NC, and lived in China, Florida, Georgia, and South Carolina before starting at UVA almost three years ago. My husband and I love to travel, go to wine tastings, swing dancing, and cooking. We live here in Charlottesville with our rescue Shih-Poo, Daphne “Doodlebug,” and work hard so she can have a life of leisure.

Why Healthcare?

My background is in Research Administration, which is such a dynamic field. I’m so excited about transitioning into my new role in Academic Medical Administration. It gives me a much more holistic viewpoint of how the division operates and different challenges and decision-making processes. Having a background in Research Administration gives me a great perspective, but every day I am learning something new.

What brought you to Charlottesville?

I came to Charlottesville to move closer to family. Charlottesville is my favorite city that I’ve lived in so far. The people are warm, there are lots to do, and while it’s large enough to have just about everything you need, it still has a small-town charm. I went to school in Greenville, South Carolina, at Furman University (Go Paladins!), and Charlottesville has a very similar vibe, so it feels like coming home in many ways.

What excites you about your work?

I love pushing my boundaries and tackling new challenges. I’ve barely begun to scratch this new role’s surface and am excited about future opportunities.

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

In 2019 I fulfilled a lifelong dream to go on a tour of Egypt. I went through a tourism agency that partners with the Egyptian Department of Antiquities and Tourism. Because of their partnership, I got to do things not usually available to tourists. I attended private lectures given by Dr. Zahi Hawaas, was given a tour of Karnak by the Head of Antiquities, Dr. Mostafa Waziri, had dinner with Jehan Sadat at her home in Cairo, and had special access to all the temple complexes and museums we went to, including tombs in Valley of the Kings that had been closed to public viewing. One of the coolest things was getting access to the subterranean chamber under the Great Pyramid. You descend a long, cramped passage off the Grand Gallery. It eventually levels off, and you belly-crawl through the sand until you reach the chamber. You can almost feel the weight of the pyramid above you. I can still feel the sand on my hands when I close my eyes. It was surreal, and I dream of going back.



What do you enjoy doing on the weekend?

I take up a new hobby every year. So far, I’ve done soap-making, wood burning, cake decorating, and painting. I’ve recently taken up embroidery. My current project is a reproduction of “Girl with a Pearl Earring” by Vermeer. I think calligraphy is going to be my next pursuit. I’d love to connect with other “serial crafters” out there!

What about you would surprise us?

I am an avid reader and a passionate history buff. My favorite historians are Alison Weir and Zahi Hawaas. Every few years, I become obsessed with a new place or era. For years it was Egypt’s 18th dynasty. Now I’m on a big War of the Roses kick, primarily focusing on the Yorks. I had the opportunity to travel in the UK when I was about nine years old, but now that I’m older, and so enamored of the history, I would love to return to appreciate the things I saw. In another life, I would have been a historian or archaeologist and spent my career in musty old libraries and digging in the dirt.

What is the last book you read for pleasure?

“Blood Sisters: The Women Behind the Wars of the Roses” by Sarah Gristwood and “Stay Sexy and Don’t Get Murdered: The Definitive How-to Guide” by Georgia Hardstark and Karen Kilgariff, hosts of the true-crime podcast “My Favorite Murder.”



FACULTY PROFILE - Sarthak Virmani



Tell us a little bit about yourself.

I am a brand new recruit to the University of Virginia faculty. I have not started as faculty yet. My target start date is 07/24/2023. I was born in New Delhi, India, and grew up in Dubai, UAE. Upon completing my schooling in Dubai, I returned to India for medical school (Kasturba Medical College) in the southern state of Karnataka. I went to the University of Connecticut for my medical residency and Yale University for my general nephrology and transplant nephrology fellowships.

I have been on faculty at the Yale School of Medicine/Yale New Haven Hospital since July 2020 as an Assistant Professor of Medicine and a Transplant Nephrologist, respectively.

My wife, Sarah Chhabra, just completed her endocrinology fellowship at the University of Massachusetts. While we have been married for over three years, we lived and worked separately. At the end of her fellowship, we were hired as faculty here at UVA – Internal Medicine (in Endocrine and Transplant Nephrology respectively), enabling us to live together and grow as a family finally. Having moved to Charlottesville less than a few weeks ago, we are already in love with the quaint town with its rolling hills and excellent food options! People all over the city have been very warm and helpful. We are excited to call UVA and Charlottesville our new home!

Why Healthcare?

Working with trainees in an academic environment is indeed a privilege. Seeing them grow over the years, personally and professionally, is quite rewarding. The best questions often come from trainees, given their unbiased inquisitive

approach to medicine. Working with them keeps me on my toes for sure!

What excites you about your work?

While it is valid for all medicine in some form or other, organ transplantation is life-changing. Navigating the social and health complexities of chronic kidney disease and dialysis is challenging for many patients and their families. In my role as a transplant nephrologist, I help guide them through the process of signing up, being evaluated, and receiving a healthy kidney transplant. Once they get that gift of life, partnering with them to see them enjoy good kidney health for many years makes me very happy. Seeing the almost instant positive results in someone's health and being a small part of this journey with them is what excites me the most in my daily clinical practice. With exciting new research in various facets of organ transplantation, including xenotransplantation, many more options will soon be available

to patients awaiting a life-saving transplant procedure.



Describe yourself in one word.

Extrovert.

What do you enjoy doing on the weekend?

Hikes, traveling to new cities, and exploring new cuisines.

How did you meet your partner?

We met online!

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

Yogurt.

Are you a hunter or a gatherer?

Hunter. I love to venture into proverbially unexplored territories and try out new ideas.

What is your favorite vacation/activity spot?

Anywhere by the beach – San Diego is my favorite city in the US. I also love the hustle and bustle of my hometown, New Delhi, India. The opulence of Dubai is quite striking as well.

What is the best advice anyone ever gave you?

Manage your priorities, not your time.

What about you would surprise us?

I used to play table tennis (not ping-pong as colloquially referred to) competitively in school and college. I can also speak up to seven languages (some better than others).

What is the last book you read for pleasure?

“The One Thing – The Surprisingly Simple Truth about Extraordinary Results” by Gary Keller, Jay Papasan, and Gary Keller

DIVISION OF NEPHROLOGY

FACULTY PROFILE - Hasan Iftikhar



Tell us a little bit about yourself.

I joined the University of Virginia Division of Nephrology as a clinical nephrologist in July 2023. Before this, I worked in a small nephrology practice in South Hill and Petersburg, Virginia. I graduated from George Washington University Hospital's Nephrology fellowship program in 2020 and landed my first clinical job during the COVID-19 pandemic. Things have changed a lot in these three years, and my experiences led me to believe that healthcare is at the cusp of even more significant changes. This is why I am very excited to join UVA, which I believe will be a key driver in healthcare innovation in the future.

Why Nephrology?

Hint: It has less to do with the kidneys. Unlike most other people, I like being in multiple places all the time. The thought of practicing out of one office for my whole career makes me dread it. In nephrology, you get to round at different practice settings-hospital, office, dialysis clinics, and work with many medical conditions. I have to be on my toes -both literally and figuratively, and have to change gears constantly. The only downside I can do without is the commute, and I am working on that!

What brought you to Charlottesville?

After COVID-19, a bright light was shone on healthcare -some of it harsh, while at other times, inspiring. Topics that were barely known outside the confines of the hospital entered the common lexicon - like hospital closures, bed counts, physician shortage, burnout, cost of insulin, critical medical supplies, personal protective equipment, and health inequity. Much of it happened at a dizzying pace and left many of us with a sinking feeling that the system could do better. I felt UVA was in a tremendous position to spearhead a rethinking of healthcare, so I leaped at the opportunity to be part of it. The surrounding mountains, cafes, and the gentle mannerism of everyone in the division were additional draws.

What excites you about your work?

Honestly, truly exciting moments are rare in chronic disease management. A successful transplant is definitely one of them. But to be able to keep frail bodies with poor pumps and filters keep going for so long is what makes me swell. It's marvelous how well my patients can do with so little organ function. And the fact that my input can have a profound impact on their lives gives me a great deal of professional satisfaction.

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

My first two years of parenthood. We conceived after six years, and when we were blessed with a baby daughter, it was only months before Sara was to start her nursing school, and my clinic was getting on a full schedule. COVID-19 visa delays meant both of our parents couldn't visit. Fortunately, YouTube has an excellent collection of parenting videos, and so...

Describe yourself in one word.

Thrifty.



What do you enjoy doing on the weekend?

Tennis (Ideally leaving the house before wife/baby wakes up).

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

Whole-milk Plain Yogurt. I have been eating it since I was a baby.

What is the best advice anyone ever gave you?

Brother - do not mix lifestyle decisions with financial decisions.

What about you would surprise us?

I make excellent flatbread.

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

Skiing.

What is the last book you read for pleasure?

"The Year of Magical Thinking" by Joan Didion

DIVISION OF NEPHROLOGY

FACULTY PROFILE - Varsha Pothula



Tell us a little bit about yourself.

I have been with the University of Virginia for two years. I moved here for a nephrology fellowship after completing my Internal medicine residency at the Medical College of Georgia, Augusta University. I grew up in India, attended medical school there, and then moved to the United States in 2016.

Why healthcare?

I was always a curious child. When my dad became hospitalized, I visited him on many occasions. It was my first time in a healthcare setting. It was an intriguing experience. Seeing my dad recover and return home filled me and my family with joy and motivated me to pursue medicine to help many such families. The feeling of making even a slight difference in someone's life with my work makes me happy at the end of the day.

What brought you to Charlottesville?

UVA's excellent Nephrology fellowship with well-rounded training. I was able to learn from experts and leaders in the field. This allowed us (my husband, who also joined the EP fellowship simultaneously) to be close to our family in Maryland. One of the top reasons to choose Charlottesville is being close to an

international airport (IAD) with excellent connections to India.

What excites you about your work?

Being a physician gives us a chance to have different encounters in a day, with some being joyful and fulfilling, whereas others can be tough and thought-provoking, but all these experiences only help us improve as physicians and people.

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

Being able to maintain a great work-life balance so that I don't miss out on the moments with my family and my toddler boy, Ashvik Ram.

What do you enjoy doing on the weekend?

I am more of an indoor person, so I enjoy my weekends being home, spending time with family, and cooking meals for them.



How did you meet your partner?

I met my husband in medical school in my first year.

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

Our fridge is always loaded with many Indian pickles, snacks, and sweets.

What about you would surprise us?

I'm a trained Indian classical dancer. The form is called Kuchipudi, and I gave many stage performances in middle and high school.

What is the best advice anyone ever gave you?

"Always be true to yourself" was the best advice I have gotten and implementing this has helped me align my goals in a way that made me happy.