

MEDICINE

NEWS FROM THE DEPARTMENT OF MEDICINE

MATTERS

MESSAGE FROM THE CHAIR

SEPTEMBER 2023



September is a time that we celebrate Women in Medicine Month. This is a time to recognize the growing number of women in medicine, celebrate their many accomplishments, and recognize and acknowledge the countless women who have transformed science and medicine. I would urge you to read a fantastic blog post by a former UVA undergraduate, Belle Pace, which is found on the AAMC website [Belle's post](#) celebrates the rich history of women in medicine but also highlights how stereotypes and biases continue to marginalize the contributions of so many.

Within this Department of Medicine, we have many examples of women who are national and international field leaders. This includes (and certainly not limited to (and forgive me for not including everyone): Dr. Coleen McNamara whose lab utilizes precision medicine to unravel the role of the immune system in cardiovascular disease; Dr. Hannah Mannem who leads a world-class lung transplant program; Dr. Monica Lawrence who has developed a regional center for the care of complex patients with immunodeficiencies; Dr. Sue Brown who is developing treatment options for type 1 diabetes with a focus on automated insulin delivery systems; Dr. Jeanetta Frye who leads a regional program on gastrointestinal motility disorders; Dr. Leslie Blackhall who is a national leader in the field of palliative care; Dr. Fran Garrett-Bakelman who studies epigenetics of leukemia; Dr. Stacey Burgess whose work has led to greater understanding of the link between intestinal exposures and the immune system; Dr. Sana Khan who directs one of the most extensive peritoneal dialysis programs in the mid-Atlantic and Dr. Jae Hee Yun who has been recognized for her educational excellence in Rheumatology. Please join me in celebrating the careers of our women in medicine.

To also create a space for discussion around gender issues in medicine, we will also have a special event on September 27th from noon to 1 p.m. with Dr. Susan Kirk, Associate Professor of Medicine and Former Associate Dean for Graduate Medical Education. Dr. Kirk will share her experiences during her esteemed career in medicine and also host an open discussion on continued issues that must be addressed to ensure equality. Please join us for this important meeting.

Lastly, please enjoy this edition of Medicine Matters, which highlights the Division of Rheumatology, led by Dr. Janet Lewis. Under Dr. Lewis's leadership, the Division continues to grow and has become a regional leader in the care of complex patients with autoimmune disorders. Their excellence is evident! They also have a lot of pets. I have to admit to a particular fondness for Twixie and Max.

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.



DoM WEBSITE ▶

GRAND ROUNDS ▶

HIGHLIGHTED DIVISION . . . ▶

MINDFULNESS MATTERS . . . ▶

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UVA Health

DOM UPDATES & NOTES

DOM Financial Update

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

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	91,249	95,585	4,336
Clinical Receipts (NPSR)	5,861,570	5,841,394	(20,175)
Total Revenues	25,505,333	25,861,923	356,590
Total Expenditures	20,117,022	21,258,866	(1,141,844)
Net Income	5,388,312	4,603,057	(785,254)

Summary Explanation of Variance:

For the fiscal year through July 2023, DOM reported a consolidated net gain of \$4.6M and an unfavorable variance to YTD net income budget of \$785K.

Clinical productivity was strong with work RVUs surpassing budget by 4,336 and clinical charges exceeding budget by \$498K.

Total revenues include \$4.6M Endowment revenue recorded for August through June and \$1.6M clinical deficit coverage revenue accrual. Total revenue is missing \$1.0M in unsigned MOUs.

Total expenditures variance is unfavorably impacted by timing of \$690K expenditures related to research and \$182K incorrect inflated PBC Clinic Costs.



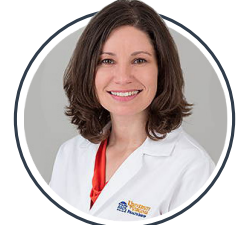
Jie Sun PhD



Hannah Mannem MD



Jackie Hodges MD



Rachel Kon MD

Awards and Achievements

Congratulations to Dr. **Jie Sun** (Division of Infectious Diseases and International Health), who has been awarded a \$2.75 Million grant to study mechanisms underlying the development of chronic lung sequelae post-COVID-19. [Read more...](#)

Congratulations to Dr. **Hannah Mannem** (Division of Pulmonary and Critical Care Medicine) **and the UVA Health Lung Transplant Clinic Team**, who earned the Patient Experience Award - Honors & Awards. [Read more...](#)

Congratulations to **Dr. Jackie Hodges** (Division of Infectious Diseases, and International Health), who has been selected for the HIV, Infectious Disease and Global Health Implementation Research Institute (HIGH IRI) Program sponsored by the Institute for Public Health at Washington University in St. Louis. This two-year program aims to prepare a cohort of scholars worldwide to become productive Dissemination and Implementation (D&I) researchers focused on translating infectious diseases research into routine practice. Her term begins this month (September 2023) and runs through 2025.

Congratulations to **Dr. Rachel Kon** (Division of General Medicine, Geriatrics and Palliative Care), who has been chosen as a cohort of Culture Lead for UVA Health's culture journey initiative. Dr. Kon has taken on the crucial role of spearheading initiatives to improve the recruitment of Primary Care trainees to join UVA Health. With a focus on Family Medicine, Internal Medicine, and Pediatrics, Dr. Kon's vision is to form an innovative resource hub for hiring current trainees into attending positions at UVA Health that will strengthen the foundation of our health system and provide excellent primary care to our patients. Drawing upon the experiences of successful recruiting practices at UVA and beyond, she will identify best practices related to the recruitment of our trainees. Through her leadership, Dr. Kon aims to strengthen the Primary Care Provider workforce and cultivate an inspiring environment for trainees.

Congratulations to those recently promoted and tenured faculty within the Department of Medicine

Promoted to Associate Professor

Taison Bell
Andrew Copland
Christine Eagleson
Drew Harris
Katie Jaffe
Paul Kunk
Louise Man

Promoted to Associate Professor

Rahul Mehta
Alexander Millard
Glenn Moulder
Justin Mutter
Tessy Paul
Matthew Reilley
Anna Smith

Tenure

Tabor Flickinger
Sula Mazimbaz
Victor Soukoulis
Mami Taniuchi

Promotions to Professor

Jamieson Bourque
David Feith
Margaret Kosek
Bryan Sauer
Neeral Shah
Anne Tuskey

Awards and Achievements



Congratulations to Dr. Michael Nelson, Professor of Medicine and Division Chief for Asthma, Allergy, and Immunology; he has been named the 2023 recipient of the Walter Reed Distinguished Achievement Award.

This award is bestowed by the University of Virginia Medical Alumni Foundation. It recognizes professional accomplishments, outstanding innovation, and exemplary leadership in medicine and/or science by an alum, current or former faculty member, or a former resident or fellow of the University of Virginia School of Medicine. The award was established in 1996 by the UVA Medical Alumni Association and Medical School Foundation.

Michael Nelson MD PhD

Dr. Nelson graduated from Princeton University with an AB in Chemistry in 1985 and then pursued his MD and PhD at the University of Virginia, graduating in 1993. Following this, Dr. Nelson joined the US Army and continued his Internal Medicine and Allergy and Immunology training at Walter Reed Army Medical Center. Since completing his training, Dr. Nelson has excelled in all parts of the traditional tri-partite mission of academic medical centers. Before joining us at UVA, Dr. Nelson was a Professor of Medicine and Pediatrics at the Uniformed Services University of the Health Sciences and Co-Chair of the Allergy and Immunology Division. He is the current President of the American Board of Allergy and Immunology and serves on the Board of Directors for the American Board of Medical Specialties. He has recently retired from active duty military service at the rank of Colonel. Dr. Nelson's research career has focused on the areas of allergen immunotherapy as well as vaccine immunology. He has been the investigator for numerous clinical trials in this area. Most recently, he has had a prominent role in the US Government's Operation Warp Speed COVID-19 vaccine development program. He is an invited speaker at numerous national and international conferences. His expertise in allergen immunotherapy, extract preparation, and immunotherapy is highly sought after. The US Meritorious Service Medal and numerous other awards have recognized his contributions.

Please congratulate Dr. Nelson on this great honor!



CELEBRATING

Advocates
Leaders



Innovators
Visionaries



WOMEN IN MEDICINE

MINFULNESS MATTERS

A Newsletter from the UVA Mindfulness Center

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

Contact Kim Kelley-Wagner
kak2cj@virginia.edu
434.328.0680

COME SEE HOOS RUNNING WITH GIM!

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

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



FOLLOW THE
DEPARTMENT OF MEDICINE

Check It Out, Asthma, Allergy and Immunology Research Has a New Facebook Page!

In the News and Media

Black Lung Disease is Making a Comeback with Coal Miners (New York Times)

Dr. Drew Harris speaks on the concerning continuing growth of black lung disease among coal miners.

[READ MORE](#)



COVID-Induced, Double Lung Transplant Performed, and Patient is Again Competing in Triathlons (UVA Today)

R. J. Redstrom is a triathlete who received a double-lung transplant after COVID complications irrevocably damaged his lungs. He says it was a series of “miracles” that led him to UVA School of Medicine’s Hannah Mannem, MD and Mark Roeser, MD, who performed the double-lung transplant he needed to survive.



[READ MORE](#)

Thomas P. Loughran Jr., MD, Saluted for Cancer Center ‘Transformation’ on 10th Anniversary as Director (Medicine in Motion)



“Dr. Loughran’s vision and leadership have created a Cancer Center that is more connected with its institutional partners, as well as the population we serve and our patients,” Dr. Kibbe says. “From a foundation in basic science, he’s built a Cancer Center

that supports the continuum of population science, prevention, translational research and care.”

[READ MORE](#)

Community Conversation: Dr. Kelly Davidson with UVA Health (NBC29)



Dr. Kelly Davidson discusses sickle cell disease.

[WATCH VIDEO](#)

FOLLOW UVA WOMEN IN INTERNAL MEDICINE NETWORK

[FOLLOW UVA ID](#)

[FOLLOW UVA ENDO](#)

[FOLLOW UVA CARDIO](#)

[FOLLOW UVA NEPHROLOGY](#)

[FOLLOW UVA PULMONARY](#)

DOM UPDATES & NOTES

Of Note



As part of the Central Education Team's "Giving Back to the Community" goal for this year, team members volunteered at the Rivanna Roots Front Porch summer concert series this past Thursday, August 10th.

Team members who volunteered and are pictured above are, Terry Bennett, Joy Hilton, Cheryl Etelvari, and Erin Zimmerman.

Want to get more involved with The Front Porch? Sign up to volunteer at a concert or special event! Volunteering with The Front Porch is a 4-5 hour commitment and includes tasks such as helping to set up and break down the event, pouring drinks, and working the box office. What's in it for you? Free admission to the event, a drink on the house, and all the good feelings from helping a friendly non-profit serve the community through music!

If you want to sign up for our volunteer email list, please email clare@frontporchville.org.

Kenneth Walsh, PhD, Interviewed by CNN About DNA Sequence Analysis of the Y Chromosome

Professor Kenneth Walsh, PhD, in the Department of Medicine, Division of Cardiovascular Medicine, provided commentary to CNN on the report of the first full DNA sequence analysis of the Y chromosome.



LEARN MORE



MINDFULNESS FOR HEALTHCARE EMPLOYEES

Mindfulness for Healthcare Employees
Free Autumn 2023 Course
In person Fontaine Avenue
Wednesday, Sept 20 - Nov 8, 2023
6:30pm - 8:30pm
Retreat: Saturday, October 28, 2023

REGISTER HERE

**"Without knowing the world of others,
your own world will never get rich!"**

~Mehmet Murat ildan

**SHARE YOUR TRADITIONS AND
CELEBRATIONS WITH US!**

Email Kim Kelley-Wagner at kak2cj@uvahealth.org

**KNOW OF SOME GREAT CVILLE SPOTS?
TELL US MORE HERE!**

DIVISION OF RHEUMATOLOGY

Message from Janet Lewis MD, Rheumatology, Division Chief



Janet Lewis MD

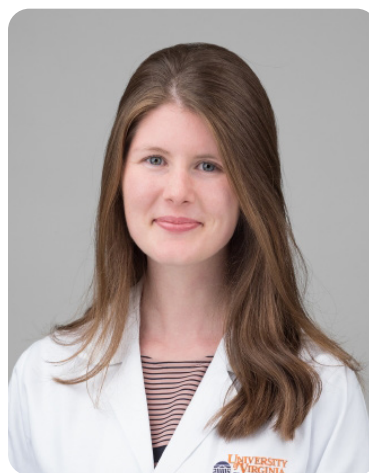
I am proud of the continued commitment to patient care exhibited by the Division faculty members, fellows, and clinical staff over the past year, including the successful integration of the Pantops Rheumatology practice into the Division of Rheumatology.

We continue to have robust demand for clinical services in the ambulatory setting. We currently have eight faculty members who see patients at the Fontaine and Pantops practices, and additionally, we have a satellite practice at Fishersville. We have added two new clinical faculty members in the past year. Jacob Meindertsma joined our group last summer after completing his rheumatology fellowship at Yale, and Amanda Lusa joined us in October 2022 following fellowship and academic practice at UNC. Many of you have met Jacob and Amanda, as they previously were internal medicine residents at UVA. Dr. Shu Man Fu retired from clinical practice in April 2022 and fully retired this Spring after a 30+ year tenure at UVA.

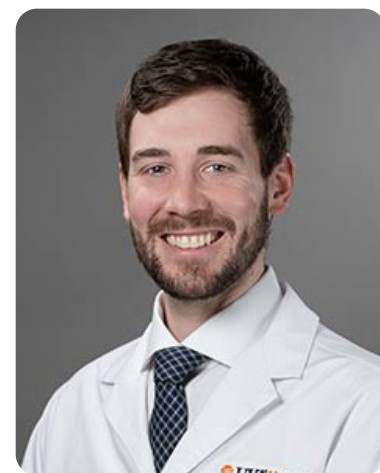
Recognizing the increasing complexity of medical care in patients with multisystem autoimmune disease, we have continued to develop formal partnerships with other specialties. We currently have a combined pulmonary/rheumatology clinic for patients with interstitial lung disease and a combined dermatology/rheumatology clinic for patients with complex cutaneous and rheumatic manifestations and co-management of psoriatic arthritis. Additionally, we have a procedure clinic dedicated to patients who need ultrasound-guided procedures and diagnostic studies.

The fellowship program continues to grow under the guidance of Dr. Don Kimpel (fellowship director) and Dr. Adam Carlson (associate fellowship director). Nationally, interest in rheumatology fellowship training among internal medicine residents has remained strong, and we continue to be able to recruit high-quality candidates for fellowship training. In addition to the fellowship program, our faculty continue to play an active role in teaching medical students and residents.

In the past, we have featured our rheumatology mascot and our physicians and staff profiles. This year, we have opened it up and given all rheumatology pets a moment in the limelight.



Amanda Lusa MD



Jacob Meindertsma MD

~ Janet Lewis, MD, Division Chief, Rheumatology



UVA Health

Education Update

It has been an outstanding year for the Fellowship program. After two productive years in our Rheumatology Fellowship Program, our two senior Fellows, Ani Ohanian and Joshpaul Dhillon, graduated and headed to California, where they have family ties. Dr. Dhillon will work at a practice in southern California, and Dr. Ohanian will work with Kaiser in the northern California region.

We welcomed our new fellows, Alyssa Bosso, MD, from Georgetown, and Brad Clemens, DO, most recently from Spectrum Health in Grand Rapids, Michigan.

The past year has also seen growth in our teaching faculty of committed clinical educators. Since July 2022, we have hired two new faculty, former UVA residents, who received Rheumatology training at outstanding clinical and academic programs, and returned to the mothership. Amanda Lusa did her rheumatology fellowship training at the University of North Carolina - Chapel Hill and served on faculty there before her return. Jacob Meindersma did his rheumatology fellowship training at Yale University, New Haven, CT. Both are trained in musculoskeletal ultrasound and have been involved in training our fellows in ultrasound technique and precepting in the procedure clinic. Additionally, they have enhanced our learning environment with additions such as “Rheumatology Jeopardy,” lectures in immunology, and other interactive presentations.

We have had combined conferences and multispecialty clinics with Dermatology, Nephrology, and Pulmonary throughout the year.

We maintain a robust teaching schedule for our fellows, residents, and students under the direction of Dr. Kimpel, Program Director, and Dr. Carlson, Assistant Program Director, with participation from all faculty.

Dr. Katzenstein has spearheaded the creation of the “State of the Art Journal Club” to bring in-depth basic science into our understanding of rheumatic diseases. Dr. Katzenstein received this year’s DOM award for Excellence in Education for his efforts in this and other teaching endeavors.

Dr. Lewis continues to serve as the co-system leader of the Musculoskeletal Integument System for the 1st-year medical students. Dr. Yun oversees the rheumatology elective for the 4th-year medical students. Additionally, Dr Yun has brought in outside speakers for Rheumatology Grand Rounds and has received this year’s DOM award for Excellence in Clinical Care.

Dr. Kimpel gave two presentations on unique aspects of our training program at the annual American College of Rheumatology Program Director’s Conference. The “Special Journal Club for Fellow Wellness” and “The All-Staff Meeting for Systems Based Practice” were the topics. These were well received, with requests for further discussion and presentations at other institutions.

We were honored to have Dr. Virginia Steen, from Georgetown, give Medicine Grand Rounds this year on Scleroderma and its management. This is one of our most challenging diseases to manage, and she followed her talk with an additional session with our faculty and fellows to provide her insights. It was a delightful and informative visit from one of the experts in the field.

Our fellows’ long-term research project with Dr. Thomas Loughran and collaborators at the Johns Hopkins Division of Rheumatology was presented at several forums in the past year. The study of STAT3 mutations in CD8+ T cells of RA patients was presented at the American Society of Hematology and EULAR, the European Alliance Rheumatology meeting. Former fellows who contributed to this research included Drs. Baker, Alfreijat, Khalique, and Boodoo. They were delighted to see their efforts come to fruition.

Other presentations included an award-winning Thieves Market presentation by Dr. Alden Adkins at the Annual Virginia Society of Rheumatology meeting.

DIVISION OF RHEUMATOLOGY

Pets of Rheumatology



Roxie



Remington

What is your favorite thing to do on the weekend?

Roxie: Go to my cousin's house and play.

Remington: Keep my brothers from sitting on my Mimi's lap!

Quill: Run! Everywhere! All the time!

Ruby & Bandit: Going for a walk with Mom and Dad!

Buxton: Playing fetch and hiking.

What is the most expensive or valuable thing that you have broken or damaged?

Roxie: An Alan Jackson DVD.

Quill: Heh. I peed on Mimi's dresser and warped the wood.

Remington: I'm not really into destruction.

Ruby & Bandit: Mom's favorite rug (and all our toys).

Buxton: New dog bed, lasted less than 48 hours!

What food item should your owner always have on hand?

Roxie, Remington: Cheese.

Quill: Duck feet.

Ruby & Bandit: Fried chicken!!! (Bandit ate a whole chicken wing, bones and all).

Buxton: Bones & indestructible chewy things.

Cooper: Steak. I live in a vegetarian household, so I have my pet parent get me takeout from my favorite restaurant.

What is your favorite quote or piece of advice?

Roxie: Never go to bed hungry.

Remington: If Mommy won't, Mimi will!

Quill: Get all the cuddles.

Ruby & Bandit: Always follow the tiny humans; they drop food.

Buxton: Don't jump in the fishpond, then jump in parents' bed with muddy feet!

What talent or skill do you have that others would envy?

Roxie: I can sleep through anything

Remington: I can catch a frisbee!

Quill: I'm real good at squirming my way into my mom's lap and making my brothers move!

Bandit: Destroying plush toys!



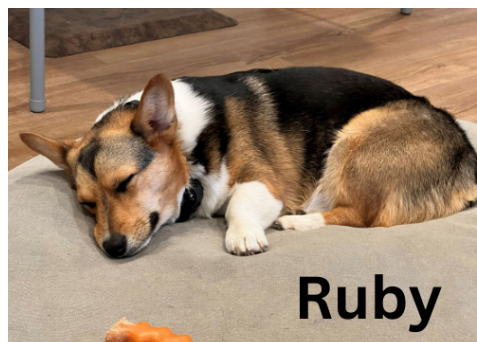
Buxton



Quill



Bandit



Ruby



Tucker



Cooper

Ruby: Sleeping on my parents' faces.

Buxton: I can shred a toy in less than 5 minutes!

DIVISION OF RHEUMATOLOGY

Pets of Rheumatology

Twixie



Titan



Dobby

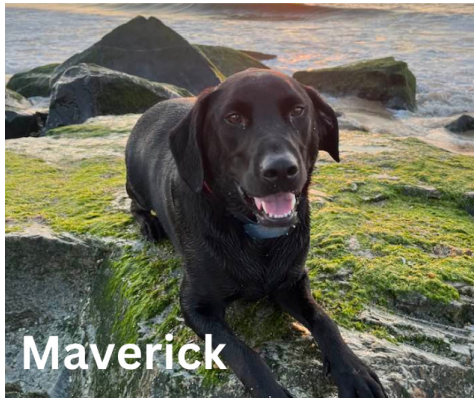


Bailey

Lily & Charlie



Keelo



Maverick



Leo



Max

What is your favorite thing to do on the weekend?

Lily and Charlie: Go for a hike at Fox Haven or Preddy Creek to run and sniff everything.

Dobby: Snuggle in bed with Mom!

Maverick: Beach and/or river, all depends on the weather.

What is the most expensive/valuable thing that you have broken/damaged?

Lily and Charlie: We are too well-behaved to ruin anything. But the GRANDdog Leo eats socks like they are candy.

Dobby: Nothing, I'm the bestest boy.

Maverick: Just about every toy that is made and sold by Kong, which are never inexpensive.

Leo: Socks.

What food item should your owner always have on hand?

Lily: I don't really care.

Charlie: Food, any food.

Dobby: Any and all foods.

Maverick: Kong Stuff'N Easy Treat Peanut Butter for Kong Classic Dog Toy. By the way, we are almost out again, so go get some!

What is your favorite quote or piece of advice?

Dobby: Being the goodest boy gets you more schnackies.

Maverick: Please, whatever you do, if my mom is sleeping, please, please, let her sleep on Saturdays & Sundays. Trust me, the house will be much better for it!

What talent or skill do you have that others would envy?

Lily and Charlie: We always look happy!

Dobby: I'm a Roofus Doofus, and my mom can't resist my goofy ways!

Maverick: I am an fairly agile & jump pretty far in the air for either my Kong ball, rubber flyer or bubbles!

DIVISION OF RHEUMATOLOGY

Pets of Rheumatology



Meiomi



Yammer

What is your favorite thing to do on the weekend?

Yammer: Sleep belly up with the ceiling fan on high.

Asher: Being lazy and lounging around.

Meiomi: I have a rocking chair that I am not willing to share.

Turtle: I like high places. The top of the kitchen cabinets is the best place.

What is the most expensive/valuable thing that you have broken/damaged?

Asher: Nothing, I'm a chill cat!

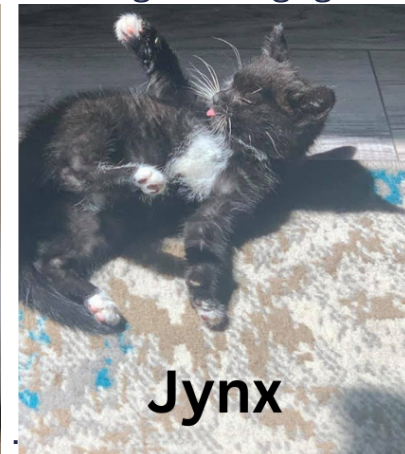
Annie: Window blinds. Once I figured out how to rip the 1st one, I went window to window until I was caught damaging the 7th one. It wasn't my fault. I wanted breakfast.



Turtle



Lexi



Jynx

What food item should your owner always have on hand?

Asher: Catnip.

Annie: Peaches.

Lexi: Blueberry .coffee cake.

What is your favorite quote or piece of advice?

Lexi, Annie, Yammer: Treat every meal like it's your last one. We have never missed a meal, but hear that it could happen.

Asher: Stay away from the neighbors German Shepard.

Lexi: If a meal is served more than 60 minutes early, it counts as a bonus snack, and a full meal is still expected.

Annie: Fate whispers to the warrior, "You cannot withstand the storm." The warrior whispers back, "I am the storm." I channel this as I embark on my 2 AM campaign to get breakfast.



Mumu



Asher



Annie

What talent or skill do you have that others would envy?

Asher: I'm really good at catching birds and other small rodents!

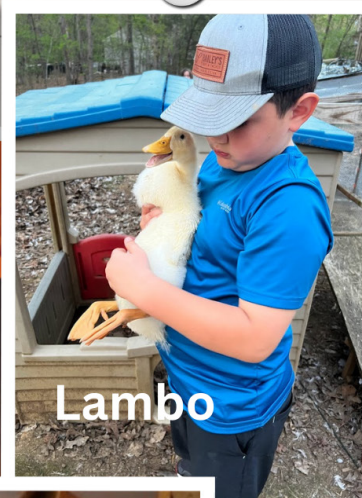
Yammer: I can sleep 22 hours a day.

DIVISION OF RHEUMATOLOGY

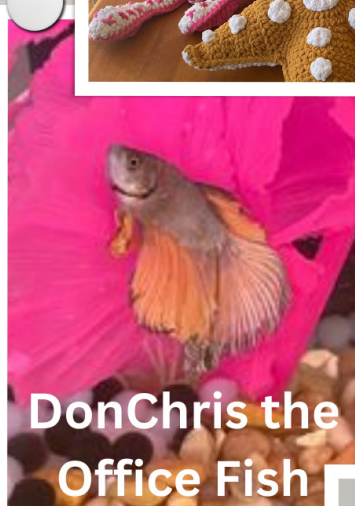
Pets of Rheumatology



Misc. pets of
Rheumatology



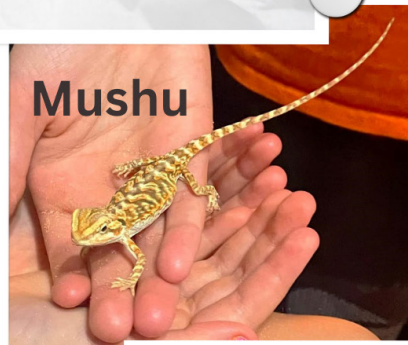
Lambo



DonChris the
Office Fish



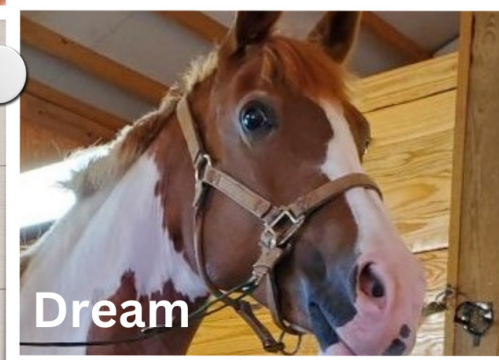
TheRock



Mushu



Stella



Dream

What is the most expensive/valuable thing that you have broken/damaged?

Dream: I tore my suspensory ligament (expensive piece of horse anatomy). Not once, but 3 times.

What food item should your owner always have on hand?

Stella: 10-10-10 fertilizer.

The Rock: I haven't had anything to eat in over a million years, making me the ideal, low-maintenance pet.

What is your favorite quote or piece of advice?

Dream: Treat every meal like it is your last one. We have never missed a meal, but hear that it could happen.

The Rock: A rolling stone gathers no moss. I haven't moved in years, but this still seems prudent.

Stella: That which does not kill me makes me stronger. I think of this when they forget to water me.

DIVISION OF RHEUMATOLOGY

STAFF PROFILE - Ruth Aldridge



With husband Neal

Tell us a little bit about yourself.

I am a "local" from Louisa, Virginia. My family on my mother's side have been "locals" to that area since the mid-1860s. We still have the "Riddell Home Place" in the family, a ~100-acre farm. As you may or may not know, Louisa/Mineral, Virginia, was the epicenter of the 2011 5.8 earthquake, felt to Washington DC and beyond into other areas of the United States and along with Canada. Thankfully there were no deaths! However, both the middle & high school buildings were destroyed.

What other jobs have you had at the University of Virginia, and what do you enjoy about being in the Division of Rheumatology?

Interestingly enough, I was to have attend the UVAHealth Annual Service Awards Dinner on Thursday, August 17th, at the Omni but sadly COVID got me again for the second time. I have been at UVA for 25 years and have worked in various areas, but it all began with Hospice of the Piedmont (HOP). I was a local floral designer who took on the HOP flower account, to which I was then offered a front desk position there, answering an 11 telephone line switchboard. That led me to medical administration and course work at Piedmont Virginia Community College with a Medical/Dental Office Management certificate. Over the years, I have worked in Geographic Medicine, Global Health, Infectious Disease, Neuroradiology, Ophthalmology, and the School of Education. I enjoy working with the Rheumatology staff & I am excited to expand my knowledge of medicine in the specialty.



My two daughters

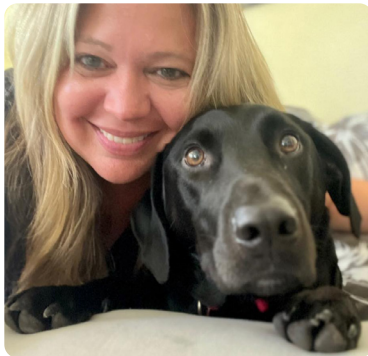


Riddell home place in Louisa

in Charlottesville, Virginia. They had a flower shop in the now UVA Credit Union location near the hospital. I had always wanted to learn floral design from the designers at University Florist & did so. I was a Floral Design Manager there before changing to medical office administration at Hospice of The Piedmont.

What brought you to Charlottesville?

Before working at UVA, I worked in high school at the once-Louisa Flower Shop in Louisa, Virginia. The University Florist in the 90s



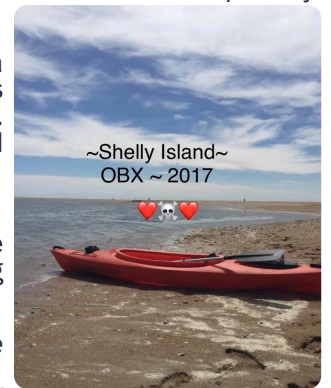
With Maverick

What excites you about your work?

Since we are post-pandemic, I really like working both on/off-site with the staff here & they are wonderful to work with. I am again excited about using my skill set to help the medical team with their administrative needs.

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

I consider raising two daughters as my greatest achievement outside of the professional realm. However, my personal achievement, most recently, was participating in the [UVA Edge Program](#) 1st Cohort, which I successfully completed despite it being before & during, post the pandemic, as an adult working full-time student. I highly recommend the program & I am happy to discuss if anyone wants to learn more.



Shelly Island

What do you enjoy doing on the weekend?

If you don't already know, I love the ocean and any waterway activity. We are close to the James River, and I spend a fair amount of time there when the weather permits. I am always ready to pack a travel bag quickly & head towards the ocean & hopefully one waterway with a lighthouse to explore.

What about you would surprise us?

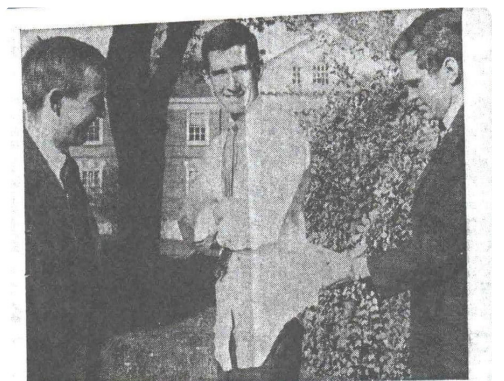
I once kayaked with sharks at "[Shelly Island](#)" in the Outer Banks. Just a quick Google search listed below of "Shelly Island," and you can watch the news clip that will explain a lot. Again, along with my love for the water, I most recently completed challenging coursework at Piedmont, Virginia, Community in Oceanography.

How did you meet your spouse/significant other?

Nothing fancy or breathtaking, but we met at a high school Louisa vs Fluvanna football game. While walking around the track with friends during the game who introduce us.

What is the last book that you read for pleasure?

Since this question & a fun fact, I was a librarian aide in high school. I never thought I would like audiobooks, but I have enjoyed them recently. My most recent audiobook, "The Promise To The One: The Ultimate Commitment", Jason Hewlett. Also, I would like to suggest if you want to read about our service men & women, please read "Bring Me Back Alive - A Memoir of Adventure, Luck, and Terror In the Air" by Spalding K. Manson III. This book is about the UVA ROTC Alumni & my late father, and many others. The author is UVA Alumni & his son is a physician here as well.



Shirttail Ceremony

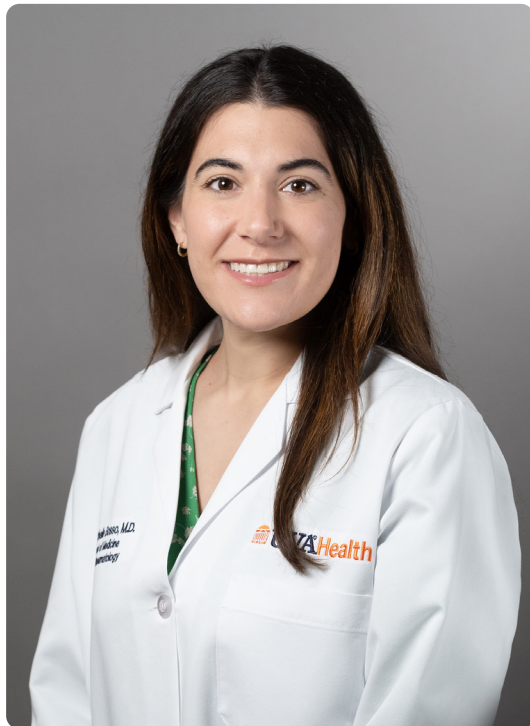
Gene Olinger (right), civilian instructor for the Air Force ROTC's flight instruction program at the University of Virginia, cuts the tail off a shirt worn by Cadet Capt. Spalding Manson in the traditional ceremony after a cadet's

first solo flight. Manson and Cadet Capt. Sheldon R. Mann (left) completed their first solo flights last month as part of the training program for pilot candidates.

UVA Library archived picture my father and alumni author Spalding Manson, III. It was taken in the 1960s just outside of UVA Varsity Hall in its original location.

DIVISION OF RHEUMATOLOGY

FELLOW PROFILE - Alyssa Bosso



Tell us a little about yourself.

I'm originally from Rockland County, NY, about 20 miles northwest of NYC. I am the middle of three daughters; my parents, both doctors, inspired me to pursue this noble profession. I went to Georgetown University for undergraduate education, then stayed there for medical school and Internal Medicine residency. In total, I lived in Washington, DC, for 12 years! I recently moved to Charlottesville to begin my Rheumatology fellowship. I am thrilled to be a part of the University of Virginia community now! I also am excited to explore the hiking trails here and check out Charlottesville's numerous wineries.

Why did you pick Rheumatology?

I chose Rheumatology because I enjoy learning about immunology and working to combat autoimmune diseases. Also, seeing the positive impact of anti-rheumatic medications on patients' quality of life is very fulfilling. Rheumatologists help reduce pain, restore mobility, and prevent disability, so patients can keep doing what they enjoy!

What is your favorite vacation/activity spot?

My favorite vacation spot is Bethany Beach, DE. This is my happy place! The perfect summer day for me is sitting on the beach under an umbrella, reading a good book, and listening to the waves crash on the shore. My mom's favorite quote says it all: "The cure for anything is salt water- sweat, tears, or the sea."

Tell us about your pet.

I could talk about my cat, Meiom, all day. I adopted her from the DC Humane Society in early 2020, and she was the best pandemic lock-down companion I could ask for. She loves to meet new humans and will quickly roll on her back to request belly rubs from near strangers. She is easy-going and down for whatever activity, as long as she is with her people!



DIVISION OF RHEUMATOLOGY

FELLOW PROFILE - Bradley Clemens



Tell us a little bit about yourself.

After completing my Internal Medicine residency, I recently moved to Charlottesville from Grand Rapids, Michigan. I am originally from Maine, where I went to medical school. However, as an Air Force child, I have lived in many places, including Texas, South Korea, and Australia.

Why did you pick rheumatology?

Since being introduced to it in medical school, rheumatology has fascinated me. The complexity and uncertainty behind the pathophysiology of autoimmune conditions drive me to want to learn more. The idea that the body can attack itself is scary; patients afflicted with these disorders understandably need our help. We create more targeted therapies with better outcomes as we understand the mechanisms driving rheumatologic conditions. I believe the field of rheumatology has a bright future ahead, and I am delighted to be a part of it.

What excites you about your work?

Seeing people's symptoms and quality of life improve with the treatments we prescribe is very rewarding. I am grateful to be in a position to help make a difference in people's lives.

What do you enjoy doing on the weekend?

Exploring the city, sampling the local restaurants, and spending time with my cat.



What about you would surprise us?

My left lung collapsed spontaneously three times as a kid. After surgical intervention, it can now no longer do that!

What is the last book that you read for pleasure?

"Maze Runner: The Death Cure" by James Dashner.

Name one food that is always in your refrigerator.

Eggs.

Tell us about a recent hobby that you have taken up.

I have recently gotten back into chess, which I haven't played since I was on the chess team in high school.

Tell us about your pet.

Turtle is a one-year-old domestic short-haired cat I recently adopted from the SPCA! He is adorable and full of playful energy.

What is your favorite vacation/activity spot?

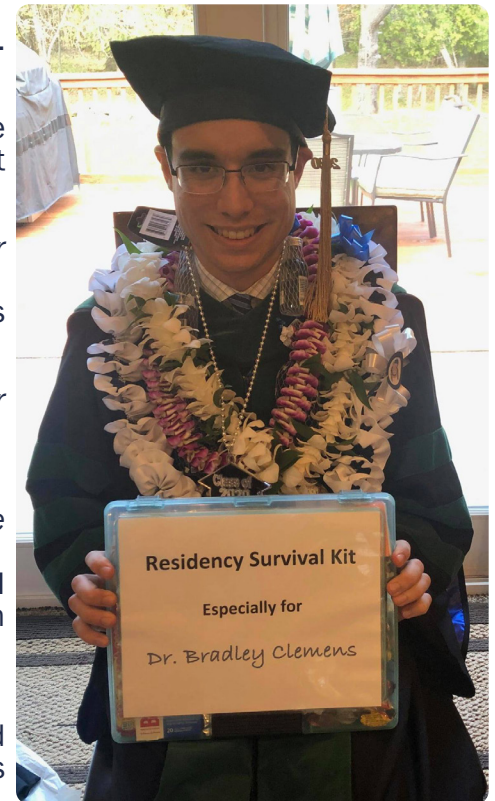
Bar Harbor, Maine. Between exploring the town, visiting Acadia National Park, and spending time with friends and family who live there, it is one of my favorite places to be.

What is the best advice anyone ever gave you?

"Take things one day at a time." I don't know how I would have made it through medical school and residency without this advice - there would have been too much to stress about.

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

Bowling.



DIVISION OF RHEUMATOLOGY

FACULTY PROFILE - Amanda Lusa



Tell us a little bit about yourself.

I grew up in Connecticut and moved to Charlottesville for an internal medicine residency at the University of Virginia in 2014. After working for two years as a hospitalist, I pursued a rheumatology fellowship at the University of North Carolina. I worked on faculty for a year before returning to UVA in the fall of 2022.

Why did you pick rheumatology, and what excites you about your work?

My interest started back in college, where my favorite classes were in immunology, so rheumatology felt like a natural choice as we spent most of our time figuring out how to calm a patient's runaway immune system. The world of rheumatology can be complex; patients often go for a long time before a diagnosis. It is rewarding to combine symptoms into a coherent diagnosis and offer treatments that can drastically improve quality of life and physical functioning.

What brought you back to Charlottesville?

I met my husband while in Charlottesville for residency. He grew up in the area and had ancestors who lived in Charlottesville for over 150 years. When we left Charlottesville for my fellowship, we anticipated returning to be near family and the mountains.

What do you enjoy doing on the weekend?

My family and I are quite active, so weekends tend to look a little like a sports camp. We can be found at the track, pool, biking, or hiking local trails.

What is your favorite vacation/activity spot?

My favorite vacations have been ski trips with family. Just before the pandemic, my husband and I went to Big Sky Montana, which was absolutely gorgeous.

