

MEDICINE MATTERS

NEWS FROM THE DEPARTMENT OF MEDICINE

MESSAGE FROM THE CHAIR

FEBRUARY 2024

 UVA Health | DEPARTMENT OF MEDICINE

MISSION

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

VALUES

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

PLEDGE

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



Welcome to this month's Medicine Matters, where we highlight the Division of Endocrinology and Metabolism. This Division has a remarkable history with a long and robust research, education, and clinical excellence tradition. Faculty members within the Division have made notable discoveries that have changed the care for patients with diabetes, pituitary disease,

metabolic bone disease, adrenal disorders, and many others. I am also proud that the Division has a strong group of young investigators who are so impressive in their passion and excellence. The Division has also seen some recent changes: Dr. Suzanne Jan de Beur was recruited as the Division Chief from Johns Hopkins School of Medicine. She has recruited several top faculty members in her short time leading the Division. Her enthusiasm and energy have fueled an exciting new phase for the Division where we aim to grow and develop new differentiating programs. In addition, we are bidding farewell to several key faculty members who have recently retired and are highlighted in this edition: Drs. Robert Carey, Eugene Barrett, Susan Kirk, and Chris McCartney. We thank them for their service and dedication and will miss them and wish them the best in the future. As you read through this edition, I am sure you will be impressed by this Division's amazing faculty and staff!

With best wishes,

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

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UVA Health

DOM UPDATES & NOTES

DOM Financial Update

Department of Medicine Summary of Consolidated Financials FY24 as of December 2023

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	581,199	614,973	33,774
Clinical Receipts (NPSR)	37,260,098	40,415,465	3,155,368
Total Revenues	109,505,354	116,078,810	6,573,456
Total Expenditures	107,102,845	114,151,669	(7,048,824)
Net Income	2,402,509	1,927,141	(475,368)

Summary Explanation of Variance:

For the fiscal year through December 2023, DOM reported a consolidated net gain of \$1.9M and an unfavorable variance to YTD net income budget of \$475K. Clinical receipts surpassed budget by \$3.2M primarily due to unbudgeted Community Oncology and APP charge volumes. Total revenues include \$2.5M Endowment revenue recorded for January through June and \$1.8M clinical deficit coverage revenue accrual. Total revenue is missing \$1.6M in delayed clinical agreements. Total expenditures variance is unfavorably impacted by \$4.3M increased spending related to grants and commitments, \$1.5M unbudgeted CommOnc Expenses and \$818K unrealized budgeted expenditure reduction contingencies.

Hospital Medicine to Become New Division

Department Chair Mitch Rosner, MD, announced that effective July 1, 2024, the section of Hospital Medicine (currently within the Division of General Medicine) will become a division within the Department of Medicine. This change in status reflects the significant growth of Hospital Medicine, which now has over 50 faculty members and their growing roles in education, research, and quality improvement efforts. It also represents the Department's commitment to continue fostering this growth.

The new Division will be led by Dr. Amber Inofuentes (the current section chief), who has done an excellent job leading the group through some challenging times. Under Dr. Inofuentes's leadership, the Division has continued to grow and recruit exceptional faculty, develop new programs, and lead quality improvement in the inpatient setting. In addition, the hospitalist group now provides a substantial portion of inpatient medical education and is establishing a growing research portfolio.

Dr. Rosner thanked Dr. Mo Nadkarni for his steadfast leadership and support, which was critical in bringing Hospital Medicine to this point. In addition, thanks were due to Drs. Paul Helgerson and George Hoke's leadership and vision which were also critical in developing this essential program.

Congratulations to the group and Dr. Inofuentes.

Welcome To The World



Congratulations to Joe Mort (Chief Resident) and wife Meredith who welcomed baby Evelyn Marie on January 10, 2024.



MINDFULNESS FOR HEALTHCARE EMPLOYEES

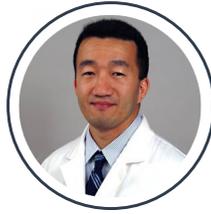
Introduction to Mindfulness for Healthcare
Employees
Free Winter 2024 Course
Live Online Via Zoom
Tuesdays, Feb 6 - Mar 13, 2024
5:00pm - 6:30pm

REGISTER HERE

DOM UPDATES & NOTES



Kim Dowdell MD



Y. Michael Shim MD



John S. Kim MD

Awards and Achievements

Congratulations to **Dr. Kim Dowdell** (Division of General Medicine) on being selected by The Committee on Women and Science (COWIMS) as the *COWIMS January Woman of the Month*. Thank you, Dr. Dowdell, for the fantastic work you do! [Read more...](#)

Congratulations to **Dr Y. Michael Shim** and the [UVA Health Pulmonary Clinic](#) team on earning a nationwide 2024 [Joint Commission Advanced COPD Disease Specific Certification](#). This certification shows that the team's outpatient process focuses on patient-centered evidence-based care and continues to adapt to ensure the team does what is best for our patients. It's obtained rigorously, including data submission, guideline creation, and on-site surveys.

"I rarely see this kind of innovation and collaboration," says surveyor Timothy Byrum. "I can see this institution representing COPD [chronic obstructive pulmonary disease], much like MD Anderson is representative of cancer."

In addition to focusing on social and economic factors that impact care, the UVA Health Pulmonary Clinic team has also incorporated the lung reduction valve — a groundbreaking clinical procedure.

Team members also include **Numann Malik, MD**, and **Katarine Egressy, MD, MPH**, Medical Directors; **Hannah Mannem, MD**, Director of Lung Transplant; **Brandie Taylor, RN**, Clinic Program Coordinator; **Jill Guiffre, LCSW**; **Lisa Cognetti** and **Linda Clarke**, Pulmonary Function Testing Center Operations; **Neil Widrick, RRT**, Ambulatory Manager; and **Derrick Many, RRT**, Pulmonary Navigator.

Thank you to the team members for striving daily to support our UVA Health strategic plan initiatives, including superior quality, patient safety, and health outcomes, and for providing our community with a pillar of excellence for COPD treatment.

Congratulations to **Dr John S. Kim** who received a *Young Physician-Scientist Award* from the *American Society for Clinical Investigation Council* — one of the oldest and most esteemed nonprofit honor societies of physician-scientists.

You're sick. Is it RSV, a cold, COVID or the flu? (YahooLife)

With cases of the flu, RSV, COVID-19 and the common cold at high levels across the country right now, it seems like everyone is getting sick. Still, the symptoms of these illnesses can overlap, making it hard to tell at first glance what you've got.

The best way to know for sure is to get tested. "The differences are all very marginal," Dr. Patrick Jackson, an infectious disease physician at UVA Health, tells Yahoo Life. Still, doctors can pick up on small clues to give them a hunch on what you're struggling with.



[READ MORE](#)

Research in Motion

**Jamieson Bourque, MD,
Professor, Division of
Cardiovascular Medicine**

"My research is focused on patients who have unexplained chest pain. They often have significantly reduced functional status and uncomfortable symptoms; we are looking at ways to use exercise and other novel therapies to help diagnose these patients."

[WATCH VIDEO](#)

DOM UPDATES & NOTES



Christopher Arnold MD



Lien Dame MD FACP



Daniel Strand MD



Jonathan Lindner MD



Michael Ayers MD



Christina Tieu MD



Rachel Kon MD



Neeral Shah MD



Pamela Mason MD



Scott Heysell MD



Amy Mathers MD



Christopher C. Moore MD



Joseph R. Moorman MD



Andrew Wang MD

Congratulations to the 2023 Dean's Faculty Award Recipients

Dean's Award for Clinical Excellence

Christopher Arnold, MD, Associate Professor of Medicine

Lien Dame, MD, FACP, Associate Professor of Medicine

Daniel Strand, MD, Associate Professor of Medicine

Dean's Award for Excellence in Research

Jonathan Lindner, MD, Professor of Medicine (Senior Faculty Award)

Dean's Award for Excellence in Teaching

Michael Ayers, MD, Assistant Professor of Medicine

Christina Tieu, MD, Assistant Professor of Medicine

Master Educator Award for Graduate Medical Education

Rachel Kon, MD, Associate Professor of Medicine

David A. Harrison Distinguished Educator Award

Neeral Shah, MD, Professor of Medicine

Sharon L. Hostler Women in Medicine Leadership Award

Pamela Mason, MD, Professor of Medicine

2023-2024 Endowed Professorship Electees

Scott Heysell, MD, Thomas Harrison Hunter Associate Professor of International Medicine

Amy Mathers, MD, Bayer Corporation-Gerald L. Mandell Associate Professor of Internal Medicine

Christopher C. Moore, MD, Harrison Medical Teaching Professor of Medicine

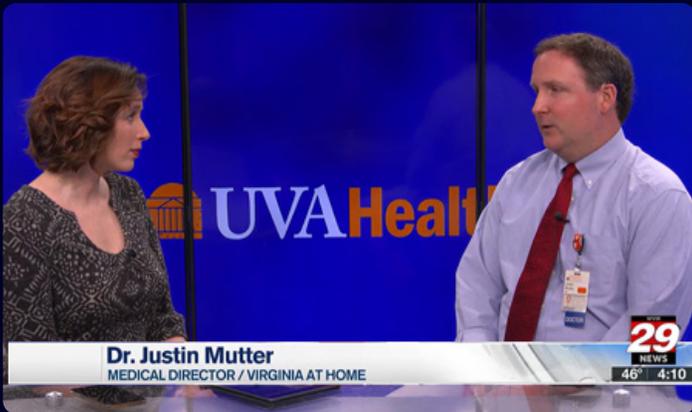
Joseph R. Moorman, MD, Bicentennial Professor of Advanced Medical Analytics

Andrew Wang, MD, David D. Stone Professor of Internal Medicine

[READ MORE](#)

In Media

Community Conversation: Dr. Justin Mutter with UVA Health (29News)



Dr. Justin Mutter (Division of) Medical Director of Virginia at Home, speaks with 29News about medical conditions that keep patients ‘home-bound’ and how it may make getting medical care more challenging. Dr. Mutter explains how the Virginia at Home program can help with this challenge.

[WATCH VIDEO](#)

UVA Researchers ID Novel Factor in HIV Transmission (UVA Today)

Successful transmission of HIV, the human immunodeficiency virus, is influenced by a protein made by the virus and the interaction between that protein and the virus itself, UVA Health researchers, including Dr. Patrick Jackson, say. immunodeficiency virus, is influenced by a protein made by the virus and the interaction between that protein and the virus itself, UVA Health researchers say.



[READ MORE](#)

How to Use and Take Care of Your Humidifier (Time)

For those whose skin in the winter gets as scaly as a lizard’s, home humidifiers might sound essential. But humidifiers are more complicated to use and care for than some other household appliances—and doing so incorrectly can be worse for your health than not having one at all. Dr. Kyle Enfield helps what to know before diving in.



[READ MORE](#)

Dr. Michael Ayers: Protecting Yourself Against ‘silent’ Causes of Heart Disease (Daily Progress)

Cardiovascular disease is the No. 1 killer of Americans, causing more than 900,000 deaths annually. Sadly, 1 out of every 3 of these deaths is avoidable with appropriate preventative care. As we get ready to commemorate Heart Month in February, Dr. Michael Ayers helps examine what you can do to reduce your risk for cardiovascular disease.



[READ MORE](#)



Follow The DOM



Follow DOM on INSTAGRAM!

In Media

Justin Taylor, PhD, Researches Vaccination Alternatives to Protect Against Infectious Diseases (Medicine In Motion)

Justin J. Taylor, PhD, an associate professor in the Department of Medicine's Division of Infectious Diseases and resident member of the Beirne B. Carter Center for Immunology Research was awarded two NIH R01 grants in 2022 for \$2.5 million that transferred with his lab when the relocated to the University of Virginia in August



2023 from the Fred Hutchinson Cancer Center. These R01s are a collaborative effort with Jen Adair, PhD, from the Fred Hutchinson Cancer Center to develop an alternative to vaccination for infections for which protective vaccines do not exist, or for people who are immunocompromised and cannot mount a protective response to approved vaccines.

[READ MORE](#)

Dr. Taison Bell talks with USA Today to debunk a myth that aluminum in vaccines causes autism. (USA Today)

"The aluminum in vaccines is in a form that's been proven safe and effective for triggering the immune response we want," Dr. Taison Bell, a UVA Health specialist in infectious diseases and critical care medicine, wrote in an email.



[READ MORE](#)

UVA Cancer Center Enrolls First Patient in National Phase 1 Immunotherapy Trial



Matthew Reilley, MD, (second from left) with the trial's first participant and colleagues.

Led by Associate Professor of Hematology and Oncology Matthew Reilley, MD, the UVA Comprehensive Cancer Center (UVACCC) recently enrolled the first patient in a nationwide Phase 1 drug trial to evaluate a new immunotherapy drug's potential to treat various forms of cancer.

[READ MORE](#)

Echo Lab Mileston Achievement (UVA Health Update)

Congratulations to the Echo Lab on receiving Intersocietal Accreditation Commission (IAC) accreditation for the past quarter century. The achievement of 25 years of consistent accreditation is significant from a quality and patient care standpoint: it reflects adherence to rigorous standards and guidelines.

The majority of the accreditation is driven by Echo's Department Supervisor Jason Higginson and **Echo Medical Director Jamie Bourque, MD**. This accreditation applies to our Echo labs at Fontaine Research Park, University Hospital, and Augusta Cardiology Clinic. The echocardiogram has become a standard of practice, and UVA Health University Medical Center and its team will perform approximately 19,000 studies this upcoming year.

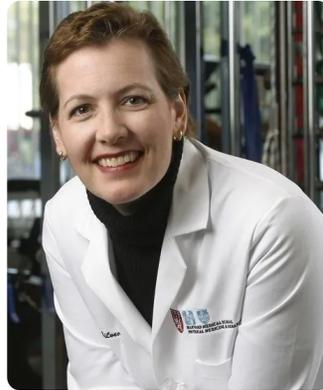
We are very proud of our core cardiac sonographer staff, all of whom are accomplished in providing a complex schedule of services. It is a unique diagnostic service where the skill and experience of the person guiding the probe is critical. The Echo team works 24 hours a day, seven days a week, providing on-call services, weekend, and holiday coverage. Services provided include transesophageal, transthoracic, stress echo, research protocols, and interventional support.

Congratulations to all involved in this outstanding milestone!

MINFULNESS MATTERS
A Newsletter from the UVA
Mindfulness Center

DOM UPDATES & NOTES

Two Professional Development Opportunities with Dr. Julie Silver in April



COWIMS invites you to register and join us for two learning opportunities this spring, facilitated by distinguished visiting professor, Dr. Julie Silver

Julie K. Silver, MD

Associate Professor and Associate Chair Department of Physical Medicine and Rehabilitation, Harvard Medical School Massachusetts General Hospital, Brigham and Women's Hospital Spaulding Rehabilitation Hospital

“Strategies to Increase Your Publishing Success and Accelerate Your Next Promotion in Academic Medicine”

Thursday, April 11, 2024

10:00am - 11:30am

McKim Hall Classroom 1023

[REGISTER HERE TO ATTEND](#)

“New Opportunities to Accelerate Gender Equity for Women in Medicine”

Thursday, April 11, 2024

12:00pm - 1:00pm

Medical Education Building 3rd floor Auditorium

[REGISTER HERE TO ATTEND](#)

Save the date and plan to join us for an event celebrating

“100 Years of Women in Medicine and Science at UVA”

Jointly hosted by the Committee on Women in Medicine and Science (COWIMS) and The Maxine Platzer Lynn Women's Center

Thursday, April 25, 2024

5:00 - 6:30pm

Colonnade Club
(Pavilion VII, Lawn)

The event will include a women-focused historical walking tour of UVA Grounds and a panel discussion with distinguished women leaders.

Hors d'oeuvres and refreshments will be provided.

Subscribe to the COWIMS [email list](#)

DOM UPDATES & NOTES

New clinical Trials (opened since 12/1/2023)

BREAST

Clinical Utility of Fluoroestradiol F18 PET/CT in Metastatic Breast Cancer Patients with ER-Positive and HER2-Negative Primary Lesions after Progression on First Line Hormonal Therapy

IRB # HSR220088

CT. Gov. ID: NCT05068726

Sponsor Protocol GE-280-401 Sponsor: GE Healthcare, Ltd.

Principal Investigator: Brenin, Christiana Study Contact: Linh-an Cao pbd2am@uvahealth. 434-297-8785

A Randomized, Open-label, Phase 3 Study of Adjuvant Sacituzumab Govitecan and Pembrolizumab Versus Treatment of Physician's Choice in Patients With Triple Negative Breast Cancer Who Have Residual Invasive Disease After Surgery and Neoadjuvant Therapy

IRB # HSR230088

CT. Gov. ID: NCT05633654

Sponsor Protocol GS-US-595-6184 / ASCENT-05 Sponsor: Gilead Sciences, Inc.

Principal Investigator: Dillon, Patrick Study Contact: Olena Glushakova oyg2n@uvahealth.org

CELLULAR THERAPIES

A Phase II Study of Reduced Dose Post Transplantation Cyclophosphamide as GvHD Prophylaxis in Adult Patients with Hematologic Malignancies Receiving HLA-Mismatched Unrelated Donor Peripheral Blood Stem Cell Transplantation

IRB # HSR230345

CT. Gov. ID: NCT06001385

Sponsor Protocol OPTIMIZE Sponsor: Center for the International Blood and Marrow Transplant

Principal Investigator: Ballen, Karen Study Contact: Eva Forman stw7ak@uvahealth.org

GASTRO-INTESTINAL (GI)

A Phase III, Randomized, Controlled, Global Multicenter Study to Evaluate the Efficacy and Safety of Oral Tinengotinib versus Physician's Choice in Subjects with Fibroblast Growth Factor Receptor (FGFR) altered, Chemotherapy- and FGFR Inhibitor Refractory/Relapsed Cholangiocarcinoma (FIRST-308)

IRB # HSR230329

CT. Gov. ID: CT05948475

Sponsor Protocol TT420C2308 / FIRST-308 Sponsor: TransThera Sciences (Nanjing), Inc.

Principal Investigator: Kunk, Paul Study Contact: Kristen A Harris kah2gv@uvahealth.org 434-297-5724

New clinical Trials (opened since 12/1/2023)

GENITO URINARY (GU)

A Phase 2, Randomized, Open-Label, Study of Lorigerlimab with Docetaxel or Docetaxel Alone in Participants with Metastatic Castration-Resistant Prostate Cancer

IRB # HSR230238

CT. Gov. ID: NCT05848011

Sponsor Protocol CP-MGD019-02 Sponsor: MacroGenics, Inc.

Principal Investigator: Skelton, William Study Contact: Christine Martin cmp2p@uvahealth.org

THORACIC

A Randomized, Double-Blind Phase 2/3 Study of Fianlimab (Anti-LAG-3 antibody) in Combination with Cemiplimab (Anti-PD-1 antibody) versus Cemiplimab Monotherapy in First-Line Treatment of Patients with Advanced Non-Small Cell Lung Cancer (NSCLC) with Tumors Expressing PD-L1 ≥50%

IRB # HSR230214

CT. Gov. ID: NCT05785767

Sponsor Protocol R3767-ONC-2235 Sponsor: Regeneron Pharmaceuticals, Inc.

Principal Investigator: Hall, Richard Study Contact: Lacey N Garrett lb5tu@uvahealth.org 434-297-5588

A randomized, double-blind phase 2/3 study of Fianlimab (anti-lag 3 antibody), Cemiplimab (anti-pd-1 antibody), and chemotherapy versus cemiplimab and chemotherapy in first-line treatment of patients with advanced non-small cell lung cancer (NSCLC) irrespective of PD-L1 expression levels.

IRB # HSR230219

CT. Gov. ID: NCT05800015

Sponsor Protocol R3767-ONC-2236 Sponsor: Regeneron Pharmaceuticals, Inc.

Principal Investigator: Hall, Richard Study Contact: Lacey N Garrett lb5tu@uvahealth.org 434-297-5588

A Phase 2 Study of Alisertib in Patients with Extensive Stage Small Cell Lung Cancer

IRB # HSR230339

CT. Gov. ID: NCT06095505

Sponsor Protocol PUMA-ALI-4201 Puma Biotechnology, Inc.

Principal Investigator: Gentzler, Ryan Study Contact: Gracie Hockenberry mgt4n@virginia.edu 434-297-7784

DEVELOPMENTAL THERAPEUTICS

A First-in-Human, Phase 1a/1b, Open-Label, Dose-Escalation and Expansion Study to Investigate the Safety, Pharmacokinetics, and Antitumor Activity of the RAF Dimer Inhibitor BGB-3245 in Patients with Advanced or Refractory Tumors

IRB # HSR230149

CT. Gov. ID: NCT04249843

Sponsor Protocol BGB-3245-AU-001 Sponsor: MapKure, LLC
Principal Investigator: Gaughan, Elizabeth Study Contact: Samantha Schaeffer sms6wn@uvahealth.org

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.

2023 Fellowship Match

The 2023-2024 fellowship match took place in late November 2023 and this year's applicants, made up of current and former residents, did a fantastic job. We are excited that so many outstanding residents will be remaining at UVA for their fellowships and delighted at the great matches for our residents who will be leaving Charlottesville for their next training location.

2023 FELLOWSHIP MATCH

Aziz Almulhim—ID at Northwestern
Caroline Chessare—Pulm/CC at UVA
Ben Fuller—ID at UVA
Elliott Goldberg—Cardiology at UVA
Anuragh Gudur—GI at Northwestern
Shivani Hanchate—Cardiology at Baylor
Kara Harrison—Cardiology at Georgetown
Varun Kavuru—Endocrine at Johns Hopkins
Joanna Lee—Rheumatology at UVA
Nick Lucchesi—Hematology/Oncology at Georgetown
Emily Minor—GI at UVA
Emily Mitchell—Pulm/CC at UCSD
Francesco Moroni—Critical Care at UVA
Charlie Morris—Hematology/Oncology at UVA
Joe Mort—Hematology/Oncology at Johns Hopkins
Brendan Mullen—ID at University of Washington
Pooja Patil—Cardiology at Wake Forest
Daniel Patterson—Cardiology at UVA
John Popovich—Pulm/CC at UVA
Matt Schliep—GI at UVA
Griffin Sonaty—Rheumatology at UNC
Margo Tanner—Hospice/Palliative Care at NYP/Columbia/Cornell
Emma Trachman—Rheumatology at Duke
Danh Tran—Hematology/Oncology at University of Washington

Thank you to the many mentors who supported these residents in their scholarly projects and letters of recommendation for fellowship. An additional thanks to the volunteer faculty who signed up for mock virtual interviews to get residents ready for the interview circuit:

Antonio Abbate
Chris Arnold
Emily Ayers
Andrew Barros
Taison Bell
Eric Davis
Firas El Chaer
Drew Harris
Nic Intagliata
Patrick Jackson

Mike Keng
Pam Mason
Trish Millard
Patricia Rodriguez-Lozano
Stacy Park
Tim Scialla
Neeral Shah
Jeff Sturek
Kelly Wingerter
Matt Wolf

**FOLLOW
UVA ID**

**FOLLOW
UVA ENDO**

**FOLLOW UVA
PULMONARY**

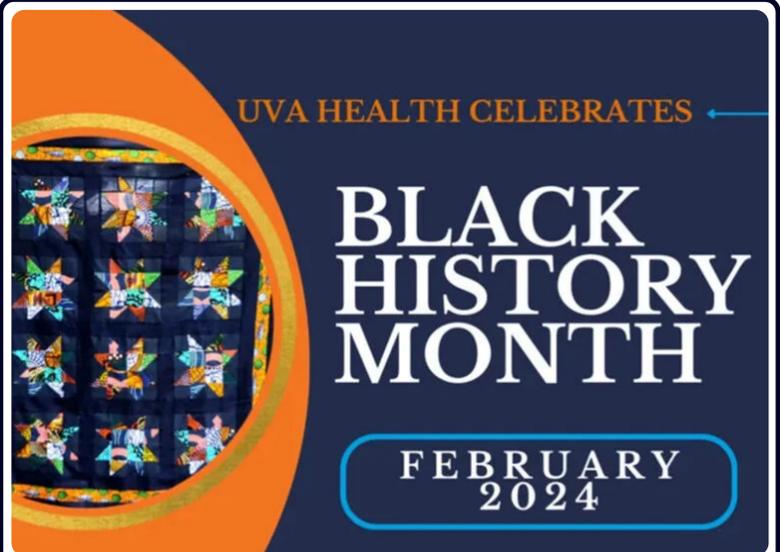
**FOLLOW UVA
NEPHROLOGY**

**FOLLOW
UVA CARDIO**



Heart Month Food Drive in Honor of Dr. Lew Lipson

Feb. 1-29 | Drop-off locations will be throughout the Heart & Vascular Center (Cath Lab, CTU, OR, F 500 Cardiology, CV Surgery, and PCC Cardiology Clinics, 2nd floor F 400, and UVA Health Augusta/Fishersville Cardiology Clinic). Most needed items include low sodium canned soup, stew, chili; low sodium canned vegetables; low sugar whole grain cereal; low sugar peanut and almond butter; boxed macaroni and cheese; whole grain rice and pasta; canned tuna and chicken; paper products; baby food, formula, and diapers; soap and feminine products; and toothbrushes. Sponsored by the Cath Lab, CTU, and ambulatory clinics. [DONATE ONLINE.](#)



We are thankful to all team members who share in our vision, actively contributing to the realization of equity for all Virginians and beyond, and we invite you to join your colleagues in various Black History Month [events](#) across UVA Health throughout the month of February.

WELCOME NEW FELLOWS!

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

Contact Kim Kelley-Wagner kak2cj@virginia.edu
434.328.0680

DEPARTMENT OF MEDICINE
MEDICINE GRAND ROUNDS
UNIVERSITY OF VIRGINIA



UVA Resources for Team Members

support for dealing with crisis and how to stay informed.

DIVISION OF ENDOCRINOLOGY & METABOLISM

Message from Suzanne Jan De Beur MD, Endocrinology Division Chief



As the newest faculty member and the new Chief, I am thrilled to call the Division of Endocrinology and Metabolism at the University of Virginia my new home. Having arrived from Johns Hopkins just a few short months ago, I am immensely impressed by the exceptional caliber of research, the internationally recognized faculty, the outstanding clinical care employing cutting-edge technology, the quality of the trainees, and the profoundly collaborative culture that defines this institution.

The dedication to cutting-edge research in endocrinology here is truly inspiring. I am excited to join such a dynamic and innovative team of researchers pushing our field's knowledge boundaries. I look forward to contributing to and facilitating efforts that advance our understanding of endocrine disorders and translate discoveries into tangible improvements in patient care.

The clinical care provided by our dedicated clinicians is second to none. It is evident that our faculty members are experts in their respective specialties and deeply committed to delivering compassionate and patient-centered care. I am proud to be a part of a team that prioritizes excellence in clinical practice and is dedicated to improving the lives of individuals affected by endocrine disorders.

Equally impressive is the collaborative spirit that permeates every aspect of this institution. The willingness of faculty members to share expertise, collaborate across disciplines, and mentor the next generation of leaders is truly remarkable. I am eager to foster and strengthen these collaborative partnerships within our division and with colleagues across the School of Medicine and the university.

With decades of excellence and recognition as one of the premier Divisions of Endocrinology and Metabolism as our foundation, we are poised for an exciting future and new era of growth in our clinical and research enterprise.

As is the tradition started by my generous predecessor, Dr. Chris McCartney, I employ this edition of Medicine Matters to honor my fellow division members, who have significantly contributed to the core missions of UVA and live the ASPIRE values daily.

Thank you for the warm welcome and the opportunity to lead this exceptional division. I am honored to be here and excited for the journey ahead.

~ Suzanne Jan De Beur MD



UVA Health

DIVISION OF ENDOCRINOLOGY & METABOLISM

FOND FAREWELLS



Drs. Robert Carey (front) and Eugene Barrett with their wives.

Robert M. Carey MD MACP, The David A. Harrison III Distinguished Professor of Medicine, Dean Emeritus, and University Professor, retired in December 2023 after an extraordinary physician, scientist, and leader career. Dr. Carey has been a part of the fabric of the University of Virginia for over 50 years, and his tireless work has profoundly impacted each of us.

Dr. Carey was born in Lexington, Kentucky, and received his medical degree from Vanderbilt University in 1965. He completed his residency in medicine at the New York Hospital-Cornell Medical Center and fellowships in endocrinology with Dr. Grant W. Liddle at Vanderbilt and in hypertension with Professor Sir Stanley Peart at St. Mary's Hospital Medical School (now Imperial College) in London, England.

Dr. Carey served as Dean of the University of Virginia School of Medicine from 1986 to 2002. During his tenure as Dean, Dr. Carey founded departments of public health sciences, emergency medicine, radiation oncology, physical medicine, and rehabilitation. He initiated the clinical trials center, the biomedical ethics center, the humanities in medicine program, the generalist medicine program, the global health program, the digestive health center of excellence, and the clinical cancer center. He developed new research centers in cell signaling, structural biology, retrovirology, reproduction, immunology, and cardiovascular sciences. Dr. Carey constructed four new research buildings and a conference center and developed architectural plans and funding for a fifth research building for the School of Medicine. During his 16 years as Dean, National Institutes of Health (NIH) funds to the School of Medicine quintupled, private fundraising increased 12-fold, and 60 endowed professorships were established. During his deanship, the School of Medicine strengthened its basic medical sciences, interdisciplinary research centers and programs, and university-wide collaboration in research and teaching.

As Director of the Division of Endocrinology and Metabolism from 1978-1986, Dr. Carey developed the Division into one of the best in the country (highest ranking #5 by U.S. News).

An internationally recognized leader in endocrinology, Dr. Carey focused his clinical interest on cardiovascular endocrinology, adrenal disorders, and hypertension and his research on the hormonal control of blood pressure and hypertension. Dr. Carey authored over 400 scientific articles and three books during his highly productive career. He has maintained a productive NIH-funded research program since 1973 and has strongly advocated biomedical research nationally.

Dr. Carey has held significant leadership roles in national organizations, including (but not limited to) the President of The Endocrine Society and The American Clinical and Climatological Association. Dr. Carey is an elected member of the National Academy of Medicine, the Association of American Physicians, and the American Society for Clinical Investigation.

Dr. Carey is recipient of numerous awards for his outstanding achievements including the Distinguished Alumnus Award from Vanderbilt University, the Distinguished Achievement Award of the New York Hospital/Cornell Medical Alumni Council, the Walter Reed Distinguished Achievement Award of the University of Virginia Medical Alumni Association, the Lifetime Achievement Award of the Consortium of Southeast Hypertension Centers and the Irving Page/Alva Bradley Lifetime Achievement Award of the AHA Hypertension Council. He is a Fellow of the Royal College of Physicians of Ireland and a Master of the American College of Physicians (ACP). Dr. Carey has received an Honorary Citation from Governor Mark R. Warner (2002) and a Joint Resolution commending him from the General Assembly of the Commonwealth of Virginia (2004). He received the Laureate Award of the Virginia Chapter of the ACP (2004), the Distinguished Physician Award of the Endocrine Society (2005), the AHA Scientific Councils Distinguished Achievement Award (2008), the Robert Tigerstedt Distinguished Scientist Award of the American Society of Hypertension (2009), the Edward H. Ahrens, Jr., Distinguished Scientist Award of the Association for Clinical and Translational Research (2012), the Research Excellence Award of the AHA Hypertension Council (2012; highest AHA award for hypertension research), the Outstanding Leadership in Endocrinology Award of the Endocrine Society (2015), American Heart Association Distinguished Scientist Award for (2020).

Dr. Carey's work has been recognized at the University of Virginia by the Thomas Jefferson Award, the highest honor bestowed by the University of Virginia, for transforming academic medicine at the University. The Dean Robert M. Carey Award, initiated in 2003 by University of Virginia medical students, honors a second-year class member who exhibits leadership and scholarship qualities and builds a sense of community during the first two years of medical school. The Carey, Marshall, Thorner Scholars Research Day of the Department of Medicine was initiated in 2007. He mentored numerous students, fellows, and junior faculty members, many of whom have had highly successful careers and become excellent mentors.

Dr. Carey represents the highest example of a compassionate clinician, brilliant scientist, transformative leader, generous mentor, and inspiring educator. Dr. Carey's presence and work have influenced all who have had the privilege to call the Division of Endocrinology and Metabolism at the University of Virginia our academic home. With utmost gratitude, we thank him for his transformative impact and wish him fulfillment in this next phase of life.

DIVISION OF ENDOCRINOLOGY & METABOLISM

FOND FAREWELLS



Susan E. Kirk MD

Susan E. Kirk MD, retired from the Division of Endocrinology after a 33-year career at the University of Virginia. She is a graduate of Douglass College and Rutgers Medical School. She completed her internship and residency and was the chief resident in Internal Medicine at the University of North Carolina Chapel Hill. In 1991, she came to the University of Virginia to complete a fellowship in Endocrinology and Metabolism. She joined the faculty in 1994 and was jointly appointed as an associate professor in internal medicine, obstetrics, and gynecology. Her areas of expertise included diabetes, pregnancy, and transgender health. She also served as a Designated Institutional Official and Associate Dean for Graduate Medical Education at the University of Virginia Health System from 2006 to 2023. She was awarded emerita status upon her retirement.

Dr. Kirk's accomplishments include overseeing more than 130 accredited and non-accredited graduate medical education programs, including programs in Medical and Medical specialty disciplines, Pharmacy, Chaplaincy, Dentistry, and Radiation, Physics, Clinical Laboratory Medicine, and Clinical Psychology. She was a member of the Institutional Review Committee of the ACGME from 2013-2020 and was elected by her peers to serve as its chair from 2017 until her term ended. She was chair of the Endocrine Society's Board Review and the Endocrinology Self-Assessment Program

for several years. At UVA, she was elected to serve as the chair of the Faculty Senate and represented the faculty as its representative to the Board of Visitors from 2022-23. Her honors include the School of Medicine's David A Harrison Award for Excellence in Teaching and the ACGME's Parker Palmer Courage to Lead Award.

She and her husband are the parents of five adult children and one adorable grandson.

She is an avid birder. She is currently enrolled in graduate school, where she hopes to earn a degree in wildlife conservation and use her new skills to create new programs that enhance the well-being of physicians.



Christopher McCartney MD

For 25 years, **Christopher McCartney MD** walked the halls of the University of Virginia before sighting new adventures in West Virginia's wilds. Dr. McCartney was the Interim Division Chief who helped our team navigate reduced clinical capacity, a surge of new hires, and a complete revamping of our administrative team. He helped us transition from Dr. Zhenqi Liu's leadership to his and finally to our new Division Chief, Dr. Suzanne Jan de Beur, with grace, genuine kindness, and an unparalleled enthusiasm for growth.

While we miss Dr. McCartney, he lives on in his example of servant leadership, a thirst for being true to yourself, and his courage to do what he thought was right. Dr. McCartney's spirit lives on here at UVA in the form of DonChris, our team's office fish.

In a world where anything is possible, we wish Dr. McCartney the very best on his new venture in a galaxy not so far, far away. We hope to continue our research relationship with him and our friendships. Thanks for

being who you are, Chris. You are indeed one of a kind.



Pictured in both photos in no particular order: Dan Haislender, Suzanne Keller, John Marshall, Ben Horton, Leon Farhi, Richard Santen, Helmy Siragy, Christine Burt-Solorzano, Jen Kirby, Katie Love, Meg Stumpf, Suzanne Jan de Beur, Christ McCartney, Christina Hamill, Heather Farris, Christine Eagleson, Jessica Proffitt

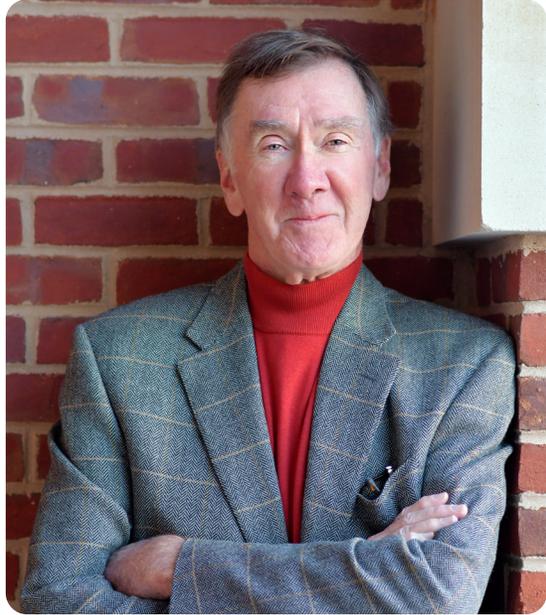


DIVISION OF ENDOCRINOLOGY & METABOLISM

FOND FAREWELLS

On Friday, January 26th, the Endocrinology Division, along with friends and family celebrated the retirement of **Eugene Barrett, MD, PhD** at the beautiful Morven Farms. Dr. Barrett joined the Endocrinology Division in 1991 as the Director of the UVA.

Diabetes Center. Since that time, Dr. Barrett has remained deeply committed to the UVA School of Medicine, demonstrating profound excellence in research, clinical care, education, and mentorship throughout his 31 years at UVA.



Dr. Eugene Barrett



Dr. Liu presenting Dr. Barrett with Rotunda print with faculty/staff signatures.



Drs. Zhenqi Liu and Eugene Barrett



Ben Horton, Susan Kirk, Dick Santen, Chris McCartney, Meg Stumpf, Heather Ferris, Meg Crook

DIVISION OF ENDOCRINOLOGY & METABOLISM

FOND FAREWELLS



Meg Crook, Ben Horton, Eugene Barrett, Heather Ferris, Dr. Maren Laughlin



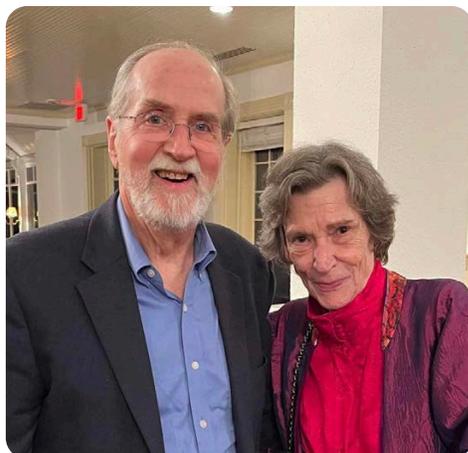
Dr. Liu presenting Dr. Barrett with "The Legacy of Eugene Barrett, MD, PhD"



Dr. Barrett with former mentees



Nora Barrett, Paula Barrett, Eugene Barrett, Matt Barrett



Anthony McCall, Mary Lee Vance



Drs. Eugene Barrett and Zhenqi Liu



Dr. and Mrs. John Marshall

Updates on Faculty Activities



Sue Brown, MD, is a clinician who directs clinical trials primarily related to automated insulin delivery (artificial pancreas) systems. Dr. Brown's research was supported by 3 R01 as a Co-PI and anticipates a new R01 in 2024 as a Co-PI on inpatient glycemia management and industry grants in managing Type 2 Diabetes and Cystic Fibrosis-Related Disease. Her current R01s include R01 DK085623, "Bio-behavioral Human Machine Co-Adaptation of the Artificial Pancreas," R01 DK129553, "Advanced Artificial Pancreas Systems to Enable Fully Automated Glycemic Control in Type 1 Diabetes Mellitus", R01 DK133148 "Adaptive Motif-Based Control: A Fundamentally New Approach to Automated Treatment Optimization for Type 1 Diabetes. Dr. Brown has continued her track record of publishing papers related to this work. Clinically, Dr.

Brown is a general endocrinologist interested in metabolic bone disease and diabetes. In 2023, Dr. Brown was honored with a Patient Experience Award for the fourth year. Dr. Brown is also a core faculty member of our fellowship program and is the division's Gerald D. Aurbach Professor of Endocrinology.



Margaret Crook, MD, is a general endocrinologist interested in metabolic bone disease and calcium disorders. She co-founded Blue Ridge Endocrinology in 2010 but has practiced at the University of Virginia Endocrinology in the Charlottesville Pantops area since 2015. Her patient survey results are outstanding, and Dr. Crook was honored with the 2022 and 2023 Patient Experience Awards. Dr. Crook was featured in Virginia Business magazine's 2024 Top Doctors list for the state. She has joined an Endocrine Society task force for physician burnout and recently has taken on an internal leadership role at the main Endocrinology clinic at Fontaine. She is excited to start seeing patients at the Fontaine Bone Clinic in March and learning more from her new division chief.



Christine Eagleson, MD, is a general endocrinologist who has contributed exceedingly valuable contributions to the division's clinical mission, including our regional outreach program. In addition to seeing patients in our main endocrinology clinic at Fontaine, she serves the division (and Virginians) in the Culpeper Specialty Care clinic. Dr. Eagleson is also the primary adult endocrinologist member for UVA Health's Gender Health program, thus contributing to a critically crucial institutional mission. These activities highlight Dr. Eagleson's unending devotion to the underserved. Dr. Eagleson is a highly valued preceptor for the fellows' continuity clinic and serves on our Clinical Competency and Program Effectiveness Committees. She has been promoted to Associate Professor and co-leader for the Endocrinology Clinic. She has been elected to Virginia

Business Magazine's Top Endocrinologist of Virginia.



Heather Ferris, MD, PhD, is a basic scientist whose interest concerns brain insulin and IGF-1 action and interactions among diabetes, cholesterol, and Alzheimer's disease. Her 2023 research was supported by The Rick Sharp Foundation and an NIH R01 grant (Ferris PI - "Mevalonate Pathway Regulation of Astrocyte ApoE"). She was also a co-investigator for two NIH R01 grants and a Coulter Foundation grant. Dr. Ferris is an advisor for the American Diabetes Association's (ADA) Diabetes and Cardiovascular Disease Interest Group. Clinically, Dr. Ferris is a general endocrinologist interested in diabetes in older patients. In 2023, Dr. Ferris was honored with a Patient Experience Award. She serves the division as our Endocrinology Grand Rounds Course Director.



Daniel Haisenleder, PhD, is a reproductive neuroendocrinologist with a long history of crucial basic science research on regulating gonadotropin synthesis. Dr. Haisenleder is the Director of the Ligand Assay and Analysis Core Laboratory in the Center for Research in Reproduction, a busy research laboratory supported by NIH R24 HD102061. This role includes the development and refinement of hormone assays. Recently, Dr. Haisenleder co-authored manuscripts validating a multiple-marker test panel for early pregnancy outcome prediction, as well as the NIH-supported FIT-PLESE Project, a large multicenter randomized trial to compare the effects of two preconception lifestyle interventions in infertile women with obesity. Dr. Haisenleder continues to serve as a UVA Animal Care and Use Committee member and an External Advisory Board

Member for the Wisconsin National Primate Center.

Updates on Faculty Activities



Gregory Hong, MD, PhD, is a general endocrinologist interested in neuroendocrinology and pituitary disease: he is an integral part of our multidisciplinary pituitary program. In addition to being a highly skilled clinician, Dr. Hong is an outstanding educator and continues to do an exceptional job as our fellowship program director. Dr. Hong serves as one of five preceptors in our endocrinology fellows' continuity clinic, and he Chairs our Clinical Competency and Program Effectiveness Committees. Nationally, Dr. Hong serves as the governing Council member for the Association of Program Directors in Endocrinology, Diabetes, and Metabolism (APDEM), where he oversees national recruitment policies. He is also a member of the Endocrine Society's Clinical Endocrine Education Committee, where he chairs the Endocrine Educators Forum working group.



William (Ben) Horton, MD, is an assistant professor investigating the effects of glycemic variability on oxidative stress, inflammation, and myocardial microvascular function in people with type 1 diabetes. Dr. Horton also pursues clinical research related to heart failure in patients with type 1 diabetes. His work is currently supported by an American Heart Association career-development grant (project entitled "A Comprehensive Approach to Reducing Glycemic Variability and Improving Cardiovascular Health in Type 1 Diabetes") and a large JDRF (formerly Juvenile Diabetes Research Foundation) grant entitled "Reducing Glycemic Variability to Improve Cardiovascular Health in Type 1 Diabetes." Clinically, Dr. Horton is a general endocrinologist interested in cardiovascular diabetology. In addition to staffing inpatient consults, Dr. Horton serves the division (and Virginians) by staffing our clinic at Zions Crossroads.



Zhenqi Liu, MD, is a clinician-investigator whose primary interests relate to regulating insulin action in the vasculature and the cardiovascular complications of diabetes. Dr. Liu's 2023 research was supported by R01 DK125330 (PI Liu - "Effects of Exercise and GLP-1R Agonism on Muscle Microvascular Perfusion and Insulin Action"), R01 DK124344 (Co-PI Liu - "Role of Microvascular Insulin Resistance and Cardiorespiratory Fitness in Diabetes") and a LaunchPad grant (Targeting endothelial AMPK and Nrf2 to attenuate microvascular insulin resistance and improve muscle function in diabetes). Dr. Liu was an essential Co-Investigator for four additional R01s (HL142250, HL130296, DK116768, HL129510) and served as program director of the NIH training grant in neuroendocrinology and metabolism (2T32DK007646) and the primary mentor for a K23 award (DK131327). In 2023, Dr. Liu published seven peer-reviewed manuscripts; he served on the Endocrine Society and American Diabetes Association committees (described elsewhere in this newsletter), as an Associate Editor for the Journal of the Endocrine Society, and as a Chair-elect of the Nutrition Science and Metabolism interest group of the American Diabetes Association. Clinically, Dr. Liu is a general endocrinologist interested in diabetes and thyroid diseases.



Kaitlin Love, MD, is a clinical researcher investigating micro- and macrovascular insulin resistance in type 1 diabetes and response to GLP-1-receptor agonism and exercise treatment. She was awarded an NIH K23 career-development grant (project entitled "Therapeutic Strategies for Microvascular Dysfunction in Type 1 Diabetes"). She is also a Co-Investigator for NIH grants R01 DK124344 and R01 DK129510. In 2023, Dr. Love published two peer-reviewed manuscripts, including one in the Journal of Clinical Endocrinology and Metabolism (JCEM), and gave an invited talk to the American Diabetes Association's Diabetes and Cardiovascular Disease Interest Group. She was selected as an Early Stage Investigator Reviewer and served on an NIH study section. She received the Department of Medicine's Excellence in Research Award. Clinically, Dr. Love is a general endocrinologist interested in diabetes and obesity.



Helmy Siragy, MD, is a clinician-scientist whose primary interests relate to the endocrine/paracrine control of blood pressure and renal function. In 2023, he spoke at the European Society of Hypertension in Athens, Greece, the University of Budapest, Budapest, Hungary; and the Egyptian Association of Endocrinology, Diabetes and Atherosclerosis, Alexandria, Egypt. In January 2024, the University of Virginia School of Medicine awarded the renewal of his end-owned Harrison Chair of Excellence in Medical Education for the next five years. Dr. Siragy is a reviewer for the National Institutes of Health, an Endocrine Society's International Mentor for Young Physicians, and an Editorial Board of the Nature Research Group member. Additionally, he is a guest editor for Scientific Reports (Nature publication) on the Cardio-renal axis and guest editor for the International Journal of Molecular Sciences on the Renin-Angiotensin System in Health and Disease. In collaboration with Michigan University and Harvard Medical School, his research team studies novel biomarkers for diagnosing primary aldosteronism.

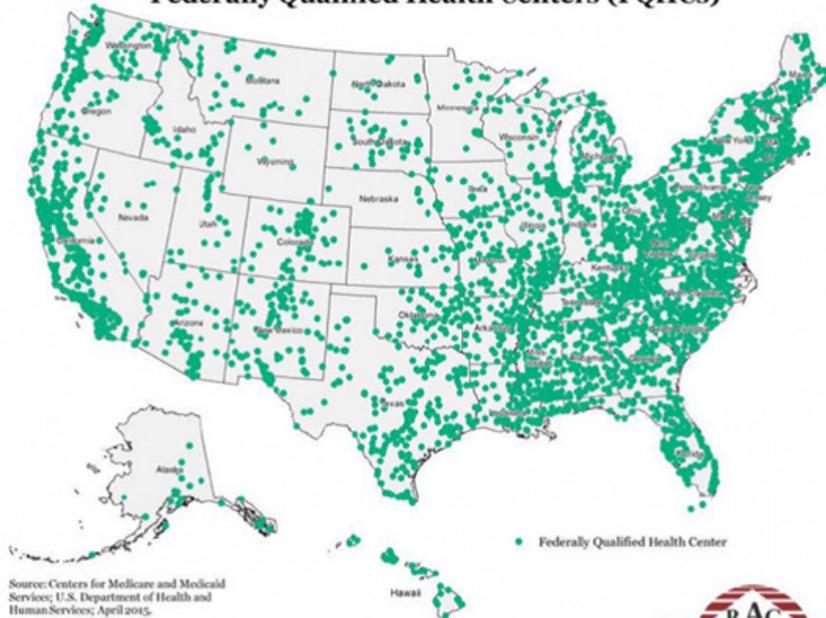
Updates on Faculty Activities



Richard Santen, MD, Emeritus Professor of Medicine, is organizing a program to enlist retired endocrinologists to care for patients with diabetes mellitus in rural, underserved areas via telemedicine. The program involves the US's 1400 Federally Qualified Health Centers, which receive \$5.7 billion in federal support (figure below). Over the past six years, he has been caring for patients at the Tri-Area Clinics in Laurel Fork and

Floyd, Virginia, and has established a template that facilitates the process. The level of glucose control in the patients seen has improved substantially. Patients are returned to the care of their primary care physicians when they are well-versed in self-management, usually after less than six months. The plan is to enlist 20 retired endocrinologists nationally to participate in the program. A navigator has been identified to assist in the startup process. The theme of the project is "practicing medicine without the hassles." Details of the program are available on the website and can be accessed via this URL: <https://rural-diabetes-telemedicine.com/>

Federally Qualified Health Centers (FQHCs)



Meaghan Stumpf, MD, is a general endocrinologist specializing in diabetes and transplant endocrinology. Dr. Stumpf is the director of our Transplant Endocrinology Program, which treats endocrine pathologies in recipients of solid organ transplants. She also uses diabetes technologies such as insulin pumps and continuous glucose monitors. She enjoys a strong partnership with UVA's Charles O. Strickler Transplant Center and aims to continue growing endocrine services for this patient population. In 2023, Dr. Stumpf was honored with a Patient Experience Award for the fourth year. Dr. Stumpf is Communications Director for the American Diabetes Association (ADA) interest group on Immunology and Transplantation, and she is a member of several American Society of Transplantation (AST)'s community of practice work groups focused on pancreas and islet transplantation, as well as the Obesity in Kidney Transplant work group. Dr. Stumpf also serves as a preceptor for the Endocrinology fellows' clinic and attends the general endocrinology inpatient service.



Mary Lee Vance, MD, is a medical neuroendocrinologist who forms the backbone of our multidisciplinary pituitary program. She is a world-renowned pituitary disease expert routinely included in America's Top/Best Doctors lists. Dr. Vance is a former President of the Pituitary Society, and in 2019, she received a Pituitary Society Lifetime Achievement Award. Dr. Vance continues collaborating with pituitary neurosurgeons to analyze and report clinical outcomes of various treatments in patients with pituitary disorders.

Follow UVA Endocrinology

Clinical Updates

The division continues to recruit both faculty and advanced practice providers.

In September 2023, Dr. Sarah Chhabra joined our division as an Assistant Professor of Medicine. She is a full-time general endocrinologist who is seeing patients in the Specialty Care Clinic, Fishersville. She completed her medicine residency training at Mount Sinai Medical Center and Endocrinology fellowship training at the University of Massachusetts Memorial Medical Center. We are thrilled to be able to provide full-time endocrine care for patients in the Shenandoah Valley. Please check out her faculty profile elsewhere in the newsletter.

In February 2024, the inpatient APP diabetes team will be joined by Alex Bond, NP. He completed his AGACNP at the University of Virginia in 2022. In the last year, he has been completing a fellowship in hospitalist medicine. Before his NP training, Alex spent several years as a critical care nurse in our TCV-ICU. We are excited to continue to grow our team to provide excellent care to patients with diabetes in the hospital.

Once again, several faculty members were honored with Patient Experience Awards in 2023, including Drs:

Sue Brown, MD	Alan Dalkin, MD	Jennifer Kirby, MD	Meaghan Strumph, MD
Margaret Crook, MD	Heather Ferris, MD	Zhenqi Liu, MD	Mary Lee Vance, MD

In January 2024, Drs. Meg Crook and Christine Eagleson took over as co-Medical Leads for the division's main clinic at Fontaine. Through their leadership, the clinic will shift its structure to focus on subspecialty areas with clinical excellence, including bone health and diabetes technology. Dr. Crook will focus on day-to-day operations, while Dr. Eagleson will oversee referrals. Both bring significant clinical and leadership experience to their roles, and we know the clinic will flourish under their care.

Educational Updates

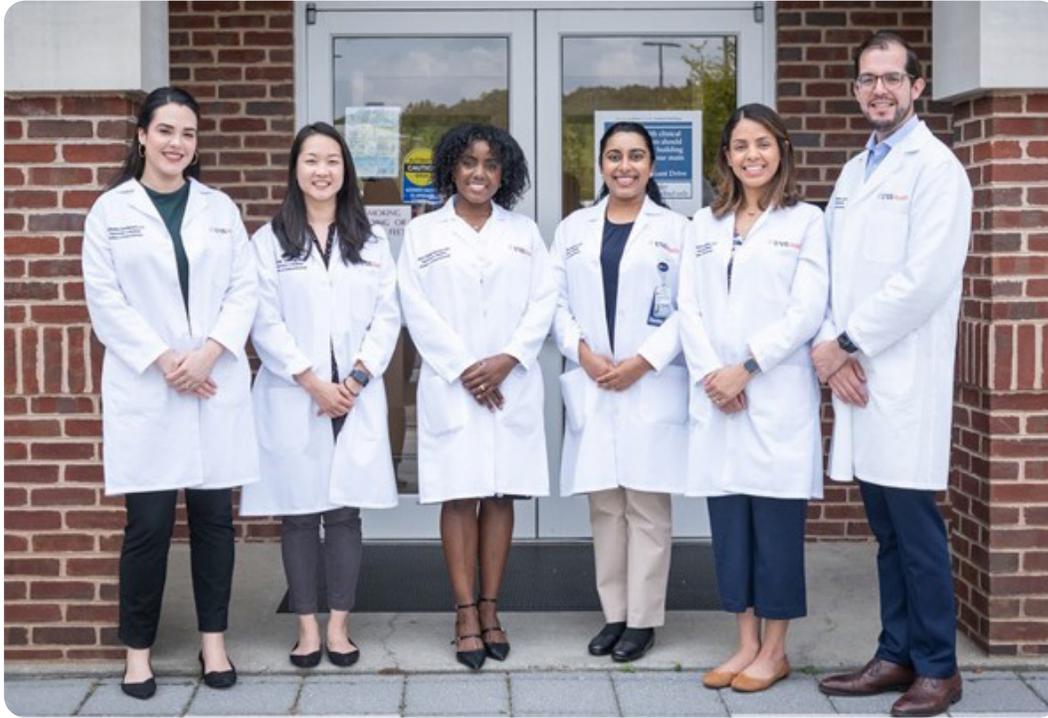
2023 FELLOWSHIP GRADUATES

We graduated three outstanding fellows in 2023 From left: **Dr. Woderyeleth Kassa**, who is now practicing at Wellstar Endocrinology in Georgia; **Dr. Lado Bakhutashvili** who practices at Jefferson Health (associated with Sidney Kimmel Medical College), and **Dr. Nawar Suleman** who practices at MedStar Health in Maryland.



DIVISION OF ENDOCRINOLOGY & METABOLISM

Educational Updates



2023 CURRENT FELLOWS

From left: **Dr. Katherine Mustafa** attended medical school at DeBusk College of Osteopathic Medicine and her IM residency at Virginia Tech Carilion;

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

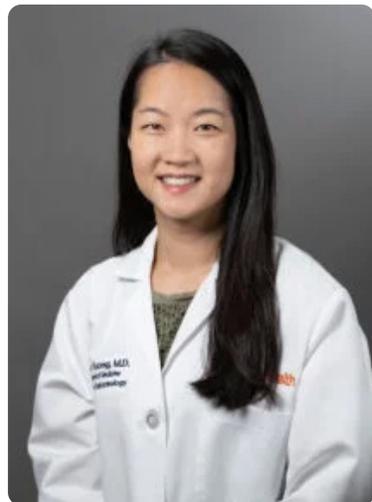
Dr. Maria Sanchez Valenzuela attended medical school at Universidad ICESI Facultad de Ciencias de la Salud Colombia and IM residency at St. Barnabas Hospital;

Dr. Rosalind Basil attended medical school at St. John's Medical College and IM residency at Morehouse;

Dr. Lisette Rodriguez attended

medical school at Instituto Tecnológico de Santo Domingo (Dominican Republic) and her IM residency at Florida State University;

Dr. Nicolas Reyes attended medical school at Florida International University and IM residency at HCA Healthcare/USF Morsani College of Medicine.



Angela Vuong MD



Katherine Mustafa DO



Lisette Rodriguez MD

Angela Vuong MD, served as an instructor for the 2nd year medical school endocrinology/reproduction course in November of this year. She led an excellent session on transgender medicine and hormonal therapy in collaboration with Dr. Christine Eagleson.

Katherine Mustafa DO, submitted a case report regarding a patient with a rare dopamine-secreting skull base paraganglioma in the setting of an SDHB mutation to AACE case reports, which is currently in review.

Lisette Rodriguez MD, was accepted into the ExCEL (Excellence in Clinical Endocrinology Leadership) Program of the Endocrine Society. She had an oral presentation at the American Thyroid Association annual meeting in September 2023.

DIVISION OF ENDOCRINOLOGY & METABOLISM

Faculty Grants

FACULTY	AWARD SPONSOR	AWARD DESCRIPTION	TOTOAL BUDGET
Anne Marie Wolf	American College of Preventive Medicine	Building National DPP Lifestyle Coach Capacity to Address Health Equity	20,366.00
Heather A. Ferris	Virginia Polytechnic Institute and State University	Exercise-Induced Mitophagy In Hippocampal Neurons Against AD	15,468.00
Heather A. Ferris	Rick Sharp Alzheimer's Foundation	Alzheimer Research	100,000.00
Helmy Siragy	NIH via Regents of the University of Michigan	Primary Aldosteronism Subtypes: Pathophysiology and Steroid Signatures	77,700.00
Kaitlin M. Love	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases	Therapeutic Strategies for Microvascular Dysfunction in Type 1 Diabetes	384,062.00
Samina Afreen	Gift	Treatment of hyperparathyroidism	358,201.71
Silas A. Culver	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases	Role of Atp6ap2 in renal proximal tubule lipotoxicity	166,740.00
Sue A. Brown	LabCorp Drug Development, Inc.	Control-IQ 2.0 Feasibility Study #2: Use of Control-IQ Technology 2.0 in Adults, Children, and Preschoolers with Type 1 Diabetes	177,120.00
William B. Horton	American Heart Association	A Comprehensive Approach to Reducing Glycemic Variability and Improving Cardiovascular Health in Type 1 Diabetes	231,000.00
Zhenqi Liu	U.S. NIH Institute of Diabetes & Digestive & Kidney Diseases	Research Training in Neuroendocrinology and Metabolism	341,334.00
			1,871,991.71

Endocrinology
Grand Rounds
Tuesdays 12:00-1:00 PM

LAB UPDATES



Two PhD students in the **Ferris Lab** graduated this past year through the Neuroscience Graduate Program: **Thaddeus Weigel** (in the green tie) and **Lisa Post**. Their first-author papers are listed below.

Dr. Weigel is now a post-doc in Dr. Coutinho-Budd's lab here at the University of Virginia. Dr. Lisa Post is an Assistant Professor and Director of Clinical Academics and Research in the US Army Graduate Program in Anesthesia Nursing.

(At left, from left: Ferris lab members: Mohsen Hosseini-Barkooie, Heather Ferris, Josh Milstein, Yasir Mahboba, Aria Kamal, Thadeus, An Lo, and Kayal Sankar-Sabari in front)

SELECT PUBLICATIONS

Post LA, Kulas JA, Milstein JL, Sebastian SVL, Hosseini-Barkooie S, Stevenson ME, Ferris HA. "Inceptor as a Regulator of Brain Insulin Sensitivity." *Scientific Reports*. 2023 DOI: 10.1038/s41598-023-36248-4.

Weigel TK, Guo CL, Guler AD, Ferris HA. "Altered circadian behavior and light sensing in mouse models of Alzheimer's disease." *Frontiers in Aging Neuroscience*. 2023. DOI: 10.3389/fnagi.2023.1218193.

"Intensive, telemedicine-based, self-management program for rural, underserved patients with diabetes mellitus: Re-entry of retired endocrinologists into practice." **Santen R J**, Nass R, Cunningham C, Horton C, Yue W *Journal of Telemedicine & Telecare*. 29(2):153-161, 2023 Feb

"Meal Replacement in Conjunction with an Integrated, Technology-Driven Strategy for Treatment of Patients with Diabetes in Rural, Underserved Areas: A Pilot Study" **Richard J Santen**, Cindy Cunningham, Carla Horton, Ralf Ness and Wei Yue. *Trends Telemed E-Health* 4(1):1-8, 2023

"Need for navigators for care of patients with diabetes in rural, underserved areas" **Richard J Santen**, *Trends Telemed E-Health* 3(3) 1-3, 2022

"Back to work: a solution to the shortfall in diabetes care in the USA" **Richard J Santen**, *Health and Medicine, Research Features.com*

"Challenges to care of patients with diabetes in rural, underserved areas" **Richard J Santen**, *Open Access Government* October 5, 2023

"Re-booting' after retirement: novel approach using telemedicine to solve the work – force gap in diabetes management" **Richard J Santen**, *Maturitas* 133:68-69, 2023

"Short-term Outcomes of Hypertensive Crises in Patients with Orthostatic Hypotension." Elzanaty AM, Saeyeldin A, Royfman R, Maraey A, Khalil M, Aboul-Nour H, Elsheikh E, Meenakshisundaram C, **Siragy HM**, Grubb B. *Curr Probl Cardiol*. 2023 Feb;48(2):101455.

"Plasma corticosteroid-binding globulin levels in cirrhosis." Wentworth BJ, Schliep M, **Siragy HM**, Henry ZH. *Liver Int*. 2023 Mar;43(3):742-743. Decoding Angiotensin Receptors: TOMAHAQ-Based Detection and Quantification of Angiotensin Type-1 and Type-2

"Receptors." Cosarderelioglu C, Kreimer S, Plaza-Rodriguez AI, Iglesias PA, Talbot CC Jr, **Siragy HM**, Carey RM, Ubaida-Mohien C, O'Rourke B, Ferrucci L, Bennett DA, Walston J, Abadir P. *J Am Heart Assoc*. 2023 Sep 19;12(18):e030791.

"Relative adrenal insufficiency in the non-critically ill patient with cirrhosis: A systematic review and meta-analysis." Wentworth BJ, Schliep M, Novicoff W, **Siragy HM**, Geng CX, Henry ZH. *Liver Int*. 2023 Mar;43(3):660-672.

"Basal cortisol levels do not predict adrenal responsiveness in acute decompensated cirrhosis." Wentworth BJ, Schliep M, Novicoff WM, Henry ZH, **Siragy HM**. *Eur J Gastroenterol Hepatol*. 2024 Feb 1;36(2):238-244.

Admin Team Updates

The Admin Team enjoyed spending several events together recently. They collaborated on a photo shoot and created a fabulous Division calendar for 2024!

The team held a Halloween costume contest and trick-or-treating for the littles, which was a huge hit. It went so well that it will become an annual tradition.

The holiday season was filled with laughter and sweet goodies. The Admin Team had a cookie exchange dressed in festive attire. A holiday party at Morven Farm was especially lovely; having the whole team together was wonderful.



From left front: Javanov Barksdale, Jane Blum, Martha Burner
From left back: Amanda Powell, Heather Franklin, Christina Hamill, Jessica Profit, Ruth Aldridge



Trick-or-trick for the little ones.



From left: Javanov Barksdale, Heather Franklin, Tracy Mullins, Jessica Profit, Jane Blum, Christopher McCartney, Christina Hamill, Ruth Aldridge, Martha Burner, Anne Wolf, Danielle Richardson

Admin Team Updates



Jane Blum, in Halloween regalia.



Christina Hamill, happy birthday!



Congratulations Dr. Barbara Post!



From left: Jessica Profitt, Christopher McCartney, Amy McCartney, Jane Blum, Christina Hamill, Suzanne Jan de Blum, Heather Ferris, Amanda Powell



"Doc Joseph Christopher Howard IV, MD, PhD"

DIVISION OF ENDOCRINOLOGY & METABOLISM

Whose babies are these?



Baby Blum, son of Jane Blum.



Baby Dalkin, grandbaby of Alan Dalkin.



Baby Jonah David Hamill, son of Christina Hamill.



Baby Liu, grandbaby of Zhenqi Liu.



Heath, Harper, and baby Reid Franklin



The Blum Family



Baby Reid Franklin

DIVISION OF ENDOCRINOLOGY & METABOLISM

STAFF PROFILE - Javanov Barksdale



Tell us a little bit about yourself.

I've been with the University of Virginia for almost seventeen years. I grew up in Louisa County, Virginia.

Why Education?

I chose Education because I enjoy helping people achieve their goals! This makes sense because the most exciting part of my job is interacting with my fellows!

What about you would surprise us?

I used to run an afterschool program with Charlottesville City Schools.

What motivates you?

My family.

Favorite fictional characters?

The Grinch and Grover from Sesame Street.

Do you collect anything?

Pens and Purses.

What is the best advice anyone ever gave you?

Never let anyone dim your light.

Who is the person you admire most, and why?

I admire my mother the most because she was the strongest person I knew.



DIVISION OF ENDOCRINOLOGY & METABOLISM

STAFF PROFILE - Martha Burner



Tell us a little bit about yourself.

I came on board at the University of Virginia in 1999, starting as a temp and then hired full-time with Endocrinology. My family moved to Charlottesville in the late 80s, moving away from Richmond to raise our family. We were pleased to find a place to build and a great church to attend.

What excites you about your work?

What excites me about my work is organizing and working with the weekly presenters for our Endocrine Grand Rounds. Also, working with the different faculty ensures that all days are different. Working with my co-workers enables me to give support as well as receive.

What do you enjoy doing on the weekend?

I enjoy trying out new restaurants in Charlottesville or nearby on the weekends and possibly catching a movie. I like walking around the lakes where I live and seeing the geese and its natural beauty.

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

I always ensure I have blueberries, bananas, and Greek yogurt with milk to make a delicious, healthy smoothie.

What about you would surprise us?

As a child, I was with my family in front of Buckingham Palace when I was ten and was told by our tour guide that the Changing of the Guard would take place at 12. I remember thinking it was taking a long time; seeing that it was after 12 and it still had not happened, I started walking back to the bus to wait by myself. After looking at an endless line of buses, I thought I had better return to my family. As I started back to Buckingham Palace, the crowd was dispersing, and for a few minutes, I was pretty scared until I saw my mother and family walking towards me. For the rest of the trip, I stayed glued to my parents!!

What is the last book you read for pleasure?

“Seasons under Heaven” by Beverly LaHaye and Terri Blackstock.

What are your favorite fictional characters?

Emma – Jane Austen’s novel; Indiana Jones; Scarlett O’Hara – Gone with the Wind and Jo March – Little Women

Who is the person you admire most, and why?

I read a book by Corrie Ten Boom back in high school. Her biography showed me what selflessness was all about. As a Calvinist Christian in the Dutch Reformed Church, she knew Jews were being killed during World War II, and risked her life for them.

What is your greatest achievement outside of the professional realm?

Raising my two wonderful children, William and Laura.



FELLOW PROFILE - Lisette Rodriguez



Tell us a little bit about yourself.

I've been at the University of Virginia for the last year and a half. I was born and raised in the Dominican Republic. After I completed medical school, I moved to Florida for residency and am currently in Charlottesville for fellowship training.

What brought you to Charlottesville?

For fellowship, I was looking for an academic center that provided intense training in general endocrinology and where I would be exposed to rare endocrine conditions. During my interview at UVA, I appreciated how strong the Endocrinology division is and how the faculty genuinely cares about the success of their fellows.

Why healthcare?

I've been very fond of science for as long as I can remember. In healthcare, I found a way to connect my strong interest in science and my love for people. Healthcare has allowed me to positively impact my patients in their most vulnerable states, which I find rewarding.

Favorite vacation/activity spot?

Last summer, I visited Turkey with my husband; it was a fantastic experience! We were impressed with their culture, history, and (of course) their hot air balloons in Capadoccia (a must!). We can't wait to come back.

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

Ice cream! (don't tell my patients!)

What is the last book you read for pleasure?

"I Know Why the Caged Bird Sings" by Maya Angelou. This powerful autobiography, written in the 1960s, exposes the first years of the life of the civil rights activist Maya Angelou and how she overcame prejudice and abandonment.



DIVISION OF ENDOCRINOLOGY & METABOLISM

FACULTY PROFILE - Ellen Lam



Tell us a little bit about yourself.

I have been working in adult endocrinology at the University of Virginia for about one year. Previously, my husband and I lived in Austin, Texas, as I worked in private practice in adult endocrinology. I have been practicing as a physician assistant since 2019. I have loved my career as a PA. Endocrinology has also been wonderful in that I can foster long-term relationships with patients and educate and empower them to be their healthiest selves.

What brought you to Charlottesville?

We moved to Charlottesville because we love this city. My husband and I both went to undergrad at UVA and met each other while at school. My husband is a financial advisor and has joined his family's firm in Harrisonburg, which prompted our move last year.

We have a two-year-old daughter and another baby on the way in March 2024.

What would surprise us about you?

I am a huge Harry Potter fan. I have probably read through the series over 20 times in my lifetime.

What is your favorite vacation/activity spot?

We have been going to Lake Michigan every summer. It is my favorite place in the world!

What do I enjoy doing on the weekend?

Working out, drinking coffee, hiking, seeing live music, playing pickleball.



Do you have any pets?

We have a four-year-old labradoodle named Cooper.

Do you travel or have a favorite trip?

My husband and I took our daughter to Europe for six weeks last year. We went to Italy and Portugal, and she took her first steps there.



DIVISION OF ENDOCRINOLOGY & METABOLISM

FACULTY PROFILE - Sarah Chhabra



Tell us a little bit about yourself.

I recently joined the University of Virginia in July 2023 in the Division of Endocrinology after completing my fellowship at the University of Massachusetts. I grew up in India and Mauritius.

Why Healthcare?

Growing up, I had always looked up to my mother. She is a physician and worked in rural India for many years. I used to love accompanying her to work whenever I could. She was respected and adored by her patients and their families. I could see that she was making a difference in their lives. Becoming a physician only felt natural after that.

I chose Endocrinology as my field of interest as it largely focuses on preventive health and building long-term relationships with patients, positively impacting their lives.

What brought you to Charlottesville?

My husband, a physician, and I decided to move to Charlottesville as we both find teaching very fulfilling and wanted to stay in Academics. We enjoy the outdoors, and Charlottesville's proximity to Shenandoah was a huge incentive to move here. On weekends, we often drive through the mountains, soaking in the views of the valley. We have also been pleasantly surprised by the great food Charlottesville has to offer.

What do you enjoy doing on the weekend?

When not working, I indulge in my love for movies and books, immersing myself in the narratives enthusiastically and listening to music at a volume that fills the room. I recently revisited the world of Harry Potter and finished reading all the books and movies.

Do you have any pets?

We have a cat named Pheo (as he makes our hearts flutter or mostly because we thought it was a cool name).

Do you travel or have a favorite trip?

We love to travel and explore different cultures and cuisines. We have a long bucket list of places to visit and are excited to check things off it.

