

# MEDICINEMATTERS

AUGUST 2025

NEWSLETTER

Medicine Matters is a monthly newsletter published by the University of Virginia, Department of Medicine. Inquiries may be sent to the editor, Kim Kelley-Wagner, at [kak2cj@uvahealth.org](mailto:kak2cj@uvahealth.org)



## MISSION

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

## VALUES

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

## PLEDGE

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

## Message from the Office of the Chair



Dear Friends and Colleagues,

As summer begins to wind down and we gear up for the academic year ahead, we find ourselves in a season of profound transition at UVA Health and the School of Medicine. The recent announcement of the departure of several senior leaders, including Dean Kibbe and Wendy Horton, marks a pivotal moment in our institution's leadership. Yet the lesson I carry from my time as chief resident reminds me how leadership persists beyond titles. I was working at an affiliated community hospital at the time. I faced a dilemma with my team: a critically ill patient needed transfer from our hospital to the main campus, but no bed would be available until the late evening. We debated whether to delay until more attending physicians were available in the morning or

transfer that evening. Our hospital's chief of medicine, overhearing us, said, "Send them today. If I'm sick, I want to be under the direct care of a senior resident."

That statement reshaped my understanding of leadership and progress. In moments when named leaders move on, de facto leaders step forward and ensure our mission continues. Leadership doesn't stop at departures; it emerges and evolves in those moments. The division chiefs, department administrators, vice chairs, and I have been discussing ways to engage with the DOM community, focusing on operational continuity, leadership development, and refining our collaboration and growth across all missions. In the coming weeks, we'll reach out with opportunities for you to share your insights and help chart our path forward.

Our spotlight in this month's newsletter is the Division of Rheumatology—a team whose daily commitment to quality clinical care stands at the forefront of our department's mission. Thank you for your unwavering commitment. As we step into the new academic year, let's lean on each other, embrace emerging leadership in all its forms, and continue advancing excellence in research, education, and patient care.

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



*"Rheumatology blends scientific expertise with compassionate care to change lives."*  
~ Janet Lewis MD



SCHOOL of MEDICINE  
Department of Medicine

# DEPARTMENT OF MEDICINE

## Department of Medicine Summary of Consolidated Financials June 2025

FY25 as of

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	1,435,194	1,377,288	(57,906)
Clinical Receipts (NPSR)	93,903,839	86,697,170	(7,206,670)
Total Revenues	241,708,595	242,791,020	1,082,425
Total Expenditures	244,121,188	245,661,679	(1,540,491)
<b>Net Income</b>	<b>(2,412,593)</b>	<b>(2,870,659)</b>	<b>(458,066)</b>

### Summary Explanation of Variance:

1. The Department of Medicine ended fiscal year 2025 with reported consolidated net loss of \$2.9M and an unfavorable variance to YTD net income budget of \$458K.
2. Clinical receipts underperformed budget by \$7.2M primarily due to unfavorable payor mix, lower productivity and lower conversion factor. Productivity was impacted by CrowdStrike software outage, inclement weather interruptions and Community Oncology transitioning to Community Health. In addition, changes in third-party agreements, unrealized budgeted revenue cycle efficiency, budgeted risk withhold for transplant posted to miscellaneous revenue, lower MIPS payments, and accrual model adjustments and increased utilization of self payment plans.
3. Total revenue includes \$4.9M clinical deficit and APP gap coverage support, \$1.9M unbudgeted net internal research support, \$1.8M unbudgeted gifts and \$1.3M increased MC and School support.
4. Total expenditures are impacted by unbudgeted state bonus, 13th faculty payroll, unbudgeted hires, extra clinic shifts, unbudgeted merit increases, unbudgeted admin supplements, unbudgeted sign on bonuses and unrealized budgeted personnel reduction contingences.



**UVA Cancer Center**  
An NCI-Designated Comprehensive Cancer Center

Save the Date for  
the Michael J.  
Weber Symposium  
Friday, October 3

UVA Cancer Center  
An NCI-Designated Comprehensive  
Cancer Center



The fifth annual **Michael J. Weber Symposium** will take place on **Friday, October 3, 2025**, at the Claude Moore Medical Education Building (200 Jeanette Lancaster Way).

The theme of the symposium is "**Drugging the Undruggable in Cancer**".

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

Questions? Email Muzet Felgar at [mf8uh@uvahealth.org](mailto:mf8uh@uvahealth.org).

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**FOLLOW UVA ENDO**

**FOLLOW UVA ID**

**FOLLOW UVA PULMONARY**

**FOLLOW UVA NEPHROLOGY**

**FOLLOW GASTRO**

**FOLLOW CARDIO**

**GIVE WHERE YOU LIVE**  
Support our local nonprofits



Michael Bates MD



Robyn Goodrich MD



Indumathy Varadarajan MD



Trish Millard MD

## AWARDS AND ACHIEVEMENTS

Congratulations to **Drs. Michael Bates and Robyn Goodrich**, who have been honored with The Anne L. Brodie Resident Clinician Award by the Brodie Medical Education Fund Committee, which annually recognizes up to five graduating residents from across all UVA medical and surgical residency programs. The recipient of the award is a graduating resident who is recognized for providing continuity of care and intentionally developing collaborative, longitudinal relationships with patients. Demonstrate compassionate, patient-centered care. And demonstrate excellence in clinical knowledge, skill, and judgment. [Read more...](#)

Congratulations to **Dr. Indumathy Varadarajan** (Division of Hematology and Oncology) on the addition of her new leadership role as Clinical Associate Director for Stem Cell Transplant.

Congratulations to **Dr. Trish Millard** and colleagues on the publication of *"Patient-reported tolerance of 90 days of preoperative endocrine therapy: results from the preoperative window of endocrine therapy to inform radiation therapy decisions trial"* in the Oxford Academic Journal.

Congratulations to the following faculty who have recently received promotions:

**Dr. Enrica Marchi** to Associate Professor of Medicine (Division of Hematology and Oncology)

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

**Dr. Patrick Dillon** to Professor of Medicine (Division of Hematology and Oncology)

**Dr. Elizabeth Gaughan** to Professor of Medicine (Division of Hematology and Oncology)

**Dr. Craig Portell** to Professor of Medicine (Division of Hematology and Oncology)

**Dr. William "Ben" Horton** to Associate Professor of Medicine (Division of Endocrinology and Metabolism)

**Dr. Dennis Kumral** to Associate Professor of Medicine (Division of Gastroenterology and Hepatology)

**Dr. Daniel Strand** to Associate (Tenured) Professor of Medicine (Division of Gastroenterology and Hepatology)

**Dr. Michael Ayers** to Associate Professor of Medicine (Division of Cardiovascular Medicine)

**Dr. Matthew Wolf** to Professor of Medicine (Division of Nephrology)

**Dr. Karen M. Warburton** to Professor of Medicine (Division of Nephrology)

**Dr. Jeanne Kamal** to Associate Professor of Medicine (Division of Nephrology)

## DEPARTMENT OF MEDICINE MEDICINE GRAND ROUNDS UNIVERSITY OF VIRGINIA



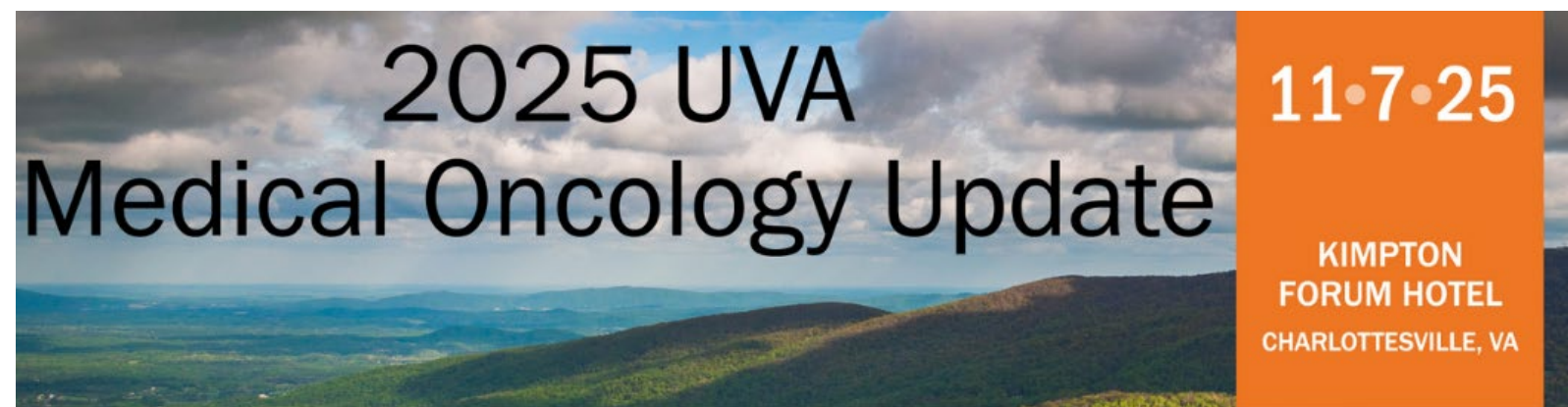
## UVA Resources for Team Members

support for dealing with crisis and how to stay informed

SUBMIT  
NEWS

FOLLOW WOMEN IN  
INTERNAL MEDICINE  
NETWORK





# 2025 UVA

11.7.25

KIMPTON  
FORUM HOTEL  
CHARLOTTESVILLE, VA

# Medical Oncology Update

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

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

For more information and to register, visit

<https://uva.cloud-cme.com/MedOnc25>



**Is Your Division's Website  
Content Up-to-Date?**

**Need a Team or Research  
Lab Photo Shoot?**

Contact Kim Kelley-Wagner to get  
started at  
kak2cj@uvahealth.org or  
434.328.0680

**Are You a UVA Researcher? An Innovator?**

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We partner with faculty, researchers,  
and investors to bring innovations  
discovered at UVA to the marketplace.



# INIMEDIA

DEPARTMENT

## Experts Warn of Spreading Tick Bite Disease

A rapidly spreading disease caused by tick bites has now found its way to Virginia, Maryland, West Virginia, and Washington, D.C., according to a study, published in the Journal of Medical Entomology, released earlier this year. The emergence of the disease in Virginia and the mid-Atlantic is therefore “not totally unexpected as Lyme is also increasingly reported in Virginia,” Jeffrey Wilson, a professor of medicine at the University of Virginia, told Newsweek.

Although, while it can be “severe” among vulnerable groups, babesiosis is “not as common as other tick-borne diseases such as Lyme and in many, perhaps most cases, has a relatively benign course,” Wilson said.

[READ MORE](#)

[LISTEN TO PODCAST ON NPR](#)



## A study led by Dr. John S. Kim into interstitial lung disease is featured in Medscape.

Despite patients sharing a usual interstitial pneumonia (UIP) pattern on lung CT scans, patients with connective tissue disease-related interstitial lung disease (CTD-ILD) demonstrated a slower decline in lung function and longer transplant-free survival than those with idiopathic pulmonary fibrosis (IPF). However, varying results were reported for those with fibrotic hypersensitivity pneumonitis (FHP).

“Our findings may have important clinical implications and argue against extrapolating clinical outcomes of IPF to other ILDs with a UIP CT pattern, particularly when estimating prognosis or devising management plans,” the authors wrote. Dr. John Kim lead author.

[READ MORE](#)

## Heart Failure Drug Relieves POTS Symptoms, Study Finds

Researchers at UVA Health and Virginia Commonwealth University have identified a drug that appears to provide lasting relief for POTS (Postural Orthostatic Tachycardia Syndrome), a condition that causes heart racing associated with dizziness when standing, among other symptoms.

The drug, ivabradine, researchers found the drug reduced their heart racing while significantly improving other symptoms. “These data suggest that the inappropriate increase in heart rate is exactly why patients feel sick, and that reducing the heart rate with a medication that does not affect blood pressure can make a difference in the quality of life,” says Antonio Abbate, MD, PhD cardiologist at UVA Health and member of the University of Virginia School of Medicine’s Robert M. Berne Cardiovascular Research Center.

[READ MORE](#)







**Dr. Thomas Loughran is featured in Becker's Hospital Review discussing UVA Cancer Center's "Stay in the Game" prostate cancer screening initiative.**

Speaking with Becker's, Thomas Loughran, MD, director of the UVA Cancer Center, shared how the health system fosters successful partnerships with community organizations to help implement screening programs like Stay in the Game, a targeted prostate cancer screening program aimed at boosting early detection among Black men.

**READ MORE**



**'Mismatched' Transplants Now OK For Blood Cancer Patients, Study Finds**

New research at the UVA Cancer Center reveals that advances in blood stem cell transplants now make it possible for people with blood cancers to get safe and effective "mismatched" transplants. "This study is important because all patients, regardless of background, now have a stem cell or bone marrow transplant donor, a significant advance for our field, our patients, and our community," said Dr. Karen Ballen, UVA Health's Chief of Hematology/Oncology.

**READ MORE**

**Dr. Scott Schecter talks with Parade about the factors that cause a poor night's sleep.**

Waking up Exhausted? This One Mistake Could Be Why,

Dr. Scott Schecter, MD, explains that when melatonin is suppressed, it can increase alertness and diminish one's sense of fatigue. This makes it harder to sleep. He points out that social media apps all use an algorithm designed to keep users on the app, which can lead to spending more time on them than you may have planned or wanted to.

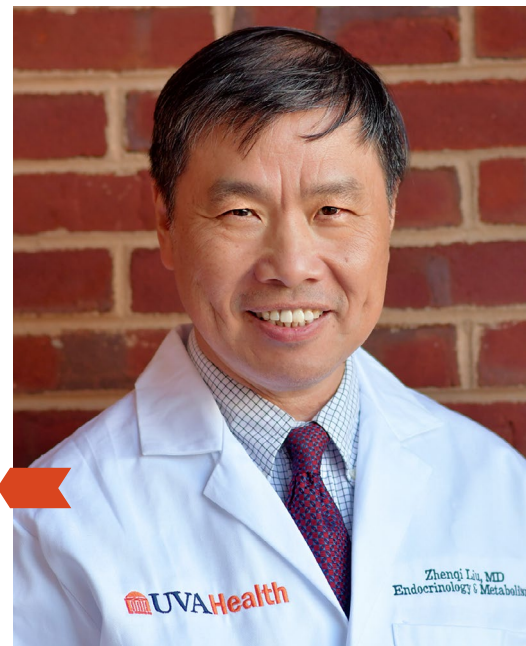
**READ MORE**



**Popular Weight-loss Drugs Can Lead to Muscle Loss, Experts Caution**

"Some patients literally told me that they felt that they were losing muscle or muscle was slipping away from them while they were on these medications," Dr. Zhenqi Liu a researcher in the Division of Endocrinology and Metabolism, said. "This is a serious concern. Muscles, especially axial muscles, are essential for posture, physical function and overall well-being."

**READ MORE HERE  
AND HERE  
WATCH ON 29NBC**







## UVA Health Increasing Access to Geriatrics Care

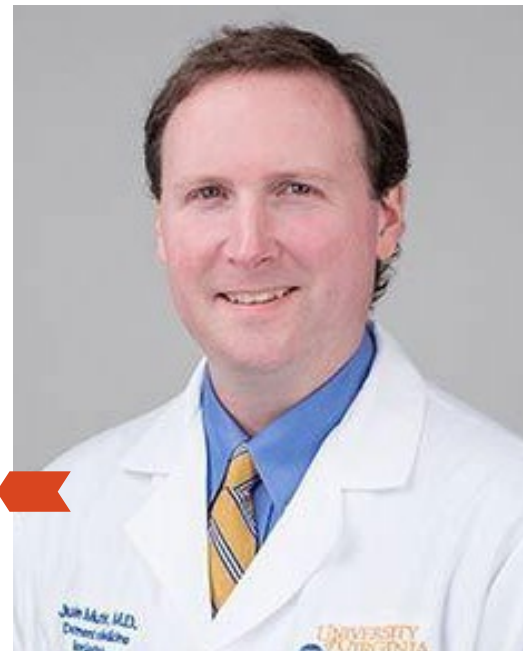
The Pew Research Center estimates that the number of Americans ages 100 and older will quadruple by 2054, so our team is excited to move into this new clinic space to ensure older adults in Central Virginia have convenient access to care tailored to their unique needs,” says Justin Mutter, MD, MSc, UVA Health’s Section Head for Geriatric Medicine. The expanded clinic’s team will include geriatricians Karen Starr, MD, and Laurie Archbald-Pannone, MD — both recognized among Virginia’s top doctors in geriatric medicine by Virginia Business magazine.

“Access to health care is a critical piece of both managing our health conditions and maintaining healthy aging,” said Laurie Archbald-Pannone, geriatric physician at UVA Health. “What we see in our community, and really kind of across the country, is that people are aging, more people are getting older, more people are living longer, and that’s great,” Archbald-Pannone said. “As physicians and health care providers, we need to make sure that we’re able to provide the best possible care for people as they’re aging.”

**READ MORE**

**WATCH ON 29NEWS**

**WATCH ON CBS19NEWS**



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



*Please share your ideas with us here.*



**UVA School of Medicine invites the UVA community and public to apply for the 2025 Mini-Med School program — a free, seven-week educational experience offering insights into medical science and healthcare.**

**Sessions are Wednesdays, Sept. 10-Oct. 22, 6:30-9 p.m.**

**LEARN MORE**

**Questions? Contact [minimed@virginia.edu](mailto:minimed@virginia.edu)**



**Congratulations to Dr. Nathan Roberts, who was honored with a Hoos Building Bridges Award at a reception in June.**

Congratulations to Dr. Nathan Roberts, who was part of a trio that helped a family navigate a child’s medical crisis and untangle a complex web of insurance complications, earning them a Hoos Building Bridges Award for extraordinary collaboration across departments.

**READ MORE**

# UPDATE

DIVISION

## Message from Dr. Janet Lewis, Division Chief of Rheumatology



The Division of Rheumatology has had another successful year, driven by its continued dedication to excellence in patient care, education, and interdisciplinary collaboration. Our faculty, fellows, and clinical staff have all contributed to the division's continued growth and success.

Demand for our clinical services remains high, particularly in the ambulatory setting. With eight faculty members seeing patients across three sites—Fontaine, Pantops, and Fishersville Pinnacle—we are proud to be one of the largest rheumatology practices in the Commonwealth of Virginia. This past year, we were delighted to welcome Dr. Alden Adkins to our division following the completion of his fellowship at the University of Virginia.

As the care of patients with complex autoimmune disease becomes increasingly multidisciplinary, we have continued to strengthen our collaborations with other specialties. We offer a range of combined specialty clinics, including:

- Pulmonary/rheumatology for patients with interstitial lung disease
- Dermatology/rheumatology for the management of patients with psoriatic arthritis and other complex cutaneous-rheumatic conditions
- Nephrology/rheumatology for patients with SLE and vasculitis

- Ophthalmology/rheumatology for patients with uveitis and other inflammatory eye diseases

Our dedicated procedure clinic continues to provide ultrasound-guided interventions and diagnostic services for our patients.

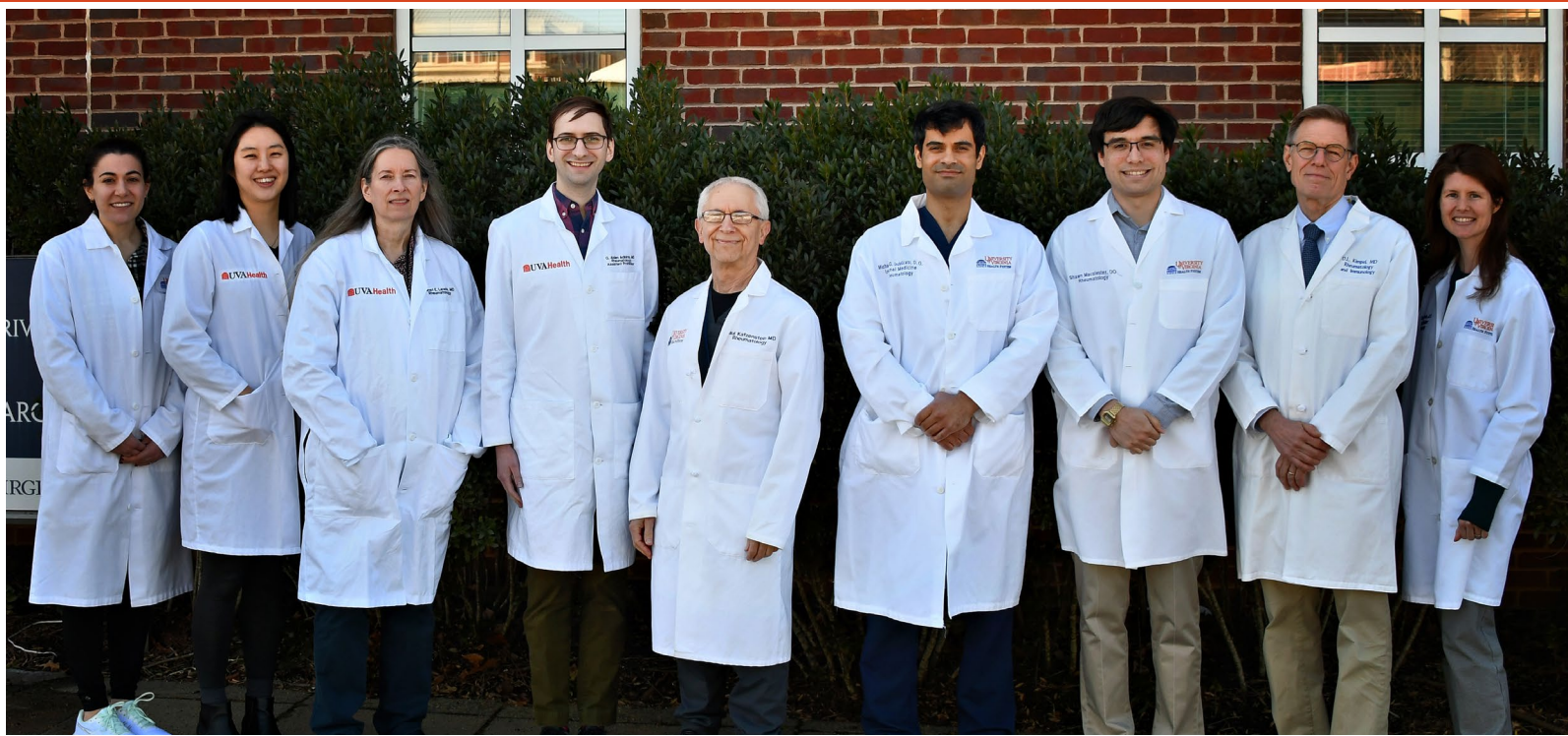
In education, our fellowship program, under the leadership of Dr. Adam Carlson, continues to thrive. Interest in rheumatology remains high, and we have been fortunate to continue attracting outstanding candidates. In addition to fellowship training, our faculty remain actively involved in the education of UVA medical students and internal medicine residents.

We are proud of all that we have accomplished this year and remain deeply grateful for the opportunity to serve our patients and contribute to the broader mission of the Department of Medicine.

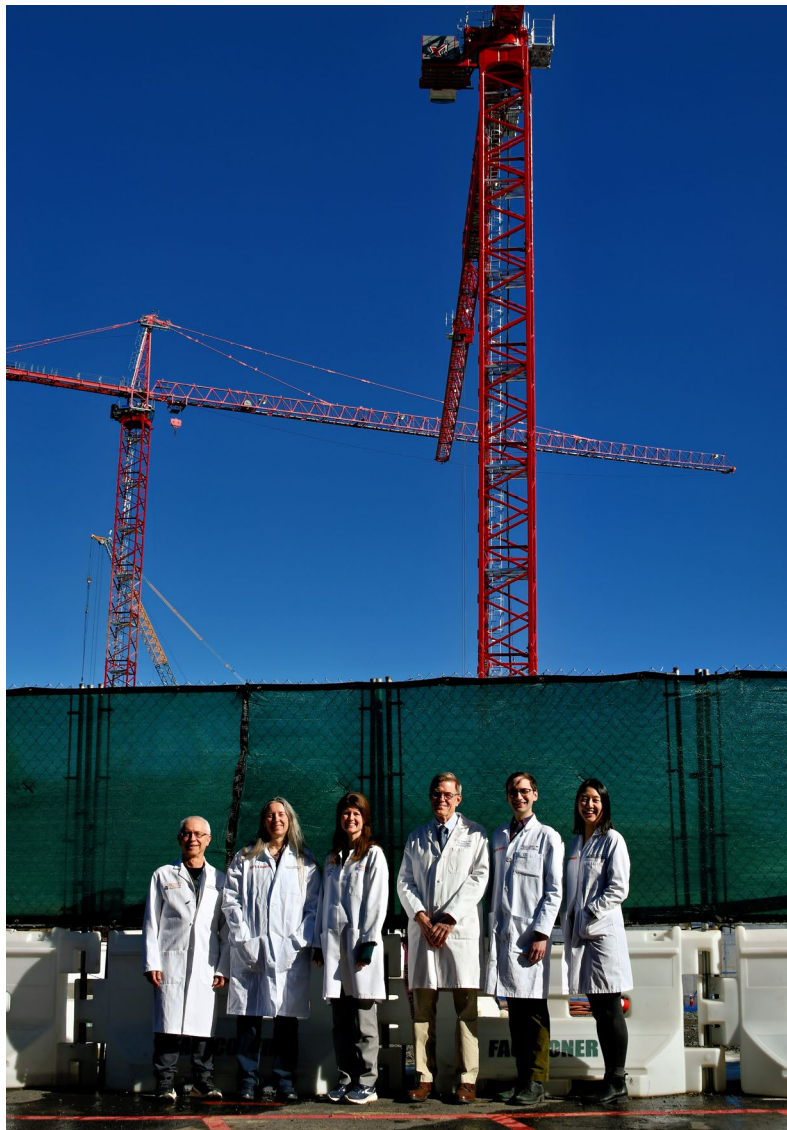
Janet Lewis MD  
Chief, Division of Rheumatology

**CHECK OUT RHEUMATOLOGY'S CONFERENCES AND SEMINARS**





*From left: Drs. Alyssa Bosso, Jae Hee Yun, Janet Lewis, Gold A. Adkins, Paul Katzenstein, Sugrat Munawar, Bradley Clemens, Donald Kimpel and Amanda Lusa (photos by Kim Kelley-Wagner)*



*Drs. Paul Katzenstein, Janet Lewis, Amanda Lusa, Donald Kimpel, Gold A. Adkins and Jae Hee Yun*



*The Rheumatology team has had a front row seat to the creation of the Manning Institute complex.*



# PUBLICATIONS & PRESENTATIONS

*Activating STAT3 mutations in CD8+ T-cells correlate to serological positivity in Rheumatoid Arthritis.* *Frontiers in Immunology.* Katharine Moosic, Thomas Olson,, Mark Freijat, Samara Khalique, Cait Hamele, Bryna Shemo, Jesse Boodoo, William Baker, Matthew Schmachtenberg, Aakrosh Ratan, Erika Darrah, Felipe Andrade, Kristine Olson, David Feith, **D Kimpel**, Thomas Loughran. (2024). DOI 10.3389/fimmu.2024.1466276.

## PRESENTATIONS

*Genes Gone Rogue: Somatic Mutations and Autoimmune Disease.* 2025 Ohio State University, Division of Rheumatology, Grand Rounds; April 18, 2025.

*Activating STAT3 Mutations in CD8+ T Cells Correlate to Serologic Positivity in Rheumatoid Arthritis.* Poster presented at the 2024 American College of Rheumatology Convergence conference. Authors: Katharine Moosic, Thomas Olson, Mark Freijat, Samara Khalique, Cait Hamele, Byrna Shemo, Jesse Boodoo, William Baker, Gitanjali Khurana, Matthew Schmachtenberg, Trisin Duffy, Aakrosh Ratan, Ericka Darrah, Felipe Andrade, Marieke Jones, Kristine Olson, David Feith, Thomas Loughran and **Donald Kimpel**.

*Blood transcriptome of adults with myositis and interstitial lung disease.* Poster discussion presented at 2025 American Thoracic Society Conference in May 2025. San Francisco, CA. Authors: **Jae Hee Yun** and John Kim.

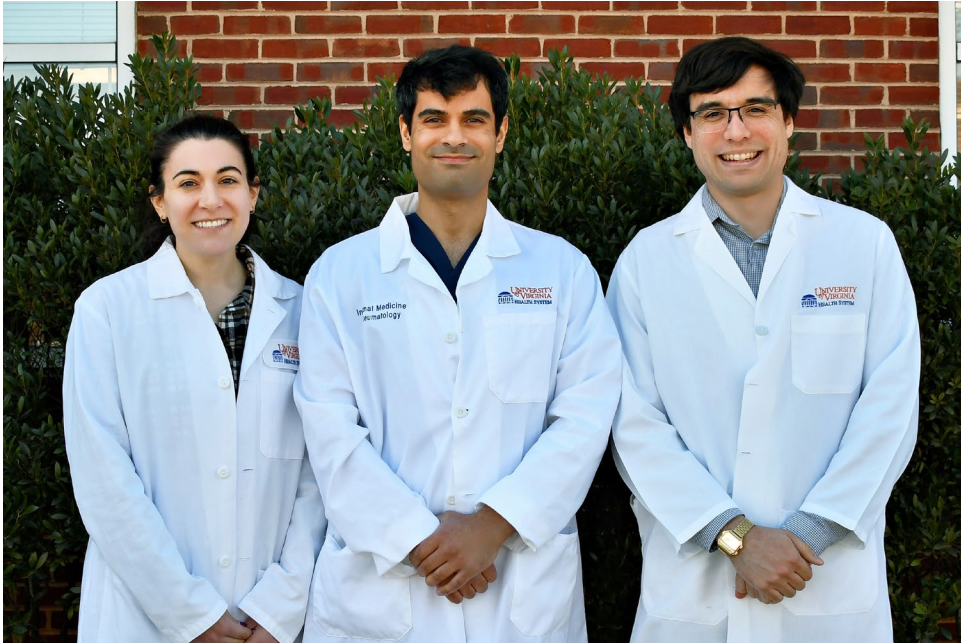
*Associations Between Rheumatic Diseases and Mental Health Disorders.* Poster presented at the 2024 American College of Rheumatology Convergence conference. Authors: Thoai Vu, Sivam Bhatt and **Janet Lewis**.



From left: Drs. Jae Hee Yun, Gold A. Adkins, Paul Katzenstein, Donald Kimpel, Amanda Lusa, and Janet Lewis



# DIVISION EDUCATION



*From left are fellows: Drs. Alyssa Bosso, Suqrat Munawar, and Bradley Clemens*

Adkins, and Adam Carlson. The rheumatology division also maintains robust educational collaboration with other divisions. We have combined educational conferences with Dermatology, MSK Radiology, Pulmonology, Nephrology, and Ophthalmology. We also hold several combined clinics with Dermatology, Pulmonology, Nephrology, and Ophthalmology, seeing patients with complex rheumatic diseases that overlap with these specialties.

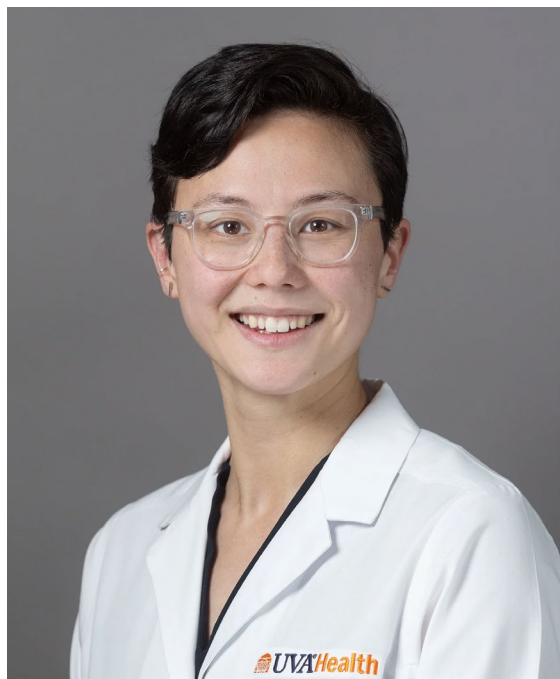
In undergraduate medical education, Dr. Janet Lewis continues to serve as the co-system leader of the Musculoskeletal Integument System for first-year medical students. All of our rheumatology faculty and fellows contributed to working with first-year medical students during their Foundations of Medicine course, as they interacted with rheumatology patients from our clinics.

It has been a strong year for the Rheumatology fellowship program under the guidance of Dr Adam Carlson. We had two excellent senior fellows graduate this year. Dr. Alyssa Bosso has taken a job in private practice in Frederick, MD, and Dr. Bradley Clemens has joined a private practice in Chesapeake, VA.

We are excited to welcome two new fellows: Dr. Dominic Gentile, MD, who is joining us from Creighton University Medical Center in Omaha, NE, and Dr. Alexandria Lucas, from Prisma Health in Columbia, SC. They join rising senior fellows, Drs. Joanna Lee and Suqrat Munawar.

We have continued to enhance our training program through a dedicated MSK ultrasound curriculum, administered as part of a diagnostic and procedures clinic staffed by Drs. Amanda Lusa, Alden

## DIVISION PROFILE FELLOW - Johanna Lee



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

I first came to Charlottesville as an undergraduate at UVA, and left briefly to attend medical school at the University of Maryland, Baltimore. I couldn't stay away long, though, and returned for an internal medicine residency and a rheumatology fellowship.

### ***Why Healthcare?***

I find great fulfillment from working with patients to help them find answers and healing.

### ***What brought you to Charlottesville?***

Friends and family!

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

I enjoy the holistic approach required to practice rheumatology, and I love getting to know and following my patients over the long term.

### ***Do you have any pets?***

I have two dogs, Tod and Nori.

### ***What do you enjoy doing on the weekend?***

I can usually be found tending to my garden or out on a walk around town.



DIVISION

# PROFILE

## FELLOW - Dominic Gentile



**Where did you just move from?**  
Omaha, Nebraska.

**Why did you pick rheumatology?**  
A combination of interesting pathology, strong relationships with patients, and the variety of procedures.

**What has surprised you about Charlottesville?**  
The amount of evening rainfall.

**What excites you about your work?**  
I enjoy the holistic approach required to practice rheumatology, and I love getting to know and following my patients over the long term.

**What do you enjoy doing on the weekend?**  
Spending time with my wife, playing video games with my friends, assembling/painting miniatures.

**Who is the person you admire most, and why?**  
My parents (can't choose between), for raising me and my brother and giving us a happy childhood.

DIVISION

# PROFILE

## FELLOW - Alex Lucas



**Where did you just move from?**  
I just moved from Columbia, SC.

**Why did you pick rheumatology?**  
I picked rheumatology because you get to treat interesting and complex systemic diseases. What brought you to Charlottesville?

**What has surprised you about Charlottesville?**  
I have been pleasantly surprised by the sheer beauty of Charlottesville!

**What do you enjoy doing on the weekend?**  
I enjoy playing with my dogs, reading books, exercising, gardening, and sailing on the weekends.

**Who is the person you admire most, and why?**  
My mother is the person I admire most. She is the strongest person I know and instilled in me a love of learning.



**DIVISION** **PROFILE**  
**STAFF - Danielle Richardson**



**Tell us a little bit about yourself.**  
I've been at the University of Virginia for almost twenty-three years. I started as a temp in the finance area of the UVA Radiology Department (academic side), and that turned into a career in Research Administration. Currently, I support the divisions of Endocrinology and Rheumatology, as well as the Center for Research in Reproduction and the Virginia Center for Diabetes Prevention and Education. While Rheumatology doesn't currently have any active grants, I occasionally assist with research-related agreements (such as data or material transfer) and manage the PAC reporting process, which occurs twice a year. Those are my most frequent touchpoints with Rheumatology currently, but I'm looking forward to the day when their research portfolio starts to grow again.

**Why Education and Research?**  
I liked the idea of being part of academia and research by helping support the people who do the science. Furthering scientific knowledge is very important to me, and being part of that process brings a great deal of

satisfaction and helps drive my interest in this line of work.

**What brought you to Charlottesville?**  
I was living in Alexandria, Virginia, after college and working in DC. I didn't enjoy it nearly as much as I imagined, so when my lease was up, I picked Charlottesville since I was at least a little familiar with it. Turns out it was a good fit for me.

**What excites you about your work?**  
There is always something new and interesting to learn or work on. Even after over two decades in this field, I'm still being surprised by new scenarios to figure out. Policy and law surrounding research frequently change, which also keeps things fresh.

**What is the one thing you always have in your fridge?**  
Cheese of some kind or another.

**Do you have any pets?**  
I have a three-legged rescue former street cat named Guida. He's a tuxedo of unknown age and he loves naps and brushing more than anything in the world.

**What about you would surprise us?**  
I'm not a fan of chocolate or coffee.

**What talent or skill don't you have that you wish you did?**  
The ability to sing in key.

**What is the last book you read for pleasure?**  
I re-read the first several books in the Wheel of Time series.

**Do you collect anything?**  
Hardbacks of early Stephen King novels. Arts & craft supplies. And based on the results of some recent house cleaning, charging cables of all kinds.

**Favorite podcasts:**  
Ologies with Allie Ward, <https://www.alieward.com/ologies>  
How Did This Get Made?, <https://hdtgm.com/>  
Overdue, <https://overduepodcast.com/>  
Criminal, <https://thisiscriminal.com/>





# **DIVISION** PROFILE

## **FACULTY - Gitanjali Khurana**



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

I am a board-certified rheumatologist with a decade of experience in the subspecialty, and I currently serve as a faculty member at the University of Virginia, where I also completed my fellowship training several years ago. Previously, I served as a hospitalist physician in Internal Medicine at Martha Jefferson Hospital in Charlottesville.

My journey into the field of medicine began long before I entered medical school. Growing up in India, I spent countless hours at my parents' clinic, quietly observing and soaking in the compassion and dedication with which both my physician parents cared for their patients. That early clinical exposure profoundly shaped my values as a physician.

It was during my residency in internal medicine that I first encountered Rheumatology, and something just clicked instantaneously! I was drawn to the complexity of the specialty and the investigative work involved in identifying the etiology and causation of the disorders.

In Rheumatology, every case feels like a puzzle, and there's a deep sense of fulfillment when all the pieces come together.

Over the years, I've come to appreciate not just the intellectual challenges of this field but also the human connection it fosters. I treat every patient the way I would want to be treated - with empathy, respect, and a commitment to compassionate, thoughtful, and individualized care. It is a privilege to serve my patients and the local Charlottesville community. With the extraordinary personal stories that my patients kindly share, I continue to find meaning in this work every single day.

Outside of work, I find joy in life's simple pleasures. I enjoy exploring various crafts in my free time—most recently, I've been practicing Zentangle and bookbinding. These creative outlets and engagements are not only relaxing but also

meditative, offering a sense of calm that I believe is essential in the medical profession. Taking time to unwind and prioritize personal well-being is crucial to staying balanced and effective in such a demanding field.

Spending time with my family is another source of rejuvenation for me. Whether it's traveling together—like our memorable trip to the Grand Canyon—or just tossing a football around in the backyard, those everyday moments filled with laughter and giggles from my kids bring me the greatest joy and help me stay grounded!

