First Year Residents for July 2013

Row 1 (bottom): James Sexton, Thomas Elkins, Thad Snyder, Charles Rives, Gilbert Bader
Row 2: Neil Barry, Andrew Barranco, Ahmed Al-Sheyyab, Peyman Mamdouhi, Matthew Brown, Ronald Davis, Rebecca Brown

Congratulations on completing your first 6 months!
**REMINDER**

**FACULTY MEETING Schedule:**

Internal Medicine Conference Room, Bldg. 1 at 4:45 p.m.

March 6, 2014
May 22, 2014

Please mark your calendars!

We’re on the Web!
www.etsu.edu/com/intmed

Follow us on Facebook!
Click here

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**Cardiology**

Bhavesh Barad
Kamesh Sivagnanam
Pooja Sethi

**Gastroenterology**

Dhara Chaudhari
Parag Brahmbhatt

**Infectious Disease**

Almira Opardija
Mohammad Al Tarawneh

Mahmoud Fenire

Continued~
~~ Reminders ~~

**Graduation**
June 6, 2014
Holiday Inn, Johnson City
6:00 – 10:00

**Department of Medicine ABIM Board Review Course**
June 11-15

A travel request must be completed for conferences regardless whether the department is covering any of the expenses or not.

**Watch for upcoming faculty opportunities**

**Medicine Residency Program’s 1st Annual Master Schedule Lottery**
February 6, 2014
6pm
Votaw Auditorium
(Clinical Education Building 1, 325 N. State of Franklin Road)

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**Oncology**

Esha Cannon
Vajeela Tabassum
Wael Ghalayini

**Pulmonary**

Disha Awasthi
Amanda Vanlandingham

**Endocrinology**

Goral Panchal
Albert Einstein Medical Center
Philadelphia

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**The First Gastroenterology Fellowship Graduating Class of 2013**

Dr. Antwan Atia
and
Dr. Jason McKinney.

The GI fellowship proudly announces that both Dr. McKinney and Dr. Atia have passed their GI boards. **Congratulations to both doctors and to the fellowship.**
A Very Special Thank You!

The Quillen College of Medicine, Department of Internal Medicine would like to thank the residents who participated in the interview process for the upcoming 2014 class. The last day of interviews will be Jan. 23\textsuperscript{rd}.

New Arrivals

Parag Brahmbhatt, Born December 11, 2013 at 7:39 pm
Weight: 7.25 lb.
Length: 19.75 in

Mia Adada, Born July 11, 2013 at 2:20pm, shown here with her big sister Yara.

Grand Rounds now known as...

**Department of Medicine Educational Conference**

**Current Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/21/14</td>
<td>Special Speaker</td>
<td>Minsig Choi, M.D.</td>
</tr>
<tr>
<td>1/28/14</td>
<td>CQIC</td>
<td>Chief Resident</td>
</tr>
<tr>
<td>2/4/14</td>
<td>Case-Based Internal Medicine</td>
<td>Kailash Bajaj, M.D. (KIM)</td>
</tr>
<tr>
<td>2/11/14</td>
<td>Palliative Care</td>
<td>Robert Enck, M.D.</td>
</tr>
<tr>
<td>2/18/14</td>
<td>Nephrology</td>
<td>T.J. O’Neill, M.D.</td>
</tr>
<tr>
<td>2/25/14</td>
<td>CQIC</td>
<td>Chief Resident</td>
</tr>
<tr>
<td>3/4/14</td>
<td>Gastroenterology</td>
<td>Mark Young M.D.</td>
</tr>
<tr>
<td>3/11/14</td>
<td>Endocrinology</td>
<td>Alan Peiris, M.D.</td>
</tr>
<tr>
<td>3/18/14</td>
<td>Infectious Diseases</td>
<td>Dima Youssef, M.D.</td>
</tr>
<tr>
<td>3/25/14</td>
<td>CQIC</td>
<td>Chief Resident</td>
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ETSU names Means as new dean of Quillen College

JOHNSON CITY – Dr. Robert T. Means Jr., has been named Dean of the James H. Quillen College of Medicine at East Tennessee State University, effective March 1.

He succeeds Dr. Philip Bagnell, who retired last summer after serving as Dean of Medicine since 2006.

Means, who is board certified in internal medicine and hematology, comes to ETSU from the University of Kentucky (UK) where he currently serves as executive dean and professor of internal medicine and is a member of the hematology and blood and marrow transplant division. He is also a fellow of the American College of Physicians.

A magna cum laude graduate of Rice University, Means earned his medical degree from Vanderbilt University and completed an internal medicine residency at Baylor College of Medicine before returning to Vanderbilt for a hematology fellowship.

He remained at Vanderbilt University as an instructor and assistant professor in the hematology division before he was recruited by the University of Cincinnati in 1992 to become associate professor of medicine and director of the diagnostic hematology laboratory, as well as associate chief of the hematology/oncology section at the Cincinnati VA Medical Center.

In 1998, he joined the Medical University of South Carolina faculty as professor of internal medicine, associate director of the hematology/oncology division, and chief of the hematology/oncology section at the Ralph H. Johnson VA Medical Center. He became director of the hematology/oncology division in 2000, serving until his recruitment to the University of Kentucky.

UK named Means as associate chair for research in the Department of Internal Medicine in 2004 when he also became chief of the medical service at Lexington VA Medical Center. He was later appointed interim director of the Markey Cancer Center from 2006-2009 and senior associate chair of the Department of Internal Medicine from 2007-2011. UK promoted him to executive vice dean in 2011, and he was named executive dean in 2012.

Means gained significant attention in the research arena for his work on the pathogenesis of the anemia of chronic diseases. His studies have received funding support from the Department of Veterans Affairs and the National Heart, Lung, and Blood Institute, and he is the author of more than 120 original scientific reports, invited commentaries or editorials, review articles, and book chapters.

He is an editor of the 12th and 13th editions of Wintrobe's Clinical Hematology and of a forthcoming textbook on nutritional anemia. He serves on the editorial boards of the International Journal of Hematology, Blood Research, and the American Journal of the Medical Sciences, and is an associate editor of the Journal of Investigative Medicine, as well as a frequent referee for other journals.

Means is Past-President of the Southern Society for Clinical Investigation (SSCI). From 1995-1998, he was a councilor for the Midwest section of the American Federation for Medical Research (AMFR) and later held national office as Councilor-at-Large from 1997–2000, and vice president for meetings and programs from 1999-2002.

Means has served on several research review panels for the National Institutes of Health and the Department of Veterans Affairs. In 2006, he was voted “Faculty of the Year” by the UK internal medicine chief residents.
“Although the Quillen College of Medicine is a young institution as medical schools go, it has already achieved a national reputation in a number of areas, including rural medicine and primary care,” Means said. “I am honored and excited to have been chosen as the next dean. I look forward to working with the faculty, students, university leaders, our clinical partners and the community to achieve greater excellence in the missions of education, service, and scholarship.”

In addition to serving as dean of Medicine, Means will become president of the Medical Education Assistance Corporation, which oversees Quillen ETSU Physicians and other clinical services for the College of Medicine.

“Dr. Means’ arrival coincides with the 40th anniversary celebration of the establishment of the ETSU medical school,” said Dr. Wilsie Bishop, vice president for Health Affairs and chief operating officer. “He brings a distinguished career in academic medicine and is also a noted scientist and a well-respected clinical administrator. The students, faculty, and staff of the Quillen College and the ETSU Academic Health Sciences Center are honored to have him serve in this senior leadership role. He is an outstanding individual.”

Means’ wife, Dr. Stacey McKenzie, grew up in Kingsport and graduated from Lynn View High School. She is a graduate of Vanderbilt University School of Medicine and is board certified in internal medicine and infectious diseases. They are the parents of three children.

Dr. Fred Ralston presenting the Laureate Award to Dr. Ken Olive at the annual TNACP meeting in Franklin, TN. It is the highest honor that is bestowed to an internist in the American College of Physicians.
Moorman receives grant to study role of ‘Natural Killers’ in hepatitis C

Two physician scientists in the James H. Quillen College of Medicine and the Quillen Veterans Affairs Medical Center (VAMC) who are investigating hepatitis C have received a $438,000 grant from the National Institutes of Health (NIH) to study a new path of defense against the virus.

Dr. Jonathan Moorman, division chief of Infectious Diseases in the ETSU Department of Internal Medicine, is principal investigator on the project. Moorman, also section chief at the Quillen VAMC, is collaborating with Dr. Zhi Q. “John” Yao, an ETSU associate professor of Internal Medicine and director of the Hepatitis Program at the Quillen VAMC. The two have studied hepatitis C together since 2000 and received a funding grant of $1.4 million from NIH last year. Moorman and Yao are focused on advancing research in hepatitis C because current treatments are effective in only about half of patients. And, despite the fact that there is no therapeutic cure, about 15 percent of patients with the virus self-cure – a strong suggestion that a therapeutic cure is attainable.

The new grant funding will enable Moorman to study the interaction of a protein called Tim-3 and cells called “Natural Killers,” or NK cells. Yao and Moorman have already demonstrated that Tim-3 plays a part in disrupting the body’s normal resistance to chronic viral infections by exhausting T cells, a vital cog in the immune response. Studies have shown that people with chronic hepatitis C have compromised NK cell function. Working from that information, Moorman and Yao have observed a new finding: Tim-3 expression is up-regulated and leads to programmed death of NK cells in people with hepatitis C. “Natural Killers” are a first line of defense to prevent infection, and that line of defense is compromised in individuals with chronic hepatitis C,” Moorman said. “Our hypothesis is that by blocking the Tim-3 signaling on NK cells, we’ll be able to rescue this impaired immune response to hepatitis C. If we can get a better handle on how Tim-3 up-regulation alters the immune response, it could lead to more effective strategies to fight the disease.”

Congratulations to our residents who represented QCOM Internal Medicine at the Tennessee Chapter of the American College of Physicians meeting in October 2013

Dr. Jack Ghably “IgG4-Related Disease: A Novel Protean Syndrome in Evolution”
Dr. Brijal Patel “Mycobacterium Xenopi Lymphadenitis”
Dr. Ines Aranguren “CHF Readmission Reduction Project: Improving Management and Quality of Life in Patients with Heart Failure”
Dr. Goral Panchal “An Unusual Catastrophic Headache”
Dr. Aaysha Kapila “Empyema Necessitans: An Unexpected Infectious Complication of Multiple Myeloma”
Dr. Almira Opardija “Changing Demographics of a Classical Presentation: Lemierre’s Syndrome Caused by Methicillin Resistant Staphylococcus Aureus (MRSA)”

We are proud of our winner at Quillen, Dr. Aaysha Kapila’s poster won at the state level and she was invited to present at the national ACP meeting in December.
**Cool Cases**

*There are winners... and then there are winners with style...*

The winner of last month's cool case... and the fastest ever responder in the history of cool cases... blazing thought, lightning fingers and a booming finish... displaying the biggest and the baddest blitz... Dr. Dhara Chaudhari... beats all records for fastest responder in cool cases with an answer in 16 minutes after the case was sent out. The previous record of 23 minutes was held by Dr. Brijal Patel.

Others that got the right answer in order of response are Dr. Brijal Patel, Dr. Aaysha Kapila, Dr. Girishkumar Dhorajia, Dr. Pragnesh Patel and Dr. Hakam Khazrik.

**Records that changed with this session of cool case!**

1) TEABP (The Ever-Amazing Dr. Brijal Patel) beats Dr. Alex Coffey as the resident with the longest streak (between seasons)
2) TEABP still holds seemingly unbeatable record for the most right answers (7), the most right answers for season 2 (3) and the longest between seasons streak ever (5) and the longest streak and most right answers for season 2 (3)
3) TEABP is one short of Dr. Coffey's longest within season streak of 4
4) Dr. Aaysha Kapila is one short of Dr. Michael Sutherland as the resident with the most number of correct answers for their batch
5) Dr. Dhorajia has the highest number of correct answers among current PGY-5 residents and among all residents of his batch (4) And the answer is.............

**Whipples disease**
(pathognomonic oculomasticatory myorhythmia was shown in the video, fits all presentation including GI, derm, neuro, skin changes, labs etc.)

**Why was this session of cool cases titled “time capsule”?**

As it turns out, Dr. George Whipple first described the disease in 1907 on one of his patients. The patient's tissue samples obtained at the time were stored in John Hopkins Hospital. Ten years ago, in 2003, almost 107 years later, T. Whipplei was finally demonstrated in the specimen. Therefore, "Time Capsule".

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**Out and about!**

Administrators in Internal Medicine meeting, New Orleans, LA. Chief Resident, Dr. Bhavesh Barad and Dr. Patrick Macmillan at Café Du Monde...enjoying a taste New Orleans!

Alliance of Academic Internal Medicine meeting, New Orleans, LA, Dr. David Ginn, Angie Metcalf, Dr. Bhavesh Barad. Enjoying another taste of New Orleans!
Physicians In Touch Spotlight

Haytham Adada, PGY6, Pulmonary and Critical Care Fellow

Dr. Adada graduated with a Master’s degree in Business Administration with a focus in Medical Management in the spring of 2013 from University of Massachusetts Amherst. He was listed on the Beta Gamma Sigma Honor list which is known as the highest recognition a business student can achieve anywhere in the world and was honored as a lifetime member in the Beta Gamma Sigma International Society.

Dr. Adada was elected as a fellow member of the American College of Physicians, ACP, and has been invited to the convocation ceremony to be held in Orlando, FL in April 2014. In October, with the help of the ETSU pulmonary faculty, four presentations and abstracts were accepted and presented at the CHEST meeting in Chicago, IL.

In December 2013 Dr. Adada was board certified in Pulmonary Medicine and finished the year by signing a contract with MSHA to start the critical care and pulmonary services at Johnston Memorial Hospital in Abingdon, VA. He will assume the responsibilities as a medical director of the ICU and critical care services starting in August 2014. Dr. Adada is the proud father of three children, Mia, Yara, and Ryan.

*Medicine In Touch* would like to recognize the involvement and accomplishments of our residents in both their professional and personal lives. Please send me a brief update on your professional, community involvement and any personal milestones you would like to share. heatonka@etsu.edu

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**Publications, Grants, Awards, Presentations…..**

**JOURNAL PUBLICATIONS**


Cooper M, Copeland RJ, Peiris AN. Plasma ACTH in Addison’s Disease: Therapeutic Implications” Tennessee Medicine 2013 (in press)


Youssef D, Peiris AN, Kelley JL, Grant WB. The possible roles of vitamin D and curcumin in treating gonorrhea. Medical hypotheses 2013;81(7):131-5.

BOOKS OR CHAPTERS
CELIAC DISEASE, HYPERHOMOCYSTEINEMIA AND ATEROTHROMBOSIS: RELATIONSHIP AND IMPLICATIONS. Jack Ghably, Aaysha Kapila, April Tanner, Reem Hussein, Goral B. Panchal, Karthik Venkataraman and Guha Krishnaswamy*


PAPERS, ABSTRACTS AND/OR PRESENTATIONS


Amarna M, Abdel Nour S, Adada H, El Minaoui W, Byrd R, Roy T., Unusual Presentation of Alpha-1 Antitrypsin Deficiency, Oral presentation at the ACCP/CHEST meeting in Chicago, October 2013

Anong JA. A Rare Case of Normotensive Scleroderma Renal Crisis. Morbidity and Mortality Case Conference QCOM, Johnson City, TN. August 20 , 2013.

Ataxia: a diagnostic perplexity and management dilemma. Chaubey VK, Chhabra L, Kapila A. Department of Internal Medicine, Saint Vincent Hospital, University of Massachusetts Medical School, Worcester, Massachusetts, USA. BMJ Case Rep. 2013 Sep 26;2013. pii: bcr2013200575. doi: 10.1136/bcr-2013-200575


Empyema Necessitans - An Unexpected Infectious Complication of Multiple Myeloma. Dr. A.Kapila, Dr. J. Ghably, Dr. J. Goldstein, Dr. J. P Moorman, Dr. R. Velilla, Dr. C. Forker, Dr. K.Bajaj, Dr. G. Krishnaswamy. East Tennessee State University. Poster presentation, Tennessee ACP in October 2013- Won the best poster for the case report category.

Empyema Necessitans - An Unexpected Infectious Complication of Multiple Myeloma. Dr. A. Kapila, Dr. J. Ghably, Dr. J. Goldstein, Dr. J. P Moorman, Dr. R. Velilla, Dr. C. Forker, Dr. K. Bajaj, Dr. G. Krishnaswamy. East Tennessee State University. Poster presentation, American College of Asthma Allergy and Immunology in November 2013


Idiosyncratic Reaction Of Clopidogrel – Dr. Aaysha Kapila, Dr. Allison Locke, Dr. Atul Khanna, Dr. Chakradhar Reddy and Dr. Mark Young .East Tennessee State University - Oral presentation, Southern regional Medical, New Orleans.

IgG4-Related Disease: A Novel Protean Syndrome in Evolution. Dr. Jack Ghably, Dr. A. Kapila


Taking Care of Pancreatitis, Not So Simple: IgG4-related Multiorgan Disease Presenting as Pancreatitis Dhara Chaudhari, MD, Aaysha Kapila, MD, John Litchfield, MD, Atif Saleem, MD, Ravindra Murthy, MD, FACC, Thomas Borthwick, MD, FACC, Mark Young, MD, FACC, East Tennessee State University, Department of Internal Medicine, Johnson City, TN, East Tennessee State University, Department of Gastroenterology, Johnson City, TN. Poster presentation American College of Gastroenterology in October 2013


Parekh N.M., Modi FD., Patel BP., Byrd RP., Roy TM. Abstract Title: ELECTROCARDIOGRAM CHANGES IN COMMON VARIABLE IMMUNODEFICIENCY RELATED ADRENAL INSUFFICIENCY, 2014 Southern Regional Meetings to be held February 20-22, 2014 at New Orleans, Louisiana.

Pranav Patel, MD1, Nisarg Patel, MD3, Antwan Atia, MD1, Ravindra Murthy, MD2, and Mark Young, MD1, Massive Gastric Dilatation Secondary to Internal Hernia Obstructing the Biliary Intestinal Limb of Whipple Procedure, *ACG Case Rep J* 2013;1(1):2. http://dx.doi.org/10.14309/crj.2013.2. Published: October 8, 2013.

Kingsport’s 4th Annual Regional Healthcare Symposium, “Vitamin D, Evidence and Controversies”, Meadowview Marriott Executive Conference Center, October 26, 2013

Taking Care of Pancreatitis; not so simple: IgG-4 related Disease. Dhara Chaudhari, Aaysha Kapila, John Litchfield, Ravindra Murthy, Mark Young. Presented in ACG 2013 annual meeting.

Association of Vitamin D Deficiency to Nonalcoholic Fatty Liver Disease in Veteran population: A Retrospective Analysis. Dhara Chaudhari, Beth Bailey, Dima Youssef, Todd Manning, Alan Peiris. Presented in ACG 2013 annual meeting.


A Rare Case of Bleeding from Periampullary Diverticular Ulcer Bleeding. Dhara Chaudhari, Atif Saleem, Chakradhar Reddy, Mark Young. Accepted for presentation at ACG 2013 annual meeting in Sandiego, CA

GRANTS
5R01 GM103887-01A1 (PI: Elgazzar)  6/1/13–5/31/18
NIH/NIGMS $1,413,7010
Project title: MicroRNAs and myeloid cell development during sepsis
Goals: The goal of this project is to determine roles of miRNAs in myeloid cell differentiation and dysregulation of innate immunity during late sepsis response.

AWARDS
Haytham Adada M.D.
Chest Challenge, American College of Chest Physicians, Semifinal Qualifier to San Antonio, August 2013

Nili Parekh, M.D.
SAFMR/SSCI Trainee Research Travel Award

Alan Peiris, M.D.
American Men and Women of Science – 2013