Message from the Chair

Dear Colleagues;

Welcome to academic year 2012-2013! As we are entering our second “volume” of this DoM newsletter, I hope you are finding it interesting, informative, and entertaining. In a large department such as ours, it is a continuing struggle to communicate effectively with all stakeholders. This newsletter is one of our efforts to help keep you up to date on activities and events in the department, introduce you to both new and existing faculty, trainees, and support staff, recognize accomplishments, and focus on important projects or new initiatives. I hope you will read it monthly AND contribute to it when you have information you want (or need) to share. Monica Watkins in the Chair’s Office is our creative editor and I am grateful for her work.

After several years in which our institutional conversations and focus have been extensively centered on money and finances, Dr. Keeton has recently informed our clinical leadership teams that moving forward he wants QUALITY to be our central focus. As you all know, we work in a large and sometimes chaotic clinical environment in which service to our patients and the quality of our care to them have not always been our primary focal points in the past. We want to change that! Over the next several months, we should begin to get more information on episodes of “bad outcomes” in our hospital and clinics which will allow us to examine our systems more effectively and make changes. Please plan to participate actively as opportunities arise for your involvement in root cause analyses (RCA’s) or failure modes effects analyses (FMEA). These exercises can help us develop improved processes. Any episode of patient care with sub-optimal outcomes provides an opportunity for an action plan and changes in our systems and practice moving forward.

EPIC implementation has obviously increased our current challenges in clinical care. Post-production optimization teams are working to correct platform problems, connection problems, template problems, and workflow problems. As you identify easier ways to do things in EPIC, shortcuts, etc., please share these with your colleagues. If you will forward these tips to Monica (mwatkins2@umc.edu), we will begin to disseminate them across the department: through this newsletter, at Tuesday Chairs’ Conference, and in concise weekly departmental e-mails. Don’t assume that everyone knows anything at this point! If an EPIC trick is new to you, there are almost certainly 40-50 other people that don’t know it yet - please share!

Shirley S.

The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education. - Martin Luther King, Jr.
Test Your Knowledge

(answers on bottom of p. 3)

1. A 57-year-old woman is evaluated as a new patient. She is asymptomatic and has no significant medical history. Her father died of a myocardial infarction at age 71 years, and her 81-year-old mother is alive and healthy. There is no family history of cancer, but the patient has a friend who was recently diagnosed with colon cancer and is concerned about her risk for the disease.

On physical examination, vital signs are normal; BMI is 25.5; the rest of the physical examination is normal. Laboratory results are all within normal limits.

Which of the following is an appropriate screening strategy for colon cancer in this patient?
A. Annual digital rectal examination every year
B. Colonoscopy every 10 years
C. Double-contrast barium enema every 3 years
D. Flexible sigmoidoscopy every 10 years

2. A 65-year-old woman is evaluated in routine follow-up. Three months ago she was evaluated for fatigue and pruritus and was found to have an elevated serum alkaline phosphatase concentration and antimitochondrial antibody positive at a titer of 1:640. Liver biopsy specimen was consistent with stage 1 primary biliary cirrhosis. The pruritus is controlled with cholestyramine therapy. The patient is taking calcium, 1500 mg/d, and vitamin D, 800 IU/d. She has no other medical problems or symptoms.

On physical examination, vital signs are normal; BMI is 26. The rest of the examination is normal.

Laboratory studies:

<table>
<thead>
<tr>
<th>Test</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bilirubin (total)</td>
<td>1.0 mg/dL (17.1 µmol/L)</td>
</tr>
<tr>
<td>Aspartate aminotransferase</td>
<td>65 U/L</td>
</tr>
<tr>
<td>Alanine aminotransferase</td>
<td>70 U/L</td>
</tr>
<tr>
<td>Alkaline phosphatase</td>
<td>200 U/L</td>
</tr>
</tbody>
</table>

Dual energy x-ray absorptiometry scan shows normal bone mineral density.

Which of the following is the most appropriate therapy for this patient?
A. Alendronate
B. Estrogen replacement
C. Evaluation for liver transplantation
D. Ursodeoxycholic acid

3. A 30-year-old woman is evaluated for her risk for colon cancer. Her father and her sister both have colon cancer; her father was diagnosed at age 51 years and her sister at age 26 years. Her paternal uncle was diagnosed with colon cancer at age 57 years and with transitional cell cancer of the ureter at age 61 years. The patient had a screening colonoscopy 3 years ago that was normal; she is healthy and takes no medications.

On physical examination, vital signs are normal; BMI is 21.5. Physical examination is normal. Blood testing for germline mutations of the MLH1 and MSH2 genes is negative.

Which of the following is the most appropriate next step in the management of this patient?
A. Abdominal CT scan
B. Colonoscopy
C. Mammography
D. Repeat genetic testing
Welcome to our new fellows

(* new to UMC)

Allergy/Immunology
Patricia Stewart
Lan Zhou

Cardiology
Sam Moghbelli *
Daryl Pollard
Shawn Sanders
John Saxon
Kelly Waespe

Interventional Cardiology
Josh Cockrell
Jim Towery

Digestive Diseases
Kumar Pallav *
Srikrishna Patnana *

Endocrinology
Lane Frey *
Tim Moran *

Geriatrics
Ginny Blalack
Alycia Cleinman
Sara Sanders

Hematology/Oncology
Jennifer Eubanks
James Evans *
Sumana Nagireddy *

Infectious Diseases
Nick Sells *
Adelor Zamora *

Nephrology
Mohit Agarwal *
Michelle Blake *
Toushay Humayun *
Talal Mahmood *

Pulmonary/Critical Care
Allyn Harris (Bond)
Izuchukwu Obi *
Michal Senitko

Rheumatology
Seth Compton
Trayton Mains

**Congratulations**
Dr. Ervin Fox
for being one of 20 recipients of the
Presidential Early Career Award for Scientists and Engineers
Q. In just a few sentences, for those who may not know you, tell us briefly about you – where you are from? Married? Children? Position?
I am from Lima Peru where I attended medical school. After coming to the US in 1988, I completed my residency in Illinois and then moved to Ann Arbor, Michigan where I received my fellowship training in endocrinology and research in molecular biology at the University of Michigan. In 1995, my family and I moved to Mississippi where I joined the faculty at UMC and VA.
I am currently staff endocrinologist at the VA and Director of the Endocrinology Fellowship Training Program at UMC.
I have been married to my wife Fulvia for 23 years. We have 3 children (all boys), Alessandro (Alex, 20), Giancarlo (18), and Stefano (15). I am very grateful of my wife’s constant support to help me achieve my goals.

Q. What is something that people don’t know about you that might surprise them? Or interest them?
I like sports such as college football; my favorite teams are Ole Miss (hopefully they will do better this season) and Michigan. Also, I am a huge soccer fan, especially during the World Cup.
I also like music. On a regular basis, I not only listen to classical music, but also to progressive rock (Pink Floyd, Genesis, Emerson, Lake & Palmer, and Yes) as well as Led Zeppelin.

Q. What advice do you have for residents?
Keep a good balance between patient care and reading. Even 20-30 minutes of reading a day about medicine will pay off in the long run. Try to understand the mechanism of action and how distinct processes work rather than trying to memorize everything. It would be much easier to remember facts in medicine later on if you have an understanding of how things work. Also, treat your patients like you would take care of a family member.
We have to be grateful about new advances in medicine and technology that make our lives easier on how to manage patients; however, do not forget that the most important part in medicine is a good history and physical examination. Nothing will replace that.
For those who have academic interest and want to do research but have not much experience, don’t feel intimidated. You can do it (even basic research). Having a background in research helps, but it is not mandatory. What truly matters is to find a good mentor and to have the motivation, dedication, and intellectual curiosity.

Q. What do you feel is your greatest accomplishment? Or is there something that you hope to accomplish in the future?
Having the opportunity to work closely with medical students, residents, and fellows. There is nothing more rewarding that having a positive impact in their careers and lives.
In the near future, I would like to enhance the research component of the endocrine fellowship program. Along these lines, I am setting up collaboration with my sister Angela who just joined our faculty and Joe Maher regarding obesity, lipid metabolism, and cancer biology.

2011-2012 Teacher of the Year
Dr. Subauste has been one of my favorite teachers throughout residency. He has a vast medical knowledge in all areas, not just his specialty of Endocrinology. It is very apparent that he enjoys teaching and wants all of his students and residents to truly understand. He is well organized in his teaching and does a great job of explaining things systematically.

Rachael Faught

I’ve only worked with Dr. Subauste very briefly, but I think he’s a real treasure in our department. He is extremely knowledgeable (I would trust him over textbooks), outstanding at teaching, and incredibly humble and approachable. You really couldn’t create a better teacher.

Jacob Graham

It’s rare that you can say someone is both the smartest and most humble person you know. But, that is exactly how I would describe Dr. Subauste. No Internal Medicine residency should be counted as complete without some exposure to him!

Matt Cassell

Dr. Subauste is an excellent teacher. He is incredibly smart and can communicate complex concepts to a range of learning levels, from M3s to fellows to his colleagues.
Every resident or student that works with him leaves at the end of the month a better doctor.

Kristen Crawford

Dr. Subauste is such an asset to our teaching program. He takes the time to share his expertise in a practical way that makes sense to the learner. The residents can feel his keen interest in their education.

Vince Herrin

Dr. Subauste is a truly amazing teacher, and is always readily available to share his great wealth of knowledge with others. He has a great passion for student, resident, and fellow education. He is excellent at tailoring concepts to the various stages of learning, and is truly representative of the ideal Teacher of the Year.

Urseline Hawkins

Dr. Subauste not only has an encyclopedic knowledge and is able to recall that information in an instant and able to convey it to students/residents in a perfectly understandable format, but he is also an incredibly pleasant as a supervisory attending. I love working with him so much, and the department is indebted to all he offers.

James Brock

Dr. Subauste is not only a phenomenal teacher, but he is an exceptional physician and mentor, too. He has the uncanny ability to instruct and teach in such an efficient way. He is incredibly intelligent as is evident by the effortless way in which he can lecture on a topic from all angles while covering every possible detail of that topic—leaving his audiences speechless. They are speechless both because they are in awe of his intellect and because he has answered every possible question you may have. . . I joke with my wife and colleagues that I have a crush on his brain. . . too much?

Barr Biglane

One can easily see after only a few days of working with Dr. Subauste why he repeatedly wins teaching awards. He takes time almost daily to meet with students, residents, and fellows to discuss topics of their choice. His dedication to education is unsurpassed, and we are so fortunate to have such a brilliant physician educator in our department and division.

Jana Phillips

Dr. Subauste is an amazing communicator and educator and can make the most complex material simple and understandable.

Chet Tharpe

Dr. Subauste inspires us to become a better person and doctors. He is an extraordinary person that enlightens the life of ordinary persons.

Licy Yanes
Meet the New Faculty

William Campbell, MD
Assistant Professor of Medicine
Division of Cardiology

Q. In just a few sentences, for those who may not know you, tell us briefly about you – where you are from? Married? Children? Position?
A. I'm originally from Vicksburg, MS. Married to Leigh Campbell (she is a Neonatologist at UMC). We have twin 16 month old girls-- Ellie and Sela. Position in Interventional Cardiology.

Q. What is something that people don’t know about you that might surprise them? Or interest them?
A. A few days after hurricane Katrina, a (mostly) yellow lab puppy showed up at our door without a collar. After we couldn't locate his owner, we kept him. Seven years later, Tyler has been the best pet our family has ever had.

Q. What advice do you have for residents?
A. Read about your patients. The best way to make the massive amount of information stick is to use it in an actual clinical situation.

Q. What do you feel is your greatest accomplishment? Or is there something that you hope to accomplish in the future?
A. Even though my girls are 16 months old, I still feel like a proud new dad. Professionally, I'd like to provide better care to adults with congenital heart disease in the state and surrounding areas. This patient group frequently gets lost when they "graduate" from their pediatric cardiologist.

Matt Cassell, MD
Assistant Professor of Medicine
Division of Oncology

Q. In just a few sentences, for those who may not know you, tell us briefly about you – where you are from? Married? Children? Position?
A. I am from a small town in Smith County called Taylorsville. It has a population of right around 2,000. I am married to Amanda Caperton Cassell from DeKalb, MS. We just had our first child who was born on May 1, 2012. Her name is Hayden Grace. My position at UMC is Assistant Professor in the Oncology Division with a particular focus on GU malignancies.

Q. What is something that people don’t know about you that might surprise them? Or interest them?
A. People who know me know this, but my wife and I enjoy doing endurance sports together. We have completed 2 Ironman triathlons, multiple marathons, and many other long distance running/triathlon events. Many people joke that I run more miles before work than they drive in their car on the way to work.

Q. What advice do you have for residents?
A. Don't let residency dominate your life. Continue to do the things that you did before you were a resident. If you enjoy fishing, keep fishing. If it's running, keep running. Don't drink the Kool-aid that your life is over once you start residency!

Q. What do you feel is your greatest accomplishment? Or is there something that you hope to accomplish in the future?
A. The greatest accomplishments I would like to know that I accomplished in my life are: #1 Stayed steadfast to my faith, #2 Was a the best husband/father I could be, & #3 Always put others first. Beyond that, nothing else really matters. I don't care if I ever see my name on a billboard, textbook, or building. There are no individual goals that I strive to obtain before I die.
Iasmina Craici, MD  
Assistant Professor of Medicine  
Division of Nephrology

Q. In just a few sentences, for those who may not know you, tell us briefly about you – where you are from? Married? Children? Position?
A. I was born and raised in communist Romania, completed my undergraduate work at Univ. of Illinois at Chicago. Then I ventured further south, to Springfield, where I completed my medical school training at Southern Illinois Medical School. The best part was that there I met my husband, Steve Wagner, and now we are a family of nephrologists. After IM residency, nephrology fellowship and research training at Mayo Clinic in Rochester, we again ventured south down the Mississippi river and joined the Nephrology division at UMC this summer, as Assistant Professor of Medicine & Nephrology.

Q. What is something that people don’t know about you that might surprise them? Or interest them?
A. I enjoy the diversity, embrace new challenges, and am committed to teaching.

Q. What advice do you have for residents?
A. Hope to be able to instill enthusiasm and passion for patient care and research to my students and residents. My advice is that no dream is too small, follow your heart, and never stop learning.

Steven Wagner, MD  
Assistant Professor of Medicine  
Division of Nephrology and Kidney Transplant

Q. In just a few sentences, for those who may not know you, tell us briefly about you – where you are from? Married? Children? Position?
A. I have joined as an assistant professor in Nephrology and Kidney Transplant. I am from a farm near Bloomington, Illinois. I have been married for 10 years to Iasmina Craici, who also is joining the Nephrology group as an Assistant Professor. We do not yet have children.

Q. What is something that people don’t know about you that might surprise them? Or interest them?
A. I enjoy woodworking as well as repairing classic automobiles.

Q. What advice do you have for residents?
A. I suggest that residents should read as much as they can to expand their knowledge base. More importantly, I encourage residents to sit and talk with patients and allow the patient to explain their illness in their own words. Patients often tell us what is wrong if we just relax and listen.

Q. What do you feel is your greatest accomplishment? Or is there something that you hope to accomplish in the future?
A. My wife and I conducted a large study of 400 pregnant women, examining various urinary biomarkers of preeclampsia. We also helped design methods to detect live podocytes in the urine of preeclamptic women. I hope to apply these methods to the study of kidney disease in transplantation.
Kristina Rehm, PhD  
Assistant Professor of Medicine

Q. In just a few sentences, for those who may not know you, tell us briefly about you – where you are from? Married? Children? Position?
A. I am originally from New Jersey, but moved to North Carolina after high school to attend East Carolina University. I have lived in Ridgeland with my husband, three dogs, and fat cat for the past two years. I am currently an Assistant Professor of Medicine and Director of the Cellular Immunology Core of the Laboratory of Behavioral Immunology Research.

Q. What is something that people don’t know about you that might surprise them? Or interest them?
A. I am an avid runner and a pacer/mentor for a local marathon training group. I love to inspire newbies to the sport of distance running, especially people who think they are too "slow" or not athletic enough to do it. I have completed 20-something half marathons and 4 full marathons. I have a lifetime goal to do a half and full marathon in all 50 states.

Q. What do you feel is your greatest accomplishment? Or is there something that you hope to accomplish in the future?
A. My greatest professional accomplishment is successful completion of both a Ph.D. and a postdoc, both of which gave me great experiences that will suit me well for my new faculty role. My greatest personal accomplishment is completing a marathon.

Calvin Thigpen, MD  
Associate Residency Program Director  
Assistant Professor of Medicine  
Division of Medicine, Hematology and Oncology

Q. In just a few sentences, for those who may not know you, tell us briefly about you – where you are from? Married? Children? Position?
A. Jackson is where I grew up and where I've lived since beginning medical school in 2001. Lee Ann and I have been married 11 years, and Emery (8 years old) and Willis (5 years old) are our two boys. I'll be serving as an Associate Residency Program Director, as an Assistant Professor in the Division of General Medicine, and as an Assistant Professor in the Division of Hematology and Oncology, where my focus will be primarily on lung cancer.

Q. What is something that people don’t know about you that might surprise them? Or interest them?
A. When I was five and six years old, I was obsessed with numbers and maps (and I admittedly still am). I'd spend hours a day looking (through my black rimmed glasses that I was already having to wear) at maps of states in the WXYZ Atlas volume of a red encyclopedia set my parents owned, or memorizing the scores of Super Bowls out of an NFL book my brother let me have. I read them so much that the binding to that encyclopedia eventually broke, and the front and back covers of the NFL book fell off. To this day I can still remember the teams, the final score, the most valuable player, the coaches, and the location for Super Bowls I through XV; and I'll never forget that Mississippi is smaller in square miles than Louisiana and Arkansas, but larger than Pennsylvania, Virginia, and Tennessee.

Q. What advice do you have for residents?
A. Surround yourself, both at work and away from work, with people who make you come alive. Then, live today; you can't live yesterday or tomorrow.

Q. What do you feel is your greatest accomplishment? Or is there something that you hope to accomplish in the future?
A. Finding positive words or not speaking when I'm tempted to say something hurtful - I hope to make this a more regular accomplishment in the future.
Q. In just a few sentences, for those who may not know you, tell us briefly about you – where you are from? Married? Children? Position?
A. I was born in Vicksburg, MS. My mom is an art teacher and my father was a civil engineer. I received a BS in Biology from Millsaps College in 1996 and then attended MSU where I received a MS in Cell Biology in 1999. I moved to Jackson in 1999 and worked as a Research Associate in the Dept. of Anatomy at UMC for 3 years before going back to medical school. I am married to my husband, JJ, and we have one child, Tate. Tate is 6 and will be starting first grade at JA in the fall.

Q. What is something that people don’t know about you that might surprise them? Or interest them?
A. I play the flute and before medical school began I would play at weddings. I also enjoy cooking and spending time with my family.

Q. What advice do you have for residents?
A. Work hard but make sure that you have activities outside of the hospital.

Q. What do you feel is your greatest accomplishment? Or is there something that you hope to accomplish in the future?
A. Being able to take care of my patients gives me a feeling of accomplishment but I think that my greatest accomplishment is being a mother and wife.
Collaboration for Research in Communicable Diseases (CRIC)

- Focused on **RESEARCH** in communicable diseases (HIV, TB, STDs)
- Improving research **COLLABORATIONS** both on and off the UMMC campus
- Bringing **TOGETHER** researchers of various background to work on projects

**Contact:**
Dr. Deborah Konkle-Parker, dkparker@umc.edu
Dr. Arti Barnes, abarnes2@umc.edu
Venetra McKinney, vmckinney@umc.edu

**Core team for CRIC** - left to right
Kendra Johnson, MSDH HIV epidemiologist;
Dr. Chris Meade, Dept of Microbiology;
Dr. Arti Barnes, Div of Infectious Diseases;
Dr. Deborah Konkle-Parker, Div of Infectious Diseases
Representing Research

Check out the Office of Research and Scholarship (ORS) web site (click the link at the left on the Department of Medicine site medicine.umc.edu/). Find helpful resources, monographs, articles, links and more to help you with your academic projects and development. “Scholarship References” which has over 150 articles on career development, research, writing, and presentations “Extramural Resources” which includes about 50 web sites of programs for advanced training in education and administration

***Recently added....***
Journals Listing/Information for Authors which has a searchable journal database for instructions to authors providing key information as Impact Factor, Journal’s website link, and type articles published

Student Corner

2012-2013 Block Party

- November 12th
- March 11th
- May 20th

Sal & Mookie’s 5:30-7:30

Vision Statement

“We will be a department of top quality physicians, with excellent work ethic, committed to serving our patients, teaching our learners, and expanding the art and science of medicine.

Each of us will be happy to come to work each and every day, contributing to a tremendous team effort, finding personal and professional fulfillment in making a difference for those we work with and those we work for.”