

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

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Winter 2016

Holiday Party Time!

By Daniel Pievsky and Aileen Tlamsa

December is typically filled with lots of excitement with all of the holidays and celebrations. This year at Rutgers NJMS was no exception, as the holiday parties were in full effect just a week after the Thanksgiving weekend. Saturday, December 5th marked the annual Hackensack Holiday Party, hosted at the Westmount Country Club in Woodland Park, NJ. Attendings, nurses, physician assistants, administrative staff and residents alike were all dressed to the nines for this much anticipated event. The night began with an excellent selection of roasts, fish, pasta, hot hors d'oeuvres, salads, and, of course, fancy cocktails! Rumor has it...one of the Chiefs tested all of the drink specials! After some sighs of relief from completing a block of ICU or perhaps matching in a top fellowship program, the jolly residents were headed to the main ballroom for some dancing, dancing, and more dancing! The dance floor was packed all night! Although no pants were ripped, a great time was had by all. And who could forget the famed Hack Party dessert table! The Viennese style dessert table was filled with delightful sweets beyond your wildest imagination. Good thing everyone danced off the extra calories!

"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."
~ Swami Sivananda

The celebrations did not end there, as the NJMS Department of Medicine hosted their annual holiday luncheon honoring the residents on Friday, December 11th. The atmosphere was relaxed as residents, fellows, attendings and administrative staff all enjoyed a delicious catered lunch, reminisced about the past year and contemplated the future. The event was highlighted by a touching speech by Dr. Klapholz recounting the great things that the Department has accomplished over the past year and emphasizing that our NJMS family can look forward to great things to come in the future. I think this point is especially true for our program. While we are occasionally stressed during busy rotations, just remember that from Dr. Kothari to the Chiefs, and residents, we are all a family. We are always there to help and support each other, and together we can get through anything. So whether you celebrate Christmas, Hanukkah, Diwali, Kwanzaa or Festivus, have a wonderful, safe, healthy and happy holiday season!



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Match Day! by Narjust Duma

Have you heard other residents say that time flies? Well it actually does. Some of us still remember the main residency match like it was yesterday. After two years of training the journey starts once again: calling your medical school to send your transcripts, contacting your letter writers and reviewing your application a million times. On July 15th you can submit your application to the programs and 2-4 weeks afterward, you will start receiving interview invitations. Yes, those amazing days when you used to check your inbox every 5 minutes will be back!

Some recommendations for the 2016 applicants:

- 1) Start your personal statement early. This is the task that will take most of your time. Try to be honest and concise.
- 2) Save money now! The application process can be quite expensive, \$1000-2000 for the application itself and around \$2000-5000 in traveling expenses.
- 3) Ask for your letters of recommendation by April-May in order to have them ready 2 weeks before July 15th.
- 4) Apply to programs where you would like to live and work. Most fellows will find their first job within 100 miles from their fellowship training site.
- 5) Ask questions! Meet with Dr. Kothari or our associate program directors, and they will guide you through the process. You can also ask questions to the Chiefs or third year residents, and they will be more than happy to help you!
- 6) Take notes during your interviews! It is hard to remember the details of every program by the time you are making your rank list.
- 7) Lastly, if you interview at Mayo Clinic, the doors of my house will be open to all of you. Good luck!

Resident	Specialty	Program
Sandra Aleksic	Endocrinology	Montefiore/Einstein SOM
Mubdiul Ali Imtiaz	Pulmonary & Critical Care	Virginia Commonwealth U.
Yulanka Castro	Cardiology	Yale University
Gustavo Churrango	Gastroenterology	University of Massachusetts
Amar Dixit	Allergy & Immunology	University of Colorado
Vishal Duggal	Nephrology	Stanford University
Narjust Duma	Hematology & Oncology	Mayo Clinic (MN)
Tanzib Hossain	Pulmonary & Critical Care	NYU Medical Center
Shashank Jain	Cardiology	Rutgers NJMS
Dharmesh Kaswala	Gastroenterology	California Pacific MC
John Kern	Pulmonary & Critical Care	U. of Southern California
Tamara Khaimchayev	Endocrinology	Rutgers NJMS
John Kileci	Pulmonary & Critical Care	Mount Sinai Beth Israel
Richard May	Pulmonary & Critical Care	Rutgers NJMS
Jaimie Mittal	Infectious Diseases	Montefiore/Einstein SOM
Chika Oqbonnaya-Odor	Nephrology	U. of Texas-Houston
Nneoma Okoronkwo	Gastroenterology	Rutgers NJMS
Manan Pandya	Endocrinology	Rutgers RWJMS
Neal Patel	Gastroenterology	Drexel University
Pavan Patel	Gastroenterology	Rutgers NJMS
Sarah Ramer	Nephrology	Mount Sinai Hospital/Icahn
Jessica Riggs	Pulmonary & Critical Care	NYU Medical Center
Nisha Suda	Endocrinology	Yale University
Srikanth Thiruvardsothy	Nephrology	Rutgers NJMS
Aileen Tlamsa	Infectious Diseases	Montefiore/Einstein SOM
Yucai Wang	Hematology & Oncology	Mayo Clinic (MN)
Rahim Wooley	Pulmonary & Critical Care	Rutgers NJMS
Pauline Yi	Rheumatology	Columbia University
Eric Yoon	Gastroenterology	Albany Medical Center

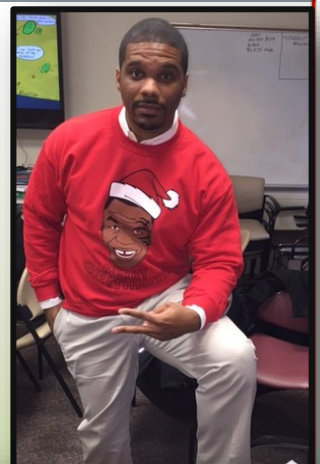
Congratulations to everyone on an amazing fellowship match this year!

Ugly Sweater Mania! by Rich May

Do you enjoy holidays? Do you enjoy ugly sweaters? Too bad, because December 21st we held our Internal Medicine Ugly Sweater Contest. Each year residents search far and wide for the ugliest sweater with a holiday theme while not being blatantly offensive. The fun is in the innuendo. Didn't Aunt Gretchen knit you that sweater you used to cover your cat's scratch post? Remember when Grandma bought you that Brony sweater three years ago? That time you drank too much eggnog at Uncle Lee's house and experienced reversal of fortune on your favorite cashmere sweater? Throw that last one out. Don't think that the ugliness is limited to Christmas. Everything can be ugly if you put your mind to it. Borrow Uncle Harry's sweater with "Love, Peace, and Latka Grease." Sweaters can have a group theme as well. It's a time to be creative.

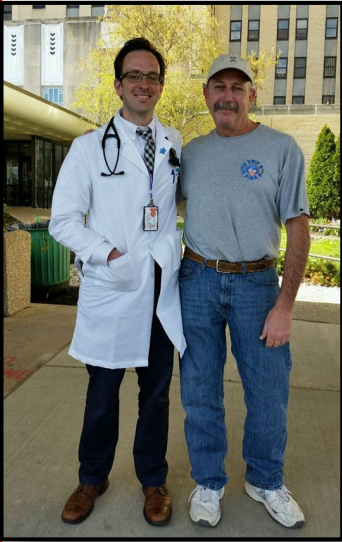
As is the tradition, each site held the competition judged by the Chiefs at morning report. The prizes included fame*, fortune*, and the honor of writing this year's RCQ article about the event...wait, no, that's me! Well, the winners were finally announced, and congratulations to our 1st place Ugly Sweater Contest Winner.....Rahim Wooley! He rocked an ugly sweater that can only be described as... Boss! Some runner-ups came close, with Jacquie Burnell in 2nd place and our psych intern Zeeshan in 3rd!

Until next year, Merry Chrismakwanzakah! (See, we are more inclusive than when The O.C. popularized Chrismukkah.) And a Happy Festivus for the rest of us! In the meantime, there are 12 more months to hunt down an award winning Ugly Sweater for next year....



Who's Who: Dr. Sean Sullivan

By Aileen Tlamsa



There's a new friendly face sitting in the office across from Dr. Sender. Looking more closely, it is actually a quite familiar face at the East Orange VA. In fact, he has been walking these halls for the better part of the last four and a half years. Dr. Sean Sullivan, now an Internal Medicine attending in his Chief Resident home base at the VA, has been enjoying his newest role in the Rutgers NJMS family.

Dr. Sullivan was born in the town of Howard Beach in Queens, NY (the best borough, of course!). He went to Archbishop Molloy High School, where he became interested in the sciences. He later attended Scranton University, receiving a bachelor's degree in Biology. With his love of science and helping people, he soon knew that he wanted to pursue a career in medicine. He studied at New York Institute of Technology College of Osteopathic Medicine, where he earned his DO.

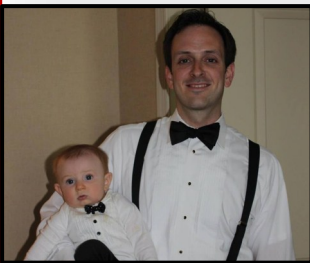
Ultimately deciding to specialize in Internal Medicine, Dr. Sullivan knew that he wanted to train at an academic program that would offer him the best clinical experience. He was impressed by the academic atmosphere of the NJMS program, as well as the diverse and interesting pathology seen at all three of our clinical sites. Dr. Sullivan does vividly recall Dr. Kothari's "wonderful recruiting skills" playing a large part in his decision to come to Rutgers. Close to family and friends in both New York and New Jersey, Rutgers NJMS' location was an added bonus. Dr. Sullivan soon joined the NJMS residency program. With his enthusiasm for teaching and dedication to treating veterans, Dr. Sullivan was thrilled when he was asked to be a Chief Resident at none other than the East Orange VA. He recalls enjoying his Chief

year at the VA, as he loves giving back to the veterans.

His pivotal Chief role was as the designated Ambulatory Chief, where he oversaw the residents rotating on their clinic blocks. As our Associate Program Director Dr. Feurdean has championed our ambulatory curriculum, our Ambulatory Chief has worked alongside her to develop our Friday ambulatory half day sessions, filled with lectures, journal clubs, case presentations, literature reviews, quizzes, and a comforting bowl full of Hershey's chocolates, of course! Dr. Sullivan was excited to be the first Chief to travel with Dr. Feurdean to the Chief Resident Immersion Training (C.R.I.T) in Addiction Medicine through Boston University. The four day course is geared for incoming Chief Residents and their faculty mentors. The focus is on educating how to diagnose, treat, and counsel patients with addiction to drugs and alcohol. The immersion process includes attending an AA meeting, workshops on education, creating a teaching project with a lecture and quiz. These tools have been useful at the VA, as many of the younger veterans from Vietnam and Operation Enduring Freedom/Operation Iraqi Freedom have suffered from this illness. Being a patient advocate and building a supportive team are essential elements of addiction medicine, some of the rewarding aspects drawing Dr. Sullivan to this field. He is grateful that Dr. Feurdean has been an exemplary mentor in this continued learning process.



This year Dr. Sullivan has continued his devotion to serving veterans as an attending at his home base, the East Orange VA. Eagerly welcomed by the EOVA Internal Medicine faculty, Dr. Sullivan feels right at home doing what he loves, caring for veterans and teaching medicine residents and students. He believes that the best care comes from a learning environment, where all team members are actively involved in trying to make decisions together. Dr. Sullivan feels that he was thoroughly prepared for his new role, stating "the autonomy of



our program prepares you well for stepping into the attending role". In addition to running the Lavender Team, he is also the co-director of the Simulation Center. The East Orange VA is currently in the process of getting official VA certification as a Sim Center through a nationwide evaluation occurring biannually. If certified, this may open up new opportunities with more training devices, mannequins, and standardized cases. The certification of the Sim Center would be a testament to continued efforts to maintain quality patient care and safety, and provide innovative training opportunities. Along with Dr. Sender, Dr. Sullivan works with residents during mock codes and procedural training. He also assists anesthesia residents and respiratory therapists in management out of the OR. In addition to the Sim Center, he also become involved in organizing a Shared Decision Making workshop, with standardized patient encounters and resident feedback.



The call of duty in the workplace is balanced by his home life with his wife Kelly and 1-year-old son Connor. After buying a house in Allendale, NJ, Dr. Sullivan has solidified his New Jersey resident status, now the proud owner of both a lawnmower and a weed whacker to maintain his pristine green lawn in the summertime. Summer also tends to be his favorite season, as he has been known to grill a mean seared flank steak from time to time. He is quite the unassuming chef, but attests learning from the best...his Italian mother, of course! Quite appropriately, his favorite dish to cook, and likely Connor's favorite as well, is spaghetti and meatballs. But when tailgating for a Jets vs Giants game, a deep-fried turkey serves best. Yes, ladies and gentlemen, he is a Jets fan! So since this VA attending has some serious Gang Green pride, as green as his lawn, make sure you always remind him of the legendary accomplishments of the New England Patriots. See what happens!

Who's Who: Dr. Meridith Holub

I was born and raised in Connecticut as the middle child of three sisters, and attended Shelton High School where I was a member of the swimming and diving team. Growing up, my passion was gymnastics, and I spent most of my spare time training as a competitive gymnast. I competed at the regional level, specializing in the balance beam.

I majored in psychology and minored in chemistry at New York University, where I also met my future husband. Following graduation, I lived in NYC for a year working as an admitting representative at the NYU Langone Medical Center. I did research with the Center for Disaster Preparedness and Response on the psychological impact of epidemics on children, specifically investigating the epidemic of the H1N1 virus that was peaking in NYC at that time.

I attended medical school at NYCOM in Long Island where I was part of a problem-based learning curriculum called Doctor Patient Continuum. The program was structured around independent learning with subsequent small group discussions as a substitution for the traditional lecture-based curriculum.

At NYCOM, I was accepted into a masters degree scholarship program in Neuromusculoskeletal Sciences with a focus on academic medicine. I took courses in biostatistics and epidemiology and worked in a lab conducting research on acute kidney injury. My favorite part of the scholarship program was being able to work closely with the first and second year medical students, giving lectures and teaching in the anatomy lab.

I chose internal medicine because it is a career centered around the prevention, diagnosis, and management of common and complex disease processes. I like that it is a broad field where I can have a profound impact on an individual's treatment and where each patient provides a unique learning opportunity.

I chose Rutgers because I wanted a well-rounded educational experience. I was impressed by the collaborative working environment and was excited by the opportunity to train in three distinct hospital settings. My experience thus far has exceeded expectations.

Random Facts / Hobbies: I am a big sports fan and love the NY Giants. I like puzzles of any kind, particularly crossword puzzles and jigsaw puzzles. In my spare time, I love to go home to Connecticut to spend time with my family.



Poetry Corner: An Angel's Touch

By Ahmad Yousaf

She was standing there alone.
Her eyes wide and frame tiny, flesh and bone.
Smiled a smile of the heavens, something divine and rare,
She ran into me like a child for an embrace,
My fingers moved through her hair,
And I felt as though as her strands parted,
So the darkness in my heart did,
I then walked through the valley in my own chest,
Found caves I never even knew did exist,
Deep within me they echoed of humility and humanity,
With my hand having completed its journey,
She took a hold of it, and with it my soul, controlled,
She pulled me through alleys, the halls of paradise she strolled,
It was in the smile of her eyes that I saw that which was other worldly,
And when it was time to leave, she drifted away and waved silently,
It was only a few seconds and the moment didn't appear very much,
But I am sure of it, in Zaatar, it was an angel I touched.



Trivial Pursuits! By Vivek Joseph

A break from the rigors of residency is required every once in awhile. Trivia Night is that rescue. To the uninitiated, Trivia Night is an event held every Tuesday at 9:00PM at the Shannon Rose in Clifton. A team of 3-10 works their way around 21 Questions from diverse categories such as Movies, Science, Prince discography and Oil Production in the erstwhile Soviet Union (basically things that don't help you in real life). You compete with around 20 teams and the winner of the night walks home with a \$100 gift card.

NJMS is well represented on Trivia Nights by the team 'Curry is Not a Spice' (The name has a long backstory, one which is unfortunately beyond the scope of this newsletter) commanded by two Chiefs, Rich May and John Kern, and joined by a merry bunch of 2nd years who all have a common passion for obscure, frivolous and ultimately pointless facts. We're proud to say 'Curry is Not a Spice' has been doing pretty well lately with a bunch of 1st and 2nd place finishes under our belt.

So next Tuesday night grab your co-resident, friends and significant other and head out to the Shannon Rose for a good time. Libations are not a requirement to attend but (highly) recommended. May the odds be ever in your favor!



A People in Crisis: Reflections on a Medical Mission

By Eman Rashed

"I'm really nervous about this trip," I confessed to my brother, as I zipped up my luggage.

He looked at me, and shrugged, "I mean, you should be, you're basically going to a war zone".

He wasn't entirely correct, but it didn't exactly help my nerves. I was traveling to Jordan on a ten-day medical mission trip to treat Syrian refugees. Jordan is home to some one hundred thousand Syrian refugee men, women, and children who have been displaced from their home country in the wake of the Syrian war. The most recent statistic emerging is that 50% of the Syrian population are refugees. That means there are over 4 million registered Syrian refugees. I was 6 months into my intern year; how much could I contribute, how much did I know, how much could I help? These questions flooded my mind, but I took a deep breath, reminded myself of why I chose to do this in the first place, braced myself, and started my mission.

When I got to Jordan, I was for most of the time situated in the Zaatari camp, the main refugee site, where 80-90k refugees were housed. The weather was biting cold. It had been snowing and hailing the night before we got there. The main road in the camp was long and muddy, lined with metal caravans or shacks where the refugees lived. Scenes of seemingly everyday life appeared before me: women reaching out of their window to hang clothes to dry, men leaning against the metal walls smoking, children screaming and scampering barefoot in the mud. The adult's eyes were sad and hopeless, but their postures defiant; they were attempting to recreate a sense of normalcy in the most unnatural and abnormal of circumstances. In the clinic, the weather was frigid. The metal building seemed to create the cold and then trap it, but the waiting room was full of men, women, and screaming babies, all dressed in multiple layers-- a weak fight against the bitter cold. I was given a small office, furnished with a cot, a desk, a blood pressure cuff, a thermometer, and some tongue depressors. And so my day began.

Over the next 5 or 6 hours, patients filed in, some for complaints of dizziness, some for back pain, some for blood pressure or sugar checks. I adjusted metformin dosages, prescribed antibiotics, treated UTIs. But it was in the moments where they paused and invited me into their confidence that transformed me. I had one young mother come to me for generalized weakness. She was sent in for blood work, which was all normal, and yet she stayed there. I asked her if there was anything I could do for her, at which point she started to cry and tell me how she remembers the sounds of the bombs falling in her city, how her brothers were still in Syria, and she wasn't sure if they were dead or alive. I could only sit by her and hold her hand, my heart breaking and tears pooling in the corners of my eyes. I saw a young man of 28 who had lost 30 pounds in the past 6 months, complaining of generalized abdominal pain. He was so weak and so frail, he was almost doubled over in pain. Every once in awhile, coughing fits would overtake him, and he wouldn't be able to speak. He said he hadn't been able to sleep in days. I saw an elderly gentleman of 75 with severe venous stasis ulcers shoddily wrapped in gauze. As I redressed his ulcer, he told me how he had owned a coffee shop back home. His voice changed when he spoke of the home he remembered: lighter, happier, but then in an instant it deadened. He said he had been in the camp for the past three years, and would likely die in the camp. But he thanked me for the dressing change, prayed and prayed for me, and left. I looked out after him, my heart slowly imploding. And so my days went, each day like the next, and yet completely different: chaotic and humbling and tragic.

In the lengthy years of training, it's easy to forget why you chose to go into medicine. We get so caught up in the evaluations, the schedules, and thinking about the "next step" that we forget how much good we can do right now. To be able to help people, to utilize our training for the purpose of easing the suffering that is rampant in the world, is an immense gift and responsibility. I left Jordan with a renewed sense of purpose, a fresh dedication to my craft, and a larger perspective on what it means to be a physician. The faces, and the stories, all live on in my mind, for better or for worse. I wasn't sure how much I could give to my patients, but that didn't matter. I did my best, and they gave me so much more in return.



Travel: Thailand & Cambodia!

by Eric Yoon

This is the story of two Regians traveling halfway across the world to the Kingdoms of Thailand and Cambodia. Plans began to formulate with three men, but it narrowed down to my Regis High School '04 classmate Francis Rodrigues and I. First tip: for international travel, make sure your passport is still valid 6 months from the date of departure!

On Black Friday, my 20 hours of flight started at JFK with a short stop at Beijing International Airport, where I literally had to run to catch my connecting flight to Suvarnabhumi International Airport in Bangkok! Day 1 in Bangkok started on Sunday morning, which was perfect timing to visit the Chatuchak Weekend Market, one of the world's largest weekend markets boasting over 15,000 booths selling arts and crafts, electronics, food, massages, and everything in between! We spent a good 8 hours in hot, humid conditions getting cheap eats and souvenirs for family and friends back home (just ask Frank Wang and John Kileci). Our "Wat" day ("Wat" means temple in Thai) involved walking from our hotel to The Grand Palace to visit Wat Phra Kaew, a large and gilded structure. Visitors from around the world blanketed the Grand Palace complex to view majestic temples and the Emerald Buddha, which is actually made of jade. Other "wats" we visited included Wat Traimit aka "The Golden Buddha," which is a Buddha over 5 tons of solid gold and Wat Arun, a complex of small, intricately decorated temples. That night, we took a tuk-tuk out to Khaosan Road where street carts selling food, beer and cocktail buckets, and clothes stretched down the street. Following a few drinks, scorpions, slugs, and tarantulas suddenly became appetizing... (find me to see the video evidence!)

We couldn't leave Bangkok without getting good, cheap local eats! Based on Lonely Planet's suggestion of the best noodle dish in Bangkok, we braved the streets with Google Maps in hand and 3 Thai words in our vocabulary and found Nay Hong. It was a true hole-in-the-wall restaurant and it certainly didn't disappoint, costing a mere \$1.20 for the dish. We ended the night by capturing a glimpse of the Bangkok city below us from the world-famous Sky Bar on the 63rd floor of the State Tower, where scenes of Hangover Part 2 were filmed.

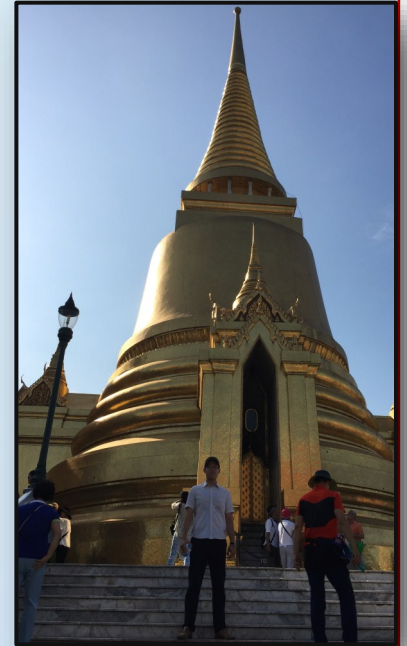
Next trip destination was Siem Reap, Cambodia, a sprawling tourist city.

First impressions of Cambodia: people spoke English better here than in Thailand, many Koreans are settled here, and US Dollars reign supreme! While Cambodian Riel is accepted, all prices are quoted in USD (4000 Riel for \$1!) We settled into our hotel and picked up some rations (water, beer, and chips). As it got closer to midnight on December 2 (noon EST), WhatsApp messages started pouring in from Nisha Suda and John Kileci. John happened to be in Istanbul at the time as the hour of fellowship match was drawing near. Later on, the email that all fellowship applicants hope for... "Congratulations, you have matched!" floated into my inbox! Find me in Albany this coming July! Congratulations to all of our residency's fellowship-bound residents!

Cambodia is packed with cultural sites! The Floating Villages allowed us a view of how undeveloped parts of the world remain even in the 21st century. Countless cultural sights exist including Angkor Wat, a UNESCO World Heritage site that is a must-see at sunrise. With our Angkor complex pass, we entered Angkor Thom, Bayon, and Ta Prohm, made especially famous after Tomb Raider scenes were filmed there. One afternoon, to cool off from the 95°F heat, we visited a local waterfall with waters cascading 30 meters down into a cove mixed with locals and tourists. From Siem Reap, we took an overnight bus 6 hours to Phnom Penh, Cambodia's capital, where we spent a quick trip touring the Silver Pagoda and the Choeung Ek Killing Fields, a memorial site but more importantly the location where thousands of bodies were exhumed from mass graves resulting from the Cambodian genocide carried out by the Khmer Rouge in the late 1970s.

Our final destination was Koh Samui, Thailand, a beautiful island destination in the Gulf of Thailand. Resorts were relatively empty due to the cool temperatures of the rainy winter season but that was perfect for the maxing and relaxing we did after the daily morning buffet breakfast! Our last night in Thailand concluded with The Thai Experience, a 4-hour dinner party with a 3.5 course meal and unlimited drinks with 14 of your closest strangers (visitors from around the world make reservations for the once-a-week event). Our final day in Thailand was spent embark-

ing on the lengthy journey back to New York totaling 30+ hours. Would I visit each country again? Absolutely, for certain. But with so many places I've yet to visit (ahem, the whole European continent...), I think South-east Asia will just have to wait its turn!



A Day of Service: MLK Day Health Fair By Njambi Mathenge

"Everyone has the power for greatness, not for fame but greatness, because greatness is determined by service." - Dr. Martin Luther King Jr.

Martin Luther King Jr. Day is not only a day that allows us to formally commemorate the legacy of Dr. Martin Luther King Jr, it is also one of the most notable days of service where millions of people come together to serve their communities. What better way for medical providers to do just that than to volunteer for a health and wellness screening initiative right here in the city of Newark, where the healthcare needs are so great.

Every year, the Camden Street School in Newark holds a health fair and community outreach program that we, as the Rutgers NJMS Internal Medicine residents, are honored to attend and be a part of. Under the leadership of Dr. Aluya (who was quite the celebrity there I must say!) and the organizational prowess of our very own Shakespeare (Shay) Pierre-Antoine and Aileen Tlamsa, we gathered amidst the snow and freezing temperatures in a very warm and welcoming classroom. We got the opportunity to screen individuals who came to participate in the events at the Camden Street School by checking blood sugar, blood pressure, weight and body mass index (BMI). Stocked with fliers and pamphlets (products of our very own COST rotation) on various common chronic illnesses, ranging from hypertension, diabetes, tobacco abuse, to breast and colon cancer, patients were counseled and educated by our physician, nurse, and student volunteers. Though educational materials were provided to the patients, the greatest gift from the volunteers was their compassionate counseling. Whether patients had never quite understood what diabetes was, or they had been avoiding blood pressure checks due to a family member suffering from poorly controlled hypertension, the patient counseling was what made the difference. Patients were also educated them about their general health, given advice in a relaxed, pressure free environment and, most importantly, encouraged to visit with a primary care doctor for further evaluation as needed. Education was the backbone of our time there. Other organizations present at the Camden Street School Health and Safety Fair included the North Jersey Chapter of the American Red Cross, the Newark Fire Department and Horizon Blue Cross.

Thank you to the volunteers who made it such a wonderful day and a very rewarding experience, namely: Dr. Nelson Aluya, Aileen Tlamsa, Shakespeare (Shay) Pierre-Antoine, Sandra Aleksic, Edward Rojas, Luke Chong, Nneoma Okoronkwo, and several Rutgers medical and nursing students. Here's to next year! Hope to see you there.

'Life's most persistent and urgent question is, "What are you doing for others?"' - Dr. Martin Luther King, Jr.



Been Hangin' Around...



RCQ Brought To You By:

Chief Residents: Nneoma Okoronkwo, Pavan Patel, Richard May, Ahmad Yousaf, Vidhi Kapoor, Aileen Tlamsa, John Kern

Program Director: Neil Kothari

Comments: Email ruchiefs@gmail.com

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New Jersey Medical School



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We're on the Web!

http://njms.rutgers.edu/departments/medicine/internal_medicine/



...and don't forget to join the NJMS Internal Medicine Residency Group on Facebook!

Housestaff Awards

Congratulations!

OCTOBER

Interns:
Sejal Kothadia
Justin Mathew
Behrooz Vaziri

Seniors:

Sarav Patel
Sarah Lee
Dan Bodek

NOVEMBER

Interns:
Allison Bean
Jeremy Connors
Ramya Undamatla

Seniors:

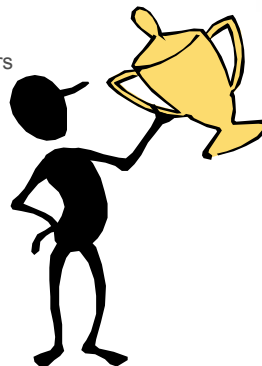
Khaled Abu-Ihweij
Dan Bodek
Renjit Thomas

DECEMBER

Interns:
Rahool Davé
Elena Dolmatova
Dan Rubinstein

Seniors:

Igor Eyzner
Mohleen Kang
Tanzila Razzaki



NEJM Image Challenge

In a patient with a CD4 count of 20 after treatment for CLL, what is the cause of this new skin lesion?



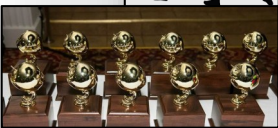

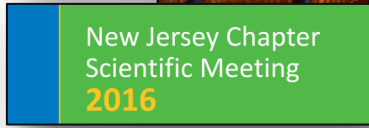



- A. Bacillary Angiomatosis
- B. Bullous Impetigo
- C. Cryptococcosis
- D. Kaposi's Sarcome
- E. Verruca vulgaris

Answer: C

Announcements:

Events!

- Valentine's Day!!! 
- Kickboxing party– 2/13/16!
Hosted by Sarav Patel!
Watch out! 
- Golden Apple Teaching Award Ceremony– March 2016!

- March Madness Tournament!!! Get ready for finalizing your squares!

- ACP NJ Meeting!
3/4/16 at the Renaissance Newark Airport Hotel!

- Trivia Night! Every Tuesday @ Shannon Rose, Clifton, with our resident TriviaGod, Chief Richard May!


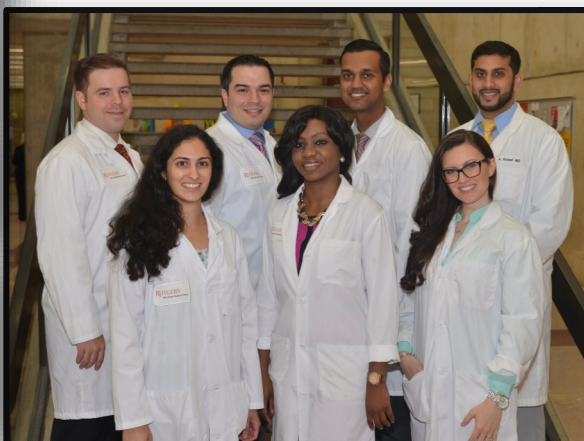
REASONS WHY I AM CURRENTLY ALIVE



I look forward to spending time with you once there are no remaining traces of your minor cold.



Questions? Need to talk? Call!



UH
973-972-5584 or 6054
HUMC
551-996-2591 or 2592
VA
973-676-1000
x1873, 1874, or 2803