

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

Volume 8, Issue 1

Summer 2016

Welcome Interns! By Larysa Sanchez

The Annual Department of Medicine Intern Meet and Greet was held on June 22nd marking the beginning of a new academic year. True to tradition, current housestaff, chief residents, attendings including Drs. Michaud, Chang, Natale, Sender, Jaker, and Dever, and our program director, Dr. Kothari, greeted the incoming intern class at the Verona Park Boathouse. The room was filled with cheerful conversation as everybody got to know each other over a delicious dinner catered by Frank Anthony's. With the day being warm and sunny, it was the perfect summer weather to enjoy outdoor activities at the park. The chief residents organized a few games and team activities, including egg-and-spoon and three-legged races. Per the instruction of Drs. Mohleen Kang and Priya Patel, interns and current residents enthusiastically raced each other to the finish line! Others enjoyed a vigorous soccer match and some simply basked in the beautiful weather on the sidelines! While enjoying the outdoors, interns were warmly welcomed by our chair, Dr. Klapholz. Soon it was time to cut the cake, and everyone gathered around with big smiles for a group picture. The cake, which was decorated with red and white balloons, filled with fresh strawberries and cream, and topped with chocolate mousse icing, was absolutely scrumptious. By the time the evening came to an end, many new friendships had been made! We are excited to welcome all the new interns into our Rutgers family and wish everyone a fun and successful year!

"The best preparation for tomorrow is to do today's work superbly well."

- Sir William Osler



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Who's Who: Dr. Michael Silverberg By Jill Deutsch and Larysa Sanchez

For those who don't know you, can you tell us where you did your residency and fellowship training?

I completed my Internal Medicine residency training at Christiana Care Health System in Delaware followed by Emergency Medicine residency at Drexel in Philadelphia. I went on to do my Pulmonary/Critical Care fellowship training at Beth Israel in Manhattan.

What made you interested in Pulmonary/Critical Care?

I loved the procedures and variety. You are also the person that everyone calls when they don't know what to do.

What are your research interests?

I was involved in studying ultrasound diagnostic technique during residency and fellowship training. I currently enjoy teaching the ultrasound course to medicine residents at Hackensack. I am also interested in studying the use of IV fluids in the ICU, glidescope technique, and implementation of cost-effective care in medicine.

What would you like to be doing 20-30 years from now?

I might consider practicing more Pulmonary medicine and a little less Critical Care.

If you hadn't become a Pulmonary/Critical Care attending, what might you have done?

I would have liked to be a high-school or college professor teaching physics, biology, or chemistry.

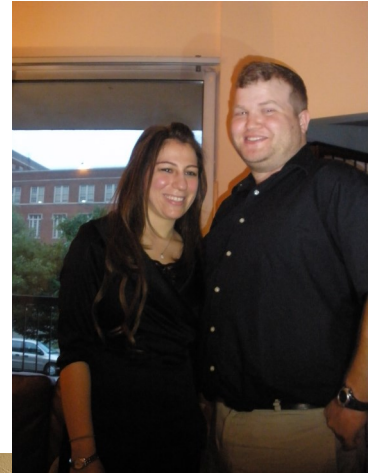
Who was the person that influenced you the most?

My mother, who is a nurse practitioner in the fields of interventional radiology and neurology, influenced my life the most. When I was young, I would read her medical books and this stimulated my interest in medicine. During my time in medical school at SUNY Upstate, I was inspired by one of my professors in renal pathology, Dr. Shanley, who challenged me to always think outside the box.



What do you like to do when you're away from work?

I enjoy spending time with my wife, Altie, and my son and daughter, Eitan and Abigail. Eitan is 2 ½ years old and Abigail is 3 months old. I lift weights and play ice hockey for fun. I also like to cook and one of my favorite things to make is fresh pasta!



Ultrasound Elective with Dr. Silverberg By Luke Chong

During February of intern year, I was deliberating various elective options when Dr. Kothari mentioned an upcoming Ultrasound elective. Eager to acquire skills that I knew would come in handy for future ICU and floor rotations, I couldn't help but ask, "Can I get in on this?" Fast forward a month later to the start of Ultrasound elective: moments after meeting Dr. Silverberg for the first time in the Emergency Department, I was handed an ultrasound probe and asked, "Wanna scan this guy's heart?" We embarked on a stepwise approach of identifying the correct cardiac windows and examining what I soon learned was a globally hypokinetic heart. From that first patient in the ED to many others in the Hackensack ICU, my two weeks on Ultrasound elective were an enjoyable and productive journey as Dr. Silverberg guided me through the fundamentals of critical care ultrasound. I grew more comfortable with ultrasound technique and discovered new uses for the ultrasound, from focal assessments of cardiac function, visualizing pleural effusions, to assessing fluid status by IVC measurements. I even had the chance to do an ocular ultrasound on former Hackensack Chief Resident John Kern when he was suffering from a terrible headache (given that his optic nerve sheath diameter was normal, we assumed his headache was not due to increased intracranial pressure). Since my inaugural elective last February, several others have had the chance to take part in Dr. Silverberg's Ultrasound elective, and I have no doubt that we would all encourage any interested parties to add it to their list of future elective requests!

Who's Who: Dr. Larrisha Love

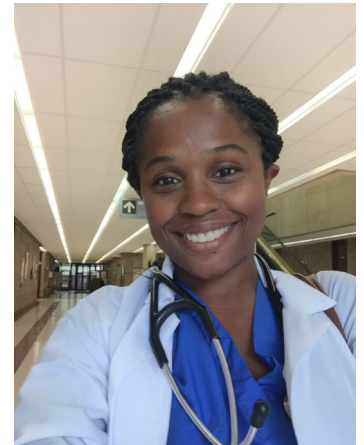
"I am going to be a high school teacher," I said to my family during my senior year of college. I was met with perplexed faces. To say that it was unexpected would be an understatement. I was surprised myself. I had known for what seemed like my whole life that I wanted to be a physician. I had never even thought about teaching until just a few months before that when I spoke with a recruiter about Teach For America's mission to close the achievement gap.

I grew up in Englewood, a small city about 30 minutes north of Newark. I attended Douglass College, the former women's college of Rutgers-New Brunswick. It was there that I began to take great interest in human rights and social disparities. Growing up as a first-generation American in a single-parent household, I was aware of the hard work and sacrifice that my mom and grandparents made for our family to pursue The American Dream, and I wanted to pay it forward. Instead of going straight to medical school as I had originally planned, I decided that I would teach for two years as part of TFA. It was a small period of my life that I hoped would have a big impact on the futures of my students. What I never imagined was my students would have perhaps an even bigger impact on my own future.

Teaching high school in Newark was life changing. I learned so much from my students and their families. It was from that experience that I began to understand the social intricacies of the city of Newark and the great people who live here. I am thankful to have had such a candid peek into the lives of our patient population and to be able recognize how those perspectives translate into the clinical setting. Having that frame of reference as a medical student at NJMS and now as a resident has been invaluable.

What attracted me most to our program was the collaborative and supportive learning environment, the world-class faculty and administration who truly dedicate themselves to the success of the program and its residents, and the program's commitment to providing patient-centered, culturally-competent care to its patient population. I am absolutely ecstatic about participating in the Urban Health Track. I am excited to develop and refine the skills necessary to provide comprehensive care amidst the social, economic, political and cultural challenges that a major urban center like Newark brings.

Outside of work, I love to spend time outdoors. Long-distance running, hiking, birding, and going on adventures with my yorkie Chase are some of favorite things to do in my spare time. I love Broadway plays. I also enjoy traveling and trying foods from all over the world. All in all, I really just like to go to new places and try new things, and I am really excited about embarking on this residency journey.



Travel: Myanmar!

By Alexander Weller

In a back alley off a commercial street, with hawkers marketing the most fashionable cell phone cases and tea stands and pedestrians avoiding errant traffic and scaffolding, one encounters a storefront opening to a nondescript shop: 999 Shan Noodle Shop. A bowl of noodles in sauce with a few morsels of chicken and scallions is about \$1.25. As the top rated restaurant on Trip Advisor in Yangon, this would be a hip popup or food truck in Brooklyn, selling an equivalent bowl of noodles for \$9, receiving a fawning review from the *New York Times* (N.B. Burma Noodle Bar – slogan "Bringing Burmese Food to NYC"), with later articles describing people waiting an hour or more in line for food.

Some cities project an inherent pretension, sometimes hostile to foreigners. Parisians are reputed to be rude to Americans; New Yorkers will silently laugh at tourists taking photos in Times Square (though may indulge in a pic for Instagram with Elmo). The friendly people of Myanmar will welcome the foreigner not as a potential source of income, but with a genuine interest in demonstrating the great strides the country has made. Since liberation from subjugation as a British colony and the installation of Aung San Suu Kyi, after democratic elections last year, Myanmar has ended years of military rule. There is rapid economic development, with many of its associated complications, and in a form that may prove undesirable in later stages (rapid proliferation of cars and severe traffic problems), but the improvements in the quality of life for the citizens of Myanmar is palpable: clean drinking water, access to cell phones and accessible international air travel.

Continued on page 5

...Travel: Myanmar!

Yangon, the largest city and former capital, is known for the Shwedagon Pagoda, also known as the Golden Pagoda. This is a Buddhist stupa covered in gold where lines of monks in saffron robes pray next to tourists taking pictures, sometimes of the monks; the monks give brief quizzical glances back to the interlopers. At the zoo, a cornucopia of animal life await; elephants are chained to the ground begging for cheese doodles from tourists, and tigers pace to and fro in cages about the size of a hotel room, entertaining eager visitors. Another renowned activity is to take the circle train for \$0.20, essentially a three hour commuter train from the outlying towns that makes a loop, with views of rice farming and local markets. As said on an online travel forum, "It is not touristy at all," which is like saying the Staten Island Ferry is not touristy.

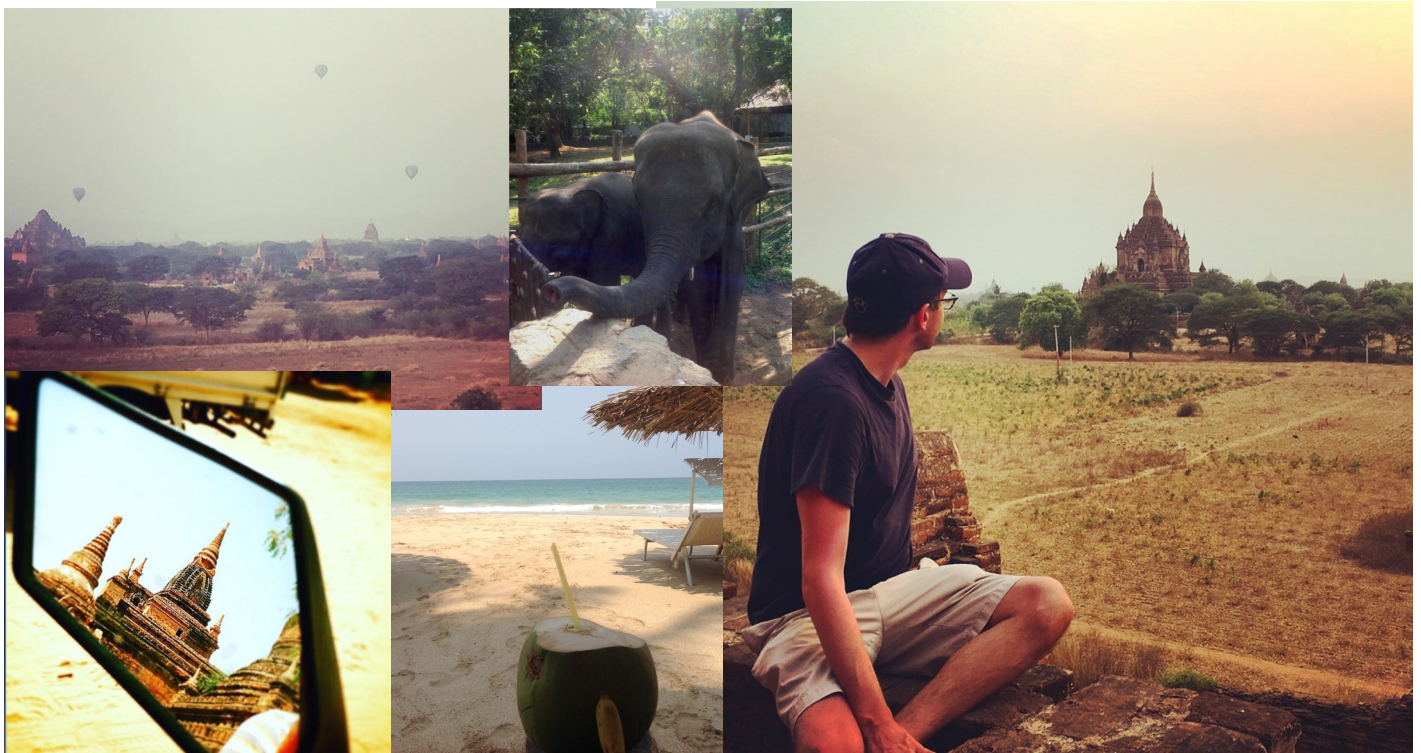
As conclusively determined by the discerning users of Trip Advisor, Ngapali Beach in Rakhine State is rated as the one of the top ten most beautiful beaches in the world, and the nicest in Asia. Getting there requires a flight on a prop jet, on an airline with fewer planes than I have digits on my left hand, but whose surprisingly informative in-flight magazine informed me of the management structure of the airline. The isolated beach was a welcome refuge from the heat of Yangon. As befitting the anti-Phuket/anti-Pattaya, there was one relatively sedate road parallel to the beach, where bicycling would lead you to beachfront collections of food stalls, offering whole freshly-caught fish grilled for about \$2, accompanied by a local Myanmar beer.

Flying to Bagan on another turboprop, I was personally summoned by the flight crew from the shops outside the small landing strip to board the plane; the flight attendants were observed serving the pilots cans of energy drinks in between handing out refreshment boxes. A small city known for the thousands of stupas that dot the arid landscape, I was given a Chinese-made electric motorcycle to visit the stupas, traversing off-roads and sand paths; no license, registration, experience, helmet, local knowledge of roads or traffic laws or insurance necessary, and particularly frightening until I realized there was a three way toggle switch for speed, and it had been set to high (max speed 65 km/hr). Many chose the sunrise hot air balloon ride over the pagodas, though I settled for climbing to the top of a stupa and admiring the sunrise. Compared to Angkor Wat, the stupas in Bagan are spread over many square miles, and visitors are allowed and encouraged to climb and trample up the sides, barefoot on the hot stone. Earlier this year, a government imposed ban on climbing on the stupas was reversed a day later, after concerns that tourists who were engaged in "culturally disgraceful" acts, such as dancing and sleeping on the religious monuments, would avoid Bagan and take their hedonism elsewhere (Vang Vieng, Laos?).

Lake Inle is an inland freshwater lake known for the fishers who row the canoes standing with one foot attached to a paddle. It appears the town is known for selling day-long boat tours in small motor canoes under the hot sun, visiting yet more temples and various handicraft shops on stilts and the sides of the lake. It seems the town has yet to figure out how to fully capitalize on backpackers, except to rent them bikes to go to a mountainside winery, indulging tourists in mediocre alcoholic grape juice accompanied by decent sunset Instagram pics with a mountain background. Unlike the Las Vegas Mandalay Bay, the real Mandalay is equivalent to visiting Elizabeth NJ or Cleveland - cities mainly dedicated to industry and commerce; it did not help that the high temperature was 115°F.

After Mandalay, I enjoyed the Songram New Years water festival in Bangkok Thailand, where thousands of adults and children compete in a city wide water gun fight. Stopping briefly in Tokyo Japan, I saw the cherry blossom festival in Shinjuku Gyoen National Garden and had fresh sushi.

With some predicting Myanmar will become the next Thailand-esque tourist playground in a decade, now is an ideal time to visit. Though the flights can be long, and the weather hot (avoid the rainy season, June - October), the visitor will be well-rewarded with unique and authentic experiences.



Wellness Committee

By Jill Deutsch

We all know that residency can be a trying time for many—from dealing with your difficult Chiefs to caring for the sickest patients—so we have set out to balance the stresses of work with becoming more aware of personal wellness. The recently founded Internal Medicine Residency Wellness Committee has been cultivated into a bastion of social activities and physical and mental health. Your Resident Wellness Committee leaders Sarav Patel and Riju Banerjee are in the process of planning events and gatherings to keep us all healthy and sane!

Physical Wellness:

Outdoor kickboxing class on the pier, details to come! Many of you participated in a kickboxing class last year, and your abs loved it!! This year, we will set up an outdoor class followed by food and beverages on the pier.

Because the perfect downward dog is the most enviable Instagram pose, yoga classes in the Park and at various local studios in the Montclair area (for free!) and sporadically throughout the month at Hackensack with your friendly Chief and yogi, Jill.

Running is one of the easiest physical activities to participate in, and one of our Med/Peds seniors Malorie is a pro marathon runner! You can cheer her on in the NYC Marathon this year and support research for ovarian cancer by volunteering to be medical staff, or work on your own marathon training plan.

Who doesn't love their FitBit? Throughout the year we will be hosting steps and stairs challenges to keep you on your toes!

Social Wellness:

August means the start of the NFL pre-season and soon enough a JETS Superbowl victory (can't we all dream?)!! Last year the residents did in fact beat the Chiefs, let's see if they can do it again this year in a Fantasy Football league.

We recently found out that the Children's Hospital at Hackensack is a GYM - A PokemonGO GYM. Which means you can catch them all in a competition with your co-residents to see who can collect the most Pokemon.

Happy Hour. Need I say more?

Stay tuned for details of an Intern Retreat in the Winter...



Summer '16 is here! Here are a list events and activities in the area to enjoy on your day off!

Movies/Shows

MoMa PS 1 Warm Up: An outdoor music series hosted by the Museum of Modern Art every Saturday until August 27 at the MoMa PS1 courtyard (22-25 Jackson Avenue in Long Island City, Queens).

SummerStage 2016: A large FREE performing arts festival in Central Park (69TH and 5th Ave.). From ballet performances to rock concerts. For a full list visit: <http://www.cityparksfoundation.org/events/category/summerstage>

Rooftop Film Series: Catch a FREE film atop an NYC rooftop. Visit: <http://rooftopfilms.com> for the list of movies and locations

Food/Drink

Smorgasburg: An open flea market every Saturday and Sunday from 11 AM- 6 PM with vendors for furniture, jewelry, and AMAZING food. Locations in Williamsburg, South St. Seaport, and DUMBO Brooklyn. Visit www.smorgasburg.com for more details

Sporting Events

US Open: Flushing Meadows—Corona Park in Queens at the end of the summer from August 29 to September 11

Outdoor Yoga: Free yoga classes every Tuesday morning (10 -11 AM) and Thursday evening (6-7 PM) at Bryant Park

Precision Medicine - Missing the Forest for the Trees?

By Christopher Estiverne

In early 2015, President Obama announced the Precision Medicine Initiative. In brief, the goal of this plan is to bring together a cohort of over 1 million people over 4 years in an attempt to extend precision medicine to all diseases. You can imagine the statistical power that one can derive from such a massive cohort, made up of different ethnic and economic backgrounds. With the spread of electronic health records and the decreasing prices of genomic analysis, now seems the perfect time for such groundbreaking research to take place. We are most familiar with personalized medicine and genomic research in the field of Oncology, in which different cell markers are being targeted using specific therapeutics. In 2015 alone, the Food and Drug Administration approved 18 new agents for cancer, with the majority of them being based on the principles of precision medicine. Bodies such as the Institute of Medicine (IOM) have attempted to create recommendations for the appropriate use of specific biomarker tests for molecularly targeted therapies.

This powerful new tool has become popular, with a couple of key examples illustrating its potential use. The marketing of BiDil for self-identified black patients for use in heart failure has sparked much controversy over race based prescription of medication. In 2014, the Hawaii attorney general filed a lawsuit against the creators of Clopidogrel. This oft-used medication may be less effective in the Hawaiian population due to expression of the CYP2C19*2 and CYP2C19*3 alleles. The attorney general claimed that Bristol-Myers Squibb and Sanofi-Aventis wrongly profited from their medication, especially as it was not explicitly stated to the public.

On the flip side, precision medicine does have the potential to increase the healthcare gaps between rich and poor segments of the population. Precision medicine is meant to be individualized in nature, and new medications created on the basis of this research will be sure to be very expensive. We learn in residency that preventive medicine is typically the key for an overall healthy society. However, there is sufficient proof that studies focusing on the genome and precision medicine have received the lion's share of funding. There needs to be a balancing act between new and exciting research and our duty as physicians and scientists to provide the poorest among us with the necessary tools to survive. Only time will tell if this balance is struck.



Culinary Corner

Orzo Salad with Shrimp and Feta

Ingredients

Kosher salt
 8 ounces orzo pasta (about 2 cups)
 1/2 pound large shrimp, peeled and deveined (tails removed), coarsely chopped
 1/3 cup plus 1 tablespoon extra-virgin olive oil
 1 clove garlic, minced
 Freshly ground pepper
 Grated zest of 2 lemons, plus 1/4 cup fresh lemon juice
 4 scallions, thinly sliced
 1/2 cup chopped fresh mint
 1/2 cup chopped fresh dill
 1 cup diced English cucumber
 4 ounces crumbled feta cheese
 3 tablespoons halved Kalamata olives

Directions

Preheat the broiler. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente (about 2 minutes less than the label directs). Drain and rinse under cool water; shake off the

excess. Transfer to a large bowl and set aside while you make the shrimp, stirring occasionally to prevent clumping.

Toss the shrimp on a baking sheet with 1 tablespoon olive oil, the garlic, and salt and pepper to taste; arrange in a single layer. Broil the shrimp, turning once, until opaque and just cooked through, 2 to 3 minutes.

Add the shrimp, lemon zest and juice, scallions, mint, dill, cucumber, feta, olives and the remaining 1/3 cup olive oil to the bowl with the pasta; toss. Serve immediately or refrigerate, covered, up to 6 hours. (Bring to room temperature before serving.)



Courtesy of Food Network

RCQ Brought To You By:

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Program Director: Neil Kothari

Comments: Email ruchiefs@gmail.com

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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!

APRIL

Interns:

Ahmad Al Turk
Sejal Kothadia
Elizabeth Tam

JUNE

Interns:

Camille Johnson
Ricardo Parrondo
Eman Rashed

Seniors:

Carlos Osorio
Sarav Patel
Zhen Wang

Seniors:

Igor Eyzner
Sarah Lee
Luis Alzate-Duque

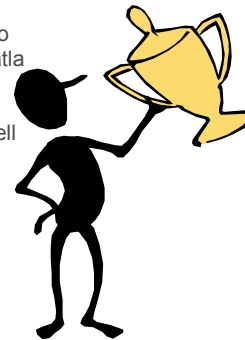
MAY

Interns:

Luke Chong
Ricardo Parrondo
Ramy Udamatla

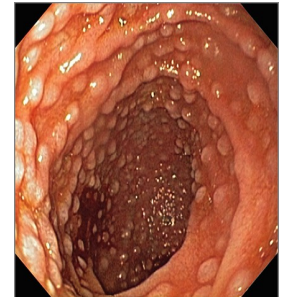
Seniors:

Jacqueline Burnell
Igor Eyzner
Genevieve Streb



NEJM Image Challenge

An 18-year-old woman with recurrent epigastric discomfort and diarrhea is diagnosed with *Giardia lamblia* infection, and subsequently undergoes gastroduodenoscopy with the findings in this image. What is the diagnosis?



- A. Glycogenic acanthosis
- B. Basal-cell hyperplasia
- C. Celiac disease
- D. Nodular lymphoid hyperplasia
- E. Familial adenomatous polyposis

Answer: D

Announcements:

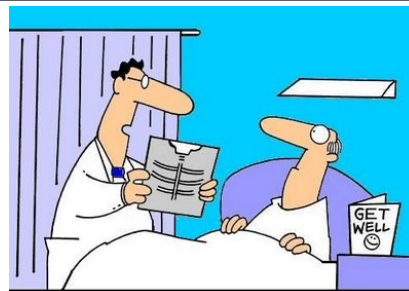
ITE Dates: September 7th, 8th, 13th, and 14th

Procedure Night 2016: September 19th

Fellowship Match Date: December 7th

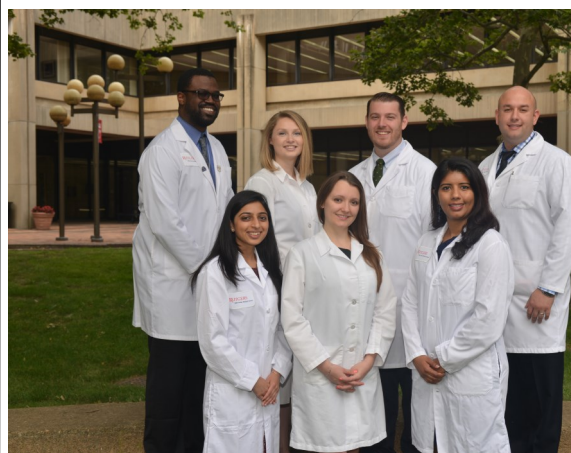


Rutgers NJMS IM Residency Faculty from Graduation 2016



"Your x-ray showed a broken rib, but we fixed it with Photoshop."

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