

## Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

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### Annual Holiday Luncheon



by Sean Bednarz and Ralph Bernardo

The NJMS Department of Medicine held its annual Holiday Luncheon at University Hospital on December 20, 2013. Residents and faculty met on H-Yellow where the conference room was transformed into a winter holiday wonderland. The event was certainly a welcome break as everyone joined together for lunch and a hot cup of coffee.

While most walked in with their usual hospital attire, some decided to wear the holiday season on their sleeve. As with years past, the highlight of the event was the coveted Unsightly Outerwear Contest. Residents rummaged through boxes of

old winter clothes, some even borrowing a snug winter sweater from a relative. While many decided to participate in the event, Dr. Luvkarnjit Singh stole the spotlight with his fiery red home-made holiday sweater. Dr. Shashi Kapadia decided to make a statement with a more unusual holiday outfit complete with a bow or two.

As the room slowly filled with Santa hats and even a pair of antlers, the initial single and soft notes of conversation developed into a harmonious score of voices, laughter, and holiday cheer. Stories and experiences from the past few months were exchanged as were handshakes and smiles.



The event came to a close with the announcement of this year's Unsightly Outerwear Contest winner. While Dr. Luvkarnjit Singh officially claimed gold (and an engraved New Jersey Medical

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School business card holder), Dr. Shashi Kapadia was a close second. As we look to next year's event, we suggest that perhaps now is the time to pull out those old knitting needles.

## Who's Who Among NJMS Faculty - Alla Fayngersh, MD



You may have mistaken her for another resident, but Dr. Alla Fayngersh joined the Rutgers NJMS family just over a year ago. She is a fascinating woman with quite a bit of history, so let's delve in to find out more about our newest faculty member.

A native of Leningrad, Russia, Dr. Fayngersh was an avid recreational figure skater for 5-6 years before moving to the United States at the age of 14. She vividly recalls her first

day of ninth grade when preparing to take the bus back home. She laughingly shares, "Not knowing a word of English, I couldn't figure out which bus was mine, so I ended up missing my bus and ultimately, walked several miles in the icy cold Minnesota weather." She and her family were also featured in the Minneapolis newspaper and TV for being one of the first families to come to Minnesota from Russia. *Needless to say, the cold weather followed her, including to New Jersey.*

After high school, Dr. Fayngersh attended college in Boston, and went on to the University of Rochester, where she completed her medical degree and became the first in her family to become a doctor. She then joined Mt. Sinai for her residency training in Internal Medicine. It was during residency that she met her husband, who lived in NJ at the time. She was married during her third year and has now been married for 10 years with 2 beautiful children, Maya and Noah, who are 8 and 3 1/2 years old, respectively.

Dr. Fayngersh began her career at Englewood Hospital, where she worked for 8 years, becoming the Associate Program Director and Site Director for the medical students. Her commitment to academics and teaching continued after joining NJMS, where she serves not only as an Assistant Professor in Medicine and a Resident Preceptor in the ACC, but also as the Medicine Clerkship Director for the medical students. What she enjoys most about NJMS is working with a diverse group of students and residents in a friendly atmosphere.

During her free time, Dr. Fayngersh enjoys spending time with her family and shopping. She also enjoys cooking but admits it's not at all her forte. As a result, her daughter Maya has recently been taking classes in the kitchen. So next time you're walking by Dr. Fayngersh's office on I-level, don't forget to stop by to say hello or offer her any cooking tips.



## ACP Challenge Bowl



by Sarah Ramer

On the evening of January 27th, residents Hadi Bhurgri, Pat Buczynski, and Sarah Ramer took a quick trip down the turnpike to Robert Wood Johnson Medical School in New Brunswick to compete in the preliminary round of the New Jersey Chapter of the American College of Physicians Challenge Bowl. Cheered on by Chief Resident Trent Wang, the NJMS team squared off against counterparts from the Internal Medicine Residencies at Capital Health (Trenton), Raritan Bay

Medical Center (Perth Amboy), and Cooper University Hospital (Camden). While it quickly became apparent that NJMS was the only team having fun, it unfortunately also became apparent that in Newark we don't have as much time to reinforce our Step 1 and MS-3 pimping material as some other IM residents do. Hence the inability of the NJMS team to describe the mechanism of action of natalizumab against Crohn's disease or name the white lines in a photo of oral mucosa (Wickham striae, which are seen in lichen planus, if you care). On the brighter side, the NJMS team showed up all the others on medical history (the first test tube baby was born in England, and by the way, her name was Louise) and statistics (or, rather, arguing, since that's what it took to get the points). Eventually, despite risking all of their points on the final question and nailing it (the first SGLT2 inhibitor marketed in the US was canagliflozin), the NJMS team finished 3rd. If there had been awards for congeniality and photogenicity, though, the trio of Hadi, Pat, and Sarah most definitely would have swept them. In the end, the free pizza and free parking were reward enough, and the NJMS team left Challenge Bowl feeling it had been an evening well spent.

## Who's Who Among NJMS Residents - John Kileci, MD



Born in Palisades Hospital in NJ, John had no idea how exciting his life was going to become. After 2 years of the Jersey experience and 4 years in Long Island (where he gets part of his accent from), John and his family moved to Istanbul. He was put into kindergarten after just two days, and let's just say that it was a complete change of atmosphere. While he was there, John decided to make the most of the experience. He was an altar boy in the Armenian church for seven years, did ballet for five (yes, you read that right), and played soccer for days on end.

The most influential experience in John's life during that time was selling t-shirts to tourists in the Grand Bazaar. The chaos in having to know several words in multiple languages to "get by" in the "dog-eat-dog world" has made John what he is today.

After finishing in Armenian elementary and middle schools in Istanbul, John's twin brother moved home to the US. John stayed in Turkey and went to one of the top ranked high schools in the country. He was involved in weekly training sessions to represent Turkey in the International Math Olympics - yes, that's how nerdy John was. He later decided to return to the US, eventually graduating from SUNY Stony Brook with a degree in Biology under the Developmental Genetics track, where he did two years of HHMI supported research.

After college, he decided to explore the intriguing business world in NY, but realized shortly afterwards that he wanted more on this planet than just making money. So he joined SUNY Upstate Medical University where he spent most of his time studying and



attending many, if not all, sporting events. Meanwhile, John continued on his quest to travel and explore the world. He's been to enough countries to match his current age. Some might consider him crazy for grabbing his 85 Liter backpack and taking long journeys on the road/sea/air, but he states, "There is nothing more beautiful then when you're on a steaming hot train in India and you start reflecting on your thoughts, while every clothing item on you

has been soaked in your own sweat, after being in the hot compartment for more than 12 hours." He has been to a myriad of places ranging from little villages in Cambodia with no running water/electricity to the mountains of Nepal. Through these experiences, John has been able to experience the beauty in nature and in the people he meets along the way. He realizes how much help is needed overseas, and he always manages to volunteer at places such as orphanages and animal shelters, though he cannot emphasize how much more can be done.

Amongst some of his favorite hobbies, John is an avid scuba diver; from freezing cold waters in Canada to the beautiful island dive sites in Thailand, John has dived in places all over the planet. He has even had a few shark encounters, including diving with whale sharks. And yet he says his dream is to have a close encounter with the beautiful great white shark. John also loves trying out local delicacies when traveling and has tried everything from insects to beating snake hearts (don't ever have the snake bile!).

With such an eccentric personality, John found NJMS a perfect fit for him with all of its diversity, as he recalls all the happy smiling faces that he encountered during his interview at Rutgers NJMS. He states he could not be happier with his residency training program and is always up for sharing stories from his crazy trips. If you haven't met John before, you can easily spot him with his big smile going on and on about an exciting memory that he has experienced while traveling.



## All Around The World



### China — Xiangli Li

During the Spring of 2013, I visited my hometown of Changsha, located in the south central region of China. It was surprising to find the once narrow and crowded island in the middle of

the Xiang River now a peaceful park filled with tangerine trees and several ponds. In fact, since ancient times, Orange Island has been known for its citrus fruit. It was first made famous by Chairman Mao Zedong who often went swimming nearby and even wrote a poem after the island as a young student in the early 1900s.

### India — Lucy Cheng



I recently travelled to India for a wedding in Delhi, and, no, it was not my wedding. The trip was anything but expected. Prior to the wedding, my husband and I, along with a group of friends, went on an unforgettable trip exploring the North.

Like any first time visitor, we toured many famous forts (Agra, Amber, and Nahargarh) in Rajasthan and Uttar Pradesh, and, of course, posed in front of the Taj Mahal. Masala chips, Limca, Parle glucose biscuits, and a Dal Bati Churma dinner were the high-

lights of our tour. We even celebrated Christmas at the Shiela Cinema, one of the oldest movie theaters in Delhi.

The trip concluded with a four day Punjabi wedding celebration. I cannot wait to go back...for another wedding! Lucy's must-try in Delhi: Khan Chacha's tikka rolls at Khan Market.



### Dominican Republic — Yulanka Castro-Dominguez

Beautiful beaches, the warm sun, a diversity of food and drinks, and welcoming people. It sounds like the perfect paradise vacation. For this Dominican native, however, it is actually home.



After just a four hour flight out of the Jersey winter storms, I arrived in warm and sunny Santo Domingo. Besides having a great time with family and old friends, I got

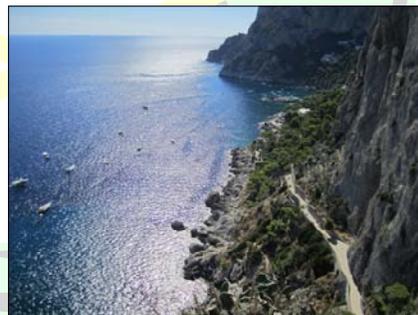
to do some fun new activities on the island. Two beaches, Juan Dolio and Guayacanes, were even more impressive than usual. My typical day involved a swim in the warm waters, relaxing in the sand, and enjoying delicious seafood.

Now, there is more than just the beach and sun in the Dominican Republic. I also got to visit the Jarabacoa mountains in the Midwest island where I went paragliding for the first time; it was truly an awesome experience...the closest I've been to flying.



### Italy — Ralph Bernardo

This past summer, I had the opportunity to visit and experience Italy from a different perspective. While both ends of the peninsula are easily reachable by plane or rail, we decided to rely on four wheels.



After landing in Rome, we moved our luggage from the airport conveyor belt to the back of our rented Fiat 500. Following a three hour car ride south, we arrived in the city of Sorrento, which we used as a launching pad to visit the island of

Capri the following day. Back in our Cinquecento, we made our way west with our GPS set on the city of Bari. A relatively short hour southwest of Bari was Matera, the next item on our itinerary and one of the oldest inhabited cities in the world made of ancient cave dwellings or *sassi*

(some of which are still in use today). From there, we drove through the region of Calabria, ultimately arriving at the port of Villa San Giovanni. Here, we drove onto a ferry that carried us (and our car) across the Strait of Messina to our two final destinations in Sicily. After a quick visit to Messina, we made our way to Palermo where we boarded our flight back home. While the experience was one of a kind, I plan on sticking to the train schedule.



# NJ Super Bowl



by Trent Wang

On February 2<sup>nd</sup>, 2014, the World Championship Super Bowl was hosted at MetLife Stadium. A distance of only ten miles from University Hospital and 6.5 miles from Hackensack University

Medical Center, the entire residency program got to take part in the festivities all week. The majority of these memories were in the form of local traffic congestion and emergency room volume, but there was definitely a buzz of excitement in the area. Hackensack University Medical Center played an important role as the official health



Image Source: Larry Greenemeier (Scientific American 1/30/14)

services provider of the Super Bowl. In addition to providing comprehensive care to the local community and thousands of visitors at the medical center, they deployed a Mobile Satellite

Emergency Department equipped with seven critical care beds capable of medication administration, clinical laboratory evaluation, plain radiography, and more.

Just a week after an intimidating winter snowfall, millions wondered if the NFL made a mistake in choosing an outdoor stadium in the Northeast to host this monumental football game. Fortunately, the weather gods smiled upon MetLife stadium with a kickoff temperature of 52<sup>o</sup>F. Unfortunately, the football game itself did not lend the level of excitement that was hoped for. The Denver Broncos suffered a true shellacking by the Seattle Seahawks, as the Broncos quarterback stayed true to his Peyton-esque big-game level of performance.

The half-time performance by Bruno Mars and the Red Hot Chili Peppers fortunately did not disappoint, nor did the play of impassioned Seahawk's cornerback Richard Sherman.

Hopefully the Super Bowl experience in the Northeast this year will promote hope for further large sporting events in the area for the future. Regardless, big time football is coming to the region this year on September 13<sup>th</sup> as our Rutgers Scarlet Knights face the Penn State Nittany Lions at High Point Solutions Stadium in Piscataway, NJ. This is indeed an exciting time to be a part of the Rutgers University system as we begin our inaugural year in the Big Ten Conference.

# Resident Pot Luck

by Ralph Bernardo

Just this past month, residents at HackensackUMC started what may very well become a new annual tradition. Food from all over the world was prepared by several of our residents, including curry and samosas, eggplant parmigiana and baked ziti, and a tres leches cake that was, in fact, out of this world.

While typically home to morning report and noon conference, the



4-Link conference room was, for the hour, converted into an international buffet. Everyone lined up quickly as, one by one, each dish was uncovered, revealing the aroma and delectable tastes within. With food piled high and a soda in hand, residents made their way to the table where they shared conversation and even recipes.

Satisfied bellies left little behind, as that last piece of cake found its way onto my plate. The first annual resident pot luck was un-

doubtedly a success, leading the way to an even bigger and better event next year.



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## HackensackUMC Holiday Party

by Ruchi Kumari

With its glitz and glam, this year's Hackensack University Medical Center Department of Medicine Holiday Party lived up to its year long anticipation by residents, faculty and staff members alike. The gala was held at the Westmount Country Club in Woodland Park, NJ on December 7, 2013.



After a long day at work, residents left their clogs and scrubs at home, transforming into glamorous evening socialites. The year was halfway over and it was a time to celebrate and catch up with friends. And there was no better way to do it than at a fancy country club with incredible food, music and an open bar. *Yes that's right*, an open bar. Resident Hadi Bhurghi, described the

party as an upscale wedding reception without a bride and groom.

The evening kicked off with an extended cocktail hour and buffet styled appetizers ranging from Smoked Duck on Pound Cake to Steak and Tuna Tartare. With white glove tray service, guests were served hot hors d'Oeuvres like Filet Mignon or Sweet Gulf Shrimp as they reminisced over recent rotations or divulged a bit too much after a drink or two. Favorites included the Holiday Martini Menu with specials including the Candy Cane Martini.

Amidst the festivities, guests settled into their seats as the Department of Medicine presented its service awards to distinguished faculty. Dr. Andrea Isaacs was honored with the R. Knight Steel, MD Award for Exemplary Teaching at HUMC. Drs. Quinlan, Klapholz and Alhadeff were also awarded for their outstanding commitment to medical education and teaching.

As the evening hours passed and strobe lights took center stage, the hall turned into a dance floor with everyone from the interns to Chiefs of Medicine breaking out their moves. Second year Theodore Markou, had such a good time dancing that he even accidentally tore his pants for a second year in a row.

And if you needed a quick break from dancing, the Photo Booth was a popular rest stop en route to grab a Colombian Blend coffee before the famous yearly dessert show with the "Flaming Baked Alaska." With good food and good company, the night winded down with a few more hit songs, before friendly good-byes marked the end of another memorable gathering. Talks of the event continued through the months, and we excitingly wait for the next HUMC Department of Medicine Holiday Party.



## HackensackUMC Holiday Party



## Shuchie's Savory Selection



by Shuchie Jaggi

The Holidays just passed and honestly I ate too many desserts and other unhealthy processed foods. After eating salads during the day I wanted to make something warm. A part of the detoxification was having a nice warm soup which was healthy and refreshing. I decided to make butternut squash soup since its perfect for the winter. It was light, refreshing and flavorful!

You can find this recipe along with other great recipes on my food blog at [whynotspicy.blogspot.com](http://whynotspicy.blogspot.com).

### Moroccan Butternut Squash Soup:

- 1 Butternut Squash Cut into 1 inch cubes
- 1 Medium Onion (Medium dice)
- 4 Stalks of celery (Diced)
- 2-3 Stems of parsley (Chopped)
- ½ teaspoon cinnamon powder
- 2 tablespoons of extra virgin olive oil
- 3-4 cloves of garlic
- 1 cup of water
- 1 can (240ml) of organic vegetable broth
- Salt and Pepper to taste
- 1 teaspoon of paprika
- 2 tablespoons of light cream

Preheat the oven to 425 degrees Fahrenheit. Place the pieces of butternut squash in a baking dish. Mix in one tablespoon of extra-virgin olive oil, salt and pepper. Place the above for 30- 40 minutes and stir occasionally. Remove from the oven when tender. In a saucepan, add one tablespoon of extra-virgin olive oil, garlic, celery, onions, parsley and cook until onions appear to be golden brown. Add salt, pepper, paprika and cinnamon. Add the roasted butternut squash into the saucepan and stir well over medium heat and combine with the rest. Add the vegetable broth and water and stir along. After it comes to a boil, use the hand blender at a low speed and puree the entire mixture. Add light cream. It is ready to serve and a touch of sriracha can be added for the extra kick!

## RCQ brought to you by:

**Chief Residents** — Sean Bednarz, Ralph Bernardo, Lauren Blackwell, Cordero Floyd, Ruchi Kumari, Matthew Michaels, Trent Wang

**Program Director** — Neil Kothari

**Suggestions?**

Please send them to [ruchiefs@gmail.com](mailto:ruchiefs@gmail.com)

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

## Distinguished Housestaff Awards

**October:**

Lekha Ravindraraj  
 Leonard Genovese  
 Priya Patel  
 Mitesh Shah



**November:**

Nicholas Harrell  
 Shashank Jain  
 Theodore Markou  
 Pavan Patel



**December:**

Dina Abdelshahed  
 James Lin  
 Ahmet Tunceroglu  
 Ramneek Nakai  
 Rabail Razi-Akmal

## Sean and Trent's 2 Cents!

Sleeping comes so naturally to me, I could do it with my eyes closed.

Fun reads for winter nights:

- Opening Block Arteries* Angie O'Plasty
- Cardiac Arrest V.* Fibb and A. Systole
- Chest Pain* Ann Jyna
- A Shocking Experience* D. Fibie Lator
- Jaundice* Billy Rubin
- Vomiting* Emma Cis
- Full Bladders* Anita P. Badly



## Important Dates



**February 14, 2014**—Valentine's Day

**February 17, 2014**—President's Day

**March 1, 2014**—ABIM Late Registration Closes

**March 3 & 11, 2014**—Uro/Gyn Examinations

**March 7, 2014**—NJ ACP Meeting

**March 30, 2014**—Doctor's Day

**April 20, 2014**—Easter Sunday

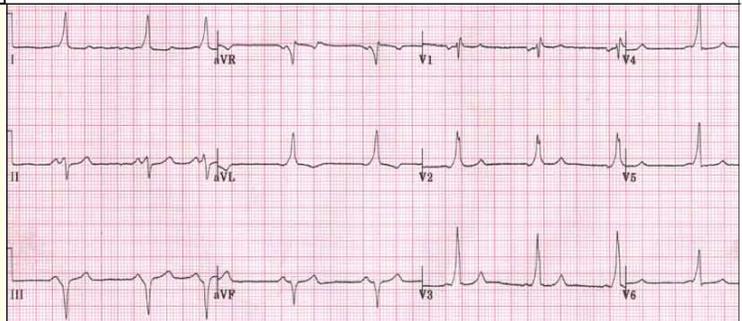
**April 15, 2014**—Fellowship Career Night

**May 15, 2014**—Research Day

**June 2, 2014**—Graduation Day!



## EKG Challenge



Answer: Wolff-Parkinson-White

## Questions? Need to talk? Call us!



**UH**  
 973-972-5584 or 6054

**HUMC**  
 551-996-2591 or 2592

**VA**  
 973-676-1000 x1873, 1874, or 2803