

INSIDE *Medicine*

October 2020

The Newsletter of the Department of Medicine



Mentorship and Leadership

A message from the chair, Steve Abramson

In this issue of *Inside Medicine*, we announce the inaugural winners of the *Faculty Mentor of the Year for the Department of Medicine*: Drs. Lynn Buckvar-Keltz (Education), Annie Garment (Clinical) and Leo Segal (Research). This award was created to recognize outstanding faculty who contribute their expertise, time, and energy to supporting junior faculty in their professional development. The department received 62 individual nominations for 29 faculty nominated across assistant professor to full professor academic rank.

What is the relationship between mentorship and leadership? Over the past

several years the School of Medicine has launched multiple formal leadership programs that many in the department have participated in and benefitted from. These include the Institutional Leadership Development Program (ILDLP), the NYU Langone Academy, and most recently programs for educators, URiM faculty, and Chief Residents. These formal programs are valuable, but touch only a small minority of our faculty each year.

Less appreciated is the importance of individual mentorship in the growth and development of leaders. Good mentors are not simply “advisors,” but they instill confidence in their mentees and empower them to accomplish their goals. Effective mentorship inspires mentees to be creative in their field, and develop their talents in order to accomplish individual career and personal aspirations. By inspiring others to achieve their goals, to do more than they might otherwise have thought possible, mentors are more than advisors, they are leaders. And through their mentorship new leaders are born.

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*“Mentors build mentors. Leaders build leaders.*

*When you look at it closely, it’s really one and the same thing.”*

– Tony Dungy



## In This Issue

- Mentors of the Year: We Talk with Drs. Lynn Buckvar-Keltz, Annie Garment, and Leo Segal
- The Advisor Is In: Sitting in the EPIC Driver's Seat
- Q & A with Dr. Sondra Zabar, Winner of the 2020 Abraham Flexner Award for Distinguished Service to Medical Education
- Meet Senior Chief Resident Dr. Samuel Cytryn & the 2020-21 Chief Residents
- Featured Student Essay: "Heart in Charcoal" by Ariella Noorily
- News & Awards
- Upcoming CME Events



**Mentor of the Year: Education**  
**Lynn Buckvar-Keltz, MD**

**How have you benefited from mentors in your own life?**

While I have not had formal mentors, I have frequently sought advice and guidance from both more senior faculty and peers and have benefited from their wisdom and objectivity. These mentors have allowed me to explore what my priorities are and have helped me operationalize plans to achieve my goals.

**In three words, what are the most valuable things a mentor can offer?**

Sorry, but more than three words: unconditional positive regard, clarifying goals for the mentee, empowering the mentee.

**What are the core values that guide your professional career?**

I strive to be authentic, generous, empathic, ethical, and humble with my patients, colleagues and students.



## **Mentor of the Year: Clinical Annie Garment, MD**

### **How have you benefited from mentors in your own life?**

A few years ago I was asked to identify a few mentors as my career was moving forward. I immediately gravitated toward my role models, and it's amazing how much more I was able to gain from our relationship when I started seeing them in this new capacity. I've felt more comfortable asking them tough questions, sharing my concerns, soliciting frank guidance, and having substantive conversations we hadn't quite been having before. Since identifying them as mentors, I've felt less like I'm stumbling into areas of interest and much more intentional and satisfied with my career trajectory.

### **In three words, what are the most valuable things a mentor can offer?**

Listening; Supporting; Challenging

### **What are the core values that guide your professional career?**

If it's good for Bellevue's patients, it brings me joy. Once I realized that, decisions about new opportunities became much easier to make. Will what I'm doing help patients live better lives, either directly or—as I've had the chance to experience these past few years—indirectly by way of my mentoring other faculty toward patient-centered projects? If the answer is yes, then I'm in.



## **Mentor of the Year: Research** **Leopoldo Segal, MD**

### **How have you benefited from mentors in your own life?**

I feel that the three mentors that I had (Drs. Goldring, Weiden, and Blaser) were quite distinct. However, they have all guided me to become a better physician, and to develop as a physician-scientist in a way that I could not imagine any formal course work would be able to do. That's the most fascinating aspect of the mentor-mentee relationship, that it is still personal and one inherits the best features in their mentors and decides how to deal with those that are not that great. At the end, the whole experience has shaped my own investigator style but also as a mentor for younger generations.

### **In three words, what are the most valuable things a mentor can offer?**

Dedication, Passion, and Generosity

### **What are the core values that guide your professional career?**

I truly believe in collaborative efforts involving multiple disciplines. The opportunity to learn and benefit from experts in other fields is among the most gratifying aspects of this profession. I find that intellectual curiosity is contagious when people are open to discussion and that this is true from the most junior person doing technical work in the lab to the most seasoned investigators.

I also believe in finding common ground rather than focusing on differences of research interests or beliefs. I think that if the latter dominates the interactions it becomes obstructive and does not contribute to new discoveries.

Finally, I believe that it is important to foster mutual respect, camaraderie, and equal opportunity. I have benefited tremendously from those that had those qualities and I hope I can contribute by expanding on those values as well.

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### **Sondra Zabar, MD, Wins 2020 Abraham Flexner Award**

Sondra Zabar, MD, was recently awarded the prestigious 2020 Abraham Flexner Award for Distinguished Service to Medical Education from the Association of American Medical Colleges, an honor that recognizes her commitment to scholarship, mentorship, and educational and assessment innovation.

[Read an interview with Dr. Zabar](#)



### **Meet Senior Chief Resident Samuel Cytryn, MD**

Senior chief resident Sam Cytryn discusses his path to medicine, love of teaching, and the impact of the COVID pandemic on his crisis management skills.

[Read an interview with Dr. Cytryn](#)

[Meet all of the 2020-21 Chief Residents](#)

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## The Advisor Is In: Sitting in the EPIC Driver's Seat

Drs. Adam Szerencsy and Jonathan Austrian share helpful tips and tricks to make EPIC work for you, from ways to personalize chart review filters to using SlicerDicer to run your own reports.

[Learn More](#)



## Student Essay: "Heart in Charcoal"

Ariella Noorily's essay, winner of the Anthony J. Grieco Clerkship Award For Outstanding Essay in Creative Arts, finds the beauty in an MRI scan, showing how science and humanity can seamlessly blend together.

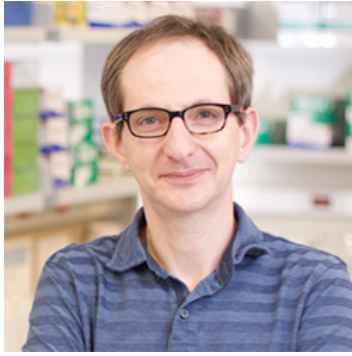
[Read the essay](#)

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## News & Awards

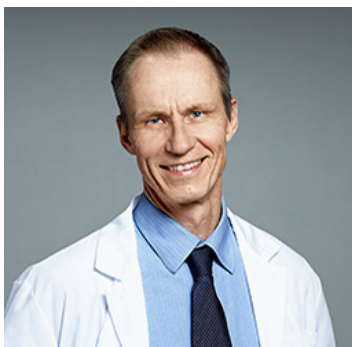
The Centers for Disease Control and Prevention (CDC) has announced three BOLD Public Health Centers of Excellence, including one on Early Detection of Dementia at NYU Grossman School of Medicine to be co-led by **Joshua Chodosh, MD, MSHS**. This is the only CDC Center on Early Detection of Dementia in the country, and our Center will work closely with the CDC's other two newly awarded national centers: one on Dementia Risk Reduction (awarded to the Alzheimer's Association) and one on Dementia Caregiving (awarded to the University of Minnesota). [Learn more.](#)





NYU Langone Health recently announced the launch of the new Translational Immunology Center (TrIC). Led by **Boris Reizis, PhD**, professor in the Departments of Pathology and Medicine, the center will build on the rich legacy of immunology research here at NYU Langone. [Continue reading on InsideHealth.](#)

**Frank Volpicelli, MD**, chief of medicine at NYU Langone Hospital–Brooklyn, has been appointed to the newly created role of associate chief medical officer. In his new role, Dr. Volpicelli will have a number of additional key focus areas, including further standardizing protocols for evidence-based care across departments; transitions of care, with special attention to smoother transitions from the hospital back into the community; improvements in clinical documentation; and development and implementation of new clinical staffing models to improve care while enhancing efficiency.

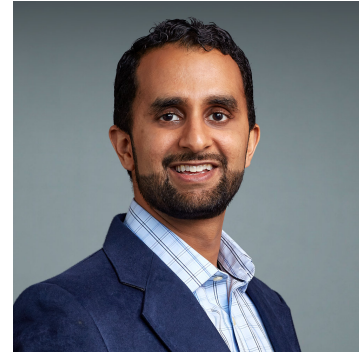


**Harald Sauthoff, MD**, has been designated a 2020 Distinguished CHEST Educator. This designation is awarded to CHEST members based on their contributions to CHEST education leadership, development, and delivery over the previous 3 years, and their participation in formal CHEST faculty development programs. Four faculty members from the Division of Pulmonary, Critical Care, and Sleep Medicine have previously been named Distinguished CHEST Educators, an impressive number for one institution: Drs. Brian Kaufman, Melissa Lesko, Kevin Felner, and Doreen Addrizzo-Harris.

**Shivam Joshi, MD**, clinical assistant professor, has been named the recipient of the Joel D. Kopple Award from the National Kidney Foundation’s Council on Renal



Nutrition. Dr. Joshi is the youngest physician to have received this award, which honors an individual who has made significant contributions to the field of renal nutrition. Dr. Joshi has written and spoken extensively on the subject of including plant foods in the diet of patients with chronic kidney disease and end-stage renal disease.



**Lisa Schwartz, MD, MSc**, assistant clinical professor and hospitalist in the Internal Medicine Teaching Service at NYU Langone Hospital - Brooklyn, has been awarded a 2020-2021 Fellowship in Diagnostic Excellence by the Society to Improve Diagnosis in Medicine (SIDM). Dr. Schwartz's project focuses on developing a Diagnostic Certainty Tool (DCT) within the medical record to track diagnostic reasoning and ultimately educating users on diagnostic uncertainty, missed diagnoses, delayed diagnoses, and diagnostic error.

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## Upcoming CME Activities

### **NYU Langone's Annual Focus on Men's Health 2020**

October 17, 7:45 am - 4:35pm

Course directors: Steven Lamm, MD; David Poppers, MD, PhD

Virtual Webinar ~ [Learn more](#)

### **Case Discussions in Adult Congenital Heart Disease**

November 6, 8:00am - 4:00pm

Course Directors: Frank Cecchin, MD; Dan Halpern, MD

Virtual Webinar ~ [Learn more](#)

### **The Irwin D. Mandel Advances in Cardiovascular Risk Reduction: Improving Treatment for Patients with Diabetes**

December 3, 7:45am - 5pm

Course Director: Arthur Schwartzbard, MD

Virtual Webinar ~ [Learn more](#)

**Sixth Annual NYU Langone Advanced Seminar in Psoriasis and Psoriatic Arthritis**

December 11, 8:30am - 2:00pm

Course Directors: Andrea Neimann, MD; Soumya Reddy, MD; Jose Scher, MD

Virtual Webinar ~ [Learn more](#)

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We welcome your announcements of awards, honors, publications, presentations, new programs, and events. Email us at [DOMcommunications@nyulangone.org](mailto:DOMcommunications@nyulangone.org).

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