

The Arc of Medicine; New Chief Residents Share Words of Wisdom for Incoming Interns and Residents; Celebrating the Success of the Inaugural Summer Research Fellowship; Department Marks 5 Years of "Medical Grand Rounds" on Doctor Radio: Bridging Medical Expertise with Public Health and Education; Innovations in Medicine: Conversations with Our Expert Faculty featuring Dr. Angelica Cifuentes Kottkamp; The Historian Is on a Trip to The Mutter Museum at The College of Physicians of Philadelphia

September 2024

# INSIDE *Medicine*

The Newsletter of the Department of Medicine

## A Message from the Chair, Steve Abramson

### The Arc of Medicine

The summer marks a time of renewal as we welcome the incoming class of interns (photo below) and share the sage advice of our chief residents regarding the journey that lies ahead. I was particularly struck by the words of Terri Li, who noted that "*The days in residency are long, but the years are short,*" a simple but profound message. Indeed, Dr. Li's words reach beyond the intern experience, resonating across the *interconnected* experiences that shape the arc of each physician's career from student to faculty. In this issue of the Newsletter, we see the enthusiasm of first-year medical students as they embark on their initial steps in the field of medicine during the Summer Fellowship, led by two outstanding clinician educators, Drs. Milna Rufin and Adam Skolnick, exploring the frontiers of medical knowledge through research. We witness the empathy and compassion of Lily Ge, a third-year student, as she cares for a patient at Bellevue Hospital, gaining invaluable clinical experience and a deeper understanding of the human condition. The arrival of new interns in July marks the next significant milestone in the physician's journey. Transformed from medical students on June 30<sup>th</sup> to responsible doctors on July 1<sup>st</sup>, they face challenges and experiences

that will shape their future careers. The throughline of time highlighted in the Newsletter continues as we celebrate our faculty's achievements, that underscore the unwavering commitment to the profession that characterizes the individual careers of physicians and scientists. And, of course, the History Club's annual visit to the Mütter Museum led by Dr. Oshinsky, provides a dramatic historical context for these contemporary experiences.

This enduring Arc of Medicine, from medical student to resident to faculty, is a decades-long journey that requires resilience, empathy, and a lifelong pursuit of knowledge. By sharing these stories, we hope to inspire the next generation of physicians as they embark on their own personal "years long" journey, one day at a time.

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## New Chief Residents Share Words of Wisdom for the Incoming Interns and Residents



Chair Steven B. Abramson, MD, with the new Internal Medicine Interns, Class of 2027

The Department of Medicine is thrilled to welcome our 2024-25 Chief Residents: Ehab Abaza, MD; Maaz Ahsan, MD, MS; Kathryn Havranek, MD, MPH; Sharon Klein, MD; Terry Li, MD; Navina Mohan, MD; Sharnendra Sidhu, MD; Jahnavi Udaikumar, MD; Jacqueline Wang, MD; Shawn Wen, MD, MS; Amber Whitley, MD; and Jenny Yang, MD. We anticipate their leadership will greatly enhance our residency program at NYU Grossman School of Medicine, fostering academic excellence and compassionate care.

Below, our new chief residents share advice for the incoming class of interns and residents as they begin this new academic year:

*Throughout residency, I have come to realize that much of your happiness as a physician comes from the small wins: guiding a patient onto a path of wellness, helping a colleague, or sharing a moment of vulnerability with another. Look for these in your day-to-day and soon you will grow in your craft.*

—**Ehab Abaza, MD**, Chief Resident, VA Ambulatory Care

*Welcome to residency at NYU! The next 3 years will be transformative and challenging at times. Just remember: to get what you love, you must first be patient with the process.*

—**Maaz Ahsan, MD, MS**, Chief Resident, Bellevue Ambulatory Care

*We are all so excited to welcome you into the NYU family. Intern year can feel overwhelming but can be an extraordinary opportunity to grow. You will learn so much from each one of your patients. I hope all of you maintain your sense of curiosity and never hesitate to ask questions!*

—**Kathryn Havranek, MD, MPH**, Chief Resident, Primary Care

*Congratulations on joining NYU Internal Medicine! The road ahead is challenging but incredibly fulfilling. Embrace every learning moment, and remember that your hard work and dedication will pave the way for your growth as a physician.*

—**Sharon Klein, MD**, Chief Resident, Quality Improvement & Patient Safety

*The days (and nights, and 27's) in residency are long, but the years are short. Do your best to take care of patients and learn as much as possible in the next few years. And explore NYC as much as you can while you're here!*

—**Terry Li, MD**, Chief Resident, Manhattan Campus Inpatient

*We extend a warm welcome to our new interns and congratulate you on completing your first rotations! What I love most about your transition to residency is seeing how the bonds you form with your co-interns and residents on the wards evolve into meaningful relationships outside the hospital through shared meals and experiences. I deeply cherish the connections I've made with my own co-residents, and it's heartwarming to watch you start to build those connections yourselves. I almost wish I could relive it all, but for now, I'll enjoy the journey vicariously through you!*

—**Sharnendra Sidhu, MD**, Executive Chief Resident, Tisch-Kimmel Inpatient

*Don't stare at the clock. Do what it does. Keep chasing the "you" you see in 5 years.*

—**Jahnavi Udaikumar, MD**, Chief Resident, NYU-Brooklyn Inpatient



*Congratulations on reaching this important milestone of starting residency! You have worked so hard to get to this point and we are so happy to welcome you to our NYU family. You will learn so much this year, not only about how to provide excellent and compassionate care for patients, but you will also be surprised at how much you will grow as an individual. Don't forget to share in both the joyous and the harder times of residency with one another!*

—**Jacqueline Wang, MD**, Executive Chief Resident, Manhattan Campus Inpatient

*Show up for your patients and colleagues with positivity and curiosity. Follow up on things you commit to and clinical questions you ask. Speak up when things don't feel right. And most importantly, be kind to yourself and have fun!*

—**Shawn Wen, MD, MS**, Chief Resident, Health Equity

*Residency is a challenging time, but it is also one of the most rewarding times. During residency you will develop lifelong friendships, your inquisitiveness will drive your pursuit for more medical knowledge and your patients will show you the value in treating the person rather than the disease. Residency will be over before you know it, enjoy the moment!*

—**Amber Whitley, MD**, Chief Resident, Manhattan Campus Inpatient

*I am continuously inspired by the NYU community and feel incredibly fortunate to be in a program that provides unparalleled clinical training and amazing camaraderie, while having the privilege to provide care to the population of NYC and (way) beyond. I am excited for you to start this journey!*

—**Jenny Yang, MD**, Assistant Hospitalist Educator



2024-25 Chief Residents, First row: Drs. Margaret Horlick, Sharon Klein, Shawn Wen, Navina Mohan, Jenny Yang, Terry Li, Jahnavi Udaikumar. Second row: Drs. Amber Whitley, Jacqueline Wang, Maaz Ahsan, Sharnendra Sidhu, Kathryn Havranek, Ehab Abaza, Steven B. Abramson

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## Celebrating the Success of the Inaugural Summer Research Fellowship



Front row: Milna Rufin, MD; Rosa Shapiro-Thompson; Shreya Kamojjala; Rachel Camarena; Sarah Kricheff; Christina Brush; Isagani Paolo Perez; Vincent Li; Holly Herman; Dylan Landau. Back row: Steven B. Abramson, MD; Adam H. Skolnick, MD; David T. Stern, MD, PhD; Barbara Jerome; Samantha Hall; Max Shulaker; Stephen Fatuzzo; Lucas Mavromatis; Pedro Colon; Claire Moxham; Samuel Parry; Andy Qiao

This July 12, 2024, Department of Medicine faculty, house staff, and students attended a robust poster exhibition event at the Manhattan campus, held to mark the successful completion of the Department of Medicine's inaugural Summer Research Fellowship. Eighteen medical students presented posters on their mentored research projects to conclude this 6-week curriculum, led by program Director Milan R. Rufin, MD, and Associate Director Adam H. Skolnick, MD, and designed to offer medical students experience and mentorship in research innovation and career development. Dr. Rufin noted the students' outstanding achievements and the supportive environment created by the participating faculty.

"I am deeply proud of what our medical student researchers accomplished in just 6 weeks! At the July poster exhibition, our faculty were highly impressed by the students' analytical and curious minds, showcased by their remarkable posters. The research projects covered diverse topics, from Rosa Shapiro-Thompson's work to explore HIV prevention barriers to Max Shulaker's novel approach to tuberculosis diagnostics. These students have the potential to greatly impact clinical care. As Dr. Skolnick and I look ahead, we're excited to create an even more meaningful experience for the next cohort, and to explore ways to engage alumni, support productivity throughout their medical training, and develop scholarships to highlight their contributions. The benefits of this program will no doubt extend beyond the 6 weeks, supporting our students throughout their careers," Dr. Rufin said.

Students participating in the Summer Research Fellowship shared in the enthusiasm for the new program. A few of their comments include:



Barbara Jerome

"The Summer Research Fellowship was a pivotal experience for me as an aspiring internist. I applied to the fellowship to enhance my clinical and research skills, building on my background in public health. The weekly seminars and simulation sessions provided a tangible bridge between my preclinical knowledge and real-world medical practice. A highlight was working on coronary microvascular dysfunction with Nathaniel R. Smilowitz, MD, which deepened my passion for translational research and solidified my commitment to a career in internal medicine. Through mentorship, hands-on research, and networking with faculty and house staff, the fellowship exposed me to the diverse career paths within internal medicine and equipped me with the tools to contribute meaningfully to patient care and medical science."

"Through the Department of Medicine's Summer Research Fellowship, I had the opportunity to learn from skillful clinicians and researchers committed to equity in HIV prevention. Working on the EquiPrEP study under the mentorship of Ofole Mgbako, MD, and Robert A. Pitts, MD, I conducted in-depth qualitative interviews with clinical staff and community organizations on the implementation of long-acting injectable PrEP. This experience deepened my appreciation for the critical role that community organizations play in healthcare access and strengthened my interest in a career focused on health equity. Meanwhile, the fellowship's seminar series blended practical skills and leadership training and made me excited about the diverse opportunities within internal medicine."



Rosa Shapiro-Thompson



Max Shulaker

"I was drawn to the Summer Research Fellowship for its unique blend of academic exploration and hands-on experience across a range of specialties, from cardiology to infectious disease to diagnostics. The seminars and simulation sessions were invaluable, offering both practical clinical skills and deeper insights into advanced topics. Shadowing experiences at Tisch, the VA, and Bellevue added another layer of learning, particularly when I conducted my first solo patient interview—a moment that further helped solidify my clinical knowledge. The fellowship also provided the chance to work on a multidisciplinary research project, where I helped develop a novel diagnostic tool for rapid tuberculosis detection. The faculty's



mentorship was exceptional, guiding the project's evolution and serving as ideal role models. This experience has not only deepened my understanding of medicine but has also fueled my passion for innovative diagnostic technologies, which I plan to pursue in my future career."

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## Department Marks 5 Years of “Medical Grand Rounds” on Doctor Radio

**Bridging Medical Expertise with Public Health and Education**



SiriusXM's Doctor Radio Channel, powered by NYU Langone Health is live on Channel 110

With the start of a new academic year comes the resumption of the Department of Medicine Grand Rounds which, here at NYU Langone, is coupled with the public health outreach afforded by our “Medical Grand Rounds” program on Doctor Radio. Both Medicine Grand Rounds and the accompanying Doctor Radio broadcast, which launched originally in September 2019, will commence this year on September 11. Our first guest faculty speaker will be Keenan Walker, PhD, Director of the Multimodal Imaging of Neurodegenerative Disease Unit within the Laboratory of Behavioral Neuroscience, National Institutes of Health / National Institute on Aging.

Doctor Radio, powered by NYU Langone Health and SiriusXM, is a unique platform on SiriusXM Channel 110 that connects leading physicians, scientists, and health professionals with listeners across the United States and Canada, with the purpose of promoting public health and education on a wide range of medical topics. “Medical Grand Rounds” on Doctor Radio—held Wednesdays 8:00am–10:00am and hosted by distinguished faculty members Jeffrey S. Berger, MD, Catherine Jamin, MD, Holly F. Lofton, MD, Mark B. Pochapin, MD, and Shaline D. Rao, MD—is among the many exceptional Doctor Radio programs hosted by our Department of Medicine faculty. “Hour 1 is dedicated to medical and research news and discussion. In Hour 2, our speakers join us in the Doctor Radio Studio, in the lobby of Tisch



**LISTEN LIVE**

Hospital at NYU Langone Health, directly after presenting at Grand Rounds. It's an invaluable opportunity not only for us to promote public health education, but also for our national and international guest speakers to be able to connect further with our faculty and with the public at the same time," notes Dr. Pochapin.

[Click here to listen to Doctor Radio Live](#)

Dr. Shaline Rao describes her role as host as an "incredible opportunity to connect with our audience and address their health concerns." She highlights that "hosting the show enables me to create a space for learning and dialogue." Dr. Rao values the program's broad focus, noting, "The show's diverse range of topics highlights the importance of comprehensive healthcare." Similarly, Dr. Holly Lofton emphasizes the program's role in helping the public understand medical professionals' decision-making processes and the importance of educating the public. Dr. Lofton notes that "hosting 'Medical Grand Rounds' has been an enlightening experience," allowing her to engage more deeply with guest experts and integrate her clinical expertise into discussions aiming to correct misconceptions, share the latest medical advancements, and empower listeners with the most current medical information.

In addition to "Medical Grand Rounds," multiple other programs, hosted by faculty and staff from the Department of Medicine and across NYU Langone and covering the full gamut of health topics, are offered on Doctor Radio. For the full schedule of programs and hosts, visit the [Doctor Radio website](#).



Follow @NYUDocs on Instagram and Twitter/X for updates on Doctor Radio

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## Innovations in Medicine:

### Conversations with Our Expert Faculty





**Angelica Cifuentes Kottkamp, MD**

Assistant Professor, Department of Medicine  
Associate Director, NYU Langone Vaccine Center  
Leader, SEED Attending-IEHE

Angelica Cifuentes Kottkamp, MD, has been recognized with an IDWeek Program Committee Choice Award for her abstract “MVA-BN Induces a Low Avidity, Non-Durable Humoral Response Against Mpox Virus.” As author of one of four abstracts recognized with this award out of 1500 submissions, Dr. Kottkamp will now present her work as part of the prestigious Smadel Lecture at IDWeek—the joint annual meeting of the Infectious Diseases Society of America, Society for Healthcare Epidemiology of America, HIV Medicine Association, Pediatric Infectious Diseases Society, and Society of Infectious Diseases Pharmacists—in Los Angeles this October. We had the privilege of interviewing Dr. Kottkamp to gain insights into her research and the significance of the science behind her award-winning abstract.

**Can you provide a brief description of the research you will be presenting at IDWeek and its potential significance in the field of infectious diseases?**

During the 2022 Mpox outbreak in New York City (NYC), vaccination campaigns were begun using the vaccine MVA-BN (JYNNEOS). We saw a clear opportunity to study Mpox immunity in the setting of an evolving outbreak with a pathogen of public health interest and pandemic potential. We launched the [NYC Observational Study of Mpox Immunity](#). This is a longitudinal study that enrolled nearly 200 participants who had received the MVA-BN vaccine with or without prior smallpox vaccination and Mpox convalescent individuals. Our study found that the durability and quality of the Mpox response after MVA-BN vaccination decreases in time in individuals without history of smallpox vaccination. We published our initial results in the [NEJM](#). These findings open the question of what is the status of the protection for people at risk of Mpox if a future outbreak happens.

**Can you share some insights into the collaborative efforts involved in this research? Who were the key contributors, and how did their expertise enhance the study?**

We were fortunate to have pre-existing collaborations with the NYC Department of Health and Mental Hygiene, and were able to recruit participants at the JYNNEOS vaccine centers of distribution authorized by the city. Therefore, we not only were able to enroll the most interested individuals, but were also able to provide education on how best to protect ourselves and others against Mpox and to understand the concerns of the community. We also have a robust biorepository within the NYU Langone Vaccine Center, and are

positioned to collect biological samples of patients who have infectious diseases of public health importance under an IRB-approved protocol. This protocol allows us to react quickly to outbreaks.

**As the Associate Director for the Vaccine Center, what is the mission of the center and how do you envision this research contributing to this mission and to the field of infectious diseases as a whole?**

The mission of the NYU Langone Vaccine Center is to serve, teach, discover, and lead to achieve our vision: improve the health of our patients and communities, locally and globally, through vaccine research. Our goal is to address current and emerging vaccine challenges which are closely related to outbreaks, and being located in NYC give us a great advantage to deal and study them.

**What are you looking forward to, or hope to gain from attending IDWeek 2024?**

I am very excited about this event. This is the first time I will be speaking to a large international audience in person. I am hoping our work allows further collaborations with other groups in the USA and outside, and most importantly, I hope that this work helps to accelerate pandemic preparedness.

**What advice would you give to other physicians who aspire to make similar contributions their fields?**

We must be aware of our place in society and the world. We are not alone. Outbreaks don't follow country lines; outbreaks these days travel and land anywhere in no time. Vaccine research is critical to successfully address outbreaks. I find a lot of purpose working on something that is lifesaving.

**Is there anything else you would like to share about your experience with this research and the recognition it has received?**

I want to thank our Director, Mark J. Mulligan, MD, for his vision and support, the NYU Grossman School of Medicine, the NYC DOHMH, and the NYU Langone Vaccine Center team. This was truly a team effort, from the moment we started writing the protocol, to the upcoming presentation of our work at IDWeek. This was only possible thanks to the enormous contribution of so many dedicated people and key collaborators.

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## **The Historian Is on a Trip to the Mütter Museum**

### **at The College of Physicians of Philadelphia**



(L-R) Dr. Oshinsky; Frank Liu; Rosa Shapiro-Thompson; Eric Grin; Andy Qiao; Lauren Maytin; Rachel Camarena; Caroline Magro; Mehana Daftary enjoy lunch in downtown Philadelphia on June 9th after their trip to The Mütter Museum

Each year, the History Club at the NYU Grossman School of Medicine sponsors a series of trips to interesting local sights, such as the Tenement Museum on the Lower East Side and the Contagious Disease Hospital on Ellis Island. But the most popular destination is the Mütter Museum in Philadelphia. Students travel by AMTRAK, spend several hours at the Mütter, have lunch together, and then tour Philadelphia.

The Mütter is among the nation's most important museums of science and medical history. Founded in 1858 by Thomas Dent Mütter, MD, it contains thousands of artifacts and specimens, with a penchant for the macabre. There's an exhibit featuring Albert Einstein's brain, with 46 pieces mounted on microscope slides, and another containing the malignant tumor removed from President Grover Cleveland's mouth by surgeons from Bellevue Hospital. There's even a section of the brain of President James Garfield's assassin, Charles Guiteau, the first high-profile American criminal defendant to use an insanity defense. He was found guilty and hanged 6 months later.

In our visits over the years, the students seemed most interested in the permanent exhibits featuring diseases from cholera to polio, complete with an iron lung, and special exhibits including the Great Influenza of 1918 in Philadelphia, the American city hit hardest by the pandemic, and Civil War Medicine, a stunning compilation of letters, photographs, and medical procedures from anesthesia to amputation.

Recently the Mütter has come under fire for exhibiting the remains of unidentified people, including the skulls of executed criminals acquired from Europe and the organs of black Philadelphians stolen from local cemeteries by grave robbers—an issue that has roiled medical and natural history museums worldwide. At this moment, there appears to be no consensus regarding the ethical and pragmatic issues at hand. The predicament facing a magisterial museum like the Mütter—how to apply current but continuously changing standards to its largely nineteenth century collections—defies an easy solution. One hopes the Mütter can find common ground because it continues to educate, and fascinate, the medical students who pass through its doors.





Exterior of The Mütter Museum in Philadelphia



Inside of The Mütter Museum in Philadelphia



**David M. Oshinsky, PhD**

Professor, Department of Medicine

Director, Division of Medical Humanities

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## The Digital Pulse

*A roundup of select posts from our social media channels.*

*Be sure to join the conversation, and don't forget to tag us as you share your accomplishments!*



Congratulations to our outstanding faculty, fellows, & residents recognized at the annual "State of the Department & Awards Ceremony" this morning, and to our entire Department of Medicine faculty, house staff, and staff for another year of excellence in education, research, and always patient care. You represent the very best of medicine.

#StateOfTheDepartment #ExcellenceInMedicine #MedTwitter



Presented by Chair of the Department of Medicine, Steven B. Abramson, MD

NYU Langone Health and NYU Grossman School of Medicine



We are pleased to welcome Dr. Michal Melamed, who joined our faculty this year as the new Director of the K to R Mentorship Program in the Department of Medicine and Director of the NYU Langone Chronic Kidney Disease Center. We look forward to the benefit of her exceptional expertise as a nephrologist, epidemiologist, and research mentor!

#FacultyMentor #FacultyLeadership #Nephrology @DCharytan



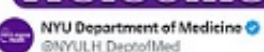
NYU Grossman School of Medicine and 3 others

View post engagements



We're pleased to announce the launch of our new Rheumatology Fellowship Research Track, in the Division of Rheumatology, led by Dr. Jill Buyon. The new Research Track is designed to advance career pathways in research within #Rheumatology & the broader field of Medicine. Dr. Buyon, Program Director Dr. Michael Pillingier (MD, PhD), & Dr. Jose Scher will play key roles as faculty educators & mentors. Welcome & congratulations to our inaugural Research Track fellows: Dr. Phil Carlucci, Dr. Marcus Hines, & Dr. Elliot Philips

#FutureofMedicine #FutureofResearch&Innovation



Thank you, @WesElyMD, for an insightful Med #GrandRounds at @nyugrossman on the fusion of science and humanism in ICU care. Dr. Ely finds that by addressing both physical and emotional needs through the A2F Bundle Patient Safety Plan, a supportive environment for patients and families is fostered, ultimately elevating care quality and outcomes.

- A2F Bundle Patient Safety Plan:**
- ▶ **A** - Analgesic: Manage Pain
  - ▶ **B** - Both: Stop Drugs and Vent
  - ▶ **C** - Choice of Sedation
  - ▶ **D** - Delirium: Assess, Prevent, and Manage
  - ▶ **E** - Early Mobility and Exercise
  - ▶ **F** - Family Engagement and Empowerment

#ICUCare #Delirium #Humanism #Medicine



Follow our social channels by clicking the icons above!

## What Are They Reading

### Michael S. Phillips, MD - *The Art of Gathering: How We Meet and Why It Matters*

This book was recommended to me by Dr. Rinki Goswami, one of our infectious disease fellows, as we discussed one of the most damaging aspects of the Covid-19 pandemic – the inability to gather and the impact it had on our mental health. While remote meetings are more efficient and allow multitasking, we lose a lot when we don't meet face to face. Priya Parker's book provides guidance on creating purpose and

making meaningful connections in our professional and personal gatherings. The book highlights the importance of having a clear purpose for every gathering which is understood by all the participants. When creating the invite list, it's important to only include those who contribute to the meetings purpose – who you exclude is as important as those you invite. As the gathering host, you create the rules and expectations which allow controversy, vulnerability, and discussion which makes for a great gathering. Every gathering should have an intentional end that solidifies the meeting purpose and what was learned. Making connections is so important in our personal and professional lives. This book provides great guidance on how to gather well!

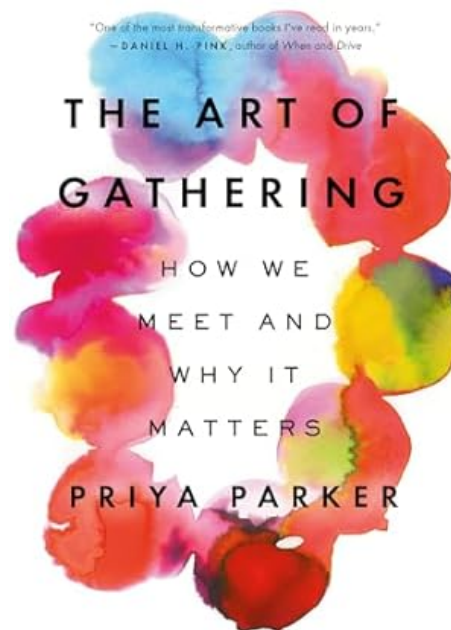


**Michael S. Phillips, MD**

Associate Professor, Department of Medicine

Associate Director, Division of Infectious Diseases and Immunology

Chief Hospital Epidemiologist, NYU Langone Health System



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### ***Catherine Constable, MD - Anxious Generation***

I've been reading a set of books all in one theme lately, so I'm going to pick my favorite to talk about: *Anxious Generation*, by Jonathan Haidt. The book takes on a topic which is recently getting a lot buzz: smart phones and how they are changing the minds and worlds of adolescents. This book topped the New York Times bestseller list, so it obviously has an audience, but one criticism you hear floating around is that it's too alarmist, and that hand-wringing about new technology has always been a thing. I myself found it to be a very sane, data-driven analysis that was also hard to put down. The author reads like a social scientist you would love to have as your professor, and not an evangelist. To boil the book down to one sentence: Haidt makes a strong case that kids have been progressively more overprotected in the physical world, which opened the door for the dominance of the virtual world, where they have been underprotected. I have two small kids, and so I think about this future a lot, but even if you don't have that motive, it's relevant. I am also an aunt to five kids between the ages of 11 and 19, and I teach medical ethics to undergrads—lovely, intelligent young people who are fond of multitasking on their many devices. It resonates. Adults struggle to find balance with modern tech too. It is worth diving in and taking a hard look. Note: Haidt happens to be



our colleague, teaching Ethics at NYU Stern. He is giving a talk here on Zoom on September 25<sup>th</sup>, which I'm looking forward to.

If you like this topic, Haidt makes frequent mention of another book: *Free-Range Kids*, by Lenore Skenazy, once dubbed "America's Worst Mom." This excellent book has the added benefit of making you laugh. And Skenazy references Peter Gray's very interesting book, *Free to Learn*, which focuses more on the changing world of education. The last one I am finishing now is *iGen*, by Jean Twenge. Of these four important books, this is one you could probably skip, since *Anxious Generation* builds on a lot of the same data and themes.

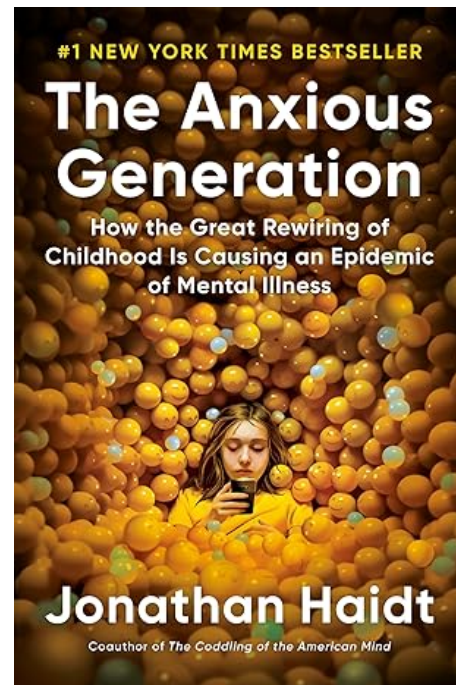


**Catherine Constable, MD, HEC-C**

Assistant Professor, Department of Medicine

Assistant Professor, Department of Population Health

Consultant, Medical Ethics; Tisch Hospital



## Featured Student Essay

### Navigating the Unknown: A Reflection on Diagnostic Uncertainty and Patient-Centered Care

In my second week of my Medicine clerkship at Bellevue, I had a conversation with a patient and his wife that singularly changed my approach to my role as a medical student on the team for good. He was a middle-aged man with a history of intracerebral hemorrhage complicated by recurrent focal seizures (on three anti-epileptic medications). He had been admitted with fever for two weeks and a new pruritic, diffuse rash in the setting of recent broad-spectrum antibiotic use. My task was to decipher this complex clinical puzzle amidst considerable uncertainty, learning how to coordinate effectively with the neurology, dermatology, and infectious disease teams, as well as our primary medicine team.

However, the most impactful lesson came when I presented this patient to my afternoon teaching attending group. I looked forward to hearing how my classmates and teaching attending would approach his case and if there was anything they would add to our diagnostic work-up. The differential diagnosis was vast. I remember my teaching attending's first words after my finished presentation, being: "Wow, this case could

qualify as a CPC." The differential diagnosis stretched from infectious causes to malignancies, severe inflammatory disorders, and drug reactions. Our team suited up with gowns, N95 masks, and a video Spanish interpreter, all ready for what I expected to be a routine check-in conversation with the patient to ask how he had been doing since we last saw him on rounds in the morning and elicit his understanding of the plan so far.

But as we entered the room, I met my patient's wife for the first time, since she had been at work during our morning rounds with the patient. Her anxiety was palpable. With shaking hands and face etched with concern and frustration, she shared with us that she had been nervously awaiting answers. She was distressed about the lack of definitive conclusions. She described how nurses and countless medical professionals would come in and out of the room, setting up lines "to put things in his veins" and take vials and vials of blood, all without explaining what they were doing, why, and what the final results were. Her fear was raw—she was terrified that her husband might be dying and pleaded for any answer or intervention that could shed light on the cause of his condition.

She expressed her frustration with having to rely mostly on MyChart notifications to get updates, which only heightened her anxiety with fragmented, often alarming information without context. This moment underscored the double-edged sword of new tools like MyChart, which can offer hyperconnectivity, allowing patients and families access to their medical information at any time. While this can empower patients, it also introduces the challenge of dealing with often incomplete data that can heighten anxiety, which is what my patient and his wife experienced. In this case, she revealed to us that she was worried about her husband dying, and that she was terrified that might be the case. She pleaded with us to do something, anything to get them an answer as to why her husband was sick.

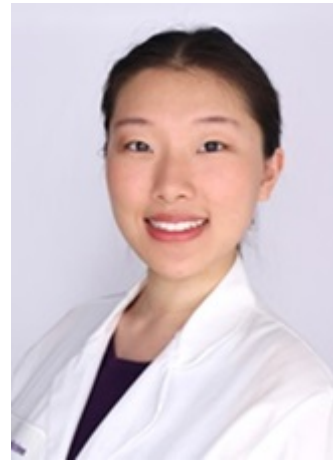
This situation showed me how deeply diagnostic uncertainty affects patients and their families, especially in the setting of a language barrier and multiple treatment teams. Acknowledging the emotional turmoil of the family, validating their feelings, and providing support in that moment became as crucial as addressing the medical issues at hand.

I left the room with a greater appreciation for several key aspects of patient-centered care. Ironically, in the face of this patient's medical uncertainty, several things have become clearer for me. I saw first-hand the importance of empathy, clear communication, and patience in the face of the real emotional and psychological impacts of diagnostic ambiguity on the people involved. As a medical student, that conversation solidified to me the importance of being the bridge between medical teams and patients and patients' families, ensuring that they are informed and supported throughout their diagnostic journey. From then on, I made it a priority to regularly summarize lab findings, especially ones with the daunting red exclamation marks on MyChart, recommendations from consult teams, and daily plans to my patients and their families.

As I continue my journey in medicine, this experience will remain a touchstone to me about the human experience of illness, and how I can help patients move through uncertainty armed with knowledge, confidence, and hope.

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**Lily Ge** is a medical student at NYU Grossman School of Medicine (NYUGSOM) in the 3-year accelerated MD program specializing in Ophthalmology. A New Jersey native, Lily completed her undergraduate studies at NYU College of Arts and Science, earning a BS in Neural Science with minors in Chemistry and Public Health, while also demonstrating leadership as Student Body President for the university's largest college. At NYUGSOM, Lily has been an invaluable asset to the student community, serving as School Senator and representing NYU within the AAMC. She has also engaged in impactful research in medical education and ophthalmology. Passionate about advancing her clinical decision-making and skills in patient care, Lily is poised to make significant contributions as a budding ophthalmologist. Outside of her academic and professional pursuits, Lily enjoys practicing yoga and exploring new neighborhoods in NYC with her friends and classmates.



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## News & Awards

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### Faculty Honors

#### *Leon H. Charney Division of Cardiology*



**John A. Dodson, MD, MPH**, was named Associate Editor at the *Journal of the American College of Cardiology*.



**Sunil Rao, MD**, was elected into the Association of University Cardiologists.

#### *Division of Gastroenterology & Hepatology*





**Saikiran M. Kilaru, MD**, was appointed to the Nominations Committee, American Association for the Study of Liver Diseases.

***Division of General Internal Medicine & Clinical Innovation***



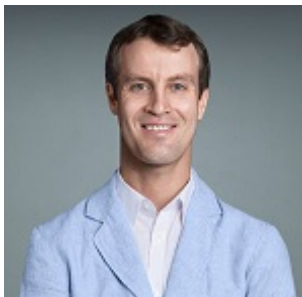
**Jessica Tanenbaum, MD**, was selected as a Merrin Master Clinician Fellow by the Division of General Internal Medicine & Clinical Innovation and PrMEIR.

***Division of Hospital Medicine***



**Ravi K. Kesari, MD**, was selected as a Merrin Master Clinician Fellow by the Division of General Internal Medicine & Clinical Innovation and PrMEIR.

***Division of Infectious Diseases & Immunology***



**Ralf Duerr, MD, PhD**, was awarded an NIH Researching COVID to Enhance Recovery (RECOVER) subcontract to establish an immunophenotyping laboratory at the NYU Vaccine Center.



**Mark J. Mulligan, MD**, was awarded an NIH Researching COVID to Enhance Recovery (RECOVER) subcontract to establish an immunophenotyping laboratory at the NYU Vaccine Center.

***Division of Nephrology***



**Nicole M. Ali, MD**, received the National Kidney Registry (NKR) [Grace Under Pressure Award](#). She is also a recipient of the Captains of Industry Honor by the Caribbean American Cultural Arts Foundation recognizing professionals and civic-minded individuals throughout the nation, who have influentially contributed to the multicultural community.

#### ***Division of Pulmonary, Critical Care, and Sleep Medicine***



**Anna Nolan, MD**, has been invited to join the Cardiovascular and Respiratory Diseases Study Section of the Center for Scientific Review at NIH. Her term runs from July 1, 2024, to June 30, 2028. She will review and evaluate grant applications on cardiovascular and respiratory diseases.



**Vikramjit Mukherjee, MD**, serves as the co-Principal Investigator for the National Emerging Special Pathogens Training & Education Center. He also serves as a steering committee member for the National Special Pathogens System of Care, and as an executive member of the Task Force for Mass Critical Care.



**Kaivalya Deshpande, MD**, will serve as the Program Chair for the Machine Learning for Health Care conference, to be held in Toronto. This role involves overseeing the conference's academic program, including the selection of papers and organization of sessions.



**Deepak R. Pradhan, MD, MHPE**, received the "Best 4 Oral Abstract Presentation Award" at the Northeast Group on Educational Affairs conference, a subgroup of the Association of American Medical Colleges. This award recognizes outstanding oral presentations in medical education research.

#### ***Division of Rheumatology***



**Jill P. Buyon, MD**, is PI with Project Leader Boris Reizis, PhD, on a new NIH R01 Grant Award on Mechanisms of DNA-Specific Autoimmunity in SLE.



**Rebecca Haberman, MD**, is Project Leader on a new NIH K23 Grant Award on Clinical & Neuroimaging Determinants of Persistent Joint Pain in PsA.



**Jose U. Scher, MD**, is Project Leader on a new R01 Grant Award on Precision Monitoring of Treatment Response in Early PsA.

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## Promotions

### *Leon H. Charney Division of Cardiology*



**David S. Park, MD**, Associate Professor of Medicine

### *Division of Gastroenterology & Hepatology*



**Lindsey A. Sattler, MD**, Clinical Assistant Professor of Medicine

### *Division of General Internal Medicine & Clinical Innovation*



**Andrew B. Wallach, MD**, Professor of Medicine



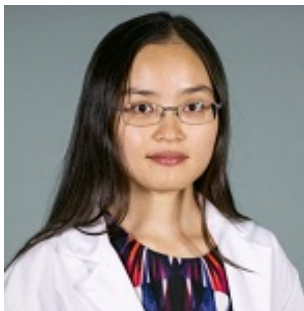
**Krisczar J. Bungay, MD**, Clinical Assistant Professor of Medicine

***Division of Geriatric Medicine & Palliative Care***



**Elena Nemytova, MD**, Clinical Associate Professor of Medicine

***Division of Hospital Medicine***



**Cindy Fang, MD**, Clinical Associate Professor of Medicine



**Carrie M. Mahowald, MD**, Clinical Associate Professor of Medicine

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## **Upcoming Events & CME**

**CME: Invasive Cardiology Update for Practicing Health Care Professionals**



September 6, 7:00am – 4:20pm

*Details and registration link [here](#)*

**CME: Cardiac Amyloidosis: Diagnosis and Novel Therapeutics in 2024**

September 19, 8:00am – 5:30pm

*Details and registration link [here](#)*

**CME: Big Gut Seminars: Focus on Complex Liver Disease**

September 20, 7:00am – 5:00pm

*Details and registration link [here](#)*

**CME: Annual Focus on Men's Health 2024**

October 19, 7:45am – 4:10pm

*Details and registration link [here](#)*

**CME: 4th Annual NYU Langone Critical Care Cardiology Symposium**

October 25-26, 7:00am – 6:00pm

*Details and registration link [here](#)*

**CME: Interstitial Lung Disease: Progress in Fibrotic and Autoimmune Lung Diseases**

November 12, 8:00am – 4:35pm

*Details and registration link [here](#)*

**CME: 9th Annual Dietary and Lifestyle Strategies for Cardiovascular Risk Reduction**

November 14, 7:00am – 6:00pm

*Details and registration link [here](#)*

**CME: 1st North American Bronchiectasis and Non-Tuberculous Mycobacteria Symposium**

December 9-10, 7:00am – 6:00pm

## Select Publications

### **Leon H. Charney Division of Cardiology**

**Reynolds HR**, Cyr DD, Merz CNB, Shaw LJ, Chaitman BR, Boden WE, Alexander KP, Rosenberg YD, **Bangalore S**, Stone GW, Held C, Spertus J, Goetschalckx K, Bockeria O, **Newman JD**, **Berger JS**, Elghamaz A, Lopes RD, Min JK, Berman DS, Picard MH, Kwong RY, Harrington RA, Thomas B, O'Brien SM, Maron DJ, **Hochman JS**; ISCHEMIA Research Group\*. Sex differences in revascularization, treatment goals, and outcomes of patients with chronic coronary disease: insights from the ISCHEMIA Trial. *J Am Heart Assoc*. 2024 Mar 5;13(5):e029850. [doi: 10.1161/JAHA.122.029850](https://doi.org/10.1161/JAHA.122.029850). Epub 2024 Feb 27. PMID: 38410945; PMCID: PMC10944079.

**Bonanni LJ**, **Newman JD**. Personal strategies to reduce the cardiovascular impacts of environmental exposures. *Circ Res*. 2024 Apr 26;134(9):1197-1217. [doi: 10.1161/CIRCRESAHA.123.323624](https://doi.org/10.1161/CIRCRESAHA.123.323624). Epub 2024 Apr 25. PMID: 38662863.

**Newman AAC**, **Von Itter R**, **Moore KJ**. Extracellular vesicles: bridging the heart and tumor in reverse cardio-oncology. *Circulation*. 2024 May 28 ;149 (22) [doi:10.1161/CIRCULATIONAHA.124.069](https://doi.org/10.1161/CIRCULATIONAHA.124.069). Epub 2024 May 28. PMID: 38805582; PMCID: PMC11141114.

### **Division of Gastroenterology and Hepatology**

**Shaukat A**, Lichtenstein DR, Chung DC, Seidl C, Wang Y, Navajas EE, Colucci DR, Baxi S, Brugge WR. Patient and procedural factors associated with true histology rates in patients undergoing colonoscopy with computer aided detection of polyps. *Gastrointest Endosc*. 2024 Jul 2:S0016-5107(24)03335-2. [doi: 10.1016/j.gie.2024.06.040](https://doi.org/10.1016/j.gie.2024.06.040). Epub ahead of print. PMID: 38964478.

Lei II, Koulaouzidis A, Baatrup G, Samaan M, Parisi I, McAlindon M, Toth E, **Shaukat A**, Valentiner U, Dabos KJ, Fernandez I, Robertson A, Schelde-Olesen B, Parsons N, CESCAIL Core Group, Arasaradnam RP. Rationalizing polyp matching criteria in colon capsule endoscopy: an international expert consensus through RAND (modified DELPHI) process. *Therap Adv Gastroenterol*. 2024 Jun 12; 17: 5628482412426. [doi: 10.1177/17562848241242681](https://doi.org/10.1177/17562848241242681). PMID: 38883159; PMCID: PMC11179528.

Itzkowitz SH, Jiang Y, Villagra C, Colombel JF, Sultan K, Lukin DJ, Faleck DM, Scherl E, **Chang S**, Chen L, Katz S, Kwah J, Swaminath A, Petralia F, Sharpless V, Sachar D, Jandorf L, **Axelrad JE**; New York Crohn's and Colitis Organization. Safety of immunosuppression in a prospective cohort of inflammatory bowel disease patients with a history of cancer: SAPPHIRE registry. *Clin Gastroenterol Hepatol*. 2024 May 18:S1542-3565(24)00479-8. [doi: 10.1016/j.cgh.2024.05.006](https://doi.org/10.1016/j.cgh.2024.05.006). Epub ahead of print. PMID: 38768673.

### ***Division of General Internal Medicine and Clinical Innovation***

Babich JS, **McMacken M**, Correa L, Polito-Moller K, **Chen K**, Adams E, Morgenstern S, Katz M, Long TG, **Joshi S**, **Wallach AB**, **Shah S**, **Boas R**. Advancing lifestyle medicine in New York City's public health care system. *Mayo Clin Proc Innov Qual Outcomes*. 2024 May 21;(3).[doi: 10.1016/j.mayocpiqo.2024.01.005](https://doi.org/10.1016/j.mayocpiqo.2024.01.005). PMID: 38828080; PMCID: PMC11141270.

**Gonzalez CM**, **Greene RE**, Cooper LA, Lypson ML. Recommendations for faculty development in addressing implicit bias in clinical encounters and clinical learning environments. *J Gen Intern Med*. 2024 Jun 3. [doi: 10.1007/s11606-024-08832-5](https://doi.org/10.1007/s11606-024-08832-5). Epub ahead of print. PMID: 38831249.

**Dapkins I**, Prescott R, Ladino N, Anderman J, McCaleb C, Colella D, Gore R, **Fontil V**, **Szerencsy A**, Blecker S. A dynamic clinical decision support tool to improve primary care outcomes in a high-volume, low-resource setting. *NEJM Catal Innov Care Deliv*. 2024;5(4). [doi: 10.1056/CAT.23.0366](https://doi.org/10.1056/CAT.23.0366).

### ***Division of Geriatric Medicine and Palliative Care***

**Seecof OM**, Jang C, Abdul Hay M. Impact of palliative care referral on end-of-life outcomes for patients with hematologic malignancy. *Am J Hosp Palliat Care*. 2024 Jul 23:10499091241266991. [doi: 10.1177/10499091241266991](https://doi.org/10.1177/10499091241266991). Epub ahead of print. PMID: 39041816.

Tarbi EC, Moore CM, Wallace CL, Beaussant Y, Broden EG, Chammas D, Galchutt P, Gilchrist D, Hayden A, **Morgan B**, Rosenberg LB, Sager Z, Solomon S, Rosa WE, Chochinov HM. Top Ten Tips Palliative Care Clinicians Should Know About Attending to the Existential Experience. *J Palliat Med*. 2024 Mar 28. [doi: 10.1089/jpm.2024.0070](https://doi.org/10.1089/jpm.2024.0070). Epub ahead of print. PMID: 38546453.

**Morgan BE**, Hodgson NA, Massimo LM, Ravitch SM. The Listening Guide: illustrating an underused voice-centered methodology to foreground underrepresented research populations. *J Adv Nurs*. 2024 Aug;80(8):3414-3424. [doi: 10.1111/jan.16054](https://doi.org/10.1111/jan.16054). Epub 2024 Feb 28. PMID: 38415935; PMCID: PMC11245374.

### ***Division of Hospital Medicine***

**Gala P**, Ponatshego P, Bogart LM, Youssouf N, Ramotsababa M, Van Pelt AE, Moshomo T, Dintwa E, Seipone K, Ilias M, Tonwe V, Gaolathe T, Hirschhorn LR, Mosepele M. A mixed methods approach identifying facilitators and barriers to guide adaptations to InterCARE strategies: an integrated HIV and hypertension care model in Botswana. *Implement Sci Commun*. 2024 Jun 20;5(1). [doi: 10.1186/s43058-024-00603-x](https://doi.org/10.1186/s43058-024-00603-x). PMID: 38902846; PMCID: PMC11188218.

**Burk-Rafel J**, Sebok-Syer SS, Santen SA, Jiang J, Caretta-Weyer HA, Iturrate E, Kelleher M, Warm EJ, Schumacher DJ, Kinnear B. TRainee Attributable & Automatable Care Evaluations in Real-time (TRACERs): A scalable approach for linking education to patient care. *Perspect Med Educ*. 2023 May 17;12(1):149-159. [doi: 10.5334/pme.1013](https://doi.org/10.5334/pme.1013). PMID: 37215538; PMCID: PMC10198229.

**Zaretsky J, Kim JM**, Baskharoun S, Zhao Y, **Austrian J**, Aphinyanaphongs Y, Gupta R, **Blecker SB**, Feldman J. Generative artificial intelligence to transform inpatient discharge summaries to patient-friendly language and format. *JAMA Netw Open*. 2024 Mar 4, [doi:10.1001/jamanetworkopen.2024.0357](https://doi.org/10.1001/jamanetworkopen.2024.0357). PMID: 38466307; PMCID: PMC10928500.

### ***Division of Infectious Diseases and Immunology***

Gámbaro F, **Duerr R**, Dimartino D, Marier C, Iturrate E, **Mulligan MJ**, Heguy A, Dellicour S. Emergence and dissemination of SARS-CoV-2 XBB.1.5 in New York. *Virus Evol*. 2024 May 7;10(1):veae035. [doi: 10.1093/ve/veae035](https://doi.org/10.1093/ve/veae035). PMID: 38774310; PMCID: PMC11108082.

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Kister I, Curtin R, Piquet AL, Borko T, Pei J, Banbury BL, Bacon TE, Kim A, Tuen M, Velmurugu Y, Nyovane S, Selva S, Samanovic MI, **Mulligan MJ**, Patskovsky Y, Priest J, Cabatingan M, Winger RC, Krogsaard M, Silverman GJ. Longitudinal study of immunity to SARS-CoV2 in ocrelizumab-treated MS patients up to 2 years after COVID-19 vaccination. *Ann Clin Transl Neurol*. 2024 Jul;11(7):1750-1764. doi: [10.1002/acn3.52081](https://doi.org/10.1002/acn3.52081). Epub 2024 May 7. PMID: 38713096; PMCID: PMC11251481.

### **Division of Nephrology**

Li Y, Menon G, Kim B, Bae S, Quint EE, **Clark-Cutaia MN**, **Wu W**, Thompson VL, Crews DC, Purnell TS, Thorpe RJ Jr, Szanton SL, Segev DL, McAdams DeMarco MA. Neighborhood segregation and access to live donor kidney transplantation. *JAMA Intern Med*. 2024 Apr 1;18(4). doi: [10.1001/jamainternmed.2023.81](https://doi.org/10.1001/jamainternmed.2023.81). PMID: 38372985; PMCID: PMC10877505.

Li Y, Menon G, Long JJ, Chen Y, Metoyer GT, **Wu W**, Crews DC, Purnell TS, Thorpe RJ Jr, Hill CV, Szanton SL, Segev DL, McAdams-DeMarco MA. Neighborhood racial and ethnic segregation and the risk of dementia in older adults living with kidney failure. *J Am Soc Nephrol*. 2024 Jul 1;35(7):936-948. doi: [10.1681/ASN.0000000000000359](https://doi.org/10.1681/ASN.0000000000000359). Epub 2024 Apr 26. PMID: 38671538.

Mehrotra R, Cukor D, McCurry SM, Rue T, **Roumelioti ME**, Heagerty PJ, **Unruh M**. Effectiveness of existing insomnia therapies for patients undergoing hemodialysis: A randomized clinical trial. *Ann Intern Med*. 2024 Feb;177(2):177-188. doi: [10.7326/M23-1794](https://doi.org/10.7326/M23-1794). Epub 2024 Jan 16. PMID: 38224591.

### **Division of Precision Medicine**

**Barua S**, Glantz N, Larez A, Bevier W, Sabharwal A, Kerr D. A probabilistic computation framework to estimate the dawn phenomenon in type 2 diabetes using continuous glucose monitoring. *Sci Rep*. 2024 Feb 5;14(1):2915. doi: [10.1038/s41598-024-52461-1](https://doi.org/10.1038/s41598-024-52461-1). PMID: 38316854; PMCID: PMC10844336.

Claudio Quiros A, Coudray N, Yeaton A, Yang X, Liu B, Le H, Chiriboga L, Karimkhan A, Narula N, Moore DA, Park CY, Pass H, Moreira AL, Le Quesne J, **Tsirigos A**, Yuan K. Mapping the landscape of

histomorphological cancer phenotypes using self-supervised learning on unannotated pathology slides. *Nat Commun.* 2024 Jun 11;15(1):4596. doi: [10.1038/s41467-024-48666-7](https://doi.org/10.1038/s41467-024-48666-7). PMID: 38862472.

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### ***Division of Pulmonary, Critical Care, and Sleep Medicine***

Darawshy F, Molyneaux PL, **Segal LN**. Looking beyond the lower airways for microbes affecting pulmonary fibrosis. *Am J Respir Crit Care Med.* 2024 May 1;209(9):1054-1056. doi: [10.1164/rccm.202312-2255ED](https://doi.org/10.1164/rccm.202312-2255ED). PMID: 38227734; PMCID: PMC11092958.

Shellen S, **Parnia S**, Huppert EL, Gonzales AM, **Pollard K**. Integrating rSO2 and EEG monitoring in cardiopulmonary resuscitation: A novel methodology. *Resusc Plus.* 2024 Apr 26;18:100644. doi: [10.1016/j.resplu.2024.100644](https://doi.org/10.1016/j.resplu.2024.100644). PMID: 38708064; PMCID: PMC11066545.

**Parnia S**, Patel J, Bloom BM, Kulstad E, Deakin CD, Spiegel R. Recalled experience of death: Disinhibition not degeneration in relation to death facilitates inner states of lucid hyperconsciousness with novel cognitive insights. *Resuscitation.* 2024 Jun;199:110205. doi: [10.1016/j.resuscitation.2024.110205](https://doi.org/10.1016/j.resuscitation.2024.110205). Epub 2024 Apr 10. PMID: 38609063.

### ***Division of Rheumatology***

Fu W, Vasylyev D, Bi Y, Zhang M, Sun G, Khleborodova A, Huang G, Zhao L, Zhou R, Li Y, Liu S, Cai X, He W, Cui M, Zhao X, Hettinghouse A, Good J, Kim E, Strauss E, Leucht P, Schwarzkopf R, Guo EX, **Samuels J**, Hu W, **Attur M**, Waxman SG, Liu CJ. Nav1.7 as a chondrocyte regulator and therapeutic target for osteoarthritis. *Nature.* 2024 Jan;625(7995):557-565. doi: [10.1038/s41586-023-06888-7](https://doi.org/10.1038/s41586-023-06888-7). Epub 2024 Jan 3. PMID: 38172636; PMCID: PMC10794151.

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