



GW Medicine Notes

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November 2009

Annual MFA Faculty Meeting a Success

The Annual MFA Meeting took place on October 28th at the Ritz Carlton. We've come a long way since our first meeting of an hour in 101 Ross Hall. The cocktail hour lasted for over an hour with everyone having a chance to socialize and talk with faculty that they rarely get to see or meet.

The evening's session started with a presentation by President Knapp for the second year in a row. He updated the faculty on the situation with the LCME and gave us some of his outlook for the University and the Medical Center. Fundraising will be a major priority of the new President.

This was followed by a short discussion by Dr. Wasserman of the accomplishments, changes and future endeavors of the MFA. New benefits and EMR initiatives were highlighted. Mr. Badger then spent some time reviewing the Financial and Operational data from the past year and putting them into context by comparison to the past 8 years.

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Save the Date!
The Annual
Faculty/Housestaff
Holiday Party
December 11, 2009

From the Chairman

Sure the Redskins are terrible, but I wouldn't worry too much because it is unlikely that NFL Football will exist in a few years. The players are not only killing themselves with their increased girth but also are killing each other. An autopsy study on NFL players conducted a few years ago revealed many of their injuries resulted in: "neuropathological changes consistent with long-term repetitive concussive brain injury." The NFL jumped to refute this study immediately with the following statement; "not all players with long concussion histories have met premature and horrific ends to their lives." Probably true. I guess they wanted to reassure their players.

The largest player in 1960 weighed 335 pounds and from 1920 to 1984 there were never more than 8 players who weighed more than 300lbs. A new era was ushered in during 1985 by the arrival of "The Refrigerator" (William Perry aka "The Fridge") of the Chicago Bears. Weighing in at 385 lbs, he quickly became a fan favorite and is the only defensive lineman to score a rushing touchdown, on offense, in a Super Bowl. The Fridge is also famous for having the largest ring size (25) of any known football player (average male 10-12). Today, the largest player weighs 410 lbs, and there are 570 players who weigh more than 300 lbs.

With an average neck size of 17 1/2 inches and an average weight at 310 lbs, is it any wonder that 34% of offensive linemen suffer from sleep apnea? When they sleep, the muscles relax in their bodies and the weight of their necks clasp down on their airways. They stop breathing. They momentarily wake up, and the cycle starts over again. If this doesn't kill them, then the accelerated heart disease and hypertension that they develop probably will. In the early 1990's, OSHA (Occupational Safety and Health Administration) conducted a study on the rate and causes of death of NFL players and found that former linemen (the big guys) had a 50% greater risk of cardiovascular disease than the general population.

Another recent study found that one in every 69 football players and one in every 154 baseball players born after 1955 have died. The most common cause of death for baseball players were accidents with only one third dying of medical causes. Over half (52%) of the deceased football players succumbed to conditions such as coronary disease, stroke or cancer. Once again, linemen had a 3.7 times greater risk of cardiovascular disease than players in other positions. Therefore, when you are evaluating professional football players, forget the cholesterol level and just find out what positions they played. And if your son insists on playing football, encourage kicking.

I know it may be hard to believe, but HGH (human growth hormone) is not banned in the NFL. Then again banning something probably doesn't matter. Surveys have shown that at least 50% of NFL players admit to taking steroids at some time yet only 6% of players have ever tested positive. Isn't it amazing that these players can be so smart to avoid getting caught yet so dumb as to insure a shorter life span? Then again, you don't really think that Dexter Manley was the only lineman who couldn't read?

Alan G. Wasserman, M.D.

Department of Medicine November 2009 Grand Rounds

Understein Memorial Lecture

Nov 5 "Cardiac Imaging"

Zahi A. Fayad, PhD

Professor of Radiology and of Medicine (Cardiology)
Interim Director, Translational and Molecular Imaging Institute
Director of Cardiovascular Imaging Research
Mt. Sinai School of Medicine

Personalized Medicine Visiting Professor Lecture Series -

The Role of Genomics in the Future of Cardiovascular Medicine

Nov 12 "Genomics Risk Profiling and Pharmacogenomics"

Geoffrey S. Ginsburg, MD, PhD

Professor of Medicine and Pathology
Director of the Center for Genomics Medicine
Duke Institute for Genome Sciences & Policy
Duke University Medical Center

**Nov 19 "Ductal Carcinoma-in-situ of the Breast: an NIH
Consensus Conference Review"**

Arnold Schwartz, MD, PhD

Professor of Pathology
Department of Pathology
George Washington University Medical Center

**Nov 26 Thanksgiving Holiday
Grand Rounds Cancelled**

The George Washington University Medical Center (GWUMC) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. GWUMC designates this continuing medical education activity on an hour-for-hour basis in Category I of the Physician's Recognition Award of the American Medical Association.

Cardiology Grand Rounds

Nov 4	Zahi A. Fayad, PhD Professor of Radiology and of Medicine Mt. Sinai School of Medicine <i>Cardiac Imaging</i>
Nov 11	Igor R. Efimov, PhD The Lucy and Stanley Lopata Distinguished Professor of Biomedical Engineering Washington University, St. Louis, MO <i>Optical Mapping of the Human Heart: Do Animal Models Predict Clinical Physiology</i>
Nov 18	No Grand Rounds <i>American Heart Association Scientific Sessions</i>
Nov 25	No Grand Rounds <i>Thanksgiving Holiday</i>

The "Line-up" for November

ADMITTING RESIDENT (202) 715-6034 (CELL)
PAGER ACCESS (202) 414-7777 or (800) MFA-5144
or in-house (82)

<u>WHITE TEAM</u>	<u>(202) 715-5669</u>	<u>Beeper</u>
Shari Maletsky-Smith		741-0333
Ann Laake		002-0651
Mahsa Tehrani		002-0627
<u>YELLOW TEAM</u>	<u>(202) 715-6041</u>	<u>Beeper</u>
Preethi Sidhu		741-0343
Jordan Gross		002-0838
Steven Singer		741-0126
<u>GREEN TEAM</u>	<u>(202) 715-6062</u>	<u>Beeper</u>
Tanu Chandra		741-0330
Ehab El Bahesh		002-0818
Julia Dorfman		741-0259
<u>RED TEAM</u>	<u>(202) 715-6039</u>	<u>Beeper</u>
Rayan Alhazmi		741-0123
Manish Pant		002-0701
<u>BLUE TEAM</u>	<u>(202) 715-6156</u>	<u>Beeper</u>
Melissa Purvis		741-0338
Meghan Magley		741-1634
Vivek Patil		002-0663
<u>SILVER TEAM</u>	<u>(202) 715-6040</u>	<u>Beeper</u>
Christian Hinrichs		002-0830
Tara Martin		741-0392
Melissa Brunner		741-0230
<u>PURPLE TEAM</u>	<u>(202) 715-6042</u>	<u>Beeper</u>
Frances Fua		741-0331
Amy Doran		002-0873
Ju Kim		002-0766
<u>GOLD TEAM</u>	<u>(202) 715-6044</u>	

Resident Lecture Series November 2009 Noon Conference

Nov 2	Primary Care Lecture Series
Nov 3	Chairman's Rounds
Nov 4	GME Lecture Series
Nov 5	Medicine Grand Rounds
Nov 6	"CPC"
Nov 9	Primary Care Lecture Series
Nov 10	Public Health Grand Rounds
Nov 11	Geri/Palliative Care/Psych Conference
Nov 12	Medicine Grand Rounds
Nov 13	" GI Problems in the Hospitalized Patient" - Dr. Rebecca Ramirez
Nov 16	Primary Care Lecture Series
Nov 17	Chairman's Rounds
Nov 18	Recruitment/Resident Luncheon
Nov 19	Medicine Grand Rounds
Nov 20	Recruitment/Resident Luncheon
Nov 23	Recruitment/Resident Luncheon
Nov 24	M&M
Nov 25	Jeopardy!
Nov 26	Holiday - No Conference
Nov 27	Holiday - No Conference
Nov 30	Recruitment/Resident Luncheon

More on Flu

The MFA has received a limited supply of H1N1 vaccine.

The DC Department of Health anticipates it will receive enough vaccine to begin mass vaccination in December. Prior to that, these patients are ranked by the CDC as priorities:

- Pregnant women
- Family or caregivers with children under 6 months of age
- Healthcare workers
- Children between 6 months old and 18 years old
- People 19-24 years old
- People 25-64 years old with underlying medical conditions such as asthma; chronic lung, heart or renal disease; immunosuppression
- Elderly

The MFA requires both Seasonal Influenza and H1N1 vaccinations for staff who work in patient care areas.

Treatment with Antivirals

Most people will recover from either type of influenza with simple treatments such as fluids and rest. You can take acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) if you feel very uncomfortable. However, these drugs may prolong virus secretion. Some patients with severe infection will need support from antiviral medications such as Tamiflu or Relenza. Prophylactic distribution isn't recommended unless a patient:

- has an underlying health concern
- is pregnant
- has a child at home under 6 months of age

Patient Care Procedures

If you are treating a patient who displays influenza symptoms, put a surgical mask on the patient. You should wear a mask to reduce your risk of infection. Routine surgical masks and N95 masks are available. The CDC is currently recommending N95 masks, but they are uncomfortable and difficult to use. The combination of surgical masks on both you and your patient should help to reduce infectivity.

If you come down with mild to moderate symptoms, stay home.

Seek Treatment if:

- your symptoms progress
- your fever lingers for more than a few days
- you have an underlying medical condition such as diabetes, asthma, heart failure, a compromised immune system
- you are pregnant

The MFA requests that you stay home for a day after your fever breaks. If you have lingering symptoms such as a cough, wear a surgical mask.

Help prevent infection by washing your hands or using alcohol-based hand sanitizers frequently and by wiping down surfaces like desktops, keyboards, phones, counters and doorknobs with mild disinfectants.

With everyone's cooperation we will get through this pandemic.

ENT and Audiology Open K St. Office

The MFA Division of Otolaryngology is pleased to announce its new location at 2021 K Street NW Suite 206. The GW Ear, Nose and Throat Center provides support in management of the most difficult Otolaryngology cases, including: minimally invasive surgery of the parathyroid and thyroid, salivary gland disorders, endoscopic sinus surgery, facial cosmetic surgery, endoscopic surgery for skull base tumors, endoscopic surgery for nasal and sinus tumors, balloon sinusplasty and incisionless rhinoplasty.

The MFA Audiology Center is also located at 2021 K Street NW in Suite 312. The center offers comprehensive hearing tests for all ages as well as hearing aid evaluations and assistance with supportive devices.

The Voice Treatment Center has remained at 2150 Pennsylvania Avenue and our ENT specialists will provide limited office hours at the MFA.

The MFA has opened yet another ENT office in Fairfax at 8505 Arlington Blvd Suite 270.

To schedule a consultation at any of our sites call (202) 741-3275.

Chairman's Rounds

GWU Hospital Auditorium, 12:00 Noon
All Faculty Invited to Attend

Nov 03 **Dr. Adam Schiffenbauer**
Dr. Tim Dougherty

Nov 17 **Dr. Alex Rilling**

... MFA Faculty Meeting

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We have collected as much cash in the first three months of this year as the MFA did the entire year of its first year of incorporation. That speaks volumes about the success of the MFA.

A short but as usual, lively, question and answer session followed with all leaving proud of what everyone has helped accomplish in 9 years.

Rheumatology Review Course November 2009

Thursdays 8:00 - 9:00 am ACC 1-401, 1:30 - 3:30 pm Hospital Rm 6-106
Questions? Call (202) 741-2488

- Nov 5 "Fybromyalgia"
Russell Rothenberg, MD
Associate Clinical Professor of Medicine, GWU
- Nov 5 Didactic Sessions
1:30 - 3:30 p.m., GWU Hospital, Rm 6106
- Nov 12 Intra-City Rheumatology Grand Rounds
NOTE LOCATION: Walter Reed Army Medical Center
NOTE TIME: 7:30 AM
- Nov 12 Didactic Sessions
1:30 - 3:30 p.m., GWU Hospital, Rm 6106
- Nov 18 DC Rheumatism Society: Gout - New Treatment Options
Michael A. Becker, MD
Professor Emeritus of Medicine
The University of Chicago
Bethesda Marriott, 6:30 - 9:30 pm
- Nov 19 Intra-City Rheumatology Grand Rounds
NOTE LOCATION: NIH
NOTE TIME: 7:30 AM
- Nov 19 Didactic Sessions
1:30 - 3:30 p.m., GWU Hospital, Rm 6106
- Nov 26 **Thanksgiving Holiday—No Conference**

Kudos & Congratulations

Kudos ... to Dr. Sian Spurney, Director, Division of Hospital Medicine, who is presenting on the "Divergence Between Hospital and Outpatient Care: Can the Gap be Bridged?" at the 2009 DC Metro Area ACP Chapter Scientific Meeting on November 7. As usual **Dr. Gigi El-Bayoumi**, Internal Medicine Residency Director and **Dr. Robert Wilkinson**, Clinical Professor Emeritus, serve on the Program Committee.

More kudos ... to Dr. Meghan Magley, PGY1, **Dr. Hawaa Almansouri**, PGY3, **Dr. Linda Lesky**, Associate Professor and **Veronica Merrell**, RN, who were praised for their teamwork picking up on, rapidly evaluating and treating a hospital patient "brain attack" last month.

Congratulations ... to Dr. Vicki Britton, Chief Medical Resident, and her husband Ryan, on the birth of their twin sons Shepherd and Jackson. The boys arrived on October 17th and weighed in at 3 lbs 5 ozs each. Shepherd arrived 1 minute before his brother and at 16.5 inches out stretched Jackson by half an inch. Though the boys will spend a few more weeks in the NICU, fortunately all are healthy and happy. Congratulations Vicki and Ryan!

Congratulations ... to Dr. Alexander Cho, PGY1, on his recent engagement. Apparently he is already have a bit of trouble keeping up with his fiancé's wedding planning. Good luck Dr. Cho!

See you next month! *The Editor*



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