

medicine minute

Tuesday, November 26, 2024

kudos

PROFESSIONAL DEVELOPMENT

Khalaf McStay Certified to Teach Relationship-Centered Communication



Carla Khalaf McStay, M.D., M.S., an Assistant Professor in the Palliative Medicine Section of the William T. and Gay F. Solomon Division of General Internal Medicine, has received certification to facilitate and teach relationship-centered communication through the Academy of Communication in Healthcare.

Dr. Khalaf McStay holds a bachelor's degree in biology from Austin College in Sherman, where she graduated with honors. She earned her medical degree at the Texas A&M Health Science Center College of Medicine and completed internal medicine residency training at Texas A&M College of Medicine

– Baylor Scott & White Health in Temple. She then received advanced training through a fellowship in hospice and palliative medicine at the University of Pittsburgh Medical Center. In addition, she holds a master's degree in medical education from the University of Pittsburgh's Institute for Clinical Research Education.

ACHIEVEMENTS

Fellows Win Debate at Liver Conference



Amin Fallahzadeh, M.D., left, and **Damal Ashwini Arvind, M.D.**, right, won the American Association for the Study of Liver Diseases Debate at the 75th annual Liver Meeting in San Diego. Their topic: HCC screening. The academic debate is described as “a unique opportunity for hepatology professionals to showcase their expertise, engage in a spirited discussion, and contribute to advancing the field of liver disease.”

Dr. Fallahzadeh, M.D, a fellow in the Transplant Hepatology Program, received his medical degree from Shiraz University and completed residency training at Baylor University in

Dallas.

Dr. Arvind, a fellow in the Gastroenterology Program, received her medical degree from Oxford University and completed residency training at UT Southwestern.

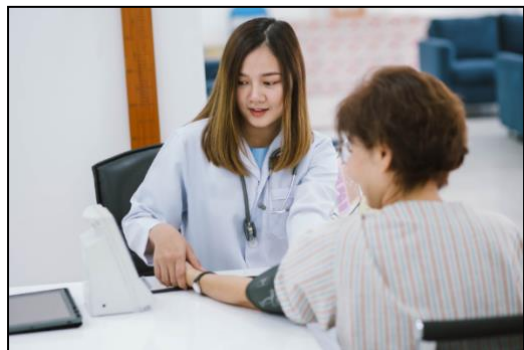
Their mentor for the debate was **Amit Singal, M.D., M.S.**, a Professor in the Division of Digestive and Liver Diseases, Director of the Liver Tumor Program, and Chief of Hepatology.

Dr. Singal is the Dedman Family Scholar in Clinical Care and holder of the Willis C. Maddrey, M.D. Distinguished Chair in Liver Disease.

research roundup

PUBLICATIONS

Intensive Blood Pressure Control Cuts Cardiovascular Risks in Diabetes



People with Type 2 diabetes are twice as likely to have high blood pressure. Elevated blood sugar can damage blood vessels and impair kidney function, leading to high blood pressure. Nearly three-fourths of adults with Type 2 diabetes also have high blood pressure. Consistently high blood pressure requires lifestyle changes and medication. Left unmanaged, it can increase the risk of heart attack, stroke, heart failure, and kidney problems.

In a [study published in *The New England Journal of Medicine*](#) by **Jiang He, M.D., M.S., Ph.D.**, a Professor and Director of Implementation Research in the Department of Internal

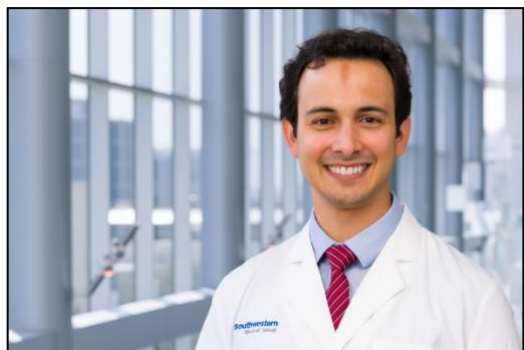
Medicine, and colleagues in China, examined whether a more intensive treatment approach, aiming for a lower blood pressure goal would reduce the risk of major cardiovascular events such as non-fatal heart attacks, strokes, hospitalized heart failure, or death due to cardiovascular disease.

In the Blood Pressure Control Target in Diabetes (BPROAD) Study, about half of the nearly 13,000 adult participants with Type 2 diabetes and high systolic blood pressure received aggressive treatment to lower their systolic blood pressure to below 120 mm Hg, while the other half aimed for a target of less than 140 mm Hg. Over a follow-up period of up to five years, those in the more intensive treatment group with the lower blood pressure target experienced a reduced risk of major cardiovascular events.

education and training

LEADERSHIP

Mulanovich Succeeds Campbell in Clerkship Role



Eduardo Mulanovich, M.D., M.S., an Assistant Professor in the William T. and Gay F. Solomon Division of General Internal Medicine, has been appointed Co-Director of the Ambulatory Clerkship, succeeding **Jessica Campbell, M.D.**, who had served in the role since 2021.

A well-regarded educator, Dr. Mulanovich is a longtime preceptor and current member of the Ambulatory Clerkship Grade Evaluation Committee.

Originally from Lima, Peru, Dr. Mulanovich holds a bachelor's degree in bioinformatics with a minor in philosophy from the

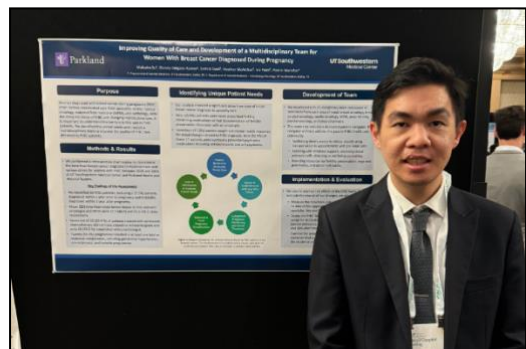
University of St. Thomas in Houston and a master's degree in medical education from the University of Pittsburgh. He earned his medical degree at UT Health Houston's McGovern Medical School and received internal medicine residency training at the University of Alabama at Birmingham. He then completed general internal medicine fellowship training at the University of Pittsburgh Medical Center, where he was recognized for Outstanding Achievement in Medical Student Teaching.

Dr. Mulanovich joined the UT Southwestern faculty in 2021.

Dr. Campbell, an Assistant Professor in the Division of General Internal Medicine, will continue to assist the clerkship with scholarly projects and advising students as they transition to graduate medical education.

CONFERENCES

Residents Present, Compete at Texas Chapter of ACP



Several residents were among the presenters and competitors who participated in the Texas Chapter meeting of the American College of Physicians in Galveston.

- **Malcom Su, M.D.**, (pictured), a second-year resident from Newport Beach, California, presented a QI project, "Improving Quality of Care and Development of a Multidisciplinary Team for Women With Breast Cancer Diagnosed During Pregnancy."

- **Frans Serpa, M.D.**, a first-year resident from Quito, Ecuador, presented a case report, "A Diagnostic and

Therapeutic Challenge – Atypical Presentation of Diabetic Gastroparesis with Severe Abdominal Pain and Refractory Nausea."

- **Sebastian Echeandia Rushton, M.D.**, a first-year resident from Lima, Peru; **Daniel Feuer, M.D.**, a second-year resident from Miami, Florida; and **Lauren Taylor, M.D.**, a third-year resident from Fremont, California, teamed up with **Dr. Serpa** to participate in the ACP Doctor's' Dilemma competition.

personnel updates

ADMINISTRATION

Johnson Appointed Assistant Director of Operations



Tiffanie Johnson, M.H.A., has accepted a position as the Department's inaugural Assistant Director of Operations.

Over the course of her 25-year career, Ms. Johnson has held progressive leadership roles in the healthcare industry, including at major medical centers and physician practices in Dallas, Atlanta, and Houston. She specializes in operations management, business development, cost containment, team building, and employee engagement.

In her new role, she will oversee the Department's operational activities, administrative staff, human resources, faculty

recruitment, credentialing and privileging, compliance, records retention, reporting databases, and process improvement.

Originally from Memphis, Tennessee, Ms. Johnson holds a bachelor's degree in accounting from Prairie View A&M University and a master's degree in healthcare administration from the University of Memphis.



Internal Medicine News Portal
Click for more Department news and updates

in case you missed it

FUNDING

McRaven Donates \$1M for Research into Gulf War Illness



Retired Navy Adm. William McRaven, who led the U.S. Special Operations and oversaw the SEAL Team Six mission that killed Osama bin Laden in 2011, has donated \$1 million to UT Southwestern Medical Center. This donation will support research on Gulf War Illness (GWI) and mental health programs for veterans.

This contribution is part of Admiral McRaven's continuous advocacy for veterans' issues and follows his receipt of the Bezos Courage & Civility Award, a \$50 million prize from Jeff Bezos and Lauren Sánchez.

Robert Haley, M.D., a Professor in the Division of Infectious Diseases and Geographic Medicine, has dedicated much of his career to researching GWI. His team's studies have demonstrated that the nerve gas sarin is a major cause of this syndrome, which has affected tens of thousands of veterans from the 1990-1991 Persian Gulf War. The symptoms include chronic headaches, memory loss, fatigue, insomnia, and other severe health issues.

Dr. Haley's research discovered a genetic predisposition that explains why some veterans developed symptoms while others did not. Veterans with specific genetic markers that aided in metabolizing sarin were less likely to develop GWI, whereas those without these markers were more susceptible. Additionally, the team identified a molecular pathway that can be targeted with existing drugs, offering a potential treatment for the disease.

To read the article in the UTSW Newsroom, click [here](#). To learn more about Dr. Haley's research, click [here](#).

Dr. Haley holds the U.S. Armed Forces Veterans Distinguished Chair for Medical Research, Honoring Robert Haley, M.D., and America's Gulf War Veterans.

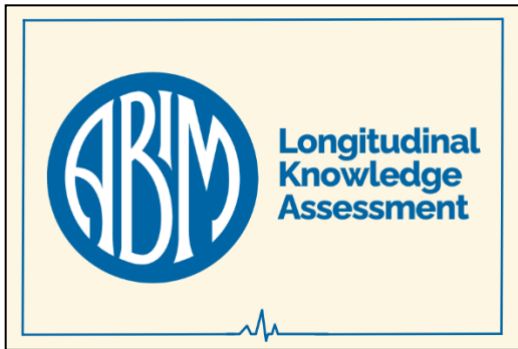
News and Digital Media Featuring Internal Medicine Colleagues

- [Innovative Procedure Removes GI Tumors with Precision, No Incisions](#) (via UTSW Newsrom, with Markus Goldschmiedt, M.D., and Thomas Tielleman, M.D.)
- [Tips and Recipes for a Healthy Holiday Season from a Doctor and a Dietitian](#) (via MedBlog, with Jaclyn Albin, M.D.)
- [Special De-liver-y Transplant: Aunt Donates Portion of Liver to Save Young Adult Niece](#) (via MedBlog, with Mark Pedersen, M.D., Arjmand Mufti, M.D., Marlyn Mayo, M.D., and Shannan Tujios, M.D.)
- [Beckman Leads UTSW's Division of Vascular Medicine, a First of its Kind in U.S.](#) (via CenterTimes Plus, with Joshua Beckman, M.D.)

need to know

REMINDERS

LKA Enrollment Opens on Dec. 1



Enrollment opens on **Sunday, Dec. 1**, for physicians who are due for an assessment in 2025 by the American Board of Internal Medicine.

The organization's Longitudinal Knowledge Assessment (LKA) is a flexible assessment alternative that allows physicians to answer questions on their own time and meet their Maintenance of Certification (MOC) requirement.

To learn more and to log into the ABIM Physician Portal, click [here](#).

this week

HOLIDAYS

Clinics, Academic Offices, and Labs Closed on Nov. 28 and 29



Thursday, Nov. 28, and Friday, Nov. 29, are [designated holidays](#) for UT Southwestern faculty, employees, and learners, in observance of Thanksgiving.

All UTSW clinics, central administration, academic offices, and research labs will be closed. Hospitals will be fully operational with the appropriate staff in support areas.

If you have questions about the holiday policy, call Human Resources at 214-648-0821.

upcoming events

CONTINUING MEDICAL EDUCATION

Oncology Year in Review Scheduled for Dec. 7



The Simmons Comprehensive Cancer Center will present its annual Oncology Year in Review on **Saturday, Dec. 7, from 8 a.m. to 2 p.m.** in the third-floor conference room of the Radiation Oncology Building.

The live, in-person event will provide participants the latest information available as presented at the 2024 American Society of Clinical Oncology (ASCO) meeting, 2024 European Society for Medical Oncology (ESMO) meeting, and major findings from other meetings that took place in 2024.

Course Director **Sawsan Rashdan, M.D.**, an Associate Professor in the Division of Hematology and Oncology, will be joined by 12 other faculty members to discuss the latest breakthroughs in cancer care, research, and prevention.

To learn more about the conference, click [here](#).

CONTINUING MEDICAL EDUCATION

Annual Liver Conference Set for Dec. 7



The Division of Digestive and Liver Diseases will host its 8th Annual Update on Liver Diseases on **Saturday, Dec. 7**, at the Renaissance Dallas Hotel.

The annual course, co-directed by **Amit Singal, M.D.**, and **Indira Bhavsar-Burke, M.D.**, will update providers on a diverse range of topics including evaluation of liver tests, non-invasive markers of fibrosis, viral hepatitis, autoimmune liver disease, alcohol and metabolic associated fatty liver disease, cirrhosis, portal hypertension, primary liver cancer and liver transplantation. The conference focuses on recent advances, publications and expert opinions. In addition to didactic

lectures, case presentations are included to make the activity interactive and practical.

Registration for the in-person event closes on Monday, Dec. 2. Space is limited. Virtual attendance is unlimited, and registration is open until Thursday, Dec. 5. To learn more about the conference, click [here](#). To register for the conference, click [here](#).



Internal Medicine Events Calendar

[Click to view additional events](#)

Look for the next *Medicine Minute* on **Tuesday, Dec. 3, 2024.**

Share feedback and news items with us at IMNews@UTSouthwestern.edu

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