

medicine minute

April 1, 2025

kudos



PUBLICATIONS

McGuire, Colleagues Show Oral GLP-1 Agonist Reduces Cardiovascular Events in Patients with High-Risk Diabetes

A [study published in *The New England Journal of Medicine*](#) has shown that a tablet form of semaglutide significantly reduces major adverse cardiovascular events (MACE) in patients with high-risk type 2 diabetes (T2D), providing an alternative to standard injections. The SOUL trial, which included individuals with T2D and atherosclerotic cardiovascular diseases (ASCVD) or chronic kidney disease (CKD), or both, found a 14 percent reduction in MACE over four years.

The trial results were presented by lead author **Darren McGuire, M.D.**, a Professor in the Division of Cardiology, at the American College of Cardiology's annual scientific sessions in Chicago on March 29.

SOUL was the first trial to measure the cardiovascular benefit of an oral glucagon-like-peptide-1 (GLP-1) receptor agonist. It involved 9,650 participants from 44 countries, with 12 percent of those on oral semaglutide experiencing a primary-outcome event compared to 13.8 percent in the placebo group. Key benefits included a 26 percent reduction in non-fatal heart attacks, 12 percent reduction in strokes, and 7 percent reduction in cardiovascular deaths.



FUNDING

Lee Receives Distinguished Researcher Award

Laurel Lee, M.D., Ph.D., an Assistant Professor in the Division of Cardiology, has received a Distinguished Researcher Award from UT Southwestern President's Research Council, a group that supports investigators at an early stage in their careers.

The \$75,000 award will support Dr. Lee's work to redefine early vascular susceptibility to atherosclerosis through anti-viral immunity.

Dr. Lee holds a bachelor's degree in biology and neuroscience from the Massachusetts Institute of Technology and a doctoral degree in T-cell immunology as part of a Rhodes Scholarship from the University of Oxford, where she identified broadly cross-reflective influenza virus-specific memory T-cells in humans and their epitopes. She completed her medical degree at Harvard Medical School through the Harvard-MIT Health Sciences and Technology physician-scientist program, where she characterized post-stroke monocyte and T-cell activation in mice. She then received internal medicine residency training, cardiology fellowship training, and NIH/NHLBI T-32 funded postdoctoral fellowship training in vascular biology and cellular metabolism at Harvard and Brigham and Women's Hospital.

Dr. Lee joined the UT Southwestern faculty in 2024.



HONORS

Anderson Named McGovern Medical School Distinguished Alumnus

Larry Anderson Jr., M.D., Ph.D., a Professor in the Division of Hematology and Oncology, has received a Distinguished Alumnus Award from UT Health Houston's McGovern Medical School. In a [published interview](#), Dr. Anderson said it was a "huge honor" and among the top accomplishments of his career.

"I knew when I started...that I wanted to focus on T cell immunotherapy in cancer, and now I am thrilled to have helped bring CAR T-cell therapies to clinical practice for multiple myeloma patients through my work on clinical trials," he said.

Those trials have helped lead to several new therapies for myeloma that have become standard of care.

Dr. Anderson said he is "even more excited about the future of myeloma treatment based on preliminary results of ongoing clinical trials with various T-cell therapies, including current attempts to move CAR T-cell therapy forward to frontline therapy in newly diagnosed myeloma."

Originally from the central Texas town of Hearn, Dr. Anderson holds a bachelor's degree in biomedical sciences from Texas A&M, a medical degree from UT Health Houston, and a doctorate in immunology from UT Health Science Center. He completed internal medicine residency training at the Mayo Clinic in Rochester, Minnesota, followed by fellowship training in medical oncology at the University of Washington Medical Center and Fred Hutchinson Cancer Research Center in Seattle, where he also served as a research associate.

Dr. Anderson joined the UT Southwestern faculty in 2008.



LEADERSHIP

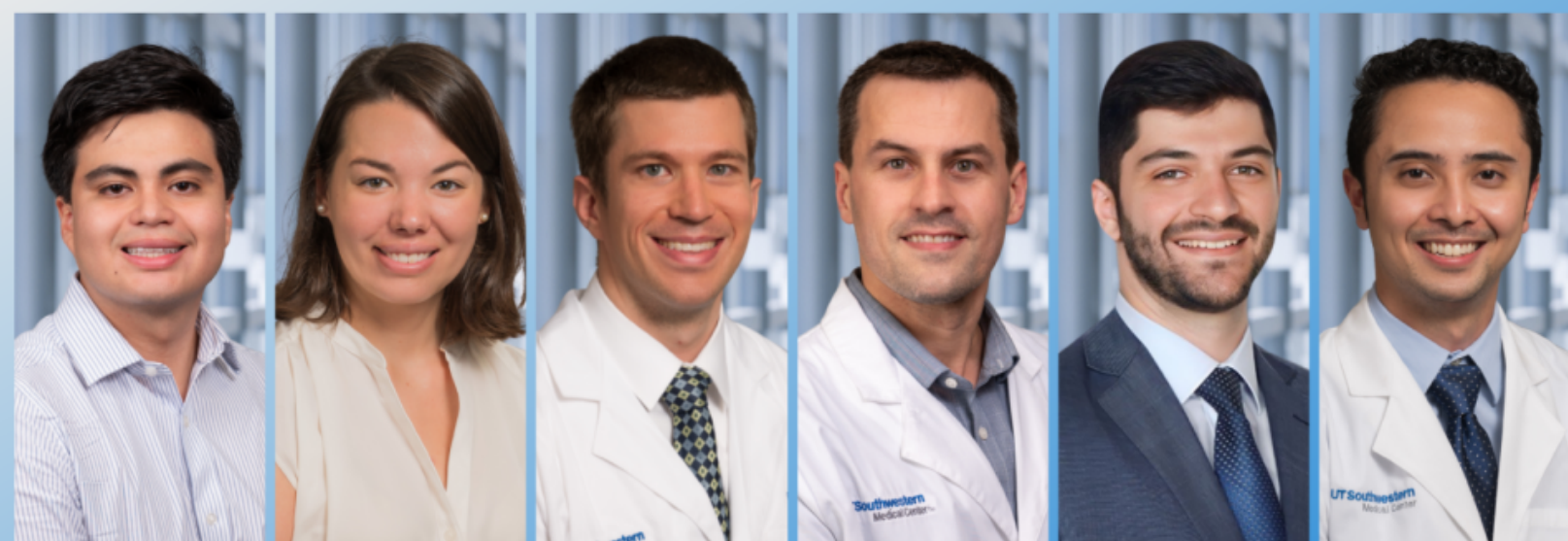
McDonald to Serve as Interim Department Administrator

Akela McDonald, M.H.A., a Senior Division Operations Administrator with responsibility for the divisions of Combined Internal Medicine and Pediatrics, General Internal Medicine, Geriatric Medicine, Hospital Medicine, has been appointed Interim Department Administrator, succeeding **Nathan Nikirk, M.S., M.H.A., CPA**, who is assuming a finance leadership role at Children's Health.

Originally from Dallas, Ms. McDonald holds a bachelor's degree in community health education from Morris Brown College in Atlanta and a master's degree in healthcare administration from Texas Woman's University in Houston. Prior to joining UT Southwestern in 2022, she worked in progressive administrative leadership positions at a large hospital system in Iowa, a healthcare provider network associated with John Peter Smith Hospital in Fort Worth, and a clinical practice with multiple locations throughout North Texas.

She is a Fellow of the American College of Healthcare Executives, and a member of the National Association of Health Services Executives.

education and training



INTERNAL MEDICINE GRAND ROUNDS

Foster Fellows to Present Grand Rounds Lecture on April 4

The 2024 Foster Fellows will deliver oral presentations of their Seldin Research Symposium work during [Internal Medicine Grand Rounds](#) on Friday, April 4, at 8 a.m. in D1.502. Afterward, the Seldin Scholar will be selected by the audience.

Presenters (pictured, from top left) and topics:

- **Diego Anazco, M.D.**, will present "Predicting Weight Loss Outcomes After Roux-En-Y Gastric Bypass Surgery Using a Machine Learning-Enhanced Gene Risk Score for Satiation." He was mentored by **Andres Acosta, M.D, Ph.D.**
- **Paige Della-Penna, M.D.**, will present "Implementation of a Novel Simulation-Based Point-of-Care Ultrasound Curriculum for Internal Medicine Residents." She was mentored by **Sujata Bhushan, M.D.**
- **Eric Hall, M.D.**, will present "Cognitive Outcomes After Cardiogenic Shock." He was mentored by **Maryjane Farr, M.D., M.Sc.**
- **Grant Herrington, M.D.**, will present "Glucocorticoid-Containing Supplements Causing Severe Adrenal Insufficiency in Hospitalized Patients: A Case Series." He was mentored by **Jaini Sutria, M.D.**
- **Mohammad Jarrah, M.D.**, will present "Performance of GALAD, GAAD, and ASAP for Early HCC Detection in Chronic Liver Disease: A Systematic Review and Meta-analysis." He was mentored by **Amit Singal, M.D., M.S.**
- **Sean Taasan, M.D.**, will present "Optimizing Time from Admission to IV Methotrexate Initiation for Planned Admissions to Inpatient Malignant Hematology Service." He was mentored by **Amy Jones, M.D.**

To accommodate all presenters and to allow for selection of the Seldin Scholar, this event is expected to last up to 90 minutes.

[Seldin Symposium Website](#)

EFFECTIVE FEEDBACK IN MEDICAL EDUCATION

Series Continues with 'Building Rapport and Trust'

Feedback is a cornerstone of medical education, guiding learners toward professional growth and skill development. Yet the process of giving feedback is not always straightforward. To help attending physicians provide effective feedback in medical education, the Department's Undergraduate Medical Education (UME) team is continuing its series of articles in *Medicine Matters* with tips and resources based on best practices.

According to a [2017 study](#) in the *Journal of Graduate Medical Education*, the first step in effective feedback is to establish rapport through trust-building and authenticity, which lays the groundwork for meaningful and constructive feedback that supports both the learner's growth and the educator's role in their development.

To learn more about facilitating feedback and coaching in residency by building rapport and trust, visit the UME office.

For more information, contact [Reeni Abraham, M.D.](#), or [Sarah Collins Kamsickas, Ph.D., M.B.A.](#) To access the Effective Feedback articles, click [here](#).

Internal Medicine News Portal

in case you missed it



MEDBLOG

El Chediak Discusses Pancreas Transplant for People with Severe Diabetes

More than 30 million adults in the U.S. have diabetes. While most can manage their condition with medication and lifestyle adjustments, some experience severe diabetes-related complications like kidney disease, vision loss, nerve damage, or drastic

fluctuations in blood sugar levels. Patients who have these issues may be eligible for a pancreas transplant or a combined kidney-pancreas transplant, says **Alissar El Chediak, M.D.**, an Assistant Professor in the Division of Nephrology, and co-author **Christopher Nauser, M.D.**, an Assistant Professor of Surgery in a [new MedBlog post](#).

The 10-year survival rate for patients who've had a kidney-pancreas transplant is 70 percent — much higher than for patients with Type 1 diabetes who are receiving maintenance dialysis.

UT Southwestern has the largest transplant program in North Texas, with experts who understand the profound impact transplant procedures can have on patients.

The authors describe the benefits of pancreas transplant, who may qualify for one, and what to expect before, during, and after the procedure.

this week



INTERNAL MEDICINE RESEARCH CONFERENCE

Madhusudhan, Song to Present Research Findings

Nikhil Madhusudhan, M.D., Ph.D., a Research Fellow in the Division of Hematology and Oncology, and **June Song, M.D.**, a Research fellow in the Division of Nephrology, will present the [Internal Medicine Research Conference](#) on **Friday, April 4, at noon in D1.502**.

Dr. Madhusudhan will present, "Towards Understanding Innate Immune Mechanisms in Bacteria."

Dr. Madhusudhan completed his undergraduate studies at Boston University and then spent two years as a laboratory technician at the Broad Institute studying mitochondrial metabolism under Vamsi Mootha, M.D. He joined the Medical Scientist Training Program (MSTP) at UT Southwestern, where he completed his doctoral degree in biochemistry under the mentorship of **Deepak Nijhawan, M.D., Ph.D.**, uncovering a series of new non-small cell lung cancer toxins that target mitochondrial complex I. After earning his medical degree through the MSTP program, he began training in Internal Medicine's Physician Scientist Training

Program. He is currently in the research phase of his fellowship and completing his postdoctoral work under the mentorship of **Vincent Tagliabracci, Ph.D.**, an Associate Professor of Molecular Biology.

Dr. Song will present, "Attenuation of ADPKD by Targeting the 3'UTR of *PKD1*."

Originally from Singapore, Dr. Song holds a bachelor's degree in biochemistry and biophysics from the University of Pennsylvania. She earned her medical degree from the University of Virginia and completed internal medicine residency training and a fellowship in nephrology at UT Southwestern. She began working in the Patel and Lakhia lab in 2024.

Other Noteworthy Lectures & Conferences

- **Wednesday, April 2, 8 a.m.:** [Geriatrics Grand Rounds](#) with **Dr. Sarah Godfrey** (General Internal Medicine) "Expanding the Paradigm of Palliative Cardiology"
- **Thursday, April 3, 8 a.m.:** [Infectious Diseases Grand Rounds](#) with **Dr. Antonia Chen** (Orthopaedic Surgery) "The Current State of Periprosthetic Joint Infection Treatment"
- **Thursday, April 3, Noon:** [Renal Grand Rounds](#) with **Dr. Stefan Somlo** (Yale School of Medicine) "Polycystin and Cilia Signaling in Polycystic Kidney Disease"
- **Thursday, April 3, Noon:** [Bartolucci Lectureship](#) with **Dr. Julie Ann Sosa** (University of California San Francisco) "Embracing Change: A Preview of the 2025 American Thyroid Association Differentiated Thyroid Cancer Guidelines"
- **Friday, April 4, Noon:** [Simmons Comprehensive Cancer Center Distinguished Lecture](#) with **Dr. Scarlett Lin Gomez** (University of California San Francisco)
- **Friday, April 4, 1 p.m.:** [Endocrine Grand Rounds](#) with **Dr. Felona Gunawan** (Endocrinology)

upcoming events

THE ALFRED G. GILMAN SYMPOSIUM — ON — EDUCATION



Gilman Education Symposium Scheduled for April 10

The 14th annual [Alfred G. Gilman Symposium on Education](#) will be held on **Thursday, April 10, from 7:30 a.m. to 4 p.m.** as a hybrid event. Sponsored by the Southwestern Academy of Teachers, the event will highlight “A New Frontier: The Intersection of Medical Education and Artificial Intelligence.”

The keynote address will be presented virtually at 9 a.m. by **Marc Triola, M.D.**, a Professor of Internal Medicine at NYU Langone Health, where he is also Associate Dean for Educational Informatics and Director of the Institute for Innovations in Medical Education.

The opening plenary session will feature the first campus-wide address by **James Willig, M.D., M.S.P.H.**, a Professor in the Division of Infectious Diseases and Geographic Medicine and Associate Dean for Undergraduate Medical Education. Additionally, **Jessica Abramowitz, M.D.**, an Associate Professor in the Division of Endocrinology; **Reuben Arasaratnam, M.D., M.P.H.**, an Associate Professor in the Division of Infectious Diseases and Geographic Medicine; **Indira Bhavsar-Burke, M.D.**, an Assistant Professor in the Division of Digestive and Liver Diseases; and **Judah Gruen, M.D.**, an Assistant Professor in the Division of General Internal Medicine, will provide updates on their grant projects.

[Event Registration](#)

Other Events Featuring Internal Medicine Faculty

- **Saturday, April 12:** [Pancreatic Cancer Symposium](#) with Drs. Salwan Al Mufar and Timothy Brown (Hematology & Oncology), and Dr. Tarek Sawas (Digestive & Liver Diseases)
- **Saturday, May 3:** [Update in Internal Medicine](#) with Drs. Gloria Ayuba, Sandeep Das, Elizabeth Hardin, Nimesh Patel and Anand Rohatgi (Cardiology); Thomas Kerr and Anna Tavakkoli (Digestive & Liver Diseases); Alex Tessnow, Tonia Vinton, and Christoph Zechner (Endocrinology); Arthur Hong and Emily Kahl (General Internal Medicine); Natalie Bavli, Sheena Bhalla, Timothy Brown, Suzanne Conzen, and Kevin Courtney (Hematology & Oncology); James “Brad” Cutrell, Siddharth Kogilwaimath, Joslyn Strebe, and Alex Tatara (Infectious Diseases & Geographic Medicine); Orson Moe, Ramesh Saxena, Taylor Schaub Schlager, Miguel Vazquez, and David Wojciechowski (Nephrology); Leah Cohen, Luke Engelking, Xiao-Fei Kong, Paul Lederer, and Bethany Lussier (Pulmonary & Critical Care Medicine); and Luigino Bernabela and Joseph Merola (Rheumatic Diseases)
- **Saturday, May 10:** [Heart Failure Symposium](#) with Drs. Mark Drazner, Maryjane Farr, Justin Grodin, Elizabeth Hardin, Nicholas Hendren, Katherine Michelis, Jennifer Thibodeau, Lauren Truby, and Christopher Wrobel (Cardiology)

[Internal Medicine Events](#)

CLINICAL TRIALS

First Subject Enrolled in Transcatheter Heart Valve Study

UT Southwestern has enrolled its first research subject in the PROGRESS CAP trial, a study of a transcatheter heart valve system, manufactured by Edwards Lifesciences.

"Transcatheter aortic valve replacement (TAVR) is an FDA-approved minimally invasive procedure that replaces the valve through a catheter inserted in the femoral artery in the groin," explains **Anthony Bavry, M.D.**, a Professor in the Division of Cardiology and Director of the Structural Heart Program. "This trial will study the safety and effectiveness of TAVR with the Edwards valve platform in people with moderate, calcific aortic stenosis."

Calcific aortic stenosis (AS) occurs when calcium accumulates in the aortic valve, leading to a narrowing that prevents its proper opening and closing. Patients with moderate calcific AS might experience symptoms like fatigue, shortness of breath, chest pain, and rapid heartbeat, diminishing their quality of life. Valve replacement is typically advised only when AS becomes severe. However, some patients with moderate AS and additional risk factors might benefit from valve replacement.

"This study will contribute to our understanding of TAVR as an option for patients with moderate AS," Dr. Bavry says. "An investigational device like the one we're studying may make it possible to stop or prevent further damage to the heart."

Eligible participants must be 65 or older and have moderate AS in addition to symptoms or evidence of cardiac damage or dysfunction.

CLINICAL TRIALS

Male Volunteers Needed to for Chronic Weight Management Study

Endocrine researchers are involved in a clinical trial exploring a potential medication to determine whether it might help people lose and manage their weight.

"Obesity is a chronic and complex disease which can have serious negative health consequences, both in the short and long term," says **Ildiko Lingvay, M.D., M.P.H., M.S.C.S.**, a Professor in the Division of Endocrinology and a site investigator. "Discovering new medicines can help the long-term treatment for people with excess weight concerns, in addition to providing better quality of life."

Male volunteers are needed to help determine the safety and effectiveness of the investigational medicine during the six-month trial. To qualify, they must be at least 18 years of age, have a body mass index (BMI) of 30 or more, and not have diabetes. A total of 14 appointments will be scheduled, including telephone and in-person visits. Participants will receive dietitian counseling, an approved weight-loss injectable drug, and compensation for time and effort.

If interested in participating, contact [Jeyna Blakely](#), a Clinical Research Coordinator in the Division of Endocrinology.

Look for the next *Medicine Minute* on **Tuesday, April 8, 2025.**

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

