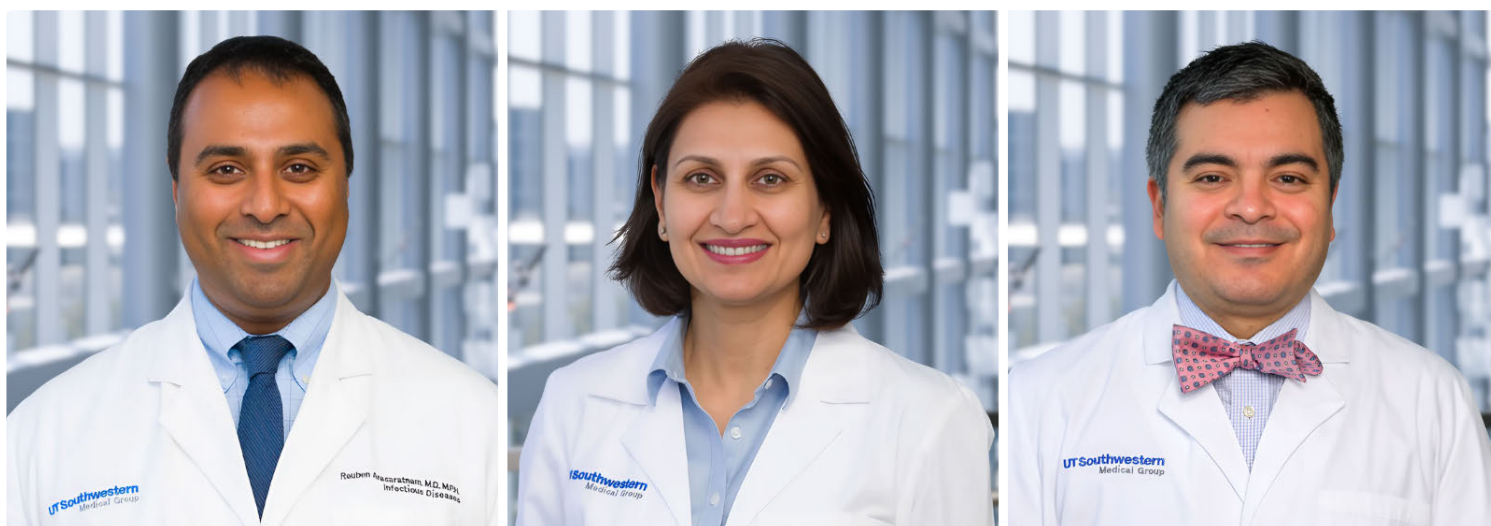


medicine minute

August 19, 2025

kudos



Arasaratnam, Jamshed, La Hoz Elected SWAT Members

The [UT Southwestern Academy of Teachers](#) announced its latest class of inductees, which includes three faculty members from Internal Medicine: **Reuben Arasaratnam, M.D., M.P.H.**, an Associate Professor in the Division of Infectious Diseases and Geographic Medicine; **Namirah Jamshed, M.D., M.Sc.**, a Professor in the Division of Geriatric Medicine; and **Ricardo La Hoz, M.D.**, an Associate Professor in the Division of Infectious Diseases and Geographic Medicine.

SWAT members are recognized educators who foster excellence in teaching, encourage innovation, and promote educational scholarship. Faculty are nominated by academic leaders and current members based on sustained excellence in at least two areas: teaching, curriculum development, advising, educational leadership, or research. Members have a minimum of seven years of teaching experience at UT Southwestern and actively engage in SWAT activities.

Originally from Ascot, England, Dr. Arasaratnam earned his bachelor's degree in physiology from the University of Cambridge and his medical degree from the University of Oxford. He then obtained internal medicine residency training at Oxford University Hospitals and subsequently moved to the United States to pursue further internal medicine training at the University of North Carolina in Chapel Hill. He completed advanced training through a fellowship program in infectious diseases at Baylor College of Medicine in Houston. He also obtained a master's degree in public health from the Harvard T.H. Chan School of Public Health in Boston.

Dr. Arasaratnam joined the UT Southwestern faculty in 2017. He serves as Assistant to the Medical Services Chief for Education at the Dallas VA Medical Center and an Associate Program Director for the Adult Infectious Diseases Fellowship.

Dr. Jamshed earned her medical degree at Aga Khan University Medical College in Karachi, Pakistan, and completed family medicine residency training at the Latrobe Area Hospital in Pennsylvania. She then received advanced training in geriatric medicine through a fellowship at the University of California, Los Angeles. She later completed a master's degree in healthcare management and leadership at the University of Texas at Dallas.

Prior to joining the UT Southwestern faculty in 2015, Dr. Jamshed served on the faculty at Georgetown University. She currently serves as the Program Director of the Geriatric Medicine Fellowship.

Originally from Lima, Peru, Dr. La Hoz earned his bachelor's degree in biology and medical degree from Universidad Peruana Cayetano Heredia. He completed his internal medicine residency and infectious diseases fellowship at the University of Alabama at Birmingham, where he also spent a dedicated year focusing on the immunocompromised host.

Prior to joining the UT Southwestern faculty in 2015, he served on the faculty at Wake Forest School of Medicine. He currently serves as the Medical Director of Transplant Infectious Diseases and Program Director of the Transplant Infectious Diseases Fellowship. ■



Bavli Receives SWAT Fellowship Award

Natalie Bavli, M.D., an Assistant Professor in the Division of Hematology and Oncology, has received a UT Southwestern Academy of Teachers (SWAT) Fellowship in support of her project, "Building the Blueprint: Scaling Case-Based Collaborative Learning Through Generative AI and Collaborative Design."

"This project leverages generative AI and student-faculty co-design to build the infrastructure to transform pre-clerkship education," Dr. Bavli says. "Using prompt engineering, we're streamlining the creation of Case-Based Collaborative Learning (CBCL) materials and concise, evidence-based asynchronous prep videos."

Dr. Bavli earned a bachelor's degree in biology from Tufts University in Boston, where she also received her medical degree. She then completed internal medicine residency training at Beth Israel Deaconess Medical Center in Boston, followed by advanced training through a fellowship in hematology at UT Southwestern.

Dr. Bavli joined the UT Southwestern faculty in 2021. ■



Study Demonstrates Viable Model for Insurance-Reimbursable Culinary Medicine

A [recent publication in *NEJM Catalyst*](#) outlines the successful implementation of a novel, insurance-reimbursable culinary medicine (CM) service line designed to integrate nutrition and cooking guidance into outpatient clinical care. The model includes three billable components: electronic consults, one-on-one interprofessional clinic visits, and shared medical appointments held in a community-based teaching kitchen.

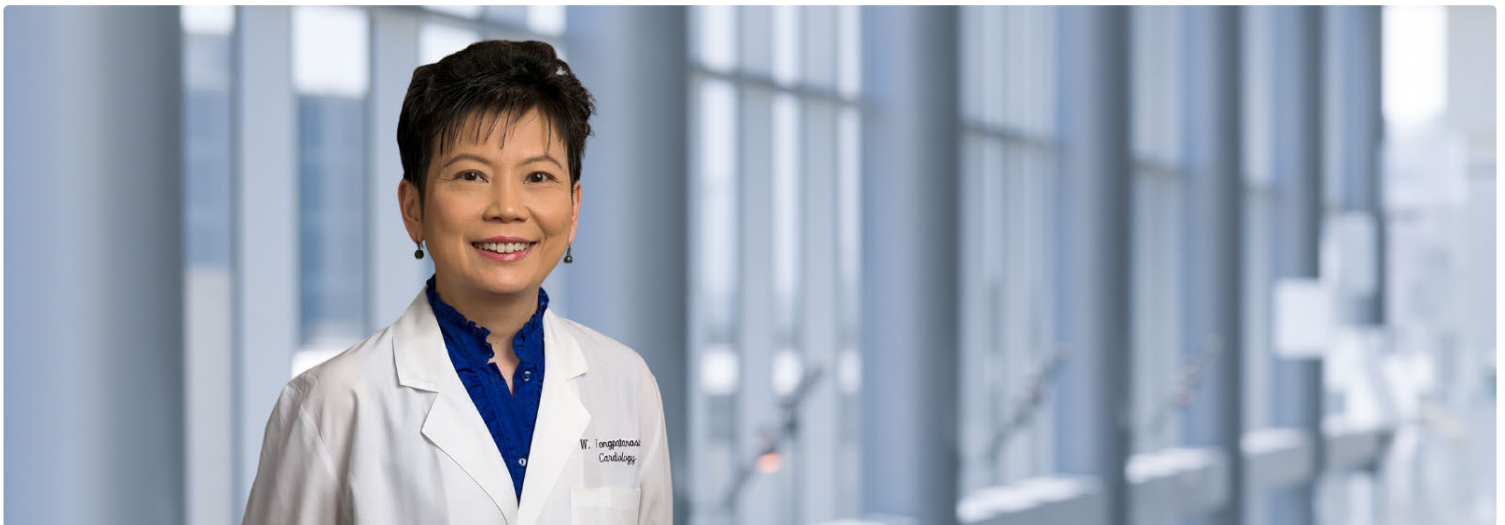
“This work sets the stage for enhancing scalability of food as medicine models,” says lead author **Jaclyn Albin, M.D.**, an Associate Professor in the Division of Combined Internal Medicine and Pediatrics, and Director of the Culinary Medicine Program. “It also provides fertile ground for additional research including culinary medicine impact on patient biometrics and disease outcomes, cultivating positive social connection, community building, and supporting wellness promotion for clinicians.”

Over a 30-month pilot period, the CM clinic received 387 referrals, with a 54% completion rate for new patient consults. Most patients were Black women referred for chronic conditions such as hypertension, hyperlipidemia, and type 2 diabetes. The service achieved a 99.7% gross insurance collection rate, with coverage across Medicare and private plans.

The study highlights strong patient satisfaction (92%) and positive feedback from referring physicians, emphasizing the model's potential to fill gaps in nutrition support.

“The field of Culinary Medicine has been rapidly expanding across the U.S. and globally, but most programs are focused on education of medical students, residents, fellows, and other health professional learners and struggle to acquire sustainable funding,” Dr. Albin says. “Developing a clinical model that also opens many new doors for research integration allows clinical billing methods to expand program feasibility, meet patient needs, train the next generation, and seek funding for related investigations.”

Other UTSW authors who contributed to this study are **Willis Wong, M.D., M.B.A., M.S.**, a third-year Internal Medicine resident physician; **Milette Siler, M.B.A.-HC, RDN, LD, CCMS**, lead culinary dietitian in the Simmons Comprehensive Cancer Center; **Michael Bowen, M.D., M.P.H., M.S.C.S.** an Associate Professor in the Division of General Internal Medicine; and **Heather Kitzman, Ph.D.**, an Associate Professor of Public Health and Director of the CTSA Program's Office of Community Health and Research Engagement. ■



Vongpatanasin Co-Authors Updated Blood Pressure Guidelines

The American Heart Association and American College of Cardiology have released updated clinical guidelines for managing high blood pressure in adults, co-authored by **Wanpen Vongpatanasin, M.D.**, a Professor in the Division of Cardiology and Director of its Hypertension Section. The 2025 recommendations replace the 2017 version and emphasize early treatment, personalized care, and lifestyle changes to prevent serious health issues including heart attack, stroke, kidney disease, and dementia.

The guideline encourages a heart-healthy diet, reduced sodium intake, regular physical activity, and stress management. For patients with elevated blood pressure or additional conditions like diabetes or obesity, medication may be started earlier, often with combination therapy. Newer treatments, such as GLP-1 medications, may be considered for some patients.

Special attention is given to blood pressure management during pregnancy, with updated recommendations for treatment thresholds and the use of low-dose aspirin to prevent complications like preeclampsia. Postpartum monitoring is also emphasized.

The guideline introduces the PREVENT risk calculator to help clinicians estimate long-term cardiovascular risk and guide treatment decisions. It also highlights the connection between high blood pressure and cognitive decline, recommending tighter control to protect brain health.

"Nearly half of U.S. adults are affected by high blood pressure, making it the most common and modifiable risk factor for cardiovascular disease," Dr. Vongpatanasin says. "The new guideline aims to support clinicians and empower patients to take proactive steps toward better health." ■

Dr. Vongpatanasin holds the Fredric L. Coe Professorship in Nephrolithiasis Research in Mineral Metabolism and the Norman and Audrey Kaplan Chair in Hypertension.

The AHA/ACC will host a webinar including the writing committee members to educate the public about the updated blood pressure guidelines at noon on Thursday, Aug. 28.

[Register for the Blood Pressure Guidelines Webinar](#)

research roundup



Hoshida Receives \$2.9M for Liver Cancer Risk Study

Yujin Hoshida, M.D., Ph.D., a Professor in the Division of Digestive and Liver Diseases and Director of the Liver Tumor Translational Research Program, has received a \$2.9 million R01 grant from the National Cancer Institute to support his study of "Non-invasive Etiology-Adjusted Precision Liver Cancer Risk Prediction."

Dr. Hoshida's team will analyze archived clinical specimens with long-term follow-up data to identify molecular signatures associated with liver cancer risk considering liver disease etiology in each patient. These signatures will be translated into clinically applicable assays for tissue and serum samples. The study will also incorporate computational analysis and validation to refine biomarker panels that reflect the biological diversity of liver disease etiologies.

"In this project, we will focus on patients with hepatitis B and alcohol-associated liver disease, following our prior works on hepatitis C and metabolic dysfunction-associated steatotic liver disease (MASLD)" Dr. Hoshida says. "By enabling personalized risk stratification, the study aims to guide early intervention strategies and lay the foundation for more effective liver cancer surveillance and chemoprevention." ■

Dr. Hoshida holds the H. Ray and Paula Calvert Chair in Gastroenterology Oncology in Honor of Udit Verma, M.D.

in case you missed it

News and Digital Media Featuring Internal Medicine Colleagues

- [Two Faces of Dallas Cowboys Reveal Past Cancer Diagnosis](#) (via NBCDFW, with Daniel Wang, M.D.)
- [Jerry Jones Beat Cancer with an Experimental Drug, How Does it Work?](#) (via *The Dallas Morning News*, with Heather McArthur, M.D.)
- [Healthy School Lunches? A Culinary Medicine Expert Prescribes Fresh, Tasty Lunches](#) (via *MedBlog*, with Jaclyn Albin, M.D.)

this week



Vazquez to Discuss Kidney Care on Aug. 22

Miguel Vazquez, M.D., a Professor in the Division of Nephrology, will present the [Internal Medicine Grand Rounds](#) lecture on **Friday, Aug. 22, at 8 a.m. in D1.502**. His topic: "Kidney Care Today for a Better Tomorrow."

Originally from Madrid and raised in Puerto Rico, Dr. Vazquez holds a bachelor's degree in science from the University of Puerto Rico in Cayey and earned his medical degree at the University of Puerto Rico in San Juan. He then completed internal medicine residency training, followed by a fellowship in nephrology, at UT Southwestern.

Dr. Vazquez joined the UT Southwestern faculty in 1992. He serves as the Clinical Chief of the Nephrology Division at UT Southwestern and the Chief of Nephrology at Parkland Hospital.

Dr. Vazquez's clinical interests include management of chronic kidney disease, end-stage kidney disease and care of kidney transplant recipients. His current research efforts focus on large pragmatic clinical trials to improve care of patients with chronic kidney disease and to improve blood pressure control to reduce cognitive decline. He is also an active investigator in the Kidney Precision Medicine Project. ■

Other Noteworthy Lectures & Conferences This Week

- **Friday, Aug. 22, Noon:** [Hematology & Oncology Grand Rounds](#) with Dr. Elizabeth Maher (Hematology & Oncology) – "Glioma: Scientific Progress and Improved Survival"

on the horizon



Research Conferences to Resume in September

Resuming in September, the Internal Medicine Research Conference will be held **every Friday from noon to 1 p.m. in D1.502**. The conference is led by **Joel Elmquist, D.V.M., Ph.D.**, Vice Chair of Internal Medicine Research and **Ezra Burstein, M.D., Ph.D.**, a Professor in the Division of Digestive and Liver Diseases and Director of the Jean Wilson Society.

"The conference cycle is structured as a rotating set of activities that include works in progress by our Physician-Scientist Training Program trainees, research talks by rising stars as well as senior investigators in our Department, and also invited speakers from other departments or other institutions," Dr. Burstein says. "Following our successful summer series, which focused on career development topics and emerging research technologies, we're inviting feedback to inform our planning for next year." ■

[Email Feedback and Suggestions](#)

save the date

Kidney Cancer Workshop Scheduled for Sept. 11-13

The Kidney Cancer Program is partnering with the Kidney Cancer Association to host "From Mouse to Medicine: RCC Model Systems for Discovery and Translation," Sept. 11-13 in NG3.112. The workshop will bring together more than 30 leading faculty from across the world, who together with UTSW faculty, will share the latest advances in the field.

Renowned scientists will include:

- **Andrea Ballabio, M.D.**, recipient of the 2025 Beth Levine, M.D. Prize in Autophagy Research
- **Bruce Beutler, M.D.**, Nobel Laureate, member of the NAS and NAM
- **Richard Flavell, Ph.D.**, HHMI investigator, fellow of the Royal Society, member of the NAS and NAM
- **William Kaelin, M.D.**, Nobel Laureate, HHMI investigator, member of the NAS and NAM

The event is open to all UTSW faculty, trainees, and staff, but due to limited space, attendees are asked to register only if they are certain they will participate, to ensure accurate planning. ■

[Click here to view the program.](#)

[Register Here](#)



2025

UT Southwestern Medical School

New Faculty Research Forum

Five Faculty to Present at Research Forum on Oct. 14

Five recently appointed Internal Medicine faculty members will introduce their research during the [2025 Faculty Research Forum](#), scheduled for **Tuesday, Oct. 14 from 10 a.m. to 3:30 p.m.** in the T. Boone Pickens Medical Education and Conference Center.

- **Glynnis Garry Bann, M.D.**, an Assistant Professor in the Division of Cardiology, will present "Rewiring Fate: Epigenetic Factors as Drivers of Cardiac Reprogramming."
- **Laurel Lee, M.D., Ph.D.**, an Assistant Professor in the Division of Cardiology, will present "Immune Modulation of Vascular Susceptibility to Atherosclerosis."
- **Yoshiharu Muto, M.D., Ph.D.**, an Assistant Professor in the Division of Nephrology, will present "Cracking the Code of Kidney Disease Through Methionine Metabolism."
- **Hani Suleiman, M.D., Ph.D.**, an Assistant Professor in the Division of Nephrology, will present "Molecular Determinants of Podocyte Actin Cytoskeleton in Health and in Disease."
- **Jialing "Shirley" Wang, Ph.D.**, an Assistant Professor in the Division of Nephrology, will present "Cell-Type Specific Transcription Regulation in Skeletal Disease and Bone Cancer."

All members of the UT Southwestern community are welcome to attend the in-person event. Boxed lunches will be provided to early registrants. ■

[Register for the Event](#)

Look for the next *Medicine Minute* on **Tuesday, Aug. 26, 2025**.

Want to access an item in a previous edition of the newsletter? [Check our *Medicine Minute* archive.](#)

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

Copyright 2025 UT Southwestern Medical Center. All rights reserved.

Medicine Minute is a publication of the Department of Internal Medicine at UT Southwestern Medical Center.