

medicine minute

September 9, 2025

kudos



Resident Teaching Teams Named in Honor of Hobbs, Brown and Goldstein, Reimold

The Department has expanded its tradition of naming Internal Medicine resident teaching teams after distinguished figures in academic medicine, with teams now honoring **Helen Hobbs, M.D., Michael Brown, M.D., and Joseph Goldstein, M.D., and Sharon Reimold, M.D.** These additions build on the legacy of the original teams named for Drs. Donald Seldin and Daniel Foster, reinforcing the institution's commitment to excellence in clinical care, education, and research.

The teaching teams were established to ensure that residents learn in a supportive and structured environment. Dividing trainees into smaller teams led by dedicated faculty and senior residents allows for focused attention on clinical excellence while fostering professional growth and mentorship. This model not only enhances the learning experience but also strengthens the sense of community and collaboration among residents.

Naming each team after a local luminary in medicine serves as a powerful source of inspiration. By learning about these honorees, residents are encouraged to explore their legacies and aspire to the same standards of excellence and impact. ■



Three Faculty Members Named Leaders in Clinical Excellence

Three faculty members are recipients of 2025 UT Southwestern Leaders in Clinical Excellence Awards. Established in 2018, these awards recognize clinical faculty for their exceptional contributions to the care of patients, to the education and training of health care professionals, and to the advancement of UT Southwestern.

Nicholas Hendren, M.D., an Assistant Professor in the Division of Cardiology, has received the Rising Star Award, presented to exceptional early-career clinical faculty whose actions and activities consistently exemplify commitment, professionalism, and leadership.

Susan Matulevicius, M.D., a Professor in the Division of Cardiology and Associate Dean of Faculty Wellness, has received the Institutional Service Award, presented to clinical faculty who consistently share time and expertise in service to internal committees, task forces, and other institutional activities that make a significant impact on the care delivered to UT Southwestern patients.

Melanie Sulistio, M.D., a Professor in the Division of Cardiology, has received the President's Award for Humanism in Clinical Care, presented to clinical faculty who exemplify the humanistic spirit of patient-centered medicine, both through clinical excellence and in outstanding compassion in the delivery of care.

These faculty members will be honored at the awards ceremony on **Wednesday, Nov. 5 at 4:30 p.m. in the Tom and Lula Gooch Auditorium.** ■



Perl, Maxwell Edit New Volume on Viral Outbreaks and Bioterrorism

Trish Perl, M.D., M.Sc., a Professor in the Division of Infectious Diseases and Geographic Medicine and Associate Dean for Faculty Affairs in the O'Donnell School of Public Health, and Daniel Maxwell, M.D., an Assistant Professor in the Division of Infectious Diseases and Geographic Medicine and Program Director of the Community & Population Healthcare Track, have co-edited a comprehensive new volume, [*Viral Outbreaks, Biosecurity, and Preparing for Mass Casualty Infectious Diseases*](#). The book serves as a resource for infectious disease specialists, emergency medicine professionals, hospital administrators, and public health officials.

Drawing on the expertise of leading authorities in infectious disease and disaster response, the book offers a deep dive into the theoretical, historical, and practical dimensions of viral outbreaks and bioterrorism. It explores the historical context of agents such as anthrax, tularemia, smallpox, and SARS, and examines how lessons from naturally occurring outbreaks have shaped preparedness at local, national, and international levels.

The editors have also included practical tools such as forms, checklists, and algorithms, so that the book is also a practical guide for healthcare providers and administrators. By consolidating current knowledge into a single, accessible volume, Drs. Perl and Maxwell have created a singular reference that addresses an urgent need for coordinated response strategies in the face of emerging infectious threats. ■

Dr. Perl holds the H. Ben and Isabelle T. Decherd Chair in Internal Medicine, in Honor of Henry M. Winans, Sr., M.D.

education and training

ABIM Announces Early Career Summits for New Physicians

The American Board of Internal Medicine (ABIM) is hosting two Early Career Summits designed to connect newly certified diplomates, fellows, and trainees. These events build on the success of ABIM's spring 2025 gatherings, which early-career physicians praised as valuable opportunities to engage with peers and the Board.

- **Friday, Nov. 14, 2025** – Philadelphia, Pennsylvania
Open to newly certified ABIM diplomates in practice (certified within the past five years).
- **Wednesday, March 11, 2026** – Philadelphia, Pennsylvania
Open to trainees, fellows, and newly certified ABIM diplomates in practice.

Each summit will feature a welcome reception the evening prior, with travel expenses reimbursed and lodging arranged by ABIM. These summits offer a unique chance for early-career physicians to network, share experiences, and explore ways ABIM can better support them during the formative stages of their careers.

Interested individuals should complete the [ABIM Early Career Summit Interest Form](#). ■

research roundup



Study Links Mitochondrial DNA Mutations to Kidney Disease Vulnerability

A [new study in Science](#) by **Samir M. Parikh, M.D.**, a Professor and Division Chief of Nephrology, and colleagues reveals that even brief injuries can leave lasting molecular scars in cells, specifically in mitochondrial DNA (mtDNA), that reduce organ resilience and increase susceptibility to future damage. The research shows that these mutations suppress energy-intensive nucleotide metabolism, impairing ATP production. Restoration of energy levels required adenosine and the nuclear-encoded enzyme adenylate kinase 4 (AK4), pointing to a potential therapeutic pathway.

Using data from nearly 370,000 UK Biobank participants, the researchers found a strong correlation between mtDNA mutation burden and both chronic kidney disease (CKD) severity and future risk of acute kidney injury (AKI).

“We found that even transient injuries leave an indefinite molecular mark deep inside cells on the DNA that lives in mitochondria, weakening the resilience of the entire organ to future injuries,” Dr. Parikh says. “In short, we may have stumbled on a new way to count the wear and tear that cumulatively degrades the health of long-lived cells.”

The findings have broad implications for kidney health, an area of concern given that CKD affects one in 10 Americans, most of whom are unaware of their condition, and it impacts roughly 20% of hospitalized adults.

"Our results suggest that the burden of mutations in mitochondrial DNA influences both the severity of chronic kidney disease as well as the future susceptibility of the kidney to transient stressors that trigger AKI," Parikh explained.

Beyond kidney disease, the study introduces a novel framework for measuring cellular aging and stress, potentially applicable to other organs.

"Being able to measure this process opens new ways to think about targeting and improving healthspan in the kidney and perhaps other organs affected by aging," Dr. Parikh adds. "If we can untangle how aging leads to chronic disease, and how chronic disease lowers the threshold for acute decompensations, we have an outsized opportunity to improve the health of our most medically vulnerable patients." ■

Dr. Parikh holds the Robert Tucker Hayes Distinguished Chair in Nephrology, in Honor of Dr. Floyd C. Rector, Jr.; and the Ruth W. and Milton P. Levy, Sr. Chair in Molecular Nephrology.

New Study Reveals Time-of-Day-Specific Brain Mechanism That Regulates Eating and Body Weight

A [new study published in *Cell Reports*](#) by Jeffrey Zigman, M.D., Ph.D., a Professor in the Division of Endocrinology, and colleagues has uncovered a previously unknown mechanism in the brain that regulates eating and body weight based on the time of day. The research identifies a specific population of neurons in the suprachiasmatic nucleus (SCN) that respond to the hunger hormone ghrelin and influence feeding behavior and metabolism during the part of the day when we are less active – daytime for mice, nighttime for people.

"This research is noteworthy because it newly identifies a population of neurons in the brain that regulates eating and burning of fuels during one specific time of day and accounts for a small but not insignificant proportion of body weight," Dr. Zigman says.

Using chemogenetic techniques in mice, the team found that stimulating these ghrelin receptor-expressing SCN neurons during the mid rest phase, when mice are least active, increased food intake. Conversely, repeated inhibition of these neurons at the same time reduced food intake, feed efficiency, and body weight. These effects were not observed at other times of day, highlighting the temporal specificity of the phenomenon.

The study builds on previous work from the Zigman Lab, which had reported high expression of ghrelin receptors in SCN neurons.

"To our knowledge, this represents the first description of such a time-of-day-dependent phenomenon in a specific neuronal population," Dr. Zigman says. "Our new data suggest a potential therapeutic strategy to help combat obesity, namely, by repeatedly inhibiting this one set of neurons, we might be able to limit eating and snacking that happens at night."

Other Internal Medicine researchers who contributed to this study include Omprakash Singh, Ph.D., who led the study, as well as Sepideh Sheybani-Deloui, Ph.D., Soumya Kulkarni, B.S., Moyu Lyu, M.S., Salil Varshney, Ph.D., Kripa Shankar, Ph.D., Luis Leon Mercado, Ph.D., Avi Burstein, Connor Lawrence, and Sherri Osborne-Lawrence, M.S. ■

Dr. Zigman holds the Kent and Jodi Foster Distinguished Chair in Endocrinology, in Honor of Daniel Foster, M.D.; Mr. and Mrs. Bruce G. Brookshire Professorship in Medicine; and The Diana and Richard C. Strauss Professorship in Biomedical Research.

need to know

Registration Open for Quality Improvement Course

UT Southwestern's Office of Quality, Safety, and Outcomes Education is offering a dynamic Quality Improvement (QI) course this fall, designed to equip healthcare professionals with the tools to lead impactful change. Grounded in the Model for Improvement, the course blends evidence-based methodologies, interactive workshops, and expert mentorship to guide participants through designing and implementing real-world QI initiatives.

Open to physicians, nurses, educators, researchers, and staff from UT Southwestern, Parkland, Children's Health, the VA, and Scottish Rite for Children, the course requires no prior QI experience and is ideal for novice to intermediate learners. Participants will earn Continuing Medical or Nursing Education credits, and registration fees are waived for this session.

Course Schedule:

- Live Sessions: Oct. 3, Oct. 17, Nov. 7, Nov. 21 (9 a.m. - 3 p.m.)
- Virtual Pulse Checks: Dec. 5, Dec. 19, Jan. 9 (9 a.m. - 11 a.m.)
- Final Presentations: Jan. 16 (9 a.m. - 3 p.m. TBD)

Learning Highlights:

- Apply QI tools like PDSA cycles, Pareto Charts, and Fishbone Diagrams
- Develop project charters and process maps
- Publish findings using SQUIRE 2.0 guidelines
- Participate in a hands-on QI project and storyboard competition

Space is limited. Application deadline is **Friday, Sept. 26**. ■

[Register for the Course](#)

Quarterly Department Operations Meeting Scheduled for Sept. 10

The Department's Operations team will convene its quarterly meeting on **Wednesday, Sept. 10, at 10 a.m. via Teams**. This strategic session will provide a comprehensive overview of recent developments in departmental operations, including updates to key policies and procedures, process improvements, and upcoming initiatives that support the Department's continued effectiveness and alignment with broader institutional goals.

This meeting is an important opportunity for staff and faculty to stay informed, contribute to ongoing discussions, and collaborate on efforts that enhance operational excellence across the Department.

All staff and faculty are welcome to attend. ■

[Click to Join the Meeting](#)

this week



Shaul to Present Moss Heart Center Seminar on Sept. 11

Philip Shaul, M.D., a Professor of Pediatrics and Director of the Center for Pulmonary and Vascular Biology, will present the [Moss Heart Center Seminar](#) on Thursday, Sept. 11, at noon in NA6.214. His topic: "Cracking the Code of the Endothelium in Coronary Artery Disease."

Dr. Shaul holds a bachelor's degree in chemistry from Dartmouth College. He earned his medical degree from the University of Cincinnati and completed pediatric residency training at Children's Hospital Medical Center in Cincinnati. He then received advanced training through a fellowship in neonatal and perinatal medicine at Women and Infant's Hospital of Rhode Island and Brown University.

Dr. Shaul joined the UT Southwestern faculty in 1986, where his research revealed the critical role of endothelium-derived nitric oxide in pulmonary vascular physiology in the perinatal period.

Following the discovery of endothelial nitric oxide synthase acylation and targeting to caveolae/lipid rafts, his laboratory identified raft-associated signaling modules that govern endothelial cell responses to a diverse set of extracellular cues. Employing a variety of approaches including disease models in genetically-engineered mice, in partnership with Dr. Chieko Mineo, Dr. Shaul continues to probe the fundamental role of the endothelium in cardiovascular and metabolic health and disease. ■



Panelists to Discuss Global Cardiology on Sept. 12

A panel of cardiologists and other experts will present the [Internal Medicine Grand Rounds](#) presentation on **Friday, Sept. 12, at 8 a.m. in D1.502**. Their topic: "One World, One Heart: Global Cardiology and Beyond."

Participants include: **Tayo Addo, M.D.**, a Professor in the Division of Cardiology and Program Director of the Interventional Cardiology Fellowship; **Rebekah Lyons, B.S.N., RN, CCRN**, a motivational speaker and bestselling author; **Nicolas Madsen, M.D.**, a Professor of Pediatrics and Division Chief of Pediatric Cardiology; **Evans Mpabalwani, M.D.**, a Professor of Pediatrics and Dean of the School of Medicine at the University of Zambia; **Oladipupo Olafiranye, M.D.**, an Associate Professor in the Division of Cardiology and Director of the Cardiac Catheterization Laboratory at the Dallas VA Medical Center; **Christiana Renner, M.D., M.S.**, an Associate Professor in the Division of Hospital Medicine and Associate Program Director for Global Health in the Internal Medicine Residency; and **Fiona Strasserking, M.D.**, an Assistant Professor in the Division of Cardiology and Program Coordinator of the International Heart Education Consortium. ■



Lu to Discuss Glycosylation's Role in Disease Defense on Sept. 12

Lenette Lu, M.D., Ph.D., an Assistant Professor in the Division of Infectious Diseases and Geographic Medicine, will present the [Internal Medicine Research Conference](#) on **Friday, Sept. 12, at noon in D1. 502**. Her topic: "Dissecting Antibody Functions in Infectious Diseases Through Glycosylation."

Originally from China, Dr. Lu holds a bachelor's degree in biology and Asian studies from Swarthmore College in Pennsylvania, where she graduated with high honors. She earned her medical degree and her doctoral degree in molecular virology at Case Western Reserve University in Cleveland. She completed an internal medicine residency at New York-Presbyterian/Weill Cornell Medical Center and a clinical fellowship in infectious diseases at Massachusetts General Hospital and Brigham and Women's Hospital in Boston. She completed a postdoctoral research fellowship at Harvard School of Public Health and the Ragon Institute of Mass General, MIT, and Harvard.

Dr. Lu joined the UT Southwestern faculty in 2016.

Her research focuses on how antibodies interface with the host microbe in infectious diseases, with a focus on *Mycobacterium tuberculosis* (Mtb), the bacterium that infects one out of four people worldwide and causes tuberculosis. Her goal is to increase understanding of the immune response to infection and, ultimately, to translate observations from humans to models of disease to further inform and direct human studies that could direct diagnostic, therapeutic, and vaccine development. ■

Other Upcoming Lectures & Conferences of Note

- **Tuesday, Sept. 9, 5 p.m.:** [Family & Community Medicine Grand Rounds](#) with **Dr. Aparna Bole** (Case Western Reserve University) – "What's Good for Our Patients is Good for the Planet"
- **Wednesday, Sept. 10, 8 a.m.:** [Geriatrics Grand Rounds](#) with **Dr. Amit Shah** (Mayo Clinic of Arizona) – "Syncope in Older Patients, Multifactorial Etiologies/Predisposing/Precipitating Factors"
- **Thursday, Sept. 11, 8 a.m.:** [Infectious Diseases Grand Rounds](#) with **Dr. Susan Stanley** (Merck Research Laboratories) – "Dual Plasmepsin Inhibitors to Combat Antimalarial Resistance"
- **Thursday, Sept. 11, 9 a.m.:** [Hamon Center for Therapeutic Oncology Research & Simmons Comprehensive Cancer Center Experimental Therapeutics Program Lecture](#) with **Dr. Daniel Hommes** – "UTSW Innovation Hub: From Discovery to Impact-A Dual-Engine for Commercialization and Health System Transformation"
- **Thursday, Sept. 11, Noon:** [Renal Grand Rounds](#) with **Dr. Richard Glasscock** (University of California, Los Angeles) – "Management of Membranous Nephropathy in 2025"
- **Thursday, Sept. 11, Noon:** [Health Disparities Research Lecture](#) with **Dr. Tom Frieden** (Resolve to Save Lives) – "Health Progress Despite Barriers"

on the horizon

Women in medicine



Celebrating Women in Medicine Month: Honoring Excellence and Leadership

September marks the annual observance of **Women in Medicine Month**, a time dedicated to recognizing the contributions of women in the medical field. From pioneering research to compassionate patient care, women healthcare professionals have shaped the landscape of medicine throughout history and continue to lead transformative change today.

As in previous years, the SWAG (Supporting Women Achieving Greatness) Committee will host a week of special lectures and discussions led by distinguished women colleagues:

- **Monday, Sept. 15, Noon:** [Panel discussion](#) by Drs. **Traci Adams** (Pulmonary & Critical Care Medicine), **Amy Jones** (Hematology & Oncology), **Ashley Hardin** (Cardiology), and **Winnie Wang** (General Internal Medicine) – “Assistant to Associate Professor: Working Within the System”
 - **Tuesday, Sept. 16, Noon:** [Lecture by](#) Dr. **Indy Bhavsar-Burke** (Digestive & Liver Diseases) – “Finding Your Voice: Practical Lessons in Clinician Educator Development”
 - **Wednesday, Sept. 17, Noon:** [Discussion by](#) Drs. **Hetal Patel** (Pulmonary & Critical Care Medicine) and **Rachel Bonnema** (General Internal Medicine) – “Does Patient Gender Change Patient Care?”
 - **Thursday, Sept. 18, Noon:** [Lecture by](#) Dr. **Ann Lutich** (Obstetrics and Gynecology) – “Perimenopause and Menopause Management”
 - **Friday, Sept. 19, 8 a.m.:** [Internal Medicine Grand Rounds](#) with Dr. **Jada Bussey-Jones** (Emory University) – “Promotion of Women in Academic Medicine: A Unique Pathway to Achieve Health Equity”
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NPAWN 2025

UTSW Celebrates National Postdoc Appreciation Week with Panel Discussion and Poster Session

In observance of **National Postdoc Appreciation Week** (Sept. 15-19), UT Southwestern's Postdoctoral Association is hosting a special event on Friday, Sept. 19, featuring [a panel discussion with National Academy members](#) at 1 p.m., followed by a poster session showcasing postdoctoral research in the NG3 Commons area. The event will highlight the vital contributions of postdocs to scientific advancement and offer a unique opportunity for networking and mentorship. All members of the UTSW community are encouraged to attend and show support for the postdoctoral scholars who are driving innovation and discovery. ■



Jon Garinn
Medicine Minute Editor

Look for the next *Medicine Minute* on **Tuesday, Sept. 16, 2025**.

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

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