Volume 12, Issue 2
June 2014

Medicine in Touch

Physicians in Touch
Spotlight

The Graduating Class of 2014

Top Row from left to right: Hakam Khazrik, Shadi Nakhla, Ines Aranguren, Janhvi Nimbalkar, Esha Cannon, Brijal Patel, Amanda Vanlandingham, Disha Awasthi, Vaidhe Patel, Barbara Paterson, Nili Parekh, Allison Locke

Bottom Row from left to right: Thusitha Dissanayake, Mohammed Al-Tarawneh, Kamesh Sivagnanam, Ravikumar Patel, Hiren Patel, Parag Brahmbhatt, Vaidy Nishant, Maurice Furdge

Not Pictured: Dhara Chaudhari, Adey Hasan, Min Jin, Almira Opardija, Hemang Panchal, Debra Price, Naman Trivedi, Chowdhury Ferdous, Girish Dhorajia, Jaclyn Newman
INTERNAL MEDICINE 2013-14 AWARDS

Elective of the Year Award
Cardiology - VAMC

Faculty of the Year Award
Thomas Roy, M.D.

Outstanding PGY-I Resident
Neil G. Barry, D.O.

Outstanding PGY-II Resident
Georges E. Tanios, M.D.

Outstanding PGY-III Resident
Kamesh Sivagnanam, M.D.

Fellow Award
For Excellence in Teaching
Samit Bhatheja, M.D.

Philip D. Henry Award
Outstanding cardiology fellow of the year
Pablo Lopez, M.D.
Welcome Dr. Steven J. Lavine, Division Chief, Cardiology

ETSU Heart is pleased to announce the appointment of Dr. Steven J. Lavine as Chief of Cardiology at East Tennessee State University's James H. Quillen College of Medicine.

Dr. Lavine comes to ETSU from the University of Florida, College of Medicine in Jacksonville where he was Professor of Medicine and director of the cardiovascular fellowship program. For 14 years, he had also served as director of the cardiac noninvasive laboratory at the University Medical Center-Shands in Jacksonville.

A native of Philadelphia, Dr. Lavine received his undergraduate degree in psychology from Temple University where he also earned his M.D. degree. He completed his internal medicine residency and cardiology fellowship at Temple University Hospital.

Throughout his career, Dr. Lavine has been the principal investigator of numerous grants and contracts, and his work has been published in several peer-reviewed journals. Dr. Lavine is committed to teaching tomorrow's physicians and we are happy to welcome him to our staff and to Northeast Tennessee.

Dr. Lavine and his wife Tina of 40 years have three children: Kory (Heart Failure Cardiologist), Jeremy (Ophthalmology resident), Michelle (Occupational Therapist) and a 3 year old granddaughter. The Lavines enjoy both the ocean beaches and picturesque mountains are pleased to now call Northeast Tennessee home.

Welcome Dr. Shunbin Ning, Senior Scientist

The Department of Internal Medicine is pleased to announce the appointment of Shunbin Ning, Ph.D. as Senior Scientist with the Division of Infectious Diseases. Dr. Ning joined the department from the University of Miami, Florida where he was Assistant Professor with the Department Medicine and Cell Biology since 2009.

A native of China, Dr. Ning received his undergraduate degree and Ph.D. in cell biology and genetics from Wuhan University, one of China's most renowned institutes for academic research. He completed his postdoctoral fellowship at the University of North Carolina, Chapel Hill.


Dr. Ning and his wife Ling have two daughters, Katherine and Caroline. We are pleased to welcome Dr. Ning and his family to our Internal Medicine family.
Welcome New Staff

Heather Grove is originally from the Pittsburgh, Pennsylvania area. After graduating from Penn State, Behrend College with a B.A. in English, Creative Writing, she took a circuitous route around the south, meeting her husband and finally landing in northeast Tennessee. She currently resides in Gray, Tennessee with her husband and their five children. Heather began working for ETSU in a temporary position in the Student Organization Resource Center. Most recently, she spent nearly two years as a Secretary 2 with the Department of Psychiatry, providing support for the resident program and the clerkship, before starting with the Department of Internal Medicine. Heather will be managing our Facebook page, overseeing resident scholarly activity, generate resident/fellow contract and departmental correspondence. Heather enjoys football (Go Steelers! Go Blazers! Go Raptors!), sewing, and everyday adventures with her family.

Charlene Perrigan began working with the College of Medicine as a student worker while in school at ETSU. Upon graduation in 1985 with an Associate Degree of Science, she began working in the Department of Internal Medicine with the residency and fellowship programs. Since that time she has held several clerical and administrative positions within the College of Medicine. The previous 15 years of her career was at Bristol Regional Medical Center where she worked as a liaison for the College of Medicine and assisted with the IM rotations and schedules on site in Bristol. She recently returned to Johnson City and will be working closely with Dr. Lamis Ibrahim and the ETSU Senior Clerkship, while also assisting with a variety of residency/fellowship tasks in the Department of Internal Medicine. Charlene has been married to Tommy for 27 years, they share two beautiful children; both recently married.

THE NEOVEST ADDITION TO OUR FAMILY

Rhea Patel
Born - 3/19/14
Weight – 6 lbs. 7oz.
Ravi Patel, Internal Medicine

Navya Nikunj Moi
Born - 6/6/14 at 7 p.m.
Weight - 7 lbs. 19 oz
Length - 21 inches
Mother – Rishika Motiani
Father – Nikunj Modi
The winner of the Cool Cases for May 2014 is Dr. Vatsal Ladia. Dr. Ladia got all 10/10 possible EKG interpretations. Not only was he the only one to get them all right, he was the first to reply. We would also like to mention Dr. Brijal Patel, who got 5/10 of the EKGs. These were not easy and we appreciate all the responses. Thank you all who participated!

The correct responses were:

1. Hyperkalemia
2. Posterior STEMI
3. Wallen's Sign
4. Long QT Syndrome
5. Dextrocardia
6. Mitral Stenosis
7. Brugada Syndrome
8. Digitalis Toxicity
9. HOCM
10. Ebstein's Anomaly

Congratulations to Dr. Puja Sitwala for being the first to provide the correct answer to the last Cool Case of the 2013-2014 Academic Year. Also Congratulations to Dr. Vatsal Ladia, Dr. David Burrow, Dr. Nili Parekh, Dr. Abhishek Kapila, Dr. Brijal Patel and Dr. Aaysha Kapila for correct responses.

The correct answer to this case was Darier’s Disease which is also known as Darier-White disease or keratosis follicularis. It is a rare autosomal dominant genodermatosis. It is characterized by a persistent eruption of greasy hyperkeratotic papules in seborrheic areas, nail abnormalities, and mucosal changes. The disease usually starts around puberty and runs a chronic course with exacerbations induced by sun exposure, heat, friction, or infections. Many of you answered Grover’s disease which is a very similar disease, but is differentiated by the fact that Grover’s disease does not have the same mutations in the ATP2A2 gene. It does however have some histological similarities to darier’s disease. Grover's disease is frequently seen in association with increased sweating, whether caused by heat or bed rest. I appreciate all of your responses. Best of luck to our graduating seniors! And for all of the rising PGY-II’s and PGY-III’s I look forward to working with all of you in the upcoming year and I look forward to even more COOL CASES!!! Take Care, Neil Barry
Congratulations to Dr. Thomas Roy and our fellows Haytham Adada, Mahmoud Amarna, Frederick Clayton, Saurabh Desai and Fagunkumar Modi who took the CHEST Challenge and triumphed! Our fellowship program was one of the top ten participating training programs to complete the online quiz portion of CHEST Challenge.

Now in its 13th year, CHEST Challenge is a fun, educational event designed to enhance fellows’ involvement in the American College of Chest Physicians (CHEST) and the CHEST annual meeting. Each year, CHEST affiliate members from around the world are invited to take a multiple-choice online quiz, testing their knowledge of pulmonary, critical care, and sleep medicine.

The top scoring teams will go head-to-head in the CHEST Challenge Championship, to be played live during CHEST 2014 in Austin, Texas.

Congratulations to our fellows for well representing the Department and ETSU!

Each year, CHEST affiliate members from around the world are invited to take a multiple-choice online quiz, testing their knowledge of pulmonary, critical care, and sleep medicine.

**CHEST Challenge 2014 Top 10 Team**

**East Tennessee State University**

CHEST Challenge 2014

CARDIOLOGY
Bhavesh Barad
Pooja Sethi
Kamesh Sivagnanam

GASTROENTEROLOGY
Dhara Chaudhari
Parag Brahmbhatt

INFECTIOUS DISEASE
Almira Opardija
Mahmoud Fenire
Mohammed Al-Tarawneh

MEDICAL ONCOLOGY
Esha Cannon
Wael Ghalayini
Vajeeha Tabassum

PULMONARY CRITICAL CARE
Disha Awasthi
Amanda Vanlandingham
Mudher Al Shathir

INTRODUCING OUR NEW FELLOWS

CONGRATULATIONS!
Stephen Loyd, Associate Professor, Quillen College of Medicine, Internal Medicine has been recently recognized in USA Today and the Johnson City Press for his work with prescription drug abuse. Below is the article highlighting Dr. Loyd.

Local physician talks past problems, future solutions to drug-addicted doctors

Johnson City Press, June 20, 2014, by Tony Casey

There’s often a stigma attached to addiction in some parts of the country, and one local doctor has truly come full-circle in doing his part to fight the prescription pill epidemic that has hit East Tennessee so hard.

Ten years ago, Dr. Stephen Loyd’s life changed when he decided he’d had enough of a Vicodin addiction that sometimes totaled 100 pills a day.

Though, he said, popping pills all day made him sharper, more attentive and made him feel better about himself and possibly better at the job he was hired to do – work as a physician. “I didn’t want to live in the shadows anymore,” Loyd said about the decision to come clean and get clean.

Loyd said his decision brought other pressures. Having grown up in the area, graduating from David Crockett High School, he knew he’d certainly show all the people who he’s come to know over the years and probably thought highly of him that he was addicted to pills as he went about his work in medicine. “I did the only thing I know to do as a human being,” Loyd said. “I apologized.”

He admitted a verbal apology is often not enough, and he needed to apologize with his actions as well, practicing what he was beginning to preach and fighting against all the reasons people get addicted to pills in his part of the country, especially doctors, and how to come back from such dark places. Having been in all these places himself, he said, he would be able to lend a helping hand, which is exactly what he’s done since coming clean.

One of the biggest problems Loyd said was that this issue, and many others like it, are happening in the Bible Belt, where people are often quicker to judge than they are to help out. With judgment, he said, comes the dismantling of families, which is of no help to anyone involved and often a detriment. He has come across many people like him who try to battle back and might be able to kick their addictions only to find that there are no resources for them on the other side, not to mention being looked down upon like what he calls “moral derelicts.”

Because of his prominent position in society, he said he was able to use resources around him that many others battling addiction don’t have, which had him wonder about the situation. “I looked around me and thought, ‘why do these people not get the same help I got?’” he said. Now working as a physician at the Veterans Affairs Medical Center at Mountain Home and operating as an associate professor of medicine at East Tennessee State University’s Quillen College of Medicine, Loyd is able to speak and work from experience in helping others get through their pill addictions, including pregnant women.

Many who see him may not know his past, which gives him a chance to explain why he might be someone they should listen to in regard to addiction. “I have to be believable,” Loyd said about helping others. “They have to know that I know what I’m doing.” But it’s not just those fighting your average pill addiction that Loyd sees.

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He also goes head-on in taking on the medical community, which he says is way too lenient on people who’ve reached the level of doctor. He said it’s the only professional group that oversees itself, thus is part of the problem.

Nationwide, Loyd said, 10-14 percent of physicians are working while being impaired, which is a range that he believes is much lower than the actual number, especially after having seen the situation from the other side. He believes the number is more like 20 percent, or one in five, a number that is frightening to him. One quick fix in combating this is something he strongly advocates — random drug testing for doctors, something that doesn’t currently happen.

Talk is cheap, he said, and while “pill mills” and misprescribing is at the base of the problem, he’s filled his schedule with trips to Washington, D.C., to meet with U.S. drug czar Michael Botticelli, who’s requested to meet with Loyd every quarter to go over this major issue in medicine.

He also serves as an expert witness for the federal government in cases against addicted doctors, something he admits he knows all too well. Too often, he said, politicians think they know these drug issues better than experts like himself, which is an issue when it comes to legislation. He said they’d be better off listening to people like himself and those involved more closely with the fight in how to make real progress in having less people become addicted.

As much as he takes pride in this battle, he says he doesn’t feel heroic in how it played out, but shame. This kind of shame gives him a chance to relate with some of the people who are fighting the same fight. His bottom level included stealing from his dad, something that he said couldn’t be worse. As awful as the story is, he said people frequently latch on to that part of the story. Knowing that he’s doing well now in helping others, Loyd says he wouldn’t change a single thing about the past, regardless of the shame. It’s a work of passion now.

“This is what I do,” Loyd said about how he spends his extra time fighting against the causes of so many addictions. “When I leave here, I don’t have a boat. I don’t have golf clubs.”
Steven Smith, Assistant Professor, Quillen College of Medicine, Cardiology has been recently recognized in East Tennessee Medical News for his work with rural healthcare. Below is the article highlighting Dr. Smith.

East TN Medical News, June 2014 Issue
By BRIDGET GARLAND

As proposed regulations continue to be debated concerning the practice of telemedicine in Tennessee, rural healthcare providers in the state keep a watchful eye as they continue seeing patients, many of whom travel several miles and several hours to the nearest healthcare facility.

Telemedicine, the practice of treating patients remotely through video conferencing technology, has become a popular option for seeing patients in rural areas, but as the practice grows, so, too, do the regulations that govern it. The most recent proposed amendment would require (1) that the initial and fourth patient encounter be a face-to-face visit between patient and physician, (2) that the provider possess the state’s full medical license rather than the telemedicine license, and (3) prohibit Schedule II medications from being prescribed through telemedicine.

Most rural providers see the amendment as restrictive and counterintuitive to addressing the need for more accessible healthcare. One such rural healthcare provider is Steven Smith, MD, Assistant Professor of Internal Medicine at East Tennessee State University’s Quillen College of Medicine in Johnson City. Smith commutes twice a week to see patients in Mountain City, Tenn., where the need for cardiology services is vital. Smith has been working with other Quillen providers and administrators on the University’s telemedicine initiatives.

For Smith, the future of rural healthcare and the regulations governing telemedicine are topics are keen interest to him. “Rural health is a community service,” said Smith. “If we don’t go out into the community, some patients would never be seen or receive treatment. Many elderly patients are dependent on family members or friends to drive them, and sometimes they are even charged for the ride.

“This is a way for us to give back, and as technology advances with telemedicine, we’ll have potentially an even greater opportunity to serve the community,” he continued. “Telemedicine laws, however, need not make the technology clinically unusable. The laws must be flexible enough to meet the needs of both the physician and patient; basically, we need to be able to see patients in remote areas easily like telemedicine was designed to facilitate. In my opinion, Tennessee is shaping its laws to fit ‘urban concerns’ rather than ‘rural needs’. ”

The services that he provides are much appreciated by the small Mountain City community, whose residents feel right at home with Smith. In fact, Smith grew up nearby, in the heart of Johnson City—Central Street to be exact.

It was while he was a high school student at Daniel Boone High School in Washington County, Tenn., that his career path was determined. Inspired by the hands on approach of his biology teacher, Smith decided medicine was the direction he wanted to take. He received his Bachelor’s degree in Biological Sciences from East Tennessee State University in 1980, graduating with honors. He continued on to ETSU’s Quillen College of Medicine to earn his medical degree in 1985, part of the 4th graduating class of the college. After finishing at Quillen, Smith moved to Kentucky to complete his internal medicine residency and cardiology training at the University of Louisville.

Continued on page 10
Along with his general cardiology fellowship, Smith also completed a yearlong fellowship in interventional cardiology. “As circumstances would have it, I ended up training with Dr. Joel Talley, who did his training under the top interventionists at the time. It was an exceptional experience.”

Smith continued to work for four more years in Louisville, until he was contacted by a recruiter in 1992 to join a private practice, returning home to serve the people he grew up with in Johnson City. He became the first fellowship trained interventional cardiologist in Johnson City.

A few years later, Smith became a faculty member of the Department of Internal Medicine’s Division of Cardiology. Academia was never on Smith’s agenda when planning his career goals; in fact, he confessed he’s not very fond of lecturing in front of crowds. “I never thought of myself as a classroom teacher—I prefer ‘on the job trainer,’ he shared. “But my experience working in Louisville with the fellows there was very rewarding, so when the opportunity arose, I approached Quillen about joining the faculty.”

Smith is also active with Mountain States Health Alliance. He serves as part of the Physicians Advisory Group and Physician Council of Clinical Excellence, as well as sits on the Board of Trustees for Johnson County Community Hospital. He is also experienced in conducting clinical trials, and the results of his research have been published in several peer-reviewed journals, including the Journal of Interventional Cardiology and Catheterization and Cardiovascular Diagnosis. He currently serves on the East Tennesse State University/James H. Quillen Veterans Affairs Medical Center Institutional Review Board.

Smith is married and has one son and three stepchildren. His son is presently in flight school with the Navy in Texas. When he isn’t busy seeing patients, whether in Johnson City, in Mountain City, or via telemedicine connection, Smith enjoys hunting, fishing, and following NASCAR. Over the past several years, he has enjoyed trips to the Indianapolis Speedway, and, of course, tries not to miss a Bristol race.

### 2014 Caduceus Club Awards

Created in 1998 by the Class of 1999, the Caduceus Club allows students to take an active role in promoting a standard of excellence in both resident physicians and faculty. The Club carries out the nominations and voting for awards presented to outstanding teachers and clinicians at the annual Caduceus Club Faculty and Resident Teaching Awards ceremony. Nominations are accepted from first- through fourth-year medical students, who then vote for those individuals they think have best exemplified the standards of professionalism, academic excellence, and scholarship in both the clinical and basic science years of medical school.

**Dr. Dhara Chaudhari M3—Outstanding Resident Awards:** Awarded by 3rd year students to individuals who perform as role model residents characterized by approachability, excellent patient care, and willingness to teach.

**Dr. Jack Goldstein M3—Outstanding Attending Awards:** Awarded by 3rd year students to the attending physicians who demonstrate superior teaching skills and also serve as excellent physician role models.

**Dr. Balraj Singh M4—Outstanding Fellow Award:** Awarded by the 4th year class to the fellow who demonstrates superb teaching skills as well as an excellent fund of knowledge.

**Congratulations!**
Graduation Night!
New Resident Orientation!
**Publications, Grants, Awards, Presentations**

**Notice:** Publications listed are current as of 3/31/14 unless not listed in last newsletter. No publications will be listed older than our current fiscal year. If you have publications and published/presented abstracts not listed in this or the last newsletter please submit those to heatonka@etsu.edu. These publications will be submitted to the Dean’s Office at the end of our fiscal year. All submissions should be in the National Library of Medicine (NLM) format.

**JOURNAL PUBLICATIONS**


ABSTRACTS PUBLISHED AND/OR PRESENTED

Ko Maung, Victoria Palau, Janet Lightner, Marianne Brown, William Stone, Koyamangalath Krishnan. Simvastatin and Gamma-Tocotrienol synergize in cytotoxicity on K-562 and HL-60 leukemia cell lines but only simvastatin's effects are rescued by cholesterol synthesis pathway metabolites, Appalachian Research Student Forum, East TN State University, April 2014

Keely Hilton, Janet Lightner, Victoria Palau, William Stone, Kanishka Chakraborty, Koyamangalath Krishnan. Gamma-tocotrienol (GT3) upregulates expression of ceramide synthetic enzymes to increase cellular ceramide levels in k-ras mutated Mia Paca-2 pancreatic cancer cells, Appalachian Research Student Forum, East TN State University, April 2014


Poster presentation: Society of General Internal Medicine, New Orleans, Feb 2014, Georges Tanios MD, Kanishka Chakraborty MD, Devapiran Jaishankar MD, “SWOLLEN FACIES, SUPINE HEADACHE, A SINISTER SIGN OF SOMETHING SERIOUS?”

Poster presentation: Appalachian Student Research Forum, ETSU, Johnson City, April 2014, Kamlesh Sajnani MD, Kanishka Chakraborty MD, Devapiran Jaishankar MD, “RECURRENT RARE VENOUS THROMBOSES: A SIGN OF A PROTHROMBOTIC STATE IN POLYCYTHEMIA VERA”

Poster presentation: Appalachian Student Research Forum, ETSU, Johnson City, April 2014, Georges Tanios, MD, Elnora Spradling, MD, Devapiran Jaishankar, MD “WHEN BENIGN DISEASES MIMIC TUMORS, LOOK BENEATH THE SURFACE: A CASE OF MULTIPLE SCLEROSIS MIMICKING GBM”

Poster presentation: Appalachian Student Research Forum, ETSU, Johnson City, TN D Das, E Spradling, K Chakraborty, D Jaishankar, A Diagnostic Quest for a Grave Disease——Searching from Ascitic fluid to Genetic studies

Poster presentation: Appalachian Student Research Forum, ETSU, Johnson City, April 2014, Vatsal Ladia MD, Puja Sitwala MD, Kanishka Chakraborty MD, Devapiran Jaishankar MD, AN UNUSUAL CASE OF A LARGE SCAPULAR METASTASIS FROM COLORECTAL CANCER

AWARDS, RECOGNITION and ANNOUNCEMENTS

ETSU Ph.D. student Ms. Hui Yan, doing her Ph.D. thesis in Deling Yin’s lab, has been awarded an ETSU School of Graduate Studies and ETSU Graduate Council Research Grant for her research with Dr. Deling Yin.

ETSU Medical Student Elliott Denney has been selected as a Health Science Research Fellow for the summer of 2014 and will work in Deling Yin’s lab for his research.

Dr. Kenneth Olive has been reappointed to serve another term on the American College of Physicians Health and Public Policy Committee.