

THE PROGRESS NOTE



Dr. Matt Blackwell

Welcome from the Program Director:

Greetings from Charlotte! In this issue of “The Progress Note,” we will highlight our GI and Hematology/Oncology Fellowship programs, introduce a new partnership between Myers Park Clinic and Mecklenburg County Loaves and Fishes, and celebrate various resident and faculty accomplishments. We hope that you will enjoy reading about these departmental updates and that this newsletter will connect our large and growing base of residency alumni.

Please feel free to forward this issue of “The Progress Note” to other alumni and friends of the program. Anyone who would like to receive an electronic copy of this biannual newsletter can send his/her contact information to IMAlumni@atriumhealth.org. In addition, we encourage you to contact us with updates on your accomplishments and/or other changes in your professional life. Please note the alumni accomplishments included throughout the pages of this newsletter, and we would be delighted to highlight your news in a future issue!

Finally, I hope that you will consider giving back to your former residency program through a tax-deductible monetary contribution to the Laszlo Littmann Department of Internal Medicine Education and Research Fund. The donated funds are used to support residency education efforts including travel for an experience in global medicine, residency wellness events to prevent physician burnout, resident research efforts, and other special events. Your contributions will allow us to continue our current outstanding educational programs as well as offer exciting new opportunities for professional development. Information about donating to the Internal Medicine Education and Research Fund is included below. Thank you so much for your consideration!

Sincerely,

Matt Blackwell, MD, FACP
Program Director, CMC Internal Medicine Residency
CMC Alumnus, Class of 2006

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Stay Connected!

For future publications, we would like to publish updates shared with us from our alumni. Please email us at:

IMAlumni@AtriumHealth.org

to share memorable moments such as marriage and birth announcements, career milestones, awards and achievements.

We would love to include these in future publications.

Residency Program Updates: Graduation 2019

This past June, our department gathered again at Maggiano's Little Italy in SouthPark to celebrate the accomplishments of our most recent graduating class. Award winners that were announced at that event include...

Marvin McColl Most Outstanding Resident Award: Dr. Tony Dang

Laszlo Littmann Scholarly Activity Award: Dr. Marielys Figueroa-Sierra

Ambulatory Clinic Award: Dr. Tom Shuman

Arnold Frazier Intern of the Year Award: Dr. Cristina Page

UNC School of Medicine Teaching Award: Dr. Cory Gunn

Chief Resident Award: Dr. Bim Dang

Jim Horton Compassionate Care Award: Dr. Heather Tarantino

Ray Bianchi Attending Teacher of the Year: Dr. Charles Barrier

CMC/Atrium Health Graduation



In addition, residents from all specialties at CMC/Atrium Health were recognized at a graduation dinner this past June at the Project 658 Event Center. One special highlight of this event was that one of our internal medicine interns, Dr. Brooks Keene, MD, received the Dr. Bryant Galusha Intern of the Year Award! This prestigious award is presented each year to the most outstanding intern across all specialties as voted on by his/her peers.



CMC Internal Medicine Class of 2019

Career Paths: CMC Internal Medicine Class of 2019

Tony Dang, MD – Faculty, CMC Department of Internal Medicine; Charlotte, NC

Bim Dang, MD – Hospitalist, Carolinas Hospitalist Group; Charlotte, NC

Marielys Figueroa-Sierra, MD – Rheumatology Fellowship, University of South Florida; Tampa, FL

Cory Gunn, MD – PGY-4 Chief Resident, Carolinas Medical Center; Charlotte, NC

Kevin Lamm, MD – Hepatology Fellowship, Carolinas Medical Center; Charlotte, NC

Zion Lamm, MD – Ambulatory Care, Novant Health; Charlotte NC

Ashley Matusz-Fisher, MD – Heme-Onc Fellowship, Levine Cancer Institute; Charlotte, NC

Rene McLeod, MD – Ambulatory Care, Charlotte Medical Clinic; Charlotte, NC

Michael Rewis, MD – Ambulatory Care, Robbins Medical Park; Lenoir, NC

Reed Shimberg, MD – Ambulatory Care, Charlotte Medical Clinic; Charlotte, NC

Lauren Wood, MD – Ambulatory Care, North Charlotte Medical Specialists; Charlotte, NC

Joanna Young, DO – Heme/Onc Fellowship, Levine Cancer Institute; Charlotte, NC

Maggie Devane, DO, PGY-4 Chief Resident 2018-2019 – Geriatrics Fellowship, Carolinas Medical Center; Charlotte, NC

Residency Program Updates: Scholarly Activity and Accomplishments



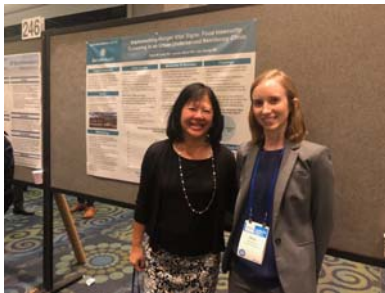
Dr. Jamie Campbell

Dr. Jamie Campbell (PGY-3) and **Dr. Chris Polk** presented a research abstract entitled “Inpatient Initiation of ART Improves Short Term Mortality in People Living with HIV” at ID Week in Washington D.C.

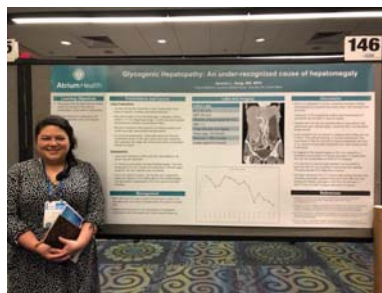
Dr. Shadi Saboori (PGY-2) had a research abstract entitled “Assessment of Procedural Performance and Compliance with Standardized Interpretation of High-Resolution Esophageal Manometry Studies Post-Quality Improvement Initiative at a Large Community Hospital” accepted to the American College of Gastroenterology Meeting in San Antonio, TX

Dr. Sara Skavronek (PGY-3) presented her research at the American Thoracic Society meeting in Dallas, TX

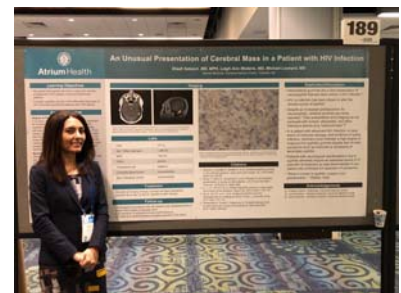
Drs. Rene McLeod (Class of 2019), **Jessica Sang** (PGY-3), and **Shadi Saboori** (PGY-2) presented posters at the National Society of General Internal Medicine (SGIM) meeting in Washington D.C.



Drs. Cheng and McLeod



Dr. Sang



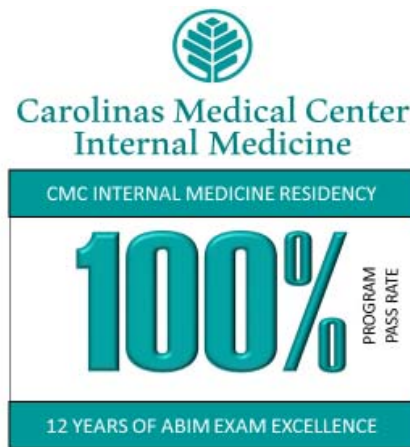
Dr. Saboori

Drs. Brad Harrison (PGY-3) and **Will Smith** (PGY-2) both presented research at the South Carolina American Thoracic Society Meeting in Charleston, SC

Dr. Brad Harrison (PGY-3) also presented a poster at the North Carolina Medical Society Meeting in Raleigh, NC

Dr. Brooks Keene (PGY-2) represented our department and the North Carolina ACP chapter at the national ACP Leadership Day in Washington D.C.

The CMC Internal Medicine Class of 2019 achieved a 100% pass rate on the most recent ABIM certification exam! This marks the 12th consecutive year of a 100% ABIM exam pass rate for our program. We are the ONLY internal medicine residency program in the nation (out of over 500 programs) who can claim such a streak!



100% ABIM Pass Rate



Dr. Keene at ACP (far left)

Residency Program Updates: Global Health

Drs. Ana Snelling, Tom Shuman, and Travis Denmeade each spent a month at Tenwek Hospital in Bomet, Kenya this fall. Tenwek Hospital is located in the Western Kenya highlands and serves as one of the leading teaching and referral hospitals in Africa. During this month-long global health elective, our residents are offered a crash course in rare and tropical diseases and have an opportunity to hone their teaching skills by serving as a junior-attending for the local house staff.



Dr. Ana Snelling (PGY-3) pictured with Tenwek Hospital residents and students



Dr. Travis Denmeade (PGY-3) pictured with Tenwek Hospital residents and students



Dr. Tom Shuman (PGY-3) hiking in the western Kenya highlands

Myers Park Clinic Updates:

Myers Park Clinic recently partnered with Mecklenburg County Loaves and Fishes to offer a “Pop-Up Food Share.” Loaves and Fishes is a non-profit organization dedicated to responding to the problem of growing hunger in our community. In that effort, the organization works to provide a week’s worth of free, nutritious groceries for neighbors in need through food pantries located throughout Mecklenburg County.

Recently, Loaves and Fishes developed a mobile food pantry that visits various locations throughout Mecklenburg County. Once a month, the Mobile Loaves and Fishes food truck comes to the Myers Park Clinic to offer free groceries to any family in need. In the first 4 months of operation at Myers Park, Loaves and Fishes has provided food to over 400 households!



Fellowship Program Updates: Gastroenterology



Dr. Linsey Spence

Beginning in 2010, our department established an ACGME-accredited fellowship training program in Gastroenterology. Over the past nine years, our GI training program has graduated nearly a dozen fellows, and our GI division faculty group has expanded greatly. The GI division now features faculty specialists in motility, hepatology, transplant, and advanced endoscopic techniques with abundant opportunities for research for interested fellows and residents. Dr. Steve Zacks assumed the position of GI Fellowship Director from Dr. Marty Scobey in 2018.

The primary objective of the CMC GI Fellowship Program is to train excellent clinicians in gastroenterology and hepatology in an environment that fosters thoughtfulness and a scholarly approach to the understanding and treatment of basic disorders of the digestive tract and liver.

Since the program's inception, several of our residency alumni have matched into our CMC GI Fellowship program. This group includes Dr. Linsey Spence (CMC Internal Medicine Class of 2017) who shares her experiences with the CMC GI Fellowship program in the interview below.

What led you to choose gastroenterology as a specialty?

I have always been drawn towards procedures. GI gives me the tools I need to conduct relatively quick procedures with tangible outcomes. In GI, I retain the ability to participate in acute care and critically ill patients which I really enjoy. The demands of a busy inpatient service are offset with clinic and outpatient procedures. In clinic, we can develop clinical relationships with patients who have difficult to manage inflammatory bowel disease. Both avenues of care delivery are rewarding.

What have been some highlights of your fellowship experience thus far?

Highlights include middle of the night GI bleeds and food boluses. All kidding aside, the relationships that I have built while in fellowship are important to me. The volume and variety of cases that we see here have given me some excellent clinical anecdotes.

What led you to want to stay at CMC/Atrium Health for fellowship?

We see diverse pathology in patients who are medically complicated. Compared to many other fellowships, the number of procedures that we do as fellows is astounding. I wanted to train in a place where I would see difficult bleeds, medically complex IBD, and motility disorders so that I would feel comfortable managing similar cases after fellowship. Ours is not a huge fellowship program which makes for excellent working relationships with attendings. I have always felt supported in the program and know that I reach out to any number of attendings with questions.

How did the CMC Internal Medicine residency program prepare you well for fellowship?

The CMC Internal Medicine residency program gave me the knowledge and the tenacity to make it through fellowship. I feel confident in my backbone of medicine to think critically about patients even in the role of consultant.

What are your career plans?

I have signed on to stay with Atrium Health at the Pineville clinic. This year, I am pursuing an MPH with a focus in nutrition with the goal to develop nutritional support clinic for patients with intestinal failure and short-gut syndrome.

Department of Internal Medicine Faculty: Updates and Accomplishments



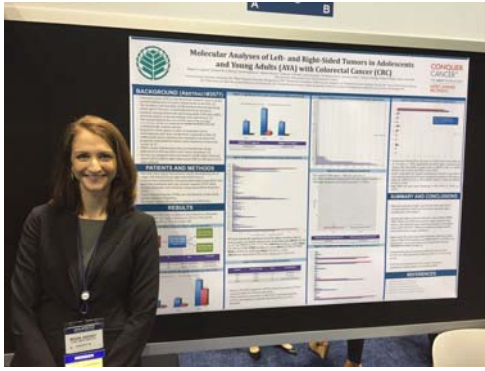
Dr. Stephanie Taylor, MD (Division of General Internal Medicine) and Marc Kowalkowski, PhD (Atrium Health Center for Outcomes Research and Evaluation) were

awarded a \$3.5 million R01 grant from the National Institute of Health's National Institute of Nursing Research to test the value of implementing a protocolized sepsis transition and recovery program within the context of routine clinical care at eight Atrium Health hospitals.

More than 14 million adults survive sepsis each year, but many suffer from poor long-term outcomes. Their study aims to evaluate the effectiveness and costs of implementing an evidence-driven Sepsis Transition and Recovery (STAR) program to develop broadly generalizable knowledge on best practices for post-sepsis care. In the STAR program, patients identified as high risk for readmission or mortality will be followed by a nurse navigator through their hospital stay and for the first 90 days after their discharge.

Dr. Taylor says, "Our research shows post-sepsis care recommendations that target specific deficits experienced by sepsis survivors are associated with improved outcomes, but they are infrequently applied in clinical practice. We developed the STAR program to break down barriers to implementing recommended post-sepsis care using practical and highly scalable strategies. By regularly monitoring patients virtually across different post-acute settings, we can improve program participation and intervene early to reduce patient mortality, morbidity, and overall costs."

Fellowship Program Updates: Hematology-Oncology



Dr. Megan Jagosky

Beginning in 2015, our department established an ACGME-accredited fellowship training program in Hematology-Oncology through the Levine Cancer Institute. Since that time, the Levine Cancer Institute has expanded rapidly with the fellowship training program now accepting four fellows per year. The goal of the Levine Cancer Institute Hematology/Oncology Fellowship Program is to train outstanding physicians who will become leaders in a diverse range of domains, including patient care, education, clinical, patient-oriented outcomes, and translational research.

Overall, the Levine Cancer Institute has become one of the largest cancer programs in the nation, serving more than 17,000 new patients at more than 25 care locations. Due to the institute's care model and innovative approaches including virtual tumor boards, proprietary electronically accessible pathways, and focus on research and leading-edge treatment, patients in the region have access to clinical trials and community-based care such as the nation's first mobile CT unit.

In 2019, the Levine Cancer Institute opened the newest addition to the world-renowned cancer institute: Levine Cancer Institute II (LCI II). This new facility is an extension of the research and academic headquarters in Charlotte that will enhance cancer and hematologic services throughout communities in North Carolina and South Carolina. The 260,000 square-foot LCI II building provides development in several areas of cancer care, including elevated research efforts around innovative treatments, survivorship support programs, palliative care and patient rehabilitation.

We recently interviewed Dr. Megan Jagosky (CMC Internal Medicine Class of 2017) about her experiences as a Hematology-Oncology Fellow at Levine Cancer Institute. Megan was selected as Chief Fellow at LCI for the 2019-2020 academic year.

What led you to choose Hematology-Oncology as a specialty?

I did my first hematology/oncology elective as a fourth-year medical student. I very quickly came to realize the magnitude of the relationship between oncologist and their patient. The diagnosis of cancer is life changing and makes all involved appreciate the fragility of time. Even when a disease isn't curable, the opportunity to provide a few extra months or years can be invaluable. The opportunity to develop these relationships is what drives me to pursue this career.

What have been some highlights of your fellowship experience thus far?

Highlights of my fellowship experience have been the many opportunities to travel to national conferences to learn and present my research. I started off my training with an interest in multiple myeloma and was able to present at the American Society of Hematology in San Diego. Over time, my interest shifted to solid tumors, and I was able to do more research in that arena particularly colorectal and pancreatic cancer in the younger population.

I presented my work at the American Society of Clinical Oncology in Chicago and at local meetings in North Carolina. I am now the chief fellow and loving the opportunity to enhance fellow morale through organizing events like Friendsgiving and birthday celebrations as well as developing board review, resiliency programming, among other things.

What led you to want to stay at CMC/LCI/Atrium Health for fellowship?

I had such a good experience during my internal medicine residency training and developed relationships with numerous faculty members in the hematology/oncology department. Touring around other locations for residency and fellowship gave me the appreciation that the training at Atrium Health was unique. They supported and respected their trainees and were truly invested in their learning.

The volume of patients treated in this larger metropolitan region of the Southeast provides ample learning opportunities. We see a large spectrum of pathology from bread and butter cases to more obscure. The city of Charlotte also provides a good quality of life outside the hospital with affordable living but opportunity for outdoor activities, concerts, and various events.



Levine Cancer Institute II

(Continued on Page 7)

CMC Residency Alumni: Updates and Accomplishments

I recently completed additional training in Preventive Medicine at the University of Maryland and am now a medical officer at the U.S. Food and Drug Administration where I work in post-marketing safety of biologics.

Brendan Day, MD, CMC IM Class of 2014

I am practicing Obesity Medicine in the UNC Health Care System in the Triangle, NC, and I have been subspecialty board certified in Obesity Medicine. Ever since I did part of my elective Endocrine rotation with the CMC Weight management clinic during my intern year, I discovered how much I truly love and enjoy working with patients on weight management, health coaching, and lifestyle medicine. Because of that wonderful experience at CMC, when I went off to my Physical Medicine & Rehabilitation residency in Chicago at Northwestern University, I knew that I would be practicing obesity/weight management. Therefore, I just wanted to send you all a big shout out and thank you all for my experience at CMC. You all are amazing physicians, and I still cherish the friendships that I have made at CMC.

Angela Lipscomb-Hudson, MD, CMC IM Preliminary Class of 2008

Dr. Rosenthal has received the rank of Professor of Medicine in the Division of Endocrinology, Diabetes and Metabolism and the Associate Chief Medical Quality Officer of Ambulatory Services at UAB Medicine.

Rich Rosenthal, MD, CMC IM Class of 1995

For the last 2 years, I've been researching and using intensive nutrition and lifestyle management with patients to reverse their chronic disease. One of the biggest tools we use is REAL food and fasting. It has been absolutely amazing the results that patients have gotten. In fact, it was so successful that I decided to sit for the obesity medicine boards and open my own practice. In September, my friend (Sarah Fox RNC) and I opened our office in Concord. Our website explains more of what we do: www.clmedicine.com

I look back on my time at CMC often and smile when I do.

Meghann Blankenship, MD, CMC IM Class of 2013

I started with the Cleveland clinic in Abu Dhabi (UAE) in August 2018. I am with the department of preventative medicine serving as the lead physician in executive health.

My family of four has moved and made the adjustment beautifully! My kids, ages 11 and 14, go to the American community school. My husband, Turner, is a lawyer and head of regulatory and compliance at Abu Dhabi investment authority (ADIA).

Allison Herbert, MD, CMC IM Class of 2006

Recently, I was named Assistant Dean of Medical Education for the Tuscaloosa Regional Campus of the UAB SOM—meaning I oversee clinical education for all of our students. We have instituted a new Primary Care Track approved by the LCME, and I am preparing for our LCME visit in 2 years. I have been the IM clerkship director for 5 years now.

My wife and I are now empty-nesters. Our oldest is in NY working for an investment banking firm. Our younger son is a sophomore at Alabama majoring in physics.

J. Grier Stewart, MD, CMD, FACP, CMC IM Class of 1995

Fellowship Program Updates: Hematology-Oncology

(Cont. from page 6)

How did the CMC Internal Medicine residency program prepare you well for fellowship?

The CMC internal medicine residency program helped prepare me for fellowship by providing the opportunity to mold my schedule into something more fitting to what I planned on doing. They provided elective months where I could choose to do extra rotations in heme/onc and research time to dedicate to related projects.

What are your career plans?

My career plans are to pursue a hybrid career of academics and community medicine where I can be a solid clinician but also have protected space to be involved in research. This is particularly important in oncology when clinical trials are crucial for patients who are seeking the latest and greatest therapies that are not available otherwise. As cancer care is evolving at a rapid pace, it is becoming more commonplace to focus on treating one or two cancer types.



CMC Internal Medicine Intern Class of 2019-2020 at the top of King's Pinnacle

Department of Internal Medicine Education and Research Fund

In Honor of Laszlo Littmann

Those interested in making a tax-deductible donation to the **Department of Internal Medicine Research and Education Fund** can do so in two convenient ways:

Online via the Atrium Health Foundation website: [HERE](#)

<https://www.atriumhealthfoundation.org/get-involved/donate/>

— or —

Supporters can mail checks to the CMC Internal Medicine Education and Research Fund

Atrium Health Foundation, P.O. Box 32861, Charlotte, NC 28232-2861.