



THE PROGRESS NOTE



Dr. Matt Blackwell

Welcome from the Program Director:

Greetings from Charlotte and the Department of Internal Medicine at Carolinas Medical Center! We celebrated another Match Day this past March and are excited to welcome another 19 resident members to our department this summer. Our incoming interns are quite an accomplished group with diverse life experiences. The list of names and medical schools for this outstanding class of interns can be found on subsequent pages of this newsletter.

In addition, this issue of *The Progress Note* features updates on a recent book publication by Dr. Carmen Teague (CMC Class of 2004), an account from one of our PGY-3 residents about his recent global health experience at Tenwek Hospital, our graduates' continued incredible ABIM exam success, and various accomplishments of our wonderful residents, faculty, and 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. 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**. We established this fund to honor the occasion of Dr. Littmann's retirement in 2016, and we are using the donated funds to support residency education efforts including travel for an experience in international medicine, residency wellness events to prevent physician burnout, resident research efforts, and special events such as residency graduation. 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 at the end of the newsletter. Thank you so much for your consideration!

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

Contents

Program Director Welcome... (pg.1)

Resident Highlights

Global Health... (pg. 2)
 Fellowship Match... (pg. 2)
 Accomplishments... (pg. 3 & 4)
 Incoming Interns... (pg. 5)
 Wellness Week... (pg. 5)
 Updates... (pg. 6)

Faculty Highlights

Updates... (pg. 6)

CMC Department of Internal
 Medicine's 50th Anniversary... (pg. 7)

Alumni News

Updates... (pg. 8 & 9)

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: Global Health

This past October one of our PGY-3s, Dr. Cory Gunn, was our first resident to travel to Bomet, Kenya to complete a month-long international health rotation at Tenwek Hospital. While in Kenya, Cory worked under the supervision of Dr. Chuck Barrier who serves as one of our core faculty and as the Director of Global Health training. We hope that you enjoy Cory's account of his global health experience below.



Global health was not an interest of mine when I began residency. It was through the countless stories of former residents' mission trips to Cameroon, Africa, that originally sparked my interest. When I entered my third year of training, I had made up my mind to explore global health and was considering traveling abroad. Late in the summer of 2018, Dr. Charles Barrier and I were generously given the opportunity to travel to Bomet, Kenya to serve at Tenwek Mission Hospital. Without a doubt, this was one of the most impactful months of my life.

Dr. Cory Gunn *During the month of October, I traveled to Kenya to work as a short-term missionary at Tenwek. Dr. Barrier and my wife, Dr. Elizabeth Gunn, accompanied me. The overall experience was much more impactful to my professional and spiritual development than I had ever imagined. My initial impression of the community and the hospital was that there was clearly a major need for healthcare resources and providers. The hospital*



Drs. Cory Gunn and Chuck Barrier

doorsteps were crowded with hundreds of people hoping to be seen for their various illnesses.

The hospital staff were very welcoming. We were greeted each morning with local bread and chai tea. I was able to work alongside other missionaries and medical professionals from all over the globe. We individually led a group of medical and Clinical officers in caring for our patients in the medical wards and intensive care unit. Each day we met as a team and shared scripture and prayer which was followed by

education and rounds. I helped care for patients with tuberculosis, advanced AIDS, parasitic infections, and various toxidromes. Despite the overall mortality rate of 30% of those admitted to the medicine service, we saw many patients fully recover. There was no shortage of gratitude.

Our work was very much appreciated, and we all felt the impact of our service. Despite most of our time being spent at Tenwek, we were able to explore the beautiful landscape of Africa. On my first weekend there, the faculty traveled to Mount Longanot, a stratovolcano with a trail along its crater. Most of the medicine team traversed around the volcano and recorded a 14-mile hike. Later in the month, my wife and I traveled to the Masai Mara to go on safari where we saw lions, cheetahs, hippos, and even rhinos. We visited with local communities and tried many new foods (which were all delicious). Lastly, we invested time in developing relationships with our Tenwek community which was truly the most impactful. We all had a great experience, and my time in Africa will never be forgotten.

Since returning from Kenya, Cory continues to be an active leader within our department. Following his graduation from residency this June, Cory will remain at CMC for a PGY-4 Chief Residency year. Cory hopes to pursue a career in pulmonary-critical care in the near future.

Fellowship Match 2018-2019

In November 2018, the PGY-3 residents listed below matched into their respective fellowship programs.

We are proud of their accomplishments and know that they will serve as outstanding representatives of our residency program moving forward.

Furthermore, we are delighted that most of them will be staying at CMC next year for fellowship training!

Maggie Devane, DO: Geriatrics, Carolinas Medical Center, Charlotte, NC

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

Kevin Lamm, MD: Hepatology, Carolinas Medical Center; Charlotte, NC

Ashley Matusz-Fisher, MD: Hematology-Oncology, Levine Cancer Institute/CMC; Charlotte, NC

Joanna Young, DO: Hematology-Oncology, Levine Cancer Institute/CMC; Charlotte, NC

Alex Fertman, MD (CMC Class of 2011): Hospice-Palliative Care, Wake Forest University; Winston-Salem, NC



Dr. Cory Gunn, Tenwek Hospital

Residency Program Updates: Resident Accomplishments



Dr. Brooks Keene

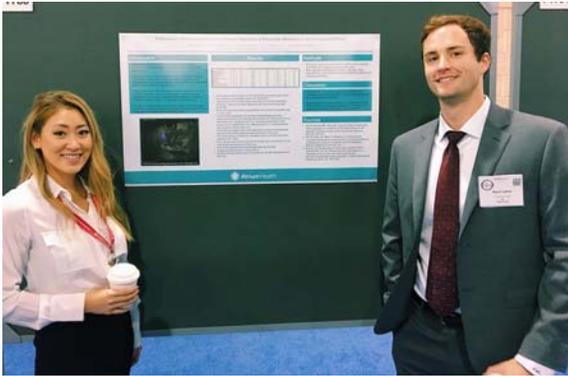
Brooks Keene, MD (PGY-1) recently was selected as the only resident member in the state to the North Carolina American College of Physicians (ACP) Leadership Council.

Under the direction of our Internal Medicine resident research program coordinator, Dr. Stephanie, Taylor, MD, our residents continue to be highly active in medical scholarship. The residents listed below recently presented their scholarly work at a regional or national medical meeting.

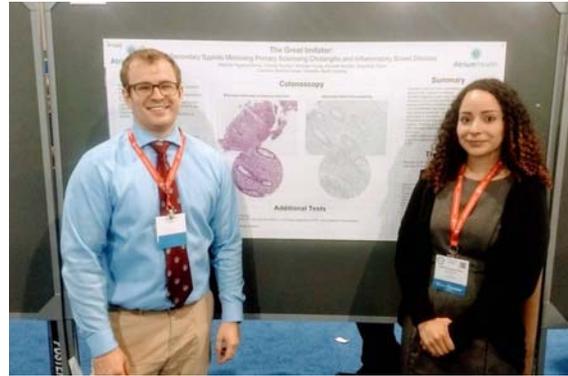
Drs. Marielys Figueroa-Sierra and Tom Shuman: American College of Gastroenterology; Philadelphia, PA

Dr. Kevin Lamm: American College of Gastroenterology; Philadelphia, PA

Drs. Ashley Matusz-Fisher, Kaitlyn O'Keefe, Reed Shimberg, Tom Shuman, Joanna Young: Society of Critical Care Medicine; San Diego, CA



Drs. Kevin and Zion Lamm



Drs. Tom Shuman and Marielys Figueroa-Sierra



Dr. Tom Shuman



Dr. Ashley Matusz-Fisher



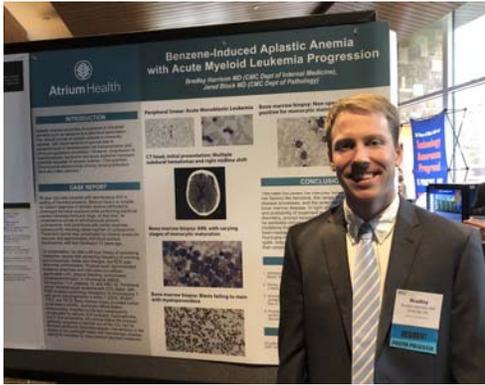
Dr. Reed Shimberg



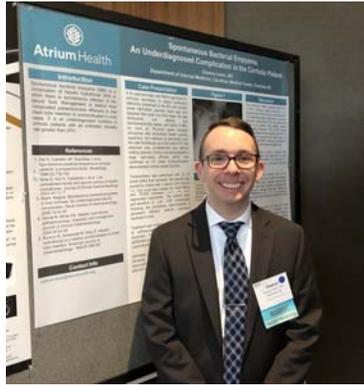
Dr. Joanna Young

Resident Accomplishments (Cont.)

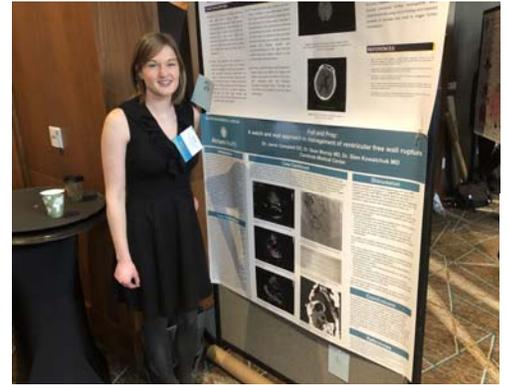
Drs. Maggie Devane, Jamie Campbell, Brad Harrison, Chance Lewis, Ashley Matusz-Fisher, Neelam Patel: North Carolina American College of Physicians; Raleigh, NC



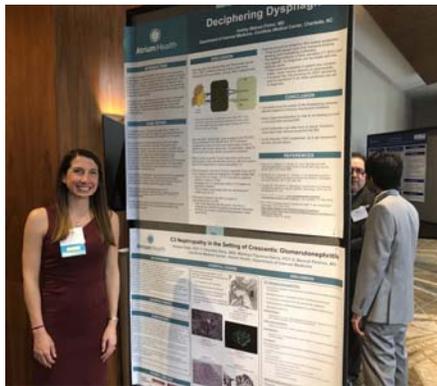
Dr. Brad Harrison



Dr. Chance Lewis



Dr. Jamie Campbell



Dr. Ashley Matusz-Fisher



NC-ACP Poster Presenters

Drs. Tony Dang, Cory Gunn, and Chance Lewis: Doctor's Dilemma Competition Team; North Carolina American College of Physicians; Raleigh, NC



NC-ACP Doctors Dilemma Panel



Dr. Maggie DeVane



Doctors Dilemma Participants

Class of 2022: Incoming Internal Medicine Categorical Residents



Patricia Baker, DO
VCOM-Carolinas



Deanna King, MD
Medical University of South Carolina



Kent Beam, MD
Mercer University



David Koh, MD
Louisiana State University



Julia Bottcher, DO
VCOM-Carolinas



Andy Lin, MD
Medical University of South Carolina



Joseph Flynn, DO
VCOM-Carolinas



Stephen Mitchell, DO
VCOM-Virginia



Karl Green, MD
University of Tennessee



Tosin Ogunsiakan, MD
University of North Carolina



Carter Hruby, MD
University of North Dakota



Eric Sensenbrenner, DO
VCOM-Carolinas

Class of 2020: Incoming Internal Medicine



Ahmed Farawi, MD
University of North Carolina (*Anesthesia*)



Peter Pham, MD
Thomas Jefferson University (*Anesthesia*)



Ramiz Hamid, MD
Wake Forest University (*Dermatology*)



Zachary Poole, MD
Medical University of South Carolina (*Ophthalmology*)



Megan Kennelly, MD
University of Cincinnati (*PM&R*)



Bret Robinson, MD
University of North Carolina (*Anesthesia*)



Jennifer Lindsey, MD
Wake Forest University (*Radiology*)

Scenes from Winter Wellness Week, February 2019

As a part of our Winter Wellness Week in February, our residents and faculty enjoyed the first-ever CMC Department of Medicine Chili Cook-Off! **Dr. Chance Lewis** won the award for "Best Spice," **Dr. Maggie Devane** received the award for "Most Original," and **Dr. Jessica Sang** took home the prize for "Best Overall!"



Residents also had an opportunity to make over 140 sandwiches for Urban Ministries as a part of Internal Medicine Resident Winter Wellness Week.



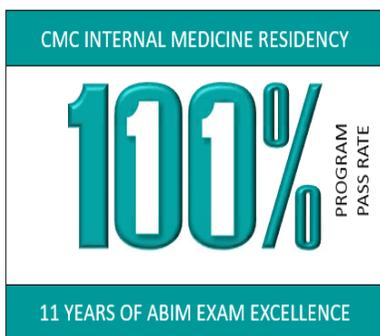
Residency Program Updates: Global Health Interest Group

Under the leadership of faculty members, Dr. Chuck Barrier and Dr. Michael Leonard, our program has started a Global Health Interest Group. Our residents continue to be actively involved in international health by traveling to Cameroon, Kenya, and Nicaragua in recent years. The CMC Global Health Interest Group meets monthly on Wednesday evenings, and the response amongst the residents has been incredible. At the inaugural meeting in January 2019, Dr. Michael Johnson spoke on the topic “Global Health: First Do No Harm.”



Residency Program Updates: ABIM Exam Milestone

This past fall, we learned that each member of our Internal Medicine Class of 2018 passed the ABIM exam on their first attempt. **This marks 11 consecutive years that our program has had a 100% ABIM exam first-time pass rate!** As far as we know, we are the **ONLY** Internal Medicine residency program nationally (out of over 500 IM programs) to hold a 100% ABIM exam program pass rate for this length of time! This extraordinary accomplishment is a testament to our residents’ hard work, our faculty’s dedication to exceptional mentorship and instruction, and our institution’s commitment to providing a superb training environment.



Department of Internal Medicine: Faculty Updates



Dr. Iris Cheng, MD received the Dr. Gary Greenberg Memorial Volunteerism and Community Service Award from the North Carolina American College of Physicians (ACP)



Dr. Scott Furney, MD, FACP received the North Carolina American College of Physicians (ACP) Laureate Award for outstanding leadership and service to his community, department, state chapter, and national ACP



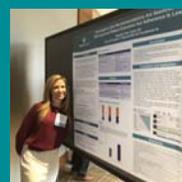
Dr. Nancy Gritter, MD (Metrolina Nephrology; CMC Sports Medicine Fellowship Class of 2018) recently was named lead internist for the Carolina Panthers. She is the first woman to serve in this role in the NFL!



Dr. Rob Heyer, MD received the prestigious Atrium Health Teal Acorn Award for top overall patient satisfaction in the system



Drs. Jimmy Hwang, Andrew Dries, and David Iannitti recently led efforts to achieve a Center of Excellence Designation for Pancreatic Cancer from the National Pancreas Foundation



Dr. Stephanie Taylor, MD received the top scientific poster award at the Early Career Physicians Poster Competition at the North Carolina ACP meeting for her work on Post-Sepsis Care

CMC Department of Internal Medicine's 50th Anniversary

In recognition of our department's 50th anniversary, we recently asked our alumni to tell us about their favorite residency memory, what they loved most about their CMC residency experience, or how residency at CMC has shaped their career. We received many wonderful responses which we have included below.



"I would like to thank Dr. Bianchi for always empowering, believing in me and making me the physician I am today."

-Sandra Banks, MD, Atlanta, GA, CMC IM class 1997

"The thing I loved most about my time at CMC as a resident was most certainly the people. The attendings are approachable and truly care about the residents. My co-residents were (and continue to be) some of my best friends. It was an incredible community of which to be a part."

-Casey Watkins, MD, Kingsport, TN, CMC IM class of 2013

"Fortunately, I have many more fond memories than not. The area I will always remember is the large number of wonderful and dedicated residents who have matriculated through the department. These individuals have moved on to be great clinicians and clinician leaders. The program has attracted great people."

-Raymond Bianchi, MD, FACP- Professor and Chairman Emeritus

"The most educational part of my residency was the lack of any IM fellowship programs at Charlotte Memorial Hospital/ Carolinas Medical Center when I was a resident from 1989 – 1992. We did everything from managing balloon pumps to thoracentesis to placing dialysis catheters to monitoring patients in the hyperbaric chamber. It left me very well prepared for my locums jobs immediately out of residency, often in small, rural areas where the hospitals had no subspecialists. One of those locums jobs was as a dedicated hospital doctor. I loved it and went on to become a full time hospitalist before the term "hospitalist" was coined."

-Mary Alice Marshbanks, MD, Raleigh, NC, CMC IM class of 1992

"I was so honored to be a resident at CMC. My experience there laid the foundation for a great clinical career as well as a passion for making the practice of medicine better. My mentors in the residency program inspired me to 'do more' and led me to the path of physician leadership and administration. I now have the privilege to work alongside the same mentors who inspired me! What a joy and a gift!"

-Carmen I. Teague, MD, Charlotte, NC, CMC IM Class of 2004

"I loved my time in Charlotte at CMH & CMC. My experience in the Department of Medicine was nothing short of spectacular. The dedication to education, patients and to the people was palpable."

-Todd Dorman, MD, FCCM, FSACME, Baltimore, MD, CMC IM Class of 1987

"I loved my time during residency at CMC. It felt like a close knit family which made the whole experience so much better. The education and training were fantastic, and I felt incredibly well prepared when I left to become a hospitalist. Probably one of my favorite memories of residency was when Aaron Miller won the Intern of the Year award, and multiple people came to congratulate me. I still don't see the resemblance between him and me, but try telling that to half the nursing staff of the hospital. Residency at CMC was some of the best years of my life, and I couldn't have asked for a better group of co-residents and faculty!"

-Alex Fertman, MD, Wake Forest, NC, CMC IM Class of 2012

"My favorite memory from residency was the relationships forged with fellow residents and attendings. Although we worked hard (no limits on admissions in the early to mid-1990's), we were treated very well by Dr. McCall and other faculty. The educational lunches and programs and morning report were top notch. I am now a gastroenterologist and presented grand rounds on Hep C as well as alcoholic liver disease which led me into this field. Also, working with Dr. Scobey and other gastroenterologists was quite beneficial to my training. CMC foot the bill for an annual out of town conference and gave us Hornets tickets which was well received! Not having subspecialty fellows around allowed us to get tons of early experience which greatly benefited us all. I will be forever grateful for the opportunity to have trained at CMC."

-George Jenkins, MD, Columbia, SC, CMC IM Class of 1995

CMC Department of Internal Medicine's 50th Anniversary (Cont.)

"I remember the days before hour restrictions and admitting 18 patients in a day. I still have a copy of Dr. Shellhorse's ICU handbook. I remember playing Dr. Folmer vs. the MRI (Dr. Folmer always won). I remember the dark conference room on EKG Tuesdays and Dr. McCall always making me feel like I didn't know a thing about EKGs. I remember a Spring retreat at Dr. McCall's farm. I remember Laszlo Littmann making everything so simple ("I don't understand 'social problem.' In Hungary, they come from the street, they go back to the street."). I did so many LPs on AIDS patients that I lost count. I remember when the ICU moved to the top floor under "air Sanger"—we were going to do a study on the effect of jet fuel fumes on ICU patients. We were afraid to take a nap on the 6th floor (I think it was 6) for fear we'd wake up with a sandbag on our groin. Mainly, I remember time with friends that I haven't done a good job keeping in touch with since then."

-Grier Stewart, MD, Tuscaloosa Regional Campus of the UABSOM, Tuscaloosa, AL, CMC IM class of 1995

"Looking back on my training at CMC, the first thing that comes to mind is the feeling of camaraderie and support that I felt each morning when I walked into the resident work room. Regardless of how rigorous the rotation was, I could always count on my fellow co-residents to keep me going. Next, I recall and still appreciate how dedicated to teaching our attendings were and how they genuinely cared about the well-being of residents."

-Brendan Day, MD, Rockville, Maryland, CMC IM Class of 2014



CMC Internal Medicine Residency: Alumni Updates



Dr. Melanie McMinn (Class of 2011) presented a scientific poster at the North Carolina ACP Early Career Physicians Poster Competition in Raleigh, NC



Dr. Todd Gandy (Class of 2016 and former PGY-4 Chief Resident) recently celebrated the birth of his daughter, Mollie, this past February. Todd is a current Pulmonary-Critical Care Fellow at MUSC in Charleston, SC.



Dr. Megan Jagosky (Class of 2017) has been named the 2019-2020 Chief Fellow in Hematology-Oncology at the Levine Cancer Institute.

Alumni Updates: Book Publication by Dr. Carmen Teague (CMC Class of 2004)



Dr. Carmen Teague

One of our residency program alumni, Dr. Carmen Teague (CMC Class of 2004) recently published a collection of personal essays from her life titled, *Motherhood, Medicine, and Mayhem*, in which she shares candid and humorous stories of juggling life as a physician, a mother, and a woman seeking God's heart. In the book, she explains how the plans we make for ourselves are often an exercise in futility, and she finds that the much sought-after balance between work, motherhood, and marriage is a myth! Carmen shows us that life is often messy, but you can find purpose in the pandemonium, healing in the hurt, and hope with the help of faith.

About the Author

Carmen Teague, MD, attended UNC-Chapel Hill on the prestigious Morehead-Cain Scholarship, earned a Masters Degree in Counseling from Gordon-Conwell Theological Seminary in Massachusetts, and worked in Alzheimer's disease research at Duke University. She then attended UNC-Chapel Hill School of Medicine and completed her residency at Carolinas Medical Center in Internal Medicine. She joined Mecklenburg Medical Group in June of 2004 and now serves as the Director of Internal Medicine for Atrium Health Medical Group Division. She is married to her high school sweetheart and they have four beautiful children. The girls came by birth; the boys came by plane. Carmen says that all four came by God's grace to her family.

She is an avid water-skier, triathlete, and CrossFit fanatic. She serves as a LifeGroup leader at her church and as a medical mission team leader in the community. She enjoys sharing her story with professional and faith-based organizations throughout the Charlotte area. You can follow her blog at www.carmen-teague.com and on Facebook at [carmenteagueauthor](https://www.facebook.com/carmenteagueauthor).



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/)

<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.