

INTERNAL MEDICINE

The View from 3W

SUMMER 2018

Insights from the Chair



I've been on the job for almost one year and a half and am increasingly optimistic about the Department's future. One of the most energizing aspects of my position is talking with faculty, fellows and residents about their aspirations and career interests. These meetings leave me feeling blessed by the incredible talent, passion and enthusiasm that exist here.

Our Department enjoys a rich heritage. The founding chair, Tinsley Harrison, was an icon in American medicine. His prescient vision for excellence in the core missions of academic medicine – teaching, patient care and research – is deeply woven into the fabric of all that we do. More recently, the Department benefited from other leaders, including Bill Hazzard, Bill Applegate, Tom DuBose and Kevin High. Building on the tradition of excellence established by my predecessors was an important factor in my decision to join Wake Forest Baptist in September 2016.

With this newsletter, I hope to open dialogue with former trainees and share the impact that the Department is having at Wake Forest Baptist and beyond. I'd also like to hear about your own successes and how your training experience has shaped your career. I hope these stories will rekindle fond memories and provide a vehicle for connecting with former colleagues.

I truly have found my ideal job and couldn't be happier with the vitality and commitment of our faculty, fellows and residents. I look forward to connecting with you and keeping you updated on our latest news.

Gary Rosenthal, MD, FACP

TINSLEY R. HARRISON PROFESSOR AND CHAIR

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The View from 3W newsletter is named after the Department of Internal Medicine's location in Watlington Hall at Wake Forest Baptist Medical Center. The name also reinforces our forward-thinking approach to fulfilling and communicating our clinical, research and education missions.

A SNAPSHOT OF OUR DEPARTMENT IN 2018

The Department of Internal Medicine brings together over 300 faculty, 185 residents and fellows, and more than 120 advanced practice providers who support our clinical, teaching and research missions.

Our education programs remain one of the Department's crown jewels. The core clerkship for third year medical students, directed by Cynthia Burns, MD, has been the highest rated clinical clerkship by third year medical students for the past two years. The residency program, directed by Hal Atkinson, MD, exposes trainees to the entire spectrum of Internal Medicine. Our focus on teaching an evidence-based approach to practice has been an enduring feature of the program over the past two decades.

Nationally-Recognized for Excellence

Collectively, our accomplishments as doctors, investigators and teachers continue to shape the future of medicine. Our faculty consistently receives institutional and national recognition for teaching excellence and innovation.

Ed Haponik, MD, former Director of the

Pulmonary fellowship, recently received the 2017 Outstanding Educator Award from the Association of Pulmonary and Critical Care Medicine Program Directors. This prestigious award recognizes his achievements, unquestionable leadership and longstanding commitment to training the next generation of pulmonologists.

Department faculty also conducts groundbreaking research to elucidate the mechanisms of disease, translate findings to novel treatments and develop innovative healthcare delivery models to improve patient health. Many have led large national trials that have defined the current treatment of cardiovascular disease, diabetes and cancer. Jeff Williamson, MD, Professor and Chief of the Section on Gerontology and Geriatric Medicine, co-led the multi-site NIH-funded SPRINT trial. The findings from this study, which were published in the *New England Journal of Medicine* and *JAMA*, are redefining treatment goals for patients with hypertension.



Our clinical programs were recently recognized as being among the nation's best by *U.S. News and World Report*, including Cancer (No. 27), Nephrology (No. 27), and Geriatrics (No. 33). We are also proud to have 78 "Best Doctors in America."

Section SPOTLIGHT



Barry I. Freedman, MD
Section Chief, Nephrology

Nephrology

The Section on Nephrology continues its commitment to excellence in kidney care and research, with faculty leaders specializing in dialysis therapies and the genetic epidemiology of chronic kidney disease.

Faculty recently received two NIH grants related to the National Institute of Diabetes and Digestive and Kidney Diseases “APOL1 Long-term Kidney Transplantation Outcomes Network (APOLLO)” and will serve as principal investigators on the APOLLO Coordinating Center and an APOLLO Clinical Center. APOLLO aims to optimize kidney transplantation outcomes based on precision medicine and genetic data.

The Section was once again ranked by U.S. News & World Report as a Top 50 Kidney Disease Program—an honor held for ten consecutive years. Ten faculty members were also recognized as “2017-2018 Best Doctors in America.” In addition, the Wake Forest Outpatient Dialysis Program continues to house the largest academically-owned and operated dialysis program in the nation, with 18 free-standing facilities throughout northwestern North Carolina.



David Zhao, MD
Section Chief, Cardiology

Cardiology

The Section on Cardiology is making great strides in heart and vascular disease care, research and education. Dr. Peter Libby, Mallinckrodt Professor of Medicine at Harvard Medical School and Senior Physician with Brigham

and Women’s Hospital, was the guest speaker at the inaugural William C. Little, MD, Cardiovascular Medicine Lecture held Friday, May 19, 2017. The title of Dr. Libby’s presentation was “A Reassessment of the Mechanisms of the Acute Coronary Syndromes.” Dr. Libby is a world-renowned leader in cardiovascular medicine. His clinical and research interests include vascular biology, atherosclerosis and preventive cardiology.

The Section is leading national clinical trials to advance cardiac care. Under the leadership of Drs. Patrick Whalen and David Zhao, the first two patients have been enrolled in the AMPLATZER™ Amulet™ study. These patients have undergone implantation of the AMPLATZER™ Amulet™ Left Atrial Appendage Occluder. The study is looking at an alternative device to the Watchman™ for stroke prevention in atrial fibrillation patients who cannot take chronic anticoagulation. This Amulet PR Kit received IRB approval for site use on June 8, 2017.

Notable faculty highlights include Carlos Rodriguez, MD, MPH, FACC, Associate Professor in the Department of Epidemiology and Prevention in the Division of Public Health Sciences and Associate Professor of Medicine, being named Interim Director of the Maya Angelou Center for Human Equity (MACHE). Dr. Rodriguez, who joined the faculty in 2011, focuses his research on cardiovascular health disparities, minority cardiovascular health, hypertensive heart disease and heart failure. He is the principal investigator of ECHO-SOL and ECHO-SOL2, national multicenter studies on cardiac structure and function in Hispanics and Latinos across the country. He was awarded a perfect score from the National Institutes of Health for his grant application — a very rare accomplishment.

WILLIAM R. HAZZARD Scholars Program



Dr. Hazzard; Dr. Julie Freischlag, CEO and Dean; Inaugural Hazzard Scholars, Drs. Teri Opina and Erin Barnes; Dr. Rosenthal

The Department of Internal Medicine is pleased to announce the William R. Hazzard Scholars Program, a new scholarship to support the training of the next generation of clinician scientists.

The program provides an individualized curriculum and mentored faculty research experience that builds the knowledge base and skills for a productive and sustained career as a clinician investigator. The award recognizes the iconic career of William

R. Hazzard, MD, who shaped the departments of Internal Medicine at leading institutions, including the University of Washington, Johns Hopkins and Wake Forest. As Chair of the Department at Wake Forest from 1986 to 1998, Dr. Hazzard implemented a vision emphasizing education and training that tightly integrated research and clinical care and foreshadowed the Learning Healthcare System – a model that we embrace today.

Your Role in the William R. Hazzard Scholars Program

Thank you for considering how you can participate in establishing the William R. Hazzard Scholars Program – a historic endeavor that will be, like Dr. Hazzard, a vital force for Wake Forest Baptist and the future of medicine.

Contact Ed Crowder, Assistant Vice President, Major Gifts and Planned Gifts, Philanthropy and Alumni Relations, for more information.

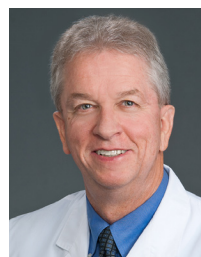
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Connect

WITH INTERNAL MEDICINE ALUMNI

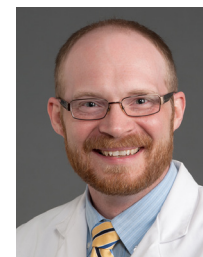
Each newsletter will feature updates from former trainees on their career successes and personal achievements. Do you have news to share? We would love to hear from you! Please submit your information to Dr. Gary Rosenthal at grosenth@wakehealth.edu for publication in this newsletter.



Bayard Powell, MD, is Section Chief of Hematology and Oncology and Associate Director for Clinical Research at Wake Forest Baptist Health's Comprehensive Cancer Center. He came to Wake Forest as an Internal Medicine resident in 1980 and joined the faculty in 1986. One of his greatest career highlights has been the opportunity to work with a number of talented, committed and "good" people. Powell enjoys the opportunity to be an advocate for faculty, staff, patients and families. He and his wife, Mary Caponera, are the proud parents of Zach, who recently completed medical school and an MBA and started Anesthesiology residency at Columbia in New York.



Todd Robinson, MD, Assistant Professor of Nephrology at Wake Forest Baptist Health, joined the faculty in July 2014 after completing residency and fellowship training at Wake Forest. He received Interventional Nephrology training from Dr. Shahriar Moossavi, Medical Director of the Wake Forest Dialysis Access Group (DAG), and was certified by the American Society of Diagnostic and Interventional Nephrology in 2016. He has published five peer-reviewed manuscripts and one book chapter, treats general nephrology patients and performs hemodialysis vascular access procedures at the DAG. He and his wife, Christy, have three children — Amy, Will and Libby.



Matthew Miles, MD, completed Pulmonary Diseases and Critical Care Medicine fellowship at Wake Forest Baptist Health in 2012 after residency and one year as Assistant Chief of Medicine. He then completed a Master's Degree in Education and was awarded the Brooks Scholarship in Academic Medicine. He is active in medical education leadership, serving as Vice-Chair of the Training & Transitions Committee for the American College of Chest Physicians (CHEST) and co-editor of the CHEST journal's section on Teaching, Education and Career Development. He also serves as the program director of Wake Forest's Pulmonary fellowship.



Megan Alexander, MD, was an internal medicine resident from 1999 to 2002 at Wake Forest Baptist Health and served as a hospitalist and then Medical Director of the Outpatient Department until 2003. She worked for the Veteran's Administration Primary Care Clinic in Winston-Salem for five years while serving as a liaison to Wake Forest. In 2008, she returned to Wake Forest fulltime at University Internal Medicine. Her primary focus is on fulfilling the clinical mission and caring for patients. She enjoys patient communication and teaching patients, as well as medical students and residents. She serves on numerous committees, including the Medical Student Selection committee. Alexander's husband owns a business as a builder in town, and she has three children, ages 11 to 15, who keep her life outside of the hospital very busy.



Cynthia Burns, MD, Associate Professor, Section on Endocrinology & Metabolism, joined the faculty after completing her residency and fellowship training at Wake Forest Baptist Health in 2005. She currently serves as Associate Professor and is a Core Faculty member in the residency program and Endocrinology fellowship program. After 13 years of outstanding leadership as Director of the Internal Medicine third year clerkship and fourth year acting internships, she recently accepted the position of Assistant Dean of Wake Forest School of Medicine and will oversee the third year curriculum. She is a past Brooks Scholar in Academic Medicine, serves on numerous institutional and national medical education committees and is the Endocrinology Book Editor for MKSAP. Dr. Burns has a teenage son, John, and is married to David, an addiction counselor in Wake Forest's Psychiatry department.

PEACOCK-PLONK STUDENT AWARD

The School of Medicine has established the annual Peacock-Plonk Student Clinician Award to recognize outstanding senior medical students who have achieved Honors in all of the required Y3 clerkships.

The award celebrates educational excellence and is named for long-standing educators James Peacock, MD, Professor of Infectious Diseases, and George Plonk, MD, Associate Professor of Vascular Surgery. They were selected by their peers for their clinical expertise, diagnostic acumen, bedside manner and humility. Paul Ehlers was honored as the Class of

2018 recipient of the Peacock-Plonk Award in September.

The Peacock Education Visiting Professorship, a two-day program for an accomplished medical educator to deliver grand rounds and participate in faculty development sessions, is also named in Dr. Peacock's honor. He has served in numerous roles in education, including as former Program Director of the Wake Forest Internal Medicine Residency Program, and is highly respected as a role model for his excellence in clinical teaching at the bedside and in the classroom.