



Straight Talk

Department of Internal Medicine

FEBRUARY 2019

This Issue:

- ◆ **Black History Month**
- ◆ **(Dr. Raju) Fund**
- ◆ **Faculty Update**
- ◆ **ACGME Accreditation**
- ◆ **Dr. Abraham Accepted to AAMC's LEAD Program**
- ◆ **Med/Peds Wellness**
- ◆ **Cardiology Match**
- ◆ **Announcements**
- ◆ **Heart Walk**
- ◆ **February Birthdays**
- ◆ **Grand Rounds**

Reflections in Black

As we say goodbye to the February and the polar vortex and optimistically spring into the welcoming arms of March, we take a moment for reflection on the significant commemoration of 'Black History' in the month of February. Black History Month was founded by Mr. Carter G. Woodson, a high school teacher, who started "Negro History Week" on February 19, 1926 as a result of realizing that none of the American schools taught the history of African Americans. It was a period when mainstream and academic discourse was silent on the contributions of people of African descent to the United States of America and human civilization. Within the public and private sector, African Americans and people of African descent were continually dehumanized and relegated to the position of non-citizens and often defined as fractions of humans. Hence, "Negro History Week" and subsequently "Black History Month" was launched to counter societal ignorance and deliberate distortion of African and African history and achievements.

African and African American achievements and contributions cut across science, medicine, technology, politics, agriculture, the arts, sports, etc in terms of innovation and transformation of European and American societies and the world at large. From coffee, mathematics, inoculation, peanut butter, beauty products, the blood bank, America's first functional clock, mobile technology, open heart surgery, penile transplant, traffic lights, the gas mask, modern art, hip hop, jazz, rock, the blues, shea butter, and even jollof rice (if you haven't tasted it, you haven't lived!), people of African descent have invented these and many other solutions from which we continue to benefit. Even today, African American scientists and inventors are responsible for technological advancements such as the touchtone telephone, portable fax, caller id, the fiber optic cable, the first home security system, voice over internet, animated GIFs, and even the super soaker!

We stand on their shoulders.

As we appreciate the great contributions of the Africans and African Americans, we are cognizant of the significant cost at which some of these achievements were realized. Colonialism and slavery decimated sophisticated traditional systems, culture, family structure, and economic viability which has had far-reaching consequences in the African continent and the African diaspora even till today. Systematic racism has and continues to impact upon the capacity of African Americans to prosper in health, wealth, and liberty. African Americans of intersectional identities vis a vis gender, sexuality, socioeconomic status, or ability are even more at risk of the negative ramifications of structural racism, sexism, homo/transphobia, or other discriminatory policies, processes, and practices which render them vulnerable to disparities in health and wealth. The intersection of racism and medicine is appreciable in the story of Henrietta Lacks whose HeLa cell line was harvested without her consent. Her cells have been used to develop the polio vaccine, cloning, gene mapping and in vitro fertilization; develop drugs for treating herpes, leukemia, influenza and Parkinson's disease; and have been influential in the study of cancer, lactose digestion, sexually transmitted diseases and appendicitis. The Tuskegee syphilis study, the work of Dr. James Marion Sims who conducted gynecological experiments on enslaved women without anesthesia, eugenics, and the government-sponsored systemic coerced sterilization policies are a few other examples of the impact of racism on science and medicine.

In celebrating Black history month, we recognize the achievements of our family, friends, and colleagues of African descent. In the division of General Internal Medicine, we acknowledge the achievements of Dr. Latonya Riddle-Jones, our division's first faculty to concurrently obtain a Master's in Public Health at Harvard University, a distinguished fellowship in 'Leadership in Health Policy' by the Society of General Internal Medicine, and a distinguished fellowship in 'Midwest Champion in Primary Care' at the University of Illinois. She is also founding medical director at Corktown Health Center, the first health center to prioritize LGBTQ health, associate medical director of Breast and Cervical Cancer Control program which provides free cancer screenings for women who are unable to afford them. We recognize Dr. Eric Ayers, who has a bottomless curriculum vitae with achievements to last many lifetimes. He is WSUSOM's first Assistant Dean of Mentorship, one of the longest-running program directors of the nation's oldest internal medicine-pediatrics combined residency program, the first medical director of the Neighborhood Service Organization, and he sits on numerous community advisory boards. He is the recipient of numerous awards including WSUSOM's 2019 distinguished alumni award. We recognize Dr. Melanie Hannah-Johnson who is a force of nature in the recruitment and retention of students and faculty of color throughout the health education pipeline. From high school to junior faculty, she is a tireless mentor and sponsor who has played a critical role in the career success of countless students and physicians. As Chairperson of the Department of Internal Medicine's Office of Diversity and Inclusion, she is an invaluable resource in supporting members of the department in their personal and professional development.

As we reflect on the past and appreciate the present, we are fired up for the future. We are increasingly aware of the urgency to achieve health equity by effectively addressing social determinants of health which are the most significant factors impacting individual and population health. We are energized to take our place in the forefront of the movement as change champions to increase diversity, inclusion, and representation at all levels of the academic hierarchy and social structures, particularly in the ranks of leadership and halls of power. We are unafraid to call out bias and injustice when we see them practiced implicitly or explicitly, including within our very selves. We boldly challenge the academic and medical framework of innate racial difference, acknowledging that 'race' is a social construct and ought not to be considered as a biologically distinct and scientifically valid category. Consequently, we remain vigilant to any vestige of scientific racism in our academic and clinical framework, critiquing long-held assumptions, and shifting medical research, education, and practice paradigms. We recognize health disparities as a symptom of underlying systemic and structural pathologies of "-isms", which require a multidisciplinary, multi-sector, collaborative approach to dismantle.

"Ubuntu" is a Kiswahili word meaning, "I am, because we all are". It is a concept of shared humanity and our collective interdependence. As we celebrate and enjoy the contributions of Africans and African Americans this Black History Month and every day of the year, let us be inspired to continue to make our own individual and collective contributions in our little corner of the world. Be it in the great city of Detroit, historically a bastion of African American excellence, or Wayne State University School of Medicine or our department, division, communities, or families.

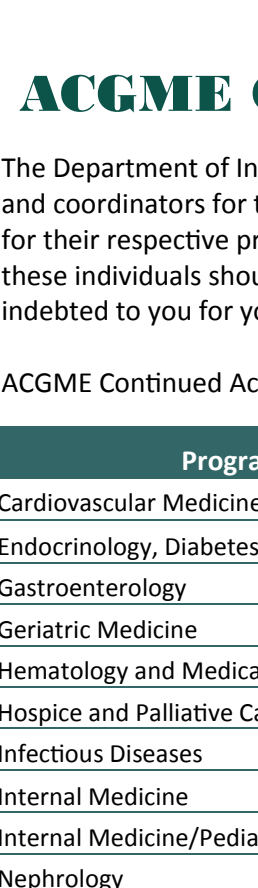
We stand on each other's shoulders.

We are because we all are.

Jjeoma Nnodim Opara, MD

Venkata Penumetcha (Dr. Raju) Fund

We are excited announce the establishment of the *Venkata Penumetcha (Dr. Raju) Fund*. It is in memory of Dr. Raju, who so selflessly devoted himself to the excellence of our Department. It is a small way to remember him and to honor his legacy.



The intent of the fund is for medical education. We will use the funds for an annual award that will be presented to a resident who exemplifies the virtue of humility, good clinical acumen and superior physical exam skills. If we far exceed our estimations for these funds, we will sponsor an annual grand rounds lecture in Dr. Raju's honor for the Department. The goal is to exceed \$7,500 in donations.

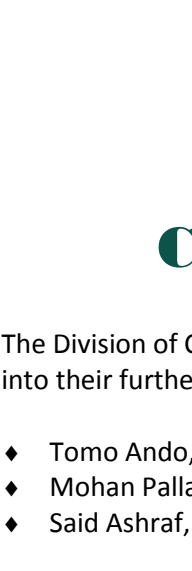
Please join me in contributing towards this great cause. The instructions for donation are below.

Sincerely,

M. Safwan Badr, MD, MBA and Sajith Matthews, MD, FACP

- ◆ To make a gift online, visit
 1. visit, <https://giving.wayne.edu/donate/medicine>
 2. In the "Choose your designation" box select "School of Medicine" and then in the box below, "Other designation or notes about gift," insert "Int Med – Penumetcha fund"
 3. Proceed by clicking "Give Now" and complete the process.
- ◆ To phone in your gift by credit card, please call the WSU Office of Gift Processing at 313-577-2263.
- ◆ Checks should be made out to WSU School of Medicine indicating "Penumetcha Fund-Int Med" on the memo line. They can be dropped off in Rana's office
- ◆ To mail your gift check, please indicate "Int Med – Penumetcha fund" on the memo line and mail to:
 - Wayne State University Gift Processing
 - 5700 Cass Avenue, Suite 1200
 - Detroit, MI 48202
- ◆ Gift checks may also be dropped off at the School of Medicine Development and Alumni Affairs office in Scott Hall, Room 1369, Attn. Gifts Processing.

Faculty Updates



The Department of Internal Medicine would like to welcome Dr. Zaher Msallaty (pictured left). Dr. Msallaty is an Assistant Professor (Clinician-Educator) in the Endocrinology Division. Dr. Msallaty began with us on February 1st. Please be sure to make him and his family feel welcome here in the Department of Internal Medicine.



Also Dr. Fadi Antaki, Dr. Stephanie Judd (pictured right), and Dr. Kirthis Lilley who are faculty members in the Gastroenterology Division based at the VA will also work at the Detroit Medical Center.

ACGME Continued Accreditation 2019

The Department of Internal Medicine would like to congratulate the Program Directors and coordinators for the following fellowships in achieving continued ACGME accreditation for their respective programs. The administrative and educational efforts put forth by these individuals should be commended. Departmental leadership and the trainees are indebted to you for your time and commitment to medical education.

ACGME Continued Accreditation 2019:

Program	Program Director	Program Coordinator
Cardiovascular Medicine	Dr. Luis Afonso	Dorothy Stough
Endocrinology, Diabetes, and Metabolism	Dr. Wael Taha	Valia Al-Kourainy
Gastroenterology	Dr. Murray Ehrinpreis	Carmen McIntosh
Geriatric Medicine	Dr. Pragness Patel	Nargis Rahman
Hematology and Medical Oncology	Dr. Abhinav Deol	Antoinette Sykes
Hospice and Palliative Care	Dr. Michael Stellini	Nargis Rahman
Infectious Diseases	Dr. Sajinay Revankar	Carmen McIntosh
Internal Medicine	Dr. Jarrett Weinberger	Melody Collura/Donna Young
Internal Medicine/Pediatrics	Dr. Eric Ayers	Chyrisa Rucker
Nephrology	Dr. Nashat Imran	Mary Ann Black
Pulmonary Disease and Critical Care	Dr. Abdulghani Sankari	Rachael Hone/Traycee Kue
Sleep Medicine	Dr. Anan Salloum	Rachael Hone/Traycee Kue

Dr. Abraham Accepted to AAMC's LEAD Program

Dr. Heather Abraham was accepted to the competitive LEAD (Leadership Education and Development) certificate program. LEAD is one of the leadership development programs sponsored by the AAMC. The Leadership Education and Development (LEAD) Certificate Program, an application-based certificate program, cultivates leaders in academic medicine through evidence-based, collaborative learning and reflective practice. The program will be delivered as a one-year, cohort-based, national leadership development certificate program that focuses on four areas:



1. Strategic vision and setting direction
2. Developing people
3. Developing organizations
4. Managing effectively

Over the next year, Dr. Abraham will network with educational faculty across the country and develops skills to allow her to become a leader in medical education.

Medicine/Pediatrics Wellness

The Combined Internal Medicine and Pediatrics Residency has been working hard over the recent academic years to integrate Wellness into the core aspects of their curriculum. The sessions are specifically tailored to the residents' interests and take many forms.

They are a combination of wellness workshops with a Clinical Psychologist, Dr. Jerren Weekes, meditations and thought-provoking sessions led by our Coordinator, Chyrisa Rucker, and meetings covering other areas of interest or concern to the group arranged by Dr. Heather Abraham, one of our Associate Program Directors and the curriculum's founder.

Our most recent event at the Med/Peds Programmatic Retreat was a meditative yoga session that included some brief mindfulness exercises. This was a much needed break in the midst of this wild winter weather! We are grateful to Dr. Dan Habiba who led us, and to all who participated! Our program thrives with the support of Dr. Eric Ayers our Program Director and our wonderful residents."

Cardiology Fellows Match

The Division of Cardiology is excited to announce the following fellows who have matched into their further subspecialty:

- ◆ Tomo Ando, Interventional Cardiology, Columbia University, New York
- ◆ Mohan Palla, Interventional Cardiology, University of Texas Medical Branches, Texas
- ◆ Said Ashraf, Interventional Cardiology, New York University, New York.

Announcements

- ◆ Internal Medicine Graduation set for June 2019 at 6pm at the Athenum in Greektown.
- ◆ Publication by Dr. Abdulghani Sankari, Dr. Sarah Vaughan, Dr. Amy Bascom, Dr. Jennifer Martin and Dr. Safwan Badr.
- ◆ Dr. Abdulghani Sankari and Dr. Safwan Badr also published in Thorax
- ◆ Dr. Jennifer Veltman was awarded a \$25,000 research grant to study HIV multidrug resistance in Southeast Michigan.
- ◆ Division of Cardiology, ECG of the Week. Distributed by Dr. Anupama Kottam
 - ◆ https://waynestate.az1.qualtrics.com/jfe/form/SV_bJlIDU0xoORmuLb
 - ◆ https://waynestate.az1.qualtrics.com/jfe/form/SV_85KUMvo6Az7lqYB
- ◆ Dr. Allie Dakroub (former resident and faculty at WSU), Dr. Jasleen Kaur (PGY3), Dr. Amjad Kanj (PGY3) and Dr. Diane Levine delivered a 90-minute workshop "Gaming for the Win in Medical Education" to a large audience at the Innovations in Medical Education Conference 2019, hosted by the Keck School of Medicine of USC. The workshop focused on the concept of gaming as a novel approach in medical education for medical students and residents. See additional pictures here!

- ◆ Abdulrahman Mahdai has created a YouTube channel with some professional videos with some tips and tricks to succeed in Internal Medicine. Follow this link here.
- ◆ Please see Bakht Nishan's video from his trip to California here.
- ◆ Dr. Nnodim would like to share some poetry. Click here to see her work.

Why is Dr. Saydain Driving a Truck? OH DEER!

- ◆ After being a victim of a "Hit and Run", accident by a natural inhabitant of the woodlands, Dr. Saydain's choices for a loaner car were a minivan, a truck, or a Camry at an additional price. The police are currently pursuing the deer on hit and run charges. We are hoping for additional updates in the near future.

This is a place to share any news that you may have! Weddings, engagements, birth of children, vacations, etc. If you have something to share please email Anthony [here](#).

2019 Heart Walk

The 2019 Metro Detroit Hear and Stroke Walk/Run will take place on **May 18, 2019**. As a Department we have a goal of raising **\$10,000** for this great cause. **So far we only have \$251!**

WE NEED YOUR HELP!!

Last year we just barley missed our goal of \$5,000. This year we are ramping up our effort and starting earlier. We strongly encourage your involvement and your donations for this great cause. Please partake in this friendly competition by starting teams or donating to

February Birthdays

First Name	Last Name	Birth Date	Rank
Dragana	Komnenov	February	1 Faculty/staff
Aliza	Rizwan	February	1 PRG-1
James	Bathe	February	7 PRG-2
Hala	Nas	February	9 Chief Medical Resident
Kendall	Bell	February	10 PRG-2
Ahmed	Abdelrahman	February	12 PRG-3
Sanjay	Revankar	February	12 Faculty/staff
Anshu	Wadehra	February	17 PRG-1
Hammad	Ali	February	18 PRG-1
Eric	Ayers	February	21 Faculty/staff
Nabil	Al-Kourainy	February	23 PRG-2
Arslan	Mahmood	February	23 PRG-1
Yahya	Ibrahim	February	25 PRG-2
Heather	Abraham	February	28 Faculty/staff
Susmita	Chowdhuri	February	28 Faculty/staff

March Birthdays

First Name	Last Name	Birth Date		Rank
Dana	Kissner	March	1	Faculty/staff
Jarrett	Weinberger	March	1	Faculty/staff
James	Sondheimer	March	3	Faculty/staff
Teena	Chopra	March	6	Faculty/staff
Yeohan	Song	March	9	PRG-3
Omeralfaroug	Adam	March	12	PRG-1
Dana	Kabbani	March	13	PRG-1
Sindhuri	Benjaram	March	13	PRG-2
Ahmed	Subahi	March	17	PRG-3
Jennifer	Veltman	March	23	Faculty/staff
Ammara	Mushtaq	March	23	PRG-3
Lakshmi	Pathai	March	25	PRG-2
Antonio	Smith	March	28	PRG-2
Milton	Mutchnick	March	31	Faculty/staff

Grand Rounds

Grand Rounds is scheduled each **Friday at 12pm in the Green Auditorium** located on the 2nd floor of Scott Hall. Please attend and fill out an evaluation!

Date	Division	Speaker
1-Mar	Geriatrics	Bibban Deol and Lisa Binns-Emerick
8-Mar	Nephrology	Areeba Jawed
15-Mar	Pulmonary/CC	James Rowley
22-Mar	Rheumatology	Housam Sarakbi
29-Mar	MED ED	TBD

[Suggestion Box](#)



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