

# medicine minute

Tuesday, February 27, 2024

## kudos

### HONORS

#### Burstein Elected to Honorary Medical Society



**Ezra Burstein, M.D., Ph.D.**, a Professor of Internal Medicine and Chief of the Division of Digestive and Liver Diseases, has been elected to the Association of American Physicians (AAP).

The honorary medical society was founded in 1885 to recognize distinguished physician-scientists. Election is extended to about 70 physicians per year with outstanding credentials in basic or translational biomedical research. Dr. Burstein will be inducted into the AAP in April, alongside three faculty members who will be inducted into the American Society for Clinical Investigation (ASCI).

Originally from Lima, Peru, Dr. Burstein earned his medical degree from Cayetano Heredia University in Lima. He received internal medicine residency training at UT Southwestern and advanced training in gastroenterology through a fellowship program at the University of Michigan in Ann Arbor. He then completed a research fellowship in immunology at the Vaccine Research Center of the National Institutes of Health.

Dr. Burstein joined the UT Southwestern faculty in 2008. His research training and expertise is in molecular immunology.

*Dr. Burstein holds the Berta M. and Dr. Cecil O. Patterson Chair in Gastroenterology.*

*To learn more about Dr. Burstein's research, visit the [Burstein Lab](#).*

### RECOGNITION

#### Crohn's & Colitis Foundation Names Fudman Physician of the Year



**David Fudman, M.D.**, an Assistant Professor in the Division of Digestive and Liver Diseases, has been named Physician of the Year by the Crohn's & Colitis Foundation, a nonprofit that funds research into Crohn's disease and ulcerative colitis.

Originally from Michigan, Dr. Fudman holds a bachelor's degree in biology and politics from Brandeis University in Waltham, Massachusetts. He earned his medical degree at UT Southwestern and completed a residency in internal medicine at New York-Presbyterian/Columbia University Medical Center. He then obtained advanced training in treating inflammatory

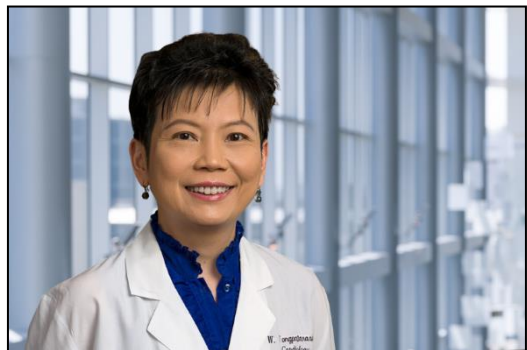
bowel disease through a fellowship in gastroenterology and hepatology at Beth Israel-Deaconess Medical Center/Harvard Medical School in Boston.

Dr. Fudman joined the UT Southwestern faculty in 2018.

## noteworthy

### PUBLICATIONS

#### Vongpatanasin and Colleagues Publish Update on Managing Hypertension



**Wanpen Vongpatanasin, M.D.**, a Professor in the Division of Cardiology, and colleagues recently published “Management of Resistant Hypertension—An Update,” in [JAMA Internal Medicine](#).

The greatest barrier to managing resistant hypertension is inconsistent use of antihypertensive drugs, the authors report. Clinicians must consider complex drug regimens, medication cost, and adverse effects when determining an appropriate management strategy.

“Resistant hypertension (RH) is a complex disorder with several contributing factors and potential secondary causes,” the authors write. “Successful treatment of RH requires a combination of both pharmacologic and nonpharmacologic interventions.”

## research roundup

### GRANTS

#### Hill and Colleagues Receive Collaborative Research Award



**Joseph Hill, M.D., Ph.D.**, a Professor in the Division of Cardiology and Director of the Moss Heart Center, has received a UT Southwestern Synergy Grant Collaborative Research Award together with **Kareem Azab, Ph.D.**, an Associate Professor of Biomedical Engineering, and **Raiyan Zaman, Ph.D.**, an Assistant Professor of Biomedical Engineering, for their investigation into improving myocardial ischemia.

Myocardial ischemia is a condition that occurs when blood flow to the heart is reduced, preventing the heart muscle from receiving enough oxygen. The reduced blood flow results from partial or complete blockage of the coronary arteries.

Dr. Hill earned his medical and doctorate degrees at Duke University in Durham, North Carolina, conducting his dissertation research in cardiac ion-channel biophysics. He obtained a five-year postdoctoral fellowship in molecular neurobiology at the Institut Pasteur in Paris, studying central and peripheral nicotinic receptors. He then completed internal medicine residency training and a clinical cardiology fellowship at the Brigham and Women’s Hospital in Boston.

Dr. Hill joined the UT Southwestern faculty in 2002. His research focuses on molecular mechanisms of structural, functional, and electrophysiological remodeling in cardiac hypertrophy and heart failure.

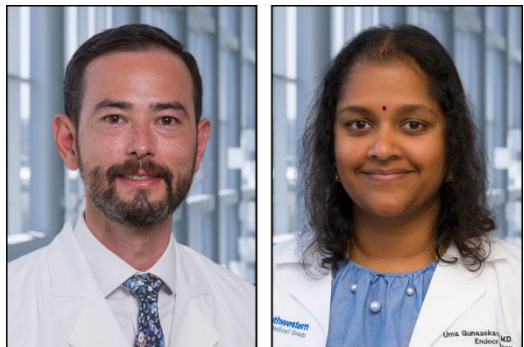
*Dr. Hill holds the Frank M. Ryburn Jr. Chair in Heart Research and the James T. Willerson, M.D., Distinguished Chair in Cardiovascular Diseases.*

For more details about the Moss Heart Center, click [here](#). To learn more about Dr. Hill's research, visit the [Hill Lab site](#). To learn more about Dr. Azab's research, visit the [Azab Lab site](#). To learn more about Dr. Zaman's research, visit the [Zaman Lab site](#).

## in case you missed it

### BROADCAST NEWS

## Almandoz, Gunasekaran Discuss Safety, Efficacy of Weight Loss Drugs



**Jaime Almandoz, M.D.**, and **Uma Gunasekaran, M.D.**, both Associate Professors in the Division of Endocrinology, discussed the safety and effectiveness of GLP-1 agonists, a class of drugs that facilitate weight loss through a variety of mechanisms, including decreasing appetite, as part of a series of reports broadcast on ABC Dallas affiliate WFAA-TV.

“I’ve been treating obesity at UT Southwestern since 2012 and using these medications since the start of my career,” says Dr. Almandoz, who serves as Director of the UT Southwestern Weight Wellness Program. “From what I’ve seen, these medications are largely very safe and effective, and are used

very well for treating not just obesity but controlling complications related to obesity.”

To access the series on WFAA’s website, click [here](#). To watch the full interview with Jaime Almandoz, M.D., on YouTube, click [here](#). To watch the full interview with Dr. Gunasekaran on YouTube, click [here](#).

### Articles and Videos Featuring Internal Medicine Colleagues

- [UT Southwester Study Shows Glucagon is Key for Kidney Health](#) (Via UTSW Newsroom, with **Philipp Scherer, Ph.D.**, and **May-Yun Wang, Ph.D.**)

## this week

### INTERNAL MEDICINE GRAND ROUNDS

## Hardin to Discuss Cardiac Sarcoidosis on March 1



**Elizabeth (Ashley) Hardin, M.D.**, an Assistant Professor in the Division of Cardiology, will present the [Internal Medicine Grand Rounds](#) lecture on **Friday, March 1, at 8 a.m. in D1.502**. Her topic: “Weak Beats and Lost Rhythm: Current Concepts in Cardiac Sarcoidosis.”

Dr. Hardin holds dual undergraduate degrees in biology and genetics from Texas A&M University in College Station. She earned her medical degree at UT Southwestern and completed internal medicine residency training at the University of California-San Francisco. She then received advanced training in cardiovascular disease through a

fellowship at UT Southwestern, where she was Chief Cardiology Fellow. She completed an additional fellowship in advanced heart failure, transplant cardiology, and LVAD surgery, also at UT Southwestern.

Dr. Hardin joined the UT Southwestern faculty in 2018. She currently serves as a member of the advanced heart failure/transplant team and the pulmonary hypertension team.

### Noteworthy Lectures & Events

- **Tuesday, Feb. 27, Noon:** [Pathology Seminar Series](#) with **Dr. McGarry Houghton** (Fred Hutch Cancer Center) – “Targeting Neutrophils in NSCLC”
- **Wednesday, Feb. 28, 7 a.m.:** [Ob/Gyn Grand Rounds](#) with **Dr. Fiona Strasserking** (Cardiology) – “Managing Peripartum Cardiomyopathy in a Resource-Limited Setting”
- **Wednesday, Feb. 28, 8 a.m.:** [Geriatrics Grand Rounds](#) with **Dr. Anupama Gangavati** (Geriatric Medicine) – “Navigating the Maze: Multimorbidity in Older Adults”
- **Thursday, Feb. 29, 8 a.m.:** [Infectious Diseases Grand Rounds](#) with **Dr. Natasha Hanners** (Pediatric Infectious Diseases) – “Picking the Brain: Shiftless-mediated Control of Neuroinvasive Flaviviruses”
- **Friday, March 1, 11 a.m.:** [2024 Recovery Symposium](#) with **Dr. Carol North** – “What Can We Learn from COVID-19”
- **Friday, March 1, Noon:** [Simmons Comprehensive Cancer Center Distinguished Lecture Series](#) with **Dr. Laura Attardi** (Stanford Medicine) – “Deciphering How the p53 Tumor Suppressor Governs Cell State Changes”
- **Friday, March 1, 1 p.m.:** [Endocrine Grand Rounds](#) with **Dr. Wen-Hong Li** (Cell Biology) – “Targeted Drug Delivery to Pancreatic Islet Beta Cells”



## Internal Medicine Events Calendar

[Click to view additional events](#)

### save the date

#### CONTINUING MEDICAL EDUCATION

### Annual GI Symposium Scheduled for April 20



“What’s New in GI,” a one-day, in-person CME course on **Saturday, April 20, 2024**, will provide attendees with practical information that can be applied today in their clinical practice.

The course is designed for gastroenterologists, GI surgeons, internal medicine physicians, family practice physicians, nurse practitioners, physician assistants, and other healthcare providers who have an interest in gastroenterology. Discussions will include the latest updates on recognizing symptoms and using current data to establish diagnoses and formulate appropriate treatment plans for the management of gastrointestinal diseases.

Directed by **Neha Patel, M.D.**, and **David Fudman, M.D.**, the course will include several other Internal Medicine faculty members.

### reminders

#### RESEARCH

### Experts to Speak on Urolithiasis at Pak Symposium

The third **Pak Symposium on Mineral Metabolism Research** is scheduled for **Friday, April 5, 2024, from 8 a.m. to 3:30 p.m.** in the T. Boone Pickens Auditorium (NG3.112). The focus of this year’s conference will be urolithiasis, a condition that occurs when kidney stones pass into the urinary tract.

**Fredric L. Coe, M.D.**, a Professor of Medicine at the University of Chicago, will present the keynote address: “Interactions Between Crystal Deposits, Inflammation and Renal Physiology in Pathogenesis of Calcium Renal Stones.”

To register for the event, click [here](#).

#### UPDATE IN INTERNAL MEDICINE

### Annual CME Conference Scheduled for April 13



The annual Update in Internal Medicine CME Conference is scheduled for **Saturday, April 13, from 7:45 a.m. to 3 p.m.** The course, under the direction of **Brad Cutrell, M.D.**, and **Vlad Zaha, M.D., Ph.D.**, will offer state-of-the-art, practical advice on common conditions and new developments in women’s health, vascular medicine, thyroid nodule and cyst management, central nervous system infections, and much more.

The one-day live event will again be offered as a hybrid learning experience, with synchronous in-person and online presentations in addition to pre-recorded on-demand content.

The presentations will be available for up to one year after the conference, totaling 18 units of CME credit and the opportunity to apply for MOC within the timing requirements of the ABIM rules.

To learn more or to register for the event, click [here](#).

Look for the next *Medicine Minute* on **Tuesday, March 5.**

Share feedback and news items with us at [IMNews@UTSouthwestern.edu](mailto:IMNews@UTSouthwestern.edu)

Copyright 2024 UT Southwestern Medical Center. All rights reserved.  
*Medicine Minute* is a publication of the Department of Internal Medicine at UT Southwestern Medical Center.

