

South Campus *Pulse*

THE UNIVERSITY OF ARIZONA COLLEGE OF MEDICINE

AT SOUTH CAMPUS INTERNAL MEDICINE RESIDENCY NEWSLETTER

Welcome to the premier issue of the South Campus Pulse! – a quarterly newsletter with information about the who, what, where, when and why of the internal medicine program.

Comments, questions, interesting information for our newsletter email cori.rodriquez@uahealth.com

Welcome Class of 2015!

Seth Assar
Prathima Guruguri
Adil Lokhandwala
Natasha Sharda
Qi Yu

Aaron Fernandes
Jennifer Huang
Krunal Patel
Elizabeth Ulliman

Joining us from Neurology

David Nguyen
Roksolyana Tourkevich



July 2012 Orientation

What do I miss about medical school?

“That I could rely on a resident to make a decision for me and I could defer my unknown answers to the doctors as a med student. Now I have to do that on my own and have medical students asking me for answers. Kind of scary!” –Huang

The best thing about my first rotation?

“The best thing was it was not floors! It was amusing to get lost every day and feel like Pac man in a big maze.” –Patel

“My first rotation was ICU. I was fairly intimidated with the prospect of having to be responsible for the sickest people in the hospital. Lucky for me I had an amazing team, who really took the time to help me adjust to residency and teach me the in's and out's of the ICU. I soon realized what a controlled setting it is and found the rotation to be an amazing experience.” - Sharda

Thoughts/Feelings about your first day on the floors?

“Who needs food and sleep?” –Assar

“I asked my senior: Can I really sign in this space where it says resident? It was hard to believe that I'm a doctor now.” -Lokhandwala



Why the South Campus IM residency is for you?

“I loved the close knit family feel.” –Yu

“I've always wanted to be a Wildcat physician, even before I started medical school.” -Assar

What's your favorite thing about Tucson so far?

“The crazy down pouring rain.” –Yu

*“Unlike big cities, you can get to pretty much anywhere in 20 min, restaurants, groceries, you call it. It's very helpful especially with the little time you have as an intern...”
-Lokhandwala*



“Driving at dusk with the Catalina Mountains right in front of you is a wonderful view. Tucson is very beautiful. Still a newbie here but there are some great eateries around.” - Patel

“The flora and fauna! Lightning storms, double rainbows, and cacti bigger than me.” - Sharda



CONGRATS TO SUNITHA, ISHNA, BILLY, NALINI, NAKTAL, OSSAI, SHAREF AND STEPHEN!

It was a bittersweet June evening at La Paloma when we wished our graduates good luck and said adieu. Over 70 housestaff, faculty, family and friends joined the celebration.

We shared many laughs roasting the graduates. Who knew the guys were such good can-can dancers and the ladies had a penchant for break-dancing?! Drs. Szerlip-“Carnac” and Browne-“McMahon” continued the great seer, soothsayer, sage tradition. And once again, Carnac the Magnificent amazed us with his secret knowledge – where did he get that embarrassing information? Not to be outdone and all in good fun, the residents took the opportunity to do their impressions of the faculty

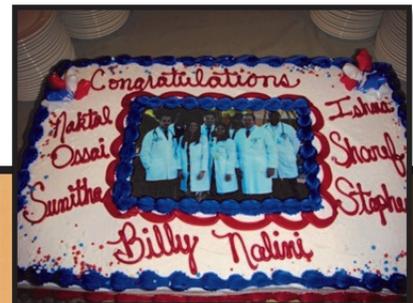


in action. We learned that Dr. Browne appeared on the pilot version of the geriatric dating game (look for the televised version coming soon)!

On the serious side, residents and interns were recognized and received their certificates. Special awards were presented to the following:

- Best Overall Intern: Anju Nair, MD
- Best Overall Resident: Naktal Hamoud, MD
- Teaching Award: Harold Szerlip, MD
- Training Director’s Award: Gordon Carr, MD

There was fun, laughter, and yes, even a few tears. We will miss the graduates and look forward to hearing of their success.



OH THE PLACES YOU'LL GO....



2013 GRADUATES

What Next Grads?

Naktal Hamoud -

Chief Resident at the UA South Internal Medicine Residency Program.

Billy Hour -

Hospitalist at UAMC; applying for a nephrology fellowship

Stephen Njoroge -

Hospitalist at Yuma Regional Medical Center in Yuma, AZ

Nduka-obi Ossai -

Nephrology fellowship at the University of Arizona

Ishna Poojary -

♦Hospitalist at Northwest Medical Center
♦Apply for pulmonary/critical care fellowship
♦And most important make \$\$\$ & spend it!

Sunitha Rao -

Primary care at Dwight D. Eisenhower VA Medical Center in hometown of Leavenworth, Kansas

Sadik Sharef –

Hospitalist at UAMC, research & applying for fellowship

Nalini Tirumalasetty-

Endocrinology fellowship at Ochsner Medical Center in New Orleans, Louisiana

Where do you see yourself in 10 years?

Hamoud- Working as a cardiologist in a teaching hospital

Hour- Practicing as a nephrologist/hospitalist in Los Angeles, CA!!

Njoroge- Older and wiser!

Ossai- A very successful nephrologist in a private practice setting in the U.S.

Poojary- ♦Replacing Sanjay Gupta
♦Moving from my big house to an even bigger house (with a garden of lavender and orchids, our conference room size gazebo, outdoor fire-place, and butler)
♦Creating the "Ish-network" (Watch out O-network!)

Rao- Opening my own private practice

Sharef- Working in a stable academic position

Tirumalasetty- Close to a river that has water (Guess that leaves out Tucson 😞)

Favorite Tucson Activities (or the secrets they kept for 3 years)

Hour- Hanging out with colleagues (besides studying)

Ossai- Visiting tourist sites

Sharef- Biking

Njoroge- Swimming

Rao- Tennis and Hiking

Poojary- Horseback riding

Words of advice/encouragement for the new PGY3s

"Just remember to always try your best, even if sometimes the results don't turn out the way you want them to."
–Hour

"Stop Complaining!!"
–Poojary

"Go guys! Be focused. You can achieve whatever you set your mind on in this program." –Ossai

"Enjoy residency, it goes by too fast!"
–Rao

"Don't get upset with the amount of work you do, it will give you more confidence and make you a better physician."
–Sharef

"Hang in there guys"
–Tirumalasetty

And from the new Chief:
"Listen to Me!" –Hamoud

Favorite Resident Quotes

"To achieve success, you must first define success..."
–unknown

"Rain beats a leopard's skin, but it does not wash out the spots"
–Ashanti Proverb

"I can do all things through Christ who strengthens me"
–Philippians 4:13

"You must be the change you want to see in the world"
–Gandhi

"Learning is painful."
–Dr. Lee

"He who feels it, knows it more." –unknown

"Evil is the blemish of our species that will not spare even the best man."
–Immanuel Kant

HOW WILL YOU REMEMBER YOUR ATTENDING'S?

From Dr. Hour;

- ♦Dr. Harold "where is the evidence" Szerlip
- ♦Dr. Rosemary "I care about my patients way too much" Browne
- ♦Dr. Anil "is there any evidence to support that" Potharaju
- ♦Dr. Bujji "walking encyclopedia" Ainapurapu
- ♦Dr. Bashar "smooth" Domit

From Dr. Poojary;

- ♦The Jewish doc
- ♦The dainty Irish doc
- ♦The Indian doc

"You have brains in your head. You have feet in your shoes.
You can steer yourself in any direction you choose. You're on your own.
And you know what you know. You are the guy who'll decide where to go."

–Dr. Seuss

CHIEF'S CORNER



A Word from our Chief:

After reflecting on my past three years, I know I made the right choice and could not be happier with my decision to join the residency program at the University of Arizona College of Medicine -

South Campus. Our program offers outstanding clinical training combined with exposure to multiple receptive research mentors, and at the same time creates a relaxed and fun atmosphere in which to work.

In addition to developing academic physicians; the program provides further support to each individual resident through personal advice and mentorship. This individualized approach is a direct reflection of the program director Dr. Szerlip and the associate program director Dr. Browne. They are constantly

involved in improving the medicine program, and take unique care of each and every resident. This personal interest allows us as a residency to become part of a family; these strong bonds keep us grounded during good and trying times, and lifelong personal and professional relationships develop as a result.

Throughout my medical training, I have enjoyed the opportunities to both coach and teach. Having the chance to further develop and hone these skills, as an educator and as a peer mentor, motivated my decision to become a Chief Resident. I hope to contribute to the great learning environment at this institution that not only cherishes education, but also promotes a culture of excellence.

Naktal Hamoud, MD



KUDOS CORNER

You Did It!

Peter Cherian ('13) presented at the ACP National Chapter in New Orleans, LA

Nduka-obi Ossai ('12) presented at the ACP National Chapter in New Orleans, LA

Nalini Tirumalasetty ('12) presented at the American Association Clinical Endocrinologist Conference in Philadelphia, PA

Dr. Rosemary Browne's son, Michael Meaney graduated from Georgetown University May 2012. Michael graduated with a Bachelor of Science in Foreign Service degree in International Politics. He recently started his new job with Teach for America in Phoenix, Arizona. Congratulations Michael!

Newly Wed!

Varun ('14) and Anjali Takyar celebrated their marriage with extended family on May 27, 2012 in San Francisco, CA.

Hammam Alquadan ('14) was married to Doaa Alantary on June 7, 2012 at a ceremony in Jordan.

Future Residents!

Sai Megha, born March 6, 2012 daughter of Aswani Alavala ('14) and Prathima Guruguri ('15)

Brooks, born April 2, 2012, son of Trenton Overall (neuro intern 2012) and Devri

Lucas, born April 2012, son of Scott Underwood ('11) and Shirley

Aarya, born June 26, 2012, son of Vivek Nagaraja ('11) and Manasi

Cheers!

Shivani Ruben ('14) and Rich celebrated their one year anniversary on May 21st.

Nalini Tirumalasetty's ('12) son Shanmukh turned 2 years old on July 16th and he was the youngest participant in the Telugu Association of Tucson Talent Show in June.

Nikhil, son of Pallavi ('10) and Madan Koppo-lu celebrated his 1st birthday on August 8th.

"Isn't She Lovely!"



Shubh Preet Kaur,
Chief Resident 2011-2012

Dr. Kaur started her Endocrinology Fellowship at the University of Arizona last month. She completed her Internal Medicine Residency Program at Rochester General Hospital in New York and accepted the Chief Resident position for 2011-2012. At the same time her husband Bhupinder Natt entered our program as a PGY2. Dr. Kaur was a great Chief and we wish her the best as she continues her education.

IMPORTANT DATES

Sep. 10
Group Photo

Oct. 5, 11
In-Training Exam

Oct. 18
R1 Retreat

Nov. 15
R3 Retreat

Where Are They Now?

After completing his Geriatric Fellowship at UA, Dr. Vivek Nagaraja ('11), relocated to Michigan to begin a Rheumatology Fellowship at the University of Michigan.

Dr. Nauman Hamid ('10) returned to Tucson in July to begin a Pulmonary/Critical Care Fellowship at UA.

Dr. Joel Terriquez ('10) completed his ID Fellowship at UA and moved to Flagstaff, AZ. Joel will cover the ID service at both Flagstaff Medical Center and Verde Valley Medical Center in Cottonwood, AZ.

RESIDENT SPOTLIGHT

I was born and grew up in Tehran, Iran in a Zoroastrian (ancient Persian religion) family. My father is a chief engineer and my mother is the chief of the home. I am an only child; I believe that contributed to my ability to make close friends easily.

Many of our family friends were physicians and/or musicians, which greatly influenced me. By 5 years old I was dissecting small animals, such as frogs and attempting to make my first musical instrument, which I called a violin. It made noise – actually enough annoying noises that my father agreed to buy me a real violin. It is an instrument that I still play to this day.

I attended medical school at Tehran University of Medical Sciences and in my free time formed a small band with some of my friends who played traditional Persian musical instruments. Half way through medical school I met my dream girl, Nazanin, who is now my lovely wife. Her aunt was a close friend of my mother's and we met each other at a gathering; you can guess the rest of the story. She was a software engineer, but is currently studying business at U of A. We have been married 6 ½ years.

Following medical school I had to serve in the military, a mandatory duty in Iran, and afterwards we moved to the United States. My first job in the USA was teaching in a college. At the same time I was preparing for the USMLE's and undertaking observership rotations. I began the residency application

“By 5 years old I was dissecting small animals, such as frogs.”

process in fall 2009. When I interviewed at the South Campus, I found the program very friendly, supportive, and with a great program director,

attendings and staff. I knew that was where I wanted to be. My interest in medicine is cardiology; I am applying for fellowship. My favorite rotations have been cardiology (of course), nephrology, and ID.

I enjoy living in Tucson and experiencing all it has to offer, especially the Monsoons, gorgeous sunsets and a mesmerizing night sky.

My goal is to be an interventional cardiology attending in a teaching hospital, where I can continue to learn while I am teaching.



**ROSTAM
KHOUBYARI**

FACULTY SPOTLIGHT: DR. GORDON CARR

Dr. Gordon Carr joined the faculty of the Section of Pulmonary, Allergy, Critical Care, & Sleep Medicine in the University of Arizona's Department of Medicine in August, 2011 as Medical Director, Medical ICU – South Campus. Prior to venturing west to the Old Pueblo, Dr. Carr spent much of his life in the east. He was born and raised in Virginia, completed his undergraduate at Wesleyan University in CT, and returned to Virginia to attend medical school at the University of Virginia. Residency took him a bit further west to the University of Chicago and a pulmonary/critical care fellowship kept him there for a few more years. His interest in moving to Tucson included bringing him closer to family. He relocated here with his wife Tara, and son Gordon (3). Two months ago they welcomed their second son, John. Tara and Gordon met in medical school (Dr. Tara Carr is the Director of the Adult Allergy Program at the UA) and married during intern year.

Dr. Carr's medical interests include interstitial lung disease, sepsis, and ICU quality improvement. His research topic is early cardiac arrest in patients admitted with pneumonia. He facilitates a monthly Critical Care Q/I & Research Committee, which includes residents and fellows.

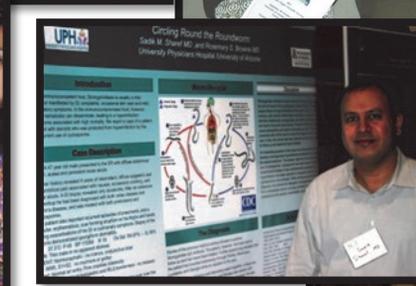
Although Dr. Carr has only been at the UA a short time, he has made an impact on the South Campus internal medicine residency. He contributes to the discussions during morning report and gives frequent lectures covering a variety of pulmonary and critical care topics. Dr. Carr consistently receives kudos for his daily teaching in the ICU. He brings a youthful and energetic enthusiasm to our training program.

Each year the program director recognizes someone who not only contributes to the program, but goes above and beyond expectation. This year the Training Director's Award for Outstanding Contribution to Residency Education was presented to Dr. Carr.

Dr. Carr's favorite thing about Tucson is the mountains. In his personal time he enjoys spending time with his children and aerospace and engineering history.



A LOOK BACK AT 2011-2012



Find us Online <http://deptmedicine.arizona.edu/education/residency-south> Comments, questions, interesting information for our newsletter – email cori.rodriquez@uahealth.com