Welcome Class of 2018!

Jose Marquez — Jose was born in Glendale, CA and completed Med School at the University of California, San Francisco. He is an avid Ballet Folkloria dancer in several Mexican regions and his favorite is Nayarit. He enjoys indoor and outdoor soccer, camping and hiking.

Enrique Villavicencio Sumire — Enrique is from Cusco, Peru and attended medical school at Universidad Nacional Federico Villareal in Lima. He enjoyed it because students came from all over the world. Enrique enjoys rock music and classical cinema. He plays the guitar and likes to swim.

Wei Xiang Wong — Wei Xiang was born and raised in Malaysia and attended Medical School in Russia. He is a passionate trekker, swimmer and soccer player and chess enthusiast.

Nirmal Singh — Nirmal attended the Government Medical College in Amritsar, India. He loves photography and running and considers himself an amateur traveler.

Roberto Swazo — Roberto earned his Medical Degree from Ross University. He’s been skydiving a few times and is ready to go again. He likes sports especially baseball, soccer and basketball. His main sports love is boxing. He and his wife, Brigitte just adopted a fur baby.

Balaji Natarajan — Balaji attended Amrita Institute of Medical Sciences and Research Center in Kerala, India. He played competitive shuttle badminton at the Junior level for his state. He also likes tennis, hiking and music. He loves Tucson’s Mexican food.

Jayasree Jonnadula — Jayasree is from the Southern part of India and attended Sri Venkateswars Medical School. She enjoys shopping, jogging, gardening, playing with kids and watching movies.

Radhamani Kannaiyan — Radhamani received her Medical Degree from KAPV Govt. Medical College in Trichy, Tamil Nadu, India. She has lived in extremely remote villages and large metropolitan areas and loves the variety and contrast. She loves exotic plants and gardening. Radhamani does Origami and wants to learn to cook.

Judy Dawod — Judy is from Damascus, Syria and attended the University of Damascus Faculty of Medicine. Her hobbies are swimming, hiking and reading novels.

Kady Goldlist — Kady is from Toronto, Canada and earned her degree from Ben Gurion University of the Negev. She enjoys yoga, cooking and traveling. Ethiopia, Stockholm, Helsinki and India are places she recently traveled to.

Rui Wen Pang — Rui Wen is from Malaysia and attended Medical School in Russia at the Moscow State Medical University. She is a Black Belt in Taekwondo and was a Ballerina in 8th grade. Rui Wen enjoyed skydiving once. She likes to bake, travel, bike and be outdoors with friends.
New Interns survive Orientation 2015

Orientation is always overwhelming for our new Interns. Learning about Duty Hours, SAFER Training, Floor Instructions, Elective Requirements, Housestaff expectations and everything they will need to survive their next three years can be quite exhausting. They took it all in stride and even survived Chief Resident Jennifer Huang-Tsang’s Boot Camp. After several presentations and an excellent lunch with the PYG2 and PGY3 class they were prepared and ready to take on BUMC-S.

Good food and friends highlight 2015 Welcome party

A great time was had by all at the Annual Welcome Party hosted by Dr. and Mrs. Trowers. Our 2015 Interns were able to relax and get to know some of the other residents and faculty. Everyone enjoyed excellent food and margaritas. The monsoon even stopped long enough to ensure an excellent turnout.

You can help in recruiting for the class of 2019

The Class of 2019 Recruiting Season will begin Monday, October 26 and go through Tuesday, January 19. There are several ways you can help.

Volunteer for pre-interview dinners on Sunday and Monday evenings. There are still dates open. Let Mary Goscininski know when you are available. We want the candidates to be relaxed when they get here in the morning and this is a great way to aid in that.

Taking the candidates on tours of this hospital and Tucson Campus is also very helpful. You can take this opportunity to talk to them about the program and sell them on our best features.

Come have lunch with the Candidates on Mondays and Tuesdays from noon to 1 pm. (The lunches will be better than last year.) The Candidates want to talk to you personally about your experiences and resident life in general.
We are proud of the high pass rate that our South Campus Internal Medicine Residents have achieved on Board Exams for the past few years. We incorporate a weekly one hour board review session where the program director, associate program director and the chief resident are part of the teaching. We use the help of audience response technology to assess the resident’s individual level of understanding of the questions and tailor the discussion to the areas most needed. We used MKSAP questions and also a Snippet PowerPoint format to summarize and highlight the key points of the board review questions.

Our structured morning report is another highlight of our educational teaching. Morning report occurs for one hour, three days a week. This is the time PGY1s will present a case for the first half of the hour. Focused questions are asked by the chief resident and faculty members to come up with a differential diagnosis. A senior resident will then do a 15 minute lecture on the topic of the day to review diagnostic strategies, therapeutic management and literature review. The morning report ends with our “three questions of the day challenge” on the topic of the day.

Our mandatory journal club presentation of each resident every year helps them critically read and analyze medical journals and also share valid and applications of new information. This creates an atmosphere where the residents can gain valuable skills in interpreting and appraising medical literature and promotes life-long learning in an ever-growing field.

The program is looking forward to the upcoming American College of Physician (ACP) meeting in November 2015. Each year, Internal Medicine at South Campus is very well represented with high participation. We are also very proud of the success we have had at these meetings, bringing home prizes at the State level for many different categories including clinical vignette, quality improvement, and oral presentation.

Chief’s Corner — Jennifer Huang-Tsang

On August 24, 2015 IM Residency welcomed the first of the IM Babies. Meet Aarav Abhiram Nair. He weighed in at 6.3 lbs., and measured 19 inches long. Congratulations Archana and Abhilash!

Roberto and Brigitte Swazo welcomed “Micky” into their home recently. He is the best cuddler in puppy history. He does not have any tricks yet, but we expect some soon!

Congratulations! Felicitations! Way to Go! Yay! Best Wishes!

On June 6, 2015 Sunitha Reddy and Sridhar Reddy (PGY3) were married in San Diego, California

Kady Goldlist (PGY1) was recently accepted into the Canadian Geriatrics Society

Balaji Natarajan (PGY1) will have his article ‘Cholesterol efflux capacity in humans with psoriasis is inversely related to non-calcified burden of coronary atherosclerosis’ published in the European Heart Journal

Muhammad Husnain (PGY2) recently got engaged and will be getting married to Farva Gondal in September

Sridhar Reddy (PGY3) presented his research poster at the International Academy of Cardiology 20th World Congress on Heart Disease Annual Scientific Session 2015 in Vancouver, Canada

Everyone survived the 2015 ITE Exam!!!
By: Randa Gorges, MD

**Introduction:** We present a rare case of chemical meningitis which is a serious complication after neurosurgical interventions. It is a meningeal inflammation brought about by foreign body, tumor, chemotherapy, or medications.

**Case description:** This is a case of a 28 year old female with a history of Chiari I syndrome s/p decompression surgery approximately 4 weeks prior. She presented with a progressively worsening headache, fever, confusion, and intractable nausea and vomiting over a 2 day period. She was febrile on exam, normotensive with tachycardia, meningeal signs were negative, Cranial nerves 2-12 grossly intact, power was 4/5 of bilateral upper extremities and 5/5 to the bilateral lower extremities. Sensation intact, gait stable. Fundoscopy was not performed.

Labs showed WBC of 20,000 with left shift, basal metabolic panel was normal, urine analysis was clear. Lumbar puncture was performed and showed WBC of 3950 with neutrophilic predominance, protein elevated, glucose normal, gram stain showed WBC 4+ with no bacteria, culture after 5 days showed no growth. HSV was not detected, and cryptococcal antigen negative.

MRI of brain revealed postsurgical changes of suboccipital craniotomy and interval development of pseudomeningocele. There was no evidence of abscess formation.

During her hospital course, Neurosurgery and ID was promptly consulted. There was clinical suspicion for chemical versus septic meningitis based on recent neurosurgical procedure. Patient was started on steroids and antibiotics with coverage for pseudomonas. Over a prolonged hospital course, LP was repeated and showed resolution of the above after 72 hours of antibiotics and steroid administration. Patient’s symptoms improved upon discharge. Thus, diagnosis of chemical meningitis was made.

**Discussion:** We have reviewed the literature of 70 consecutive adult patients with meningitis after a neurosurgical procedure, to determine the characteristics that might help to distinguish a sterile postoperative chemical meningitis from bacterial infection. Our patient similarly presented with fevers, severe headache, confusion, nausea, vomiting and photophobia. As per literature review, meningeal signs can be presented with leukocytosis. Lumbar punctures in the studied patients is usually sterile with elevated white blood cell count with left shift, with normal glucose and protein. Our patient presented with symptoms typical of chemical meningitis.

**Conclusions:** Chemical meningitis is a rare complication after neurosurgical procedures. The Etiology not well understandable yet. It could be related to autoimmune response to the material used during the surgery. We run tests to be certain that the etiology is not bacterial before we omit the use of antibiotics and use corticosteroid to reduces swelling and allergic reactions. Close observation makes up most of the treatment. Supportive and symptomatic treatments should be considered in case of seizures and other complications.

### Coming Soon: Resident Team Building Events

- **Thursday, September 17** PGY3 Team Building Event, 8 am to noon Conference Room 3030 Lunch and Learn, 1 to 4 pm Rocks and Ropes
- **Thursday, October 29** PGY1 Team Building Event, 11 am to 12:30 pm Conference Room 3030 Lunch and Learn, 1:30 to 4:30 pm Low Ropes Course
- **Thursday November 12** PGY2 Team Building Event 9 am to 12 pm Conference Room 3030 Lunch and Learn, 1 to 4 pm High Ropes Course
Resident Spotlight—Sridhar Reddy

Sridhar Reddy was born in Trenton, NJ and then raised in San Diego, CA. He received his Medical Degree in 2013 from the American University of the Caribbean.

He decided to do his Residency at the University of Arizona College of Medicine at South Campus because he liked the smaller, personalized program with a collegial/family atmosphere. He appreciates the access to university facilities, technology and professors.

Dr. Reddy recently received the Bressler-Alpert scholarship award. He was able to present at the International Academy of Cardiology 20th World Congress on Heart Disease Annual Scientific Session 2015 held in Vancouver, Canada.

Sri was recently married to Sunitha Reddy in a beautiful ceremony in San Diego, CA. Guests were treated to a spectacular reception including an excellent performance by John Legend.

In his spare time Dr. Reddy enjoys basketball, movies and trying out some new restaurants. In the future he would love to be a Cardiologist, good husband and cool dad.

Faculty Spotlight — Dr. Anil Potharaju

Dr. Anil Potharaju was born and raised in Andhra Pradesh, India. He received his Medical Degree from Kasturba Medical College, Manipal, Karnataka, India. Anil did his Residency at St. Francis Hospital, Evanston, IL. He joined our facility in 2009 as a Hospitalist and is actively involved in teaching residents. Dr. Potharaju likes working on patient progression and optimization of workflows.

Anil loves numbers and finance! He has an MBA with a focus in Finance and Entrepreneurship. He is the founder of a personal finance start-up and helps residents further their knowledge of personal finance.

Anil married Manasa seven years ago and they have a four-year-old son, Shreyas. Anil loves strategy games and reading books. He feels that the best characteristic of Banner University Medical Center—South is our organizational culture: Everyone works together in an efficient fashion to deliver excellent patient care!
From the kitchen of Mamma G

Sesame Chicken Pasta Salad

- 1/4 cup toasted Sesame seeds
  (you can find them in the Oriental section of the grocery stores, not the spice aisle)
- 1 (16 ounce) package bow tie pasta
- 1/2 cup vegetable oil
- 1/3 cup light soy sauce
- 1/3 cup rice vinegar
- 1 teaspoon sesame oil
- 3 tablespoons white sugar
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 3 cups shredded, cooked chicken breast meat
- 1/3 cup chopped fresh cilantro
- 1/3 cup chopped green onion

- Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente. Drain pasta, and rinse under cold water until cool. Transfer to a large bowl.
- In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, ginger, and pepper. Shake well.
- Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.
- Before serving top with Sesame seeds.