



The University of Arizona College of Medicine at South Campus News and Entertainment

Welcome Class of 2019!



Mahesh Balakrishnan is from Coimbatore Medical College, Tamil Nadu, India. He loves playing Cricket and has represented the Bahamas as an Under 17 Cricketer in a Regional ICC Tournament. He also likes table tennis, (which will serve him well here). Mahesh is also a wildlife enthusiast and loves to visit national parks and wildlife sanctuaries.



Daniel Orta also attended Ross University. He is from Miami, FL. His parents are Cuban and Colombian. Recently married in October to Patricia he is glad to come to a dry heat. Danny is a huge sports fan, whether it be MMA, college football, NFL, NHL, pretty much anything. His new obsession is snowboarding. After graduating, he became an Uber driver in Miami.



Babitha Bijin, graduated from Medical College, Thiruvananthapuram, Kerala, India. Her hobbies are traveling, cooking, watching movies and spending time with her family. Babitha has already lived in Tucson for some time, and she is looking forward to working with the Residents at South Campus.



Originally from Miami, FL, **Emilio Power** is of Venezuelan and Ecuadorian parents. He is married and has two girls. Prior to medicine he was a professional film music composer for movies and TV. Emilio plays most instruments but concentrates on piano and saxophone. He loves to cycle or do anything outdoors.



After attending Ross University **Jeremy Britt** is happy to be back in Arizona. Before Medical School he served in both the US Marine Infantry and the Army Bomb Squad. One of Jeremy's jobs was an Unexploded Ordnance Technician. Jeremy is a licensed Pilot. He likes to go to the movies, play video games and go to the gym.



Sidra Raooof recently came from Pakistan. She attended Aga Khan University. When she's not practicing medicine she loves baking and painting. Her greatest inspiration in Medicine was her mother who devoted her life to Women's Health in Pakistan. Sidra hopes to give back to the profession and the community.



Supreet Khare attended Armed Forces Medical College, Pune. He is a poet by choice and doctor by profession. He likes singing, reading and watching movies. He plays musical instruments, paints and swims. Supreet enjoys playing tennis and has been trained in horse riding. A typical Pisces, he believes in living life to the fullest.



After growing up in Vancouver, BC, Canada, **Sarah Tariq** attended Medical School at Ross University. Sarah is focused on a healthy lifestyle. She likes going to the gym, playing badminton and ping pong. She finds exercise regimens online and puts them into practice. Sarah enjoys cooking and looking for healthy recipes.



Coming from Ecuador, **Francisco Mora** is happy to be in Tucson. He was a general surgery resident at U of A and is interested in global health and research. He has had the opportunity to work in Kosovo, the Philippines and the Ecuadorian Amazon rain forest. This made him realize that he wanted to be involved in Internal Medicine. He enjoys hiking, climbing and mountain biking.



Wina Yousman attended Padjadjaran University, Indonesia. Her hobbies include cooking, swimming, and scrapbooking. She is a big fan of the wedge sneaker. It's a running shoe that makes her instantly three inches taller. Wina loves Tucson's weather! She does not like wearing coats or boots. She is enjoying Mountain biking a lot.

Welcome new PGY2 Resident Dr . Chandra Stockdall



Please meet our newest addition to the class of 2018. Dr. Chandra Stockdall.

Dr. Stockdall was born and raised in Kansas City, Missouri. She completed her undergrad and Medical School at the University of Missouri, Kansas City.

Chandra is married to Justin and they have two girls, Rylee, 8 years old, and Sage who is 18 months. Their household is made complete

by three dogs and a hairless cat.

Chandra's hobbies tend to include just getting outdoors and relaxing. She also loves to camp and go out and shoot pool. Her secret love is Science Fiction Novels. She would also like to get a mechanic degree at some point.

In the future Chandra would like to work in a critical care environment and learn to make homemade pasta. When asked what led her to South Campus, she replied, "the tight knit group and rural environment." Her favorite things about South Campus include how close residents and staff are and great variability in patient population.



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

Drs. Shabnam Yekta and Monica Vandivort received a \$2500 grant on behalf of the Banner University Medical Center Medical Executive Committee to complete their Quality Improvement project, "*Optimizing Physician-Medical Assistant Working Relationships in a Large Teaching Adult Medicine Clinic.*" Their goal is to improve relationships and better utilize MAs within an outpatient clinic setting. They are in the process of getting pre-survey responses from clinic staff. The doctors plan on using the responses to develop and conduct interventional teaching sessions with the Medical Assistants focusing on areas that were highlighted as needing improvement. Finally, they will conduct post-intervention surveys to evaluate their results. The findings will be presented at the end of the year at a conference.

Dr. Norman Beatty will be presenting two posters at the 2016 ID Society of America during ID Week in New Orle-

ans. He will also present an abstract at the Annual American Society of Tropical Medicine and Hygiene conference in Atlanta. Norman has recently returned from an excellent rotation at the CDC in New York.

Dr. Kady Goldlist and fiancé Adam were wed on July 3, 2016 in a beautiful California setting.

Dr. Balaji Natarajan recently had a paper published in the Journal of American Medicine and a case report in the British Medical Journal. He will present a research poster at the American Heart Association Scientific Sessions 2016 in New Orleans in November.

Dr. Faraz Jaffer recently got engaged to Rozina! Congratulations! He will also be presenting at the CHEST 2016 Annual meeting in Los Angeles in October.

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Chief's Corner — Dr. John Sandoval

It was my day off, I was enjoying Madera Canyon – meanwhile, Mary and Jenn were trying to reach me. I catch reception and my phone blows up with a million voicemails – “where are you” “you need to talk to the PD now!” So I rushed, (sped) and I made it in my sweaty dirty hiking clothes.

I was nervous when I walked in to Dr. Trowers' office. We sat down, I apologized about my clothes and he didn't immediately establish eye contact as he started explaining the candidate elimination process. “Uh-oh... what is happening?” (in my mind). I kept smiling, paying attention, listening while he described how difficult of a process it was to reach a decision. “He's prepping me for the soft kill,” I thought. “Brace yourself John, here it comes,” so I started formulating thoughts of a professional thank you and ways of keeping my dignity and integrity, sweaty and all.

“So we finally made a decision and picked someone...” he said. I wanted to pull the words out of Dr. Trowers. Those ten seconds that followed are yet indescribable for me. Sitting in front of him, staring deep at me, quietly, without anything to distract or appease the moment, my mind is racing, my skin is itching, my heart is pumping. Time was not moving, and I sense a shadow of that ton of bricks is about to fall on me. “..... and we picked you. Congratulations John!” as he winks one eye and points at me. He finalizes with a thumbs up, firm handshake and heartfelt words of wisdom for the position.

Fast forward to working with Jennifer, the former Chief Resident, as I approached the end of the year. “Oh I got this.” Little did I realize it was because she was still doing everything. Things got real very soon though.

I attended the APDIM conference for future chief residents, where I participated in lectures and small workshops that provided a little more

insight into what the position entails, and that is when I realized the chasm of a difference of what it truly means to be a Chief Resident and what I envisioned it to be.

You never truly take a moment to think about everything that is happening on the other side of the spectrum. You stop by your chief's office, say hello, ask for a favor, request a schedule change, request to cancel clinic, grab some candy, chat... whatever it may be. You are too busy churning through patients, worrying about step 3, ACP, cross-cover, days off, board review, upcoming rotation, sleep, notes, and morning report. All this just happens and it lines up to work magically, right? Uh.... no.

Thus far it has been a beautiful experience and learning opportunity. I have nothing to complain about, except maybe having to change the schedule.... all the time! Feels a bit bizarre but it's great to sit down at the big boy table, getting to know residents in a different manner, discussing and being involved in leadership meetings and feeling more incorporated to the residency program in a different aspect is very fulfilling. I miss the medicine and the patients, but those will come soon enough as well.

Transition has been, in a sense, surreal – but in a good way. I take great pride at being part of the group that makes this program work. A big shout out to unsung heroes for all they've done and continue doing – PD, APD, Program Coordinator (don't want her to think I'm referring to my computer) and Administrative Assistant. As for the residents, I'm in it for you guys – and you all rock!



South Campus Focuses on Resident Wellness

On September 4, 2016 Residents, faculty and staff gathered at Sabino Canyon to kick off our Resident Wellness Year. One of the initiatives for the 2016-2017 Academic Year is to improve and bring awareness to Resident Wellness to South Campus. Staff, Faculty and Residents are encouraged to attend the various activities.

September 27 – UACIM Wellbeing in Training Project Kick-Off at Hacienda Del Sol. The Kick-Off is from 8 am to noon. After the Kick-Off all South Campus IM Residents will be offered an online Wellbeing Curriculum. This program

offers options for increasing well-being and resilience among trainees. It is self-paced.

October TBD – EM and IM Kickball game. We will play at Reid Park. Park by the Edith Ball Adaptive Recreation Center (3455 E Zoo Court, Tucson AZ 85716). For those that don't know, Kickball is much like baseball, but instead of hitting a small ball with a wooden bat, you kick a large red ball. Advancing bases is similar except you can tag the person out by throwing the ball at them. Families are welcome to attend. Please rsvp to Mary Gosciminski so we can get a headcount.

October TBD – Hike Catalina State Park. These trails are home to more than 150 species of birds and 5,000 saguaros. There are several trails and loops we can take. The park opens at 8 am. Cost is \$7 per vehicle so carpooling is recommended. We can meet first and carpool over.



Sage and Justin Stockdall, Dr. Bijin Thajudeen, Mary Gosciminski, Rylee and Dr. Chandra Stockdall, Dr. Anil Potharaju and Dr Nirmal Singh got up before the sun to hike Sabino Canyon



Case Report — Acute right eye blindness

By Dr. Norman Beatty

A 24 year old male patient presents to the emergency department with acute right eye blindness, agitation, and altered sensorium. He was accompanied by his wife, who provided the history. She endorsed that he was recently evaluated by a neurologist in Nogales, Mexico for new-onset headaches and visual deficits. Magnetic resonance imaging was unavailable at that clinic so the patient was advised to travel back to Arizona for further testing. During their commute to Arizona the patient had sudden loss of vision in his right eye. The family stopped driving and called emergency medical services for assistance. While en route to our facility the patient lost consciousness.

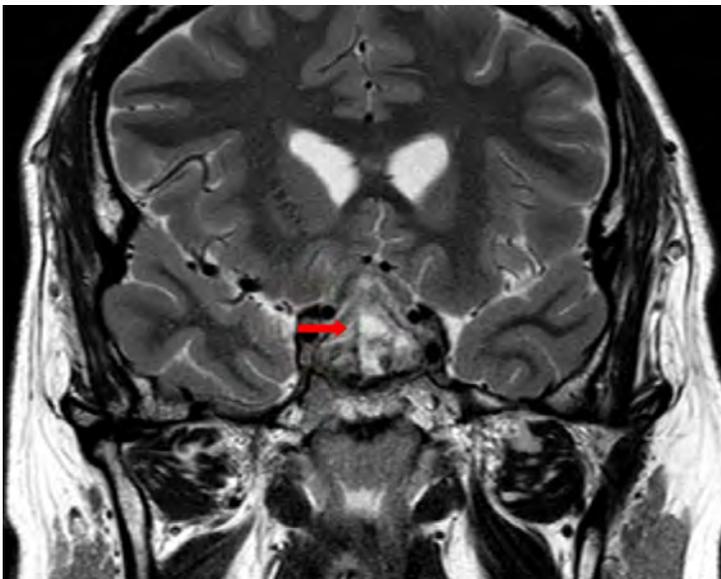


Figure 1

In the emergency department the patient was intermittently conscious but arousable to sternal rub. The blood pressure was 151/67 mmHg, pulse 110 beats per minute, temperature 98.4°F (36.9°C), and respirations 21 breaths per minute with saturations reading 96% on room air. Pertinent findings reveal an atraumatic normocephalic cranium. Left pupil was reactive to light but the right was fixed at 8mm. Neurological exam was limited by the patients' mental status and inability to consistently follow commands. However, all four extremities were noted to have non-purposeful movements with bilateral downward plantar reflexes. The rest of his exam was otherwise normal.

The initial serum leukocyte count was 16.1 x 1000/uL with an absolute neutrophil count of 14.1 x 1000/uL. Serum lactic acid was 6.0 mMol/L with an accompanying anion-gap metabolic acidosis of 18 mEq/L. C-reactive protein was 13.15. The rest of the initial laboratory testing was unremarkable. Non-contrasted CT of the head revealed a suspicious sellar/parasellar mass. MRI brain with and without contrast fol-

lowed which revealed what was likely a pituitary macroadenoma with internal hemorrhage (Figure 1), diffuse leptomeningeal and subependymal enhancement, and debris layering in both lateral ventricles.

Emergent consultations from neurosurgery and ear, nose & throat services were requested. Patient was taken to the operating room immediately for surgical intervention. Endoscopic/endonasal pituitary decompression with resection of a pituitary mass was successful, and tissue samples were sent for culture and pathology for review. Intra-operative reports described necrotic tissue with purulent fluid noted grossly once the dural space was entered. Light microscopy from these aspirates subsequently revealed the presence of gram negative rods (Figure 2). An external ventricular drain was placed during surgery for monitoring of cerebrospinal fluid pressures and appropriate drainage. The patient was noted to have fever postoperatively. The initial admission blood culture and pituitary aspirate both grew *E.coli*, with additional later growth of *Actinomyces odontolyticus* and *Prevotella melaninogenica* from the pituitary aspirate. He was placed on intravenous meropenem and oral doxycycline for complete coverage of this polymicrobial pituitary abscess. Pathology analysis of the pituitary tumor revealed a prolactinoma.

The patient responded well to the antibiotic therapy and at the time of discharge he reported no residual neurological deficits. Vision in his right eye had improved significantly. His only complaint was noticing "black spots" on occasion. After completing eight weeks of intravenous meropenem and oral doxycycline the patient was seen in the clinic and reported continued improvement of his vision without any systemic signs of recurring infection.

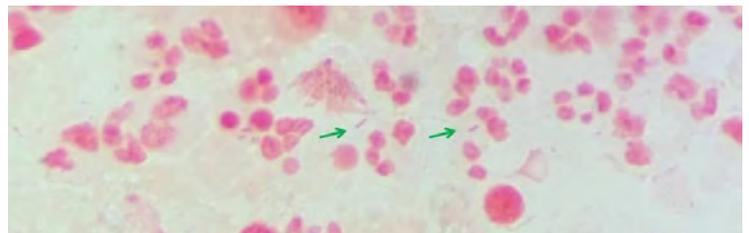
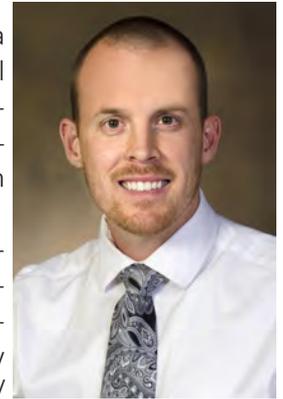


Figure 2

Final diagnosis: Polymicrobial Pituitary Abscess Predominately Involving *Escherichia coli* in the Setting of an Apoplectic Pituitary Prolactinoma

Beatty N, et al. Polymicrobial Pituitary Abscess Predominately Involving *Escherichia coli* in the Setting of an Apoplectic Pituitary Prolactinoma. *Case Rep Infect Dis*. 2016. <http://dx.doi.org/10.1155/2016/4743212>

Resident Spotlight — Dr. Senthil Anand



Dr. Senthil Anand was born in a town called Kothamangalam, in the state of Kerala, India. He spent the majority of his life moving. After living in Kerala for the first three years of his life, his family moved to a mountainous region in Saudi Arabia. He lived there for three years and moved to the US at the age of six.

Senthil lived in New York City for six years, splitting his time between Brooklyn and Staten Island. At the age of 12 his family moved to Gallup, New Mexico, a small town in the middle of the Navajo Reservation. After completing high school there he moved to Socorro, NM for his undergrad at NM Tech Institute. Dr. Anand earned his Medical Degree from SRM Medical College, Hospital, & Research Center in Chennai, India.

While Senthil was in High School he was a competitive chess player and won several state level tournaments. More recently he was part of the Doctor's Dilemma team from South Campus for the past two years. They won the state competition his second year. That team moved on to Nationals in Washington DC.



Dr. Anand met his wife, Aniksha, in medical school in India. They have been married for two and a half years.

When he is not working, Dr. Anand has several hobbies including chess, photography, guitar, travel, reading, and health and fitness.

Along with Dr. Kwan Lee, Justin Lee, and Sridhar Reddy, Senthil was part of a meta-analysis project that compiled data from health registries from the US over 25 years and analyzed the differences in baseline characteristics, treatment, and clinical outcomes of Hispanic and Non-Hispanic White patients who presented with acute MI. Dr. Anand presented this research at this year's national American College of Cardiology conference in Chicago.

When asked what he likes best about BUMC – S, he replied, "Having traveled around the country during my residency interview season I can confidently say that South Campus offers an experience that is different from any other residency program in the country. I love the luxury of having the facilities, research opportunities, and training potential of a University program while having the close knit feel of a community hospital based program. I find our Attendings, APD and PD very approachable and love working with residents."

He added, "My two years spent here so far have been a time of personal and professional growth. I've had the opportunity to hone my clinical skills and learn about managing patients with diverse pathology. I plan to pursue a career in cardiology and I have been able to lay down the foundation for my future aspirations during my time as a resident. I consider my co-residents more like family than colleagues and I look forward to working with them every day!"

Faculty Spotlight — Dr. Don Pepito



Dr. Don Leo Pepito was born and raised in Cebu City, Philippines. He received his medical degree from the University of the East Ramon Magsaysay Medical Center in Quezon City, Philippines. Dr. Pepito completed his Residency at the University of Nevada School of Medicine, Las Vegas where he was involved in a research project, "Exercise Related BNP elevation in patients with Left Ventricular Hypertrophy".

Some of the awards Dr Pepito has received include graduating as cum laude in medical school and he was an honorary member of the honors society. He was awarded Most Outstanding Post Graduate Intern at UERM Medical Center in the Philippines in 2008. Also, he was a board 'topnotcher', top 5, on the Physician Licensure Examination in the Philippines in February of 2009

During his Residency in Las Vegas (UNSOM), he was awarded Best in Lied Ambulatory Clinic, PGY 1, Best in Lied Ambulatory Clinic, PGY 2, R2 of the Year, Winner, Resident research day, clinical vignette criteria, June 2012 and the Robert Buckley Lead-

ership Award, 2012-2013. As a South Campus Attending he won the Award for Excellence in Internal Medicine Education for the 2014-2015 Academic Year.

Dr. Pepito's hobbies include traveling and eating. He and his family go on a medical mission in underserved areas in the Philippines every year. He looks forward to doing more underwater photography in the near future. Dr. Pepito enjoys being at South Campus because it feels like a family, with excellent camaraderie and respect for each other.



Dr. Pepito takes time out from the pressures of being an Attending and challenges Dr Potharaju to a game of Table Tennis.

From the kitchen of Dr. Sarah Tariq

Thai Chicken Lettuce Wraps

WWW.jocooks.com

Prep Time: 7 minutes

Cook Time: 8 minutes

Ingredients:

- 1 lb ground chicken
- 1 tbsp olive oil
- 2 tbsp red curry paste
- 1 tbsp ginger, minced
- 4 cloves garlic, minced
- 1 red bell pepper, sliced thinly
- 4 green onions, chopped
- 1 cup shredded cabbage or coleslaw mix
- ¼ cup hoisin sauce
- salt and pepper to taste
- 5 basil leaves, chopped
- ½ head iceberg lettuce, cut into half

Instructions:

1. Add olive oil to a large skillet and heat until oil is very hot. Add ground chicken and cook until no longer pink and starts to brown, break it up with a wooden spoon as necessary. Should take about 3 minutes.
2. Add red curry paste, ginger, garlic, peppers, coleslaw mix, and stir-fry for another 3 minutes. Add hoisin sauce and green onions, and toss. Remove from heat then add basil and toss. Transfer cooked chicken to a bowl.
3. Serve by placing spoonfuls of chicken into pieces of lettuce, fold lettuce over like small tacos, and eat.

Nutrition information

Calories: 298 Fat: 13.4g Saturated fat: 3.5g Unsaturated fat: 0.0g Trans fat: 0.0g Carbohydrates: 18.4g Sugar: 6.5g Sodium: 787mg Fiber: 2.4g Protein: 25.0g Cholesterol: 83mg



thai chicken
lettuce wraps



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<http://deptmedicine.arizona.edu/education/residency-south>

Do you have any comments, questions, or interesting information for our newsletter?

Email Mary.Gosciminski@bannerhealth.com

