Dear Faculty, Staff, and Friends:

For those of you who could not attend my annual “State of the Department” address in early September, this issue of The Connection highlights several of the aspects that I presented regarding our outstanding faculty, their achievements, as well as many of the accomplished initiatives that we set out to do during the year.

Our department has grown to 712 paid faculty, and 926 total faculty. We interact on the clinical side of our operation with a challenging EMR, have extended our practice to Northville, visually and operationally improved our site at Taubman, and appointed a new Associate Chair for Quality and Innovation to address our growing and required initiatives in providing quality.

We will engage in even bigger plans this year by implementing several recommendations to improve our primary care and diabetes practices, plan and eventually operate a novel Medical Short Stay Unit, and through our Health System, may own and operate an additional hospital.

The research ideas and capabilities of our faculty are second to none, with several novel new awards from NIH and PCORI mechanisms.

Our education approaches are highly recognized and ranked. We all need to take pride in what each and every one of us has accomplished, and continue to strive to be the department that “other departments of Internal Medicine strive to follow.” We will continue to set the lead for the country.

Later this year, I will hit my fifth year anniversary as Chair, and in just over two years, our institution will hit its 200th anniversary. Certainly for the bicentennial, Michigan has been at the forefront of transforming medicine, and in my five years, we have only been a small part of this. For our bicentennial, we plan to have some interactive events that will culminate in celebration in 2017. I know that you will be a critical part of this as we plan for that historic date.

Cheers,

John M. Carethers, MD
John G. Searle Professor and Chair
Department of Internal Medicine
Dr. Fajans was Active Professor Emeritus of Internal Medicine in the MEND Division, recognized nationally and internationally as a distinguished endocrinologist and as a pioneer in his specialty of diabetes.

"Steve was a leader, an intellectual, a clinician, a scientist, a father, an athlete, a mentor to many of us, and much more. There will never be another one quite like him," said Dr. Peter Arvan, chief of the MEND Division. "What he has passed along to us is not just what is in the division now, or what is in the published literature, but what he has done with his life. His life is more than an amazing story, it's an inspiration."

Dr. Fajans, affectionately known to his colleagues and friends as "Steve," was born and raised in Munich, Germany, to Polish parents. His father, Kasimir Fajans, became a chemistry professor at the U-M. Steve Fajans received his bachelor’s of chemistry and medical degrees from the U-M and became a member of the U-M Medical School faculty in 1949, hired by the renowned Jerome Conn.

He went on to serve as chief of what was then called the Division of Endocrinology & Metabolism from 1973 to 1987 and as the director of the NIH-funded Michigan Diabetes Research and Training Center, which he helped to found, from 1977 to 1986. Dr. Fajans is best known for the discovery of a genetic form of diabetes that he named MODY (Mature Onset Diabetes of the Young).

He garnered numerous awards and recognition in his lifetime. Among his honors were: the presidency of the American Diabetes Association, the vice-presidency of the Endocrine Society, and invitations to give many national and international awarded lectureships, including the Banting Memorial Lectures of three countries. He was also inducted into the Institute of Medicine of the National Academy of Science.

At the University of Michigan, Dr. Fajans received the Henry Russell Award and Lecture, the highest honor the University bestows on a faculty member. In addition, the Stefan S. Fajans/GlaxoSmithKline Professorship in Diabetes was established in the MEND Division in 2003 with William Herman, MD, MPH, as its recipient.

"I first met Steve when I was a resident in Internal Medicine," said Dr. Herman. "He was instrumental in my decision to pursue a career in endocrinology. For 35 years, he was a mentor, colleague, and friend. He taught me an enormous amount about diabetes, science, and life."

Another U-M honor is the Annual Stefan S. Fajans Lectureship in Diabetes, which was established in 2010 to pay tribute to Dr. Fajans's remarkable professional and personal accomplishments. This annual lecture recognizes a renowned diabetes investigator and/or physician who has made significant contributions to the field. The list of lecturers is composed of the top diabeticians in the world: Phillip Gorden, MD, National Institutes of Health; C. Ronald Kahn, MD, Harvard University; Summu Seino, MD, DMSci, Kobe University; Markus Stoffel, MD, PhD, University of Zurich; and Graeme I. Bell, PhD, University of Chicago.

The 2014-15 Stefan S. Fajans Lecture in Diabetes will take place on Friday, November 7, 2014 2:00 – 3:30 p.m., at the Oliphant-Marshall Auditorium in the Kellogg Eye Center/Brehm Tower, with a reception following. The lecturer will be Steven E. Kahn, MB, ChB, Professor of Medicine in the Division of Metabolism, Endocrinology and Nutrition at University of Washington School of Medicine in Seattle. This is the first lecture following Dr. Fajans’s passing and will include memorial tributes from key collaborators and colleagues. For more information about the lecture, please contact Annette Murphy at (734) 763-3056 or amurph@umich.edu.
State of the Department—Who’s Who

The Division Chiefs

Front Row (L-R): Drs. James Baldwin, David Fox, David Pinsky, Laurence McMahon Jr., Powel Kazanjian

Back Row (L-R): Drs. Raymond Yung, Peter Arvan, Chung Owyang, Theodore Standiford, John Carethers, Eric Fearon, Kathleen Cooney, and Frank Brosius III

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<tr>
<th>Division</th>
<th>Chief</th>
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<tr>
<td>Allergy/Immunology</td>
<td>Jim Baldwin (interim)</td>
<td><strong>Marisa Rodriguez</strong></td>
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<td>Cardiovascular Medicine</td>
<td>David Pinsky</td>
<td>Robert Keast</td>
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<td>Dana Burkley</td>
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<td>Ray Yung</td>
<td>Stephanie Gatica</td>
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<td>Hematology &amp; Oncology</td>
<td>Kathy Cooney</td>
<td>Julie Brabbs</td>
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<td>Infectious Diseases</td>
<td>Powel Kazanjian</td>
<td><strong>Johannes Postma</strong></td>
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<td>MEND</td>
<td>Peter Arvan</td>
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<td><strong>Amy Kaufman Eddy</strong></td>
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<td>David Fox</td>
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<th>Associate Chair/Admin</th>
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<tr>
<td>Chief Department Administrator</td>
<td>Musty Habhab</td>
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<td>Graduate Medical Education</td>
<td>John Del Valle</td>
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<td>Undergraduate Medical Education</td>
<td>Cyril Grum</td>
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<td>Ben Margolis</td>
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<td>Clinical Research</td>
<td>Anna Lok</td>
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<td>Veterans Affairs</td>
<td>Carol Kauffman (interim)</td>
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<td>Clinical Affairs</td>
<td>Tim Laing</td>
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<td>Faculty Affairs</td>
<td>Dick Simon</td>
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<td>Quality and Innovation</td>
<td>Scott Flanders (see page 7)</td>
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<th>Other Key Roles</th>
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<tr>
<td>Director, Hospitalist Program</td>
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<td>Global Health</td>
<td>Akinlolu Ojo</td>
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<td>CME Lead</td>
<td>Jim Froehlich</td>
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<tr>
<td>Assistant Chair for Clinical Programs</td>
<td>Vikas Parekh</td>
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<tr>
<td>Development Officer</td>
<td>Lori Hirshman</td>
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*Indicates new appointment
## State of the Department

### Selected FY14 Major Accomplishments

- Inpatient MiChart implemented June 2014
- Taubman 3rd floor renovation completed
- Northville Ambulatory Expansion
- Associate Chair for Quality and Innovation
- Primary Care Task Force
- UMMS FastForward Implementation
- Adult Palliative Care Program
- Acute Care for Elders Unit
- Ted Standiford named Pulmonary Division Chief
- Initiated 50-year bicentennial history project
- 2nd group of inductees into Clinical Excellence Society

### FY15 Major Initiatives

- Launch the Gradwohl Art of Primary Care Award/Lecture and Workshop
- Fully implement Primary Care TF recommendations
- Catalog/Inventory/Plan for Quality Initiatives
- USNWR – Initiatives to improve rankings (multi-year process)
- Ambulatory Care Internal Medicine Lead (Associate Chief/Assistant Chair)
- Diabetes Clinical Restructuring
- Evaluate Taubman Office Renovations
- Cancer Center Director and EVPMA Searches
- Begin planning for West Ann Arbor and Brighton Ambulatory expansions
- Medical Group/Hospital Group subdivision with governance alignment
- Allergy Division Chief
- Departmental Bicentennial Committee
- Medical Short Stay Unit (Old Mott)
- Allegiance Health – go or no go?

### Philanthropy

- UMHS Development restructuring continues: Susan Foley added as Senior Director for Departments, Centers and Institutes (DCI Core)
  - Largest team in medical development
- Giving to DoIM (donations, foundation donations for research, professorships, etc.)
  - 2011: $14.7M
  - 2012: $11.7M
  - 2013: $14.5M
  - 2014: $16.4M
- DoIM Stretch goal for FY15: $20M
- Capital Campaign underway through 2018
- In FY14, 34 members of the faculty attended, 49 sessions of the Advanced Resources “Culture of Giving and Patient Referral” training
Welcome New Faculty

General Medicine welcomes Lauren Wallner

Lauren Wallner, PhD, MPH—Assistant Professor. Dr. Wallner is returning to U-M after completing her PhD in Epidemiology at the School of Public Health in 2010. She was most recently employed at Kaiser Permanente Southern California and UCLA via a dually-mentored, post-doctoral research fellowship. Dr. Wallner is a cancer epidemiologist specializing in quality of care and quality of life issues in those with malignant conditions. She joins the Cancer Surveillance and Outcomes Research Team (CanSORT) as part of the P01 program “The Challenge of Individualizing Treatments for Patients with Breast Cancer” and furthers the program’s research initiative on primary care coordination in cancer care and use of natural language process to mine pathology reports and other clinical records for research. Dr. Wallner also conducts research activities related to risk, detection, and disparities in prostate cancer.

HemOnc welcomes three new faculty

Patrick Burke, MD—Lecturer. Dr. Burke joined the faculty in July 2014. He attended Providence College in Rhode Island where he earned his BS in Biology. Subsequently, he matriculated at the Mount Sinai School of Medicine in New York and earned his MD. He then completed a residency in Internal Medicine at the University of Chicago Medical Center, followed by a year serving as a Chief Resident. He recently completed his Hematology/Medical Oncology fellowship at Memorial Sloan Kettering Cancer Center in New York where his clinical and research interests focused on leukemia, particularly adult acute lymphoblastic leukemia (ALL). He performed clinical research regarding the role of asparaginase and “pediatric-inspired” therapeutic regimens in adult ALL, as well as investigating therapies that spare cytotoxic chemotherapy in older adult Philadelphia chromosome-positive ALL. Dr. Burke is currently focusing his research on early phase clinical trials in acute leukemias and is treating patients with hematologic malignancies in the Cancer Center.

Aki Morikawa, MD, PhD—Lecturer. Dr. Morikawa joined the faculty in August 2014. She earned her BMus and MMus in Piano Performance at the Boston University School of Arts. She then completed an MPH in Epidemiology & Biostatistics at the Boston University School of Public Health, followed by a PhD in Epidemiology, and her MD from Emory University in Atlanta. Dr. Morikawa completed her Internal Medicine residency at Emory University followed by a Medical Oncology fellowship at Memorial Sloan Kettering Cancer Center in New York. She has already earned numerous honors, most recently the ASCO/Conquer Cancer Foundation Gianni Bonadonna Breast Cancer Research Fellowship in 2013. Dr. Morikawa’s research interest is metastatic breast cancer with a focus in brain and leptomeningeal metastases. She is treating breast cancer patients in the Cancer Center.

Phillip Palmbos, MD, PhD—Lecturer. Dr. Palmbos joined the division in July 2014. He earned his BS from Calvin College, and is a graduate of the Medical Scientist Training Program at the U-M Medical School where he earned his MD and PhD. He earned his PhD in Cellular and Molecular Biology studying the nonhomologous endjoining pathway of DNA repair. He completed his Internal Medicine residency and Hematology/Oncology fellowship also at U-M in the Physician Scientist Training Program. This spring he was received the ASCO Young Investigator Award for his work interrogating the role of the oncogene, ATDC/TRIM29, in bladder tumors. Dr. Palmbos’ lab is located at the NCRC in the Translational Oncology Program where he is pursuing research in the molecular mechanisms of bladder cancer initiation and progression and resistance to therapy. He treats patients with GU malignancies at the Cancer Center.
Welcome New Faculty

Adina Turcu, MD, joined the MEND Division in July as a Clinical Lecturer of Internal Medicine, after completing a postdoctoral fellowship with Drs. Rich Auchus and Bill Rainey in MEND. Her position is 80 percent research-focused and 20 percent clinical, the latter of which take her to the Cancer Center and the Saline Health Center.

Dr. Turcu completed her internal medicine residency at Norwalk Hospital, CT, a Yale University affiliate, where she also served a year as chief resident. She completed her endocrinology fellowship at Mayo Clinic, Rochester, MN, where she was the recipient of the Randall G. Sprague Award for outstanding clinical, investigative, and academic achievement in endocrinology.

Her education prior to this took place at the University of Medicine and Pharmacology “Carol Davila” in Bucharest, Romania, where Dr. Turcu received her MD as well as serving an internship and family medicine residency.

Adrenal disorders are the focus of Dr. Turcu’s research, including congenital adrenal hyperplasia, Cushing’s syndrome, and primary aldosteronism.

Max Wisgerhof II, MD, is an adjunct endocrinologist who came to the MEND Division after a distinguished 35-year career at the Henry Ford Health System (HFHS) in Detroit. During his tenure at HFHS, Dr. Wisgerhof served as section head of the Hypertension Section in the Division of Nephrology and Hypertension, chaired the Institutional Review Board of HFHS, and was the Program Director of the Fellowship Training Program in Endocrinology and Metabolism, along with his clinical and academic (Wayne State University) appointments.

Dr. Wisgerhof earned his MD at Washington University, St Louis, Missouri and did his internship at Passavant Memorial Hospital of Northwestern University in Chicago. He began his internal medicine residency at Northwestern only to be interrupted by military service during the Vietnam War. He completed his residency at the University of Chicago afterward, where he also held an endocrinology fellowship. Additional fellowships in endocrinology-hypertension were carried out at the Mayo Clinic in Rochester, MN.

Four MEND research fellows granted faculty appointments

The MEND Division is happy to announce the appointments of four research post-docs to the faculty position of Research Investigator:

Aaron Kellogg, PhD, joined the MEND Division in 2008 after completing his PhD in biomedical sciences at the University of Toledo. Dr. Kellogg works in the lab of Peter Arvan; his research interests are ER stress and unfolded protein response and the role of cyclooxygenase-2 in diabetic neuropathy.

Christa M. Patterson, PhD, studies the neural, molecular, and cellular aspects of central leptin action in relation to the prevention and treatment of human obesity in the Martin Myers lab. Dr. Patterson came to the MEND Division in 2008 after receiving her PhD in neuroscience from the Integrative Neuroscience Program of Rutgers University and University of Medicine and Dentistry of New Jersey.

Emilyn Alejandro, PhD, received her doctorate in physiology from the Department of Cellular and Physiological Sciences at the University of British Columbia, Vancouver. In the Ernesto Bernal-Mizrachi lab, which she joined in 2011, Dr. Alejandro is studying the roles of mTOR signaling in pancreatic β-cell programming, development, and function; and characterization of the effects of O-linked GlcNAc Transferase (OGT) in pancreatic β-cells.

Manuel Blandino Rosano, PhD, has been a postdoctoral fellow in the lab of Ernesto Bernal-Mizrachi since 2009. He received his doctorate in biochemistry from the University of Cádiz, Spain. Dr. Blandino-Rosano’s research interests are beta cell regeneration/proliferation, growth factor-mediated pancreatic beta cell replication, and signaling and islet transplantation.
Welcome New Faculty

Rheumatology welcomes three new faculty

**Rebecca Burns, MD**—Clinical Instructor. Dr. Burns was formerly a rheumatologist in private practice in Monroe, Michigan affiliated with the Mercy Memorial Hospital System. She completed her medical degree, residency and fellowship training from Case Western Reserve University School of Medicine. Dr. Burns is practicing out of our new Northville satellite.

**Samardeep Gupta, MD**—Clinical Associate Professor. Dr. Gupta has been appointed Rheumatology Clinical Director at the Veteran’s Administration Ann Arbor, and will be receiving patients the Taubman Center beginning October 1. Dr. Gupta was an assistant professor at Harvard Medical School and Brigham & Women’s Hospital. He received his MD from Wayne State University and completed his rheumatology fellowship here at U-M. We are glad to welcome Dr. Gupta back to Ann Arbor!

**Rajaie Namas, MD**—Clinical Lecturer/Research Fellow. Dr. Namas has been appointed to our Rheumatology Training Grant under the mentorship of Dr. Amr Sawalha. He earned his MBBCh degree and completed a residency at Al-Fateh University School of Medicine in Libya. He was a research associate at the University of Pittsburg, and completed a second residency at the Hurley Medical Center of Michigan State University. He then completed his rheumatology fellowship at Wayne State University.

New Appointments

**Scott Flanders appointed as first Associate Chair for Quality and Innovation**

Scott Flanders, MD, (GenMed) has been appointed as the first Associate Chair for Quality and Innovation for the Department of Internal Medicine. In this role, Dr. Flanders will facilitate Quality Improvement (QI) activities for the department (inpatient and outpatient), with the goal of establishing our department and the university as a leader in QI both locally and nationally. These activities include the initiation and coordination of QI efforts in the department at the trainee, faculty, and staff levels; coordination of QI initiatives with the Health System and representation of the department in those forums; the acceleration of implementation and evaluative processes for department-wide delivery; advising to department and other leadership teams on QI; and delivery re-design to facilitate decisions, dissemination of quality, and cultivate extramural funding of scholarly projects in the quality arena.

Dr. Flanders will work closely with Tim Laing, Associate Chair for Clinical Programs, John Del Valle, Senior Associate Chair for Graduate Medical Education, as well as other Associate Chairs as appropriate.

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**Did You Know?**

As of July 1, 2014, the department had a total faculty headcount of 926!

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<tr>
<th>Category</th>
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<td>Instructional Faculty</td>
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<td>LCME—Physician Instructors</td>
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<td>Supplemental Faculty</td>
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*Includes Robert Wood Johnson, professor emeritus, adjunct, visiting, APT and secondary appointments.
Residency Program Updates

Residency Program Appointments

Sarah Hartley, MD, (GenMed) has been appointed as an Associate Program Director for the Internal Medicine Residency Program. In this role, Dr. Hartley provides oversight to the inpatient component of the training program. Her main responsibilities include assisting with schedule development, oversight of educational needs within the inpatient setting and assistance with oversight of all inpatient activities including compliance with duty hours, record completion and schedule modifications. She will also advise residents on a regular basis, assist with the recruiting process and participate in administrative meetings.

The Internal Medicine Residency Program is pleased to announce the addition of four new Assistant Program Directors:

- **Kristin Collier, MD**, has accepted the role of the Assistant Program Director focusing on outpatient education and the primary care track. Dr. Collier is a former resident of the U-M Internal Medicine Residency program and served as CMR in 2004-2005.

- **Jennifer Lukela, MD**, has accepted the role of the Assistant Program Director on outpatient education and will work on development of ambulatory experiences for the residents. Dr. Lukela is also a former resident of the Internal Medicine Residency Program and served as a CMR in 2002-2003.

- **Rachel Perlman, MD**, will develop and administer programs to facilitate the career development of residents in her role as the Assistant Program Director for Career Development. Dr. Perlman completed a residency in our Internal Medicine Residency Program and then went on to complete a fellowship in Nephrology at UMHS.

- **Thomas Sisson, MD**, will oversee the development of a research mentoring program for residents while expanding scholarship and research curriculum in his role as the Assistant Program Director for Research and Scholarship. Dr. Sisson completed a fellowship in Pulmonary and Critical Care Medicine here at the University of Michigan following his residency in our Internal Medicine program.

Introducing the New CMRs

Annually, the Department of Internal Medicine and Medicine-Pediatrics Residency Programs select new Chief Medical Residents (CMR) in their respective programs. The Chief Medical Residents are chosen by the leadership for each program. The decisions are based on their outstanding performance during residency, endorsement by their peers and their strong commitment to their respective programs.

This year, the CMRs for Internal Medicine are **Pranab Barman, MD, Daniel Bennett, MD, Gail Larsen, MD, MPH, and Valerie Vaughn-Sandler, MD**. In the Medicine-Pediatrics program, the Chief Medical Resident is **Laura Taylor, MD**.

During this important year, the CMRs coordinate many of the clinical and educational opportunities for our medical residents while building their skills in education and leadership. Each is assigned to a different administrative area on a monthly rotating basis and will have the opportunity during the course of the year to direct the ambulatory and inpatient programs at the University Hospital and the VA.

We are proud of these individuals and the significant investment they make to ensure the success of the Internal Medicine and Medicine-Pediatrics Residency Programs.
New Professorships

Matthias Kretzler, MD, installed as Warner-Lambert/Parke-Davis Professor of Medicine

Matthias Kretzler, MD, (Nephrology) was installed as the Warner-Lambert/Parke-Davis Professor of Medicine in a ceremony held on June 27, 2014.

About Dr. Kretzler

Dr. Kretzler received his MD from the University of Heidelberg in 1993. He completed a research fellowship at the University of Michigan in 1994. He then completed an internship and residency from 1994-2002 at the University of Munich in Germany. Dr. Kretzler was appointed as an Associate Professor, at that institution, in 2002. In 2005, he joined the faculty at the University of Michigan as an Associate Professor. He was also appointed as a research associate professor in Computational Medicine and Bioinformatics in 2008. Dr. Kretzler was promoted to professor of internal medicine, with tenure, and to research professor in Computational Medicine and Bioinformatics in 2009.

Dr. Kretzler’s major research focus is on the use of modern molecular medicine approaches to understand disease mechanism activated in renal failure to define novel therapeutic targets and diagnostic approaches. Using integrated biology approaches he and his research team define regulatory networks in glomerular diseases in human cohorts and integrate them with genetic information, complex clinical data sets and metabolomic information towards a holistic understanding of the patient affected by renal failure.

Dr. Kretzler has been training a diverse set of scientists in integrative biology of renal disease and has mentored more than 25 scientists towards independent careers in nephrology.

Dr. Kretzler has been very prolific in his research, with 197 publications, and funding from the NIH, the EU, and Foundation, including NephCure, Juvenile Diabetes Research Foundation, American Heart Association and the Alliance for Lupus Research.

He is recognized internationally for his work, leads several international studies and has presented at over 200 venues, locally, nationally, and internationally.

Dr. Kretzler serves on the editorial board of numerous journals, including Kidney International and Journal American Society of Nephrology. He is a grant reviewer for the NIH, the German Research Foundation of Germany, the EU, Genome Canada, and the Wellcome Trust of the United Kingdom. Dr. Kretzler has received multiple awards for his research, including the Young Investigator Award from the American Society of Nephrology, the Mary Jane Kugel Award from JDRF and the Leadership Circle Investigator Award from the Alliance for Lupus Research and has been elected to the American Society of Clinical Investigations.

About the Professorship

In 1993, the University of Michigan received a gift from the Warner Lambert/Parke-Davis Company, now Pfizer Inc., to support medical and scientific research in the Medical School, College of Pharmacy and Department of Chemistry.

At the time of the gift, Melvin R. Goodes, then Warner Lambert chair and CEO said, “We’re proud of our 98-year partnership with the U-M and recognize that our cooperative efforts have helped improve the health of people around the world.”

The company’s support of medical, chemical and pharmaceutical research and teaching at the U-M began in 1895 when the Parke-Davis Research Division established a fellowship in chemistry for research in medicinal substances. From the 1993 gift, two Medical School professorships were created. Funds generated from the initial endowment reached a sufficient level to establish two additional Warner Lambert/Parke-Davis professorships, bringing the total to four.

The funds support the research activities of senior-level faculty members whose exemplary contributions to the fields of basic chemistry, molecular biology, biotechnology, genetics and/or human gene therapy are widely recognized.
Professorship Announcements

On Sept. 12 at the U-M Medical School, the Department of Internal Medicine, Division of Cardiovascular Medicine, inaugurated Valerie V. McLaughlin, MD, as the selected holder of the Kim A. Eagle, MD, Endowed Professorship in Cardiovascular Medicine.

On Sept. 23 at the U-M Medical School, the Department of Internal Medicine, Division of Hematology/Oncology, celebrated the inauguration of Muneesh Tewari, MD, PhD, as the selected holder of the Ray and Ruth Anderson-Laurence M. Sprague Memorial Research Professorship.

These professorships will be highlighted in our next issue.

Additional Newly Endowed Professorships During FY14

Joseph Messana, MD
Richard D. Swartz Collegiate Professorship in Nephrology

Ivan Maillard, MD, PhD
Jeffrey M. Leiden Collegiate Professor of the Life Sciences

David Fox, MD
The Frederick G.L. Huetwell and William D. Robinson, MD, Professorship in Rheumatology

Grace Elta, MD
The H. Marvin Pollard Collegiate Professorship in Gastroenterology

Pavan Reddy, MD
Moshe Talpaz, MD, Professorship in Translational Oncology

Dinesh Khanna, MBBS
Frederick G.L. Huetwell Professorship in Rheumatology

John Ayanian, MD, MPP
Alice Hamilton Collegiate Professor of Medicine, Medical School

William Rainey, PhD
Jerome W. Conn Collegiate Professorship

Amr Sawalha, MD
The Marvin and Betty Danto Research Professorship in Connective Tissue Research

- There are 17 additional professorships in the fundraising phase. The total number of professorships available to and/or held by faculty in the department is 82 if all 17 are completed. (Not all professorships are held in the Department of Internal Medicine)
- For the period 2009-2014, the departmental goal was 50 endowed professorships—we achieved 65.
2014 Medical School Reunion
October 30 – November 1, 2014

This year’s reunion will take place at the Ann Arbor Marriott Ypsilanti at Eagle Crest on Oct. 30 and Nov. 1. Alumni whose graduation years end in a 4 or 9 as well as anyone who graduated before 1964 are invited!

Make your reservation early by contacting the Ann Arbor Marriott Ypsilanti at Eagle Crest directly to reserve your room. When making your reservation, be sure to mention the University of Michigan Medical School Reunion room block to get a special rate. We may sell out, and any remaining rooms will be made available to the public after Sept. 23. For more information, visit http://alumni.medicine.umich.edu/reunion.
Honors, Awards & Recognition

Dean’s Office Announces 2014 Faculty & Staff Awards

Kudos to these Internal Medicine faculty and staff who were recognized by the Medical School Dean’s office. This year’s award winners will be recognized at the annual Dean’s Faculty and Staff Awards dinner in November.


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<td><strong>Clinical &amp; Health Services Research Award</strong></td>
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<td>Moshe Talpaz, MD, Alexander J. Trotman Professor of Leukemia Research, Hematology/Oncology</td>
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<td>David C. Smith, MD, professor of internal medicine, Hematology/Oncology</td>
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<td><strong>Kaiser Permanente Award for Excellence in Pre-clinical Teaching</strong></td>
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<td>Seetha U. Monrad, MD, assistant professor of internal medicine Rheumatology</td>
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<td><strong>Outstanding Clinician Award</strong></td>
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<td>William D. Chey, MD, professor of internal medicine Gastroenterology</td>
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<td>Gregory P. Kalemkerian, MD, professor of internal medicine Hematology/Oncology</td>
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<th>2014 Dean’s Awards for Staff</th>
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<tr>
<td><strong>Support Staff of the Year</strong></td>
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<tr>
<td>Catherine Meyer, administrative assistant senior, Pulmonary and Critical Care Medicine</td>
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<tr>
<td><strong>Staff of the Year Honorable Mention</strong></td>
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<tr>
<td>Denise L. Taylor-Moon, clinical project manager, Nephrology</td>
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<tr>
<td><strong>Support Staff of the Year Honorable Mention</strong></td>
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<tr>
<td>Patricia Lai, administrative assistant senior, Gastroenterology</td>
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Did You Know?

Internal Medicine Faculty—Membership Numbers

- 63 members of The American Society for Clinical Investigation (ASCI)—we are the 5th most represented institution
- 40 members of the Association of American Physicians (AAP)
- 9 members of The Institute of Medicine (IOM)—National Academy of Sciences
- 2 Masters of the American College of Physicians (ACP)

And many others
Honors, Awards & Recognition

Rheumatology receives dual NIH/NIAID Excellence Awards

The University of Michigan has received both the Clinical Autoimmunity Center of Excellence, and the Basic Autoimmunity Center of Excellence awards from the NIH/NIAID, the only institution to be awarded both a basic and a clinical ACE.

The mission of the ACE is to encourage and enable collaborative research across scientific disciplines, medical specialties, and between basic and clinical scientists, in the search for effective treatments for autoimmune diseases. The eleven centers that make up the ACE program will conduct clinical trials and basic research on new immune-based therapies for autoimmune diseases, and enhance interactions between scientists and clinicians in order to accelerate the translation of research findings into medical applications.

Drs. David Fox and Dinesh Khanna are the U-M directors of the Clinical ACE, and Drs. Bruce Richardson and Amr Sawalha are the U-M directors of the Basic ACE.

Susan Goold, MD, MHSA, MA, has been named a Hastings Center Fellow for work in Bioethics. Hastings Fellows are an elected association of researchers from around the world whose distinguished contributions in their fields have been influential in bioethics. They come from a wide range of disciplines, including medicine, nursing, the sciences and law. For more information, visit the Hastings Center website. Dr. Goold is professor of Internal Medicine, and professor of Health Management and Policy, School of Public Health. She is affiliated with the Center for Bioethics and Social Sciences in Medicine (CBSSM).

In July 2014, the Robert Wood Johnson Foundation (RWJF) Clinical Scholars program announced the 31 new scholars for the RWJF Clinical Scholars program. Among those chosen was Dina Hafez, MD, one of our medicine-pediatric residents. As part of the program Dr. Hafez will work at examining the organization and delivery of health care over the next two-years here at the University of Michigan.

The RWJF Clinical Scholars program also trains physicians in community-based participatory research (CBPR) which encourages the engagement of the community in the research process with the goal of improving health behaviors and creating awareness of health issues in the community.

Jason Knight, MD, PhD, (Rheumatology) was awarded the prestigious Career Award for Medical Scientists by the Burroughs-Wellcome Fund, which supports physician scientists in the early stages of their research careers. The Career Awards for Medical Scientists (CAMS) is a highly competitive program that provides $700,000 awards over five years for physician-scientists, who are committed to an academic career, to bridge advanced postdoctoral/fellowship training and the early years of faculty service. Proposals must be in the area of basic biomedical, disease-oriented, or translational research. Dr. Knight's grant, entitled, "Innate immunity in the pathogenesis of lupus and antiphospholipid vasculopathy", will help fund his laboratory’s investigation of neutrophils in lupus and the antiphospholipid syndrome. Dr. Knight is one of twelve recipients nationally in 2014, selected from across all disciplines of medicine.

Jeffrey Kullgren, MD, (GenMed) received the Society of General Internal Medicine (SGIM) Milton W. Hamolsky - Junior Faculty Award for his abstract entitled “Financial Incentives for Completion of Fecal Occult Blood Tests among Veterans: A 2-Stage Pragmatic Cluster Randomized, Controlled Trial.” This abstract was rated as one of the top three abstracts presented by junior faculty at the Society’s 2014 meeting.
Catherine Martin, MS, RN, BC-ADM, CDE, (MEND) has been appointed to the Executive Committee for the Epidemiology of Diabetes Interventions and Complications Study (EDIC), funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), and will also serve as a co-chair of the EDIC Study Coordinators Committee. Ms. Martin is a clinical nurse and study coordinator in the MEND Division.

The Epidemiology of Diabetes Interventions and Complications Study (EDIC) is the ongoing follow-up of the Diabetes Control and Complications Trial (DCCT), which began in 1982. Ms. Martin has been involved with the DCCT/EDIC since its inception at the University of Michigan in 1987. Information about the DCCT and EDIC, including a listing of DCCT and EDIC publications, can be found here.

Emily Somers, PhD, (Rheumatology) is the recipient of a 2014 Blue Cross Blue Shield of Michigan Foundation McDevitt Excellence in Research Award in the area of clinical research. This program recognizes research that contributes to improving health and medical care in Michigan. The award provides $10,000 in unrestricted funds to physicians and doctoral-level researchers for research in clinical, health policy or health services research.

M. Bishr Omary receives 2014 MICHR Distinguished Mentor Award

M. Bishr Omary, MD, PhD, H. Marvin Pollard Professor of Gastroenterology; Professor and Chair, Department of Molecular & Integrative Physiology; Professor of Internal Medicine; Medical School, has been selected as a recipient of the 2014 MICHR Distinguished Clinical & Translational Research Mentor Award.

The award was established in 2012 in order to recognize and honor the efforts and accomplishments of faculty who foster the intellectual, creative, scholarly and professional growth of their students, fellows and trainees in the areas of clinical and translational research.

Bruce Richardson receives Lupus Insight Prize

Bruce Richardson, MD, PhD, (Rheumatology) has been honored as the second recipient of the Lupus Insight Prize, the award for use in innovative research on lupus, an unpredictable and sometimes fatal autoimmune disease that affects an estimated 1.5 million Americans.

Richardson received the prize during a formal ceremony at FOCIS 2014, the 14th Annual Meeting of the Federation of Clinical Immunology Societies in Chicago.

The prize is a collaborative initiative among the Alliance for Lupus Research, the Lupus Foundation of America, and the Lupus Research Institute to recognize and honor the achievements of an outstanding investigator in the field whose research efforts have made significant contributions and have a high likelihood of generating further insights in understanding the causes, biology, treatments, or cure of lupus.

Epigenetics looks at the mechanisms that turn genes on or off. These modifications may occur naturally or as a result of external factors including age, environment, lifestyle and disease state. Richardson discovered that some lupus-causing drugs alter gene activity or expression in normal “helper” lymphocytes, converting them into autoreactive “killer” lymphocytes that attack other cells and cause lupus in mice. He also found the same changes in gene expression in lymphocytes from patients with active lupus, and that many of the environmental agents implicated in lupus, as well as diet, contribute to the changes by altering gene expression. With the award funds, Richardson will identify the genes affected by environmental agents, and determine how these environmental agents and diet cause changes in lymphocytes.

Read the full story on the Alliance for Lupus Research website.
**Gifts and Grants**

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**Large New Grants Initiated in FY14**

- Shaomeng Wang. Oncofusion Therapeutics, $7.7M (5 years). Funding for the discovery and development of small-molecule inhibitors of the BET bromodomains for the treatment of human cancer.
- Rajiv Saran. NIH HHSN Contract, $1.7M (1 year). United States Renal Data System Coordinating Center.
- Mark Zalupski. NIH U10, $4M (5 years). UM LAPs; NCI National Clinical Trials Network Lead Academic Participating Site.
- Matthias Kretzler and Debbie Gibson. NIH UM1, $3.2M (5 years). Data Coordinating Center to establish a primary glomerular disease (GDPrime) consortium.
- Bruce Richardson. NIH U19, $2.5M (5 years). Creation of the Autoimmunity Center of Excellence (ACE) that, together with the collaboration of other ACE institutions, will enhance understanding of autoimmune diseases including systemic lupus erythematosus, as well as rheumatoid arthritis, scleroderma, Sjogren's Syndrome, inflammatory myopathies and autoimmune liver diseases.
- David Fox. NIH UM1=$500K (initial allocation of a 5 year award). Clinical ACE application driven by the hypothesis that organ-targeted autoimmune diseases are mediated by unique pathogenic interactions between cells of the immune system and parenchymal cells of the target organ, which play both afferent and efferent roles in disease initiation and target organ destruction.
- Juanita Merchant. NIH P01, $6.9M (renewal; 5 years). PPG brings together both basic and translational concepts to dissect use developmental pathways, eg Hedgehog and Notch signaling to execute cellular decisions for homeostasis vs pathologic responses to environmental stressors, eg bacterial infection, inflammation, chemical injury, which can segue to neoplastic transformation.

**Large New Grants Expected after July 1, 2014**

- Matthias Kretzler. NIH U54, $6.2M (renewal; 5 years). Renewal of rare disease network.
- Richard Miller (IOG). Glenn Foundation. $3M (3 years). The Paul F. Glenn Laboratories for Biology of Aging Research at the University of Michigan.
- Moshe Talpaz. Kahn Foundation, $2.5M (8 years). Five projects have been awarded that apply new technologies to understand the cause of bone marrow failure syndromes and develop strategies to treat them in the clinic.
Gifts and Grants

Rheumatology

**RRF Innovative Research Award in Basic Sciences**

**Dr. Joseph Holoshitz** received the Rheumatology Research Foundation Innovative Research Award in Basic Sciences for his application entitled, *A Novel Therapeutic Paradigm in Rheumatoid Arthritis*. This American College of Rheumatology award is highly visible and competitive. It is arguably the most prestigious grant sponsored by the College. The Innovative Research Grant (IRG) Program by the Rheumatology Research Fund (RRF) supports new research ideas concerning the mechanisms of, or novel therapies for, arthritic conditions. The recipients are typically established investigators who are considered leaders in their respective fields. Dr. Holoshitz describes his award as follows: “The program started in 2007 (under a different name), and I was honored to be among the inaugural group of that award. The 2014 IRG is my second time to have received this distinction. To my knowledge there are only a handful of scientists who received the award twice. In this project, our group will investigate new small chemical leads as potential future therapies for rheumatoid arthritis (RA) and other bone-destroying conditions. The hypothesis and the choice of the target are based on our previous discoveries concerning the functional role of the RA shared epitope in immune regulation, bone health and arthritis. If successful, the leads studied here could open the door to the development of a new class of potent and specific drugs for RA and other arthritic conditions.”

**Arthritis National Research Foundation**

**Dr. Michelle Kahlenberg** was awarded an Arthritis National Research Foundation grant of $79,856. Each year, one ANRF grant recipient doing research in rheumatic autoimmune disease is designated that year’s Eng Tan Scholar. This honor is in recognition of the young investigator’s exemplary career path and importance of their scientific project.

Dr. Kahlenberg’s lab proposes to determine the mechanisms by which skin injury can lead to a rapid flare of nephritis in lupus-prone NZM 2328 mice by undertaking a systematic exploration of the inflammatory cell populations present in the kidney and relating this to simultaneous changes in the skin and blood of the mice. Additionally, they will target the cytokine IL-18 to determine whether induction of flares of nephritis by skin injury requires this cytokine. Dr. Kahlenberg anticipates this work will show that cutaneous injury rapidly increases the inflammatory cell populations in the kidney and that blockade of IL-18 may modulate this. This work will benefit the scientific community by increasing our knowledge of how the skin and kidney may cross-talk in SLE, thus leading to development of novel therapies that may help to prevent flares of lupus nephritis and reduce the need for immunosuppressive medications in SLE patients.

Hematology/Oncology

**Monika Burness, MD**, has received funding from MICHR (Michigan Institute for Clinical and Health Research) for her pilot project titled “Targeting Cancer Stem Cells via IL-6 Signaling in Triple-Negative Breast Cancer.” This proposal highlights an innovative approach to the treatment of metastatic breast cancer, specifically difficult to treat TNBC. Targeting CSCs is likely to lead to improved long-term response. Furthermore, inhibition of IL-6 signaling at the level of gp130 may be more potent compared to inhibiting IL-6 or IL-6Rα, the targets of current drugs. This study will lay the foundation for pivotal early phase clinical trials to evaluate the safety and efficacy of cytokine-targeted therapy for patients with TNBC, specifically with a novel gp130 inhibitor.

**Muneesh Tewari, MD, PhD**, received a $3.3 million U01 grant from the NIH Extracellular RNA Communication Program to characterize extracellular RNA in body fluids from healthy individuals using next generation sequencing methods. The purpose of this 5-year project is to discover the universe of extracellular RNAs present in healthy people, as well as to study the absorption of RNA ingested in food into the circulation of healthy individuals. Co-Investigators on the study include Drs. Hui Jiang, Saravana Dhanasekaran and Arul Chinnaian at U-M, as well as Drs. Florian Hladik, Johanna Lampe and Julie McElrath the Fred Hutchinson Cancer Research Center in Seattle, WA.
New T32 training grant will prepare PhDs for diabetes research careers

In response to the need for well-qualified scientists in the field of basic diabetes research, the MEND Division sought, and has been awarded, a T32 Training Grant from the National Institutes of Health. The primary goal of this grant is to train PhD basic scientists for diabetes research careers in a unique postdoctoral fellowship program.

The landscape of diabetes is at a tipping point, because the number of patients (and their corresponding complications and burden on the healthcare system) has been rising to epidemic proportions, outstripping the pace of scientific discovery and the development of therapies and prevention. Yet fewer trainees are entering the field of diabetes research. In response, MEND Division leaders pursued funding to produce more highly-qualified research scientists, in order to develop new avenues for the treatment, prevention, and cure of diabetes.

“This new training program may be the only one in the country aimed to train PhD basic scientist postdoctoral fellows to pursue training in diverse aspects of diabetes research,” said Ernesto Bernal-Mizrachi, MD, PhD, Larry D. Soderquist Professor and Associate Professor of Internal Medicine in the MEND Division. Dr. Bernal-Mizrachi is the Principal Investigator on the grant and Peter Arvan, MD, PhD, chief of the MEND Division, is the co-PI.

The innovative training program will offer a multidisciplinary and comprehensive learning experience, with intensive mentorship, rich opportunities for scientific interactions, and extensive core resources for biomedical research to develop a deep understanding of the molecular aspects of diabetes. The instruction will draw on the U-M’s expertise in investigating various components of the pathogenesis of diabetes and its complications.

The instruction will focus on six major research interest areas: islet biology, autoimmune diabetes, adipocyte biology, hypothalamic regulation of metabolism, mechanisms of insulin resistance and metabolic control (liver, adipocyte and muscle groups), and diabetes complications. The program includes training in the laboratory but is supplemented by a core curriculum in the molecular pathogenesis of diabetes, as well as an interdisciplinary series of educational project meetings and seminars, and activities in grant writing, career advancement, and research methodologies.

The participating faculty will come from nine separate departments in the School of Medicine: Molecular & Integrative Physiology, Neurology, Ophthalmology, Pediatrics, Cell and Developmental Biology, Chemistry, Pharmacology and, within Internal Medicine, the MEND and Nephrology Divisions will be represented.

This program provides a significant complement for the training mission of the Michigan Diabetes Research Center and the Nutrition and Obesity Research Center, administered through the Division of Metabolism Endocrinology and Diabetes, and part of the “comprehensive” mission of treatment, research, and education of the Michigan Comprehensive Diabetes Center.

Discoveries & Publications

Scott Soleimanpour publishes in Cell

Scott Soleimanpour, MD, joined the MEND Division early this year as an Assistant Professor of Internal Medicine. He recently published a paper in the journal Cell identifying a gene, Clec16a, believed to disrupt the ability of beta cells to produce insulin, resulting in type 1 diabetes. The loss of beta cell function may be driven by a defect in the gene, which is responsible for getting rid of old mitochondria, the powerhouses of cells, and making room for fresh ones. Healthy mitochondria are crucial to allowing beta cells to produce insulin and control blood sugar levels. Read the findings in Cell at: http://www.cell.com/cell/abstract/S0092-8674%2814%2900657-6

Earlier this year, Dr. Soleimanpour received a 2014 ASCI Council Young Physician-Scientist Award from the American Society for Clinical Investigation. The award was given at the ASCI/Association of American Physicians Joint Meeting in April. An honorarium accompanied the award, along with the honor of making a presentation in the “ASCI Council Young Physician-Scientist Award” section of the Poster Session.
**Discoveries & Publications**

**FDA approves U-M invented drug for Gaucher disease**

Cerdelga, a treatment for Gaucher disease type 1 licensed by the University of Michigan to Genzyme Corp., has been approved by the Food and Drug Administration.

Cerdelga represents the first class of chemical entities conceived and developed at U-M to achieve FDA approval. Cerdelga offers an alternative to the other approved Gaucher disease treatment — an intravenous enzyme replacement. Cerdelga is administered orally and could become a treatment for Gaucher type 1 disease.

The strategy of treating Gaucher disease by inhibition of glycolipid synthesis was proposed by the late Dr. Norman Radin, a U-M neurochemist, more than 40 years ago. The work directly leading to Cerdelga began 25 years ago when Dr. James Shayman, a nephrologist trained in lipid biology and pharmacology, sat down with Radin and began their collaboration.

Their shared work continued at least until 1995 after which Radin retired, but research continued by the Shayman group to design, synthesize and test glycolipid synthesis inhibitors. That included a series of “proof of concept studies” in experimental models of lysosomal storage diseases. Patents covering these compounds and related inventions were licensed to Genzyme, a Sanofi company, in 2000 for clinical development.

Gaucher disease is an inherited disorder suffered by more than 10,000 patients worldwide that affects many of the body's organs and tissues.

Genzyme’s road to FDA approval included clinical trials including phase 3 trials conducted in 60 medical centers in 29 countries, which comprised the largest group of clinical studies ever conducted on Gaucher disease representing more than 500 patient years of exposure in approximately 400 individual patients.

Read entire press release [here](#).

**Five Department Faculty among Most-Cited Researchers in the World**

U-M ranks No. 11 in a new list of the most-cited researchers, produced by Thompson Reuters, with 27 U-M scientists determined by the company to be in the top one percent of their fields.

More than 3,200 researchers worldwide were included in the Thompson Reuters list, which ranks an individual’s impact based on a survey of Highly Cited Papers (defined as being in the top 1% by citations in the Web of Science database) between 2002-2012.

Five Internal Medicine faculty are among the 27 U-M scientists (photo top-bottom):

- **Eric Bates, MD**, (CVM), clinical cardiology
- **Angela Fagerlin, PhD**, (GenMed), medical decision making
- **Daniel Hayes, MD**, (HemOnc), breast cancer
- **Anna Lok, MD**, (GI), hepatitis
- **Cristen Willer, PhD**, (CVM), genetics

Read more [here](#).

**Did You Know?**

**Internal Medicine’s Journal Editors**

New England Journal of Medicine
John Ayanian, MD, associate editor

American Journal of Gastroenterology
William Chey, MD, editor

Journal of the American Medical Association
Preeti Malani, MD, associate editor

Gastroenterology
Bishr Omary, MD, PhD, editor
CanSORT Annual Meeting focuses on individualized breast cancer treatment

On August 5, 2014 the Cancer Surveillance and Outcomes Research Team (CanSORT) held their annual, national program meeting to discuss the challenges of individualizing treatments for breast cancer patients and to review progress on their P01 Program Project Award awarded by the National Cancer Institute (NCI) in 2012. The purpose of this retreat was to engage faculty and national partners in advancing breast cancer treatment population science and implementation research. “The enthusiastic response from UM faculty, national faculty and industry partners, NCI leadership and UM leadership underscored the essential mission of the CanSORT research program. That mission is to improve health by understanding how precision medicine can be deployed to individualize cancer treatment in the community,” (Steven Katz, MD, MPH, co-founder of CanSORT; Professor of Medicine). Attendees of the retreat included CanSORT investigators and the research management team. Also in attendance were colleagues of the External Advisory Board, key leaders from the NCI, and local leadership from the University of Michigan Comprehensive Cancer Center and Institute of Health Policy and Innovation.

During the day, Sarah Hawley, PhD, MPH (co-founder of CanSORT; Associate Professor of Medicine) and Larry An, MD, Associate Professor of Medicine reviewed progress of the P01’s randomized controlled trial of an online deliberation portal for patients newly diagnosed with breast cancer. The purpose of the RCT is to evaluate a decision support tool for patients in clinical practice and to follow-up and collect information about women’s treatment decision making methods. Other featured retreat content included the role of the primary care physician for cancer patients from the time of diagnosis to survivorship. New General Medicine Associate Professor, Lauren Wallner, PhD, MPH, led this presentation with John Ayanian, MD, MPP, as discussant.

A very exciting and motivating moment of the day involved a visit from the University of Michigan’s 14th President, Mark Schlissel, MD, PhD. As a former physician and biomedical researcher, his comments regarding the importance of research to the University of Michigan community were appreciated and well received. “It was a great day of exuberant inquiry and debate around pace-setting science. CanSORT is a model for team science at UM and our annual meeting reinforced the synergy and creative verve generated through inspired engagement and shared mission,” Dr. Katz said in summary of the day.

Internal Medicine’s CME Course Calendar

can be found online at
http://www.med.umich.edu/intmed/cme/calendar.htm
Discoveries & Publications

Rami Khoriaty publishes in Molecular and Cellular Biology

Rami Khoriaty, MD, PhD (HemOnc), has had a paper he co-authored with Dr. David Ginsburg published in Molecular and Cellular Biology. The article is titled “Absence of a Red Blood Cell Phenotype in Mice with Hematopoietic Deficiency of SEC23B.” Khoriaty et al sought to understand the role of SEC23 protein in the development of a rare congenital hematological disorder, Congenital dyserythropoietic anemia type II (CDAII), that results in ineffective red blood cell production. Although genetic mutations in SEC23B cause this rare blood disease in humans, the mechanisms by which it causes the defects are not known. To understand this, they generated mice that are deficient in SEC23B and made the surprising observation that restricting the deficiency to only blood forming stem cells did not lead to CDA II in mice. They note that the surprising discordance between the mice and humans phenotypes may reflect an evolutionary shift in SEC23 paralog expression and/or function. Even more exciting is that these observations point in the direction of understanding the fundamental role played by these proteins in endoplasmic reticulum to Golgi transport mechanisms and its impact on normal physiology and disease processes. Link to journal article

Rothberg paper on “Old School” obesity approach highlighted in journal

Dr. Amy Rothberg's manuscript entitled "Very-low-energy diet for type 2 diabetes: An underutilized therapy?" was one of the featured articles this summer on the cover of the Journal of Diabetes and Its Complications and on the journal home page. The article appears in the July/August 2014 issue, Volume 28, Number 4. Dr. Rothberg is Assistant Professor of Internal Medicine in the MEND Division and Director of the MEND Weight Management Program (WMP), where the study took place.

The co-authors on the paper with Dr. Rothberg are all from the MEND Division: Laura N. McEwen, PhD; Andrew T. Kraftson, MD; Christine Fowler, MS, RD; and William H. Herman, MD, MPH.

The study’s premise is that, while the current approaches to the management of type 2 diabetes focus on the early initiation of novel pharmacologic therapies and bariatric surgery, the MEND WMP shows that an intensive, outpatient, behavioral weight management program significantly improved HbA1c in patients with type 2 diabetes over 12 weeks.

In other words, revisiting “Old School” methods like the use of intensive, outpatient, behavioral weight management programs for the management of type 2 diabetes has clear benefits and positive outcomes.

This was a prospective observational study of 66 patients with type 2 diabetes and Body Mass Index (BMI) ≥32 kg/m² who enrolled in a program designed to produce a 15% weight reduction over 12 weeks, using total meal replacement and low- to moderate-intensity physical activity.

The results were significant: After 12 weeks, BMI fell from 40.1 (± 6.6) to 35.1 (± 6.5) kg/m². HbA1c fell from 7.4% (± 1.3%) to 6.5% (± 1.2%) (57.4 ±12.3 to 47.7 ±12.9 mmol/mol) in patients with established diabetes: 76% of patients with established diabetes and 100% of patients with newly diagnosed diabetes achieved HbA1c <7.0% (53.0 mmol/mol).

Link to article here.

Mariko Foulk leads new social work study on mindfulness-based cognitive therapy

A new study, led by Geriatrics Center social worker Mariko Foulk, has been published in the Journal of Gerontological Social Work, describing the results of an 8-week mindfulness-based cognitive therapy group for older adults with depression and/or anxiety. The data showed significant improvements in reported anxiety, ruminative thoughts, and sleep problems, and a reduction in depressive symptoms for the group’s participants.

Read the full study here.
U-M among 10 clinical trial sites in country for major study on preventing fall injuries among elderly

Each year, 1 out of 3 adults aged 65 and over falls. A third of those falls result in moderate to severe injuries that can lead to further declines in health and loss of independence. Thousands of older adults die each year from such falls as well.

To find effective, evidence-based strategies to address the personal and public health burden of these falls, the National Institutes of Health (NIH) and the Patient-Centered Outcomes Research Institute (PCORI) have joined to support a clinical trial to test individually tailored interventions to prevent fall-related injuries. The award, made by the National Institute on Aging (NIA) of the NIH and funded by PCORI as part of the Falls Injuries Prevention Partnership of the two organizations, is expected to total some $30 million over the five-year project.

The trial will be led by Shalender Bhasin, MD, Brigham and Women’s Hospital, Harvard Medical School, Boston; Thomas Gill, MD, Yale School of Medicine, New Haven, Connecticut; and David Reuben, MD, David Geffen School of Medicine at the University of California, Los Angeles. The team will include more than 100 researchers, stakeholders, patients and their representatives at 10 clinical health system sites across the country. First-year funding of $7.6 million was awarded on June 1.

U-M was chosen as one of ten trial sites in the country and the only institution in Michigan to participate. U-M’s principal investigator is Neil Alexander, MD, MS, (photo above) professor in the Division of Geriatrics and Palliative Medicine at the U-M Medical School and director of the Mobility Research Center at the Geriatrics Center. He is also the director of Geriatric Research, Education, and Clinical Center at the VA Ann Arbor Healthcare System.

The U-M site’s co-principal investigator is Jocelyn Wiggins, BM, BCh clinical associate professor of Internal Medicine at the U-M Medical School and associate division chief of Geriatric and Palliative Medicine.

“We are pleased to take part in this first-of-its-kind, large-scale collaborative study that addresses a critical public health problem on a national level,” says Alexander, who also runs a weekly Mobility Enhancement Clinic.

“Falls are the leading cause of both nonfatal and fatal injuries among our older adult community. This initiative will allow us to provide health care systems with a detailed look at how to successfully adopt fall reduction strategies and tailor them to individuals who are at highest risk.”

Read more here.
A “Personalized” or “High-Risk” Type 2 Diabetes Clinic initiated by Israel Hodish, MD, PhD, this year focuses on patients who have been diagnosed with type 2 diabetes for as many as 10 years or more and who now aren’t doing so well.

“Type 2 diabetes is progressive,” Dr. Hodish explains. “For the first ten years, taking one or two pills a day, the diabetes is managed with a favorable response. But after that, they become resistant to medication; they may develop complications like high blood pressure and high cholesterol, and their blood sugar remains high.”

These factors will lead to increased likelihood of serious complications, such as nerve damage to the feet, eyes, kidneys, and heart. These are the patients that Dr. Hodish, Assistant Professor of Internal Medicine in MEND, calls “high risk” — the patients for whom his clinic is conceived.

Dr. Hodish says that about 50% of diabetes patients fall into this “high-risk” category, so the public health implications are enormous. With 1.8 million Americans newly diagnosed with type 2 diabetes each year, physicians and endocrinologists can’t keep up and still give the long-time diabetes patients the care that they need. He believes that the issue isn’t noncompliance (patients not doing what they’re asked to do) — studies have shown that it’s a factor in possibly only 20% of patients — but instead, that these high-risk patients need more attention and more frequent follow-up.

Specifically, patients on insulin need more frequent dosage adjustments than they typically get. Sometimes, patients are asked to send their blood sugar numbers to the diabetes educator or physician once a week at the beginning of their treatment, but the current practice is for long-time patients to bring their numbers to their doctor visit, which may be only once every three or even six months.

In contrast, Dr. Hodish has found that with high-risk patients, ideally their insulin should be adjusted once a week or every few weeks, on an ongoing basis. Many patients, he says, are under-dosed and that leads to high blood sugars and resulting problems. Factors that can influence insulin requirements include exercise, overeating, and some other medications that patients may be taking.

This model of frequent follow-up is not unknown in the medical world. For instance, drugs such as Coumadin, a blood thinner, require sensitive measurement and frequent adjustment. UMHS has a special clinic for people on Coumadin to be checked frequently.

This brings up the second problem: Even if we can start having high-risk patients interact with us more frequently to report their glucose numbers, we can’t employ enough physicians to have clinic visits with all the patients as often as needed. So Dr. Hodish has been working on solutions to the access problem, which involves employing technology.

The Clinic innovations are funded by a seed grant from the U-M Department of Internal Medicine, of which Dr. Hodish is Principal Investigator.

Dr. Hodish and his team use email to communicate with the patients, instead of having face-to-face consultation sessions. This saves patients and physicians time, therefore allowing more patients to be managed.

Software has been developed that will generate a one-year calendar for each patient, based on the patient’s history. The calendar will prompt the medical team as to when to contact the patient and how frequently to assess their insulin requirements. The program also monitors other medications that the patient is taking, as well as the patient’s blood pressure, potassium, and kidney functions.

Other members of Dr. Hodish’s team are Martha Funnell, MS, RN, CDE, Associate Research Scientist in the Department of Medical Education, also a co-Principal Investigator on the study; and a clinic coordinator, Sangeeta Lathkar-Pradhan, MBBS.

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**MEND’S Weight Management Program**

UMHS physicians who wish to refer their patients to the MEND Weight Management Program should use referral code REF141 in MIChart. For details on the participation requirements, please see [www.med.umich.edu/intmed/endocrinology/weightmanagement/](http://www.med.umich.edu/intmed/endocrinology/weightmanagement/) or send email to: wmpconnection@umich.edu
Macedonia Outreach

Our Rheumatology Division continues to support rheumatology in Macedonia. This past Spring, the Macedonian Ministry of Health sponsored a 10-day visit by Drs. Vladimir Ognenovski and Joseph McCune to Macedonia during which they conducted lectures as well as case presentations with colleagues at the University Clinic of Rheumatology at Ss Cyril and Methodius University in Skopje, Macedonia. In addition, both Drs. Ognenovski and McCune spent several days in the city of Bitola where they staffed the local rheumatology office along with Dr. Marija Arsovaska, a trainee supported by the rheumatology division in establishing a rheumatology clinic in an underserved region in Macedonia. This clinic will be fully staffed by Dr. Arsovaska in the fall of 2014, providing local access for rheumatologic care to a region of over 200,000 people.

Previous exchanges have included visits to Macedonia by Dr. David Fox, as well as visits to the University of Michigan by several Macedonian rheumatologists.

This ongoing effort has been supported in part by our Division of Rheumatology, as well as grants from ILAR and the GlobalREACH program at the University of Michigan.

To learn more about this effort, please contact Dr. Vladlimir Ognenovski at vognen@med.umich.edu.

New Faces in the Department Offices

Please join Internal Medicine in welcoming Ann Leffler who is supporting Dr. Cyril Grum, Senior Associate Chair for Undergraduate Medical Education. Ann provides senior level administrative support to Dr. Grum, as well as partnering and collaborating with the Clerkship Coordinator, Mary Edwards. She also provides cross-coverage to the Chair’s front office when needed.

Ann fills the position formerly held by Charlotte Pierson, who retired after 29 years.

Ann comes to the department from the Kellogg Eye Center where she provided key administrative support to the Glaucoma Service Chief and the Glaucoma Fellowship Program Director. She obtained her bachelor’s degree in Psychology from Michigan State University and is well qualified in many areas, including intellectual property law support and drug safety evaluation processes.

Please take a moment to stop by and introduce yourself to Ann when you are in the Chair’s Office!

Please welcome Gail Spaulding who provides support to Dr. Anna Lok as her senior level administrative assistant. Dr. Lok is Associate Chair for Clinical Research Programs, and Associate Chair for Basic and Translational Research Programs, with multiple commitments to organizations affiliated with Hepatology. This position also provides cross-coverage to the Chair’s front office.

Gail comes to Internal Medicine from the Department of Pediatric Surgery where she served six years supporting the radiology director of Pediatric Minimally Invasive Surgery, the Co-Director of Pediatric Surgery Critical Care, and the Associate Medical Director of the Brandon Neonatal Intensive Care Unit. In addition she provided administrative support for the Solid Tumor Oncology Program (M-STOp).

Prior to that, Gail served in Health Information Management, Coding & Forms Management for three years, and Parking and Transportation for one year.

Gail is currently a member of VOICES of the Staff on the Parking and Transportation Team with her commitment extending through to June 2016. If you have any suggestions or comments regarding Parking and Transportation, please see Gail.
Mark Your Calendar

**Lipodystrophy Symposium Oct. 17-19 has world-wide focus**

University of Michigan organizers are leading the planning of the first symposium on lipodystrophy, called "Lipodystrophy in 2014: Leptin and Beyond,” taking place **October 17-19, 2014** at the U of M North Campus Research Complex.

Lipodystrophy is a rare metabolic disorder resulting in total or partial loss of body fat, abnormalities in carbohydrate and lipid metabolism, immune system dysfunction, and severe resistance to insulin. Those with generalized or complete lipodystrophy may only live into their 20s or early 30s if untreated. The disorder is caused by lack of a fat cell hormone called leptin. Lipodystrophy is usually genetically inherited but, in rare cases, is caused by an autoimmune response, where the body attacks itself.

This year marks a milestone in the history of lipodystrophy syndromes since, for the first time, there is an FDA-approved form of therapy for the most severe forms of the disease – the discovery of which was led by the MEND Division’s **Elif Oral, MD**. In addition, 2014 marks the 20th year after the discovery of leptin.

As is the case with rare diseases, scientists studying it and experts treating it are scarce; so the speakers and attendees come from around the world to share knowledge and ideas. It is hoped that this event will plant the seeds to form an international clinical research network dedicated to the study of lipodystrophy, as well as to set a bold research agenda for the next 10 years.

The audience for the symposium will be clinicians treating patients with lipodystrophy, patients and families afflicted with these disorders, and researchers working on adipocyte biology, leptin action, and novel metabolic therapeutics development. The deadline to submit abstracts is October 1, 2014 for those who do not need a travel stipend.

Registration fees for University of Michigan students, postdocs, fellows and trainees have been waived, as well as for all patients and families. Limited travel assistance for patients desiring to participate will be available on a first come-first serve basis. Registration and Abstract Submission [Link](#)

Questions: Email Grace Wu, glwu@med.umich.edu, or Priya Wiersba, priyaw@med.umich.edu

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**27th Annual Update in Pulmonary & Critical Care Medicine**

November 14-15, 2014

The Inn at St. John’s, Plymouth, MI

**Cyril Grum, MD**

Clinical Cases in Asthma Management

**Jeffrey L. Curtis, MD**

COPD Update

**Theodore J. Standiford, MD**

Update on Healthcare-Associated Pneumonia

**Carol Chenoweth, MD**

2009 H1N1 Redux: Swine Flu, Round Two

**Helena Schotland, MD**

Screening for Sleep Disturbances

**Tammy Ojo, MD**

Cardiopulmonary Effects of Obstructive Sleep Apnea

**Eric Bates, MD**

Acute Coronary Syndromes

**Cosmos van de Ven, MD**

Obstetrics in Critical Care

**Anthony Courey, MD**

Use of Ultrasound in ICU Management

**William Meurer, MD, MS**

Acute Stroke Management

**Robert Hyzy, MD**

Making Keystone a Cornerstone in ICU Practice

**Ryan Hadley, MD**

Update in Idiopathic Pulmonary Fibrosis

**Ella Kazerooni, MD, Jeffrey Myers, MD and Fernando Martinez, MD, MS**

Case-Based Approach to ILD

**Fernando J. Martinez, MD, MS**

Approach to the Patient with Dyspnea

**Anthony Courey, MD**

Practical Approach to the Patient with Cough

**Douglas Arenberg, MD**


**Gregory Kalemkerian, MD**

Update in Lung Cancer Management
"Medicine Needs Victors" Campaign Update

Few institutions in the nation are better positioned to advance the future of health care than the University of Michigan Health System. Our success depends not only on our ability to run a thriving clinical operation, bring in a wide range of research grants and attract tuition dollars of top-notch students. It also requires gifts from our patients and their families, from U-M faculty, staff and alumni, philanthropists and businesses that believe in the Health System.

Our donors have a real impact on making health care better for themselves, their families, friends and communities by supporting the Victors for Michigan campaign.

To date more than 46,000 donors have contributed to the Victors for Michigan campaign, bringing us half way to our $1 billion dollar campaign goal. Their contributions will have a profound impact on the care of seriously ill or injured children and adults, on medical discoveries made by scientific teams, on the careers of current and future doctors and medical scientists, and on UMHS facilities where care, discovery and learning happen.

For more information, please visit http://www.medicineneedsvictors.org/

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