

# Division of Gastroenterology & Hepatology Newsletter

## Hepatology Happenings at UNC GI



### Dr. Zacks Returns to UNC

Steven L. Zacks, MD, MPH, FRCPC, is returning to the faculty in the UNC Division of Gastroenterology and Hepatology! Dr. Zacks graduated from

University of Toronto Medical School, where he also performed residency. After completing a fellowship in gastroenterology at the State University of New York at Buffalo, Dr. Zacks was a senior fellow in hepatology and liver transplantation at UNC while completing a Masters of Public Health degree in epidemiology at the UNC School of Public Health. He served as Assistant Professor of Medicine here until 2008. Dr. Zacks is well known for his clinical skills and dedication to patient care, as well as for his exhaustive knowledge of the hepatology literature. He was also involved closely with fellowship education and was the recipient of the 2005-2006 teaching award. Dr. Michael Fried, Director of Hepatology remarked, "We are very pleased that Steve will be back at UNC to continue his outstanding contributions to patient care and our educational mission."

### UNC Hepatology Practice Expands in Greensboro

The UNC-Moses Cone hepatology office in Greensboro, opened in 2004 as a unique partnership with the Moses Cone Hospital System, is a major provider of care for patients with viral hepatitis in the surrounding communities. The office will expand to provide care for a full spectrum of patients with chronic liver disease starting in the last quarter of 2009. Staffed jointly by hepatology attendings and mid-level providers, this expansion of services will offer more convenient and efficient care

for patients with complex liver diseases in the North Carolina Triad. These patients will greatly benefit from the vast array of specialty services available at Moses Cone Hospitals and the University of North Carolina at Chapel Hill.

### Rapid Referral System for Hepatology Patients

A rapid referral system has been instituted for patients with advanced liver disease or liver tumors. UNC healthcare providers triage all referrals within 24 hours of receipt at the centralized Hepatology office in the Burnett-Womack building on the UNC campus. Priority is assigned to pre-liver transplant patients with decompensated liver disease or elevated Model for End-Stage Liver Disease (MELD) scores, as well as patients with newly diagnosed liver masses. In addition, weekly clinics devoted to new urgent patients have been implemented. To schedule an appointment, call 919-966-2516 or page the Hepatology Attending at 919-966-4131.

### Barritt Starts as Advanced Hepatology / Liver Transplant Fellow at UNC

A. Sidney Barritt, MD has started a 4<sup>th</sup> year of fellowship training as the advanced hepatology/liver transplant fellow. Dr. Barritt attended medical school at University of Virginia and completed internship, residency, and a chief resident year at University of Alabama. He joined our fellowship program in 2006 on the epidemiology research training track and is currently completing a Master's of Clinical Science at the UNC Gillings School of Global Public Health. In addition to his clinical duties and coursework, Dr. Barritt also performs health services/outcomes research in liver transplantation and participates in clinic trials in the UNC Clinical Translational Research Center (CTRC).

#### INSIDE THIS ISSUE

- 1 Happenings
- 2 CEDAS & CME
- 3 FGIMD Research Day
- 4 Fellowship News
- 5 Accomplishments

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## Hepatology Happenings (continued)

### Other hepatology news

Martha Bausch has been hired in the role of inpatient nurse practitioner. She will coordinate care for potential liver transplant candidates, patients already on the liver transplant list, and post-transplant patients who are admitted to UNC Hospitals.

Five West is being renovated to be a dedicated liver and kidney transplant unit. This will yield a net gain of 4-6 beds, as compared to the current location. Importantly, this dedicated unit will facilitate direct hospital transfers of liver transplant patients on an urgent basis.

## IBD CME Update & Patient Day

110 physicians, pharmacists and nurses and over 160 patients attended the CME event "2nd Annual Update in IBD" and the "3rd Annual Patient Education Day for Inflammatory Bowel Diseases," which both took place on September 12, 2009 at the Friday Center in Chapel Hill. Guest speaker Dr. Corey Siegel, University of Dartmouth, and all IBD faculty members including Jonathan Hansen, MD, PhD, Hans Herfarth, MD, Kim Isaacs, MD, PhD, Scott Plevy, MD, Balfour Sartor, MD, as well as Millie Long, MD, MPH taught at both events, which were deemed a tremendous success.

Course director Dr. Herfarth reported a steady increase of participants in both courses since these were started in 2007 and 2008, respectively. Both events, which covered a range of topics, received excellent ratings from the participants. The "4th IBD Patient Education Day" and the "3rd Update in IBD" are already planned for September 11, 2010.

## CEDAS News

The Center for Esophageal Diseases and Swallowing (CEDAS) is pleased to announce the hiring of two new research coordinators, Courtney Ziefle and Donna Hobson. They join Melissa Spacek and Stephanie Bright in recruiting for the following studies:

- A prospective study of eosinophilic esophagitis biomarkers in patients with and without dysphagia (PI: Evan Dellon)
- A randomized, double-blind crossover study to evaluate the effect of a very low carbohydrate diet on Gastroesophageal Reflux Disease (GERD) (PI: Nicholas Shaheen)
- A study of transnasal endoscopy for diagnosing Barrett's esophagus in a primary care setting (PI: Nicholas Shaheen)
- A study of Barrett's esophagus among family members (PI: Nicholas Shaheen)
- Clinical validation of Angle-resolved Low Coherence Interferometry for detecting pre-cancerous lesions in Barrett's esophagus (PI: Nicholas Shaheen)
- Clinical study of ursodeoxycholic acid in patients with Barrett's esophagus and low grade dysplasia (PI: Nicholas Shaheen)
- A clinical study to understand differences in esophageal intracellular space diameter between PPI-responsive and PPI-refractory subjects with heartburn (PI: Roy Orlando)
- A Clinical study of the effect of Prilosec OTC<sup>®</sup> on esophageal healing in non-erosive frequent heartburn (PI: Shaheen/Orlando)

For more information about these, and other CEDAS studies, please call 919-966-4951.

### Update in Inflammatory Bowel Diseases CME Program Highlights

- Risk-Benefit Considerations of Biologic Therapies: *Corey Siegel, MD*
- The Role of Antibiotic Therapies in IBD: *R. Balfour Sartor, MD*
- New IBD Therapies in 2009: *Scott Plevy, MD*
- Gender Specific Considerations in IBD Therapies: *Kim Isaacs, MD, PhD, AGAF*
- Diagnostic Algorithms and Diagnostic Pitfalls in IBD: *Hans Herfarth, MD, PhD*
- Immunizations, What is Necessary in IBD? *Millie Long, MD, MPH*
- Problems in the Therapy of Extraintestinal Manifestations of IBD: *Jonathan Hansen, MD, PhD*

# Center for Functional GI & Motility Disorders: Research Day 2009

September 25-26, 2009

Auditorium, Bioinformatics Building, UNC at Chapel Hill

Research Day 2009 was a non-CME event for faculty, investigators and students at UNC and other universities in North Carolina focused on GI-related biopsychosocial research at UNC. This 2 day program featured renowned speakers from the UNC faculty as well as around the world. Highlights included:

## Key note address:

Nicholas J. Talley, MD, PhD; Mayo Clinic College of Medicine  
**Functional dyspepsia - then and now**

### 1-4-23-4-4-4-4-4-4

#### Hypnosis & CBT

Peter Whorwell, MD, PhD; Wythenshawe Hospital, Manchester UK

**"Hypnotherapy for Functional Gastrointestinal Disorders"**

Olafur Palsson, PsyD; UNC School of Medicine  
**"Hypnosis for Functional Heartburn"**

Emilee Colella, MD; UNC School of Medicine

Rona Levy, MPH, PhD; University of Washington, Seattle  
**treatment of functional abdominal pain in children"**

#### Basic & Translational

William Whitehead, PhD; UNC School of Medicine  
**UNC Center"**

Reuben Wong, MD; National University Hospital, Singapore

Chloe Hill, BA; Cornell University, New York

Kimberly Brownley, PhD; UNC School of Medicine  
**"Ghrelin in FD"**

#### Abdominal and Pelvic Floor Disorders

Peter Whorwell, MD, PhD; Wythenshawe Hospital, Manchester UK  
**"Bloating"**

Motoyori Kanazawa, MD, PhD; Sendai, Miyagi, Japan  
**irritable bowel syndrome"**

Yehuda Ringel, MD; UNC School of Medicine

William Whitehead, PhD; UNC School of Medicine  
**"NHANES Study of Stool Consistency & Frequency"**

Reuben Wong, MD; National University Hospital, Singapore

Steve Heymen, PhD; UNC School of Medicine

Denniz Zolnoun, MD, MPH; UNC School of Medicine

#### Severity & Outcome Assessment

Douglas Drossman, MD; UNC School of Medicine

Spencer Dorn, MD, MPH; UNC School of Medicine

Reuben Wong, MD; National University Hospital, Singapore

Joseph Zimmerman, MD; Hadassah- Hebrew University Medical Center, Jerusalem, Israel  
**"Narcotic Bowel Syndrome"**

Jane Lesserman, PhD; UNC School of Medicine

#### Cross-Cultural and Epidemiological Studies

Ami Sperber, MD; Tel-Aviv Medical Center, Ben-Gurion University of the Negev  
**instruments into other languages for cross-cultural research"**

Douglas Morgan MD, MPH; UNC School of Medicine

Olafur Palsson, PsyD; UNC School of Medicine **Natural**

For more information about UNC Research Day 2009, please visit [www.med.unc.edu/ibs](http://www.med.unc.edu/ibs)

# Fellowship Update



Dr. Nicholas J. Shaheen, MD, MPH has assumed the role of Fellowship Director, taking over from Dr. Nicholas J. Shaheen, MD, MPH. He will continue to work closely with Fellowship Coordinator, Steven Kennedy, PhD. For the coming year, candidates will interview for slots in the clinical track (3 years), the epidemiology training track (4 years), and the basic science training track (4 years). Changes for the upcoming year include revising the motility curriculum and formalizing the mentor-mentee program for all fellows. In addition, an "Ambulatory GI" pager has been established to be carried by the fellow on the outpatient GI clinic rotation. This will allow providers to discuss GI issues about their non-hospitalized patients with the clinic fellow

## This year, we welcome 5 new fellows to the Division:



Dr. Aderoju is a graduate of Belmont University in Nashville, TN. He did graduate work at Tennessee State University before attending medical school at Meharry Medical College. He completed internal medicine residency at UNC. Dr. Aderoju is interested in the area of functional bowel disorders, with a focus on racial, cross-cultural, and international disparities. He will be mentored over the next two years by Drs. Douglas Drossman and William Whitehead. He is married and has two boys, ages 7 years and 9 months. He is an avid squash player and also enjoys tennis, soccer, chess, and scrabble.



Dr. Hardy attended medical school at Virginia Commonwealth University School of Medicine. He completed residency, and chief residency, in Internal Medicine at Howard University Hospital in Washington, DC, where he also completed his fellowship in Gastroenterology. He comes to UNC for a 4<sup>th</sup> year of fellowship training as the advanced endoscopy fellow, where he will be learning endoscopic retrograde cholangiopancreatography (ERCP), endoscopic ultrasound (EUS), and other interventional endoscopic techniques. Originally from Durham, NC, his professional interest is Bariatric Endoscopy. His personal interests are football, basketball, tennis and mixed martial arts.



Dr. Orman was born and raised in Baltimore, MD. He did his undergraduate work at the University of Virginia and completed medical school at Duke University. Following that, he went to the University of Michigan, where he did his internal medicine residency. He and his wife, Jennifer, live with their 19-month-old son, Hank, and their two dogs in Durham.



Dr. Peery graduated from the College of Charleston with a bachelor's degree in Chemistry and obtained a Master's degree in Chemistry at the University of Virginia. She completed medical school and internal medicine residency here at UNC. She will start her GI fellowship with two years of research time, during which she will obtain a Master's degree in clinical research at the UNC Gillings' School of Global Public Health. She lives in Durham with her husband Andrew, a pediatric anesthesia fellow.



Dr. Swaby received a Bachelor of Arts in Biology from the University of Pennsylvania in 1998 and Doctor of Medicine from Albert Einstein College of Medicine of Yeshiva University in 2005 prior to completing a residency in Internal Medicine at the Brigham and Women's Hospital in Boston, MA.

## They join our other current fellows:

- Dr. [Name] – transplant hepatology fellow (epidemiology track, 4<sup>th</sup> year)
- Dr. [Name] – research fellow (epidemiology track, 2<sup>nd</sup> year)
- Dr. [Name] – clinical fellow (epidemiology track, 2<sup>nd</sup> year)
- Dr. [Name] – research fellow (epidemiology track, 4<sup>th</sup> year)
- Dr. [Name] – clinical fellow (clinical track, 2<sup>nd</sup> year)
- Dr. [Name] – clinical fellow (clinical track, 2<sup>nd</sup> year)
- Dr. [Name] – clinical fellow (epidemiology track, 3<sup>rd</sup> year)
- Dr. [Name] – research fellow (basic science track, 3<sup>rd</sup> year)

## Faculty and Fellowship Accomplishments

Members of the Division were well-represented during Digestive Diseases Week 2009, held in Chicago, IL, this past June. Chief of the Division and President of the American Gastroenterological Association Institute, **Dr. Jeffrey H. Malnick, MD** chaired the presidential plenary, entitled "Crucial Questions for Gastroenterology in 2009." In addition, faculty and fellows in the Division had more than 100 scientific presentations (including both oral and poster sessions) and invited lectures at the meeting.

**Dr. Jeffrey H. Malnick, MD** has been named Associate Editor of the Digital Atlas of Video Education (DAVE) Project, a comprehensive online GI endoscopy resource ([www.daveproject.org](http://www.daveproject.org)). He also gave an invited oral presentation at DDW.

**Dr. Jeffrey H. Malnick, MD** has joined the faculty in the Division as a member of the Center for Functional Gastrointestinal & Motility Disorders. He also had two oral presentations at DDW.

**Dr. Jeffrey H. Malnick, MD**, has been elected to the Fixed Term Faculty Promotions Committee.

**Dr. Jeffrey H. Malnick, MD** has been promoted to Professor of Medicine.

**Dr. Jeffrey H. Malnick, MD** has joined the faculty in the Division as a member of the Center for Inflammatory Bowel Diseases. He also had an oral presentation at DDW.

**Dr. Jeffrey H. Malnick, MD** was awarded the 2008-2009 Fellow Teaching Award, which is given annually by the internal medicine housestaff to the fellow who is felt to be the most outstanding teacher. Dr. Long is the first GI fellow to receive this award. She is also using the 4th year of her fellowship to obtain additional training in preventative medicine.

**Dr. Jeffrey H. Malnick, MD** and colleagues recently completed a clinical trial evaluating the next generation of Colon Capsule Endoscopy. This compliments the Division's expertise in colon cancer investigation. A portfolio of ongoing colon capsule investigations is anticipated in the coming months.

**Dr. Jeffrey H. Malnick, MD** has been promoted to Professor of Medicine. He was a co-director for the post-graduate course at DDW. He was also lead author on the paper "Radiofrequency ablation of Barrett's esophagus in dysplasia" published in the May 28th issue of the New England Journal of Medicine.

## Coming Attractions: Alumni Notes

In the next GI Division Newsletter, we will be reporting news and updates from alumni of our GI fellowship program. If you have any updates, events, or news you'd like included in the Newsletter, please send an e-mail to [gialum@unc.edu](mailto:gialum@unc.edu). Keep in touch with the UNC GI Division!

## Procedures Appointments

Outpatient general endoscopic procedures such as colonoscopy, EGD, and sigmoidoscopy can be scheduled directly through the GI Procedure Unit (919-966-5563; after hours, messages may be left at 919-966-2319).

These are considered "open access" procedures, meaning that they can be scheduled by any referring physician. Services provided by the UNC Motility Unit are also "open access". All other procedures require approval by a UNC faculty member (after completion of a referral form or following a telephone consultation).

For questions regarding urgent or complex cases, call the GI Procedures Unit (919-966-5563) and ask to speak to an attending physician in the procedures area.

## Clinic Appointments

Phone: GI Program - (919) 966-2511 • Hepatology Program - (919) 966-2516

Fax: GI Program - (919) 966-6842 • Hepatology Program - (919) 966-1700