

## In Ignotis “Into the Unknown”

## Message from the Chair

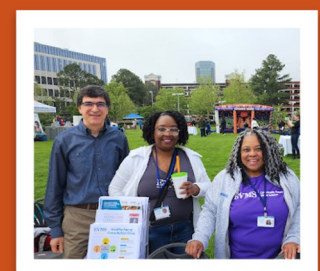
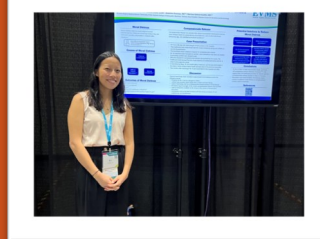
I hope this message finds you well and thriving. I am excited to share some updates and accomplishments. **First** and foremost, we are on the cusp of a significant milestone—the integration of EVMS and ODU. We anticipate that this integration will streamline grant funding, approval processes, and contracting, propelling our research initiatives forward with greater efficiency and impact. Please attend the Community Celebration on June 7th at The Main in Hilton Norfolk at 3:00 PM to celebrate this momentous occasion. There will also be important announcements regarding the new names and logos for EVMS. **Second**, I am delighted to announce the well-deserved promotions of two esteemed colleagues. Dr. Hamid Okhravi has been promoted to the rank of Professor. Please join me in congratulating him on this remarkable achievement. Additionally, Dr. Bernstein, Chief of the Division of Cardiology and Community faculty, has been promoted to Associate Professor. **Third**, I also want to extend special recognition to Dr. Hamid Okhravi and his team for their national recognition in the ACTC AHEAD Study. Their remarkable enrollment efforts, particularly in achieving the highest number of African American participants compared to any other recruitment site, are truly commendable. **Fourth**: In other celebratory news, Dr. Aaron Mills has received the prestigious William Osler Award from the graduating class. This accolade is a testament to his exceptional dedication to education and mentorship. **Lastly**, I encourage you to join us for the Research and Discovery Day on Friday, May 31, 2024. This event is a fantastic opportunity to listen to groundbreaking research conducted by our residents under the mentorship of our esteemed faculty. Thank you for all that you do. Your hard work, dedication, and passion are the driving forces behind our continued success and growth. Let's continue to strive for excellence and make a lasting impact in our field.

## Peer Reviewed Presentations

- 1) Wagemann O, Liu H, Wang G, Shi X, Bittner T, Scelsi MA, Farlow MR, Clifford DB, Supnet-Bell C, Santacruz AM, Aschenbrenner AJ, Hassenstab JJ, Benzinger TLS, Gordon BA, Coalier KA, Cruchaga C, Ibanez L, Perrin RJ, Xiong C, Li Y, Morris JC, Lah JJ, Berman SB, Roberson ED, van Dyck CH, Galasko D, Gauthier S, Hsiung GR, Brooks WS, Pariente J, Mummery CJ, Day GS, Ringman JM, Mendez PC, St George-Hyslop P, Fox NC, Suzuki K, **Okhravi HR**, Chhatwal J, Levin J, Jucker M, Sims JR, Holdridge KC, Proctor NK, Yaari R, Andersen SW, Mancini M, Llibre-Guerra J, Bateman RJ, McDade E; Dominantly Inherited Alzheimer Network–Trials Unit. Downstream Biomarker Effects of Gantenerumab or Solanezumab in Dominantly Inherited Alzheimer Disease: The DIAN-TU-001 Randomized Clinical Trial. JAMA Neurol. 2024 Apr 29. Epub ahead of print. PMID: 38683602.
- 2) **Brush JE Jr**, Lu Y, Liu Y, Asher JR, Li SX, Sawano M, Young P, Schulz WL, Anderson M, Burrows JS, Krumholz HM. Hypertension Trends and Disparities Over 12 Years in a Large Health System: Leveraging the Electronic Health Records. J Am Heart Assoc. 2024 Apr 30:e033253. PMID: 38686864.
- 3) Krim SR, Anand S, Greene SJ, Chen A, Wojdyla D, Vilario J, Haught H, **Herre JM**, Eisenstein EL, Anstrom KJ, Pitt B, Velazquez EJ, Mentz RJ. Torsemide vs Furosemide Among Patients With New-Onset vs Worsening Chronic Heart Failure: A Substudy of the TRANSFORM-HF Randomized Clinical Trial. JAMA Cardiol. 2024 Feb 1;9(2):182-188. PMID: 37955908.
- 4) **Dodani S**, Clarke A, El Moudden I, **Gunawardena T**, Bedi N. The impact of a Telehealth-based Behavioral Lifestyle Program on hypertension control in African American participants: results from the HEALS Med-Tech randomized controlled trial. Arch Med Sci. 2024 Jan 31;20(1):309-312. PMID: 38414475.
- 5) Sadr N, **Qayyum R**. Sunscreen compound benzophenone-3 and its relationship with white blood cell counts. Skin Res Technol. 2024 May;30(5):e13744. PMID: 38771547.

## Published Abstracts &amp; Presentations

- 1) **Okhravi H** was an invited presenter & panelist at the Association of Directors of Geriatrics Academic Programs (ADGAP) Leadership Pre-Conference session at the American Geriatrics Society (AGS) annual meeting on 08 May 2024.
- 2) **Eggert M** presented a conference paper on the topic of, Pulmonary Hypertension Secondary to Congenital Unilateral Absence of the Right Pulmonary Artery in April 2024.
- 3) **Eggert M** published a conference paper on the topic of, Differences in Patient Characteristics and Clinical Outcomes at the Extremes of Physical Arterial Hypertension (PAH) in April 2024.
- 4) Anter E, Mansour M, Nair DG, **Sharma D**, Taigen TL, Neuzil P, **Kiehl EL**, Kautzner J, Osorio J, Mountantonakis S, Natale A. LB-469804-01 A Randomized Controlled Trial of a Lattice-tip Mapping and Ablation System with Radiofrequency and Pulsed Field Energy for Treating Persistent Atrial Fibrillation. Heart Rhythm. 2024 May 3.
- 5) **De Cataldo R**, **Crookshank B**, **Mussarat S** had a published case study on Erythema Multiforme and Tizanidine: A Rare Association. Critical Care Medicine. 52(1):p S255, January 2024.



## Inside this issue

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## Researcher Spotlight: Nargiza Sadr, MS2

### Please tell us about yourself:

I am a rising third year medical student with an interest in clinical medicine. I am passionate about learning and discovery.

### What initially sparked your interest in research?

During my undergraduate years, I believed that only formally educated scientists with doctoral degrees could conduct research & publish their findings, considering it an elusive realm beyond my reach. However, my perspective changed when I was paired with an exceptional mentor. Under their guidance, I learned that research is not limited to formally trained academicians & that anyone with dedication & passion can make contributions to their chosen field.

### What skills have you learned while working with your research mentor or with a specific PI?

I have been involved in several research projects at EVMS, primarily focusing on the utilization of large data bases to investigate the association between predictors & outcomes. Working with my mentor has been invaluable as I have acquired research skills that have deepened my knowledge of methodology, study design, data collection, and analysis. They have also helped me to analyze data critically & draw meaningful conclusions. Time management has been another essential skill, as I have honed balancing research commitments with academic & personal responsibilities.

### Your poster was highlighted on EVMS research day. What did you learn in the process of preparing for this presentation?

Preparing for the presentation of my poster taught me the importance of effective communication. I learned to simplify complex associations, ensuring that attendees from non-clinical backgrounds could understand our findings. Additionally, I focused on delivering a comprehensive presentation that covered a variety of relevant aspects of our research in a relatively short time frame.

### What advice do you have for other residents or medical students who wish to identify a scholarly project at EVMS?

My advice is to begin identifying their areas of interest within medicine. Whether it's a specific specialty, patient population, or medical issue, having a clear focus will facilitate the search for a scholarly project or research. Reaching out to and building relationships with mentors at EVMS can provide valuable guidance & support for identifying & developing a scientifically sound project. While this may take time, the rewards of conducting meaningful research are well worth the investment.

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*"Don't wait to be fed knowledge out of a book. Get out & seek it. Make explorations.  
Do your own research work. Train your hands & your mind. Become curious."  
- Irving Langmuir*

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## Awards and Media Highlights

**Sitt Naing A** won 1<sup>st</sup> place for case study, What a Stiff Person! Progressive encephalomyelitis with rigidity and myoclonus, at the Hampton Roads chapter of SHM competition on 03 April 2024. Mentor: **Flemmer M.**

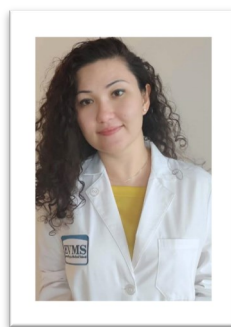
**Nguyen L** won 2<sup>nd</sup> place for case study poster at the Hampton Roads chapter of SHM competition on 03 April 2024. Something in the Water: What Can Cause Acute Encephalopathy and Rhabdomyolysis? Mentors: **Blumrick C, Tahhan S, Kassabo W.**

**Ahn J** won 3<sup>rd</sup> place for case study poster, Warburg Effect: Lactic acidosis due to Prostate Cancer, at the Hampton Roads chapter of SHM competition on 03 April 2024. Mentor: **Tahhan S.**

**Javed MU** won 4<sup>th</sup> place for case study poster, Epidural Blood-patch for treatment of intracranial hypotension in Jehovah's witness, at the Hampton Roads chapter of SHM competition on 03 April 2024. Mentor: **Tahhan S.**

**Galicia-Castillo M & Dunstan M** hosted future students & CEL leadership for Beyond Clinic Walls, SAGE, & Pall Med CEL on 04 April 2024.

**Galicia-Castillo M & Dunstan M** participated in the Dozoretz Hospice House of Hampton Roads Ribbon Cutting Ceremony on 04 April 2024.



### Reminders:

Our last Grand Rounds lecture for the current academic year will be held on *Wednesday, June 5 at noon in Waitzer Hall, Suite #300*

- 6/5/24– Dr. Jorge Machicado MD, University of Michigan

Upcoming Research Events in Hofheimer Hall—5th floor Large Conference Room; Hybrid option available on Zoom:

- Research Office  
Hours: Fridays from 2:00-4:00 p.m.
- Research Workshop:  
Using the Slicer/Dicer program to plan research 6/11/24 @ 5:00 p.m. with Jules Degraff from the Sentara Research Team
- Research Journal  
Club: 6/25/24 @ 5:00 p.m.

Please send updates to:  
[SillJD@evms.edu](mailto:SillJD@evms.edu)

