



## Case Western Reserve University Honors Mukesh K. Jain, MD, FAHA, as Distinguished University Professor

A Message to All Caregivers from Dan Simon, MD, President, Academic & External Affairs and Chief Scientific Officer, President, UH Cleveland Medical Center, Ernie and Patti Novak Distinguished Chair in Healthcare Leadership

Case Western Reserve University (CWRU) has named UH Chief Academic Officer Mukesh Jain MD, FAHA, Harrington Endowed Scientific Director, a Distinguished University Professor. The title is a distinction that represents the highest honor the university bestows on a member of its professoriate and recognizes their unparalleled level of scholarship achieved throughout their careers. Dr. Jain earned this designation for his contributions to science, mentorship, and impact on the biomedical community locally and worldwide, which have brought significant recognition to our institutions.

Dr. Jain is internationally recognized for discovering the role of a family of genetic factors called Kruppel-like factors (KLFs) in control of the immune and metabolic systems. The KLF factors regulate numerous biological processes, and perturbation of their function has been linked to a broad spectrum of diseases including obesity, diabetes, heart failure, and dementia.

His research work has been published in top-tier peer-reviewed journals and supported by major federal (National Institutes of Health) and non-federal (American Heart Association, Paul Allen Frontiers group, and Leducq Foundation) entities. Stan Gerson, MD, interim dean of Case Western Reserve University School of Medicine (CWRU SOM), had this to say: "The creativity, thematic consistency and investigative breadth and depth with far-reaching theoretical and practical implications of Dr. Jain's scientific contributions are truly exceptional."

[Read the CWRU Daily article >](#)



## Dr. Sanjay Rajagopalan receives 8-year, \$7.5 million R35 Outstanding Investigator Award

Dr. Rajagopalan has secured an R35 Outstanding Investigator Award from the National Institutes of Environmental Health Sciences. This highly competitive 8 year, \$7.5 Million award called RIVER (Revolutionizing Innovative, Visionary Environmental health Research) is intended to provide support for outstanding investigators in the Environmental Health Sciences, giving them intellectual and administrative freedom, as well as sustained support to pursue their research in novel directions in order to achieve greater impact. This proposal will build on a decade of work from Dr. Rajagopalan's laboratory and will seek to investigate gene-environmental interactions that lead to circadian disruption. The proposal will use novel experimental models and will tap into large genomic databases to understand gene-environmental interactions on circadian disruption that may then lead to chronic non-communicable diseases including Type 2 diabetes and cardiovascular disease.

Sanjay Rajagopalan, MD is the Chief of Cardiovascular Medicine, University Hospitals Harrington Heart and Vascular Institute, Herman Hellerstein, MD Professor of Cardiovascular Research and Director of the Case Cardiovascular Research Institute at Case Western Reserve School of Medicine, Cleveland, OH. Dr. Rajagopalan is among an elite group of physician scientists whose work has helped transform global perceptions and understanding of the impact of environmental risk factors on cardiovascular disease. Dr. Rajagopalan is an elected member of the American Society of Clinical Investigation (ASCI) and the American Association of Physicians (AAP). He won the 2021 Distinguished Scientist Award from the American College of Cardiology.

## Awards



**Drs. Varun Sundaram and Jay Sahadevan** of Cardiology had a paper recently accepted entitled "Hospitalization for heart failure in the USA, UK, Taiwan and Japan: an international comparison of administrative health records on 417,385 individual heart failure patients" to the *Journal of Cardiac Failure*.

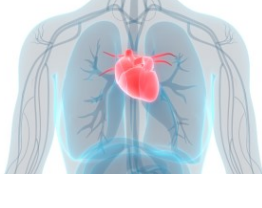
This study is an international project which required close collaboration with investigators from the University of Glasgow-Scotland, King's College London, Taipei Veterans General Hospital -Taiwan and National Cerebral and Cardiovascular Center, Osaka-Japan. This compiled data is nationally representative data of > 100 million patient records. This data information will serve as a springboard for other VA centered and international projects that will help address one of the most pressing clinical problems we face.



Two recent articles were published relating to the **Med-Peds consult service**. The first describes our experience with caring for hospitalized young adults with intellectual and developmental disabilities. The second was the result of a large national working group on caring for adults in children's hospitals during COVID-19.

**Stehouwer N, Sawaya A, Shaniuk P, White P. Consultation needs for young adults with intellectual and developmental disabilities admitted to an adult tertiary care hospital: implications for inpatient practice. J Pediatr Nurs. 2021 Aug 12; 60:288-292.doi: 10.1016/j.pedn.2021.07.029**

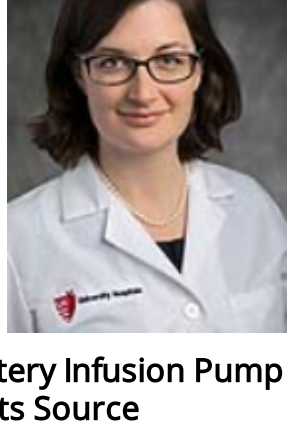
El-Hage L, Ratner L, Sridhar S, Jenkins A, POPCoRN\*, (\*Stehouwer N) **Lessons Learned From the Pediatric Overflow Planning Contingency Response Network: A Transdisciplinary Virtual Collaboration Addressing Health System Fragmentation and Disparity During the COVID-19 Pandemic. J Hosp Med.** Published Online First August 18, 2021. DOI: 10.12788/jhm.3668 | 10.12788/jhm.3668. (†member of the investigative team and writing group; cited as collaborator in the appendix of the manuscript; roles included participation in data collection, interpretation of data, writing, manuscript review)



**Dr. Jose Ortiz** and the **Cardiology Section** of the Cleveland VAMC in achieved a significant recognition. The American Heart Association recognized the Louis Stokes Cleveland VA Medical Center with the **Get With The Guidelines Heart Failure with Target: Heart Failure and Target: Type Diabetes Honors awards for excellent work in 2020**.

This recognition will also be promoted in *US News and World Report* "Best Hospitals" edition, the International Stroke Conference & Scientific Sessions and the American Heart Association web site. As importantly, this is one of many years that our Cardiology Section achieved this award. This special recognitions was achieved as a result of the leadership of Ms. Shay Romano and **Drs. Varun Sundaram and Jose Ortiz**.

## Research News



### Hepatic Artery Infusion Pump Attacks Cancer at its Source

Cancer is a sinister disease and one that requires direct and relentless attack. However, most chemotherapeutics used to treat cancer attack the cancer and the patient's normal tissue, resulting in potential side effects.

For certain patients who have colorectal cancer that has metastasized to the liver, Hepatic Artery Infusion Pump therapy (HAIP) can be combined with standard chemotherapy or alone to help treat regional disease.

Dr. Lee Ocun and **Dr. Eva Selfridge** will launch the Hepatic Infusion Pump program by the end of the year. **Dr. Selfridge** is the lead medical oncologist for the program, and Dr. Ocun is the lead surgical oncologist/hepatobiliary surgeon. They are also hoping to launch a multidisciplinary colorectal cancer clinic by the end of the year, and HAIP will be part of the program.

[View the full story \(UH Internal\) >](#)



### Clinical Trial Shows Injectable Weight Loss Drug Directly Reduces Abdominal Fat

Findings could potentially widen use for overweight adults who are high risk for heart disease

A clinical trial led by **Dr. Ian Neeland** with University Hospitals Harrington Heart & Vascular Institute could have implications for overweight and obese adults who may benefit from reducing intra-abdominal fat. The study found liraglutide, an injectable weight loss medication, reduced intra-abdominal and liver fat in participants more than placebo in addition to a low-calorie diet and increased physical activity. The findings were published this month in *Lancet Diabetes and Endocrinology*.

Visceral fat, excess fat in and around the abdominal organs, is a risk factor for diabetes and heart disease. Ectopic fat, deposited in body locations where fat is not normally stored, such as the liver, is also a risk factor. Liraglutide is currently approved for weight loss and is shown to help to induce and sustain weight loss in patients with obesity. In smaller doses, liraglutide is used as a noninsulin injectable diabetes medication meant to improve blood sugar in people with type 2 diabetes. For patients with type 2 diabetes and heart disease, it reduces the risk of major cardiovascular events, such as heart attack, stroke or death. This trial, completed at the University of Texas Southwestern Medical Center, investigated whether three milligrams of liraglutide daily by subcutaneous injection would reduce visceral and ectopic fat in trial participants.

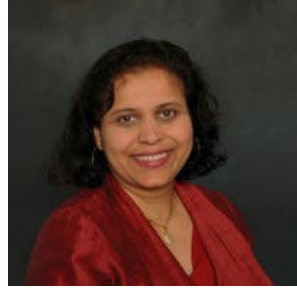
[Read the full paper >](#)

## Education News



**Dr. Attila Nemeth** was recently accepted into the **2021 Harvard Macy Institute Program** for Educators in Health Professions.

Advances in the science of learning require health care educators to develop and practice new teaching skills consistent with the current knowledge of experiential learning theory. The goal of the **Harvard Macy Institute Program** is to provide a select group of participants with the knowledge base and skills to enhance their expertise in both conducting an educational project of their own design and taking a leadership role in the educational activities at their institutions. In this program, Dr. Nemeth joins a distinguished group of CWRU leaders in education.



**Dr. Mimmi Singh** was recently published in *Academic Medicine*, entitled "**Using Kern's Six-Step Approach to Integrate Health Systems Science Curriculum into Medical Education**". This paper, coauthored with Heidi Gullett, MD, MPH and **Pat Thomas, MD** explores how we can best create innovative programs including competencies and metrics that incorporate health care delivery and population health into medical curriculum for undergraduates. These efforts have long lasting impact on the training of our learners.

## Welcome to the Department



**Susheel Pandit Patil, MD, PhD**  
Sleep Section Chief,  
Division of Pulmonary, Critical Care  
and Sleep Medicine



**Umar Hayat, MD**  
Division of Gastroenterology and Liver  
Disease



**Dr. Anene Clair Ukaigwe** joined the **Cardiology Division** in July 2021 as a staff cardiologist in Interventional Center. Dr. Ukaigwe is a talented structural interventional cardiologist specializing in valvular procedures and incidentally, is the first African American interventional cardiologist to practice at University Hospital. Dr. Ukaigwe received her medical training at the University of Ibadan in Nigeria, followed by Internal Medicine training at Reading and Penn State University Medical Center in Hershey PA. She trained in Cardiology at Lahey Health System in Burlington MA, followed by Interventional Cardiology training under the supervision of Dr. Paul Sorajja at the Minneapolis Heart Institute in Minneapolis, MN. Dr. Ukaigwe will be working closely with Dr. Gul Attiziani in further expanding our growing structural program to include mitral, tricuspid procedures and also developing interventional options for Hypertrophic Cardiomyopathy.



**Dr. Mohamed (Atif) Rana** joined the **Cardiology Division** in July 2021 as a staff general cardiologist with a focused interest in consultative cardiology. He is currently leading a beefed up and "remodeled in-patient consultative cardiology service, that will provide timely and meticulous attention to patients at Cleveland Medical Center admitted to non-cardiovascular services. Dr. Rana is a graduate of the Armed Forces Medical College in Pune India and underwent Internal Medicine Residency training in the Allegheny Health system, PA, followed by Fellowship in Cardiology at Louisiana State University, Shreveport, LA. Dr. Rana also completed a Vascular Medicine Fellowship from Stanford University, CA and was staff at the Medical College of Wisconsin, Milwaukee, WI prior to joining us.

## Upcoming Events

### Medicine Grand Rounds

**Sept 14 - Jessica R. Goldstein, MD, FACEP**  
Emergency Medicine, UH Ahuja Medical Center  
Medical Director, Emergency Medicine  
Quality Network Chair System Sepsis HRM  
- and -  
**Rana Hejal, MD**  
Medical Director, MICU UH  
Pulmonary, Critical Care and Sleep Medicine, UH Cleveland Medical Center  
"Saving Lives From Sepsis"

### Medicine Grand Rounds

**Sept 21 - Lella Hojat, MD (Virtual only)**  
Infectious Diseases and HIV Medicine, UH Cleveland Medical Center  
Assistant Professor, CWRU School of Medicine  
"Pneumonia, Captain of the Men of Death"

### Medicine Grand Rounds

**Sept 28 - Jason Tuckerman, MD, PhD**  
Louis Stokes Cleveland VAMC  
Assistant Professor, CWRU School of Medicine  
"COVID-19 vaccine and monoclonal antibody update"

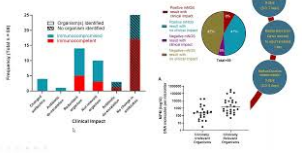
### Medicine Grand Rounds

**October 5 - Jessica DeCaro, MUIS, AHP**  
Director, Cleveland Health Sciences Library  
Staff Advisory Council Representative University Administration  
Case Western Reserve University  
"Learn to Navigate the New PubMed Database and Become an Expert Searcher"

### Recurring Events (Zoom information sent out weekly)

Tuesdays @ Noon - **Medicine Grand Rounds Seminar Series** (September - May)  
Wednesdays @ Noon - **VA M&M Conference**  
Fridays @ Noon - **UH M&M Conference**

## Recent Medicine Grand Rounds



**Rose Lee, MD**

"New Diagnostics in Infectious Diseases"



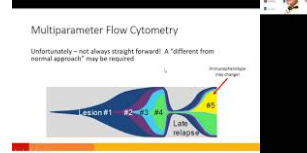
**Kimberly Manning, MD, FACP, FAAP**

"From Bystander to Upstander: From Advocacy to Action"



**Helen W. Boucher, MD, FACP, FIDSA**

**George B. Naff, MD Lecture**  
"Antimicrobial Resistance: The Silent Pandemic"



**Benjamin Tomlinson, MD**

"Bad to the Last Drop: How Tools for Assessing Measurable Residual Disease are Changing the Treatment of Acute Myeloid Leukemia"

[Click here to view online](#)

UH Medicine ©all rights reserved 2021

To contribute, email: [Matthew.Zelesnik@UHospitals.org](mailto:Matthew.Zelesnik@UHospitals.org)



Designed with BEE