



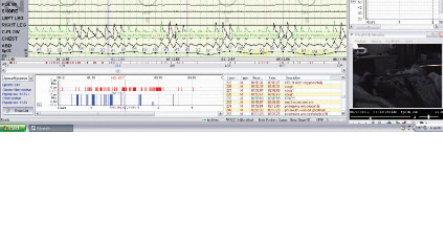
Final Report on The Systolic Blood Pressure Intervention Trial (SPRINT) Published

The Final Report of a Trial of Intensive versus Standard Blood-Pressure Control published in the *New England Journal of Medicine*

Dr. Jackson T. Wright, Jr. is PI of the SPRINT Clinical Center Networks through CWRU and Dr. Mahboob Rahman is CCN Co-PI. Additional Department faculty that worked on the study include Dr. Mirela Dobre, Dr. Ronda Mourad, and Dr. Carla Harwell.

The Systolic Blood Pressure Intervention Trial (SPRINT) was designed to determine whether a systolic blood-pressure target of less than 120 mm Hg (intensive treatment) would be associated with a lower rate of clinical events than a systolic blood-pressure target of less than 140 mm Hg (standard treatment). We previously reported primary results of the trial through August 20, 2015 when the sponsor halted the intervention because of benefit in the intensive-treatment group. The report included data available in October 2015. We continued to adjudicate potential trial events and collected data during an observational postintervention period. We report here an updated analysis of all events occurring through August 20, 2015, as well as an analysis of data through July 29, 2016, including data from post-trial close-out visits.

[Read the report on the NEJM here >](#)



UH Sleep Centers Implement New Acquisition System and Expand Sleep Testing Access for Pediatric and Adult Patients

As part of the 10 Sleep Centers across the UH system, Bolwell Sleep Laboratory has implemented a brand new, integrated software and hardware sleep testing acquisition system, Nihon Kohden Polysmith DMS, to improve access, efficiency, and quality sleep services for our patients. The new system allows studies on pediatric and adult patients ages six and older and expands access for at-home sleep studies.

The acquisition system will facilitate further growth of sleep testing needed within the UH health system. "It's estimated that 80 percent of Americans affected with sleep disorders such as sleep apnea have yet to be diagnosed or treated. Improving the sleep health of our patients is important in improving their quality of life and other health outcomes," notes **Susheel Patil, MD**, the new UH System Director for Sleep Medicine.

Another significant benefit of the new system is that technologists and physicians can apply uniform scoring approaches to turn around results faster, which improves the quality of the sleep services provided. "Not only does this new acquisition system promote the goals of high reliability and zero harm, but it also improves efficiency and quality," says Kelly Robertson, System Director, UHC Sleep Lab.



Department of Medicine: 2022 Team Science Challenge

Purpose

Team Science is an important means of advancing modern medical research. The awards from the Department of Medicine will provide support for developing a major research proposal. The recipient teams will be multidisciplinary, derived from at least two divisions of the Department of Medicine and/or a faculty member from the Department of Medicine and others from departments outside of medicine, and be multi PI. Grants will have an initial annual budget not to exceed \$25,000 direct costs each and be for up to one year in duration.

Eligibility

Co-Principal Investigators representing different disciplines are required. At least one of the Principal Investigators must be a member of the faculty of the Department of Medicine at Case Western Reserve University. Post-doctoral fellows, residents, graduate students and research associates are not eligible to apply for these research grants, but may be an integral part of a proposal made by a faculty member.

Application Deadline: January 1, 2022

[Get more info and the application here >](#)

Awards - Appointments - Publications



Dr. Curtis Donskey of ID and Dr. Yngve Falck-Ytter of GI were acknowledged this year as most highly cited researchers by Clarivate. Drs. Donskey and Falck-Ytter have been most frequently cited by their peers over the last decade. In 2021, fewer than 6,700, or about 0.1%, of the world's researchers, in 21 research fields and across multiple fields, have earned this acknowledgment. There are only 9 researchers from CWRU that have been listed this year.



These investigators are recognized for their exceptional research influence, demonstrated by the production of multiple highly-cited papers that rank in the top 1% by citations for field and year in the Web of Science™.



Elie Saade, MD Invited to Dinner with the Doc

Dinner with the Doc provides an opportunity for Dr. Megerian to engage in open dialog with physicians who have demonstrated a Commitment to Value or Advanced Systemness.

Specifically, Dr. Saade has been selected through a nomination process for his efforts leading multidisciplinary teams focused on CAUTI, CLABSI and C.Diff reduction. He has been instrumental in driving improvement in these metrics at UH Cleveland Medical Center as well as across the system and consistently engages members of the team to provide input and bring ideas to the table for discussion and solution. Dr. Saade has been instrumental in driving numerous initiatives that have brought about reductions in C. Diff, including changes to lab testing, EMR order set design, and implementation of surveillance processes for the use of EVS products. Most recently, he was applauded for spearheading changes to the Blood Culture Order that improved the process for ordering blood cultures, which is now helping to provide more accurate results and better treatment and outcomes for our patients.

Research News



Pollution and the Heart

Researchers link pollution to cardiovascular disease, develop strategies to reduce exposure and encourage government intervention

["Pollution and the Heart" on the New England Journal of Medicine](#) by Sanjay Rajagopalan, M.D., and Philip J. Landrigan, M.D.

In a new review article, published in November in The New England Journal of Medicine, researchers from University Hospitals (UH), Case Western Reserve University and Boston College discuss evidence linking pollution and cardiovascular disease. The research team highlights strategies for reducing individual exposure to pollution, and the importance of government-supported interventions encouraging clean energy.

"Until now, prevention of cardiovascular diseases has focused almost exclusively on individual behavioral and metabolic risk factors," said **Sanjay Rajagopalan**, chief of cardiovascular medicine and the Herman K. Hellerstein, MD, Chair in Cardiovascular Research at UH Harrington Heart & Vascular Institute, and director of the Case Cardiovascular Research Institute at the Case Western Reserve School of Medicine. "Pollution reduction has received scant attention in programs for cardiovascular disease control and has been largely absent from guidelines."

[Read more about the article >](#)

Education News

2021 Subspecialty Fellowship Match

We are so grateful for the mentorship and engagement in scholarship by our faculty that puts our residents in a position to be successful subspecialty candidates. For residents choosing to pursue subspecialty training we had another highly successful year.

- Keith Armitage, MD

2021 Fellowship Match		
Sarah Abi Doumeth	Rheumatology	CWRU/UH/VA
Alden Adkins	Rheumatology	University of Virginia
Dayyan Adoor	Gastroenterology	CWRU/UH/VA
Basmah Al Dulaijan	Rheumatology	University of Michigan
Abdullah Al-Assad	Nephrology	Harvard/Brigham & Women's Hospital
Nawaf Alfuraih	Cardiovascular Diseases	Tufts University
Sarah Alharfi	Gastroenterology	Washington University
Muhammed Ali Khan	Gastroenterology	Temple University
Rawaa Alnabulsi	Allergy & Immunology	Albany Medical Center
Layla Bayat	Hematology & Oncology	NYU Grossman School of Medicine
Michael Daunov	Hematology & Oncology	CWRU/UH/VA
Dimitrios Dedousis	Hematology & Oncology	Temple University
Hong De Sa	Hematology & Oncology	Oregon Health & Science University
Vanessa El Kamari	Infectious Diseases	Stanford University
Anas Fares	Cardiovascular Diseases	University of Toledo
Laeth George	Hematology & Oncology	Cleveland Clinic Foundation
Eduarda Grinsztejn Joao	Hematology & Oncology	CWRU/UH/VA
Becca Haraf	Cardiovascular Diseases	Oregon Health & Science University
Laura Hmiel	Infectious Diseases	CWRU/UH/VA
Claire Irons	Pulmonary & Critical Care	CWRU/UH/VA
Rahul Jaswaney	Cardiovascular Diseases	Temple University
Nevin Kamal	Endocrinology	Northwestern University
Claire Kelly	Endocrinology	Ohio State University
Patrick Kramer	Pulmonary & Critical Care	Ohio State University
Claire Li	Gastroenterology	University of Arizona
Niveditha Manivannan	Endocrinology	UPMC
Stephanie Pitts	Endocrinology	CWRU/UH/VA
Mariam Rana	Cardiovascular Diseases	CWRU/UH/VA
Pallavi Sharma	Pulmonary & Critical Care	CWRU/UH/VA
Apoorwa Thati	Pulmonary & Critical Care	Cleveland Clinic Foundation
Heather Theat	Cardiovascular Diseases	University of Michigan
Aleona Zuzek	Endocrinology	University of Cincinnati
Zach Zuzek	Cardiovascular Diseases	University of Cincinnati

Congratulations to all!



Intern Recruitment - Interviewers STILL NEEDED

Intern Recruitment began Monday, November 1 and runs through Thursday, January 27 on Mondays and Thursdays for Internal Medicine.

Internal Medicine interview times will be 10-11:30 on:
Mondays: Dec 13, 20 & Jan 3, 10, 17
Thursdays: Dec 9, 16 & Jan 6, 13, 20, 27
Email: Deena.Segal@uhhospitals.org with availability

[Please complete this form](#) and send back to either Regina or Deena.

All participation is appreciated!

Welcome to the Department



Christianna Maria Kreiss, MD

Division of Gastroenterology and Liver Disease

Upcoming Events

Medicine Grand Rounds

December 14 - Susheel Patil, MD
Chief, Section of Sleep Medicine
Division of Pulmonary, Critical Care & Sleep Medicine
"Treatment Approaches to OSA"

Medicine Grand Rounds

December 21, 28, and January 4
NO MGR - HAPPY HOLIDAYS!

Medicine Grand Rounds

January 11 - Teresa Carman, MD
Director, Vascular Medicine
"Update on Venous Thromboembolism"

Medicine Grand Rounds

January 18 - Edsel Maurice Salvana, MD, DTM&H, FPCP, FIDSA
Director, Institute of Molecular Biology and Biotechnology
National Institutes of Health
University of the Philippines Manila
Adjunct Professor for Global Health, University of Pittsburgh
"TBD"

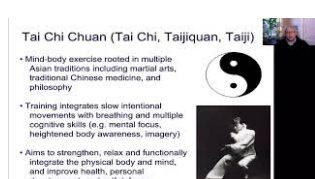
Medicine Grand Rounds

January 25 - Alex Gifford, MD
Director, Adult Cystic Fibrosis Program
Division of Pulmonary, Critical Care & Sleep Medicine
"TBD"

Recurring Events

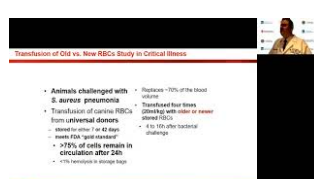
(Zoom information sent out weekly)
Tuesdays @ Noon - **Medicine Grand Rounds Seminar Series** (September - May)
Wednesdays @ Noon - **VA M&M Conference**
Fridays @ Noon - **UH M&M Conference**

Recent Medicine Grand Rounds



[View](#)

Peter Wayne, Ph.D.
"Tai Chi for Whole Person Health: Evidence for Benefits to Balance, Cognition and Pain in Older Adults"



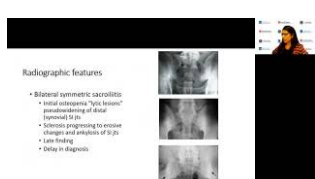
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Kenneth Remy, MD
"From Hemolysis to Distancing, From a Storm of Cytokines to Exhaustion of Immunity: SARS-CoV-2 Pandemic Lessons Learned from Sepsis"



[View](#)

Curtis Donskey, MD
"Update on Infection Control for SARS-CoV-2"



[View](#)

Marina Magrey, MD
"Comorbidities in Axial Spondyloarthritis: A Focus on Cardiovascular Risk"

[Click here to view online](#)

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To contribute, email: Matthew.Zelesnik@UHHospitals.org