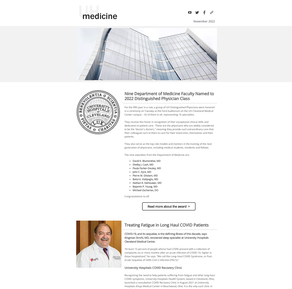

Nine Department of Medicine Faculty Named to 2022 Distinguished Physician Class

For the fifth year in a row, a group of UH Cleveland Medical Center physicians have been named to the Distinguished Physician Class. This year, nine physicians from the department of medicine were honored.

They received the honor at the beginning of the new academic year during a ceremony and dinner at the Cleveland Museum of Art. Each physician received a commemorative medal and recognition in the "Best in Medicine," meaning they provide such extraordinary care that their patients and colleagues have voted them among the best physicians in their specialties.

They also serve as the top role models and mentors in the training of the next generation of physicians, including medical students, residents, and fellows.

The nine physicians from the Department of Medicine are:

- Jeffrey Borer, MD, FACC
- Phillip J. Cash, MD
- Jeffrey Glassberg, MD, FCCP
- John C. Kelly, MD
- Mark A. Laskin, MD
- Robert A. Schwartz, MD
- Nathan E. Schwarzbaum, MD
- Michael Zuckerman, DO

Congratulations to all!

Read more about the award >

Treating Fatigue in Long Haul COVID Patients

COVID-19, and its long-haulers, is the defining focus of the pulmonary medicine practice of Dr. Nathaniel Marchetti at University Hospitals Cleveland Medical Center.

Symptoms can last months after an infection, and Dr. Marchetti's practice at UH Cleveland Medical Center's Innovation Center for Lung Health is dedicated to helping patients overcome it. He's also the director of the Center for Pulmonary Vascular Disease at UH Cleveland Medical Center and Rainbow Babies & Children's Hospital, and a professor of medicine at Case Western Reserve University School of Medicine.

Dr. Marchetti recently joined the University Hospitals Cleveland Medical Center's Department of Medicine. He previously was at the University of Pittsburgh, where he served as director of the Pulmonary Vascular Disease Program.

Serving Northeast Ohio

To serve the expanding Medical Mutual Cafe Program has just one full-time physician, Dr. Marchetti. Dr. Marchetti is also the medical director for the Medical Mutual Cafe's medical partnership with Metroparks Serving Greater Cleveland.

The patients are generally adults 40 years of age and older who are experiencing symptoms that have lasted for more than 12 weeks. The Medical Mutual Cafe Program is dedicated to helping patients who have been diagnosed with post-COVID conditions and long-COVID, or those who have been hospitalized with severe COVID-19.

Read more about the program >

House Calls Program Brings Primary Care Home

Imagine having a service health conditions that keeps you homebound, making it difficult, if not nearly impossible, to make that annual exam. This is a significant problem in the communities that University Hospitals serves. To help address this, UH has launched a House Calls Program.

The program is led by Dr. Jeffrey Glassberg, a pulmonologist who has been practicing in Cleveland for more than 40 years. Dr. Glassberg is also a professor of medicine at Case Western Reserve University School of Medicine.

Serving homebound patients

The program is part of University Hospitals Physician Care, which is dedicated to providing primary care to patients who are homebound. Physician Care offers "house call" clinics in partnership with Cleveland Clinic, MetroHealth, Neighborhood Family Practice, and Rainbow Babies & Children's Hospital.

Physician Care currently has 10 providers who make house calls to homebound patients. The University Hospitals Medical Group Physician Care Program has just one full-time physician, Dr. Glassberg. Dr. Glassberg is also the medical director for the Medical Mutual Cafe Program at University Hospitals Cleveland Medical Center.

Read more about the program >

New Data from SPIRIT Trial Offer Insights for Hypertension Control

New data from the landmark SPIRIT trial have helped to patients with hypertension can achieve the recommended systolic blood pressure (SBP) goal of less than 130 mm Hg, according to a study led by Dr. Mark Huber.

In some the population, University Hospitals Cleveland Medical Center's Dr. Mark Huber led a study that found that patients who were prescribed a single pill combination of three medications to control their blood pressure were more likely to achieve their recommended target than those who received a standard dose of each medication in separate pills.

The SPIRIT study found that the best administration to any other previous, these "single pill combination" (SPC) medications can help patients achieve their blood pressure goals more easily and safely.

Dr. Huber's study was published in the New England Journal of Medicine.

Watch here >

COVID-19 Virulent Booster and New Winter Variants

While new COVID-19 variants are popping up around the world, it's not yet clear whether you will soon need boosters for COVID. Another will likely be recommended for the fall and winter, but it's unclear if it will be a booster that targets the BA.5 and BA.4 subvariants of Omicron, or a booster that targets the original COVID-19 virus. Dr. Robert Salata, an infectious disease specialist at University Hospitals Cleveland Medical Center, says clinical trials for the booster are underway and should give the results this fall.

Watch here >

Kenneth Remy, MD talks about RSV cases live on CNN with Fredricka Whitfield

Kenneth Remy, MD talks about RSV cases live on CNN with Fredricka Whitfield.

Watch here >

U.S. Antibiotics Awareness Week

U.S. ANTIBIOTIC AWARENESS WEEK
November 18 - 24, 2022
www.cdc.gov/antibiotic-use

U.S. Antibiotic Awareness Week 2022

Antibiotics save lives when they are needed to treat infections. However, any time antibiotics are used, they can cause side effects, including C. difficile infection and antibiotic resistance.

- **Antibiotic resistance is an urgent public health** threat that occurs when germs and bacteria evolve to resist the drugs that are meant to kill them. Each year, at least 2.8 million people in the United States get infections that are resistant to antibiotics, and more than 35,000 people die as a result. Combating antibiotic resistance threatens everyone.
- **Follow clinical guidelines on how to treat outpatient and hospital infections.** Patients' gains benefits on antibiotics when they are prescribed unnecessarily or when they are not taken as directed. Follow clinical guidelines on how to treat outpatient and hospital infections.
- **Always prescribe the right antibiotic, at the right dose, for the right duration, and at the right time.** These antibiotics can help minimize the occurrence, incidence and antibiotic resistance rates of one-time prevention, treatment, and control.

You can read more about the COVID Hospitalists impact on an antimicrobial resistance from the CDC's 2022 Special Report.

Visit the UH Adult Antimicrobial Stewardship Program website for updated guidelines and to find out how you can participate in your clinical assessment. Call 216-844-8140.

- Lydia S. Hunter, MD, MS, FACP, UH Antimicrobial Stewardship Program
- Nicholas Mohr, MD, MSCR, FACEP, Director, Antimicrobial Stewardship Program
- Nicholas Mohr, MD, MSCR, FACEP, Pharmacy Co-Lead, UH Antimicrobial Stewardship Program

Awards - Appointments - Publications

Robert Salata, MD Receives the Society of 1866 Distinguished Physician Award for 2022

Robert Salata, MD, professor of medicine at Case Western Reserve University School of Medicine and chief of infectious disease at UH Cleveland Medical Center, has been named the Society of 1866 Distinguished Physician Award for 2022.

He is an esteemed and internationally acclaimed infectious disease specialist who has dedicated his career to the treatment of patients with HIV and other infectious diseases.

From the first days of COVID-19, Dr. Salata has been the first and only physician in Northeast Ohio to treat patients with COVID-19 and has been a leading voice and authority on educating the community and providing information on COVID-19 and its treatment.

Earlier this year, a new program at Dr. Salata's namesake commissioned and dedicated the Robert A. Salata, MD Clinic in the Infectious Diseases and Immunology Center.

Mahboob Rahman, MD named Kidney Foundation of Ohio's 2023 Person of the Year

The Kidney Foundation of Ohio is thrilled to announce that the 2023 Person of the Year is Mahboob Rahman, MD, FASN, FACP, FNKF. Dr. Rahman is a leader in the fields of hypertension and nephrology and has dedicated his career to improving the lives of patients with kidney disease.

The honor will be celebrated at the 71st Annual Gala of Dreaming, March 4, 2023 at Cleveland Museum of Art.

Sanjay Rajagopalan, MD and Sadeer Al-Kindi, MD Published in Annals of Internal Medicine

Health Care and Climate Change Challenges and Pathways to Sustainable Health Care

Physicians have a front-row view of the health care industry's unsustainable practices. The health effects of extreme temperatures, forest fires, and natural disasters are felt in hospitals and clinics. Air pollution, water pollution, and the generation of waste from health care activities are responsible for a significant proportion of the global burden of disease. Pollution, lack of access, and disease overwhelm people who live in poverty, and they are the least responsible for the climate crisis. We can and must do better, create incentives to drive a sustainable health care system, and hold ourselves accountable.

Twenty percent of the U.S. gross domestic product and 10% of the global economy are attributable to health care. Health care activities are responsible for 4.4% of global greenhouse gas emissions, and the U.S. health care system is responsible for 27% of these emissions. Health care is also a significant consumer of water and a significant generator of waste. Health care activities are responsible for 5% of U.S. and 2% of global water withdrawals. Health care facilities generate 5.9 million tons of waste annually, 15% to 25% of which is considered hazardous. Operating rooms are a major source of waste, because they use large amounts of single-use plastics and generate more than 20 pounds of waste per surgery.

Read the article and the blog

Alex Gifford, MD Published on Two CT Study Articles

COPDGene® Case Study Results

Reducing treatment burden is a priority for people with COPD. Nirmala, whose case is described in this report, has been receiving triple therapy with long-acting muscarinic antagonist (LAMA), long-acting beta-agonist (LABA), and inhaled corticosteroid (ICS) in a single inhaler device (the so-called triple therapy). COPDGene® Clinical Trials collected data on Nirmala's symptoms, exacerbations, and lung function at enrollment and at 5 years of follow-up. Nirmala's symptoms and lung function improved over the past year with gradually smaller fluctuations in these measures. Nirmala's physician (Alex Gifford) and chief pulmonary medicine fellow (Ryan Pace) reviewed her case and determined Nirmala didn't require the use of ICS/ LABA therapy and could be safely switched to dual therapy with LAMA/LABA. Nirmala's symptoms, exacerbations, and lung function remained stable after switching to dual therapy. Nirmala's case illustrates the potential for reducing treatment burden in people with COPD who are receiving triple therapy. Nirmala's case was presented at the 2022 COPDGene® Investigator Meeting.

Read the article and the blog

Zeo, Drew Rajs and Anvrita John Receive Innovation Award

The innovation team has presented an UH Case Accelerator Winner Innovation Award in October 2022.

They won for their development of the High-level Automated Electric Oxygen Concentrator (HAEOC) system, which is a novel, portable, and automated oxygen concentrator that can be used in both hospital and home settings. The HAEOC system is a novel, portable, and automated oxygen concentrator that can be used in both hospital and home settings. The HAEOC system is a novel, portable, and automated oxygen concentrator that can be used in both hospital and home settings.

Academic Update - Kingman Strohl, MD

- Dr. Strohl is the second from the left in the picture at the 2022 Physician Scientist Award Ceremony.
- https://clinicaltrials.gov/ct2/show/NCT04617249, Sponsorship
- Pulmonary Fibrosis
- Fowler S, Strohl KP, Scarfe M, Kapasi A, Ryerson CJ, Cheung PK, Ho J. Comparison of symptoms and pulmonary function in different forms of idiopathic interstitial pneumonia. Respir Med. 2022 Jul-Aug;199:106882. doi: 10.1016/j.rmed.2022.106882. Epub 2022 Apr 28. PMID: 35533577.
- Strohl KP, Thomashow BM, Pace E, Schoenherr P, Lammers AJ, Fenton J, Malhotra A, Gilkeson RC, Kapasi A, Ryerson CJ, Strohl KP, Thomashow BM, Pace E, Schoenherr P, Lammers AJ, Fenton J, Malhotra A, Gilkeson RC, Kapasi A, Ryerson CJ. Sleep apnea in interstitial lung disease. Am J Respir Crit Care Med. 2022 Jan 15;205(2):229-237. doi: 10.1164/rccm.202107-1636OC. PMID: 34699326; PMCID: PMC8787251.
- **Strohl KP. Study accelerates adoption of the efficacy of an aiming mechanism in pediatric MRI and without a history of hypertension.**

Academic Update - Sameer Avasarala, MD

- A randomized, open-label, multicenter, phase 2 clinical trial, NCT04617249
- Avasarala SK, Lanfranchi HE. Cough in the Interventional Pulmonary Clinic. Chest. 2022 Jan;161(1):e1-e2. doi: 10.1016/j.chest.2021.07.2163. PMID: 34999555; PMCID: PMC8741501.
- Avasarala SK, Lanfranchi HE. Cough in the Interventional Pulmonary Clinic. Chest. 2022 Jan;161(1):e1-e2. doi: 10.1016/j.chest.2021.07.2163. PMID: 34999555; PMCID: PMC8741501.
- https://academic.oup.com/ajcp/article/158/4/S1/6377

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UH Diabetes & Obesity Center Update

Diabetes & Obesity Center Members Receive Praise Award

Jeffrey Borer, MD and **Jeffrey Glassberg, MD** of the Diabetes and Obesity Center collaborated with Brandi Gates, Physician Practice Manager, to receive the Physician Practice Award from the Society of Interventional Pulmonary Medicine. Physician Practice Award Conference on September 15-16, 2022.

The Society of Interventional Pulmonary Medicine (SIPM) is a group of physicians and surgeons dedicated to the practice of interventional pulmonary medicine. SIPM was founded in 1997 by a group of physicians and surgeons dedicated to the practice of interventional pulmonary medicine. SIPM was founded in 1997 by a group of physicians and surgeons dedicated to the practice of interventional pulmonary medicine.

Obesity and Endocrinology Specialist Survey

The 100% Center for Diabetes, Obesity and Metabolism is a recognized leader in COVID-19 research. Dr. Jeffrey Borer, Dr. Jeffrey Glassberg, and