



DukeGI DIGEST

Newsletter of the Duke Division of Gastroenterology, Winter 2017

Message from the Chief



Andrew Muir, MD



Carl Berg, MD



Jill Rimmer

Greetings from Durham. I am going to keep my comments short in this newsletter to focus on the exciting things happening in Duke GI. I do want to share my gratitude for the recent support by many of our alumni and friends of Duke GI to the Killenberg-McLeod Fund. In this newsletter, you will read about some of the fellows supported by these funds. One of the benefits of life on a campus is the exposure to young people and their energy and idealism. Our fellows are smart and kind, and some of them really do want to change the world. I feel great responsibility in offering them high quality training that will prepare them to succeed. Best wishes for 2017, Andrew

New record for Duke Liver Transplant Program

In 2016, the Duke Liver Transplant Program performed 98 liver transplants, the most ever by a North Carolina center. The program is led by Dr. Carl Berg, and his team includes Dr. Carla Brady, Dr. Matt Kappus, Dr. Lindsay King, Dr. Cristina Segovia, Judy Gentile ANP-C, and Anne Vaillancourt PA. We are especially proud that this growth has coincided with impressive outcomes. In its January 2017 report, the Scientific Registry of Transplant Recipients (SRTR) reported that Duke had the best one year survival and tied for the best three year survival in the country. Duke was one of just 10 liver transplant programs in the United States to be awarded an outcomes rating of 5 (out of possible 5). "We invested in the Liver Transplant Program through the recruitment of Carl Berg and the expansion in the faculty," said Dr. Andrew Muir, "and their success is just tremendous. There are many reasons for the success including Carl's leadership, a super group of surgeons led by Deb Sudan and Stuart Knechtle, and a truly multidisciplinary team working together in the inpatient and outpatient settings. These folks work tirelessly for their patients, and I am so pleased for them to see their success."

10 years in Duke GI for Jill Rimmer

In January 2007, the GI Division was very fortunate to have Jill Rimmer join as the fellowship program coordinator. Jill quickly brought a new level of professionalism to the role but also created a supportive environment for her fellows. "Jill is so perfect in this role. She is so dedicated and has such a kind heart," said Division Chief Andrew Muir, "and she knows if any of her current or former fellows is having a tough time." In thinking about the end of each year, Jill commented, "The fellows and faculty can tell you that I am a basket case leading up to and during the fellows' graduation dinner. However, the lasting relationships outweigh my tears." Third year fellow Bonike Oloruntoba captured Jill's role with these words, "At the end of the day, whether it's your best day or your worst day, her office door is always open and she is there...with a gentle smile, a warm hug and of course some M&Ms." Added third year fellow Gabriel Mansouraty, "I am so grateful for everything that Jill Rimmer has been and done for me since the moment I stepped on Duke's campus. She always has her 'children' on her mind and wants us to succeed and be the best we can be. She is the glue that keeps the GI Fellowship together. Thank you for everything you do!!!!" We will celebrate Jill at the DDW Alumni Reception, and she hopes to see many of her former fellows there.



Faculty spotlight: Andy Wolf, MD

Dr. Andy Wolf is one of the more ardent Duke fans on the faculty. He was a Duke undergrad before Jefferson Medical College and returned to Duke for medicine and gastroenterology training. He joined our faculty in 2009 in general gastroenterology with a niche in hereditary cancer syndromes. He became gastroenterology fellowship director in 2014. "Andy made an incredibly smooth transition into this role," said Division Chief Andrew Muir, "It has been clear he wants well for his fellows and does all he can to help each one of them succeed."

The Duke GI fellowship has grown in the last few years. What led to this? Duke has expanded in both locations and services, and we have been able to incorporate more experiences into the program. With a growing faculty, we have more mentors who came to Duke wanting to work with trainees. Since I became director, we added rotations at Duke Regional and Duke Raleigh. This means that our trainees have exposure in 4 different types of practice in our 4 different hospitals. We are now able to individualize training based on their interests or career plans. We can do this inside the division (e.g. esophageal month) or in other divisions/departments (e.g. bariatric surgery or colorectal surgery).

How has GI training changed since you were a fellow? There has been a concerted push to make sure fellowships are educationally-based rather than service-based. This is a good thing. Simulators have also come to the fore at the beginning of training so fellows are more comfortable with endoscopic techniques before scoping their first patient. At Duke, we acquired the T.E.S.T. box, which has been validated in studies to show improved confidence and technique in 5 modalities: retroflexion, tip control, loop reduction, torque and polyp removal.

What do you see as the strengths of the Duke GI fellowship program? We train excellent gastroenterologists that practice in academic institutions and private practice. In training, they are exposed to a diverse group of patients with a diverse group of diseases. I am confident that they leave training with endoscopic skills as strong as any group in the country. They are able to work with world-class researchers. The best part of the fellowship program, to me, is the collegiality. This extends not just through the fellowship, but with the faculty in general. We all keep in touch and continue to rely on each other after training is complete, whether they stay at Duke or go elsewhere.

If you had not become a doctor, what do you think you would be?

I would have liked to be an astronaut or a baseball player...Seriously, though, probably a history teacher.

What do you like to do outside of work? Reading non-fiction, hiking, wine, traveling, hanging out with Kate and the kids, Mets and Duke sports.

What is your prediction for Duke men's basketball this season? Will there be a 6th banner? Too much discontinuity this season with injuries to players and K, among other distractions to win the championship. 10-8 in conference, Sweet 16.



Andy Wolf, MD

News & Notes

Julius Wilder, MD PhD received the ACG Fellow Awards for Best Scientific Paper in the Liver Category at the 2016 ACG Meeting.

Melissa Teitelman, MD was named a Fellow by the American Gastroenterological Association in 2017.

Diego Bohorquez, PhD was named a TED fellow and will be introduced at TED2017.

Katie Garman, MD has been selected as a member of the AGA Future Leaders Program.

Deborah Fisher, MD was awarded a grant to develop the Duke Interdisciplinary Palliative Care Research Group. Her collaborators are Dr. Dan Blazer from Surgical Oncology and Dr. Arif Kamal from Palliative Care.

Social media guru **Deborah Fisher, MD** was named one of the Healio Gastroenterology's Leading Innovators in GI for 2016.

Julius Wilder, MD PhD has received a secondary appointment in the Duke Department of Sociology

Incoming GI fellow **Kara Wegermann, MD** has been selected as the Durham VA chief resident for 2018-2019



Dr. Karen Chachu, Dr. Nancy McGreal, and Dr. Jane Onken at the Crohn's and Colitis Foundation of America Triangle Patient Education Day hosted at Duke's Trent Semans Center in October 2016.

International elective for Konadu

With the support of the Killenberg-McLeod Fellowship fund, third year fellow Scharles Konadu spent the month of September on an elective rotation in Ghana. Scharles was born in the US to Ghanaian parents, and her parents now live back in Ghana. With the support of adjunct faculty member Dr. Mitch Mah'moud from Rocky Mount, Scharles was able to rotate at the Korlebu Hospital in Accra, Ghana. She had the opportunity to inpatient rounds, outpatient care, and diagnostic and therapeutic endoscopy. She also presented on Hepatitis B management at the Ghana College of Physicians and Surgeons. In reflecting on her visit, Scharles commented, "This global elective month granted me the rare opportunity to both teach and learn in an international setting with restricted resources. As a result I developed a deeper understanding of both my strengths and weaknesses. I have also made lasting relationships. This experience was invaluable and I encourage other fellows to explore the opportunity of global learning." Scharles will be joining the Duke GI faculty in the summer of 2017 and will be based in Raleigh. She hopes to continue this relationship in Ghana and return to teach and support their program.



Dr. Mitch Mah'moud, Dr. Scharles Konadu and her father Charles Konadu at Korlebu Hospital.



Pancreatic Awareness Month

In support of November's Pancreatic Disease Awareness Month. DukeGI team members wore purple on the 17th. We also conducted a contest within our units to raise money for pancreatic disease awareness. Staff could vote for their favorite pancreatic doctor among Mahfuzul Haque, Paul Jowell, Rodger Liddle and Jorge Obando. We raised \$1070 for pancreatic research, and the "winner" was Dr. Liddle. As the winner, he agreed to dress up as Prince for a day at the hospital.



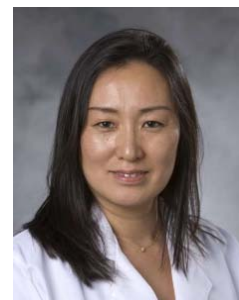
Dr. Mahfuzul Haque & Dr. Rodger Liddle



Duke South team celebrates Pancreatic Awareness Month all dressed in purple.

Suzuki joins DukeGI

Dr. Ayako Suzuki joined the faculty in Duke GI in November 2016. Dr. Suzuki is originally from Japan and a graduate of the Kanazawa University School of Medicine. Dr. Suzuki was at Duke from 2004 to 2012, first as a research fellow and then a faculty member. Since 2012, Dr. Suzuki has been Director of Hepatology at the Central Arkansas Veterans Healthcare System and Associate Professor at the University of Arkansas for Medical Sciences. She has developed an impressive translational research program in NAFLD and drug-induced liver injury. Her clinical work will be at the Durham VA Medical Center. Her research collaborators are Dr. Dawn Provenzale of the Durham VA Cooperative Studies Epidemiology Center and Dr. Anna Mae Diehl, Dr. Manal Abdelmalek, and Dr. Cindy Moylan of the Duke NAFLD program.



McGhan current Duke chief resident



Alyson McGhan, MD continues the tradition of Duke GI fellows as chief residents this year at Duke Hospital. Alyson has completed one year of GI fellowship and will return next summer to complete her fellowship and pursue a career in advanced endoscopy. In thinking about the year to date, Alyson said, "My favorite part of being chief is my opportunity to teach residents and medical students. I have an opportunity to help residents grow to be better clinicians and to

challenge the way they approach a patient. I hope I can pass along the values of curiosity to keep digging for answers, compassion and empathy for the patient, and humility in order to ask for help. I have also learned so much this year from the residents, my co-chiefs, and from program leadership. It has been a great experience thus far."

How you can help

Killenberg-McLeod Fellowship Fund

If you are interested in making a gift to the Killenberg-McLeod Fund quickly and securely, please visit supportmedtraining.duke.edu and choose Gastroenterology. For more information, please also contact our development partner Morgan Pope at 919-385-3121 or morgan.pope@duke.edu.

Dr. Rebecca Burbridge is a Duke GI alum and advanced endoscopy faculty member. Rebecca is from West Virginia and received her undergraduate degree while playing basketball for West Virginia University. She remained at WVU for medical school and residency before heading to Duke for fellowship. Rebecca joined the faculty in 2011 and serves as the Director of Advanced Endoscopy. She has developed a reputation as a master clinician and has mentored a number of residents and fellows. Her skills, her desire to perfect her craft, and her enjoyment of her work have made her a wonderful role model for young people considering a career in advanced endoscopy.

Faculty spotlight: Rebecca Burbridge, MD

What is a typical week like for you? A typical week consists of at least 4 days of procedures with clinic responsibilities. My procedures are mainly endoscopic ultrasound, ERCP, and advanced polypectomy.

What recent advances in endoscopy have had the most impact for your patients? One of the joys of work is helping patients with resolution of their symptoms after a procedure. A recent example is performing an endoscopic transgastric gallbladder drainage in a patient with cholecystitis who is not a good candidate for surgery. We have performed this procedure on several patients with good outcomes.

Where do you see the field of advanced endoscopy in 5 years? I think therapeutic EUS will continue to evolve and allow nonsurgical approaches to otherwise traditional surgical disease processes.

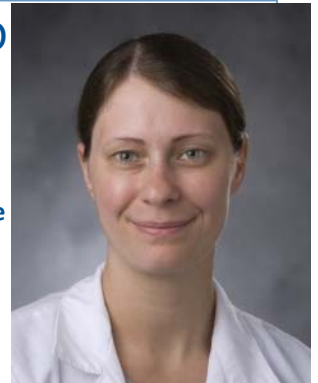
If you had not become a doctor, what do you think you would be? Maybe a travel writer and/or food critic.

You played guard for West Virginia's basketball team. How did sports prepare you for your career? Sports

provided a framework to be a team player. It also taught me time management

You scored 19 points against Duke in Cameron in 1996. What are your memories of that game? I remember being surprised Cameron was such a small gymnasium. Although there were not a lot of Cameron crazies there, the ones that were there were quite vocal and liked to heckle. Clearly, I shushed them up with my scoring abilities. Unfortunately, my team came out on the short end of the stick.

What do you like to do outside of work? I like to travel to countries not often visited by others and learn their culture. Along the same lines, I like to try new foods and wines.



@Duke_GI

<https://medicine.duke.edu/divisions/gastroenterology>