



DukeGI DIGEST

Newsletter of the Duke Division of Gastroenterology, Fall 2018

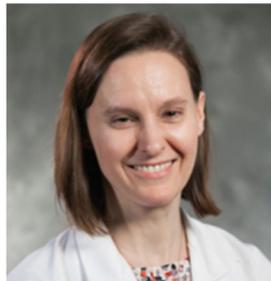
Message from the Chief

This academic year marks my fifth as the Division Chief, and I remain so grateful for the opportunity to serve in this position. Our faculty, fellows and staff continue to impress me with their dedication to excellence and contributions in clinical care, research and education. On the clinical front, I am most excited by developments in programs. We developed a strategy to invest and develop expertise in clinical programs cross the spectrum of gastroenterology and hepatology. Our IBD, esophageal and transplant hepatology programs have grown tremendously in the last two years. Our small bowel program led by Dr. Dan Wild added double balloon enteroscopy and is the only program in the state offering this procedure. We were designated a Center of Excellence for Pancreatic Diseases by the National Pancreas Foundation thanks to an effort led by Dr. Darsh Kothari. Dr. Darin Dufault and Dr. Stan Branch have brought POEM to Duke. Dr. Rey Quevedo will launch anorectal manometry testing in the next few months. There is tremendous energy in these programs, and I am so grateful to the faculty and staff members who have worked so hard to develop them. Best wishes, Andrew



Andrew J. Muir, MD

DukeGI welcomes 4 new faculty



Amy Barto, MD
General GI & IBD



Ben Lloyd, MD
General GI, Regional
Bariatrics



Yuval Patel, MD
Hepatology
Regional



Iris Vance, MD
General GI
Small bowel disorders

Over the last few months, we have recruited 4 new members to the **DukeGI** faculty. **Dr. Amy Barto** joined Duke in June after more than a decade on faculty at Lahey Clinic. She was the Director of the Lahey Center for Inflammatory Bowel Disease and the Fecal Transplant Program. Dr. Barto will be joining our IBD group and is serving as the Director of Fecal Microbiota Transplantation. **Dr. Ben Lloyd** finished his GI fellowship at Duke in June and has joined the group at Duke Regional. He has an interest in bariatrics and will work closely with our bariatric surgical group at Regional. **Dr. Yuval Patel** completed Gastroenterology fellowship and then Transplant Hepatology fellowship at Duke. He has a research interest in fatty liver and cirrhosis, and he has joined Dr. Julius Wilder in hepatology at Duke Regional. Dr. Iris Vance also completed her GI training at Duke this summer. Dr. Vance developed an interest in small bowel disorders and has joined Dr. Dan Wild in our growing small bowel program.



Faculty spotlight: Cindy Moylan, MD



Dr. Cindy Moylan is known as **DukeGI's** best golfer and also a dedicated clinician, researcher and mentor. Dr. Moylan came to Duke for residency and then GI training. She was Duke's first transplant hepatology fellow and joined our faculty in 2009. She is a recipient of the ACG Career Development Award and was promoted to Associate Professor earlier this year.

You are a core member of our impressive hepatology group at the VA. What is your clinical focus? One

focus has been improving the care of patients with hepatocellular carcinoma (HCC). I spearheaded a multidisciplinary conference several years ago and now we review nearly 20 cases of HCC every other week. My other area is a clinical and research interest - metabolic liver disease or nonalcoholic fatty liver disease. NAFLD is a growing problem in the aging Veteran population.

What research questions are you currently trying to answer? We are investigating the epigenetic and genetic mechanisms of NAFLD. We do not know why some NAFLD patients develop cirrhosis while many others do not. Our hypothesis is that environmental exposures before birth or in early infancy contribute to susceptibility and severity of NAFLD. Our first project is investigating the effects of in utero stress on alterations of DNA methylation in umbilical cord blood and its association with obesity and NAFLD in children. The second project hopes to determine whether dysregulated DNA methylation profiles associated with progressive NAFLD are maintained to adulthood and can identify patients at increased risk of cirrhosis and HCC. The goal is to determine which patients are at highest risk so that we can intensify management and preventative strategies towards those with the most need.

You have mentored many residents. What is your approach to mentorship? My approach focuses on being a present and active guide and teacher that enables the mentee to attain their goals. At the heart of a good and successful relationship are personal connection, candor and honesty. Without these fundamentals, the goals could falter. The best relationships also need an invested mentee. The mentee's drive and commitment is often what pushes me to help them reach their goals. One of the most fulfilling parts of my career now is witnessing the achievements of mentees.

What is the best advice you received from a mentor during your training? The best advice I have received is to make sure I am true to my interests. Do what I love to do and never give up. There will always be critics and doubters. Novel science will always be met with some skepticism. If you are to succeed, there will certainly be failure. It is what you do with those failures that matters most.

How is your golf game these days? Ha Ha! I wish I could tell you that it was better. It is challenging to stay on top of your game with a full-time job, weekends packed with kid's events, and life in general. Luckily my son has taken an interest in golf so we have been starting to play more. These days I view golf as a method to unwind, get some exercise, and enjoy a nice walk in nature more so than trying to improve my score and master the tricky shot from the bunker.

News & Notes

Dr. Jane Onken was awarded the 2018 Killenberg teaching Award from the Duke GI Fellows.

Dr. Cindy Moylan was promoted to Associate Professor of Medicine.

Dr. Justin Crocker was promoted to Assistant Professor of Medicine.

Dr. Matthew Kappus and **Dr. Julius Wilder** shared the 2018 Malcolm Tyor Award to support junior faculty research.

Dr. Alyson McGhan Johnson received a REACH Equity Research Voucher Award.

Dr. Julius Wilder received a REACH Equity Research Voucher Award and a Think Tank Award.

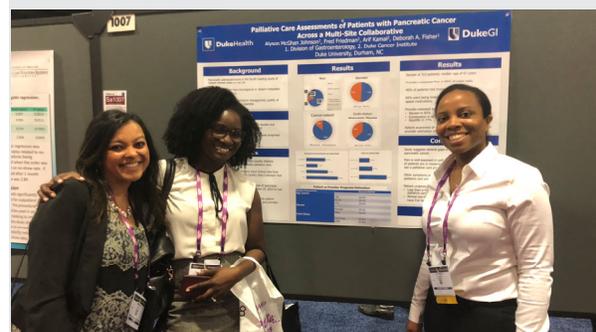
Dr. Darin Dufault was promoted to Assistant Professor of Medicine.

Omar Martinez-Uribe was awarded an NIDDK Medical Student Research Training Award to work with **Dr. Katie Garman**.

Dr. Anna Mae Diehl received the 2018 Elizabeth Hurlock Beckman Award.

Dr. Nancy Yang (JAR) received two Stead Resident Research Grants. Mentors are **Dr. David Leiman** and **Dr. Cindy Moylan**.

Dr. Julius Wilder was selected for the AASLD/EASL Masterclass.



Dr. Alyson McGhan Johnson at her DDW 2018 posted visited by **DukeGI** alum **Dr. Vaishali Patel** and faculty member **Dr. Scharles Konadu**

Faculty spotlight: Joanne Wilson, MD



Dr. Joanne Wilson is a North Carolinian and Duke Med alumnus. Following her medicine and GI training, she was recruited by Dr. Ian Taylor to join the faculty at Duke. She is a master clinician and educator with interests in inflammatory bowel disease and general gastroenterology.

You came to Duke as a medical student in 1969. What was your first impression of Duke? I felt rather comfortable at Duke. I had gone to college at UNC Chapel Hill and had spent my college years in a predominantly male, Caucasian setting. The ratios were better in my medical school class.

You have been a role model to so many of us at Duke. Who were your role models during training?

In my first year of medical school, some of the women medical students, notably Nancy Stead sought me out to orient me to physical diagnosis and clinical medicine. During my second year, two of my medicine attendings were encouraging and affirming and served as role models for approach to patient care: Drs. Wendell Ross and John Laszlo. Dr. Harold Lebovitz was my research mentor during my 3rd year whose support allowed me as a medical student to give oral presentation at a national meeting and have a first author publication in a major scientific journal. During housestaff training there were another set of attendings who were inspirational. However, the overall supporting force for me were the women whom I had known in my early life, my mother, my grandmothers, the nuns from my early parochial school: all had worked tirelessly on the farm, in other people's homes, in the classroom, and at work in the prison. Taking care of people from all walks of life. Doing all of this while taking care of family and those close to them.

During your career, what advance in GI has had the biggest impact on your patients? In my 40 years of gastroenterology, the advances have been life changing and lifesaving. Advances in fiberoptic endoscopy (diagnosis and therapy... we were doing a lot of rigid flexible sigmoidoscopies when I started GI), medications (i.e. H2 blockers, PPIs, and recently biologics), discovery and treatment of Helicobacter, and importantly patient education. Our efforts in patient education have improved patient awareness and confidence in GI which have had big

impacts on my patients and their care: better understanding of causes of their symptoms and illnesses, and need for their involvement in their own care.

What is your favorite part of your job? Patient interactions and patient care are my favorite parts of my work; when coupled with teaching of trainees it is the best! I still find endoscopic procedures very gratifying.

Numerous fellows have told me that they scope better with you. What is your approach to supervision? Accentuate the positive. Calm and measured advancement of skills with maximal feedback. This includes assistance with positioning and counter pressure during the procedure.

What advice do you have for young faculty starting their careers? Know yourself, what you want to do and what your family wants and needs. Have a good understanding of what your job will be in as much detail as is reasonable. From my personal experience, there is frequently a mismatch between what you want to do and what is expected of you. The people with whom I have worked have been one of the keys to success: their capacity and your capacity for flexibility are imperative. We never know the future, so the opportunity for change is important.

What is the best part of grandmotherhood? Seeing and loving another generation; doing some of the things that you could not do with your own children. One of the highlights of my life being Grammee!



Dr. Joanne Wilson with Dr. Sadye Curry, a DukeGI fellowship alumnus and the first African American woman gastroenterologist. Dr. Curry retired after a long career at Howard University and returned home to North Carolina. Dr. Curry visited Duke in July 2018 as a guest of DukeGI.





We were fortunate to host both **Dr. Ian Taylor** and **Dr. Peter Cotton** at Duke in May 2018. Stay tuned for video interviews with them to be posted online soon.

Faculty Service Awards

30 years

Stan Branch, MD
Jonathan Cohn, MD

15 years

Wei Chen, PhD
Ziad Gellad, MD MPH
Martin Poleski, MD
Andrew Wolf, MD

10 years

Mahfuzul Haque, MD



Congratulations to Dr. Jane Onken!

Dr. Onken was awarded the Killenberg Teaching Award by the fellows at the annual graduation dinner. Dr. Onken is pictured here at the dinner with the 2017-2018 fellows..

Faculty spotlight: Jorge Obando, MD



Dr. Jorge Obando is originally from Peru and came to the U.S. for clinical training. He first came to Duke in 2000 for advanced endoscopy training. He took a faculty position at Lahey Clinic from 2001-2005 and then was recruited back to Duke. He started to see patients in Raleigh in 2010 and has built a large pancreatobiliary and advanced endoscopy practice at Duke Raleigh Hospital.

You have developed a great reputation with referring doctors. What is your strategy to develop a strong referral base? The best strategy is to provide the best patient care we can. Timeliness is also important since many of these patients have problems that cannot wait, such as cancer workups. I believe in wide open lanes of communication with the patient's other providers, including the referring physician.

You are passionate about the pancreas. What are the big challenges in the field? Pancreatic diseases are fascinating and challenging. For pancreas cancer, we certainly need breakthroughs in the field as it will have the third highest mortality from all cancers in the US by 2020 and second by 2030. With acute pancreatitis, I am looking forward to the results of the Pentoxifylline in pancreatitis study by my good friend Santhi Vege at the Mayo Clinic. On the chronic pancreatitis front, the new mechanistic definition is a good step towards understanding the disease process.

You clearly enjoy working with fellows. What is your strategy for teaching and mentoring?

Teaching the fellows is one of the more rewarding aspects of being at Duke. Since fellows are adult learners, they need to understand the rationale behind a recommendation or intervention. I take every opportunity to make a teaching point, including telling them how it fits the big picture (new literature, a different point of view, etc.) One of the Duke former fellows was discussing a case at a pancreas conference in Australia. On 2 occasions on that case, he was able to use fairly unique techniques he learned at Duke, and now he teaches those techniques. It was nice to see.

How has life changed for you since the twins arrived? Definitely a big lifestyle change since the twins arrived. Interesting to realize that one can be fresh and sharp the next day with less sleep. And there's also the time management part, including having become more efficient. But as the surgeons say, "always be fast and thorough, but never in a hurry."

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