

Getting to Know Dr. Larry Goldstein



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How has life and work been after moving to Lexington?

Lexington is a wonderful community & colleagues at the university and in the department have been nothing but gracious and welcoming. The biggest challenge has been commuting to Durham over the weekends over the last year, but my wife has now moved, so life is beginning to settle down.

Do you have any interesting facts or hobbies you could

share or tell, that we might not know? Anyone who comes to my office might notice that I am hooked on my 16-year old BMW Z3, which we had built. Discovering the scenic back roads of Kentucky is a great way to spend time. What led you to choose a career in Stroke Neurology and what aspects of the field did you consider most appealing? I tried to identify an area that was intellectually interesting, in need of new approaches, and in which I could develop a niche. Its the same advice I give to trainees beginning careers today.

What steered your career in the direction of leadership?

This began when I became involved as a volunteer for the American Heart Association. Over the years, I evolved from being a member of minor

committees to becoming committee chairs and then as a leader of major committees and groups. Working with colleagues to make a difference is particularly rewarding. What is the one piece of advice that you received during your training that had the biggest impact on your career? Focus.

What do you know now, as a Professor and Chairman, that you wish you would have known as a trainee? Many of the things I learned came from practical experience. Formal training in some areas would have made the process more efficient, but it was impossible to know that at the time. Having a good mentor is absolutely critical.

When UK plays Duke, who do you cheer for?

The blue team.

Massage Therapy with Lexington Healing Arts Academy Partnership

The UK Department of Neurology understands the rigorous demands of medical education and is dedicated to your health and well-being. In an effort to provide balance to long hours, the Education Office has forged a new partnership with the Lexington Healing Arts Academy! **This exciting partnership affords trainees two, one-hour massage sessions per year at no cost.** Massage therapy imparts a multitude of benefits on academic stress, including: reduces feelings of depression, stress and anxiety; reduces muscle tension; improves blood circulation;

TRANSITION FROM SUMMER TO FALL

What a Difference a Season Makes

By Karl Echiverri, PGY 1

Just a few months ago, I was a medical student here at UK; now I'm three months into my residency. In that short time, I've experienced innumerable changes that would be tough to fully expand on in this space. Instead, I'll try to capture this major transition with three observations.

It goes without saying, but I've learned an incredible amount over the past few months. Both the Internal Medicine and Neurology departments schedule daily lectures, case conferences, grand rounds and journal clubs. Impromptu teaching opportunities are seized by our faculty, and I'm proud to say that this culture is reinforced further as we educate our patients. We have the privilege of caring for and learning from some of the sickest people in the nation and from a broad array of medically subspecialized vantage points. We will undoubtedly draw upon this variety of experiences gained as interns to care for these complex patients later on in our training and careers.

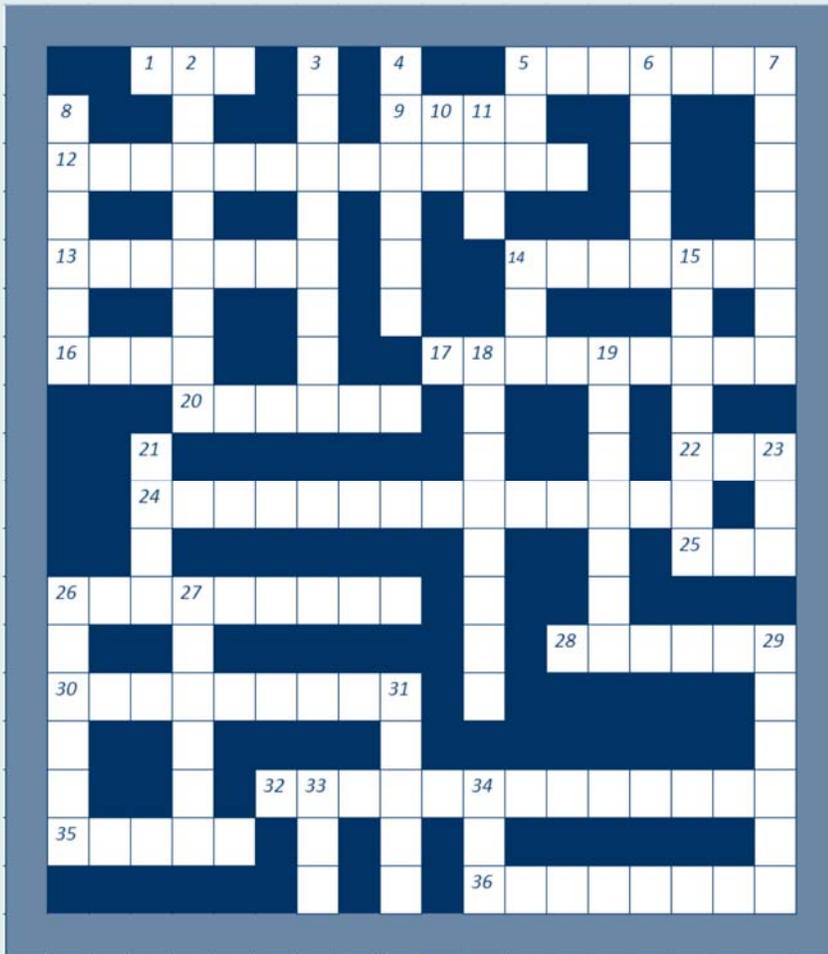
The amount we learn is also related to the higher degree of responsibility we assume as residents. Suddenly, we are called first about a patient who is vomiting blood or a neutropenic patient who is now febrile (these are two pages I answered on my first few days as an intern on night float). This is daunting, but you will never be alone; there is always a senior resident or attending available to help. This level of responsibility steepens the learning curve, as there is no better impetus or method for learning than continuously reading about and puzzling over our patients.

Lastly, I'd like to share something obvious and something I didn't expect. Residency is busy. I have never been busier, yet I've managed to have fun and enjoy life outside of work. This is because I am surrounded by supportive and welcoming colleagues and part of a community that stresses wellness and fosters camaraderie. I've been integrated into the Internal Medicine department and have formed new friendships there. I've had the distinct pleasure of working alongside upper level neurology residents whom I've known since medical school, as well as my early mentors who have guided me towards my current career path. Since my medical school days, I've witnessed the growth of our neurology department as new faculty were introduced at the Baumanns' home as part of our welcoming party, and I've had the exciting experience of sharing this journey with my co-interns.

I have many more months ahead of me, and I look forward to continuing this journey. I'm also very excited to announce that I made my first crossword puzzle—something I've always wanted to do. While it doesn't meet the NYT's stylistic conventions, it does have a neurology theme (I like the way you move) and all the answers can be tied to neurology in some way. I hope you enjoy it!



I LIKE THE WAY YOU MOVE



ACROSS

1. Scale ranging from 3 to 15
5. Toothy nucleus or gyrus
9. Lacking sensation
12. Twitching of the eyelid
13. Escitalopram brand name
14. Armodafinil trade name
16. ____-NMDA receptor encephalitis
17. Occurs in Huntington disease (along with chorea)
20. Dr. Thomas Willis owns one
22. Frequent neurological consultation
24. Not corticospinal or corticobulbar
25. CSF: it's on ____
26. Inadvertent jerk
28. Dopamine agonist (trade name) used to treat Parkinson's disease and restless leg syndrome.
30. Formation moderating consciousness
32. A unilateral flailing
35. H&E, Zeihl-Nielson, or Gomori Methanamine silver, for example
36. Syndrome most accurately diagnosed with a lip biopsy

DOWN

2. Failed closure at this end of the neural tube results in anencephaly
3. Acetazolamide inhibits this anhydrase
4. Cortical island
5. Targets the STN or GPi
6. Term for the group of bones associated with posterior tibial neuralgia
7. Traveling vascular obstruction
8. Decreased motivation
10. Levator palpebrae superioris makes the eyelid go ____
11. Korbinian Brodman drew one of the brain; oftentimes follows ADC
14. Often associated with a triad of gait disturbance, urinary incontinence, and dementia
15. The "whole" or "collection" of individual elements perceived by the mind
18. Avoid this while taking monoamine oxidase inhibitors
19. Lip smacking is common with this type of dyskinesia
21. Score for absent deep tendon reflexes
23. One cause of 22 across, diagnosed when neutrophils number greater than 250/mm³
26. Robert Gunn's middle name
27. Malformation characterized by herniated tonsils
29. Droopy eyelid
31. Those with 29 down cannot ____ the eyelid
33. Measures intracranial voltages over time
34. Awareness for this disease was promoted by ice cold participants

UK Neurology Makes A Global Impact

Written by Drs. Ana Albuja & Mauricio Villamar

This past July we traveled to the Amazon together with Drs. Kimberly Jones and Danny Rose to participate in the VIII Neurological Mission in Tena, Ecuador. This annual mission is organized by Dr. Sebastian Espinosa (epilepsy, Boca Raton Regional Hospital), a University of Kentucky Neurology graduate, in order to provide care to people from an underserved region where there are very few medical specialists and not even a single neurologist. Our group also included Dr. Kevin Shapiro (pediatric vascular neurology, UCSF) and Dr. Alexander Paciorkowski (child neurology and genetics, University of Rochester). Together, and with the support of a wonderful team of other professionals and volunteers, we saw 204 neurological patients. There was an EEG technician, Simon Chulak, who performed a total of 33 EEGs.



Tena is the capital of Napo province in the Amazon rainforest, east of the Andes Mountains. It has a population of about 45,000 and is approximately a four-hour drive from the capital, Quito. The mission took place at Hospital Jose Maria Velasco Ibarra, an 80-bed public facility that serves as the only hospital for the region. The hospital has a few specialists including two internists, two gynecologists, one general surgeon, one orthopedic surgeon, two anesthesiologists and three pediatricians. However, the nearest neurologists are in Quito. For us, being able to return to Tena was a rewarding experience, as we had previously worked in Tena for one year after finishing medical school.

The population we served included residents from Tena, as well as people from neighboring indigenous Kichwa communities. In some cases, transportation was a major issue for them. The mother of one of our patients, a girl with cerebral palsy, had to walk for three hours in the jungle and then take a two-hour bus ride in order to seek medical care from us in Tena.

Although there are no MRI scanners available in this region of the Amazon, there was a CT scanner, which was a helpful diagnostic tool. The majority of our patients were children with epilepsy and/or cerebral palsy. Since the mission has been providing close follow-up to these patients over the past few years, and since their progress is documented using an electronic medical record system, most of these children have epilepsy that is now under much better control. The three antiepileptic medications available at the hospital were carbamazepine, valproic acid and lamotrigine. There was also one case of a girl who appeared to have status epilepticus in sleep, for whom we were able to dispense intranasal midazolam (something that had never been done before in Tena), like is used at UK Children's Hospital.

Unfortunately, many of these children have poor access to rehabilitation and special education services due to limited resources in the region. However, it seems that over the years, people from the Amazon are no longer thinking of neurologic disease as a stigma, mental disease, or the consequence of witchcraft, but rather as a treatable condition that warrants medical care. Although the mission takes place only once per year we hope that, by providing access to specialty care of this kind, the treatment gap for epilepsy and other neurologic disorders in the Amazon will diminish in the near future.

Synapses

- The department's administration has been working steadily on an upbeat and exciting website dedicated to neurosciences. The **Neurology Training Program** section showcases current trainees and alumni profiles, current research, and benefits of living and working in Lexington, Kentucky. If you haven't taken a look in a while, please visit: <http://neurology.med.uky.edu/neurology-programs> and make sure your profile is up-to-date and that you have shared your favorite pictures with the Education Office. This is our residents' and alumni's opportunity to shine!
- **Who's Who in Education?** Drs. Amy Hessler, Jonathan Smith, Dan Han (all recipients of the Abraham Flexner Award), Bryan Eckerle (Neurology Attending Physician of the Year), and Jordan Clay (Neurology Resident of the Year)...**THAT'S WHO!** The Department of Neurology was strongly represented at this year's Academic Convocation and Awards Ceremony. This event recognizes students, trainees and faculty for outstanding achievement in academics, service, research and teaching. Please take a moment to congratulate your colleagues!
- Congratulations to **Dr. Sharoon Qaiser**, who was selected to receive the American Academy of Pediatrics and Child Neurology Society Neurology Travel Award for his abstract, "Time is Neuron—Pediatric Status Epilepticus: Implementation and Measuring Effectiveness!" The abstract will be presented at the 46th Annual Conference in Vancouver, B.C.
- **CHIEFS' PIECE**—We hope that the start of the new academic year is going well for you both personally and professionally. Like every year, there have been changes in the program including modifications to the didactic curriculum, intern and resident schedules, night float and clinic policies. It is our goal to create an ideal learning and working environment for you! We need your input at our monthly chiefs' meetings and throughout the academic year. Your input is invaluable and drives change!

FROM THE PD'S PERSPECTIVE

Collegiality is an unwritten expectation that will improve your residency experience and translate into better teamwork. This is a key trait that employers look for and is analogous to being a solid team-player. Being collegial means mutual respect, empathy and caring about your colleagues' experience along with your own. It means lending a hand to help and trusting that the favor will be returned. If you take pride in being collegial, everyone's work experience will be better, and you will trust each other even more.

Can I hold the pager, so you can get a quick dinner break? I'll stay that extra hour, so you don't have to start on an already busy night-float with extra patients.



Hammer Time

Dr. Paul Gadiant and his mother leave cookies for the EEG staff. The next group of seniors had better start baking!



UK Alumnus, Dr. Sebastian Espinosa, MD; UK Alumni & Faculty, Drs. Kim Jones & Danny Rose; UK Residents, Drs. Mauricio Villamar & Ana Albuja providing much

Valeria. Valeria. Valeria.

Child neurology resident, Vale Naranjo takes a much needed vacation in sunny California.



John Suffredini (Internal Medicine), Professor McGonnagal, Michelle Abou-Jaoude (Ophthalmology), Swati Pradeep & Parneet Grenwal (Neurology), and Professor Dumbledore solemnly swear, *they are up to no good!*



The Department is fortunate that Dr. Sally Mathias rejoined our as faculty in September. Last year, Dr. Mathias was recognized by Vanderbilt University as the Best Outgoing Fellow in Clinical Neurophysiology and welcomed Gian Raphael D'Costa Mathias to the world! It sounds like you



Alumnus Mark Callow (left) completed the Warrior Dash in September 2016. Way to go...but, gross.



Congratulations to alumnus Ryan Patrick and his new wife Kellie Lynch, who were married in May 2016. Kellie deserves another round of applause for finishing her PhD in Experimental Psychology at the University of Kentucky, also in May.

Local Events & Save the Dates

- March of Dimes Greater Bluegrass Signature Chefs Auction: November 4
- Ice Skating in Triangle Park: November—January
- 11th Reindeer Ramble: December 10
- Holiday Market, Concert, Tree Lighting: November 25
- Christmas Parade: December 6
- Practical Update in Neurology: May 5
- KNI Holiday Party: December 8
- Trainee Research Day: May 19
- Graduation: June 4

Have a submission or want to write for the Hammer?

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