

the HAMMER

Spring 2016

Getting to know Dr. Tritia Yamasaki



How has life and work been after moving to Lexington?

I grew up in Long Beach, California, and attended Yale University where I majored in biology and learned to play the carillon (bells). Afterwards, I took two years to teach high school students English through the Japanese Exchange Teaching Program in Saitama, Japan. Thereafter, I explored my interest in research in neurodegenerative disease in the lab of Frank LaFerla at University of California, Irvine and found it fascinating and thus enrolled in the UC Irvine Medical Scientist Training Program. I completed my internship there and then completed residency in neurology at

UCLA. I then did a two year fellowship (movement disorders combined with research) at Washington University in St Louis. I am now happy to be in Kentucky, as is my husband Brad, who has been a faculty member in the Physics and Astronomy Department for several years now, and my 2-year-old daughter Caitlyn. We spend a lot of time at Shillito Park and Triangle Park, as well as Joseph Beth and the library.

What led you to choose a career in Movement Disorders, and what aspects of the field you consider most appealing?

I decided on movement disorders as there are a lot of options available to manage symptoms of many movement disorder patients from multiple different medications to surgical options. However, there is also a dearth of disease-modifying therapies and a real need for research in this area.

Is there any area that you are focusing your research on?

As a KL2 scholar, I spend about 80 percent of my week on research, which focuses on a cell-based assay to detect pathologic aggregation of alpha-synuclein. We are looking at the idea that synuclein may spread through the brain via a prion-like mechanism in synucleinopathies such as Parkinson's disease, multiple system atrophy,

and dementia with Lewy bodies.

Do you have any suggestions for residents who are interested in the field?

Use your access to various faculty and also externships to get exposure to different patients and also different styles of management, as everyone has their distinct style and preferences. You may want to sit in on deep brain stimulation (DBS) surgeries—there are many conducted here at UK—so you understand the procedure. Make sure you choose a fellowship that is a good fit for you and your goals. If you want DBS exposure, make sure you are looking at programs that have a good volume of patients that undergo the procedure and are managed there. If you want to do research, make sure there are people at the institution that will be a good fit and the program will allow you the time to obtain preliminary data needed. You may want to apply for fellowships for research as early as September or October the year prior (i.e., AAN fellowships, internal training grants). There is also a great course in Aspen in July every year called "Comprehensive Review of Movement Disorders for the Clinical Practitioner," which gives a really good overview of movement disorders and is worth attending.

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2016 Trainee Research Day: Translation Stroke Therapy, Bench-to-Bedside

The Department of Neurology is delighted to announce that Daniel T. Laskowitz, MD, MHS, from Duke University will give the key note address at our 5th annual research day scheduled for Wednesday, June 1, 2006 at the Hilary J. Boone Center. The evening will begin at 5:00 p.m. and consist of five platform presentations and more than 25 poster presentations featuring varying stages of research and quality improvement projects.

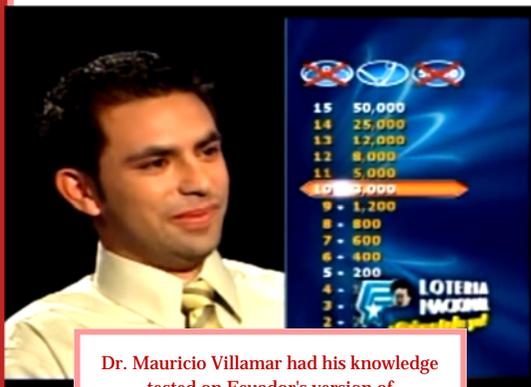
To learn more about Dr. Daniel T. Laskowitz, please visit: <http://neurology.duke.edu/faculty/details/0056656>.

Resident Wellness: *How do you relax?*

Written by Sushanth Aroor, PGY–3 Adult Neurology Resident

Residency is a stressful and challenging time, but it does not have to be a time of suffering. During residency there are many things we should be doing: reading more, surviving our on-call nights, and answering tasks on AEHR. It's easy to overlook some of the things that our bodies and souls need just for us. Fortunately, we are lucky to have a residency committee that listens and has taken steps to address this issue. For example, a few residents attended *Mindfulness-Based Stress Reduction* (MBSR) classes at the *Mind Body Studio*, which was paid for by the department. In addition, our chief residents are planning resident hang-out events. Finally, I thought it would be interesting to share how some of your peers relax and take their mind off work.

- *Ben Barnes, PGY–1: I've found that exerting myself physically is necessary for me to relax and balance the intellectual demands of residency. In fact, I have started training for a strongman event that will be held in Frankfort (Kentucky) next month. The events will be atlas stones, tire flip, farmers walk, car deadlift, and log press if anyone wants to look them up. It's silly, but for me that's the point. For more information, visit <https://strongmancorporation.com/event/kentucky-beast-of-the-bluegrass-ix-plat-plus/>*
- *Emily Justusson, PGY–2: I started dancing Argentine tango my freshman year of college in 2004 in Portland, OR. For years, I went out dancing multiple times per week and have continued to dance socially when I'm able to fit it into my busy schedule as a resident. Whenever I visit a new city, I try to find the opportunity to go dancing and meet the local tangueros/as. It has been a fun way to connect with other people, express creativity, and relax. In Lexington, there are social dances 1-2 times per month and practicas every Wednesday evening. Classes are also available with advanced registration with Marcela Duran, who starred in Forever Tango on Broadway. More information at www.lextango.com. There are also dances/practicas in Cincinnati, including Wednesday evenings, most Fridays, some Saturdays, and special events. More information at www.tangodelbarrio.com.*
- *Jigisha Thakkar, PGY–2: I like to relax by spending time creating decorative pieces of art using all kinds of materials, my latest interest being mosaic art. I also like building my own small pieces of accent furniture.*
- *Mauricio Villamar, PGY–2: One of my hobbies is watching trivia game shows. A few years ago, I decided to try my luck in one of them, so I sent a text message to be a contestant in "Who Wants to be a Millionaire?" in Ecuador. After a random selection and a phone screening, I was invited to a local TV station where I was made to take a general knowledge test, interview with a producer (probably to make sure that I wouldn't be too weird to be on TV or freak out in front of the camera). And I finally made it on the show! Here's a link to the video: <https://www.youtube.com/watch?v=BuAvTSaaB5I>.*
- *Sushanth Aroor, PGY–3: I recently picked up learning the bass guitar, something I have wanted to learn for a long time. While it can be a challenge to find a good teacher, fortunately, I just have to knock on the door of my roommate, Arpan who is an excellent guitarist himself and obviously a very patient teacher.*
- *Arun Swaminathan, PGY–4: I recently started playing tennis and enjoy it because it's a great sport and exercise. It also has been great way to bond with other residents!*



Dr. Mauricio Villamar had his knowledge tested on Ecuador's version of *Who Wants to be a Millionaire?*

Chief Residents Drs. Abdullah Al Sawaf and Shahzad Zafar encourage you to take breaks on a regular basis like this one following their 2016 ACNS Conference. Just a few moments to yourself will boost your energy levels and improve your health status.



Meet your new colleagues!

Adult Neurology 2016/2017



Tarek Ali, University of Sydney



Katelyn Dolbec, University of Limerick



Karl Echiverri, University of Kentucky



Kevin O'Connor, Indiana University

Child Neurology 2016/2017



Wali Qayoumi, University of Toledo



Tarun Singh, Smt. N.H.L. Municipal Medical College



Julie Youssefi, University of Kentucky



Neil Toupin, University of Kentucky



Mike Karras, University of Kentucky

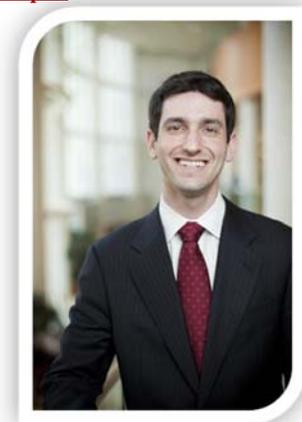
From the PD's Perspective

Please take note of this important reminder that depression, demoralization, and fatigue are problems that doctors can commonly experience, are not something to be embarrassed about, and do not need to be ignored. I am personally available to all of you as a confidential resource, anytime, and can promise you that you do have options, and we can adjust your training if needed. I care about you, first and foremost, and your training only second. If it is in the best interest of your mental health, you can take a leave and return to the program later, for example. All of our faculty and the chiefs are potential confidential resources for you, if you are not comfortable discussing with me.

In addition, non-emergent (859-323-6021) and emergent (859-268-6400) confidential psychiatric care/counseling is available to you as trainees through our Department of Psychiatry. These services are arranged specifically to take into account the sensitive nature of receiving mental health care as a trainee. See GME house staff manual for other details (<https://gme.med.uky.edu/sites/default/files/2015-2016%20House%20Staff%20Handbook.pdf>).

Additionally, here are a few program notes to keep in mind:

- Please remember to meet with your **faculty mentors** during this last half of the year if you haven't done so.
- Thank you to everyone who participated in our residency recruitment this past season. Our excellent match list reflects the growth of our training program and your investments into making it strong.
- Seniors, please be conscientious about wrapping up your **observed clinical exams**, which are an ABPN board certification requirement. These can be found on Med Hub.
- Finally, congratulations to our new chief residents, Drs. Jigisha Thakkar (administrative) and Arpan Shrivastava (academic). Arpan will be covering administrative responsibilities on months when Jigisha is on stroke or night-float.



Happy Hours



Residents physicians, Sushanth Aroor, Fahd Sultan, Sourabh Lahoti, Priyanka Yadav ski at Perfect North with Amol Mujumdar, Rabia Shamim and Itishree Soni.



Drs. Shahzad Zafar, Arun Swaminathan, Meriem Bensalem-Owen and Abdullah Al Sawaf with Susan Hollar attend the 69th annual American Epilepsy Society (AES) meeting in Philadelphia.



Congratulations to Dr. Kara Swafford, PGY-2, for receiving the UK GME Resident of the Month—April



Divya Singhal (2012) & Kara Kennedy (2006) reunite at the 2016 AAN in Vancouver



Left: Ana Albuja (PGY 3) & Mauricio Villamar (PGY 2) are making a difference in Ecuador!

To see the full interview, visit: <http://www.wkyt.com/content/news/UK-HealthCare-resident-raising-funds-for-Ecuadorian-earthquake-victims-376603761.html>.

To contribute to the cause, visit:

<https://www.gofundme.com/Earthquake-Ecuador>

Local Events & Save the Dates

- 2016 Practical Update in Neurology & Neurosurgery: April 29
- Blue Man Group: May 4, EKU Center for the Arts
- May 2016 Night Market: May 6
- 2016 Kentucky Oaks & Derby: May 6
May 7
- KY Wine & Vine Fest: May 14, Nicholasville
- Run for the Paws 5k: May 15, Winchester
- Buy Local Fair: May 22, Louisville
- Trainee Research Day: June 1
- 5th Annual Epilepsy Symposium: June 3—4
- Floracliff Field Studies, Ferns & Fern Allies of KY: June 4—5
- Graduation: June 5
- 5/3 4th of July Festival: July 1—4
- Jerry Seinfeld: July 8, EKU Center for the Arts
- Midway Fall Festival: September 17—18



Have a submission or want to write for ***the Hammer?***

Email ukneuroresidents@uky.edu

Do you know a superstar?

gme.med.uky.edu/resident-month-nomination

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