

UC SAN DIEGO DIVISION OF GASTROENTEROLOGY

LETTER FROM THE CHIEF

Dear Colleagues,

Since the last newsletter, I have a number of new appointments to announce. First is Heather Hernandez as the Division Administrator. Heather joins us from a similar position in the Division of Nephrology and brings a wealth of experience and energy. She replaces June Boyer who ably held the position for the previous 11 years, and whose retirement celebration is detailed elsewhere in the newsletter. I would also like to thank June for her extraordinary service to the Division over the years. Second is Kathy Bordeaux RN as the Nurse Practice Manager for the Division, responsible for all of the scheduling and outpatient clinic activities. Kathy is a former endoscopy unit manager, and more recently an outpatient clinic manager. She will merge those experiences to help us better manage our practice in the years to come, and I am very grateful to have her in place.



Third is Dr. Alex Kuo who has been appointed both Medical Director of the Liver Transplant Program and Director of Hepatology. Alex is profiled elsewhere in the newsletter. I look forward to working with Alex in his new role. Together, these three administrative and leadership appointments strengthen the Division leadership team.

Another item that I would like to highlight is the U.S. News and World Report rankings. This year Gastroenterology and GI Surgery at UC San Diego ranked #31 nationally out of approximately 2,000 hospitals with gastroenterology programs. This ranking reflects the collective hard work of the faculty, GI fellows, nurses, technicians, medical assistants, schedulers, administrative assistants, researchers, etc. It also shows that we are on the right track with our strategy of developing service lines in interventional endoscopy, advanced liver disease and transplant, inflammatory bowel disease, celiac disease, motility, and colorectal cancer. Our success in rankings like this show us that together we are greater than the sum of the parts.

Finally, this issue of the newsletter highlights the research programs of John Chang and Jesus Rivera, and shows a large and robust group of scientific publications from the Divisions in prestigious journals such as Cell, Annals of Surgery, Gastroenterology, Hepatology, JAMA, and the New England Journal of Medicine. The research mission of our Division is indeed thriving.

We come next to the busy fall season which will include interviews for our next fellowship class, the ACG and ASSLD, and before you know it the holidays will be here. I wish all of you a happy and productive fall!

Best Regards,

William Sandborn, MD

Professor and Chief, Division of Gastroenterology

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FACULTY SPOTLIGHT

Alexander Kuo completed his medicine residency at the Massachusetts General Hospital and GI/Hepatology fellowship at UCSF. He was

recruited to UCSD in 2007 to join the transplant Hematology team. As the Director of Hepatology and the Medical Director of Liver Transplantation he has overhauled the clinical Hepatology service, improving access and outcomes. Wait times for new appointments are now less than 14 days. Patients with decompensated cirrhosis or suspected liver cancer are seen in less than 7 days. One-year graft and patient survival from 2010-2012 is now at 95%, one of the highest rates in the state. Patient satisfaction has also skyrocketed with Press-Ganey surveys showing >80% of patients are likely to recommend the liver clinic to their family and friends, a rate higher than the medical center average.

In 2012 he was awarded a \$835,000 grant through the CDC for the Hepatitis Care Connection Program (Hep-Care Connect) to screen patients in San Diego County for HCV, working closely with the UCSD HIV early test program and the Family Health Centers of San Diego which is the second largest Federally Qualified Health Center in the nation. Nearly 4,000 people have been screened so far and the grant was recently renewed for 2014.

The focus of Dr. Kuo's research has been on the treatment of hepatitis C infection and improving post-transplant outcomes. To this end he has worked through the UCSD Antiviral Research Center to offer numerous clinical trial options for patients with HCV including novel interferon-free regimens for patients with advanced cirrhosis or post liver transplantation. As a key contributor to the HCV-TARGET multi-center registry study, Dr. Kuo is reporting on the real-world use of the first-generation HCV protease inhibitors telaprevir and boceprevir. The study has been extended to collect data on future direct-acting antiviral agents as they become available.

Changes in the healthcare landscape have also motivated Dr. Kuo to explore new ways to deliver care for patients with advanced liver disease. He re-organized the Hepatology faculty around care teams including an NP, RN, and administrative assistant in an effort to promote continuity of care and create a specialty medical home. Dr. Kuo has also piloted the first shared medical appointments in San Diego for his patients with advanced liver disease. His clinic has recently been featured in the LA Times and the Takeaway radio show, which is a co-production of WNYC Radio and Public Radio International.

Alexander Kuo, M.D
Associate Clinical Professor,
Director of Hepatology & Liver Transplant



Dr. Kuo is a core faculty member of the International Antiviral Society and speaks nationally to educate providers around the country on the latest developments in HCV therapy and liver disease management.

RESEARCH SPOTLIGHT

John Chang, M.D.
Assistant Professor,
UC San Diego School of Medicine

Dr. John Chang obtained his B.S. in Biological Sciences from Stanford University and his M.D. from Temple University. During medical school, he spent two years as a Howard Hughes Medical Institute-National Institutes of Health Research

Scholar in the laboratory of Dr. Ethan Shevach at the NIH, where he developed a strong background in cellular and molecular immunology. Dr. Chang subsequently did both his Internal Medicine residency and Gastroenterology fellowship at the University of Pennsylvania. During his fellowship, Dr. Chang published a first-authored paper revealing a role for asymmetric T lymphocyte division in adaptive immune responses in the prestigious journal *Science*, and this work was subsequently named by that journal as one of the most significant scientific breakthroughs of 2007. Dr. Chang was recruited to the faculty at the University of California, San Diego in October 2009, where he has established his research program by successfully competing for multiple research grants, including two NIH R01s, a NIH Director's New Innovator Award, as well as funding from the V Foundation and the Howard Hughes Medical Institute. His laboratory is focused on investigating basic immune mechanisms underlying lymphocyte fate determination in the context of infectious diseases and inflammatory bowel diseases. In addition, he is conducting translational studies in close collaboration with Dr. William Sandborn and the UCSD IBD Center in order to better understand IBD pathophysiology and to potentially identify new therapeutic targets for these diseases.



Website: <http://changelab.ucsd.edu>

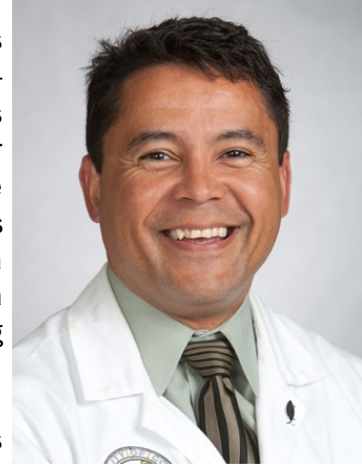
Newsworthy Notes:

Dr. Pradipta Ghosh and her Fellow Margaret Chiu received the 2013 Clinical Research Mentorship Award from the Doris Duke Charitable Foundations & Fellow Gary Ma received the 2013 Medical Student Research Award from the American Heart Association

RESEARCH SPOTLIGHT

Dr. Jesus Rivera-Nieves began his medical training in his native San Juan at the University of Puerto Rico Medical Sciences Campus. As a third year medical student he joined the Howard Hughes-NIH research scholars program, which exposed him to the scientific environment of the intramural National Institutes of Health. After completing his MD degree, Dr. Rivera-Nieves went on to complete a 3 year Internal Medicine residency at the University of Maryland, returning to the NIH 3 years later to continue his research training. Afterwards he proceeded to train for 4 years as the first Gastroenterology and Hepatology research fellow at the University of Virginia mentored by Dr. Fabio Cominelli. Dr. Rivera-Nieves has been awarded the Robert Wood Johnson Medical Faculty award and a Glaxo Institute of Digestive Health research award. In addition, Dr. Rivera has received the BLRD VA Merit Review award and a NIH grant for Targeting L-Selectin in the Chronic Murine Ileitis.

Dr. Jesus Rivera-Nieves
Associate Professor
UC San Diego School of Medicine



The goal of our Dr. Rivera's research is to further understand how do T cells home specifically to distinct intestinal segments to explain the regional localization of the 2 main IBDs. The inflammatory bowel diseases (IBD) affect over a million people in North America and their incidence is on the rise. These 2 chronic inflammatory conditions affect distinct intestinal segments. Ulcerative colitis involves strictly the large intestine while Crohn's disease may appear anywhere in the alimentary tract, from the mouth to the anus. Lymphocytes (T cells) are imprinted by dendritic cells with a cytokine (e.g. Th1, Th17) and homing program (e.g. CCR9, $\alpha 4\beta 7$ integrin) and are in great part responsible for the perpetuation of IBD. The imprinting mechanisms that result in the expression of specific surface molecules required for the regional localization of IBD are only partially understood. The lab utilizes a variety of mouse models of IBD from simple chemically-induced injury models (e.g. DSS) to immunologically-manipulated models (i.e. CD45Rb^{high} transfer) to spontaneous chronic models of colitis and Crohn's-like ileitis (i.e. TNF Δ ARE, SAMP1/Yit). Blocking traffic has been proven efficacious for the treatment of Crohn's disease, through the use of antibodies against integrins (i.e. natalizumab). However, in certain patients serious complications from this therapy. Further understanding the mechanisms of develop traffic to the intestine will allow us to fine-tune this strategy for both efficacy and safety.



Rivera-Nieves Lab Group

2013 FELLOWS GRADUATION

This year's Fellow Graduation was held on June 23, 2013 at the home of Dr. Thomas Savides. Graduating were Erica Boettcher, Brigid Boland, Imad Elkhatib, Mazen Nouredin, and Amir Zarrinpar. As usual it was fun learning details about our fellows personal life and trying to guess which fact belonged to which fellow.

Dr. Nedret Copur-Dahi received the 2012-2013 Clinical Teaching Award from the graduating Fellows. This year's graduation ceremony marked a turning point for our Program as Dr. Thomas Savides at the end of June stepped down as Program Director to become the National GI Caucus Director for Gastroenterology fellowships. Imad gave a very touching speech as the graduating fellows presented Dr. Savides with a scrapbook of pictures and thoughts from past and present trainees. The Division also recognized him for his 10 year service as Program Director. In July, Dr. Denise Kalmaz became the new Program Director.

So where did our graduates go?

Erica Boettcher joined Kaiser San Diego

Brigid Boland stayed at UCSD and works in the laboratory of Dr. John Chang and 2014-2015 she will be the Advanced IBD Fellow.

Imad Elhatib stayed at UCSD and is Dr. Savides Advanced Endoscopy Fellow

Mazen Nouredin joined the faculty of USC as an Assistant Professor

Amir Zarrinpar joined our faculty as an Assistant Professor



What about our Advanced Fellows?

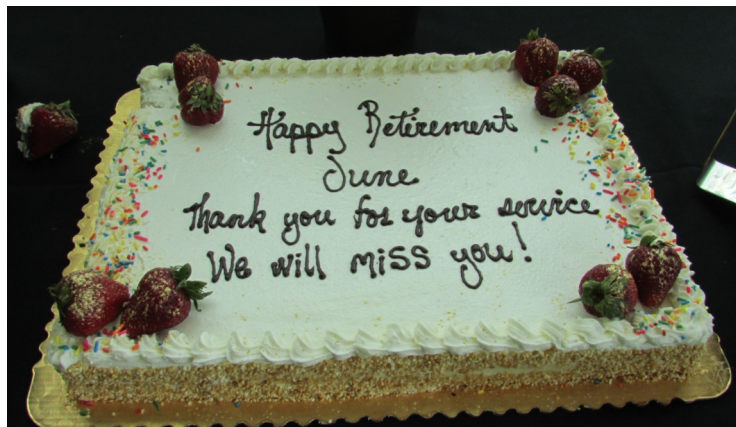
Suri Pola Advanced IBD fellow joined the faculty of Kaiser San Diego

Michael Chan, one of Dr. Savides' Advanced Endoscopy Fellow joined the faculty of Kaiser Placentia

Dan Lawson Dr. Savides other Advanced Endoscopy Fellow came to us from the Navy and he returned to duty with the Navy.

We wish all our graduates well and success for the Future!

JUNE BOYER'S RETIREMENT



After 11 years of service to the Division of Gastroenterology as its Management Services Officer and 30 years of service to the University, June Boyer retired June 27, 2013. The Division recognized June's exemplary service to the Division with a retirement party on July 24, 2013. Heather Hernandez joined the Division as June's replacement. On behalf of the Division "Thank You" June for your service!

DIVISION PUBLICATIONS

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- Kudoh K, Uchinami H, Yoshioka M, **Seki E**, Yamamoto Y. Nrf2 activation protects the liver from ischemia/reperfusion injury in mice. *Ann Surg* 2013
- Leung F, Cheung R, Fan R, Fischer L, Friedland S, **Ho SB**, Hsieh Y, Hung I, Li M, Matsui S, McQuaid K, Ohning G, Ojuri A, Sato T, Shergill A, Shoham M, Simons T, Walter M, Yen A. The water exchange method for colonoscopy-effect of coaching. *J Interv Gastroenterol*. 2012 Jul;2(3):122-125. Epub 2012 Jul 1. PMID: 23805391
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- Groessl EJ, Sklar M, Cheung RC, Bräu N, **Ho SB**. Increasing antiviral treatment through integrated hepatitis C care: A randomized multicenter trial. *Contemp Clin Trials*. 2013 May 10. doi:pii: S1551-7144(13)00069-4.10.1016/j.cct.2013.05.002. [Epub ahead of print] PMID: 23669414
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- Ho SB**. Editorial. The Past and Future in Gastroenterology. *Fed Practitioner* June 2013;10-11. Samuel S, Bruining DH, Loftus EV, Thia KT, Schroeder KW, Tremaine WJ, Faubion WA, Kane SV, Pardi DS, de Groen P, Harmsen WS, Zinsmeister AR, **Sandborn WJ**. Validation of the ulcerative colitis colonoscopic index of severity and its correlation with disease activity measures. *Clinical Gastroenterology & Hepatology* 2013;11:49-54.
- Sinakos E, Samuel S, Enders F, Loftus EV, **Sandborn WJ**, Lindor KD. Inflammatory bowel disease in primary sclerosing cholangitis: a robust, yet changing relationship. *Inflammatory Bowel Diseases* 2013;19:1004-1009.
- Herfarth HH, Katz JA, Hanauer SB, **Sandborn WJ**, Loftus EV, Sands BE, Galanko JA, Walkup D, Isaacs KL, Martin CF, Sandler RS, Sartor RB. Ciprofloxacin for the prevention of postoperative recurrence in patients with Crohn's disease: a randomized, double-blind, placebo-controlled pilot study. *Inflammatory Bowel Diseases* 2013;19:1073-1079.
- Seminario JL, Loftus EV, Colombel JF, Thapa P, **Sandborn WJ**. Infliximab for Crohn's disease: the first 500 patients followed up through 2009. *Digestive Diseases and Sciences* 2013;58:797-806.
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DIVISION PUBLICATIONS CONTINUED

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- Fahmy M, Shabaik A, **Sandborn WJ**. Cecal patch manifest as an inflammatory pseudopolyp and characterized by chromoendoscopy. *Inflammatory Bowel Diseases* 2013;19:E57-8.
- Pola S, Fahmy M, Evans E, Tipps A, **Sandborn WJ**. Successful use of infliximab in the treatment of corticosteroid dependent collagenous colitis. *American Journal of Gastroenterology* 2013;108:857-858.
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- Gareau MG, and **Barrett KE**: Fluid and electrolyte secretion in the inflamed gut: novel targets for treatment of inflammation-induced diarrhoea. *Current Opinion in Pharmacology*, in press.
- Gupta S**, Halm EA, Rockey DC, Hammons M, Koch M, Carter E, Valdez L, Tong L, Ahn C, Kashner M, Argenbright K, Tiro J, Geng Z, Pruitt S, Sugg Skinner C. Comparative Effectiveness of Fecal Immunochemical Test Outreach, Colonoscopy Outreach, and Usual Care for Boosting Colorectal Cancer Screening Among the Underserved: A Randomized Clinical Trial. *JAMA Intern Med.* 2013 Aug 5.
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- Kung R**, Reid A, Guo Y, Ford R. Colon Cancer Screening in HIV-infected Patients Age 50 and Older: Data from an outpatient HIV clinic. *Practical Gastroenterology*, in press

Newsworthy Notes:

Dr. William J. Sandborn and Dr. Thomas Savides made the list of Top Doctors in GI for 2013 as evaluated by the San Diego County Medical Society and San Diego Magazine

POSTER PRESENTATIONS

ACG Presentations

Elkhatib I, Lawson R, Fehmi, A, Savides, TJ. *Pericardio-esophageal fistula in the setting of a Self-expanding esophageal stent*. Poster presentation at the American College of Gastroenterology Annual Scientific Meeting, San Diego, CA, October 2013.

Crowe, S.E., Invited speaker for the ACG Annual Postgraduate Course 2013, San Diego, CA. "New insights on gluten intolerance".

Crowe, S.E., Invited speaker and moderator for Symposia 2A, "IBS or Not?" on "Food Intolerances and IBS: Coexistent or Separate Entities?" Poster presentation at the American College of Gastroenterology Annual Scientific Meeting, San Diego, CA, October 2013.

Bhandari, A., **Crowe, S.E.**, A 10-Year Retrospective Study of Celiac Disease (CD) and Other Gluten Sensitive Patients at the University of California at San Diego (UCSD), Poster presentation at the American College of Gastroenterology Annual Scientific Meeting, San Diego, CA, October 2013.

Zarrinpar, A., Kaushal, K., Egnatios, J., Kalmaz, D. "Characteristics of Non-Diagnostic Capsule Studies Due to a Fast Small Bowel Transit Time." Poster presentation at the American College of Gastroenterology Annual Scientific Meeting, San Diego, CA, October 2013.

Zarrinpar, A., Kaushal, K., Egnatios, J., Kalmaz, D. "Diagnostic Yield of Small-Bowel Capsule Endoscopy in Patients with Chronic Abdominal Pain: A Single-center Assessment. Poster presentation at the American College of Gastroenterology Annual Scientific Meeting, San Diego, CA, October 2013.

Shah A, Savides T, Fehmi A. Duodenal Obstruction Develops Frequently in Unresectable Pancreatic Cancer with Modern Medical Management. Poster presentation at the American College of Gastroenterology Annual Scientific Meeting, San Diego, CA, October 2013.

Miller M, **Kung R**, Laney J, Fluker S, Lundberg, K, Quairol K. Success with New Protease Inhibitor-Based Hepatitis C Therapy in an Urban, Primary Care-based Hepatitis C Clinic. Poster presentation at the American College of Gastroenterology Annual Scientific Meeting, San Diego, CA, October 2013.

AASLD Presentations

Curry MP, Forns X, Chung RT, Terrault NA, Brown R, Fenkel JM, Gordon F, O'Leary J, **Kuo A**, Schiano T, Everson G, Schiff E, Befeler A, McHutchison JG, Symonds WT, Denning J, McNair L, Arterburn S, Moonka D, Gane E, Afdhal N. *Pretransplantation Sofosbuvir and Ribavirin to Prevent Recurrence of HCV Infection after Liver Transplantation [abstract]*. AASLD; Washington D.C., November 1-5, 2013.

Di Bisceglie AM, **Kuo A**, Rustgi VK, Sulkowski M, Sterling RK, Stewart T, Fried MW, Fenkel JM, ElGenaidi H, Mah'moud MA,

Abraham GM. *Virologic Outcomes and Adherence to Treatment Algorithms in a Longitudinal Study of Patients with Chronic Hepatitis C Treated with Boceprevir (BOC) or Telaprevir (TVR) in the United States (HCV-TARGET) [abstract]*. AASLD; Washington D.C., November 1-5, 2013.

Patton H., O'Leary J, Reddy R, Kamath P, Wong F, Maliakkal B, Fallon M, Garcia-Tsao G, Subramanian R, Malik R, Thacker L, Bajaj J. *Urinary Tract Infections are Associated with Similar Poor Outcomes Compared to Other Infections in a Multi-Center Hospitalized Cirrhosis Cohort (NACSELD)* AASLD; Washington D.C., November 1-5, 2013.

Curry MP, Forns X, Chung RT, Terrault NA, Brown R, Fenkel JM, Gordon F, O'Leary J, **Kuo A**, Schiano T, Everson G, Schiff E, Befeler A, McHutchison JG, Symonds WT, Denning J, McNair L, Arterburn S, Moonka D, Gane E, Afdhal N. *Pretransplantation Sofosbuvir and Ribavirin to Prevent Recurrence of HCV Infection after Liver Transplantation [abstract]*. AASLD; Washington D.C., November 1-5, 2013.

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DDW Presentations

Crowe, S.E., Invited speaker, Clinical Challenge Session, "The Many Faces of Celiac Sprue", AGA 2013 Spring Postgraduate Course, Orlando, FL. DDW

Crowe, S.E., Invited speaker, Rome Foundation Symposium, "Food sensitivities and food allergies in functional GI disorders", Digestive Diseases Week 2013, Orlando, FL. DDW

Crowe, S.E., Co-moderator, AGA Symposium, "Are we ready to prevent celiac disease?" Digestive Disease Week 2013, Orlando, FL. DDW

Newsworthy Notes:

Dr. Amir Zarrinpar received the Fellowship 2Leadership Salix Fellows' travel award.

GASTROENTEROLOGY MISSION STATEMENT



ORGANIZATION STATEMENT

The UCSD GI Division will provide the best clinical care to those afflicted with gastrointestinal and liver diseases, investigate at the clinical and basic levels the best way to improve those diseases, and educate trainees on how to best approach the care of patients with those diseases. The UCSD GI Division will strive to be nationally recognized through its faculty as well as innovations that will improve the care of patients with gastrointestinal and liver diseases nationwide.

The UCSD GI Division was founded in 1970 by Henry Wheeler, M.D. who served as its first Division Chief. Later, Jon I. Isenberg, M.D. led the Division from 1979 to 1993, followed by C. Richard Boland, M.D. from 1995 to 2003, John M. Carethers, M.D., from 2004 - 2009 and William J. Sandborn from 2011-Present. The GI fellowship Training Program commenced in 1974 and the NIH Training Grant was initially funded in 1976. The Division has trained several local gastroenterologists in San Diego, as well as developed several academicians at University-based medical schools, including some with leadership and administrative positions.

Faculty, Fellows and Alumni join us on Facebook by logging into your Facebook account and typing in the search menu "UCSD Gastroenterology Fellows and Alumni" and click "ask to join." You can also go to <http://www.facebook.com/groups/11427778649025>

GI Division Office
 9500 Gilman Drive (MC 0956)
 La Jolla, CA 92093
 East Campus Office Building
 V: 858-657-5284 | F: 858-657-5022

UCSD GI Clinical Referral

General GI	619-543-2347
Hepatology	619-543-6303
Interventional Endoscopy	858-657-6882
Motility	619-543-6834
IBD	858-657-8787
Celiac	619-543-2347

VA Medical Center
 Gastroenterology Section (111D)
 3350 La Jolla Village Drive
 San Diego, CA 92161
 Tel: (858) 552-8585 x2631
 Fax: (858) 552-4327

Making the Most of Your Charitable Gifts

Here are just a few options on how you can support UC San Diego Division of Gastroenterology:

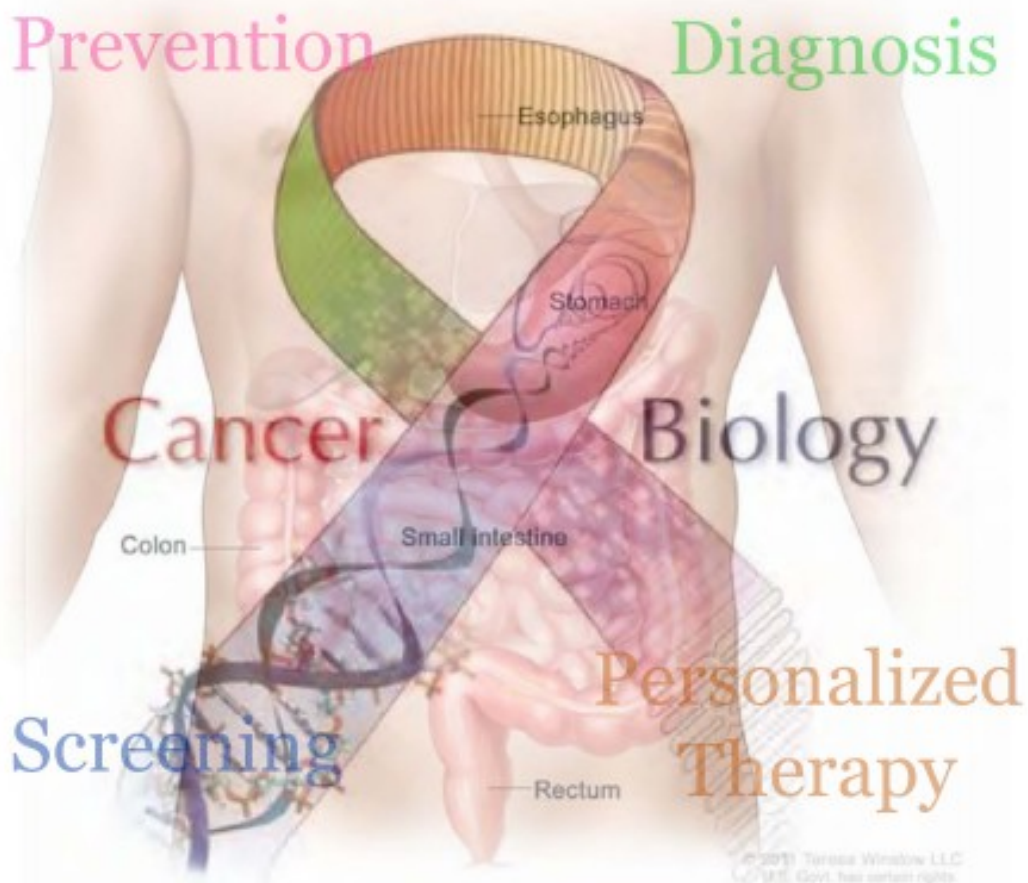
Option 1 – The simplest way to donate is a **gift of cash** (including checks and credit cards). Remember if you itemize you may be able to receive a charitable deduction for 2013 for your gifts received on or before December 31st. You may contribute directly to UCSD GI by visiting our page at <http://www.gastro.ucsd.edu> and clicking on the ABOUT tab and choosing "Support Our Work" on the left hand column.

Option 2 – A gift of **appreciated securities** also offers an attractive opportunity to support the Division of Gastroenterology. By contributing appreciated securities that you have held longer than 12 months, you will receive a charitable income tax deduction, in most cases for their full fair market value, and avoid any capital gains tax liability. It is important to remember that your securities must be transferred to the U.C. San Diego Foundation by December 31st for the 2013 tax year.

UC San Diego - Division of Gastroenterology



Malignancies of the Digestive System: Addressing Unmet Needs



7th Annual Research Symposium

Saturday, Oct 19, 2013

8 am - 3 pm

**UCSD Moores Cancer Center
Goldberg Auditorium
2nd Floor**



Our Fellows are an important part of the Division of Gastroenterology. They are a very bright and talented group who work extremely hard at their research and clinical work. Their dedication to their field in turn is an excellent representation of this Institution and beyond.

To assist our Fellows, the Division of Gastroenterology has implemented the Fellowship Education Fund to support their Fellowship education. These funds go directly to support our Fellows in their education during their course of their tenure at UCSD. There are currently little or no funds to support such endeavors, and the Division is appealing to you as a former Fellow, former Faculty or an affiliated physician with UCSD to consider contributing with a tax-free donation to the Fellowship Education Fund.

Please complete the information below, and mail your donation in the enclosed self-addressed, stamped envelope. We will also send you a receipt for tax purposes. Your donation is greatly appreciated.

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Alternatively, you can pay by credit card by visiting our Division website at www.gastro.ucsd.edu and under the "Help Us Support" click the "Make Your Donation Now" button to donate.