

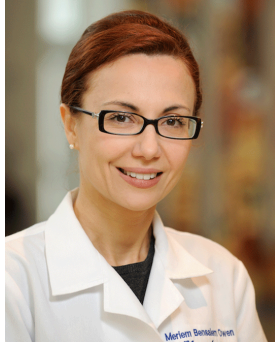
# *The Newspaper*

University of Kentucky  
Department of Neurology  
April 2021

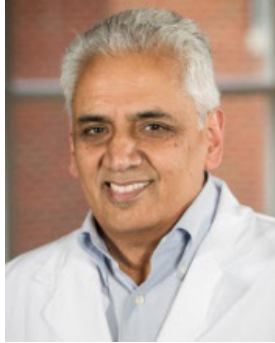
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## Publications



Karakis I, Liu L, Bensalem-Owen M, LaRoche SM, Lopez JR, Schmitt SE, Britton JW, Nuwer MR, Lee LH, Rubin D, Laughlin RS, Sinha SR. Clinical Neurophysiology Fellowship Program Directors Survey on a Standardized Fellowship Match Process: A Call for Action. *Journal of Clinical Neurophysiology*, April 14, 2021. Online ahead of print.



Avasarala J, Guduru Z, McLouth C, Wilburn A, Talbert J, Sutton P, Sokola B. Use of anti-TNF- $\alpha$  therapy in Crohn's disease is associated with increased incidence of multiple sclerosis. *Mult Scler Relat Disord*. 2021 Apr 9;51:102942. Online ahead of print.



Wallace ER, Segerstrom SC, van Horne CG, Schmitt F, Koehl LM. Meta-analysis of cognition in Parkinson's Disease mild cognitive impairment and dementia progression. *Neuropsych Rev*. 2021; DOI: 10.1007/s11065-021-09502-7.

## Meeting Presentations

### American Academy of Neurology

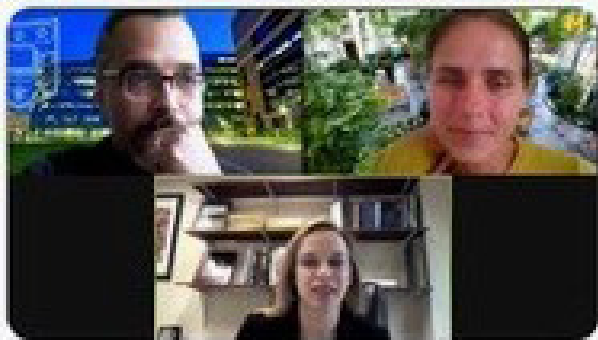
Meriem Bensalem-Owen, MD, gave 2 presentations for Clinical Epilepsy 1: Basics; "When to Start Anti-seizure Medications", and "Treatment Considerations for Specific Epilepsy Populations."

Ima Ebong, MD, presented, "Health Equity for Neurology Residents," "Neurology Networking & Advocacy through Social Media," "How to be an Anti-racist Neurology Department," and "Conversation Corner: How to Leverage Social Media as a Neurologist."

Larry B. Goldstein, MD, presented, "Funds Flow Models: What Works? What Doesn't Work?"

Amy Hessler, DO, presented, "Moving Toward Gender Equity in Graduate Medical Education Leadership."

### American Society of Neurorehabilitation



Kara Kennedy, DO, was selected to be the Symposium Director for the main event ASNR annual meeting on racial disparities in outcomes post-stroke. The title of her presentation was, "Not separate, but still unequal: race and outcomes post-stroke."



Ann Stowe, PhD, presented, "The future of neurorehabilitation is bright, if we choose it to be," on the topic of, "The biologic future of neurorehabilitation."

## Invited Grand Rounds

### Marshall University School of Medicine



Sally Mathias, MD, and Farhan Mirza, MD, were invited to present Grand Rounds virtually, their presentation was entitled, "Responsive Neuro-stimulation."

## Meeting Poster Presentations

### American Academy of Neurology

Yousuf F, Young B, Waheed S, Lee J. Evaluation of appointment adherence in the transition of care clinic.

Yousuf F, King R, Ainger T, Hessler A. Autoimmune encephalitis following recovery of acute SARS CoV 2 infection severe acute respiratory syndrome coronavirus 2 infection.

Al-Janabi O, Yousuf F, Helgren L, Guduru Z. Two cases of COVID-19 encephalitis: case series.

Waheed S, Yousuf F, Lee J. Cerebral Lymphocytic Vasculitis presenting with behavioral changes and mimicking primary intracerebral hemorrhage vs. neoplasm on neuroimaging.

Kini TA, Virtual didactics - a survey by neurology residents at University of KY.

Ionel D, O'Connor K, Hardiman D, Mathias S. Implementation of an education series to improve documentation and coding For neurology resident physicians at the Veterans Affairs Medical Center.

Humphrey M. Garbage in, garbage out—accuracy of stroke discharge documentation and impact on big data.

## New Faculty Positions



Tarek Ali, MBBS, MEd, and Jordan Clay, MD, will be joining our faculty this summer. Dr. Ali will succeed Dr. Hessler as the MS3 Clerkship Director, that will include the Lexington, Bowling Green, and Northern KY regional campuses. Dr. Clay has accepted the role of Associate Clerkship Director.

## Faculty Achievements



Zabeen Mahuwala, MD, was appointed to serve on the Clinical Research Committee of the American Clinical Neurophysiology Society for one year.



Ruta Yardi, MD, was elected as the task force leader for International League Against Epilepsy, Young Epilepsy Section.

## Faculty Achievements Cont.



Sally Mathias, MD, and Zain Guduru, MD, were selected for the American Academy of Neurology Director Mentorship Leadership Program.



Padmaja Sudhakar, MD, was a finalist for the 2021 Outstanding Teaching Award at the University of KY.



Larry B. Goldstein, MD, was elected to American Academy of Neurology Board of Directors! [Click here](#) to read the article in UKKnow.

## Trainee Achievements

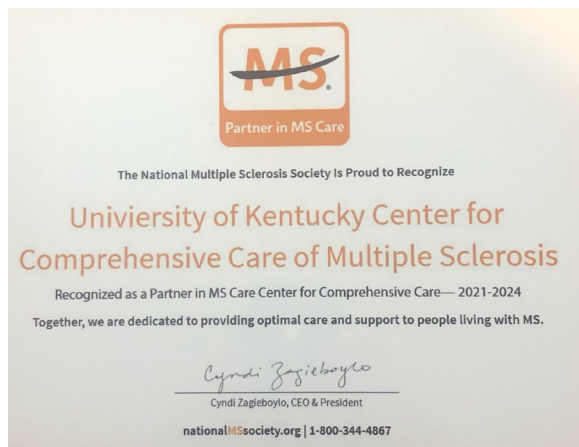


Mangay Thandampallyam, MBBS, PGY 2, was selected as mentee for the Neurology Residents and Fellows Section for the Neurology Journal.



Omar Al Janabi, MBChB, PhD, PGY 2 and Fawad Yousuf, MBBS, PGY 4, are the recipients of the 2021 Resident Scholarship for the American Academy of Neurology annual meeting.

## Achievements



UK HealthCare's Multiple Sclerosis Team earns certification as Comprehensive Care Center. [Click here](#) to read the story.

## Departmental Trainee of the Month - April



**Michael Karras, MD, PGY 5**

### **Collective Responsibility/Teamwork**

"Dr. Karras is an outstanding resident and colleague. As chief resident, he does an excellent job arranging didactics and juggling the countless logistics to keep our program running well. He is hard working both as a clinical physician and as a leader of residents. But of all Dr. Karras's strengths, he is most of all an outstanding listener. He listens to his patients, attendings, colleagues junior residents, nurses... everyone he works with. He provides reasonable, thoughtful guidance to those who seek it. Whenever I have a complicated matter at work that I'm not sure how to get through, Dr. Karras is the first person I turn to. He is the quintessential team player and is respected by everyone he works with.

### **Caring**

" Dr. Karras takes the time to listen to the patients, he is very thorough and does an excellent job summarizing everything that patients would need to know about their visit/ hospital stay. When he is on service, everything moves on very smoothly. He knows all the patients, no matter how busy the service. He is excellent at communication and does an excellent job helping junior residents as well as other rotating residents."

### **Professionalism**

"Dr Karras is most efficient in communication, always closes the loops, and is very professional. He values education and is doing phenomenal job in resident education. He designed a year-long conference and would do talks even for 1 trainee. His patients in clinic told me how lucky they are to have Dr Karras as their physician. One of his patient's requested transfer of care from me to Dr Karras because they told me they found the perfect doctor. Dr. Karras is also a team player. He is always proactive in rounds and when he is on service, discharges are smooth and organized."

### **Excellence**

"Mike continues to listen, remains respectful and has retained his humility. We have been blessed to have him as a resident."

"Dr. Karras has taken over scheduling the Child Neurology CME Conference on Wednesdays, and has done an excellent job. He has recruited a wide array of speakers from within and from outside the department. The amount of time and effort this takes is tremendous and he has greatly enriched our educational curriculum this year with this didactics series. Clinically, Dr. Karras has a unique style of interacting with patients and families that is very calm and thoughtful. While observing him recently, both parents commented that this was the first time they felt like anyone had really listened to them about their concerns. I am really proud of the Child Neurologist he has become! "



## GME Trainee of the Month - April



Dana Ionel, DO, PGY 3, is the UK College of Medicine GME Resident of the month.

## Faculty Kudos



Sally Mathias, MD, received a nice note from a patient through the Grateful Patients and Families programs.

"My life partner recently underwent brain surgery at Chandler Hospital to treat his epilepsy, and I would like to express my deep gratitude to Dr. Mirza and Dr. Mathias for the care that they have provided. My past experience with UK healthcare has led me to expect a high level of medical competence from your providers, so their skill as physicians comes as no great surprise.

What stands out for both of these doctors is their excellent bedside manner and concern for my loved one not just as a brain on an operating table but as a human being."

"He has been through an awful lot in his struggle with epilepsy, and has a lot of anger and other negative emotions towards the medical establishment as a result of past experiences. Few doctors could have earned enough trust to convince him to have this very frightening procedure or make the lifestyle changes that he has made to help treat his seizures. We still have a long path ahead of us but I am very grateful to Drs. Mirza and Mathias for getting us this far and happy that they are the people who will be helping us navigate his recovery moving forward."

## Seen and Heard



Larry Goldstein, MD, wrote an article for the Cardiology Advisor entitled, Black Patients May Have Higher Mortality Risk After Ischemic Stroke, [Click here](#) to read the story. The same article was featured in the Neurology Adviser.

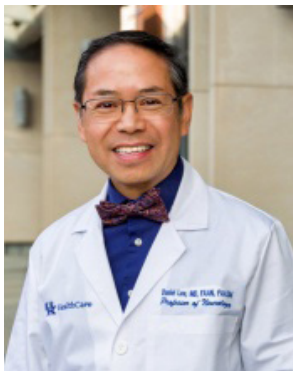
Dr. Goldstein wrote an article for Op-Med, which is a collection of original articles contributed by Doximity members. [Click here](#) to read the article entitled, "AAN 2021: Neurological Complications of COVID-19, Immune Checkpoint Inhibitors, and More."



Jay Avasarala, MD, PhD, was featured in an article on UK Research News website and UKNow. He had previously published an editorial on the, "Lack of Minority Representation in Clinical Trials." Please [click here](#) to read the story.



Tim Ainger, PhD, wrote an article entitled, "I am Wellness...and you can too," in the TEAM Newsletter for the National Neurotrauma Society. The newsletter is attached.



Daniel O. Lee, MD, wrote an article in UKKnow entitled, "It Could be More Than Just Snoring." [Click here](#) to read the story.

## Seen and Heard Cont.



Ed Kasarskis, MD, PhD, had a photograph selected by the jury for exhibit at Loudon House as part of the program, "Unprecedented Journey." The title of his photo is, "The Year Covid Died." Dr. Kasarskis donated it to the 4th floor office area for the department to enjoy. Thank you Dr. K!

## Welcome



Suhas Gangadhara, MD, completed his Vascular Fellowship at Boston Medical Center in January and will join us in May.

Dr. Gangadhara said:

"I am a nature enthusiast. I love taking strolls along trails, and I love walking in wooded areas. I love calm waters of Kayaking. Checked off a bucket list item; Skydiving. On a more indoors note, I love baking and cooking new dishes. Very eager to meet new people and make friends. Spending time with family is my favorite weekend activity."

## Philanthropy

### Robert J. Baumann, MD Resident Endowment Fund

The endowment was established in honor of Dr. Baumann's skills as a clinician and educator. It provides much needed funding for resident learning opportunities and research-related needs that are not otherwise supported.

Education is one of the core missions of our department - we are always looking for ways to improve the curriculum and educational opportunities we provide. Our goal is to continue to attract the highest caliber trainees to our programs, provide comprehensive neurological education, and increase the number of neurologists available in the commonwealth capable of providing cutting edge patient care and who are dedicated to life-long learning. In 2015, the Robert J. Baumann, MD Fund for Neurology Residents was established to help us support our goals for the neurology resident program. Dr. Baumann has been a familiar face among neurology residents at the University of Kentucky for four decades. Dr. Baumann truly embodies the teaching mission of our department. His devotion to the field of medicine and training the next generation of providers is truly second to none.



In keeping with Dr. Baumann's passion for providing a strong medical education, the endowment will bolster the continued expansion of the Residency Program and ensure that our trainees have a well-rounded experience, positioning us to be among the best, and most sought out programs in the United States. Please consider contributing to the continued growth of our program and making an impact on future neurology residents by making a gift to the Robert J. Baumann MD Fund for Neurology Residents. All donations will be acknowledged and are tax deductible.

Donations can be made by contacting our Director of Philanthropy, Lisa Deaton Greer. (859-323-5374 or [lisa.greer@uky.edu](mailto:lisa.greer@uky.edu)) or by clicking here <https://neurology.med.uky.edu/neurology-alumni>.

# Wellness and Support Resources



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- [Diversity & Inclusion](#)
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## Wellness



## Support

The Department of Neurology provides access to various services designed specifically for faculty and trainees to receive support in dealing with the unique needs of individuals. Counseling services can help identify and resolve problems related to work, personal, career or relationships.

- [Physician Support Line](#)
- [Lexington Medical Society Physician Wellness Program](#)
- [UK Work-Life Counseling](#)
- [UK REFER Program](#)
- [Emergent Psychiatry Services](#)
- [The Ridge Behavioral System](#)

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## Diversity & Inclusion



## Statement for Equity, Diversity and Inclusion

As healthcare providers, we have an obligation to do no harm. But our obligations go further to prevent harm from befalling others because of our inaction or silence. We can no longer be idle while vestigial institutions and implements of racism that perpetuate inequity remain intact. Silence for the sake of avoiding an uncomfortable truth is not acceptable and it was never acceptable. Indifference to racism makes us complicit in systems that have oppressed, marginalized, and scapegoated people for generations. In a country long heralded as the land of the free, being Black or a member of an underrepresented minority group cannot be a disqualification for enjoying the rights and privileges afforded to others.

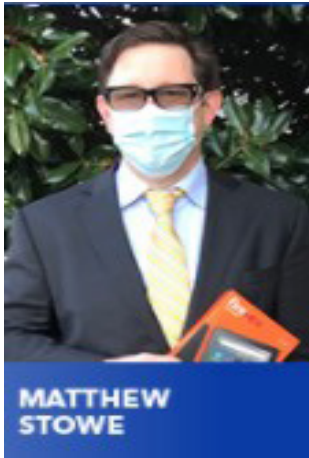
Racism and social injustice in the United States claimed the lives of George Floyd, Breonna Taylor, Ahmaud Arbery, and countless other persons of color. Breonna Taylor, a fellow Kentuckian, UK alumna, and healthcare provider, died at the hands of people who are supposed to be keepers of the peace. Violence is but one facet of the chronic and pervasive racism that has plagued our communities. Medicine is not immune to the consequences of our nation's inequities; they affect us, our colleagues, and our patients and impair our ability to provide comfort and care. As healthcare providers, we begin addressing symptoms such as implicit bias and healthcare disparities by recognizing that they stem from hundreds of years of oppression.

We proudly stand with other members of the medical community and proclaim Black Lives Matter. We stand with the people of color and others in our community and across the United States in denouncing the abhorrent treatment that Black people, other persons of color, and other underrepresented groups have endured. We stand with others who pledge to be anti-racist and who work to tear down the pillars of institutional racism. As a Department, UK Neurology is committed to equity, diversity, and inclusivity. With only 3% of Neurologists being Black or African American and only 7% Hispanic-Latino, in an effort to counter decades of neglect, we commit to recruiting colleagues from underrepresented groups and ensuring that they thrive in an environment that is free from racism and bigotry. We commit to supporting young, underrepresented persons in our community so that we can have greater diversity among physicians in our field in the future. We must do better. We will do better.

## Events



Alan Yaacoub, MD, PGY 1, his wife Kara, and siblings, Alex, Adalyn, and Oliver, welcomed new baby girl Elizabeth Claire on April 11. Mom and baby are doing well.



Matt Stowe, JD, won an Amazon Fire HD, for updating his people directory profile to 100% completion in the Loop.



Lauren Bojarski, MD, PGY 1, had a pre-wedding party before her upcoming nuptials in Florida.



John Slevin, MD, and Patty, his wife, enjoyed a nice day at the races.

## Save the Dates

YOU ARE CORDIALLY INVITED TO ATTEND  
THE 26TH ANNUAL  
KENTUCKY SPINAL CORD &  
HEAD INJURY RESEARCH TRUST  
(KSCHIRT) VIRTUAL SYMPOSIUM  
May 18-19, 2021  
Registration and poster abstract submission now open!  
<https://www.kschirtsymposium.com>



The graphic features the UK HealthCare and Norton Healthcare logos at the top left, with the text "STROKE CARE NETWORK" below them. A green circular logo with a white lotus flower is on the top right. The main text reads "CALLING ALL STROKE CARE PROVIDERS!" followed by "JOIN US FOR:" and four icons representing "Poster Hall", "Interactive Sessions", "Exhibit Hall", and "Virtual Networking". Below these icons is the text "...AND SO MUCH MORE!". At the bottom, it says "Stroke Care Network Virtual Summit" and "October 14<sup>th</sup> and 15<sup>th</sup>, 2021" with a note "\*Registration Forth Coming".

UK HealthCare/Norton Health-  
care Stroke Care Network  
10/14 and 10/15 2021

Rachel Ward-Mitchell, RN, BSN, would like to invite you to the virtual epilepsy support group meeting every other week via Zoom. This meeting will replace the in-person monthly meeting for now. If you would like to join the meetings please contact Rachel at 859.218.5053 or through Central Kentucky Epilepsy Network <https://www.facebook.com/CentralKentuckyEpilepsySupportNetwork>.

Please submit contributions for the May  
Newspaper to Lee Anne Rudd, ([lee.rudd@uky.edu](mailto:lee.rudd@uky.edu)).