Dear Colleagues and Friends,

Welcome to the Division of Gastroenterology & Hepatology Newsletter issue 2 for the 2nd Quarter of FY20. With the holidays near, I find myself reflecting on the impact of the contributions from everyone in the Division and am truly grateful to work with such a great group of individuals. Your unwavering dedication and compassion are gifts to thousands of patients and families. I give my sincerest thanks and appreciation to every member of our UCSD GI team.

As I look back over the past year, the Division of Gastroenterology & Hepatology has had many important accomplishments that I am excited to share. We had a successful year in building our clinical mission, including new patient care facilities and a higher clinical productivity. We established the first NIH-supported P30 Silvio O. Conte Digestive Diseases Research Core Centers in San Diego. It has been a record year for the liver transplant program. We were the first specialty to transition to the Care Navigation Hub Model. In addition, we have also welcomed our five new faculty clinicians and researchers: Drs. Ethan Bortniker, Rena Yadlapati, Pranab Barman, Heather Patton and Suzanne Sharpton.

Many of you reading this are alumni of the program. Let me extend a sincere appreciation for all of your service over the years. If you are looking to give this year, please know we welcome all tax-deductible donations to make our program stronger. I would like to ask that you keep our Division in your thoughts during the holidays as your support can help enrich our programs in important ways.

I hope you enjoy reading what we have been doing as a Division. We welcome your feedback, ideas and news for future issues — please connect with us at j7jones@health.ucsd.edu. Visit our website to learn more about our compassionate, comprehensive and innovative patient care, research, and educational programs. I wish you and your family and friends a wonderful and safe holiday season!

Sincerely,

William J. Sandborn, MD
Professor and Chief, Division of Gastroenterology

Message from the Chief:

Highlight Story

Dr. William Sandborn received the $100,000 Sherman Prize from the Bruce and Cynthia Sherman Charitable Foundation for his groundbreaking work in inflammatory bowel disease clinical trial design, development of innovative medicines and helping to establish holistic care models. Continued on Page 6.
Welcome Dr. Suzanne Sharpton
Hepatology Faculty

A warmest welcome to our newest faculty, Suzanne Sharpton, who is a transplant hepatologist with a research focus on the gut microbiome in nonalcoholic fatty liver disease. Suzanne received her medical degree from the University of North Carolina (UNC). She subsequently completed Internal Medicine residency and chief residency as well as Gastroenterology and Transplant Hepatology fellowships at the University of California, San Francisco (UCSF). As a Gastroenterology fellow at UCSF, Suzanne was supported by the NIH T32 training grant in Hepatology and completed the UCSF Training in Clinical Research Master’s Degree Program. Suzanne is a recipient of the 2018 AASLD Advanced/Transplant Hepatology Award and the 2019 AASLD Clinical, Translational and Outcomes Research Award. Outside of work, she enjoys playing tennis, hiking, and watching basketball (specifically the Golden State Warriors and UNC Tarheels). Suzanne is excited to be relocating to San Diego with her husband Walt and son Samuel (3 months) in order to join the Hepatology group at UCSD!

Start Date: October 21, 2019

Farewell Saumya Jayakumar
Hepatology Faculty

Dr. Saumya Jayakumar will be leaving UCSD in early January 2020 to go back to Canada to be closer to her family. She has been a part of our division for the past three years and we are very appreciative of her contributions and wish her the best in her new endeavors. “Dr. Jayakumar had many accomplishments here at UCSD, but the most significant is she developed the Pregnancy and High Risk OB clinic which has helped multiple women and babies who were at risk because of liver disease.” –Dr. Kristen Mekeel. Saumya brought a passion in all things hot sauce, unusual candies from around the world and of course, shiny shoes. Please join us in bidding her a happy farewell!

“Thank you, all of you, for the help, support, advice, laughter, and the great memories.”-Saumya Jayakumar
Samir Gupta, MD, MSCS is Professor of Clinical Medicine at the University of California San Diego, and Chief, Section of Gastroenterology at the Department of Veterans Affairs San Diego Healthcare System. He is a board-certified gastroenterologist, with expertise in hereditary colorectal cancer syndromes and colorectal cancer screening and prevention, and co-leads the UC San Diego Moores Cancer Center Cancer Control Program.

Dr. Gupta’s research focuses on the screening and prevention of colorectal cancer, as well as other gastrointestinal neoplasia. This work has included 4 randomized trials of strategies to increase colorectal cancer screening among underserved populations, funded by the National Cancer Institute and others. Strategies investigated have included mailed outreach offering the fecal immunochemical test, financial incentives, and in-clinic education. Dr. Gupta is PI of a National Cancer Institute funded R37 case-cohort study to examine whether exposure to surveillance colonoscopy after baseline polypectomy reduces incidence and mortality, using a national cohort of US Veterans. His work has been published in widely cited journals such as Gastroenterology, Gut, JAMA, Annals of Internal Medicine, Journal of the National Cancer Institute, and Cancer.

Dr. Gupta is Chair of the National Comprehensive Cancer Network’s annually issued Genetic/Familial High-Risk Assessment: Colorectal guidelines, and as part of the US Multisociety Task Force on Colorectal cancer, led revision of the Task Force’s most recent recommendations for follow-up after colonoscopy and polypectomy.

Dr. Gupta earned his medical degree from the University of Michigan. He completed his internal medicine residency at University of California San Francisco, followed by fellowships in gastroenterology at University of Pennsylvania and University of California San Francisco. Dr. Gupta also holds a masters of science in clinical science from UT Southwestern.

Kudos to Dr. Bernd Schnabl and his team for publishing their study, "Bacteriophage targeting of gut bacterium attenuates alcoholic liver disease", in the November 20 issue of Nature, which was highlighted in Science and in the same issue of Nature. Dr. Schnabl’s team addressed two main questions: How do gut bacteria contribute to liver damage? And can phages (viruses that destroy bacteria) be used to reduce the bacteria and thus alleviate alcoholic liver disease? The study showed that a gut bacteria toxin, cytolysin, is directly linked to worse clinical outcomes in patients with alcoholic liver disease. Indeed, the researchers found that nearly 90 percent of cytolysin-positive patients with alcoholic hepatitis died within 180 days after admission, compared to approximately four percent of cytolysin-negative patients.

To investigate the potential for phage therapy, the team transferred material from cytolysin-positive and cytolysin-negative people with alcoholic hepatitis to mice. Mice that were given cytolysin-positive samples developed more severe alcohol-induced liver disease and survived less than mice without cytolysin. However, when the cytolysin-positive mice were treated with phages that specifically targeted cytolysin-producing Enterococcus faecalis, the toxin-producing bacteria were reduced and alcohol-induced liver disease was abolished in this group.

Please see full article: https://www.nature.com/articles/s41586-019-1742-x
Updates from the San Diego Digestive Diseases Research Center

Since the last newsletter in September 2019, the San Diego Diseases Research Center has grown bigger to include a new Center Coordinator (Victoria Shokrollah) and six new members to take the total to 43. The center would like to welcome the following new members:

- Parambir Dulai, MD
- Hiroshi Kiyono, PhD
- Christian Metallo, PhD
- Siddharth Singh, MD
- Nicholas Webster, PhD
- Rena Yadlapati, MD

The center will offer pilot and feasibility grants, enrichment programs, seminars and symposia. It is focused on three main cores:

- The Human Translational Core will provide access to specimens from patients with gastrointestinal and liver diseases.
- The Preclinical Models Core will facilitate and assist in characterizing and understanding gastrointestinal and liver diseases using animal models.
- The Microbiomics and Functional Genomics Core will offer cutting-edge and cost-effective access to sequencing-based technologies in microbiomics and functional genomics.

The center launched its first workshop — titled “Histopathology — from sample preparation to data analysis” led by Dr. Zbigniew Mikulski in October 2019 which was received with an overwhelmingly positive response. The next workshop is scheduled for March 9, 2020, on biostatistics and it will be led by Dr. Xin Tu.

SDDRC’s first seminar was also in October 2019. The subject was “Host-microbe interactions: Harnessing co-evolution to treat disease” and it was led by Dr. Janelle Ayres. Our speaker for the next seminar will be Dr. Ali Keshavarzian. It is scheduled for January 27, 2020, at noon in MET-MedEd 143, and the topic will be announced on the SDDRC website.

The center will host its first symposium on February 28, 2020.

Our latest round of the pilot & feasibility grants for 2019-2020 had a very good response. We are now in the process of reviewing the applications.

The center’s 2019-2020 Technology Development Grant was launched in November.

Please visit our website: http://sddrc.ucsd.edu for up-to date information about the center and its upcoming events.

Please forward all questions to sddrc@ucsd.edu
Congratulations to our 2019 “Top Docs” Drs. Thomas Savides & Syed Fehmi! Their peers recognized these outstanding physicians among San Diego County’s best doctors. This is Dr. Fehmi’s 3rd year in a row to win and Dr. Savides 15th year to win.

Kudos to Dr. Rena Yadlapati on her recent appointment to the Board of Directors of the American College of Gastroenterology Institute.

Congratulations to Stephanie Reed on her new role as Nurse Manager of Thornton Special Procedures and Thornton Motility! Stephanie has worn many hats and we thank her for all of her hard work as the nurse/operations manager of the Perlman GI Clinic and the clinical manager of the Care Navigation Hub.
Congratulations on this well-deserved honor of being awarded the 2019 Sherman Prize. This coveted award of $100,000 is given annually to three exceptionally talented, dedicated individuals working tirelessly on improving outcomes for Crohn’s disease and ulcerative colitis patients, and on the medical research that could lead to cures. Nobody could be a more fitting recipient of this award.

Since 1993, Dr. Sandborn has dedicated his clinical practice to improving the quality of care for patients with IBD, seeing over 10 new IBD patients weekly, and 400 new patients on an annual basis. Through the course of his career, we estimate he has cared for over 10,000 unique patients with IBD. Over half of his patients come from outside of San Diego and internationally and nearly all are seeking second or third opinions regarding their complex care. He has maintained an intense level of clinical practice despite serving as UC San Diego’s Chief of Gastroenterology and Vice Chair of the Department of Medicine, and having a very active research program. He has dedicated himself to supporting emerging clinicians to become experts in the care of patients with IBD; over the years, he has trained over 30 specialists in IBD across North America and Europe, several of whom are now leaders in the field themselves. He sponsors a 1-year IBD fellowship that has trained over 25 expert clinicians, and hundreds of GI fellows from UCSD and the Mayo Clinic can claim him as one of their foremost expert teachers in IBD.

Dr. Sandborn’s contributions to advancing the science and practice of IBD have been immense and have essentially set the standard for clinical care. He has pioneered the development and application of outcome measures for clinical trials in IBD and he helped to design and lead the multicenter trials that resulted in approval of many of the drugs currently used for IBD, including infliximab, adalimumab, ustekinumab and vedolizumab for CD and UC, certolizumab pegol for CD, as well as tofacitinib and golimumab for UC. He was the first to report using tacrolimus for fistulizing Crohn’s disease (CD), infliximab for use in patients with CD of the ileoanal pouch, and adalimumab for CD and UC. He has designed and led the early studies of imaging modalities that we commonly use today such as pelvic MRI for perianal fistulas, and MR enterography and CT enterography for assessing the small bowel in CD. Dr. Sandborn was also the mentor for Dr. Edward Loftus at the Mayo Clinic and together they conducted a number of seminal studies on the epidemiology of IBD developing the only population-based based cohort in the United States in Olmsted County, Minnesota. Most recently, Dr. Sandborn has been actively involved with facilitating multidisciplinary, translational research to speed discovery of novel biomarkers and therapies in IBD, including creation of a longitudinal biobank for IBD at UC San Diego, which has recruited more than 1,000 patients. This effort has already born fruit, with recent awards from the Broad and then Litwin Foundation, the Kenneth Rainin Foundation, the Helmsley Charitable Trust, as well as translational research collaborations with Prometheus Laboratories, Janssen, and Takeda California.

“I believe the future contributions to IBD by the next generation cannot even be fathomed” – William Sandborn, MD
Dr. Sandborn’s public service and education contributions in the area of IBD have also been outstanding. He is a highly sought-after lecturer for specialists in gastroenterology, surgery, and primary care, having given over 500 talks on the subject. He has actively engaged himself in IBD-related patient advocacy organizations, including the Crohn’s and Colitis Foundation (CCF) and the IBD Support Foundation. For example, for the CCF, he has served on the national scientific advisory committee as the chair of the patient education and professional education committees, and chair of the clinical alliance. From the standpoint of professional societies, Dr. Sandborn has served as the Vice Chair and then the Chair of Immunology, Microbiology and Inflammatory Bowel Disease section of the American Gastroenterology Association (AGA), and as the Scientific Secretary, Vice Chairman and then Chairman of the International Organization of Inflammatory Bowel Disease (IOIBD). He has been an active part of developing standard of care guidelines that seek to ensure that evidence-based therapies are made available to all IBD patients, such as the AGA Practice Guidelines for Perianal CD, AGA Care Pathways for CD, and the ACG Practices Guidelines for Crohn’s Disease. Article by Dr. Siddharth Singh

For more information visit: https://shermanprize.org/prize-recipients/

“This award recognizes Dr. Sandborn’s innovative and impactful work, going well beyond the norm, generating positive benefits on behalf of the patients, their families and caregivers, and the future trajectory of the field. Please join me in congratulating Dr. Sandborn for this well-deserved honor” – Siddharth Singh, MD

Medscape is the leading digital platform for physicians worldwide. It covers more than 200 conferences annually; provides breaking medical news, drug approvals, and medical advances across more than 30 specialties. Recent Medscape Series filmed at UCSD:

Medscape Series: Damage Control: Managing Nonalcoholic Steatohepatitis

In this 3 part series featuring Dr. Rohit Loomba, Director of the NAFLD Research Center and Lisa Richards, Hepatology Nurse Practitioner discuss the critical need for greater awareness of NASH (and its key risk factors) among healthcare providers. They also share management strategies to help slow disease progression and discuss potential new therapies in clinical development.

Link: https://www.medscape.com/mtv/nash-s01/?faf=1

Airing early 2020: Management of Ulcerative Colitis (Title still pending)

Though incurable, recent drug developments provide more effective options for treating ulcerative colitis to remission. In this 6-part series, gastroenterologists at UCSD; Drs. Siddarth Singh, William Sandborn, Brigid Boland, Parambir Dulia and Nurse Practitioner, Angelina Collins, discuss the presentation and diagnosis of UC, the burden of disease, and the emergence of new biologic therapies and small molecule drugs. Patients with UC describe their experiences and show how effective care can make an enormous difference in their lives.
**2019 AASLD Liver Debates**

Abbey Barnard and Shravan Dave and Michel Mendler, MD was the team mentor represented UC San at the 2019 AASLD Academic Debates.

Abbey and Shravan were pitted against Georgetown and they argued cardiac catheterization versus noninvasive imaging for a 55-year old man with HCV cirrhosis being evaluated for liver transplantation. His current MELD-Na score is 23, normal EKG, normal echocardiogram and a family history of CVD.

According to *The Liver Meeting Today*, the debate started with “the number one goal in liver transplantation is utility” the Georgetown fellow continued “we know that HCV is associated with increased cardiovascular motility and with the increasing trend of treating HCV after transplantation, our patient has untreated cardiovascular risk factors going into transplant. Coronary angiography will allow us to target the appropriate patient with more aggressive therapeutic approaches appropriate. Coronary angiography is all about maximizing utility.”

Not so simple, countered Abbey argued “80% of all HCV patients have no or non-serious CAD even though CAD is slightly elevated in the overall HCV population” She continues to say “we need to use all the tools in our toolbox, not just one.” Shravan added that coronary computed tomography angiography (CCTA) as the more reasonable alternative to catheterization.

The audience agreed, voting 68 to 32 percent in favor of Abbey and Shravan who brought home the 2019 Liver Cup.

Congratulations Abbey and Shravan for a job well done.

See the full article at [https://www.aasldnews.org/west-coast-teams-sweep-liver-cup-during-academic-debates/](https://www.aasldnews.org/west-coast-teams-sweep-liver-cup-during-academic-debates/)

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**Fellows Updates**

We are coming to a close of another successful Fellowship Recruitment season. The program received 417 applications and we invited 40 applicants coming from very prestigious programs as UC San Francisco, UC Los Angeles, UT Southwestern, Johns Hopkins, and Mass General to name a few. We had two interview dates with approximately 20 applicants. Our rank lists are in and we will know on December 4th who we matched with. This year we are recruiting for 3 clinical slots and 1 research slot as Cynthia Hsu, MD coming from our PSTP program will be joining the program in July 2020.
The Glorious Ladies of Gastroenterology (the GLoGE) was the plan of Denise Kalmaz and Heather Patton, and shortly after the arrival of Sheila Crowe in San Diego in 2011, the GLoGE was formed. All clinical woman faculty in the Division constituted the GLoGE. Additional members include alumni GLoGE members. The group gets together every year at the end of summer at Sheila Crowe’s home. The other annual event is a mid-December celebration at Heather Patton’s home. Young children are included at that event. The GLoGE are an informal group that discuss careers, family, and the more senior members provide mentoring and support to fellows and other faculty.

**American Liver Foundation Debate**

Kudos to fellow, Abbey Barnard and her mentor Dr. Michel Mendler for participating and WINNING, once again, at the American Liver Foundation debate against Scripps Health!

Abbey debated against the use of early TIPS for first time variceal bleeding. She was impeccably brilliant and received so many compliments! Abbey and Dr. Mendler are now two-time, back to back debate champs!

**Reminder:** If you have not already done so, please sign up for Doximity. Doximity is the largest online network for U.S. Healthcare professionals. The Platform offers its members curated medical news, case collaboration and messaging capabilities.
Upcoming Events

Annual Gastroenterology & Hepatology Holiday Party:
The UCSD Gastroenterology and Hepatology Division will be celebrating the holidays at AleSmith Brewing Company on December 7, 2019. There will be food, drinks, games and holiday cheer.

8th Annual Advances in Gastroenterology and Hepatology Conference:
What: This interactive one-day activity will present cutting-edge new information for improving assessment and management of patients with gastrointestinal conditions, and place recent advances in context of current assessment and management paradigms. The format includes keynote presentations by internationally known guest speakers, short, evidence-based updates by UC San Diego faculty, and interactive presentations and panel discussions of challenging cases.

When: Saturday, February 1, 2020 (6:30 am – 4:35 pm)
Where: UC San Diego School of Medicine / T. Denny Sanford Medical Education and Telemedicine Center – Auditorium / 9500 Gilman Drive / La Jolla, CA 92093
Registration: https://cme.ucsd.edu/gi/registration.html

State of the Division
What: Please join us as we evaluate and discuss where we are and where we are going as a Division. A variety of topics will be covered including clinical, educational, and research developments. There will be time for discussion at the end of the presentation and appetizers and beverages will be served.

When: Wednesday, January 29, 2020 (5:45pm-6:45pm)
Where: East Campus Office Building 1-001

Division of Gastroenterology Endowed Jon I. Isenberg Lecture & Reception:
What: Chief of Gastroenterology and Hepatology at Northwestern University, Dr. John Erik Pandolfino, will be delivering the 16th Annual Isenberg lecture. Please join us as we honor and celebrate former president of the American Gastroenterology Association and UCSD GI Division Chief, Dr. Jon I. Isenberg. There will be a reception with light appetizers prior to the lecture.

When: Tuesday, February 4, 2020 (6:00 – 7:30 pm)
Where: UC San Diego School of Medicine / Altman Clinical and Translational Research Institute Auditorium/ 9452 Medical Center Dr. / La Jolla, CA 92093
**14th Annual Research Symposium:**

**Chairs:** Drs. Rena Yadlapati & Ravinder Mittal

**Topic:** Esophageal Disease and GI Motility

**Speakers:** TBD

**When:** Friday, June 5, 2020

**Where:** UC San Diego, TBD

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**News from our Clinics:**

- IBD Nursing team has the longest standing high functioning clinic and procedural process workflow
- Successful implementation of Hybrid model in clinic: RN that stayed in clinic supports motility-dual capacity Triage and In-Clinic support
- Top of License work: LVNs in clinic are trained to take some of the non-RN work within their scope
- Patients getting RN in real time: No longer days of delays for triage (300 backlog a year ago)
- Abandonment rates are low in all GI areas (<5% reported)
- Hepatology Care Navigation Implementation has begun! Go-live expected end of calendar year
- Excellent GI Collaboration & Coordination

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**UCSD Gastroenterology & Hepatology Open positions:**

Assistant, Associate or Full Professor Hepatology

Assistant, Associate or Full Professor GI Motility

Assistant, Associate or Full Professor Gastroenterology Practice Director of the Digestive Disease Center

Digestive Disease Practice Manager

Nurse Manager of Medicine Specialties

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**2019 Highly Cited Researchers**

Congratulations to Drs. William Sandborn, Rohit Loomba, Bernd Schnabl and David Brenner who were recognized among the world’s most influential in their fields, demonstrated by the production of multiple highly-cited papers. The Web of Science Group recognizes the most influential researchers whose studies were among the top 1% of most-cited publications in their field over the past 11 years. “UC San Diego has some of the most dedicated, brilliant and hard-working faculty and researchers in the world. Their inclusion on the list of highly cited researchers is a measure of their impact in their respective fields of study as they continue to advance the frontiers of knowledge.” – Chancellor Pradeep K. Khosla

UC San Diego School of Medicine
Established in 1968, University of California San Diego School of Medicine is consistently ranked among the top medical school programs in the country for primary care and research by *U.S. News & World Report* and among the top 10 medical schools for National Institutes of Health total funding. The school is internationally recognized as a place where discoveries are delivered — bringing breakthroughs from the research lab to patients' bedsides. Faculty members care for patients at UC San Diego Health, where primary care is available at several convenient locations throughout San Diego County and our advanced specialty care consistently ranks among the nation’s best. For more information, visit medschool.ucsd.edu.

Our Mission
The UC San Diego Gastroenterology & Hepatology 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 UC San Diego 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 UC San Diego GI Division was founded in 1970 by Henry Wheeler, MD, who served as its first division chief. Later, Jon I. Isenberg, MD, led the division from 1979 to 1993, followed by C. Richard Boland, MD, from 1995 to 2003, John M. Carethers, MD, 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.

Charitable Donations
You may contribute directly to UC San Diego GI by visiting our website at http://gastro.ucsd.edu and clicking on the GIVE tab on the right-hand side. Remember: if you itemize, you may be able to receive a charitable deduction for 2019 for your gifts received on or before December 31.
December 2019

Dear Faculty and Fellows and Past Faculty and Fellows,

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 program 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 to the address listed below. We will also send you a receipt for tax purposes. On behalf of our fellows we thank you for your support.

**Note: For tax purposes your envelope needs to be postmarked by Dec 31, 2019.**

**DONATION**

Donor Name: _________________________________________________________________________________

Address: ______________________________________________________________________________________

Donation Amount:

$5,000__________________________        $500_______________________        Other____________________

$2,000__________________________        $250_______________________

$1,000__________________________        $100_______________________

Make checks payable to UC Regents and mail to:
Roslyn Lara
UC San Diego, 9500 Gilman Drive #0956, La Jolla, CA 92093
**Tax ID # 95-6006144-W**

or

Donate online go to [http://gastro.ucsd.edu](http://gastro.ucsd.edu) under the “About” tab - Support our Work.