



2023 Graduation

Internal  
Medicine  
Residency  
Kaiser  
Oakland

**IN THIS ISSUE**  
Graduation 2023  
New Interns  
Wellness & Well-being  
Research & Scholarly Activity  
Equity, Inclusion & Diversity  
Special awardees  
Alumni Corner  
Sayin' goodbye



## Program Director's Welcome

Tom Baudendistel, MD

The 2022-23 academic year marked the 76th year of the Internal Medicine Residency at Kaiser Oakland—the first Kaiser residency in the country! And no, I wasn't here for all of them.

We celebrated our 2023 grads in style at the Piedmont Community Center, saying good-bye to the residents fellowship-bound to Johns Hopkins, UCLA, UCSF, and NYU, and “a bientot” to the grads who are staying closer to home (see next page for details).

Every year, it is the Chief Residents who keep the program surging ahead, and we were fortunate to have had two amazing Chiefs at the helm last year, Nika Carrillo and Vesta Falahati. In fact, they were

so amazing that it will take 3 to replace them—Nihar Patel, Tanya Selvam, and Tim Yang (photo above). I am so grateful to be working with such wonderful humans who make learning so much fun and remind me why I enjoy coming into work.

Special thanks to the many faculty teachers and mentors, led by an incredibly dedicated team of APDs and Core Faculty, all of whom are supported by Program coordinator extraordinaire, Auanja Turner. Behind the scenes, our programs owes many thanks to our Physicians-in-Chief Drs. Rita Ng and John Morehouse, and our GME leaders Drs. Nardine Riegels and Lindsay Mazotti, for advocating for and supporting our residents. Enjoy the latest *Residency Life!*

# Residency Graduation 2023

The 2023 class was feted in style at the Piedmont Community Center. As you see below, our recent graduates continue to secure plum positions in a variety of careers in Primary Care, Fellowship, and Hospital Medicine.

## Recent Resident Careers

### Fellowship Bound

Billy Vicks Cardiology, UC Davis  
Jenna Wick Infectious Diseases, Stanford  
Tanya Selvam Rheumatology, Cedars-Sinai  
Clarence Chu Endocrinology, UCSF  
Nick Tom Palliative Care, UCSD  
Joy Liu Palliative Care, Mt. Sinai  
Sherry Zhang Cardiology, Samaritan (Oregon)  
Alexandro Marquez Pulmonary/ Critical Care, UC Davis  
Andrew Lynch Hem-Oncology, Kaiser Northern California  
Tim Yang Pulmonary/ Critical Care, Univ Rochester  
Alex Pellicione Infectious Diseases, NYU  
Alex Altman Addiction Med, Kaiser Northern California  
Navneet Ramesh Pulmonary/ Critical Care, Harbor UCLA  
David Oh Palliative Care, Harbor UCLA  
Irvin Lien Critical Care, UT Houston  
Polly Huang Allergy/ Immunology, Johns Hopkins  
Raleigh Fatoki Hematology/ Oncology, Univ. of Miami  
Adnan Khan Hematology/ Oncology, Harbor UCLA  
Angelin Cheng Geriatrics, UCSF  
Christina Li Geriatrics, Stanford  
Uchenna Nwosu Nephrology, UCSF  
Carter English Cardiology, UC Davis  
Paniz Vafaei Cardiology, Kaiser Northern California  
Kristine Gu Endocrinology, Mass..Gen/ Harvard  
Zena Salim UCSF HEAL Global Health Equity  
Paul Wada Infectious Diseases, Vanderbilt  
Tiffany Nguyen Endocrinology, University of Washington  
Neha Damle Hematology/ Oncology, UC Davis  
Tye Elliott Pulmonary/ Critical Care UCSF  
Dee Muthulingam Infectious Disease, Yale

### Primary Care

Andrea Luethy Kaiser East Bay– Berkeley  
Yash Rusconi-Rodrigues Kaiser East Bay– Berkeley  
Camille Giraud Kaiser East Bay– Berkeley  
Stephanie Wu Kaiser Oakland  
Adam Luxenberg Kaiser Oakland  
Karina Chavez Kaiser East Bay- Pinole  
Neha Luthar Health Partners, Minneapolis  
Kelly Nishikawa Kaiser Downey  
Jonathan Nguyen Kaiser Walnut Creek  
Esme Cullen Marin County DPH  
Alex Altman Kaiser Oakland  
Christian Lee-Rodriguez Kaiser Oakland HIV  
Brooke Erspamer Kaiser Portland  
Louis Holmes Kaiser Portland  
Ben Chen La Clinica de la Raza

### Hospitalist

Nicole Heintl Seattle  
Sarra Borhanian Kaiser Portland  
Jerry Liu Boston University  
Claire White Kaiser Santa Rosa  
Brett Adams Kaiser Roseville  
Rami Hosein Kaiser East Bay  
Jeff Wang Kaiser San Leandro  
Nika Carrillo Kaiser San Leandro  
Veesta Falahati Kaiser East Bay



Navneet Ramesh and Camille Giraud, winners of the Inpatient and Outpatient Resident-of-the-Year Awards at 2023 graduation



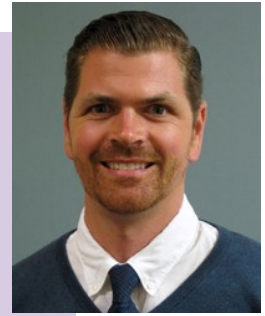


# Thank you, Teachers!

## Teachers of the Year

(clockwise from top left)

**Dr. Christopher Walker, MD—Inpatient**



**Dr. Ben Maring, MD— Outpatient**



**Dr. Patrick McCleskey, MD— Subspecialty**



**Dr. Nailah Thompson, DO— Mentor of the Year**



### **\*\*New Award\*\*— —Non-physician Teacher of the Year**

At the wonderful suggestion of the residents, a new award was created to honor the many teachers who have a tremendous influence on the education of residents and who are not physicians. **Rev. Michael Lemaire M Div, BCC** was appropriately selected as the inaugural awardee for the many hours he spends role modelling empathy, compassion, and being present for his patients, and for the additional time he spends leading resident resiliency sessions.

### **Distinguished Teachers 2023**

- Karimi Gituma, MD**
- David Wu, MD**
- Heather Baskind, MD**
- Ray Davis, MD**
- Howard Chang, MD**
- Eugene Fan, MD**



The residents selected several additional inspirational faculty role models as Distinguished Teachers All of the awardees were honored in a dedicated noon conference during which graduating residents took turns summarizing the many reasons they selected these faculty members. In thinking about the countless faculty members who spend time teaching and mentoring residents, eleven awards never seem like enough.

## New Interns Arrive!



Top: New interns show off their moustaches at the Go Games event during Orientation Week. The gang celebrated at Nido's Backyard after, where the winning team received their well-deserved trophy.





Top: Intern retreat at Dr. B's home. Right: Jaron showcases his championship Table Tennis form to his peers at the retreat.

Below left: Celebrating Intern B'days— Jordan, David and Sabiha.

PGY3 Sherry Zhang leads new interns through the thoracentesis station during Orientation. retr



## Wellness & Well-Being



The Residency proved that we can still take care of each other just as we take care of our patients.

Top left and moving clockwise: White Elephant Gift Exchange. Drs. Luxenberg and Brickner show off their everyday apparel.

The Friday morning Narrative Medicine group pauses for a groupie. **Cindy Qian** and husband Charles welcome their twins Kaia and Ellis in May 2023! Billy Zeng on his engagement day. **Sherry Zheng** & Josh celebrate their engagement in March





Top: **PGY3 Chelsea Yin** and the Resident Wellness Committee organized a night of climbing at Pacific Pipe.

Below: PGY2 **Billy Zheng** leads a Lunar New Year discussion at noon conference in January. **Angelin Cheng** coordinated a Painting night for her peers. APD Dr. Aubrey Ingraham dropped his new album— check it out on Spotify!



# LIGHTS CAMERA

HOME WE ARE... A

# Research & Scholarly Activity Flourish

## Abstracts Accepted at Recent & Upcoming National Conferences

American Heart Association  
 Dr. Olivia Kizzee  
 Dr. Jerry Liu  
 Dr. Kristine Gu  
 Dr. William Vicks  
 Dr. Irvin Lien  
 Dr. Paniz Vafaei  
 Dr. Carter English

American College of Cardiology  
 Dr. Veronica (Joy) Njuguna  
 Dr. William Vicks  
 Dr. Irvin Lien

Heart Rhythm Society  
 Dr. Sherry Zhang

American College of Gastroenterology  
 Dr. Samantha Ho  
 Dr. Sarah Michaels  
 Dr. Monique Delisser

Digestive Disease Week  
 Dr. Jimmy Yao

American Society Clinical Oncology  
 Dr. Raleigh Fatoki  
 Dr. Adnan Khan  
 Dr. Andrew Lynch

Infectious Disease Society of America  
 Dr. Paul Wada

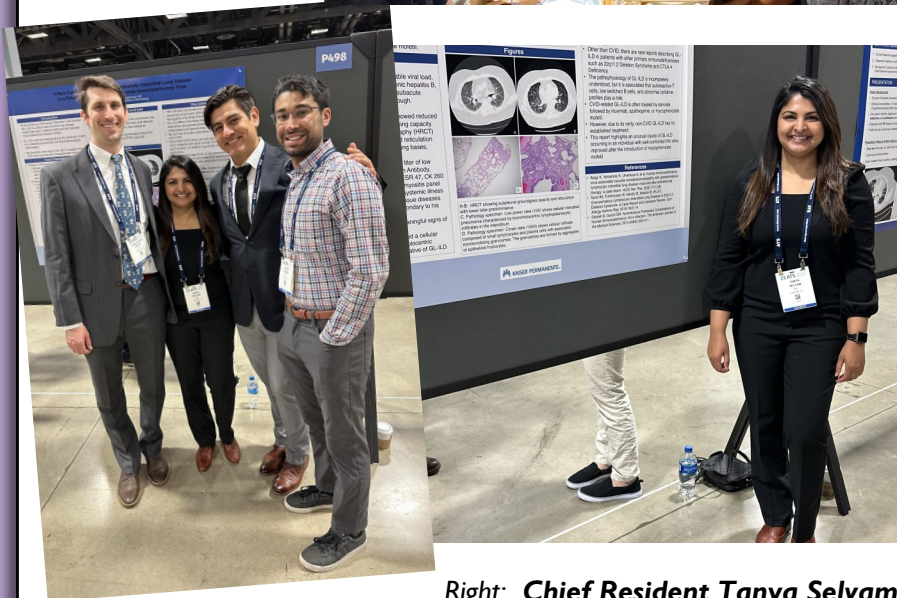
American Medical Women's Association  
 Dr. Sherry Zhang  
 Dr. Andrea Chai

Innovations in Medical Education  
 Dr. Andrea Chai  
 Dr. Andrew Gabriel

Society of General Internal Medicine  
 Dr. Irvin Lien  
 Dr. Chelsea Yin  
 Dr. Jessica Himmelstein

## Original Research

Resident research continues to hit new highs under the guidance of Assistant Program Director and Director of Research **Dr. Joan Lo, MD**, Research Project Manager **Nirmala Ramalingam, MPP**, and **Drs. Nicole Tran and Somalee Banerjee**. In the academic year 2022-23 residents authored 12 manuscripts in peer-reviewed publications and presented **28 posters** at numerous regional and national meetings (see the sidebars), highlighted by 5 residents joining Dr. Lo at the Chest Conference in Honolulu in October '23!



Right: **Chief Resident Tanya Selvam** presenting at the American Thoracic Society annual meeting in Washington, D.C. Tanya was joined by 3 other residents who also presented at ATS: **Chris Macko, Alex Marquez, and Navneet Ramesh**.







**PGY2 Joy Njuguna** is flanked by her father and her Cardiology mentor, Dr Jamal Rana, after her TWO research presentations at the American College of Cardiology annual meeting.



**AMERICAN COLLEGE of CARDIOLOGY**

### Kaiser East Bay Scholarly Symposium 2023

IM Residents presented 17 posters and won 2 of the 4 Awards at the annual showcase in 2023:

**PGY3 Drew Lynch's** original research "End-of-life outcomes of advanced cancer patients enrolled in palliative care" won the **Best Clinical Research Award**.

His peer, **PGY3 Irvin Lien**, won the **Health Disparities Abstract Award** for his project entitled, "Hypertension Risk Differs by Asian Ethnicity Across the Adult Lifespan."



Alums **Betsy Yang, Sowmya Srinivasan, and Christina Li** convene at the AGS research symposium in Long Beach



### The Association of Chinese Ethnicity and Language Preference with Advance Directive Completion Among Older Patients in an Integrated Health System

David Hyung Won Oh, MD/MPH<sup>1</sup>, Carol Conell, PhD<sup>2</sup>, Liisa Lyon, MS<sup>2</sup>, Nirmala D. Ramalingam, MPP<sup>3</sup>, Loveleena Virk, MD<sup>1</sup>, and Ruben Gonzalez, MD<sup>4</sup>

### Advance Directive Completion Among Black Adults Within a Community-Based Integrated Health Care System

Jessica Himmelstein, MD, MPH<sup>1</sup>; Liisa Lyon, MS<sup>2</sup>; Chelsea Gong, MPP<sup>3</sup>; Carol Conell, PhD<sup>2</sup>; Nirmala Ramalingam, MPP<sup>3</sup>; Karina Chavez, MPP<sup>3</sup>; Loveleena Virk, MD<sup>4</sup>; Ruben Gonzalez, MD<sup>5</sup>



### Abstracts Accepted at Recent & Upcoming National Conferences

American Society of Nephrology  
Dr. Jaclyn Khil  
Dr. Uchenna Nwosu

National Kidney foundation  
Dr. Billy Zeng

American Society of Hepatology  
Dr. Raleigh Fatoki

#### CHEST

Dr. Alexandro Marquez  
Dr. Navneet Ramesh  
Dr. Tim Yang

American Thoracic Society  
Dr. Chris Macko  
Dr. Alexandro Marquez  
Dr. Navneet Ramesh  
Dr. Chris Macko

Endocrine Society  
Dr. Chelsea Yin  
Dr. Clarence Chu  
Dr. Uchenna Nwosu  
Dr. Kristine Gu  
Dr. Christina Li  
Dr. Jaclyn Khil  
Dr. Sherry Zhang

Annual Assembly of Hospice and Palliative Care (AAHPM)  
Dr. Joy Liu  
Dr. David Oh

National ACP  
Dr. Jimmy Yao  
Dr. Navneet Ramesh  
Dr. Tim Yang

Consortium of Global Health  
Dr. Joy Liu  
Dr. Chelsea Gong

American Geriatric Society  
Dr. Clarence Chu  
Dr. Chelsea Yin  
Dr. Tanya Selvam  
Dr. Sherry Zhang

## Northern California ACP

Kaiser Oakland residents had another terrific showing at the Northern California ACP Conference in October 2023. **PGY-3 Dr. Chris Macko WON the Vignette Competition, Dr. Sherry Zhang won 2nd Place in QI**, and the **Medical Jeopardy team of Drs. Clarence Chu, Chris Macko, and John Chen (photo on right) finished in Second Place** after crushing Stanford and others in the opening round. Way to go team!! The highlight of course was the post-conference celebratory meal at Pizzeria Delfina!



### ACP Original Research & Quality Improvement Posters 2023

#### QUALITY IMPROVEMENT

**Zhang S**, et al. Keeping You Full and Clear: Low Residue Diet Prior to Colonoscopy. **Second Place**

**Yao JH**, et al. The Lean Green Machine: Physician-led referrals to a plant-based diet curriculum for patients at risk for coronary artery disease.

#### RESEARCH

**Costantini J**, et al. Sex and ethnic variation in asthma prevalence across childhood in the Asian American and Pacific Islander population.

**Njuguna V**, et al. US Asian and Pacific Islander Adolescents with Obesity have Triple the Risk of Prediabetes when compared to Non-Hispanic White Adolescents.

**Yin C**, et al. Lower insulin use among older Asian & Pacific Islander adults with diabetes.

## ACP Clinical Vignettes 2023

**Macko CA, Shin E, Le P.** Pain, palsies, and pink sputum: A case of microscopic polyangiitis. **First Place**

**Kumaravelu S, et al.** No rash, no antibodies? A case of multi-organ failure in Rocky Mountain spotted fever.

**Shin E, et al.** A forced connection: A case of *Streptococcus Mitis* endocarditis induced Gerbode defect.



## Other ACP Awardees 2020-2022

**Yang T, Lo J, Zitter J.** Empowering Physicians to Address Caregiver Burden: A Novel Educational Module. **NATIONAL ACP WINNER Resident Quality Improvement (2021)**

**Patel N, Alabaster A, Young-Wolff K, Banerjee S.** Advancing health equity through EHR-based smoking cessation. **1st Place, Resident Research ACP Northern California (2020)**

**Nicholas Tom et al.** Smoking prevalence among Chinese men differs by preferred language in a Northern California health plan. **2ND PLACE, RESEARCH (2022)**

**Cheng A, Borghanian S.** A shocking transition to adulthood: Kawasaki shock syndrome with facial nerve palsy. **Finalist, Clinical Vignette (2020)**

**Yao J et al.** counting Sheep: A survey of sleep quality, health conditions, and advice in a large geriatric cohort. **1st Place, Resident Research (2021)**

**Yin C et al.** Readmission rates among persons experiencing homelessness in an integrated health care system. **2nd Place, Resident Research (2021)**

**Oh D, et al.** Stop to plan ahead: comparing resident-led interventions to increase referrals to advance care planning. **1st Place, Resident QI (2021)**

**Haysbert, D et al.** Bridging hospital care to primary care: patient care experiences at the Bridge Clinic. **2nd Place, Resident QI (2021)**

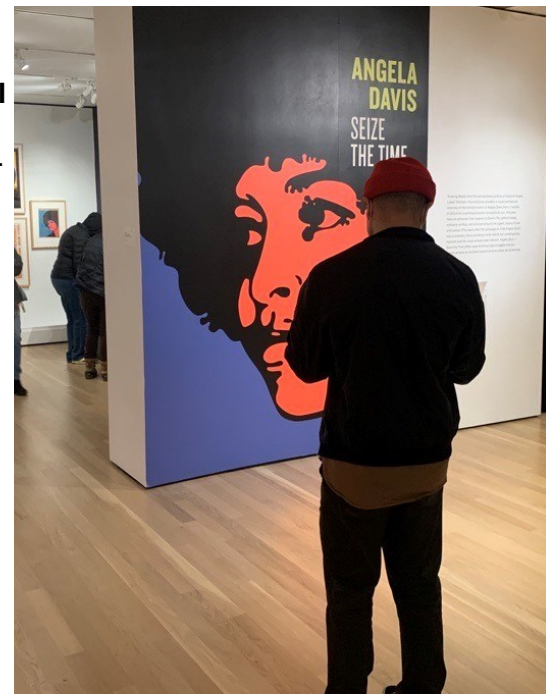
# Diversity, Equity, and Inclusion

The residency program's multi-pronged efforts to eliminate disparities in health includes commitments to:

- ◆ fix fundamental differences in the structural determinants of health, as exemplified by the ongoing community engagement and advocacy efforts led by Dr. Nailah Thompson
- ◆ develop culturally humble providers, starting with pipeline projects with local schools all the way through our residency track in Health Equities & Disparities and Community Medicine Fellowship
- ◆ Conduct research examining disparities in health care, and solutions to resolve these care gaps

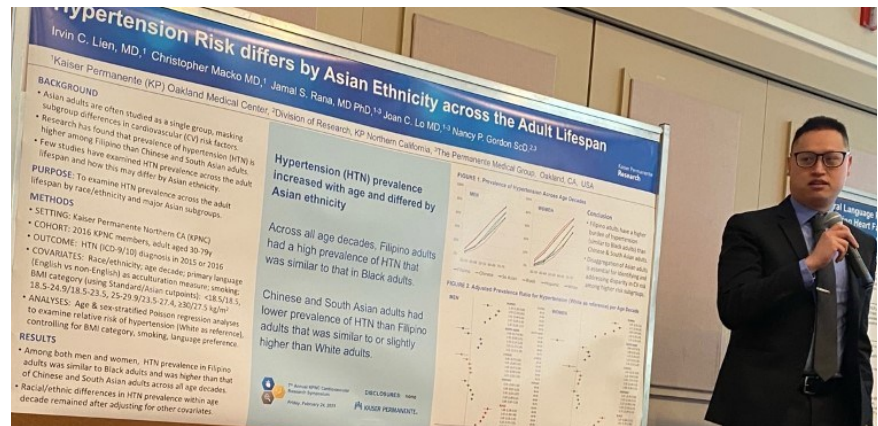


APD and Director of the Health Equities & Disparities Program, **Dr. Nailah Thompson**, is flanked by **Drs. Ray Davis and Lloyd Stockey** at the Black Men in White Coats event held at Merrit College. They are joined by colleagues **Dr. Michael Green** (far right) and **PGY2 Joel Nortey** (second from right) on the stage. Below and Right, Residents, Fellows, and Faculty enjoy an incredibly enriching experience at the African American Museum & Library of Oakland, organized by Dr. Lo.



# Health Equity & Disparities Research

The IM residents showcased their many research targeting disparities in health care at the recent scholarly symposium in May 2023. Then **PGY3s Irvin Lien and Drew Lynch** won the **Best Research Awards** and delivered the podium presentations.



**Racial/Ethnic Differences in Advance Directive Completion among Middle-aged and Older US Adults**  
 Joy C. Liu, MD<sup>1</sup>, Joan C. Lo, MD MS<sup>2</sup>, Nancy P. Gordon, ScD<sup>2</sup>  
 Funded by KPNC Community Health Program  
<sup>1</sup> Department of Medicine, Kaiser Permanente Oakland <sup>2</sup> Division of Research, Kaiser Permanente Northern California (KPNC)

**Differential Association of Language Preference on Clinic Visit Use in Latino & Chinese Adults**  
 Edward Shin MD • Joan Lo MD • Antonia Torreblanca MD MPH • Joseph Leung MD • Chitra Chandran MD • Nancy Gordon ScD  
 Department of Adult & Family Medicine and Division of Research, Kaiser Permanente Northern California (KPNC), The Permanente Medical Group  
 Funded by KPNC Community Health

**Higher Risk of Albuminuria Progression in Asian & Pacific Islander Adults with Diabetes**  
 Billy Zeng MD,<sup>1</sup> Jeanne Darbinian MPH,<sup>4</sup> Kenneth Chen MD,<sup>2,5</sup> Hasmik Arzumanyan MD,<sup>3,5</sup> Joan Lo MD,<sup>3,4,5</sup> Sijie Zheng MD, PhD<sup>2,4,5</sup>

**Ethnic Variation in Non-vertebral Major Osteoporotic Fractures among US Asian/Pacific Islander Men**  
 Clarence Chu MD,<sup>1</sup> Malini Chandra MS MBA,<sup>2</sup> Nancy Gordon ScD,<sup>2</sup> David Zeltser MD,<sup>3</sup> Catherine Lee PhD,<sup>2</sup> Jeanne Darbinian MPH,<sup>2</sup> Joan Lo MD<sup>2,3</sup>  
<sup>1</sup> Department of Medicine, Kaiser Permanente (KP) Oakland • <sup>2</sup> Division of Research, KP Northern California • <sup>3</sup> The Permanente Medical Group • Oakland, CA

**De-liver-ing the Update on Autoimmune Hepatitis: Recent Trends in the Prevalence of Diagnosed Autoimmune Hepatitis in a Large Northern California Population**  
 Jimmy Yao MD<sup>1</sup>, Sheng-Fang Jiang MS<sup>2</sup>, Nirmala D. Ramalingam MPP<sup>3</sup>, Kavita Radhakrishnan MD<sup>4</sup>  
 Departments of Medicine<sup>1</sup>, Graduate Medical Education<sup>2</sup>, and Gastroenterology<sup>4</sup> Kaiser Permanente Oakland • Division of Research, Kaiser Permanente

**Smoking Prevalence among Chinese Men Differs by Preferred Language in a Northern California Health Plan**  
 Nicholas Tom MD,<sup>1</sup> Joan Lo MD,<sup>2,3</sup> Nirmala Ramalingam MPP,<sup>2</sup> Joseph Leung MD,<sup>1</sup> Chitra Chandran MD,

# Special Awardees

## Dr. Drew Lynch, MD

Recent grad and current MPH resident, Dr. Drew Lynch, served as Guest Editor for a Special Collection of The Permanente Journal focusing on Global Palliative Care. Drew will be heading into Oncology Fellowship following the completion of his MPH year.



## Dr. Jenna Wick, MD

**PGY-3 Jenna Wick** (flanked in photo by ID and HIV faculty Drs. Rand Dadasovich and Mitch Luu) served as Guest Editor for a 2023 Special Collection of The Permanente Journal focused on Social Determinants of Health (The Impact of Social Determinants of Health and Interventions to Improve Health Equity) <https://www.thepermanentejournal.org/social-determinants-of-health>

Jenna is a member of the Health Equity and Disparities track and will be pursuing fellowship in Infectious Diseases next year.

## Dr. Joy Liu, MD

Recent grad and current MPH resident, Dr. Joy Liu, served as Guest Editor for a Special Collection of The Permanente Journal: "What Is Global Is Local: Health Care Lessons from Around the World". Joy recently won the '40 Under 40' Award from Minority Health Quality Forum and was selected to be a Editorial Fellow for the American Medical Association's Journal of Ethics.

Joy's writing talents were also on full display during her Medical Journalism elective with ABC News in New York. Her research during that elective led to 6 by-lines for ABC— check them out here [Joy Liu News Stories and Articles \(go.com\)](http://JoyLiuNewsStoriesandArticles.com)



# Good Luck to our 2023 graduates!!



And a couple more graduation pix...



## Alumni Corner

(Starting Top Right moving clockwise): Dr. Lo catches up with 2021 Alums, **Jerry Liu and Kristine Gu**, on a recent trip to Boston where Jerry is an Informatics Fellow at Boston U and Kristine is completing Endocrinology Fellowship at Mass General. 2020 grad and current PCP at Kaiser, **Daniel Ha**, proposed in Hawaii where a passer-by just happened to catch a photo of the moment. **Paul Wada**, class of 2020, completed Infectious Diseases Fellowship at Vanderbilt and joined the ID faculty at Kaiser Walnut Creek in the Fall of 2022. He made time in his busy schedule to welcome his first child, Jamie (below, middle row, right), in March 2023 and to pose with Drs G and B during his noon conference on Antibiotics in April. To the left of Jamie is Sai Becerra Banerjee, the second child of 2016 IM/MPH alum and Asst. PD **Somalee Banerjee**. Above Sai is the newest arrival, Luca Cheng Lee, first born of **Angelin '23 and Lawrence '24**. At the very bottom row, **Eric Sumner**, class of 2020 and current Interventional Pulmonology fellow at Stanford welcomed his first child, Neil. Ezra Luxenberg explains the house rules to new baby brother Micah, both sons of 2019 alum and current Core Faculty **Adam Luxenberg**.

The Geriatricians know how to party— 2019 alum **David Lee** caught up with 2021 grads **Andrew Gabriel, Chelsea Gong and Christina Li** at the AGS Conference in Long Beach. The 2022 alums also found time for get together in San Diego— **Kristine Gu, Jerry Liu, and Besty Yang** (class of 2021) reunite with **Nika Carrillo, and Adnan Khan** (class of 2022) in San Diego.







## Sayin' Good-Bye...

Beloved Hospitalist and former Teacher-of-the-Year Dr. Emory Fong retired after a distinguished career, his knowledge of medicine only surpassed by his knowledge of esoteric trivia. He is surrounded by the residents (above) and his Hospitalist colleagues (right). An avid cyclist, Dr. Fong will now have time to literally ride off into the sunset.

His departure came shortly after the retirements of fellow Hospitalists Drs. Joe Panicali and Jeannie Yip (below). Joe led the residency music group and still maintains a recording studio in Emeryville. Dr. Yip meanwhile may have to adjust to life in the daytime. A longtime nocturnist, Dr. Yip is shown at her desk in the bottom left welcoming the rising sun on her last shift.

