



UAMS THYROID CENTER is One-Stop Shop for Thyroid Referrals

Patients Get Tests, Results and Treatment Plan in a Single Visit

Nearly 20 million Americans are thought to be living with thyroid disease, and as many as 60% of them don't realize it.

That means there are a lot of patients in Arkansas who need thyroid treatment, even though many of them haven't been diagnosed.

At the Thyroid Center at the University of Arkansas for Medical

Sciences (UAMS), located on the sixth floor of the Winthrop P. Rockefeller Cancer Institute, a multi-disciplinary team of experts is always available to perform initial screening for suspected thyroid conditions, treatment ranging from a simple prescription to complex surgery, and follow-up treatment.

"If your patient has a thyroid problem, we can see the patient," said **Mauricio Moreno, M.D.**, an associate professor who directs the Head and Neck Surgery Division in the UAMS Department of Otolaryngology.

With the team of specialists and the latest technology available under one roof, the center is a one-stop shop for all things thyroid.

Fellowship-trained endocrinologists, head and neck oncologists, and pathologists work together in a patient-centered environment to assess problems and determine solutions in a single visit. The team's solid working relationship with other experts on campus also makes it easy to coordinate other related care - say, from a thoracic surgeon.

"What would normally be a four-week process, we can do in four hours," said **Donald L. Bodenner, M.D., Ph.D.**, director of the Thyroid Center and chief of Endocrine Oncology at UAMS.

Elsewhere, patients typically need separate appointments for extensive lab work, ultrasounds and biopsies to screen for thyroid cancer. Then they have to wait for results. But at UAMS' Thyroid Center, all the tests — and the results — are available in a single day.

If surgery is needed, it can also be scheduled that day.

"Here, the second visit is surgery," said Moreno, who is one of three head and neck surgeons at the center. The other two are **Jumin Sunde, M.D.**, and **Emre Vural, M.D.** Of course, most patients don't need a second visit.

The most common thyroid conditions treated at the center



Donald L. Bodenner, M.D., Ph.D.



Jumin Sunde, M.D.



Emre Vural, M.D.



Mauricio Moreno, M.D.

are goiters and localized growths or nodules. These are often recognized by primary care physicians, although patients themselves may feel a thyroid lump or nodule.

Goiters – an enlargement of the thyroid gland that can be felt as a lump under the skin at the front of the neck or seen without the aid of imaging or ultrasounds -- are usually only a cosmetic concern but can require surgery when they press on the esophagus or cause airway obstruction.

Moreno noted that the Thyroid Center team also sees a fair number of substernal goiters, which grow down into the chest behind the breastbone and can't be seen or felt. These can require the involvement of a thoracic surgeon to remove.

The third most-common condition treated at the center is hyperparathyroidism, which occurs when too much calcium is released from the bones into the bloodstream. Although elevated calcium levels are often detected during routine blood screens by primary care physicians, and sometimes are discovered through X-rays taken for another reason that reveal an abnormal growth, patients can remain asymptomatic for years. If the condition goes undetected and untreated long enough, it can result in kidney stones, severe osteoporosis and even cardiac arrhythmias.

Whatever evaluation and treatment is needed, each



Samantha Rose, APRN



Jamie Ferguson, APRN



Manuel Heredia, APRN

type of specialist is always on standby at the center. Bodenner and his team also provide post-surgical treatment with radioactive iodine and follow up with ultrasounds and bloodwork in the clinic.

The thyroid team also includes **Samantha Rose, APRN** coordinator, **Jamie Ferguson, APRN**, and **Manuel Heredia, APRN**.

To help ensure the most thorough diagnoses and treatments available, the Thyroid Center at UAMS also has a multispecialty endocrine tumor board that meets regularly to discuss patients' conditions and treatment options.

To make a referral to the Thyroid Center, call 501-686-8224 or fax information to 501-603-1550 for potential thyroid cancer or call 501-526-1020 or fax 501-603-1538 for more general endocrine matters. ■

December 2021 Message from Dr. Seupaul



Dear Colleagues,
Here we are in the middle of another flu season that is complicated by COVID-19.

Last year, measures that were in place to prevent the spread of COVID-19 were in full force in many areas of the state, which had a nice side effect of keeping flu numbers down.

But this year, as fewer people are working from home, more restaurants are opening up or expanding limited dine-in services, and other businesses are gradually relaxing masking rules or occupant limitations, a spike in flu cases is likely.

That means that now, more than ever, we need to remind our patients about the need for both flu shots and COVID-19 boosters – as well as initial COVID-19 vaccinations for those who remain unvaccinated. It doesn't hurt to reassure our patients that both vaccinations can be given simultaneously, keeping in mind that many have been subjected to a barrage of confusing, conflicting or downright erroneous reports.

The Arkansas Department of Health advises that children, the elderly, health care workers and others prone to getting the flu should get their flu vaccine every year, as should other people who associate regularly with members of those groups.

The flu season in Arkansas generally lasts from December through March.

Here's hoping for a healthier new year!

Sincerely,

Rawle A. Seupaul, M.D.
Chief Clinical Officer
UAMS Medical Center
Stanley E. Reed Professor & Chair
Department of Emergency
Medicine
UAMS College of Medicine

NEW! UAMS Baptist Health Cancer Center

Two of Arkansas' most trusted names in health care are now delivering comprehensive cancer care together.

Introducing the **UAMS Baptist Health Cancer Center** – with its first location on the Baptist Health North Little Rock campus. We offer advanced cancer treatments with the academic medicine difference, including unique clinical trials led by cancer specialists from the UAMS Winthrop P. Rockefeller Cancer Institute.

Services include:

- Medical Oncology
- Infusion Services
- Radiation Therapy

For more information, visit UAMSBaptist.Health/StrongerTogether

News to Know: Updates from UAMS

UAMS Experts Now Serving High-Risk Pregnancy Patients in Fayetteville

UAMS maternal fetal experts are now available to patients in Northwest Arkansas to provide assessment, diagnosis and management of high-risk pregnancies, including problems associated with multiple births, heart disease, gestational diabetes, physical and genetic fetal abnormalities, and other conditions.

Through a partnership with Washington Regional, the Maternal Fetal Medicine Clinic opened recently inside the Women and Infants Center on the Washington Regional campus in Fayetteville. The clinic is staffed by four maternal fetal medicine specialists from UAMS – **Nafisa Dajani, M.D., Dawn Hughes, M.D., Everett Magann, M.D., Adam Sandlin, M.D.**, and a local nurse practitioner, **Alissa Scherer, APRN.** *To make a referral, call 479-463-2935.*



Nafisa Dajani, M.D.



Dawn Hughes, M.D.



Everett Magann, M.D.



Adam Sandlin, M.D.

Five Physicians Join Orthopaedic Surgery Team

- **Jordan Gross, M.D.**, specializes in complex deformities of the spine, including scoliosis and congenital deformities. He provides surgical and nonsurgical treatment for a wide variety of pediatric spinal conditions at Arkansas Children's in Little Rock and specialized care at Arkansas Children's Northwest in Springdale. *To make a referral, call 501-364-2946.*

- **Adrienne Koder, D.O.**, a pediatric orthopaedic surgeon, is seeing patients at Arkansas Children's Northwest in Springdale. *To make a referral, call 479-725-6880.*

- **Lauren Poindexter, M.D.**, a primary care sports medicine physician, sees patients at UAMS' Orthopaedics and Sports Medicine practice in Fayetteville and Lowell, and at Arkansas Children's Northwest in Springdale. *To make a referral, call 479-966-4491.*

- **Justin Rabinowitz, M.D.**, fellowship-trained in disorders of the shoulder and elbow, sees patients at UAMS' Orthopaedic Clinic at 10815 Colonel Glenn Road in Little Rock and the UAMS Baptist Health Orthopaedic Clinic in Conway. *To make a referral, call 501-526-1046.*

- **Scott Schoenleber, M.D.**, a pediatric orthopaedic surgeon specializing in limb lengthening and complex lower extremity deformity correction at Arkansas Children's. He also sees pediatric patients at Arkansas Children's Northwest for lower extremity deformities and neuromuscular disorders. *To make a referral, call 501-364-2946.*



Scott Schoenleber, M.D.



Jordan Gross, M.D.



Lauren Poindexter, M.D.



Adrienne Koder, D.O.



Justin Rabinowitz, M.D.

(Continued on page 4)

Physician Relations

Physician Relations & Strategic Development

Chief Clinical Officer

Rawle A. Seupaul, M.D.
RASeupaul@uams.edu

Director

Melanie Meyer, M.Ed.
melanie@uams.edu

Manager

Carla Alexander, M.Ed.
carla@uams.edu

Byron Jarrett
physicianrelations@uams.edu

Wendy Sheridan
wendy@uams.edu

CONSULT

is produced by the UAMS Office of Communications & Marketing and Physician Relations & Strategic Development.

Editor

Linda Satter

Designer

Norma Edwards

Vice Chancellor for Communications & Marketing

Leslie Taylor



CONSULT Quiz of the Month

QUESTION

Which of the following is true of DDAVP (desmopressin)?

- It is an analog of vasopressin and can cause hypernatremia.
- It should not be given chronically to prevent bleeding in patients with moderate von Willebrand disease (vWD).
- It does not have efficacy in several mild platelet disorders, such as storage pool defect.
- It can be used in all causes of vWD.

(Continued from page 3)

New Oncologists Join the Winthrop P. Rockefeller Cancer Institute

Samer Al Hadidi, M.D., and **Sindhu Malapati, M.D.**, are now seeing patients at UAMS' Winthrop P. Rockefeller Cancer Institute in Little Rock.



Samer Al Hadidi, M.D. Sindhu Malapati, M.D.

Al Hadidi, M.D., an assistant professor in the Department of Hematology and Oncology, treats patients with myeloma and other plasma cell disorders in the Institute's Myeloma Center. He came to UAMS from Baylor College of Medicine in Houston, where he completed a fellowship in hematology/oncology, focusing on cell and gene therapy. He received his medical degree from the School of Medicine, University of Jordan, in Amman, Jordan, and completed his residency in internal medicine at Michigan State University in Flint, Michigan. **To make a referral, call 501-686-**

2015.

Sindhu Malapati, M.D., an assistant professor in the Division of Medical Oncology, specializes in breast cancer. She came to UAMS from Ascension St. John Hospital in Detroit, Michigan, where she completed a fellowship in hematology/oncology, focusing on breast oncology. She received her medical degree from Goa Medical College in Bambolim, India, and completed her residency in internal medicine at John H. Stroger Jr. Hospital in Chicago. **To make a referral, call 501-296-1200.**

UAMS Adds Specialists in Epilepsy, Movement Disorders

Hillary Williams, M.D., and **Harshad Ladha, M.D.**, both joined the UAMS College of Medicine's Department of Neurology on Aug.



Hillary Williams, M.D. Harshad Ladha, M.D.

1 as assistant professors.

Williams earned her medical degree at UAMS in 2015 and was a resident physician in the

Department of Neurology from 2015 through 2019, when she was named UAMS College of Medicine Resident of the Year. She completed a fellowship in the Department of Movement Disorders at the University of Alabama at Birmingham before returning to UAMS, where she practices in the Movement Disorders Clinic in the Jackson T. Stephens Spine and Neurosciences Institute. She is board-certified in psychiatry and neurology. **To make a referral, call 501-686-5838, Option 1.**

Ladha came to UAMS from the Department of Neurology at Emory University School of Medicine in Atlanta, Georgia, where he was a fellow in clinical neurophysiology/epilepsy. Earlier, Ladha was a resident at the University of Alabama at Birmingham, first in internal medicine and then in neurology. He earned his medical degree at the Dr. V.M. Government Medical College in Solapur, India, in 2011, and a master's of public health degree in epidemiology at the University of Texas Health Science Center in Houston, Texas. He is seeing patients at the Epilepsy & Neurology Clinic in the Freeway Medical Tower in Little Rock. **To make a referral, call 686-5838, Option 2.**

UAMS PHYSICIAN RECRUITMENT & PROVIDER PLACEMENT PROGRAM

The UAMS Physician Recruitment & Provider Placement Program has a team of placement specialists dedicated to serving the recruitment needs of our partner communities, UAMS Regional Campuses and UAMS faculty. Physician/provider opportunities are available in all specialties throughout Arkansas.

FEATURED JOBS

Designated Institutional Official (DIO) - NW Arkansas and Regional Programs:

UAMS is seeking a Designated Institutional Official (DIO) for Graduate Medical Education (GME) in Northwest Arkansas (NWA) and for Family Medicine Regional Programs (AHEC) across the state.

Specialty Opportunities: Visit MedJobArkansas.com to see opportunities in otology, neurocritical care neurology, emergency medicine and radiology.

Rural Practice Opportunities: Do you have a calling for rural health? UAMS partners with hospital and clinics around Arkansas. Visit MedJobArkansas.com to see available opportunities in rural health.

Recruitment services contact: Carla Alexander: 501-686-7934 or carla@uams.edu

For a complete listing of job descriptions and opportunities, visit MedJobArkansas.com and follow **MedJobArkansas:**



First Lung Biopsy Robot in Arkansas Allows Early Detection of Lung Cancer

New robotic technology at UAMS is helping doctors find and very precisely biopsy previously undetectable cancerous nodules in the farthest reaches of the lung through a minimally invasive procedure.



Nikhil Meena, M.D., interventional pulmonologist, poses with the Ion Endoluminal Robotic Bronchoscopy System, the first lung biopsy robot in Arkansas, as a monitor in the background shows the close-up view it provides inside a patient's lung.

The **Ion Endoluminal Robotic Bronchoscopy System** is the first lung biopsy robot in Arkansas.

It includes an ultra-thin, easily maneuverable catheter that is placed into the body of an anesthetized patient through a natural opening, such as the mouth. Doctors watching on a screen can then move it 180 degrees in all directions, allowing them to navigate through very small airways to reach any airway segment within the lung. A flexible biopsy needle inside the catheter can collect tissue in all 18 segments of the lung.

The technology is especially useful because about 70% of nodules reside in the farthest reaches of the lung.

Nikhil Meena, M.D., an interventional pulmonologist and associate professor in the

UAMS College of Medicine Department of Internal Medicine, used the new technology, made by Intuitive, for the first time in mid-September.

“The cases went very well,” he said. “It was incredible to drive down the airways you could only look at from afar and park the biopsy channel right at the doorstep of the nodule, if you will.”

Meena said the first patient “had one nodule that I had been unable to biopsy adequately with the previous technology,” while the second patient “had multiple small nodules, and we chose to sample two of those.”

Before, he said, “We simply couldn’t get to them with surety. And once there, there was no ability to stay there, so we would have to try to find it after every single biopsy attempt.”

Both patients were found to have cancer and immediately receive treatment – curative radiation alone for one patient and chemo-radiation treatments for the other—demonstrating how the technology allows physicians to catch lung cancer in its early stages and increase survival rates.

“With this technology, we would be able to sample, in the right context, the nodules that previously would just have been watched until they were big enough,” Meena said. “And cancer can sometimes be unpredictable. The nodules can sometimes grow exponentially in the surveillance time and get to a higher stage.”

To make a referral, call 501-296-1200. ■

KEYUR S. VYAS, M.D.

Professor, Infectious Diseases Division,
Department of Internal Medicine,
UAMS College of Medicine



What inspired you to become a doctor?

I always had a fascination with science and an interest in medicine, but it was watching my grandfather, a physician, interact with his patients and the impact that he had in their lives that really

inspired me to become a doctor.

What do you like most about your specialty?

I love the variety of patients and their medical problems that I get to see and treat. Each patient is different and challenging, but we are able to provide treatments that cure most patients or turn a disease like HIV, that untreated may be a death sentence, into a manageable condition. Infectious diseases are ubiquitous and constantly evolving so we have to stay current and know what is happening both in our region and around the world.

What makes you unique among your peers?

I have an interest in and experience with infection prevention in healthcare settings as well as emergency preparedness for response to emerging infectious threats. My areas of interest include respiratory viruses such as influenza and coronaviruses, as well as promotion of adult vaccination.

Why did you come to UAMS?

I came to UAMS as a student and really planned to go elsewhere for residency/fellowship. However, as I evaluated other programs around the country, I found that the education, mentorship and collegiality among the faculty, as well as the breadth of patients and pathology I would get to see here, were unparalleled. UAMS provides the highest level of care for all of our patients from across the state and the country, and it is so rewarding to work with dedicated professionals to improve the health and healthcare for our state.

What are your clinical specialties?

I see patients with the whole spectrum of infectious diseases including bacterial, fungal, parasitic and viral infections (including HIV) in the clinic and in the hospital. I have a particular interest in providing pre-travel consultation and seeing patients who may have illnesses related to travel.

What is the number doctors can use to make a referral to you?

They can call 1-866-UAMS DOC (1-866-826-7362) or 501-686-8000.

MEDICAL CASE STUDY:

Advanced Technology Protects Heart from Radiation Treatment For Left-Sided Breast Tumors

Initial Contact

A 46-year-old woman with a history of left-sided, early-stage breast cancer presented in June at the Breast Center at UAMS with a small mass near her previous incision.

Assessment

It was determined that the patient's previous cancer had recurred. She'd been diagnosed in 2019 with Stage 2 breast cancer after doctors found an aggressive type of tumor known as triple-negative high grade, for which she underwent chemotherapy and bilateral mastectomies. She then had breast reconstruction surgery on both breasts in 2020.

On July 7, surgical oncologist **Ronda Henry-Tillman, M.D.**, chief of breast oncology at UAMS, removed the new tumor and replaced the patient's left implant. The patient then was evaluated by **Richard Crowover, M.D., Ph. D.**, a radiation oncologist who is an expert at using surface image guidance technology to position a patient for administering Deep Inspirational Breath Hold (DIBH) therapy.

Crowover performs the DIBH procedure at the UAMS Baptist Health Cancer Center at the Springhill Medical Plaza on Baptist's North Little Rock campus, which opened in

August and is the only place in Central Arkansas where this type of surface image guidance equipment is available.

Procedures

On Sept. 1, the patient was the first to undergo the newly available procedure, which is designed to reduce radiation exposure to the heart.

Before her treatments began, she visited the center to allow Crowover's team to take scans of her body in order to create a cradle, or mold, precisely contoured to her body. The mold is formed from soft bean-bag like material that, once molded into the correct shape, is set and retained in a hardened form for use in each subsequent visit by the patient.

Also during the pre-procedure visits, scans were taken of the patient from her chin to her diaphragm, to measure how close her heart sits to the area that needed radiation -- first while she breathed freely and then while she held a comfortably deep breath. Patients whose hearts move significantly away from the area needing radiation when they breathe in are ideal candidates for the innovative technology.

"It takes us about a week to design the plan and do the

calculations," Crowover said.

Each radiation procedure lasted only a few minutes and required the patient to take deep breaths that she held for about 20 seconds, causing her heart to move away from the treatment site to minimize the heart's exposure to radiation. Crowover, watching the internal activity through real-time, six-dimensional monitoring, delivered short bursts of radiation to the tumor that were timed to coincide with the series of short breath holds.

Depending on the area being treated and the amount of radiation to be delivered, "it may take four to eight breath holds," Crowover said.

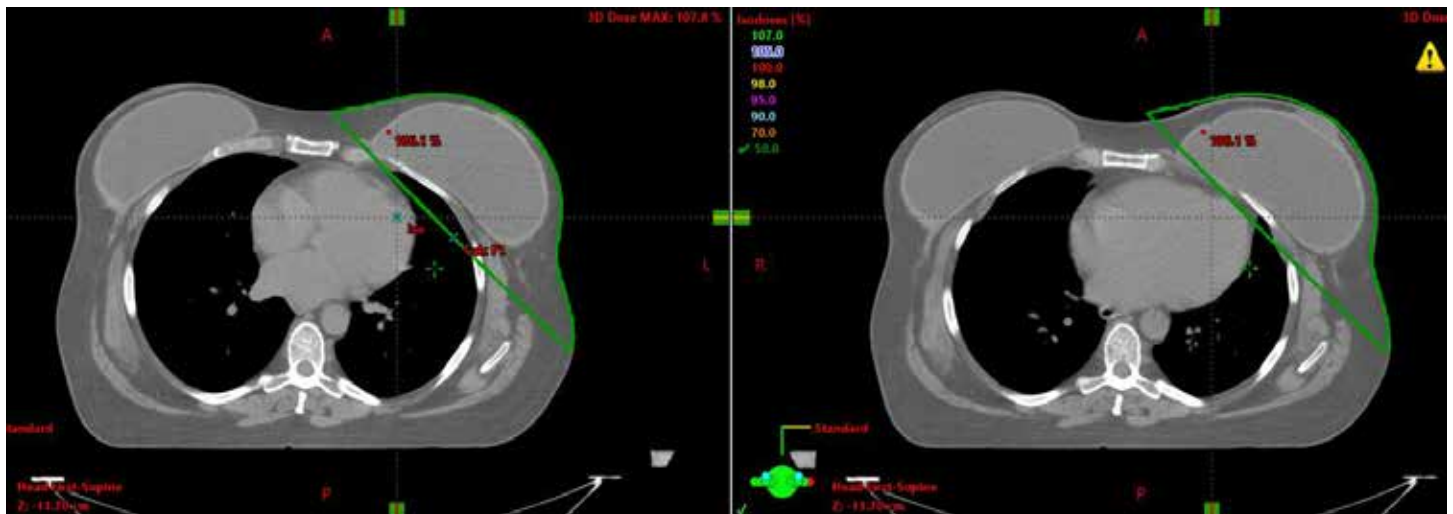
The treatments were administered on an outpatient basis every Monday through Friday for five weeks.

Follow up

After the series of treatments was complete, the patient was instructed to return -- initially, every three months and then less often--for follow-up visits with the radiation oncologist or her surgeon.

Discussion

Crowover noted that while this patient's condition required treatments five times a week for five weeks, most DIBH breast



In these images from a DIBH procedure, the left image shows how the heart moves away from the treatment field, outlined in green, when the patient takes a deep breath. The right image is from a scan while the patient breathes freely, showing that the heart reaches the back of the treatment field.

treatments are completed in three weeks or less.

He said the patient was an ideal candidate for the technique because, among other things, she had a left-sided tumor and pre-treatment scans showed that when she took a deep breath, her heart moved far enough away from the tumor to avoid the burst of radiation meant to attack it. Not all patients' hearts move far enough away from the treatment area when holding their breath to make the procedure a viable option for them. For some patients, their age lessens the potential for long-term harm from radiation exposure, making them better candidates for other radiation procedures at UAMS' main campus.

"For patients with a longer life expectancy that are treated for left-sided tumors, that's where the Deep Inspiration Breath Hold technique really shines," Crownover said.

After using surface image guidance technology for about four years, and comparing several different systems for delivering DIBH therapy, Crownover said he

believes the equipment used at the UAMS Baptist Health Cancer Center is superior to most others. He has lectured across the globe about the technology, for use with DIBH and other applications.

The center can treat 25 to 30 patients a day. Crownover said a second machine is expected to be added in about a year at UAMS' main campus in Little Rock, making the technologically advanced DIBH procedure available for more patients with breast and some other types of cancer.

Though it is currently used primarily to treat left-sided breast tumors, "There are some situations where we would use it for treating a right-sided tumor," he said, referring to some procedures that are anatomically challenging to do without damaging the lungs. He said the equipment can also be used to treat sarcomas in the limbs and in pediatric patients, where the positioning has to be very precise to avoid exposing a young body to radiation that could lead to tumors years later.

To make a referral, call 501-214-2460. ■

Richard Crownover, M.D., Ph.D.



Professor
Department of
Radiation Oncology
UAMS College of
Medicine

Education

Doctor of Medicine and Doctorate in Physics, Duke University, Durham, North Carolina

Residency

Radiation Oncology, University of California, San Francisco

Other Oncology Experience

Mays Cancer Center, University of Texas Health, San Antonio, Texas

Regional Cancer Center, The Reading Hospital and Medical Center, Reading, Pennsylvania

Cleveland Clinic Foundation, Department of Radiation Oncology, Cleveland, Ohio

EpicCare Link

NEW! Ordering Referrals

In the course of their care, you may need to refer patients to UAMS. EpicCare Link is your portal to the UAMS Electronic Medical Record, which is designed to give you access to records, results and direct messaging to UAMS providers. In EpicCare Link, you can quickly enter referrals electronically for your patients.

EpicCare Link is a secure, web-based portal for referring providers to track patient progress and treatment while at UAMS. IT also provides secure messaging for electronic consults. You can grant your staff access as well.

EpicCare Link provides:

- Appointment request via Inbasket
- Lab, imaging and test results
- Hospital admissions
- Discharge summaries
- Images and scanned files
- Consultation notes
- Orders placed by our physicians
- ... and more

How to register: Log onto UAMS.Health/EpicCare

Complete the EpicCare Link access request form • UAMS IT will email your user name and password

ADDRESS SERVICE REQUESTED

LearnOnDemand.org



All classes are FREE!

A resource of the UAMS Institute for Digital Health & Innovation, the LearnOnDemand.org web portal offers health care professionals the flexibility of earning continuing education (CE) on their own schedule, through an expanded array of teleconferences and online courses.

- Track all educational hours and credits earned inside or outside the program
- Ensure compliance with the CE requirements for the national accrediting organizations for physicians and nurses
- Earn certificates of attendance for a variety of other disciplines

LearnOnDemand.org

For information on LearnOnDemand, contact: cdheducation@uams.edu or **1-855-234-3348**.

To request speakers or topics or to learn more about how the UAMS Physician Relations & Strategic Development team can help you, visit UAMSHhealth.com/MD

JANUARY 4
Neurofibromatosis 1 and 2: Review and Update
Ericka Santos Horta, M.D.
Department of Neurology

JANUARY 11
Parkinson's Disease Management
Rohit Dhall, M.D.
Department of Neurology

JANUARY 18
Moving the Needle: Transitioning into Adulthood and Available Services
Renee Holmes, RN
Director of Autism Services
Partners for Inclusive Communities

JANUARY 25
Culinary Medicine
Gloria Richard-Davis, M.D.
Department of Obstetrics & Gynecology

FEBRUARY 1
Management of Shoulder Pain in the Recreational/Competitive Athlete
Lauren Poindexter, M.D.
Department of Orthopaedics

FEBRUARY 8
COVID Longhaulers
Anand Venkata, M.D.
Department of Internal Medicine-Pulmonary and Critical Care

FEBRUARY 15
Moving the Needle: "Words of Wisdom: Three Mothers' Perspective on Children with Autism Becoming Teens/Young Adults with Autism"
Betty Jayne Bellando, Ph.D.
Department of Pediatrics
With Charlotte Crawford, Angeletta Giles and Shelley Crawford

FEBRUARY 22
Medical Malpractice Suits
Catherine Corless, J.D.
Office of General Counsel

MARCH 1
Endovascular Fistula Creation
Mary "Mollie" Meek, M.D.
Department of Radiology

MARCH 8
Sickle Cell Update
Stella Bowers

MARCH 15
TBD

MARCH 22
Spring Break

MARCH 29
Ethics of Noninvasive Prenatal Testing
Skye A. Miner, Ph.D.
Medical Humanities and Bioethics