

medicine minute

Tuesday, July 30, 2024

faculty updates

TRANSITIONS

Towler Appointed Division Director at University of Missouri



Dwight Towler, M.D., Ph.D., a Professor in the Division of Endocrinology and Associate Dean of Resident Research, has accepted an appointment as Professor of Medicine and Director of Endocrinology, Diabetes and Metabolism at the University of Missouri.

Dr. Towler, who was the inaugural Vice Chair of Research in Internal Medicine from 2015 to 2022, earned his medical degree and doctorate in biochemistry from Washington University in St. Louis. He completed his residency and an endocrine/metabolism fellowship at Barnes-Jewish Hospital in St. Louis and served as Chief of the Division of Bone and

Mineral Diseases at Washington University for a decade before joining UT Southwestern. He is a member of the Association of American Physicians and the American Society for Clinical Investigation.

He specializes in the diagnosis and treatment of bone and mineral disorders, such as osteoporosis and vascular calcification. His research focuses on the endocrine physiology of bone and vascular disease. Earlier in his career, he co-lead a large research team in the pharmaceutical industry as a senior director, discovering novel therapeutics for treatment of osteoporosis and musculoskeletal frailty.

“Congratulations to Dr. Towler on his new appointment, and for his many contributions to our patient care, educational, and research missions,” says **Perry Bickel, M.D.**, Associate Professor and Chief of Endocrinology.

Dr. Towler holds the J.D. and Maggie E. Wilson Distinguished Chair in Biomedical Research, and the Louis V. Avioli Professorship in Mineral Metabolism Research.

Dr. Bickel holds the Daniel W. Foster, M.D., Distinguished Chair in Internal Medicine.

kudos

THE ARTS

Nanayakkara, Pulitzer Display Art Works



Amila Nanayakkara, Ph.D., a postdoctoral researcher, and **Zoe Pulitzer, M.P.H., M.S.Ed.**, a research study coordinator, both in the Division of Infectious Diseases and Geographic Medicine, are among about 50 artists whose work is currently exhibited in the Faculty Club as part of the 23rd annual On My Own Time art show, which runs through Friday, Aug. 16.

The competition drew entries from UT Southwestern employees and students, showcasing a diverse range of artistic creations such as paintings, stained glass, fiber arts, jewelry, ceramics, and more.

Dr. Nanayakkara, pictured left, submitted a grayscale portrait on paper of Walter White, the fictional main character in the TV series “Breaking Bad.” In the piece, Dr. Nanayakkara presents a scientist’s dilemma: Trapped between the comfort of order and the allure of breaking free yet paralyzed by fear. His expression echoes the conflict of a mind torn between the safety of formulas and the chaos of uncharted territories.

Ms. Pulitzer, at right, whose submissions included a work on paper and a work on canvas, has been painting with acrylics for more than 10 years. She recently started to incorporate more mixed media and collage pieces in her bright, colorful works.

Winners from the visual art categories will be announced during a reception on Thursday, Aug. 15, at the Faculty Club. Best in Show, People’s Choice, and First Place entries in each category will then be displayed at NorthPark Center alongside winning entries from other North Texas companies from Thursday, Aug. 29, through Friday, Sept. 13. Literary winners will be announced separately on Tuesday, Aug. 13, and authors are invited to read their work at a reception at Dallas College on Thursday, Sept. 12.

To view the On My Own Time visual works, click [here](#). To read the On My Own Time literary works, click [here](#).

education and training

AMERICAN SOCIETY OF HEMATOLOGY

Bavli Presents Lecture on Hematologic Complications of Pregnancy



Natalie Bavli, M.D., an Assistant Professor in the Division of Hematology and Oncology, presented a lecture for the American Society of Hematology’s 2024 Hematology Review Series. Her topic: “Hematologic Complications of Pregnancy.”

The series is designed to support preparation for board certification or recertification, or as a refresher.

Dr. Bavli earned her medical degree at Tufts University School of Medicine and completed residency training at Beth Israel Deaconess Medical Center. She then obtained advanced fellowship training in hematology at UT Southwestern.

Dr. Bavli joined the UT Southwestern faculty in 2021. She specializes in classical hematology with a particular focus on bleeding and clotting disorders, women’s health, and red blood cell and platelet disorders.

To enroll in the lecture series, click [here](#). Participants can access the free content by registering with a .edu email address.

alumni news

RECOGNITION

Former Medical Student Honored at UT Houston Health



Bindu Akkanti, M.D., an Associate Professor of Internal Medicine at UT Houston Health McGovern Medical School, has received a John P. and Kathrine G. McGovern Excellence Award in recognition of her research, clinical, and educational activities.

Dr. Akkanti received her medical degree from UT Southwestern in 2004. She then completed internal medicine residency training at Boston University Medical Center and fellowship training in pulmonary and critical care medicine at Baylor College of Medicine.

Dr. Akkanti joined the McGovern Medical School faculty in 2013. She holds the Graham Distinguished Professorship in Pulmonary Medicine and serves as medical director of the Heart Failure ICU at the Heart & Vascular Institute.

To learn more about Dr. Akkanti, click [here](#).

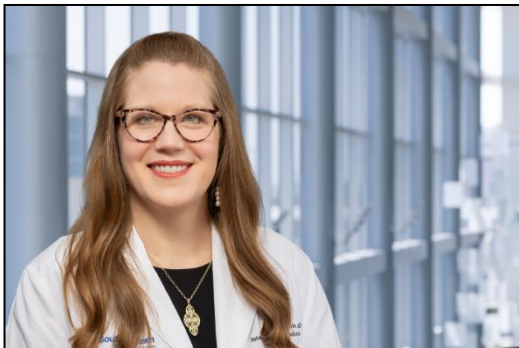


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in case you missed it

LOCAL MEDIA

Albin Discusses Food as Medicine on ‘Good Morning Texas’



“We know that a poor quality diet is actually our top risk factor for dying from a lot of the things we don’t want to have – we don’t want cancer, we don’t want heart disease, memory disorders,” says **Jaclyn Albin, M.D.**, an Associate Professor in the Division of Combined Internal Medicine and Pediatrics in a recent sponsored segment on ABC Dallas affiliate WFAA-TV. “But the food that can lead to sickness is also the antidote—it can also lead to healing.”

She says food is not just for health.

“It’s also for pleasure, for gathering, for culture, and so we shouldn’t eliminate the importance of that. We encourage people to think about when they eat for pleasure and be mindful of it but think about adding more of the missing stuff—nourishing food that is colorful...fruits and vegetables, nuts and seeds, herbs and spices, whole grains and legumes.”

To view the sponsored segment on “Good Morning Texas,” click [here](#).

Articles and Videos Featuring Internal Medicine Colleagues

- [How the ‘Stress Hormone’ Cortisol Contributes to Cushing Syndrome](#) (Via MedBlog, with **Oksana Hamidi, D.O.**)
- [Three Facts About Whooping Cough and Tips to Stop its Spread](#) (Via MedBlog, with **Sonja Bartolome, M.D.**)
- [Study Identifies 18 Proteins Linked to Heart Failure, Frailty](#) (Via UTSW Newsroom, with **Amil Shah, M.D., M.P.H.**)

this week

HEALTH EQUITY SPEAKER SERIES

Duryea to Discuss Reducing Maternal Morbidity on July 31



The Internal Medicine Health Equity Committee summer lecture series begins on **Wednesday, July 31, at noon**, with a presentation by **Elaine Duryea, M.D.**, an Associate Professor of Obstetrics and Gynecology. Her topic: “Improving Maternal Postpartum Access to Care: Reducing Maternal Morbidity.”

To join the lecture via Zoom, click [here](#).

INTERNAL MEDICINE GRAND ROUNDS

Patel to Lecture on Atrial Fibrillation on Aug. 2



Nimesh Patel, M.D., an Assistant Professor in the Division of Cardiology, will present the Internal Medicine Grand Rounds Lecture on **Friday, Aug. 2, at 8 a.m. in D1.502**. His topic: “Updates in Management of Atrial Fibrillation in Systolic Heart Failure.”

Dr. Patel earned his medical degree at the Boston University School of Medicine. He completed a residency in internal medicine at the University of California, Los Angeles Medical Center and then received advanced training in cardiovascular disease and clinical cardiac electrophysiology through fellowships at UT Southwestern.

His clinical interests include ablation for complex arrhythmias, minimizing the use of fluoroscopy, and physiologic pacing. Dr. Patel focuses his research on atrial arrhythmias in lung transplant recipients and physiologic cardiac pacing. He also teaches arrhythmia management, pacemaker basics, and ablation techniques.

Dr. Patel joined the UT Southwestern faculty in 2020.

Noteworthy Lectures & Conferences

- **Wednesday, July 31, 4:30 p.m.:** [Anesthesiology & Pain Management ECHO Cardiography Education Conference](#) with **Dr. Ravi Joshi, M.D.** (Anesthesiology & Pain Management) – “Case Presentations: Evaluation of Elevated Aortic Valve Prosthetic Gradients”
- **Thursday, Aug. 1, 8 a.m.:** [Infectious Diseases & Geographic Medicine Grand Rounds](#) with **Dr. Francesca Lee** (Pathology) – “MICs, Cts, and LDTs, Oh My! Updates from the Lab”
- **Thursday, Aug. 1, 11 a.m.:** [Research Roundup](#) with **Sponsored Programs Administration**



Internal Medicine Events Calendar

[Click to view additional events](#)

save the date

Weight Wellness Day Scheduled for Sept. 14



Weight Wellness Day, a free community event sponsored by the UT Southwestern Nutrition and Obesity Research Center, is scheduled for **Saturday, Sept. 14, from 9 a.m. to 3 p.m. in ND14.**

UT Southwestern physicians, researchers, advanced practice providers, and nurses will lead talks during the event. Attendees also can speak informally with experts at information stations. Numerous medical discoveries and facts will be explored.

The event is open to UT Southwestern employees, patients, family members, and friends.

A free lunch will be provided. To register for the event, click [here](#).

Look for the next *Medicine Minute* on **Tuesday, Aug. 6.**

Share feedback and news items with us at IMNews@UTSouthwestern.edu

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