Weekly Calendar

**UH**
- **4/16:** Journal Club/RRT
- **4/17:** Yellow Team
- **4/18:** MGR: Antimicrobial Stewardship
- **4/19:** Mystery AHD
  - **Weesner:** Adrenal & Pituitary
- **4/20:** Orange Snr
  - Orange Intern

**VA**
- **Team 3**
- **Team 2**
- **Team 4**

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**Anonymous Feedback**
Our website has a section for anonymous feedback. Think of this like an electronic suggestion box that you can use at any time. The message will be sent directly to Dr. Warm, and is completely anonymous. If you have constructive feedback that you would like to share, please use this tool. The link is: [http://www.med.uc.edu/intmed/residency/internal-medicine/residency-feedback](http://www.med.uc.edu/intmed/residency/internal-medicine/residency-feedback)
Liraglutide Review and Cardiovascular Outcomes

Let us first quickly review liraglutide: it is a long-acting glucagon-like peptide-1 (GLP-1) analogue that is FDA-approved for diabetes type II and chronic weight loss management. GLP-1 is a derivative of a metabolic hormone incretin. GLP-1 is broken down by dipeptidyl peptidase-4 (DPP-4) and has a 2-minute half-life. Long-acting formulations of GLP-1 agonists cause dose-dependent weight loss and glucose-lowering effects. Specifically, liraglutide increases glucose-dependent insulin secretion, decreases inappropriate glucagon secretion (expected A1C reduction is about 1%), increases B-cell replication, slows gastric emptying, and decreases food intake. Its predominant influence on body weight is through suppression of energy intake via direct and indirect actions on appetite and food-reward neurocircuitry, and local gastrointestinal effects.1,2 For further reading, please see the LEAD, DURATION-6, and SCALE trials.

A study from the NEJM in 2016 went about to assess the cardiovascular effect of liraglutide when added to standard care in patients with type 2 diabetes. This double-blind RCT randomized 9340 patients over the age of 50 with diabetes type II (A1C >7%, mean 8.7%) and high cardiovascular risk (at least one coexisting cardiovascular condition – CAD, CVA, PVD, CKD ≥ 3, or NYHA class II, III CHF) to either liraglutide or placebo in addition to standard care. After 3 years, patients in the intervention group had a reduction in primary composite outcomes of non-fatal MI, non-fatal CVA, or cardiovascular death. This reduction was driven by reduction in cardiovascular deaths. Between both groups there was no difference in adverse events. However, the liraglutide group had increased incidence of acute gallstone disease (3.1% vs 1.9%). The authors concluded that liraglutide, when added to standard of care for type II diabetes and high cardiovascular risk, lowered A1C levels and reduced cardiovascular deaths, compared to standard of care alone.

Source:


Research Office Hours

EVERY TUESDAY 1-3pm
EVERY THURSDAY 10a-12p

With Dr. Dan Schauer—
Associate Program Director
of Resident Research—in MSB 7365.

Please email Jillian Nolte
to schedule at NOLTEJN@ucmail.uc.edu
Volunteer at the Flying Pig May 5-6th!

There are over 2000 first-time marathon runners signed up for this year’s Flying Pig Marathon! We’re anticipating >30K participants (dogs too!) over the two days of events, and the UC Sports Medicine fellows need help in the medical tent caring for these kind of numbers!

For more information, email leila.borders@gmail.com

Resident Research Spotlight: 7th Annual Internal Medicine Research Symposium

Did you know..

All R2s must pass USMLE Step 3 prior to becoming an R3. This is a new GME policy that took effect this year.

Senior residents, make sure you get this done ASAP!

This is your last chance to complete the ACGME Survey—it closes Sunday. Please complete it ASAP—the link can be found in your UC email.
28yo M presents to clinic to establish care. His chest appears as follows, and his left hand also appears abnormal. He states he was born with this condition, but can’t recall the name. What is it??
Weekend To-Do!

Friday: CSO Chamber Players: Brahms and Beethoven, 7:30 p.m., Music Hall, 1241 Elm St., Over-the-Rhine. Corbett Tower. 513-621-2787; cincinnatisymphony.org.

Cincinnati Reds Baseball, 6:40 p.m., vs. St. Louis Cardinals. $5 and up. 513-381-7337; reds.com.

Legends of Dance, 8 p.m. Friday, 2 and 8 p.m. Saturday, UC College-Conservatory of Music, Corbett Auditorium. Mixed bill accompanied by CCM Concert Orchestra includes excerpts from The Kingdom of the Shades, A Choreographic Offering, and The Sleeping Beauty (Act III). $31, $15. 513-556-4183; ccm.uc.edu/boxoffice.

Saturday: Prokofiev + Beethoven, 8 p.m. Saturday, 2 p.m. Sunday, Music Hall, 1241 Elm St., Over-the-Rhine. Beethoven's Symphony No. 4 gets modern-day response in world premiere commission by Pierre Jaquette. Prokofiev's Violin Concerto No. 1 features violinist Karen Gomyo. 513-381-3300; cincinnatisymphony.org.


Kings Island opening day!


Sunday: Burlington Antique Show, 8 a.m.-3 p.m., Boone County Fairgrounds, 5819 Idlewild Road, Burlington. Over 250 vendors with antiques, vintage jewelry and furniture, primitives, architectural elements, mid-century collectibles, American and memorabilia. Early bird 6-8 a.m. $6 early bird, $4, free ages 12 and under. 513-922-6847; burlingtonantiqueshow.com.


SHOUT OUTS!!!

To Akhil Kher for his commitment to stethoscoop paparazzi!
To Reza Ghoorkhanian for helping at Half Day this week!
To Jose Gomez-Arroyo, Greg Wigger, Eejung Kim, Matt Doers, and Joanna Marco for presenting their posters at today’s Symposium!
To Harika Gorti for helping an intern with a difficult NG tube.—from a grateful intern
To Ashley Cattran for showing up to clinic and seeing patients when not scheduled, but just because… <3
To Alan Hyslop for “being the real MVP. He saw my last patient while I was dealing with a different catastrophe!”
To Eejung Kim for her prize-winning research poster at today’s Research Symposium!
To Geoff Motz aka "Night Daddy" for being such a supportive and inspirational senior on VA nights and for running a code in the ED like a boss
To Kamal Kassem for arranging a therapeutic tap without any senior help on change day!
To Syeda Ahmad for helping out in clinic seeing acute visits today!
To Adam Prasanphanich for rocking it on his first day on service.
To Sig Hartnett for his great attitude and persistent positivity — “honestly his smile made my day. You never know who you can help just by giving them a smile—he completely shifted my perspective after having a bad day.”
To Geoff Motz and Jillian Thompson for helping out with a coded patient that started decompensating overnight. They helped put in orders, manage the situation, and made everything better, even though their own work got pushed back.