

Zachary Ahart–Categorical



Medical School

Lake Erie College of Osteopathic
Medicine

Graduate School

University at Buffalo
MS, Biological Sciences

Undergraduate School

University at Buffalo
BS, Biological Sciences

Representative Publication/Presentation

Poster Presentation, Ahart, Z.A., Kulesza, R.J. "Reelin's role in the morphology of brainstem nuclei," LECOM Research Day, Erie, PA. Nov 2016.

Languages Spoken

Spanish

Hobbies

Road and trail running; Fitness; Camping; Board Games

Personal Statement

I was a freshman walk-on without a scholarship, trying out for my hometown team. When I earned my spot, I started a five-year journey of countless races, long runs and social gatherings with a group of like-minded people. We were all working toward similar goals of breaking school records, qualifying for high-end races and bringing academic and athletic success to our school. When I applied to medical school, I realized how much running had influenced my leadership, work ethic and motivational drive. I aim to become the best internist that I am capable of, and am entirely thankful of the countless friends, colleagues and mentors that have contributed to my success.

Why I Chose Cincinnati

When I was looking at IM programs during 4th year, I honestly had no idea what city or program I wanted to apply to. I decided to look at the websites of academic programs all over the country, focusing on locations I knew about or had visited before. Fortunately, I did one race in Cincinnati my senior year of track at the University at Buffalo. We had a great time, ran well and I remember thinking that this was an awesome city. When searching, all the websites sounded the same, until I decided to google the University of Cincinnati's program. The commitment to resident education here was obvious, and the training seemed one-of-a-kind. I had to apply. A few months later, when I received an interview invitation, it already started feeling right. On interview day, only my second time visiting this city, I knew it was the one. Dr. Warm and his residents really got me excited about becoming a new physician. I decided to go for it. Match day came around and I think I was the happiest person in the room.

Sanjana Awasty- Categorical



Medical School

University of Cincinnati College
of Medicine

Undergraduate School

Dartmouth College
BA, Neuroscience

Hobbies

Musical Theater, Watching HGTV, Team Trivia

Personal Statement

My favorite part of medicine is history taking. It is a very vulnerable and even emotional moment for patients, when they must choose to trust and let a stranger into their private world. I feel deeply humbled to be part of a profession that engenders such trust. To see the body language of a patient change from uncertain and uncomfortable to being relaxed and at ease, or to see someone shift from being guarded and suspicious to tearful and open, is a truly satisfying experience. I know that to be heard and understood is therapeutic in itself, and observing and listening to a human story unfold draws me to Internal Medicine.

Why I Chose Cincinnati

As a medical student at the University of Cincinnati I knew first-hand that the IM residency program at UC is an extremely supportive environment. When I had my interview, I was reminded of that camaraderie and was filled with a sense of pride at being part of this organization. The focus on medical education is important to me and I know that my training here will push me to be a better physician. These were a few reasons that Cincinnati was my top choice. When I matched to UC that decision was validated from the relief I felt and the messages of congratulations I received from residents I had worked with previously.

Abby Baumgartle- Categorical



Medical School

University of Louisville School
of Medicine

Undergraduate School

University of Louisville
BS, Biology

Hobbies

Spending time with family over home cooked meals; Discovering new up-and-coming country music artists; Swimming; Reading; Making new dessert recipes, Euchre card games

Personal Statement

A good internist is a strong communicator, compassionate, efficient, and truly cares about overall health and happiness of patients. Chronic condition management may not be a glamorous aspect of patient care, but I get great satisfaction of being involved with it. I find it rewarding to be a part of a patient's small steps towards better health, whether it be celebrating a drop in Hemoglobin A1c or encouraging new exercise routines. I am honored that I get to use my skills to train in this high demand field so that I will one day become the physician I have envisioned and provide the care I would expect for myself and my loved ones.

Why I Chose Cincinnati

The University of Cincinnati felt like the perfect fit! The program stood out for its focus on education and making resident learning a priority throughout all years of residency. The long block schedule is an innovative approach to clinic time that will give a true experience as a primary care provider, which I felt would give me the best possible outpatient training. And most importantly the people I met in Cincinnati were genuine, intelligent and fun to be around! Throughout my interview day I consistently got the feeling that UC truly cared about their residents, their learning, and the patients they serve. These qualities combined made for a residency program that I could not wait to be a part of!

Adrianna Calleo- Categorical



Medical School

Lake Erie College of Osteopathic
Medicine

Undergraduate School

The College of William and Mary
BS, Neuroscience, Kinesiology and
Health Sciences

Awards

Sigma Sigma Phi

Hobbies

Walking; Running; Barre Class; Sailing; Playing the piano; Cooking and Baking; Traveling

Personal Statement

After transferring the patient to the bed, I walked out of the hospital and took off my EMT jacket. While getting back into the rig, I realized that the outcome of every patient I had seen throughout my time volunteering would always be a mystery to me. My high school self was introduced to a small corner of the world of medicine that summer; I realized that I craved more than brief interactions with patients. I vowed to myself that my future in medicine would be more than temporarily fixing someone's disease, but ultimately affecting life beyond the diagnosis. Internal Medicine emphasizes doctor-patient relationships and the continuity of care. I am dedicated to building and being a part of a professional team that encourages attentiveness and scholarship. I taught myself medical Spanish while working in a predominately Spanish-speaking community so that I could better communicate with my patients. To me, internal medicine focuses on gaining a better understanding of a patient's condition through communication, research, and comprehensive knowledge. I value curiosity, problem solving, and drawing informed conclusions.

Why I Chose Cincinnati

I fell in love with the program and the people on my interview day. My interactions with the residents at the dinner and those on the interview day itself all played into making UC feel like a welcoming family- an important distinction that I really wanted in my future training program. As I was sitting in my seat while Dr. Warm spoke about the program, I felt in that instant "this is where I really want to be." During my interview with Dr. Warm, he showed me my personal statement in a word cloud and at the center of it was the word "patient." UC's dedication to patient-centered care is consistent with the medicine that I so highly value. UC was my number one choice because it felt like the right fit for me in terms of finding a new "family," a new city to live in and discover, and the best learning environment that will help me obtain my future goals.

Jared Friedman- Categorical



Medical School	The University of Toledo College of Medicine
Graduate School	The University of Toledo MS, Biomedical Sciences
Undergraduate School	The Ohio State University BS, Political Science
Awards	Gold Humanism Honor Society

Representative Publication/Presentation

Tolkacz M, Friedman JM, Koizumi N, Tang L, Ortiz J. United Network for Organ Sharing Rule Changes and Their Effects on Kidney and Liver Transplant Outcomes. *Experimental and Clinical Transplantation*. March 2019.
doi:10.6002/ect.2018.0311.

Hobbies

Tennis; Alternative Rock Music; Stand-Up Comedy; Reading Nonfiction

Personal Statement

The most defining experience of my third-year internal medicine rotation wasn't the experience that I expected to be sharing with you. Rather than one that confirmed my knowledge and confidence, the most defining experience for me was one that made me keenly aware of my vulnerability as a future provider. The patient in this encounter was a middle-aged woman who was brought to the hospital in a catatonic state. She had a longstanding history of recreational drug abuse. Her medication compliance was frustratingly poor. As my medical team assumed care for this patient on the hospital floor, we had to uncover the mystery of how she got to this state. In caring for this patient, the internal medicine physician that I aspire to be would meet this patient where she is, acknowledge that her issues are multifactorial, and empathize with the patient about her life struggle. However, as I worked up the patient, I couldn't shake the feeling that her current "situation" was due to her poor life choices. Deep down, I knew that I was being judgmental and it made me feel frustrated and vulnerable. As the patient started to become responsive, she initially couldn't vocalize anything. I grabbed a picture board with letters, sat down next to her, and had her respond to my questions—not just about her current symptoms and medical history but also questions about her life, her family, and her concerns. While I had expected my patient to be rude and uncooperative, this was not the case. I could tell that deep down she was a good person and simply needed care just like any other patient. I would continue to spend extra time talking with this patient every morning as she made a slow but steady recovery. As I hugged this patient and her family goodbye after the discharge orders were entered, I felt a sense of accomplishment knowing that I helped in providing good patient care. As I think back to my earlier patient experience, it still bothers me that I made assumptions before giving her a chance to tell me her story. I will always carry forth the lessons learned and the sense of satisfaction that I had knowing that I had positively affected her care.

Why I Chose Cincinnati

I felt a powerful connection to UC on my interview day as I learned about the program's commitment to compassionate, patient-centered care through bedside rounds and its innovative long block curriculum. In addition, my conversations with the residents, faculty interviewers, and Dr. Warm made me feel confident that I would be entering an environment where I would be supported and best able to achieve my personal and professional goals for the next three years in a thriving city that I've always admired.

Jared Galloway – Categorical



Medical School

Marshall University Joan C. Edwards
School of Medicine

Undergraduate School

Marshall University
BS, Biology

Hobbies

Hiking; Skiing; Biking; Kayaking

Personal Statement

I began my journey in the field of medicine without a concrete idea on what, exactly, I wanted to do for the rest of my life. I knew that I wanted to be in a position to care for and help others, but was unsure of how to accomplish that. I grew up and attended college around Huntington, West Virginia. This city is known as the epicenter of the opioid epidemic and was once infamous for being the most obese city in the United States. Throughout my life here, I have been exposed to many people suffering from a variety of illness. These experiences left me inspired, wondering if and how I could be of service to such individuals. This inspiration was deepened while working in an emergency department in Huntington as a scribe. As I began to encounter my first taste of actual medicine, I was learning just how rewarding a career in the field could be. By the end of my first year of working as scribe, I was certain: I was going to become a physician.

Why I Chose Cincinnati

Simply put, it was the people in this program that led me to choosing University of Cincinnati Internal Medicine for my residency. Throughout the interview season, the pre-interview dinners were stressful, rarely fun, and always filled with awkward conversation that always tended to be boring. This was not the case when I had my pre-interview dinner with University of Cincinnati. It was actually fun and after I met some of the current residents, it soon became stress free. The residents I met at the dinner made the experience fun. I felt that I clicked with the residents here at Cincinnati. The next morning during the interview, I met Dr. Warm and listened to him speak passionately about resident education and the unique spot that University of Cincinnati Internal Medicine has in education. The focus on resident education coupled with the people that I had met led me to decide that University of Cincinnati Internal Medicine was the right fit for me.

Daniel Hoffman - Categorical



Medical School

The University of Toledo
College of Medicine

Undergraduate School

The University of Toledo
BS, Biology

Languages Spoken

Spanish

Hobbies

Play guitar and tuba, Play/sing in a local rock band, Foreign languages and travel, Graphic Design, Creative writing, Tennis

Personal Statement

In Spanish there is a verb that is difficult to translate into English. “Aprovechar” means “to take advantage,” however the essence is better captured by the “seize” in the idiom “seize the day,” which is a sort of mantra that I have continued to follow since my two years living in Spain. During that time I had to take initiative to learn the language in my daily life as I was not attending classes. As a non-native speaker, the subtle difference captured in translation became a symbol of my daily paradigm. In language and in medicine, how we practice is based not just on the fund of knowledge gathered in our studies, but also by the applications of it, and importantly, by our experiences with colleagues and patients. Internal medicine involves communication at multiple resolutions, and that is what makes it so rewarding. From broad pathology and complex decisions to intimate patient care and follow up, at each level we learn a language — a way to interpret and converse with the world — and each of these languages informs the others.

Why I Chose Cincinnati

The greeting at UC was unlike other programs. The residents were down-to-earth; the chiefs worked in unison without an ounce of austerity; and the faculty, including Dr. Warm, made the interview feel like the prologue to an interesting story I wanted to be a part of. I’m excited to set out into the community of Cincinnati and get to know this city!

Altonio Hosey - Categorical



Medical School

Stony Brook University School of
Medicine

Undergraduate School

Georgia State University
BS, Physics

Hobbies

Weightlifting; Hiking, Playing and watching basketball; Fantasy Football; Music; Astronomy

Personal Statement

The two factors that I think of when I consider the decision to join the medical profession are dedication and sacrifice. I do not believe medicine is exclusive in requiring these factors but I do believe a unique combination of these traits is necessary for this profession. The dedication is not just of time in hours, but the commitment to becoming a lifelong learner of medicine. Growing up in a household considered disadvantaged financially, with neither of parents being college educated meant that my decision to become a doctor would result in further economic strain. I felt conflict as my parents suffered from financial strains just as I began medical school. I knew that my choice of enrolling meant I would not have the means to assist them and would not be in any position to help them for years to come. However even with these thoughts, I felt the sacrifice was worth it and as I completed the internal medicine clerkship I became even more certain that I am on the right path. I no longer see the sacrifice as limited to my own family but to the continued dedication I will have for my patients, to develop myself into the best physician I can be.

Why I Chose Cincinnati

For me, I have always felt that my greatest growth in life has come when I enter an environment that I am unfamiliar with yet there exists resources to acclimate me to that place. On my interview day, I felt that Cincinnati nailed those aspects and I really enjoyed the focus on teaching and understanding that Dr. Warm emphasized.

Sabih Jafri- Categorical



Medical School

Rush Medical College of Rush
University Medical Center

Undergraduate School

Northwestern University
BA, Environmental Science and
Geography with honors
(Cum Laude)

Languages Spoken

Spanish; Urdu

Hobbies

Photography; Videography; Traveling

Personal Statement

My love for mystery novels began when I immigrated to the United States from Pakistan as a child. I remember going to the library for the first time, staring in wonder at the colorful books neatly organized on bookshelves, and experiencing the thrill of picking one up. Incidentally, it happened to be a Hardy Boys mystery book. This book introduced me to the principle of deductive reasoning as the protagonists raced to gather clues to correctly identify the culprit. It was captivating, and I was hooked. I began gobbling up the books at such a rate that my mother started enforcing a “one book per day rule”; although, I admit, I broke it many times. These novels influenced my development as a critical thinker as they taught me to gather facts, analyze data, and, most importantly, think objectively. This mental exercise stimulated me to ask “what if?” As I started medical school, I strove to find the specialty that would provide me with the opportunity to use these skills; ultimately, I found this in internal medicine.

Why I Chose Cincinnati

I chose UC because of the program’s emphasis on medical education. I was drawn in by the innovative curriculum and the opportunities and flexibility it provided during residency. On top of that, I felt really comfortable and impressed by both the program leadership and the residents I interacted with during my visit. I knew by the end of my interview day that UC was my place to be.

Andrew Kelleher - Categorical



Medical School

University of Louisville School of
Medicine

Undergraduate School

Murray State University
BS, Biology, minor in
Chemistry

Awards

Alpha Omega Alpha
Gold Humanism Honor Society

Representative Publication/Presentation

Kelleher, AD, McKinley WI, Lipinski A, Conklin DJ. (October, 2016). *Air pollution, pulmonary oxidative stress, and perivascular adipose tissue in vascular dysfunction* Poster presented at: Research!Louisville; Louisville, KY.

Hobbies

Sports; Reading; Hiking; Trying new restaurants

Personal Statement

While the science and complexity of the human body is absolutely amazing, there is nothing that can replace the relationships that one gets to build with patients. Patients are often more vulnerable with medical professionals than nearly any other time of their lives. As physicians, we have a unique opportunity to provide compassion and empathy during difficult times. After seeing the thousandth heart failure exacerbation, I would imagine the mere science becomes fairly routine. However, when it's Mrs. Jones, the retired seventh grade math teacher who lives on Oak Street with three grandchildren, who also has heart failure, it begins to take on new meaning for the physician. This is because of the relationship that one has built with the patient. Patients are not just problems to fix; they are, first and foremost, people. I aspire to be an internist who excels in providing compassion and humanistic care for the whole patient.

Why I Chose Cincinnati

When I interviewed at Cincinnati, there were two main things that stuck out to me that ultimately led me to coming here: high quality, patient-centered outcomes and an innovative approach to medical education. When you speak with residents, faculty, or Dr. Warm (the PD), every detail of the program has been critically analyzed, making the program as effective and efficient for the residents and patients as possible. Since the program is constantly improving, it provides an open and honest environment about their strengths and weaknesses. When you combine this growth mindset with the patient-centered attitude of the program, it felt like a great fit and an amazing place to train.

Sarah Khan – Categorical



Medical School

Northeast Ohio Medical
University

Undergraduate School

University of Akron
BS, Natural Sciences

Languages Spoken

French; Urdu

Hobbies

Traveling, learning to cook new recipes, and board games.

Personal Statement

“My tribe’s chief told me that I should pray about this for a week before giving you an answer” was not the answer my team was expecting from our 61-year-old Native American patient who needed to be on blood thinners because of his clotting disorder, Factor V Leiden. Over the course of the week, I went to Mr. W’s room before rounds to check on him and see if I could help him understand his condition. However, most of our time was spent listening to stories about his singing career, his worries about aging, and his conspiracy theories. Noticing the scarf around my head, he asked me questions about Islam and told me that his mom made him read the Bible, Torah, and Qur’an when he was growing up. I looked forward to these conversations each day and they helped me better understand Mr. W. He eventually revealed his fear of blood thinners because a few of his family members “bled to death” on blood thinners. After hearing this, I could grasp why he was hesitant to start blood thinners and ultimately decided against taking them. Before his discharge, Mr. W thanked me for listening to him and said that listening to my patients will take me far in my career. Even though he made a decision against the best interest of his health, I realized that the role of a physician is not only managing diseases, but using empathy and patience to look at the patient as a whole person.

Why I Chose Cincinnati

During my fourth year of medical school, I had the opportunity to do an acting internship at UC. At first, I was nervous being a visiting student, but quickly felt welcomed by the residents and attendings I worked with and appreciated the camaraderie between the residents. I was impressed by the program’s emphasis on patient-centered rounds, resident autonomy, and continuity of care through Long Block. On my interview day, Dr. Warm’s presentation demonstrated his dedication to resident education and how he truly wants to help his residents grow to their full potential. I also honestly laughed so much with the residents that day and could see myself as a resident there. Cincinnati is such a vibrant city and I’m happy to live closer to home as well!

Nicholas Kurek- Categorical



Medical School

Jacobs School of Medicine and
Biomedical Sciences at the
University at Buffalo

Undergraduate School

Binghamton University,
State University of New
York
BA, Biological Sciences, Spanish
Language and Literature

Languages Spoken

Spanish

Hobbies

Soccer; Pick-up Basketball; Swimming; Music

Why I Chose Cincinnati

Throughout the interview process, I waited anxiously for a program to have the "right feel". Until my interview at Cincinnati, I wasn't quite sure what that meant. What this feeling was most heavily based on was the clear cohesiveness that existed among the residents, from chiefs down to interns. All the faculty and personnel that I had the opportunity to engage with during my short time in Cincinnati were both kind and very welcoming. I appreciated the emphasis placed on not only medical education, but also on longitudinal growth, and the entire department's strive for improvement from top down.

Sarah Ludvigsen – Categorical



Medical School

Lincoln Memorial University-
DeBusk College of Osteopathic
Medicine

Undergraduate School

East Tennessee State University
BS, Health Sciences,
concentration in Human
Health, minor in Music

Awards

Sigma Sigma Phi

Representative Publication/Presentation

Wallace, S.B., & Forsman, A.. (April 2014). *“Effects of Whole-Body Radiation on Mucin Production in the Uterine Tube of Mice”* Poster presented at: Student Appalachian Research Forum; Johnson City, TN, USA.

Languages Spoken

Danish; Spanish

Hobbies

Rock climbing, backpacking, music, traveling, and food!

Personal Statement

“What you will one day become, you are now becoming.” My collegiate choir director, Dr. Thomas Jenrette, reminded us of this lesson frequently. He held high expectations for each of his singers and taught us to have high expectations of ourselves so that we could learn self-discipline, introspection, and constructive criticism. I learned that some of life’s most rewarding experiences come with great challenges and sacrifice during my time in the East Tennessee State University Music Department. The chorale, for example, rehearsed together for two hours a day to perfect the intricacies of Brahms, Bach, Mozart, and Bernstein; great works filled with technical parts that when performed well work in unison to create an exquisite piece. This concordance is echoed in medicine with each organ system complementing the other in perfect harmony. Internal Medicine is a field that requires an understanding of the entire body and the integration of its processes. My attention to detail, desire to learn, and dedication to patient care drives me towards the complexities of this specialty.

Why I Chose Cincinnati

I chose Cincinnati because throughout my interview day, I was impressed by the program’s focus on resident education and patient centered care. I was also overwhelmed by the kindness of the residents from the pre-interview dinner to interview day Pictionary. I believe that UC will provide both a challenging and supportive residency which will allow me to grow both as a person and physician.

Brigid Maher - Categorical



Medical School

Kansas City University of Medicine
and Biosciences College of
Osteopathic Medicine

Graduate School

MGH Institute of Health
Professions
MS, Speech-Language Pathology

Undergraduate School

Miami University
BS, Speech-Language Pathology

Representative Publication/Presentation

Maher B & Sobecki J. (October, 2018). Left hepatic abscess in the setting of chronic ulcerative colitis. Poster presented at: American College of Physicians, Ohio Chapter Scientific Meeting.; Columbus, OH, USA.

Hobbies

Fitness classes from barre to interval training; triathlons; supporter of dog shelters and dog rescue

Personal Statement

As the Med IV student on the oncology team, I listened to patients and their families as I assisted the care team in making diagnostic and therapeutic decisions. During my prior career as a speech pathologist, I learned that patients and their families often have trouble telling physicians and hospital staff exactly what is most important to them. They are typically overwhelmed and a diagnosis of cancer only amplifies communication barriers. After visiting with Mr. and Mrs. D. at length, I was able to pinpoint their misgivings about hospice care. They believed that hospice meant they were giving up. Once I understood their position, I attempted to allay their fears by describing how hospice would provide better pain control, as well as emotional and spiritual support. Through an honest and at times, difficult discussion, guided by the medical knowledge of the oncology care team, I was able to provide Mr. and Mrs. D. accurate information about their current situation and prognosis. I was able to lay out the options for Mr. D.'s next step in care and how hospice could provide the best outcome for both Mr. and Mrs. D. I did not make a diagnostic "coup" or perform a heroic surgical procedure, but my input clearly helped to make life better for Mr. and Mrs. D. I think that this is what physicians are supposed to do.

Why I Chose Cincinnati

During my interview day, UC was the only program that I actually had fun and could really get a sense of community and respect that all of the residents have for each other. I especially remember watching a case presentation during my interview day. Residents were actively engaged and seemed to enjoy discussing the medical case in a fun and low-pressure environment. I realized that UC was the type of learning environment that I wanted for myself going forward as a new physician.

Ahmed Memon - Categorical



Medical School

Texas A&M Health Science
Center College of Medicine

Undergraduate School

Vanderbilt University
BA, Biological Sciences

Representative Publication/Presentation

Trace Heavener, **Ahmed Memon**, Shamyal Khan, Sam Davis, Lauren Sager, Sharon DeMorrow & Mark Jeffries (2019) Testing the ability of the nonalcoholic fatty liver disease fibrosis score to predict 1-year all-cause hospital admission, Baylor University Medical Center Proceedings, 32:1, 26-29, DOI: 10.1080/08998280.2018.1543227

Languages Spoken

Chinese; Spanish; Urdu

Hobbies

Sports Nut; Enjoy General Trivia; Learning new languages; Basketball; Soccer; Golf; Study of audio and visual media, such as tv, film, radio, and podcasts with focus on understanding how these mediums can alter an audience's thoughts and perceptions

Personal Statement

When my parents immigrated from Pakistan, they made a tremendous sacrifice so that my sister and I could have the best opportunities in the world. They educated me on all the good that can come from a strong work ethic. Equally important was their insistence that we engage in each community we live in. Without relatives in America, our neighbors were our guests for Thanksgiving dinners, but it always felt like we were one big family. I grew up yearning for and learning how to build long-lasting relationships with friends who, to this day, still feel like family. I guess it's no surprise that I was drawn to medicine because of the ability to forge meaningful relationships with patients who can become like family.

Why I Chose Cincinnati

I chose Cincinnati because I believe it is the best place to train as an aspiring medical educator and a human being looking for tremendous personal growth. Cincinnati is where the magic happens. We strive to re-engage the notion of medicine being a calling and not just another job. When I met with all of the residents and faculty on interview day, they gave me a sense of purpose and hope. Hope that the notion of "healthcare is broken" is not an acceptable outcome at UC. We will be at the bedside for the majority of our time, we will care for our patients as a team of nurses, students, techs, pharmacist, doctors, and so on. We will introduce ourselves and provide the necessary education so that our patients with chronic illnesses can live healthy lives outside the hospital. Above all else, we will connect with our patients as people, we will connect with our colleagues as people, we will connect with everyone involved in this mission as people. Because at the end of the day, we're all in this for the care of each other's loved ones and to forge relationships to last a lifetime.

Nate Moore - Categorical



Medical School

Indiana University School of
Medicine

Undergraduate School

Rose-Hulman Institute of
Technology
BS, Computer Science

Representative Publication/Presentation

Alma Imamovic, Saud AlDubayan, **Nathanael Moore**, et. al. R2D2: An integrated analysis framework to infer the functional impact of single nucleotide variants (SNVs) using matched germline and tumor DNA and RNA sequencing data. Poster presented at: The AACR Annual Meeting; April 18, 2018; Chicago, IL.

Brendan Reardon, **Nathanael Moore**, Eric Kofman, Eliezer Van Allen. Feature-based clinical interpretation of whole exome and transcriptome data for precision cancer medicine. Poster presented at: The AACR Annual Meeting; April 16, 2018; Chicago, IL.

Saud AlDubayan, Marios Giannakis, **Nathanael Moore**, et al. Inherited DNA-Repair Defects in Colorectal Cancer. *Am J Hum Genet.* 2018;102(3):401-414.

AACR Project GENIE Consortium. AACR Project GENIE: Powering Precision Medicine through an International Consortium. *Cancer Discov.* 2017;7(8):818-831.

Nathanael Moore. Clinical Informatics for Precision Cancer Medicine: Computational Methods for Interpreting Individual Whole Exome and Transcriptome Tumor Sequence Data. Poster presented at: The AMIA Annual Symposium; November 6, 2017; Washington, DC.

Nathanael Moore, Emily Hadley. Healthcare Policy Education in Indiana: The #ProtectOurPatients IUSM Community Health Forum. Poster presented at: The Doctors for America National Leadership Conference; May 6, 2017; Tampa, FL.

Brendan Reardon, **Nathanael Moore**, Eliezer Van Allen. Computational analysis of clinically actionable genomic features: precision heuristics for interpreting the alteration landscape (PHIAL). Poster presented at: The AACR Annual Meeting; April 2, 2017; Washington, DC.

Nathanael Moore. A Computational Approach to Discovering Novel Small RNAs. Poster presented at the Student Research Program in Academic Medicine Symposium; September 3, 2015; Indianapolis, IN.

Hobbies

Tennis; Running; Web Development; Cooking

Nate Moore (continued)

Personal Statement

One patient whom I cared for during an oncology rotation exemplified this process. She had been referred to our service from an outside hospital with the vague diagnosis of “carcinoma of unknown primary.” As I admitted her, I could tell she was in significant physical pain; initial imaging had shown metastatic disease throughout her skeleton. She was also frustrated - no one could explain what was happening to her, and she desperately hoped that our team would be able to provide answers. Unfortunately, our initial workup was unhelpful, revealing no clues as to the origin of her cancer or what treatments would be effective. My team decided instead to pursue a different diagnostic plan involving our hospital's Precision Genomics department. I was particularly interested in this plan given my prior experience in cancer genetics research. I had just spent a year working with the Levi Garraway and Eliezer Van Allen labs to study how to leverage underutilized exome and genome sequencing information, and I was excited to see if a similar approach would hold promise for our patient. I volunteered to coordinate the patient's workup, and in doing so gained a greater appreciation for the role of a physician as a communicator. In addition to helping manage the day-to-day clinical needs of the patient, I also became her “information clearinghouse,” assisting in her transfer between hospitals for a specialized biopsy, working with a genetics laboratory to analyze her tissue, and finally attending a tumor board meeting to discuss the results. The extra studies paid off; the collected genetic data revealed that the cancer had originally metastasized from the lung and suggested a previously unconsidered treatment option. This process highlighted for me the privilege physicians have to work at the interface of the individual patient and vast quantities of accumulated medical knowledge.

Why I Chose Cincinnati

When my girlfriend chose to come to Cincinnati for residency, I immediately became excited about the possibility of beginning my own residency at the University of Cincinnati Internal Medicine program. And when I had the opportunity to visit UC, I was blown away by its focus on resident education and its positive atmosphere. Dr. Warm presented a program unlike any other I had seen; one focused on a rigorous, data-driven approach to a continually improving resident education model, without losing sight of the humanity of medicine. And his approach was reflected in the camaraderie and closeness displayed by the program's residents. I'm excited to join the IM family at UC!

Keegan Olmstead - Categorical



Medical School

University of North Texas Health
Science Center at Fort
Worth/Texas College of
Osteopathic Medicine

Undergraduate School

Trinity University
BS, Biochemistry and Molecular
Biology

Awards

Gold Humanism Honor Society

Representative Publication/Presentation

Muyskens, S., Olmstead, K., Roten, L., & Hamby, T. (February, 2017). Magnetic Resonance Angiography to Assess Anomalous Coronary Arteries in Children at 3-Tesla: Diagnosis, Risk Stratification, and Interobserver Reliability. Oral Presentation presented at: Society for Cardiovascular Magnetic Resonance – 20th Annual Scientific Sessions; Washington D.C., DC, USA.

Olmstead, K., Phillips, N., & Barber, R. (April, 2017). Case-case Genome Wide Association Study of Cancer and Alzheimer's Disease Poster presented at: Research Appreciation Day; Fort Worth, TX, USA.

Hobbies

Backpacking, hiking, and camping in the national parks; Black and white film photography; Biking; Baking anything sweet (cakes, cookies, brownies, doughnuts, churros)

Personal Statement

I killed the sirens as we pulled into the ambulance bay and darted to the back to help unload our patient. Less than ten minutes ago we had been called to a nursing home for an elderly female who had crushing chest pain. As we transferred her over to the care of the emergency room physicians I was overcome with questions. What was wrong with her? Why did this happen? And how would they get her better? My questions did not stop during my first two years of medical school. Every system fascinated me and I never stopped wondering about the what, the why, and the how. During my internal medicine rotation, I felt that I had found the specialty that answered many of my questions but also encouraged my curiosity of disease.

Why I Chose Cincinnati

My original flight to Cincinnati was canceled the day before my interview and my bag got sent to the wrong city. I felt a little off after only getting my suit back a couple of hours before my interview but everything about Cincinnati impressed me that day. The faculty, staff, and residents were all very friendly and made me feel at home. Its innovative approach to resident education would greatly benefit my development as a physician. And the program's focus on bedside patient-centered care in a safety net hospital would give me the opportunity to care for diverse and underserved patient population.

Jean Pannikottu - Categorical



Medical School

Northeast Ohio Medical
University

Undergraduate School

University of Akron
BS, Natural Science

Representative Publication/Presentation

Predmore Z, **Pannikottu J**, Sharma R, Tung M, Nothelle S, Segal JB. Factors Associated with the Overuse of Colorectal Cancer Screening: A Systematic Review. Am J Med Qual. 2018 Sep/Oct; 33(5): 472-480.

Sharma R, **Pannikottu J**, Xu Y, Tung M, Nothelle S, Oakes AH, Segal JB. Factors Influencing Overuse of Breast Cancer Screening: A Systematic Review. J Womens Health (Larchmt). 2018 Sep; 27(9): 1142-1151.

Tung M, Sharma R, Hinson JS, Nothelle S, **Pannikottu J**, Segal JB. Factors associated with imaging overuse in the emergency department: A systematic review. Am J Emerg Med. 2018 Feb; 36(2): 301-309.

Languages Spoken

Malayalam

Hobbies

Sketching, Painting, Reading, Soccer, Traveling

Personal Statement

The white flower stood tall in the vase in front of me. I quickly reached past my canvas for the white paint. As I started to squeeze the paint out of its bottle, my instructor stopped me. "Try to start with something other than white." She floated away leaving me mystified. I stared at the flower again. What did she mean by that? How would I start with anything other than white? I continued to stare at the flower. Suddenly, I saw a hint of blue hiding near the bottom of the petal. A touch of purple cracked out from the center of the flower. Yellow, reflecting from the fluorescent lights, danced on the tops of the petals. Green dripped down the underside of the flower. Something that used to seem pure white became whispers of a myriad of colors. Like my art class, the practice of medicine taught me to look beyond what I first see. Clubbed nails were no longer simply large rounded fingertips, but a clue that blood was struggling to get to the ends of the patient's fingers. A sudden outburst of seborrheic keratoses, which when singular is benign, is an internal malignancy trying to warn us of incoming dangers. A patient walking with slow, small, shuffling steps could be an ominous sign of dopamine deficiency in Parkinson's. The keen observations necessary for internal medicine are what made me fall in love with the specialty.

Why I Chose Cincinnati

During my interview day, it was clear that the University of Cincinnati residency program was a unique program. Dr. Warm and the residents seemed to innovate, place the patients first, and celebrate the art in medicine. The spirit of the program was inspiring, and I knew instantly that I wanted to be a part of it.

Trung Phan – Categorical



Medical School

Loyola University Chicago
Stritch School of Medicine

Undergraduate School

University of Washington
BS, Molecular, Cellular, and
Developmental Biology with
Departmental Honors

Representative Publication/Presentation

Phan T, McMillan R, Skiadopoulos L, Walborn A, Hoppensteadt D, Fareed J, et al. Elevated extracellular nucleosomes and their relevance to inflammation in stage 5 chronic kidney disease. *Int Angiol* 2018;37:419-26. DOI: 10.23736/S0392-9590.18.03987-1

Languages Spoken

Vietnamese

Hobbies

Weight Training; Reading; Football- especially enjoy watching the Seattle Seahawks; Playing piano; Movies- big fan of Marvel films and the Star Wars franchise

Personal Statement

One patient encounter I will always remember involves a gentleman I took care of during my hospitalist sub-internship rotation. My patient was understandably overwhelmed after he was diagnosed with esophageal cancer, initially rejecting tube feeds because he wanted his suffering to end. As I stood outside his room one morning, I imagined how it was difficult for him to cope with his diagnosis. Numerous physicians came in and out of his room, asking to perform unfamiliar tests. That day, I asked my patient if anyone had explained to him what we were trying to achieve with his care, to which he looked at me with a clueless expression. His look of confusion told me all I needed to know, so I took out a notepad and diagramed the various branches of oncology, explaining why these doctors were stopping by and requesting additional imaging. We spoke for quite some time about the goals of his care in addition to his life outside the hospital. Before I left the room, he said, "Ok, I expect to see you at the same time tomorrow," with a hint of a smile as he pointed to the clock on the wall. From that day on, I made sure to outline the plan of care with my patient every morning, checking for both understanding and agreement. I was glad to see him regain his strength after he accepted tube feeds, eventually recovering enough to continue his care in the outpatient setting. Through this experience, it became clear to me that a career in internal medicine would allow me to continue creating meaningful relationships with my patients.

Why I Chose Cincinnati

Cincinnati stood out to me because it felt like a place I would greatly enjoy training for the next three years. During my visit, the residents and faculty were incredibly warm and welcoming. Dr. Warm's presentation about resident education was inspiring because it emphasized growth and learning through a team-based approach, which is a principle that I highly value. At the end of the day, I got the sense that the program and culture in Cincinnati were a "fit" with my personality.

Hayden Sanders - Categorical



Medical School

University of Mississippi School
of Medicine

Undergraduate School

Mississippi State University
BS, Biochemistry

Languages Spoken

Spanish

Hobbies

Reading, Hiking, Fishing, Traveling, Cooking, Live Music, Sports (but especially college football)

Personal Statement

Prior to my third year of medical school, Internal Medicine was not even on my radar. I was certain that my career path lay in surgery; however, as I was exposed more to surgical practice, I realized that surgery was not what I had envisioned. This realization was unsettling and frightening. I had gone from absolute certainty about my future career to no clear career path. Eight weeks into my rotations, however, there was a defining moment that instilled in my mind a definite desire to pursue internal medicine. This moment occurred during my internal medicine rotation at the VA hospital. A 94-year-old World War II veteran was admitted to our service for an Acute Kidney Injury. We proceeded to work him up for possible causes of his AKI, and eventually decided on Acute Interstitial Nephritis caused by his cefepime that he had been receiving for several weeks due to osteomyelitis. Despite our early recognition and subsequent change in his antibiotics, his BUN/Cr slowly increased each day. Every day I would go and see him in the morning before rounds, and every day he would look up from his breakfast tray with a cheerful smile and ask if his “kidney numbers were getting better.” After almost a week of his BUN/Cr increasing each day, we eventually had to bring up the possibility of dialysis. In a matter of a few days, I had formed a relationship with this patient. I had gone to his room every day, sat beside him on his bed and listened to him share about his life, his WW2 experiences, and stories of his children, grandchildren, and his wife of 71 years. These stories helped me to form a connection with him, and also taught me something that I had not yet learned in a class or a book. He taught me that medicine does not just involve treating the patient's problem, but treating the entire patient. I will never forget the day and the exact moment, when I was able to share with him that his BUN/Cr had finally started to normalize. Tears welled up in his eyes (and mine too), then he grabbed my hand and said “thank you” over and over again. His story was changed that day, and so was mine.

Why I Chose Cincinnati

From the pre-interview dinner and throughout the entire interview day, I had a gut feeling that UCMC was the place for me. From my interactions with the residents; to my interview with Dr. Warm and other faculty members, everything stood out about UCMC. I also truly felt that the curriculum, unique schedule, and emphasis on patient-centered care resonated with me and what I wanted from a residency program.

Ismaeel Siddiqi - Categorical



Medical School

University of Pikeville -
Kentucky College of
Osteopathic Medicine

Undergraduate School

University of Kentucky
BS, Biology

Awards

Sigma Sigma Phi

Representative Publication/Presentation

Siddiqi, Ismaeel & Clark, Sharon. (March, 2019). *Recurrent Respiratory Papillomatosis in an Immunocompetent Adult*
Poster presented at: Society of Hospital Medicine; National Harbor, MD, USA

Languages Spoken

Urdu, Spanish

Hobbies

Fantasy football, UK basketball and football, working out, spending time with friends and family, Fortnite, and traveling.

Personal Statement

As a fourth-year medical student, I often encounter death or hear about it on a routine basis. My peers and I have been tempted to become numb towards it, to forget how jarring a death or illness is for patients and their families. But the first time I witnessed someone's death – when a cancer patient suddenly passed from necrotizing fasciitis – I also saw an internist wrap his arms around the patient's mother, comforting her in a moment when no one else was able to. That experience serves as a daily reminder to me: one day I will be the source of strength, comfort and hope for my own patients and their families during difficult times.

Why I Chose Cincinnati

Entering my last year of medical school, I had a few things I wanted out of a residency program: A strong academic center, a program that prioritized resident wellness, and a large city with a diverse patient population. UCMC not only checked all of these boxes but exceeded my expectations. The camaraderie amongst the residents, the emphasis on evidence-based approaches to resident education, and the receptiveness of faculty and staff during my rotation as a 4th year was unparalleled. With these aspects and the strong leadership in the Internal Medicine department, I am confident that Cincinnati will allow me to thrive as a resident and set me on a path to attain my career goals.

Sarah St. Cyr - Categorical



Medical School

Wright State University
Boonshoft School of Medicine

Graduate School

University of Cincinnati
MS, Nutrition

Undergraduate School

University of Cincinnati
BS, Food and Nutrition

Representative Publication/Presentation

Poster Presentations

St. Cyr, S. & Bruzina, A. & Linek, M. & et al. (April, 2016). The Effects of Nutrition Education on Fruit and Vegetable Consumption in Food Pantry Clients Poster presented at: Experimental Biology Conference; San Diego, CA, USA.

St. Cyr, S. & Hawash, A. & Stolf, A. & Bowman, M. (November, 2017). Health Care Provider Religion and Approach to Advance Care Planning Poster presented at: North American Primary Care Research Group Annual Conference; Montreal, QC, CAN.

Peer Reviewed Online Publication

Bowman, M. & St. Cyr, S. & Stolfi, A. (2018, July 04). Health-Care Provider Personal Religious Preferences and Their Perspectives on Advance Care Planning With Patients. <https://doi.org/10.1177/1049909118785891>, Pub Status: Published.

Non Peer Reviewed Online Publication

St. Cyr, S. (2015, August 30). The Effects of Nutrition Education on Fruit and Vegetable Consumption in Food Pantry Clients. https://etd.ohiolink.edu/pg_10?0::NO:10:P10_ACCESSION_NUM:ucin1439308407, Pub Status: Published.

Hobbies

Running; Hiking; Yoga; Exercise Classes; Meditation; Live Music; Baking; Vegetarian and healthy eating

Personal Statement

My path started in high school when my personal goal of achieving better health transformed into a passion for disease prevention through nutrition. Once my interest sparked, I learned all I could about nutrition—reading books from the library, researching it online, and completing my senior capstone on the raw food diet. At this point, I knew I wanted to transmit this passion into helping others improve their health, so I decided to study dietetics in college. My studies culminated in a desire for a more in-depth understanding of the human body, pathophysiology, and disease prevention and treatment. I had little knowledge of Internal Medicine at the time, but I knew I wanted a career that would allow me to combine these interests and cultivate them to help people more deeply and comprehensively. The idea of medical school started to surface, and after several months of consideration, I was ready to pursue a career as a physician. I would later discover that becoming an internist was what I had in mind when I set out to achieve this goal.

Sarah St. Cyr (continued)

Why I Chose Cincinnati

I may seem biased in my choice of residency because I love Cincinnati and it is my hometown. However, during my interview season, I tried to keep an open mind as to where I would train and to focus on the quality of programs rather than location. During all my interviews I kept hearing that when I found the right program I would know. I could not have been more relieved to experience this feeling during my interview at UC. All the residents and faculty I interacted with were warm and friendly yet professional. The training the program offers is high quality and innovative, but residents are still able to achieve work like balance. There is ample opportunity for research and career development as well as support from faculty. And I love the focus on patient centered care and bedside rounds. In short, UC is an amazing program in an amazing city!

Andrew Steinmetz - Categorical



Medical School

University of Cincinnati College of Medicine

Undergraduate School

Miami University
BS, Zoology, minor in
Neuroscience

Representative Publication/Presentation

Steinmetz A and Bernstein J. *Two Cases Illustrating the Heterogenous Presentations of Neuropsychiatric Disorders and Treatment Response*. Presented at the 2018 ACP Ohio/Air Force Chapter Meeting in Columbus, Ohio.

Hobbies

Music performance- choir; Reading novels; Hiking; Trivia; Distance Running

Personal Statement

"Everyone seems to have an opinion about treatment, but I have no clue - what should I do?" the man asked. Standing in my preceptor's office, I was initially surprised by the question. The man had recently been diagnosed with diffusely metastatic lymphoma, and was considering whether to start treatment despite a poor prognosis. He had talked through this decision with oncologists, friends, and family, but remained conflicted - so he turned to the person he had trusted to look after him for the past 15 years, his primary care physician. Like many students, my interest in medicine began in high school. Fascinated by biology, anatomy, and physiology, always wanting to know more, I focused on further learning these fields in college. It was during my college years that I began to understand what it would mean to become a physician. While the advanced science courses challenged me to learn, my experiences with volunteering in the local Emergency Department and shadowing local physicians helped me to appreciate the role of the physician as a healer. Witnessing physicians interact with people they had seen for years, I was amazed by the positive impact they continued to have on their patient's health and lives. Observing this bond between physician and patient brought on by years of care, I found a desire to share that same bond.

Why I Chose Cincinnati

One of the main draws of the program to me were the people – the close-knit, encouraging environment of UC felt like the perfect fit for residency training. Additionally, growing up in Cincinnati, I was excited for the chance to serve the people of this city, and experience the city's continual growth.

Marcus Trybula – Categorical



Medical School

University of Cincinnati College of Medicine

Undergraduate School

University of Chicago
BS, Chemistry and Biological Sciences

Awards

Gold Humanism Honor Society

Representative Publication/Presentation

Trybula M, Goroncy A, Regan S, Pallerla H, Schlaudecker J. (2017). "Development of a novel home care curriculum for family medicine residents". Oral presentation at Society of Teachers of Family Medicine Annual Spring Conference. San Diego, CA.

Hobbies

Water polo; Home-brewing; NBA basketball; Reading Science Fiction; Exploring local restaurants

Personal Statement

I love puzzles. As a child, I had a voracious appetite for whodunit novels. My mind would perform mental gymnastics as I meticulously cataloged every clue and innocuous scrap of information, juggling names, places, and actions as patterns slowly emerged and coalesced into an intricate picture of "who killed Mr. Manderson in the kitchen with a candlestick". My enthusiasm for detective work extended to real-life puzzles as well. When the front door to my first car, an ancient Volkswagen junker, stopped working, I quickly became tired of the embarrassment of exiting my car through its back doors in my high school's parking lot. I found myself applying the same principles of puzzle solving to this very real problem. Through observation, followed by intuition and a large amount of perseverance, I finally understood the faulty locking mechanism. Voila! After a short trip to the store to replace the broken part, I found myself exiting my car, now through the front door, with a surge of pride. Puzzles by their nature are fun to solve, but they are so much more gratifying when their solutions have a direct effect on our lives. But the life of an internist is more than physical exam findings, labs, and imaging; it includes the opportunity to interact with the most puzzling aspect of all – human nature. Who the patient is, why they act the way they do, and what motivates them can be some of the most complex puzzles, but also the most meaningful to understand and solve. Just as I have learned that auto repair is significantly more rewarding than solving mystery novels, so can addressing the complex psychosocial issues that patients face be more gratifying than simply treating disease states. Above all else, I enjoy investigating the realm of who the patient truly is so that I may empower, educate, and enact meaningful change.

Why I Chose Cincinnati

I fell in love with internal medicine as a medical student here at UC; it was only natural that I would want to stay at the place that exemplified all the things I love about medicine: passionate patient-centered care, robust comradery and teamwork, and the strong desire to continuously question, innovate, and teach. I am also so excited to continue to live in Cincinnati, with its friendly people, awesome food scene, underdog sports, and abundance of strange and eclectic festivals and events. Ultimately, UC felt like home.

Brandon Yanik - Categorical



Medical School

Central Michigan University
College of Medicine

Undergraduate School

University of Michigan
BS, Neuroscience

Hobbies

Soccer, basketball, bicycling, reading, traveling

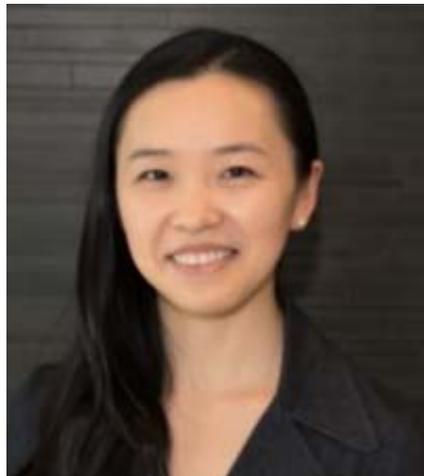
Personal Statement

My grandfather also taught me the value in creativity and the importance of being a good listener. Both of these lessons were further honed at Ele's Place, a bereavement center for children who have lost a close family member. Many children do not comprehend the grieving process in the same way that adults do. They may struggle to express their emotions verbally and have difficulty relating to their peers who have not faced such a traumatic experience. At Ele's Place, we organized various activities that encouraged the children to open up about their experiences through creative means, such as playing in a sandbox, painting a mural or acting in a game of charades. Through unconventional methods, we helped the children find their voices to express their pains, fears, hopes, goals, or any emotion they felt that particular day. As a group, we celebrated every day that an affected child was able to label their emotions or process their grief in a new way. Our goal was to provide a supportive platform for self-expression, and to normalize their feelings of grief with children around them who understood a similar pain. I learned that not everyone communicates in the same way, and that being a good listener means paying attention to person's body language and behavior just as much as their words. My interest in Internal Medicine is an extension of the relationship I developed with my grandfather over the years, the relationships I have developed with children at Ele's Place and with other adult patients during my training. I look forward to several decades of practicing Internal Medicine, building rapport with patients over mutual interests, listening to them, allowing creativity to help me approach a challenge from a different angle, and allowing my curiosity to fuel my lifelong quest to better understand the human body, both in honor of my patients and my grandfather.

Why I Chose Cincinnati

I chose the University of Cincinnati Internal Medicine residency program because of the program's commitment to resident education and because of the great interactions I had with the residents. I was impressed with UC's innovative curriculum and their overall emphasis on resident education, exhibiting their commitment to the development of excellent clinicians. Furthermore, on my interview day, the residents were incredibly fun and engaging. They seemed like a great group of people whom I would be excited to work alongside of. Overall, I felt that UC offered both of a fantastic medical education and an enjoyable environment to train in.

Christine Zhou - Categorical



Medical School

Campbell University Jerry M.
Wallace School of Osteopathic
Medicine

Undergraduate School

Rochester Institute of
Technology
BS, Biomedical Sciences

Representative Publication/Presentation

Zhou C, Zaman N, Li Y, Martinez-Arguelles D, Papadopoulos V, Zirkin B, Traore K.. Redox Regulation of Hormone Sensitive Lipase: Potential Role in the Mechanism of MEHP-Induced Stimulation of Basal Steroid Synthesis in MA-10 Leydig Cells. *Reproductive Toxicology*, 2019;85;19-25.

Zhou C, Pathak V. Effects of Concurrent Dosing on the Efficacy of Tissue Plasminogen Activator and DNase in the Treatment of Pleural Infection. *Poster presentation* at 2018 CHEST Annual Meeting, October 2018.

Languages Spoken

Chinese

Hobbies

Rock climbing; Reading; Hiking; Traveling; Cooking and Baking; Video games

Personal Statement

In climbing, the specific way a person reaches the top of a route is called their “beta”. This can vary immensely from person to person. Short climbers must jump for holds tall climbers can easily reach. Muscular climbers pull up to holds lanky climbers balance delicately towards. One of my favorite roles in climbing is that of an unofficial coach, assisting my friends in finding their own unique way up the wall. Likewise, in medicine, each person has a specific situation that needs to be delved into before their health can improve.

Medicine isn’t just about knowing the latest guidelines. It’s also about understanding the why’s and how’s of a patient’s presence in a hospital bed or the office. Why are they noncompliant? How is their heart failure affecting their mobility? Where is the best place for them to go next? These are questions about the patient as a person, about how we as medical providers can use our training to make their life better.

Why I Chose Cincinnati

Initially, I made a spreadsheet to help me rank, with notes about anything from scheduling and fellowship match data to how much free food I would get. In the end, my choice was made for less tangible reasons – how much I laughed, how welcoming everyone was, how they seemed to be friends and family instead of just colleagues. People told me residency was going to be hard, so I chose Cincinnati, a place that would help me smile through it all.