

Northern California Society for Clinical Gastroenterology

NEWSLETTER

ISSUE NO. 8 | January 2022



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Dear Colleague,

The Northern California Society of Clinical Gastroenterology (NCSCG) Board and Meeting Planning Committee are pleased to announce that this year's hybrid meeting will be held live, in-person at the Intercontinental San Francisco, CA and will also be offered as an interactive virtual platform that is accessible via the conference website on January 29, 2022.

We hope to see you in San Francisco or online!

Sincerely,

The NCSCG Board and Meeting Planners

WOMEN IN GI

At the NCSCG Liver Symposium, Women in GI are invited to attend the GI Janes session, held after the general session and during the career development mixer from 3:15PM-4:15PM on Saturday January 29, 2022.



FACULTY PREVIEW



Drug-Induced Liver Injury (DILI)
Marina Roytman, MD, FACP
UCSF Fresno



**Off the Beaten Track
Hepatitides**
Deepti Dronamraju, MD
Stanford University



Hepatorenal Syndrome
Todd Frederick, MD
CPMC



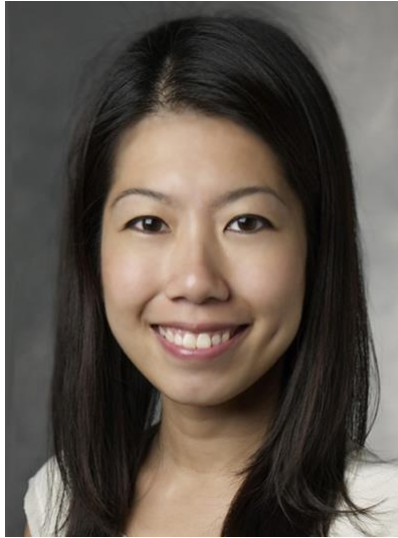
Alcohol-Related Liver Disease in the Era of COVID
Robert Wong, MD, MS
Stanford University



Changing Approaches to Hepatocellular Carcinoma (HCC)
Neil Mehta, MD
UCSF Health



Liver Transplant for Alcohol-Related Liver Disease
Allison Kwong, MD
Stanford University



Susan Y. Quan, MD
Director of Endoscopy – VA Palo Alto Health Care System
Clinical Assistant Professor (Affiliated) – Stanford University School of Medicine

Where are you originally from or any personal background you want to share

I was born and raised in Philadelphia. I received my undergraduate degree at Stanford. After a year of eating my way through New York City, I went to Johns Hopkins where I completed medical school and internal medicine residency. I returned to Stanford for gastroenterology fellowship. Since completing fellowship, I have been on faculty at VA Palo Alto where I serve as Director of Endoscopy and Site Director for the Stanford fellowship program.

Clinical and/or research interests

I practice general gastroenterology with a focus in endoscopy. My interests lie in endoscopy techniques and outcomes, as well as machine learning-assisted medical applications.

Your involvement with NCSCG (e.g. how long, what activities, etc.)

I am a member of both the Education and Communications Committees.

What most excites you about GI/hepatology

I am most excited about applications of artificial intelligence in gastroenterology particularly in real-time endoscopy.

Interesting fact you want to share about yourself

I enjoy travelling all over the world in search of my next great meal. Feel free to contact me anytime for food recommendations!



**Margaret Zhou, MD
Stanford Medicine
Fellow Representative**

Any personal background you would like to share

I am originally from San Diego, went to Stanford for undergrad, UCSF for med school and residency at Columbia. I'm excited to be back at Stanford for fellowship!

Clinical and/or research interests

I am interested in advanced endoscopy with a particular interest in treatment of precancerous lesions and early neoplasia. My research interests are in epidemiology, early diagnosis, and endoscopic management of premalignant lesions and GI cancers.

Your involvement with NCSCG and why did you decide to join NCSCG?

I have been a member of NCSCG for the last year and became a member of the trainee committee this year. I decided to join NCSCG to connect with other fellows and gastroenterologists in Northern California. It has been a great opportunity to learn about the exciting work that my peers are doing across Northern California and connect with colleagues in the area.

What most excites you about GI/Hepatology in in the next 2-3 years

In the next 2-3 years, I'm most excited about further integration of machine learning tools into GI. I look forward to seeing how these tools can assist with endoscopic/pathologic diagnosis in real-life practice, as well as predictive modeling for risk stratification and disease progression.

Other interesting facts you would like to share about yourself.

I love classical music and have played cello for most of my life. My latest covid hobbies have been skiing and baking (still quite a beginner at both)- I highly recommend Claire Saffitz's book *Dessert Person!*



Nicole Evans, MD
Kaiser Permanente San Francisco Medical Center and Offices
Fellow Representative

Any personal background you would like to share

I was born and raised in Southern California before I made my way up north for my undergraduate degree at UC Berkeley. I then took an extended tour around the US, receiving my Masters Degree in Biomedical Sciences in Chicago and my Medical Degree in Philadelphia. I returned home to the West Coast to complete my residency at the University of Southern California and ultimately made it back to Northern CA for my Gastroenterology Fellowship at Kaiser Permanente in San Francisco. I am currently a second year fellow and am very much looking forward to my upcoming career as a gastroenterologist.

Clinical and/or research interests

My academic and clinical interests include general gastroenterology, medical pancreatology, and colorectal cancer prevention. Additionally, I am interested in quality improvement with several active projects aiming to have an impact on a regional level.

Your involvement with NCSCG and why did you decide to join NCSCG?

I was introduced to the NCSCG during my first year of GI fellowship after participating in the fantastic webinar series. As a representative for the Kaiser Permanente San Francisco fellowship, I was fortunate enough to be nominated to join as a trainee member. I am excited to be a part of an organization that prioritizes and encourages continued medical education for its members. I am interested in a career involving education and I see this organization as a great forum to continue my involvement in collaborative learning, potential leadership and teaching opportunities. I look forward to participating in upcoming NCSCG events and networking with other gastroenterologists and colleagues in the area.

What most excites you about GI/Hepatology in in the next 2-3 years

As I embark on my career in gastroenterology I am most excited to see how the field continues to grow through advances in endoscopy, non-invasive testing, pharmaceutical and alternative treatment modalities.

Other interesting facts you would like to share about yourself.

In addition to medicine, my other lifelong passion has always been dancing. A fun fact about me is that when I was younger, I was a backup dancer for a Filipino Popstar during a portion of her tour in the United States. I still keep up with dancing today, but just for fun!



Sharon Torres, PA-C
Kaiser Permanente Redwood City Medical Center
NCSCG APP Representative

Background: HI, my name is Sharon Torres. I grew up in the Bay Area. I graduated from Rutgers University, New Jersey in 2007 with a master's in science in Physician Assistant studies.

Clinical/Research Interests: My clinical experience varies from initially working with the teen and young adult population at Planned Parenthood to working with a wider age range (pediatric- geriatrics) in primary care/family medicine to then working with the underserved population at a county hospital in gastroenterology and hepatology to now serving and caring for the cancer population in cancer survivorship.

Involvement with NCSCG: I learned of the NCSCG through Dr. Neil Stollman who first introduced and recruited me to this group in 2010. I recently joined as an APP committee member in 2021.

Why: I appreciate being a committee member because I truly enjoy continuing to learn of the different diseases in Gastroenterology and Hepatology, but my strong passion and interest still remains in hepatitis B and fatty liver disease.

Interesting Facts: When I'm not working, I love to travel to different countries and learn about the history and culture, as well as, eating and trying all the delicious foods. I recently came back from Germany and it was an incredible and moving trip! I also started a book club in the Bay Area in 2006 for career driven minority women and we gather quarterly to discuss books from minority authors. One of the books (non-fiction) I highly recommend is "The Girl with Seven Names", an amazing story!

GI WORD SEARCH

Answers to this word search can be found on page 12.

GI Word Search

Find all 12 words below! They may be horizontal, vertical, or diagonal, including backwards.

S I S O T E H C O R I P S M L A A I
F I S I T I G N A L O H C G R U C Y
E S L S T A B O R B O R Y G M I H N
C H N L E M M I C R O B I O M E A F
A I A H I U I B T H E T F T N O L A
L D Y E E V H G T A R I E E L N A P
I E P L E R U D P C L O D H A E S E
T S I S O T A M O R H C O M E H I M
H P E E O S O T O L H H P O R O A L
R N I D S T D T I L K C N S N M L O
Y A M T V S L D Y S P E P S I A W R
I S T R E D I O H R R O M E H T H B

Images in Clinical GI

Can you solve the case?

Welcome to Images in Clinical GI, where we present images from interesting cases submitted by some of our members! This quarter, we present a case from Dr. Thomas Myint, a GI fellow at California Pacific Medical Center. Answers and discussion on this case can be found on page 13. We hope you enjoy!

Patient is a 45-year-old male with morbid obesity (BMI 64), obesity hypoventilation syndrome, heart failure with preserved ejection fraction, hypertension, and diabetes who presented with three days history of epigastric pain associated with food and nausea/emesis. He reported rare intermittent diarrhea, and no history of steatorrhea. Social history is notable for occasional beer use socially and immigration from Latin America.

Basic pertinent laboratory studies at the time of presentation were: WBC 11.4, Hgb 17, Plt 190; Na 140, K 2.4, Cl 95, Bicarb 35, BUN 41, Cr 1.7. Prot 7.8, Alb 3.7, AST 503, ALT 444, and Lipase 33,000.

CT abdomen showed decreased attenuation of the liver related to hepatic steatosis, small gallstones in the gallbladder, edematous pancreas with adjacent fat stranding. Ultrasound showed the common bile duct size at 7 mm. The intrahepatic bile ducts were not dilated. After fluid resuscitation for presumed gallstone pancreatitis, the patient underwent endoscopic ultrasound. Endoscopic examination of the duodenal mucosa was notable for innumerable nodules distributed in the entire duodenum (Figure 1). Biopsies demonstrated cluster of triangular shape organisms in the mucosa. Additional work up labs were sent. These included negative tissue transglutaminase antibody IgA, IgA 201, total IgG 850, and negative HIV.

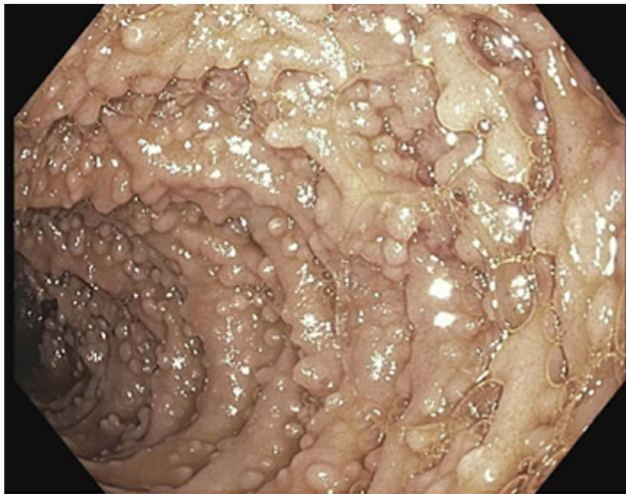


Figure 1: nodular duodenal mucosa

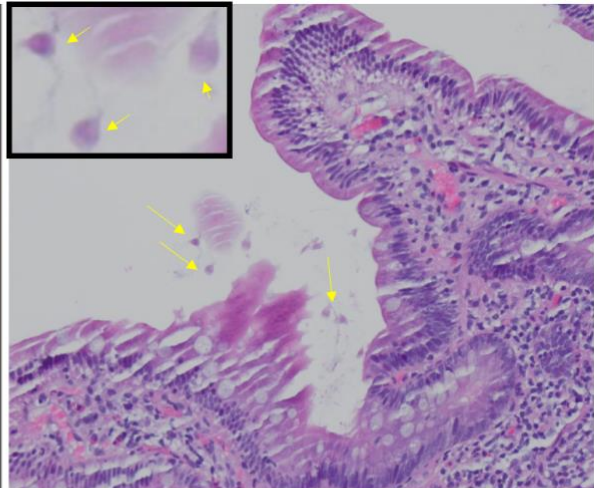
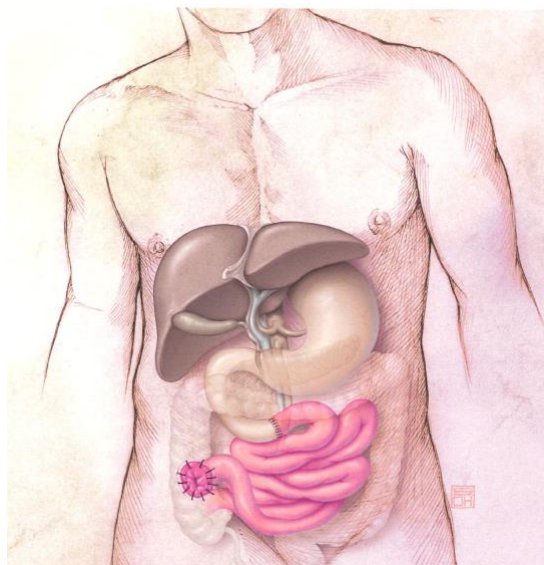


Figure 2: duodenum H&E stain with triangular shaped organisms (arrows). Insert : high power

What is the diagnosis for the abnormal duodenum mucosa found incidentally? What are the triangular shape organisms on the biopsies?



Hope for those with Gastrointestinal Dysfunction: Stanford Intestinal-Liver Transplant Program

The Intestinal Transplant Center at Stanford Health specializes in intestine, liver, and intestine, and multi visceral transplants for children and adults. Decades of successful organ transplantation experience give us a solid foundation from which to best help dozens of individuals needing intestinal transplant each year. Since 1997, we have successfully transplanted 59 patients. We continue to innovate surgically, medically, and in every way we can to improve the quality and length of our patients' lives. Stanford's providers, and scientists collaborate to chart the best course forward for each patient. Our approach has achieved some of the best outcomes in the country and we are proud to report 92% patient survival and 83% graft survival at one year since 2013, which is significantly higher than the national average. Many of these transplants were for the youngest, smallest, and most acutely ill organ-failure patients.

Common indications for small bowel transplant (SBT) include short gut syndrome caused by either one of the following conditions

- Mesenteric thrombosis, Crohns disease, Radiation enteritis, trauma, Volvulus, Extensive bowel resection for genetical syndromes causing extensive polyposis and precancerous conditions.
- Recurrent TPN related line infections.
- Motility disorders, after exhaustion of all therapies and various modes of nutrition

Our multidisciplinary team consists of transplant surgeons, transplant hepatologists, a dedicated social worker, pharmacist, and nutritionist, and nurse practitioners and physician assistants trained in liver and intestinal transplant. Our unique outreach program takes our team to multiple sites in California and around the West, including Oregon, Arizona, Nevada, Hawaii, and New Mexico, keeping us in close touch with our patients and ensuring excellent care long after their surgery.

Contact Info:

Transplant Surgeon: C. Andrew Bonham abonham@stanford.edu

Pediatric Hepatologist: Yoyo Zhang kzh@stanford.edu

Adult Hepatologist: Radhika Kumari, rkumari@stanford.edu

NCSCG 2021-2022 WEBINAR SERIES
ADVANCING CAREER DEVELOPMENT IN GI & HEPATOLOGY CLINICAL CARE

Dear Colleague,

The NCSCG Education and Trainee Committee is pleased to announce the CME Accredited NCSCG Education and Trainee Committee 2021-2022 Webinar Series. This year we are excited to collaborate with the Southern California Society of Gastroenterology (SCSG)!

[About the NCSCG Webinar Series](#)

The NCSCG Education and Trainee Committee Webinar Series aims to provide an education and career development focused resource for our GI community. Our series has been developed with gastroenterology and hepatology fellows from training programs in Northern California and incorporates sessions specifically focused on important aspects of career development and the job search process. In addition, our series will also include high yield and hot topics in clinical gastroenterology and hepatology. We offer these sessions as a free resource to anyone interested in participating.

To replicate a meal we would have together, the NCSCG would like to offer all NCSCG fellows who attend the webinars a meal up to the value of \$30 to be eaten at the time of the webinar.

To receive your free meal during the webinar follow these easy steps:

1. Register for the event
2. Ensure that you are an NCSCG or SCSG fellow. You may register as a member or renew your membership by [clicking here](#)
3. Attend the webinar (attendance is monitored)
4. Order your meal for the time of the webinar up to the value of \$30 and save the receipt!
5. Please turn on your webcam so that we can connect as we dine, converse, collaborate and learn together during this program
6. Fill in an expense reimbursement form sent after each webinar and submit this, along with your receipt to Dani Smith: dsmith@pacemed.com
7. Receive a check for the value of your meal, up to \$30, mailed to you shortly after the event.

Sincerely,
The NCSCG Education and Trainee Committee

FEBRUARY 2022

February 3, 2022 6PM-7PM PT

[Artificial Intelligence Innovations in Gastroenterology](#)

Jason Samarasena, MD, UC Irvine

FEBRUARY 2022

February 24, 2022 6PM-7PM PT

[Research Seminar #2](#)

MARCH 2022

6PM-7PM PT

[Interventional Endoscopy Advancements](#)

Andrew Nett, MD, UCSF

APRIL 2022

6PM-7PM PT

[Updates on NASH Therapeutics - Anything on the Horizon?](#)

Bilal Hameed, MD, UCSF

MAY 2022

6PM-7PM PT

[Targeting the Microbiome in Gastrointestinal Diseases](#)

Neil Stollman, MD, East Bay Center for Digestive Health

JUNE 9, 2022

6PM-7PM PT

[Research Seminar #3](#)

**TO REGISTER FOR THE ENTIRE SERIES
AND FOR MORE INFORMATION, VISIT:**

www.norcalgastro.org/ncscgwebinarseries

REGISTRATION FEES

Complimentary

View Past Recorded Webinars Now!
www.norcalgastro.org/ncscgwebinarseries



ADULT GASTROENTEROLOGIST PHYSICIAN: Oakland, California

The East Bay Medical Group (EBMG) is currently seeking a 6th full-time BC/BE adult Gastroenterologist to join the Division of Gastroenterology and Hepatology at Alameda Health System. This 1.0 FTE position is charged with serving the clinical and academic mission of the Division, the Department of Medicine, and Alameda Health System.

Alameda Health System (AHS) is a major public health system and medical training institution based in Oakland, CA (Alameda County). The system encompasses 3 hospitals – Highland Hospital (Level 1 Trauma Center), Alameda Hospital (Community Hospital), and San Leandro Hospital (Community Hospital) – and includes residency training programs in Surgery, Emergency Medicine, and Internal Medicine. East Bay Medical Group (EBMG) is a subsidiary of Alameda Health System and is the primary contracting entity for physicians.

The primary role of this position is to provide high-quality GI/Liver care to the underserved patients of Alameda County in both the hospital and ambulatory setting. Academic responsibilities are embedded within this role and include active participation in all teaching programs related to the Division and the Department. Teaching responsibilities include oversight of medical students, Highland Hospital Internal Medicine residents, and GI fellows who rotate from California Pacific Medical Center.

We are seeking candidates who:

- Are committed to AHS' safety-net mission of providing high quality care to the underserved.
- Are interested in being on a team that prioritizes a culture of continuous improvement, collegiality, respect, and support for one another.
- Are capable managing full spectrum GI and liver cases in both the ambulatory and hospital setting.
- Are proficient in both acute and outpatient endoscopy.
- Are capable and interested clinical educators and role models for trainees.

The ideal candidate would have proficiency in ERCP and EUS.

Compensation and benefits package is competitive for the San Francisco Bay Area.

For more information about the Division of Gastroenterology and Hepatology at Alameda Health System, please visit the Division website at: <https://sites.google.com/view/highlandgi/about-us>

If you are interested, please submit your CV and statement of interest to Dr. Taft Bhuket, Division Chief of Gastroenterology & Hepatology. tbhuket@alamedahealthsystem.org
Dr. Benny Liu, Associate Division Chief of Gastroenterology & Hepatology
beliu@alamedahealthsystem.org

GI Word Search

ANSWERS

S I S O T E H C O R I P S A
F I S I T I G N A L O H C C
E L B O R B O R Y G M I H
C L M I C R O B I O M E A
A I U T L
L E V G A
I L U S
T S I S O T A M O R H C O M E H I
H A

D Y S P E P S I A
D I O H R R O M E H

Images in Clinical GI

(Solution and Discussion)

Solution

Diffuse nodular lymphoid hyperplasia (DNLH) of the duodenum related to Giardia

Discussion

In our patient, biopsy showed reactive lymphoid follicles with duodenal giardiasis. The small bowel villous architecture was relatively preserved with reactive lymphoid follicles extension presenting as polypoid lesions consistent with diffuse nodular lymphoid hyperplasia. Our patient was HIV negative with normal IgA and IgG. He was treated with metronidazole for giardiasis.

His initial presentation of gallstone pancreatitis was probably unrelated to DNLH and giardiasis. His epigastric pain and liver chemistry progressively improved and he was discharged home.

DNLH is a rare intestinal condition with the characteristic innumerable nodules seen on mucosal examination. The nodules usually range in size from 0.5 mm to 5 mm. It is considered a benign condition although association with lymphoma has been reported^{1,2}. On histology, hyperplastic lymphoid follicles with germinal centers undergoing active mitosis are seen². The exact underlying etiology for DNLH is unclear. However, it appears to be related to immunodeficient and infected states. It has been reported in patients with common variable immunoglobulin deficiency (CVID), IgA deficiency, celiac disease, HIV infection, *Helicobacter pylori* infection, and *Giardia* infection³. Therefore, immunogenic stimulation appears to play a role. Regression of mucosa nodules have been reported in cases *H pylori* and giardia eradications⁴.

References

1. Schwartz DC, Cole CE, Sun Y, Jacoby RF. Diffuse nodular lymphoid hyperplasia of the colon: polyposis syndrome or normal variant?. *Gastrointest Endosc.* 2003;58(4):630-632.
2. Monsanto P, Lérias C, Almeida N, et al. Intestinal nodular lymphoid hyperplasia and extraintestinal lymphoma--a rare association. *Acta Gastroenterol Belg.* 2012;75(2):260-262.
3. Elkholy S, Mogawer S, Farag A. Nodular Lymphoid Hyperplasia of the Gastrointestinal Tract: a comprehensive review. *Acta Gastroenterol Belg.* 2017;80(3):405-410.
4. Choi JH, Han DS, Kim J, Yi K, Oh YH, Kim Y. Diffuse Nodular Lymphoid Hyperplasia of the Intestine Caused by Common Variable Immunodeficiency and Refractory Giardiasis. *Intern Med.* 2017;56(3):283-287. doi:10.2169/internalmedicine.56.7305.

Acknowledgement

We thank Dr. Nett and Dr. Morretto from CPMC for providing endoscopic and histologic images.

If you have any interesting cases you would like to share or suggestions for this section, please contact us at:
NCSCG@pacemedcom.com

Northern California Society for Clinical Gastroenterology

About the NCSCG

The Northern California Society for Clinical Gastroenterology ("NCSCG") is a 501(c)(3) non-profit organization devoted to the pursuit of clinical excellence in

Gastroenterology and Hepatology, primarily through continuing medical education. By providing a forum for the exchange of ideas, the NCSCG aims to encourage professional growth, stimulate intellectual curiosity, and further patient outcomes by expanding access to up-to-date information of interest to practitioners.

Membership

The NCSCG is comprised of gastroenterologists and hepatologists from private practices and academic institutions throughout Northern California. Members of NCSCG are offered complimentary registration to our spring and winter educational dinner meetings and discounted registration fees at the GI and Liver symposia. Complimentary membership is offered for fellows.

Contact Us

For questions, comments or suggestions about this newsletter or becoming an NCSCG member please email ncscg@pacemedcom.com

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