

Rheumatology

A New Endowment to Support Rheumatology Fellows Training



The Division is pleased to announce a new endowed fund for Rheumatology Fellowship Training, which was established by a generous gift from Janet M. and Reynold (Rennie) Karr. With their gift, the Karr's will support the ongoing training of fellows in rheumatology to become proficient in the care of patients with rheumatologic diseases, such as lupus, rheumatoid arthritis, gout, and spondylarthritis. Furthermore, this endowed fund will help to address the local and national need to train more talented rheumatologists that will provide care to patients in our region and beyond.

Dr. Keith Elkon, Division Head, remarked, "We are so grateful to Janet and Rennie. This endowment will have a lasting impact on training the next generation of rheumatologists."

Janet and Rennie have both spent their lives working in healthcare. Rennie is a physician specializing in both Rheumatology and Allergy/Immunology. He has served on the UW clinical faculty since 1980, initially as a volunteer with an independent private practice, then in a salaried position following the closing of his private practice in 2007. Rennie commented, "I am deeply appreciative of my patients' confidence and trust, and for the privilege to work with the outstanding UW Medicine Rheumatology and Allergy/Immunology faculty and trainees, as well as other UW faculty, staff, and trainees pursuing excellence in the missions of patient care, teaching, and research." Janet is a registered nurse who, early in her career, worked full-time in several major city hospital ICUs, then subsequently, medical practice administrative and financial management for Rennie's private practice in Everett, WA.



The Karr Family Endowed Fellowship was established in November 2015, with 50% matching support from the University of Washington. Should you wish to learn more about how you can make a gift to enhance the Karr Fellowship Fund or to support the general Rheumatology Fellowship Training Fund, please contact Abbey Norris, director for philanthropy, at 206.221.8274 or abbeyn@uw.edu.

Honoring Dr. Simkin at the 2015 ACR Annual Meeting

At the 2015 Meeting of the American College of Rheumatology (ACR) the Division honored Dr. Peter Simkin, Emeritus Professor of Medicine and ACR Master Rheumatologist. Dr. Simkin was an early Fellow with the Division of Rheumatology in 1966-1969. He has served on the editorial board of *Arthritis & Rheumatism* and on *General Medicine: A Study Section* of the NIH.



Dr. Simkin's research career has spanned over fifty years and has emphasized the pathophysiology of articular diseases with special focus on the synovial microvasculature, osteochondral structure and function, the arthrotropism of the arthritides, and the many variations of gout.

The Division of Rheumatology presented over ten abstracts and posters at the 2015 ACR Annual Meeting.

SAVE THE DATE - 16TH ANNUAL LANE LECTURE SERIES

Michael Holers, MD

Division Head & Scoville Professor

Division of Rheumatology, University of Colorado School of Medicine

March 24th, 2016
16th Lane Lecture Speaker

The 16th Annual Lane Lecture series will consist of three events. Dr. Holers will speak at the Department of Medicine Grand Rounds on Thursday March 24th at 8:00am on "Moving the Bar From Treatment to Prevention: The Case for Rheumatoid Arthritis". On the evening of March 25th he will speak at the Lane Lecture Reception at South Lake Union at 6:00pm. On the morning of Friday March 25th he will speak at the Rheumatology Grand Rounds on "The Mucosal Hypothesis and Molecular Origins of Rheumatoid Arthritis".



For the reception, RSVP to Kat McGhee at 206.685.9950 or rheum@uw.edu by Friday, March 11, 2016.

DRS. ELKON & LOOD DISCOVER HOW NEUTROPHIL NETS CAUSE INFLAMMATION

The research of Drs. Elkon and Lood "Neutrophil extracellular traps enriched in oxidized mitochondrial DNA are interferogenic and contribute to lupus-like disease" was recently published in the journal Nature Medicine. The findings are also summarized in the paper: "Mitochondrial troublemakers unmasked in lupus: drivers of autoimmune disease discovered in the traps of pathogen-capturing white blood cells".

In brief, these findings highlight a novel role for mitochondria in the generation not only of NETs but also of pro-inflammatory oxidized mitochondrial DNA in autoimmune diseases. Ongoing research will further address how mitochondria induce inflammation in autoimmune rheumatic diseases and if this process could be targeted by therapeutic interventions.

Information on the Elkon Lab can be found on our Division website. More information on the new findings can be found here: <http://hsnewsbeat.uw.edu/story/%E2%80%8Bmitochondrial-troublemakers-unmasked-lupus>.

ARTHRITIS FOUNDATION JINGLE BELL RUN

The UW and Seattle Children's Rheumatology teams joined forces again this year to support the Arthritis Foundation's Jingle Bell Run. The team was made up of faculty, fellows, staff, and friends! Over 41 team members helped raise more than \$2,500. You can find out more about the Arthritis Foundation on their website at www.arthritis.org/washington/.

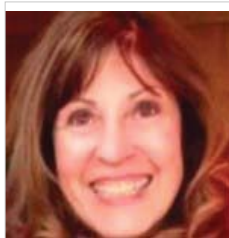


DIVISION GRANTS

Dr. **Natalia Giltiay** was recently awarded a grant for her project, "Developing New Therapies for Rheumatoid Arthritis Using Antigen-Targeting to Plasmacytoid Dendritic Cells". The grant was awarded by the Peer Reviewed Medical Research Program, funded through the Department of Defense.

The Rheumatology Research Foundation awarded Dr. **Erika Noss** a Career Development Bridge Funding Award: K Supplement to continue her work on, "Role for the PDGF pathway in RA fibroblast hyperplasia".

KAREN HUISINGA AWARDED ARHP DISTINGUISHED CLINICIAN AWARD



Karen Huisinga, MN, ARNP, FNP the Division's Rheumatology Nurse Practitioner at the Puget Sound Veteran Affairs Medical Center was recently awarded the ARHP Distinguished Clinician Award. As a rheumatology nurse practitioner, Huisinga sees patients independently. In addition she acts as a clinical coordinator at the Seattle division of the VA Puget Sound's rheumatology clinic, screening consults and assigning patients to fellows and residents She is also pivotal to the education of residents and fellows at the University of Washington with whom she works with on a weekly basis.

MUSCULOSKELETAL ULTRASOUND (MSKUS) AT UW RHEUMATOLOGY

MSKUS is now performed by rheumatologists at UWMC (Roosevelt Clinic) and HMC. Drs. Elizabeth Jernberg and Scott Pollock are the attendings in 3 half day ultrasound clinics each week, giving our second year fellows hands-on experience in performing ultrasound guided injections and diagnostic MSKUS. Injections/aspirations of all peripheral and large joints (including hips, shoulders) as well as tendons and nerves (median or ulnar nerve entrapment) are done in these clinics. Placing steroids (or viscosupplementation) precisely into a joint or steroids around a tendon or nerve is associated with better patient outcomes. This training will allow our fellows to provide the best possible care to their patients who need MSK injections.

In addition, 2nd year fellows are getting extensive exposure to diagnostic ultrasound. This will allow them to better diagnose regional MSK pain (e.g. rotator cuff disorders, tendinopathy, joint pains with normal radiographs, etc.), assess disease activity in inflammatory arthritis and therefore direct therapy more accurately, distinguish between polyarticular pain from fibromyalgia vs. inflammatory arthritis, assess patients with seronegative inflammatory arthritis for enthesitis and if present establish diagnosis of a spondyloarthropathy (SpA), perform enthesitis examinations on patients with psoriasis, IBD or uveitis and arthralgias to confirm a SpA for more appropriate and possibly aggressive therapy, and confirm the diagnosis of crystalline arthritis when no joint aspirate can be obtained. In the coming months, we will also be performing salivary gland ultrasound instead of minor salivary gland lip biopsy for confirmation of Sjogren's syndrome (high positive predictive value), US guided large and small joint synovial biopsies to evaluate persistent monoarthritis, and temporal artery/large vessel ultrasound instead of temporal artery biopsy for the diagnosis of Giant Cell arteritis (high positive predictive value).

These ultrasound examinations are being performed on UWMC and HMC patients but can also be done on patients from the community and around the state. For information about the appropriateness of a referral for MSKUS, please feel free to contact Scott Pollock by email (pspolloc@uw.edu) or our Roosevelt Bone & Joint Clinic at 206-598-6285.

RECENT DIVISION PUBLICATIONS

Andrews JS, Trupin L, Schmajuk G, Barton J, Margaretten M, Yazdany J, Yelin EH, Katz PP. Muscle Strength and Changes in Physical Function in Women With Systemic Lupus Erythematosus. *Arthritis Care Res (Hoboken)*. 2015 Aug;67(8):1070-7. doi: 10.1002/acr.22560. PMID: 25623919

P, Russo PA, Zhang Z, **Colonna L**, Maurer K, Gallucci S, Schulz SW, Kiani AN, Petri M, Sullivan KE. The Role of MicroRNAs and Human Epidermal Growth Factor Receptor 2 in Proliferative Lupus Nephritis. *Costa-Reis Arthritis Rheumatol*. 2015 Sep;67(9):2415-26. doi: 10.1002/art.39219. PMID:26016809

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Lood C, Blanco LP, Purmalek MM, Carmona-Rivera C, De Ravin SS, Smith CK, Malech HL, Ledbetter JA, Elkon KB, Kaplan MJ. Neutrophil extracellular traps enriched in oxidized mitochondrial DNA are interferogenic and contribute to lupus-like disease. *Nat Med*. 2016 Jan 18. doi: 10.1038/nm.4027. [Epub ahead of print] PMID: 26779811

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Gazitt T, **Thomason J**, **Hughes GC**. The Reply. *Am J Med*. 2016 Jan;129(1):e19. doi: 10.1016/j.amjmed.2015.09.003. No abstract available. PMID: 26703010

The Division of Rheumatology Newsletter is published 2 times a year. For information regarding any content in this issue please contact the Division Office at 206-543-3414 or email rheum@uw.edu. Editors: Keith Elkon, MD, Abbey Norris, Jessica Bertram, Peter Simkin, and Kathryn McGhee.

Be green!

Receive newsletters by email: rheum@uw.edu



RECENT DIVISION PUBLICATIONS (CONTINUED)

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