Laura W. Bush Institute for Women’s Health, TTUHSC

Beth Garbitelli and Matthew Watto MD, FACP  October 22, 2021
Overview

- Origin Stories
- Behind the Scenes
- Song Exploder
- Audience Questions
Timeline

2010 - Graduate Med School
2013 – Discover Podcasts
2014 – 3\textsuperscript{rd} son born & existential crisis begins
Existential Crisis
Career Entrepreneurship

• Ask, “What are my skills?”
• Start something. Then, try again.
Kashlak Opens

February 2016
Running a medical podcast
Behind the Scenes
Distributed Team
Origin of “Garbs”
Polymath

- Medical Student
- Podcaster
- Artist
- Producer

- Journalist
- Patent Paralegal
- Baker
- Hockey Player
Diabetes FAQ
with Dr. Jeff Colburn

#246
Take a Bite out of CELLULITIS
W/ Dr. Boghuma Titanji
Understanding HEART FAILURE with PRESERVED EJECTION FRACTION

Heart Failure: Syndrome involving shortness of breath, volume overload, and elevated natriuretic peptide.

**EJECTION FRACTION (EF) RANGES**

- EF < 40% = Heart Failure with Reduced Ejection Fraction (HFrEF)
- 40% < EF < 50% = “Gray Zone” (Tx depends on context)
- EF >50% = Heart Failure with Preserved Ejection Fraction (HFpEF)

**PATHOPHYSIOLOGY**

- New HFpEF diagnosis: high likelihood of CAD
- Exercise-induced symptoms of heart failure (BUT asymptomatic at rest)?
- Options: Catheterization Coronary CT
- Right heart catheterization can help better evaluate.

**RISK FACTORS**

- Physical abnormalities (diaphragm defects, hiatal hernia), delayed stomach emptying (narcotic use, gastroparesis), obesity, and all trimesters of pregnancy

**INITIAL DIAGNOSIS**

- Dysphagia
- Sudden onset in older patient
- D >5% body weight loss
- Food impaction

**DAILY SYMPTOMS:**

- Omeprazole, Esomeprazole, & Pantoprazole
- 8 week trial, once daily, 30-60 min before meal, step down to effective dose or reassess if no benefit

**LIFESTYLE CHANGES**

- Coffee, chocolate, mints, wine, spicy/citrus foods may aggravate GERD but not always helpful to eliminate all these types of foods unless clear pattern of reflux from specific food
- Weight loss (even if normal BMI)
- Elevate head of the bed
- Do not eat or drink before long periods laying down

Graphic created by: @bethgarbitelli
#300 Celiac Disease with Dr. Amy Oxentenko

OCTOBER 18, 2021 By MATTHEW WATTO, MD — LEAVE A COMMENT (Edit)

Tighten up your glute-n facts!

Tighten up your glute-n facts! Take control of celiac disease (CD) with gastroenterologist, Dr. Amy Oxentenko (Chair of Medicine at Mayo Clinic AZ, @AmyOxentenkoMD). Learn how to recognize both classic and non-classical features of CD and understand diagnostic testing, management and proper follow-up for patients.

Claim free CME for this episode at curbsiders.vcuhealth.org!
Knowledge Food Inc.

- >50 Curbsiders
- >20 institutions
- International team
This discussion will feature serious discussion of challenging material. If this is triggering for anybody who's listening:

1. National Suicide Prevention Lifeline 1-800-273-8255.

2. Crisis Text Line: Text HOME to 741741
Depression & Suicide

w/ Elisabeth Poorman MD

Fresh intro by Nora Taranto MD, Beth Garbitelli
We Were Reluctant

Is this our mission?

Will anyone listen?

It’s too personal.
Why We Proceeded
Silence is the true sickness

“I was looking around at people that I practiced with and I realized so many of them had told me in confidence about what they had experienced, but they weren't willing to discuss it...and it seemed to me that, that this was the true sickness...I didn't want other people to experience this and feel like they were the only one.”

Dr. Elisabeth Poorman
What was the audience’s reception?

We’ll tell you later…
“Congrats on graduation, now it’s time to find a therapist”
Rethink the white coat ceremony

“It’s really important for family members to know that this (depression) is something that's going to touch a lot of us and that it's also going to affect them.”

“It really like makes me think, why don't all the deans address this openly and help them (partners/families) understand and prepare.”

Dr. Elisabeth Poorman
Struggle is a late sign

“By the time people are making mistakes and they're visibly struggling they've probably been struggling for a while. They're probably a lot sicker than you realize because physicians will prioritize work over everything else.”

Dr. Elisabeth Poorman
Self Care

“The pace of work, particularly in residency, is a problem that continues forever. It makes it very difficult for us to give ourselves the space that we need to heal when difficult, traumatic things are happening, or, even normal things like, maternity leave or having a flu. It's really hard to prioritize, taking care of ourselves.”

*Dr. Elisabeth Poorman*
SSRIs and Therapy

“I was looking for career advice, but… it turned out that basically half the room raised their hand saying that they were on an SSRI and I was very surprised because these are high achieving, positive senior residents of mine who at that time did not fit the phenotype of who I thought would be seeing a therapist regularly, or getting an SSRI.”

Dr. Shreya Trivedi
Empathy has 2 edges

“I'm the kind of person that if I walk into her room and someone is really sad or really angry…I will walk out of the room carrying that feeling in myself as if it's my own. That is an incredible tool for me clinically, but, it also makes it very difficult to work in a high stress emotional situation…the mantra that was repeated to me in medical school was be more empathetic, be more emotionally present with your patients. But, I think that’s a useful thing for people who don't have a lot of natural empathy. But, for those of us who do have a lot, actually what we need to do is to learn to recognize what the other person is experiencing, but also maintain our own boundaries and our own emotional health.” Dr. Elisabeth Poorman
Early Career Loneliness

“I would say that in residency the problem is exhaustion and in practice, once you're out of residency, the problem is loneliness and isolation.”

*Dr. Elisabeth Poorman*
Audience Reception?
Solutions

- Educate partners, families
- Preemptively plan to fortify yourself
- Mandatory therapy
- Acknowledgment & Support from Leadership
- Tear down the "culture of endurance"
Questions?
Thanks to TTUHSC