Before buying something, we usually want to know the price. Before buying something expensive like insurance, a car or a house, we typically shop around to compare and convince ourselves that we get the best deal available. Before we spend money we usually want to know that what we are about to get is worth the cost.

Why is it then that as physicians we rarely have a clue what cost is accrued when we order a diagnostic test? If we don’t know, how should our trainees learn? And it is not just about the costs directly associated with what we order. There is potential downstream harm (and the costs associated with fixing it) that may be inadvertently generated by placing orders without much thinking and awareness. “Routine screening” with tumor markers such as PSA, AFP or CEA are well documented examples.

Daily blood work may be justified in certain situations, but not every inpatient needs it. In fact, who has not seen patients becoming anemic and requiring a transfusion while in hospital – related to daily blood draws rather than their underlying disease? Why are “routine” admission Xrays and EKGs still ordered - against all evidence? Why do we order lab panels with, in many instances, redundant tests – a GGT adds usually little or nothing to an ALP, isn’t it? These are just examples, a comprehensive discussion is beyond the scope of this blog, I refer to “Choosing Wisely Canada” (www.chosingwiselycanada.org) and “Choosing Wisely Manitoba” (www.chimb.ca/chosingwisely).

I have heard people say that healthcare in this country is free. So why bother? We all know that this is short sighted: health care in this country is (fortunately) universally accessible, but, like everywhere else, by no means free; we all pay for it with our taxes. The (tax) money available for spending in health care is limited – unless we compromise investments into other sectors equally (or even more) important for the future of our society such as education and infrastructure. Also the amount spent on unnecessary testing is no longer available for investment elsewhere within the health care system. Not to speak of the indirect and the intangible costs associated with harm (and fixing it) that we may potentially cause by a falsely positive result or a complication - which will eventually happen with any test, just on statistical grounds.

Bottom line: We need to become more aware of the (direct and indirect) costs we generate by ordering tests. It is mandatory to have a management question when we order a test. Just wanting to know cannot suffice. The result of a test needs to answer that question and affect the management of the patient. When we order a test we should order the most appropriate one – escalating from an Ultrasound over a CT to an MRI for a given suspected abdominal abnormality may not always be the most (cost) effective choice.
Dr. Eberhard Renner is pleased to announce the appointment of **Dr. Laura Targownik** to the position of **Head, Section of Gastroenterology**. The appointment will be effective April 1, 2017.

**Dr. Laura Targownik** joined the Section of Gastroenterology in the Division of Internal Medicine at the University of Manitoba in 2003, after completing her fellowship in Digestive Diseases and obtaining a Master’s of Science in Health Services from the University of California Los Angeles (UCLA). She is a nationally recognized researcher for her work on the epidemiology of drug use in inflammatory bowel disease as well as in evaluating the linkage between proton pump inhibitor use and bone health.

She is a previous winner of the Liam J. Murphy Young Investigator Award, and is currently a principal investigator or co-investigator on grants funded by the American College of Gastroenterology, the Crohn’s and Colitis Foundation of Canada, and the Canadian Institutes of Health Research (CIHR). She has authored or co-authored over 90 peer-reviewed publications, and serves on the Editorial Board of the American Journal of Gastroenterology.

Dr. Targownik maintains a busy clinical practice at Health Sciences Centre, managing an outpatient practice focused on inflammatory bowel disease and general gastroenterology, as well as providing care and teaching on the GI inpatient service. She has been active in both undergraduate and postgraduate education, creating a series of lectures aimed at gastroenterology trainees on understanding and evaluating the quality of research methods.

While she is looking forward to the challenges of being Section Head for Gastroenterology, she is hoping to continue find time to both play and coach soccer, and to continue enjoying the outdoors and exploring the world with her husband Jeremy, and sons Jonah, Beckett, and Callan.

Please join us in congratulating Dr. Targownik on her new leadership role.

Dr. Targownik succeeds **Dr. Charles Bernstein** who has led the Section of Gastroenterology since 2001.

Dr. Charles Bernstein, a nationally and internationally recognized leader in the study of inflammatory bowel disease, will remain as the Bingham Chair in Gastroenterology Research and as the Director of the Inflammatory Bowel Disease Clinical and Research Centre at the University of Manitoba.

Under Charles’ leadership and vision, the Section’s scientific endeavors have flourished. His ongoing commitment and hard work to the academic discipline of gastroenterology has been instrumental in steering the Section to its current phase of thriving success and stellar reputation.

We thank Dr. Bernstein for his exceptional professional and clinical service, his remarkable record of mentoring young physicians and researchers, and his dedication and tireless commitment to the Department of Internal Medicine, and wish him continued ongoing success.
Congratulations are extended to the following Internal Medicine faculty members whose promotion applications were approved by the Executive and Governance Committee of the University of Manitoba's Board of Governors, effective March 30, 2017.

**Associate Professor to Professor**

Dr. Davinder Jassal, Section of Cardiology

**Assistant Professor to Associate Professor**

Dr. Sean Armstrong, Section of Nephrology

Dr. Linda Larcombe, Section of Infectious Diseases

Dr. Marshall Pitz, Section of Hematology/Oncology

Dr. Reza Vosoughi, Section of Neurology

Dr. Abdulrazaq Sokoro - Primary appointment - Department of Pathology  
Cross appointment - Department of Internal Medicine

**Lecturer to Assistant Professor**

Dr. Sowmya Narasimhan, Section of Endocrinology/Metabolism

We wish them continued success in their academic activities.
At the December 2016 University of Manitoba Board of Governors Executive Committee meeting, the Board of Governors approved the President’s recommendation that **Dr. Garry Shen** be granted tenure, effective July 1, 2017.

**Dr. David Robinson**, Head - Section of Rheumatology, was honored with the **CRA Teacher - Educator Award for 2017** by the Canadian Rheumatology Association at their Gala Dinner on Feb. 10, 2017 in Ottawa.

**Dr. Charles Bernstein** - Recipient of the 2016 **Dr. John M. Bowman Memorial Winnipeg Rh Institute Foundation Award**. The Award Ceremony will be held on April 6, 2017.

**Dr. Ryan Zarychanski** will receive the **Doctors Manitoba Scholastic Award for Scholarly Activity** in the health professions at the May 5th Doctors Manitoba 109th Annual General Meeting at the Fort Garry Hotel.

**Dr. Kulvir Badesha** - Recipient of the **PARIM award for Educator of the Year: Professionalism**. Dr. Badesha completed both Internal Medicine core training and a General Internal Medicine Fellowship at the University of Manitoba in 2014. He currently provides service on the Internal Medicine Clinical Teaching Units and the Addictions Unit at Health Sciences Center.

**Dr. Shuangbo Liu**, Chief Resident Adult Cardiology, recipient of the **Dean of Medicine’s Education and Research Fellowship Fund 2017**.
The **Nick Anthonisen Award of Excellence** was created in 2015 and funded by AstraZeneca. This is one of five awards that AstraZeneca has funded across Western Canada with the goal of creating a network among Respirologists in Western Canada. The selection process includes submissions from the division and there is a 3 person committee who evaluated the submissions and selects the winner. The award consists of a plaque as well as a $1000 award to be used towards an academic pursuit of the recipient. This years’ winner will also be invited to one of the other institutions to be a visiting professor for a day.

“Nick Anthonisen is a “brand” on our Section for his commitment and impact through research, clinical service and administrative leadership. Dr Steven Mink embodies these attributes. It’s time to honour this unassuming researcher and colleague who sometimes does his best to avoid the limelight.

Please join me in congratulating Steven Mink on being the recipient of this years’ Nick Anthonisen Award of Excellence.

Dr. Mink has been a fixture of the Section for over 30 years. His initial research work from his fellowship being published in the mid-80s. His work has spanned pulmonary physiology – hemodynamics, airflow determinants – using model systems and large animal models (eg. sepsis; emphysema). His training in research was consolidated here and he maintains the only remaining laboratory in what was the internationally famed “F2”, which brought so many prominent current faculty members. His career productivity includes over 100 papers. He has held ongoing national funding, including that from the Medical Research Council (now CIHR) and Heart and Stroke Foundation.

His research is compelling and important to this day. His work focuses on sepsis, and the role of lysozyme as a regulator of myocardial suppression and the pulmonary arterial circuit. He has identified unique biochemical pathways that modulate neural adrenergic responses, and release of and response to nitric oxide. This has led him to develop approaches using novel compounds, including lysozyme inhibitors and hydrogen peroxide scavengers, to reverse these pathophysiological symptoms. This work has led to three patents, and it is clear that his discoveries are going to ultimately guide direction for future clinical trials.

Steve is a renascence scientist: using diverse techniques - molecular and cell biology methods, high throughput ‘omics’ technologies, large animal physiology models, and pharmacology. His annual talks at Respiratory Research in Progress are stories that are a delight to hear, and exciting to envision as future therapies.

In addition to his research contributions and leadership he has been an outstanding educator and supervisor of clinical and research fellows in the Section. He has had a very strong, unselfish commitment for many years to the Section: serving as an active member on all committees, and of course previously serving as Section Head. As a Clinical Respirologist and Critical Care Specialist, his reputation among peers is impeccable.

As a person he is thoughtful. I know he has been of great personal support to clerical and nursing and research staff. I am also aware that when he is approached for medical advice by non-physician colleagues or staff who have an ailing family member or friend, Steve is an active champion who returns calls and goes beyond what was hoped he might be able to help with.

On a personal note, I am proud to tell people that Dr Mink was the one who recruited me back to Winnipeg in 2000. His commitment to engendering research in the section is sincere. He has shown me and my program great loyalty over the years and has ensured that the lone-wolf PhD feels like an important team member."
At the March 7, 2017 Teacher Recognition and Manitoba Medical Students Association (MMSA) Teaching Awards Dinner held at the Brodie Centre Atrium, the following Internal Medicine faculty members were recipients of the following awards:

**Med 1/Class of 2019**

Med 1 Award for Innovation Award:

**Dr. Clarence Khoo**, Section of Cardiology

Med 1 Best Course: Cardiovascular (Dr. Anita Soni)

**Med II/Class of 2018**

Med II Best teaching in small group:

**Dr. Keevin Bernstein**, Section of Nephrology

Med II Mentorship Award:

**Dr. Carmen Hurd**, Section of Endocrinology/Metabolism

Med II Best Course: Urinary Tract 2 (Dr. Keevin Bernstein)

**Med III/Class of 2017**

Med III Award for Resident Professionalism:

**Dr. Sylvain Lother**

Med III Attending Mentorship Award:

**Dr. Jillian Horton**, Section of General Internal Medicine
Welcome to the Internal Medicine and Subspecialty Residency Training Programs

Internal Medicine and its subspecialty programs successfully filled all of its allocated training positions for July 2017. We welcome and look forward to working with the following individuals who will be starting in our training programs.

**Internal Medicine:**
- Reyna Altook, Arabian Gulf University, Bahrain
- Anas Alzahrani, King Abdulaziz, Saudi Arabia
- Hillary Bews, University of Manitoba
- Ingrid Hougen, University of Manitoba
- Caroline Hougen, University of Manitoba
- Avni Jain, University College of Birmingham, UK
- Robert Kudlovich, McMaster University
- Allison Love, University of Manitoba
- Ziran Meng, University of Manitoba
- Alexey Mylnikov, University of Manitoba
- Michael Onotera, University of Manitoba
- Galia Pollock, University of Manitoba
- Christie Rampersad, University of Manitoba
- Dale Séguin, University of Ottawa
- Kelvin Tran, University of Alberta
- Kelsey Uminski, University of Manitoba
- Evan Wiens, University of Manitoba
- Charlie Yang, NUI Galway School of Medicine, Ireland
- Caleb Yeung, University of Manitoba

**Neurology:**
- Conrad Goerz, University of Manitoba
- Anthony Wan, University of Toronto

**Physical Medicine & Rehabilitation:**
- Ans Sabzvari, University of Manitoba
- Dayna Smordin, University of Alberta

**Sub-Specialty Programs:**

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<thead>
<tr>
<th>Specialty</th>
<th>Name</th>
<th>Institution</th>
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<tbody>
<tr>
<td>Cardiology</td>
<td>Judy Luu, U of S</td>
<td>General Internal Medicine, Graham Duff, U of M</td>
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<tr>
<td>Cardiology</td>
<td>Asem Suliman, Memorial</td>
<td>General Internal Medicine, Rachel Fainstein, U of M</td>
</tr>
<tr>
<td>Cardiology</td>
<td>Joel Scott-Herridge, U of M</td>
<td>General Internal Medicine, Brittanny Perija, U of M</td>
</tr>
<tr>
<td>Cardiology</td>
<td>Christopher Hayes, U of M</td>
<td>Geriatric Medicine, Christian Hanson, Memorial</td>
</tr>
<tr>
<td>Clinical Immunology &amp; Allergy</td>
<td>Colin Barber, U of M</td>
<td>Infectious Diseases, Amina (Sarah) Henni, U of M</td>
</tr>
<tr>
<td>Clinical Immunology &amp; Allergy</td>
<td>Jacqueline Mouris, Memorial</td>
<td>Respirology, Justin Ling, U of M</td>
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<td>Critical Care Medicine</td>
<td>Rajat Sharma, U of M</td>
<td>Respirology, Evan Orlikow, U of M</td>
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<td>Endocrinology &amp; Metabolism</td>
<td>Lauren Garbutt, U of M</td>
<td>Respirology, Terry Colbourne, U of M</td>
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<tr>
<td>Endocrinology &amp; Metabolism</td>
<td>Eyal Kraut, Queen’s</td>
<td>Rheumatology, Cairistin McDougall, U of C</td>
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Made in Manitoba Research: Advancing our understanding of Inflammatory bowel disease

Distinguished Professor
Dr. Charles Bernstein

Recipient of the 2016 Dr. John M. Bowman Memorial Winnipeg Rh Institute Foundation Award

THURSDAY, APRIL 6, 2017 | 7 TO 9 PM
Robert B. Schultz Lecture Theatre, St. John’s College, 92 Dysart Road

All are welcome. Free admission. Reception to follow lecture

RSVP to Research_Communications@umanitoba.ca

The Dr. John M. Bowman Memorial Winnipeg Rh Institute Foundation Award was established in 1997 and is awarded to an established University of Manitoba faculty member in recognition of outstanding research accomplishments.
Dr. Jillian Horton and Dr. Eberhard Renner, members of the Planning Committee invite you to attend the April 28th and 29th, 2017 CREATING SPACE VII Meeting

Creating Space (CS) has become an annual summit where scholars, artists and practitioners gather to discuss how to cultivate the best and most humanistic characteristics of health care professionals and explore the evolving use of arts, humanities and social sciences (AHSS) in healthcare education.

The one-and-a-half day program will highlight keynote addresses, short papers, panel presentations and poster sessions. Participatory workshops, performance sessions and networking opportunities will complement attendees’ experience.

The keynote address will be presented by Dr. Rita Charon. Dr. Charon is a general internist and literary scholar at Columbia University who originated the field of narrative medicine. She is Professor of Medicine and founder and Executive Director of the Program in Narrative Medicine at Columbia. Dr. Charon has lectured at many medical schools & universities in the US and abroad, teaching narrative medicine theory and practice. She is the author of Narrative Medicine: Honoring the Stories of Illness (Oxford University Press, 2006) and co-author of Principles and Practice of Narrative Medicine (Oxford University Press, 2017).

Target Audience: scholars, educators, artists and practitioners from multiple disciplines whose work at the intersections of AHSS and clinical spheres inspires health professions education in Canada and abroad. Student participation from AHSS disciplines and health professions is strongly encouraged.

The program will begin on Friday, April 28th at 3pm with a keynote address by Dr. Charon and activities into the evening. On Saturday, April 29th, the program will be from 8 – 4 pm

Please go to the Creating Space website at http://www.creatingspace2017.ca for the Program, Registration information, and additional information on the keynote speaker(s).

An Update on IBD /June 9, 2017/Theatre C

Morning session moderator: Laura Targownik
0825-0830 Welcome Charles Bernstein
0830-0900 What to tell IBD patients about their diet Joshua Korzenik
0900-0930 Treating the microbiome in IBD Paul Moayyedi
0930-1000 The role of stress in IBD John Walker
1000-1030 Panel discussion Laura Targownik
1030-1050 Break
1050-1120 Management of pouchitis Iris Dotan
1120-1150 The use of therapeutic drug monitoring Mark Silverberg
1150-1230 Panel discussion Laura Targownik
1230-1330 Lunch

Afternoon session moderator: Ernest Seidman
1330-1400 Vedolizumab in IBD – where does it fit Brian Bressler
1400-1430 Stelera in CD – where does it fit Alain Bitton
1430-1500 Opiates, NSAIDS and Marijuana in IBD Hillary Steinhart
1500-1515 Break
1515-1545 What does quality care in IBD mean Geoffrey Nguyen
1545-1700 Panel discussion Ernest Seidman

To Register: Contact Dorothy Miller at Dorothy.miller@umanitoba.ca
The goal is to foster research collaborations from clinicians and scientists on NAFLD within and beyond Canada

Target Audience:
♦ Clinicians (of any background) interested in NAFLD
♦ Young investigators with an academic interest in NAFLD
♦ Scientists interested in NAFLD

REGISTRATION IS NOW OPEN for the 2017 CASL/CLF International NAFLD Meeting

In order to profit from reduced early bird rates, register prior to July 1, 2017 at the link below

https://www.cpd-umanitoba.com/events/2017-international-meeting-on-non-alcoholic-fatty-liver-disease-nafld/

or through the CASL or CLF webpage

Presented By:

Co-Sponsored By: