

In Ignotis “Into the Unknown”

Message from the Chair

As we enter the holiday season, I hope each of you finds time for rest, connection, and gratitude, even amid the ongoing demands of our clinical, educational, and research missions. I am proud to share several exciting accomplishments from across our department. Dr. Lieb published an editorial in *Endocrine Practice* on the role of AI in medical education, Dr. Carbone authored an invited editorial in *Mayo Clinic Proceedings*, Dr. Shah was highlighted in *Endocrine News* for her expertise in transplant endocrinology, and Dr. Yehya was prominently quoted in *Time* on the health effects of coffee. Our institutional partnerships continue to grow, including a new Letter of Understanding with the United Way of South Hampton Roads to advance community-based brain health research. Important funding opportunities are now open, including the AMA Community Health Impact Micro Grants Program (up to \$50,000 per physician-led project) and the Virginia Catalyst Round 19 awards (up to \$800,000), and I encourage interested faculty to consider applying. The ODU Research Foundation has also updated us on progress toward strengthening our clinical research infrastructure through key support position searches. Finally, please review the Medical Group holiday schedule to ensure smooth operations during the upcoming weeks. Thank you for your continued dedication and excellence—your work continues to elevate our department and our institution

Peer Reviewed Publications

1. Fuentes-Mendoza JM, Concepción-Zavaleta MJ, Morón-Siguas JC, **Muñoz-Moreno JM**, et al. Cardiomyopathies of endocrine origin: a state-of-the-art review. *World J Cardiol.* 2025;17(10):111462.
2. Benarroch Y, Tapaskar N, **Yehya A**. Role of device therapy in complementing contemporary medical management. *US Cardiol.* 2025;19:e19.
3. Fudim M, Yaranov DM, Gupta R, et al, **Yehya A**, et al. Heart failure devices: treatment options, underutilization, and a proposed trigger system for patient referral and evaluation. *J Card Fail.* 2025 Sep 26:S1071-9164(25)00429-4.
4. Lavie CJ, Catalfamo V, **Carbone S**. Obesity paradox in coronary heart disease. *Future Cardiol.* 2025 Oct 4:1-3.
5. Fuentes-Mendoza JM, Concepción-Zavaleta MJ, **Muñoz-Moreno J**, et al. Cardiovascular aging: from molecular mechanisms to targeted therapies. *Mol Diagn Ther.* 2025 Nov;29(6):759-772.
6. Fuentes-Mendoza JM, **Muñoz-Moreno J**, Concepción-Zavaleta M, et al. Advances in regenerative cardiology: stem cells versus bioartificial tissues. *Eur J Clin Invest.* 2025 Nov;55(11):e70101.
7. Yousufuddin M, **Qayyum R**, **Tahir MW**, et al. Discharge timing and associations with outcomes following heart failure hospitalization. *Am J Manag Care.* 2025;31:e284-e294.
8. **Valle NJ**, **Saleh OA**, **Akunuri MC**, et al, **Summers MR**. Fibrinolysis for apical thrombus as a bridge to emergent valve-in-valve transcatheter aortic valve replacement. *JACC Case Rep.* 2025 Nov 20:106066.
9. Anderson KM, Schroeder SE, DiDomenico RJ, **Carbone S**, et al. Cardiac cachexia: a scientific statement from the American Association of Heart Failure Nurses. *Heart Lung.* 2025 Nov 21:S0147-9563(25)00258-4.
10. Salmons H, Ahmed SI, Billingsley HE, et al, **Carbone S**. Body composition in patients with obesity-related heart failure with preserved ejection fraction: a comparison study. *JPEN J Parenter Enteral Nutr.* 2025 Nov;49(8):1002-1011.
11. **Valle NJ**, **Saleh OA**, **Akunuri MC**, **Parikh PK**, **Cohen JA**, **Talreja DR**, **Summers MR**. Fibrinolysis for apical thrombus as a bridge to emergent valve-in-valve transcatheter aortic valve replacement. Case report published at: *JACC Case Rep.* 2025 Nov.
12. Lu Y, Liu Y, Totojani T, Kim C, Khera R, Xu H, **Brush JE Jr**, Krumholz HM, Abaluck J. Changes in cardiovascular risk factors and health care expenditures among patients prescribed semaglutide. *JAMA Netw Open.* 2025 Aug 1;8(8):e2526013. PMID: 40779264.

Abstracts, Posters, & Presentations

1. **Johnson DA**. Poor adherence to repeat quality colonoscopy after inadequate bowel preparation: analysis from GIQuIC Registry. Presented at: ACG Annual Meeting; 2025.
2. **Johnson DA**, **Vargas A**. GI adverse effects of micro/nano plastic exposure: a systematic and comprehensive narrative review. Presented at: ACG Annual Meeting; 2025.
3. **Ghiorzi J**, **Chaudry F**, **Sill JD**, **Thomson K**, **Hallak H**, **Bhatti A**, **Qayyum R**. An analysis of curriculum-based interventions on burnout outcomes in resident physicians: a systematic review. Poster presented at: 37th Annual Virginia Health Sciences Research Day ; 2025.
4. **Ferrando JE**, **Bhatti A**, **Qayyum R**. Twenty-five year trends in prescription medication use across the United States population. Poster presented at: 37th Annual Virginia Health Sciences Research Day 2025.
5. Jones G, **Hanrahan J**. Blood culture utilization: how many follow-up cultures are needed? *Antimicrob Steward Healthc Epidemiol.* 2025;5(S2):s88-s88.



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Researcher Spotlight — Juan Munoz-Moreno, MD

Please tell us about yourself I grew up in Trujillo, Peru, and completed medical school at the National University of Trujillo as the first physician in my family. I trained in cardiology at the National Cardiovascular Institute, the leading cardiac center in my country, and later worked as an attending in both this institution and Rebagliati Hospital in Lima. Early in my career, I developed a strong interest in research that led to publications in high-impact journals and presentations at international cardiology conferences. In 2023, I was honored to become a Fellow of the American College of Cardiology, which reinforced my long-standing dedication to cardiovascular research and education. I am currently a PGY-1 in the Department of Internal Medicine at Macon and Joan Brock VHS at Old Dominion University, and I live in Norfolk with my wife, Gina, a cardiology nurse.



Why does coffee make some people anxious?

Dr. Amin Yehya's recent article in TIME explains: Caffeine blocks adenosine receptors, boosting alertness but also triggering stress hormones—and for some, anxiety. Genetics, sleep, and stress all play a role. Dr. Yehya's advice: Know your limits, don't drink coffee late, and never on an empty stomach. Caffeine isn't the enemy—just find what works for your body!

Find your best brew—don't let coffee control your mood.

Describe the studies you are currently working on I am currently working on several research projects focused on heart failure, cardiogenic shock, and cardiomyopathies. My ongoing work includes studies examining prognostic factors in cardiorenal syndrome, comparative approaches in cardiogenic shock, and socioeconomic barriers to GDMT in developing countries. These projects reflect my interest in advancing clinical understanding and promoting equity in cardiovascular care.

Can medical students and residents get involved in your research? If so, how will Absolutely. I have experience working with medical students and residents, and those interested in cardiology are welcome to contribute to ongoing projects. Their involvement may include literature screening, data organization, and assisting with abstract development for conference submissions. As I continue building more advanced research initiatives, I hope to foster an environment of mutual learning and collaboration.

What were your research interests, and what have you learned from them? My research journey began during my cardiology training in Peru, where exposure to complex cardiovascular care and my first ACC meeting solidified my interest in clinical investigation. Early work in cardiomyopathies and myocardial infarction allowed me to publish Peruvian clinical data and taught me the importance of focusing on questions that directly impact patient outcomes. These experiences guided my transition toward broader work in heart failure and critical care cardiology. Throughout this path, I have learned that impactful research requires teamwork, critical thinking, and asking questions that truly influence patient care.

Who were/are your favorite mentors/collaborators, and tell us what you enjoy about working with them and/or what you have learned from them? I have been fortunate to learn from exceptional mentors throughout my career. Dr. Aguirre and Dr. Alarco in Peru shaped my early clinical foundation in cardiology and continued to support my development after residency, and Dr. Requena provided key guidance as I prepared for training in the USA. I later met Dr. Contreras, who became a central mentor and welcomed me for a heart failure observership at Mount Sinai Hospital while supporting my transition into USA residency, and I continue to work under her guidance. More recently, I have begun collaborating with Dr. Benza and Dr. Yehya, and I am eager to continue learning from their recognized expertise in pulmonary hypertension and heart failure.

Media Highlights, Awards, Services, Achievements

Manasi Shah featured in Endocrine News: "Building Bridges: Manasi Shah, MD discusses how endocrinologists can play an important role in transplant medicine." [Click here](#)

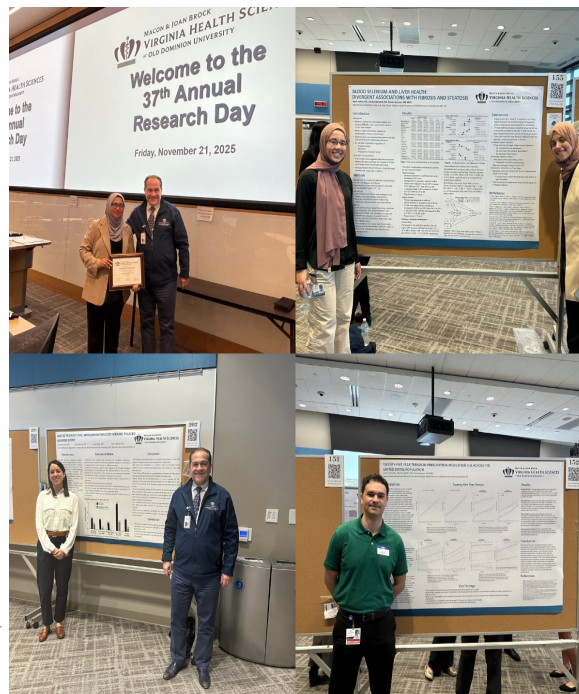
Bruce Waldholtz interviewed by:

Atlanta Fox TV 5 on lung cancer and 50th Anniversary of the Great American Smoke Out
Atlanta Radio WSB-AM on lung cancer screening
WRAL Raleigh NC: Topic release of American Cancer Society Tobacco Atlas for Lung Cancer Awareness Month

Glennan Center and Goldrich Institute November Events:

Advance Care Planning Seminar at Lake Taylor Transitional Hospital (November 8, 2025): 34 consultations, 20 completed ACPs, 14 discussions, with EVMS at ODU student volunteers

Taking Care Screening with Panel (November 13, 2025): 162 total attendees, 10 exhibitors from 7 organizations, 10 VHS students/residents volunteered, 125 community members attended, 105 evaluations collected with very positive feedback



Research Events

Hybrid: 5:00-6:00 p.m.

5th Floor Large Conference Room & Zoom

12/09/25 - Research Workshop, Basic Bio-Stats with SPSS—

Part 4

12/16/25 - Research Journal Club

Medicine Research Lab Meeting Fridays, 2:00-3:30 p.m.

Announcements & Reminders

- **AMA Community Health Impact Micro Grants Program** - Up to \$50,000 per physician-led project. Now open for applications.
- **Virginia Catalyst Round 19 Awards** - Up to \$800,000 available. Application period now open.

Questions ?

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