



UC San Diego  
SCHOOL OF MEDICINE

## Upcoming Meetings

-Regional Society for General Internal Medicine Meeting, January 24, 2026, Albuquerque, NM: <https://www.sgim.org/sgim-community/regions/southwest/>

-American College of Physicians Annual Meeting, April 16–18, 2026, San Francisco, CA: <https://annualmeeting.acponline.org/>

-Society for General Internal Medicine Annual Meeting, May 6–9, 2026, Washington, DC (submissions due 12/12/25): <https://annualmeeting.sgim.org/>

## Scholarly Activities Newsletter



## Publications, Projects, and Updates

•Please join us for our **brown bag research and scholarly activities interest group meetings**. Meetings are held the second Wednesday of the month from 11:30 AM – 12:30 PM on Zoom. Join members of the Research Committee for an informal chat about ideas for projects and collaborations. Whether you are just getting your feet wet or are passionate about research, all are welcome! Please check the Zoom link sent by Nerissa Leonardo each month for the meeting invitation.

•**Dr. Eduardo Grunvald** and colleagues from The University of Alberta, co-authored, "Super-responders" to liraglutide monotherapy and the growing evidence of efficacy of GLP-1 analogues in obesity management: a longitudinal prospective cohort study" in *Obesities*. In collaboration with medical students from UCSD and University of St. Louis School of Medicine, he was the senior author of, "A glimpse into the pipeline of anti-obesity medication development: combining multiple receptor pathways," in *Frontiers in Endocrinology*. He and colleagues from pulmonary medicine also co-authored, "The impact of obesity on upper airway anatomy as assessed by magnetic resonance imaging and obstructive sleep apnea endotypic traits," in *Frontiers in Physiology*. In collaboration with colleagues from the department of reproductive medicine, he co-authored, "Obesity management: implications for contraceptive counseling and reproductive health," in *Current Obstetrics and Gynecology Reports*. With colleagues from radiology, he co-authored the poster, "Accuracy and inter-transducer reproducibility of UDFF in adults with severe obesity," at the Society for Advanced Body Imaging annual meeting. He was the senior author on the poster, "Tirzepatide as bridging therapy to heart transplantation in two patients with obesity and LVAD support," at the The Obesity Society annual meeting. Dr. Grunvald also gave the following conference presentations: "Entering a new era in obesity therapy and metabolic health" (St. Lukes Specialty Medicine Conference for the Primary Care Provider), "Cases in the

## Resources for Scholarly Activities

-Poster printing resources:  
[UCSD campus printing](#)  
[Scientific poster printing](#)  
 \*Some conference organizations (e.g., American Diabetes Association) may offer poster printing & delivery directly to the conference

-The [CREST program](#) provides training in clinical research.

-The Annals of Internal Medicine has an [online open access journal](#) for publication of clinical cases.

-UCSD provides [free and discounted software](#) for scholarly activities.

community: optimizing treatment and considering weight management as a primary goal in people with T2DM" (American College of Physicians Southern California Region III annual meeting). He was the session chair at annual meeting for The Obesity Society for the symposium, "Ramifications of the Lancet Commission's definition and diagnostic criteria of clinical obesity on public health and policy.

•**Dr. David Bittleman** and colleagues presented the poster, "Potential role of artificial intelligence prompting in reducing diagnostic delay in primary hyperaldosteronism," at the American College of Physicians Southern California Chapter Scientific Meeting in La Jolla in October 2025. Dr. Bittleman and colleagues will present, "A fungus among us: unmasking a veteran's fungal sinus mycetoma," at the Society for General Internal Medicine Southwest Region III meeting in Albuquerque in January 2026.

•**Dr. Heather Hofflich** and colleagues published, "[Metabolic syndrome among testicular cancer survivors: long-term follow-up of the Veterans Affairs Health System](#)," in *Cancer Medicine* in April 2025. She and colleagues also published, "[Osteoporosis amongst testicular cancer survivors: long term follow-up of the Veterans Affairs Health System](#)," in *Clinical Genitourinary Cancer* in June 2025. Dr. Hofflich and co-authors had, "[Optimizing hierarchical condition category-risk adjustment factor management in population health using rapid process improvement methods](#)," published in *Population Health Management* in December 2024. She and medical student Julia Zweifach also presented the poster, "An unusual symptom of celiac disease: insights from two case studies," at the American College of Physicians Southern California Region III meeting in October 2025.

•**Dr. Ruth Abeles** and co-authors published, "[Lifestyle medicine for obesity in the era of highly effective anti-obesity treatment](#)," in *Nutrients* in July 2025. Along with colleagues, she also published, "[Resolution of chronic idiopathic urticaria with setmelanotide](#)," in *Obesity Pillars* in November 2025. Dr. Abeles and colleagues also presented the following posters: "Case report: setmelanotide and urticaria resolution in Bardet-Biedl syndrome" (The Obesity Society Annual Meeting, November 2025); Lost in transition: a needs assessment of resident handoffs in academic Internal Medicine residency continuity clinic (American College of Physicians Southern California Region III meeting, October 2025); Unexpected etiology of obstructive jaundice in an elderly patient (American College of Physicians Southern California Region III meeting, October 2025); Escaping the OR: a pilot study of a jigsaw-based workshop to teach preoperative assessment in Internal Medicine residency (American College of Physicians Southern California Region III meeting, October 2025).

## Making Connections



•**Dr. Ruth Abeles** is recruiting for facilitators for the in-person education workshop, "Preop Internal Medicine Curriculum Workshop," on December 17, 2025 from 10 am to 12 noon. Please email Dr. Abeles at [rabeles@ucsd.ucsd.edu](mailto:rabeles@ucsd.ucsd.edu) for more information

•Please contact any of the Research Committee members at the email address(es) below if you would like to chat about research or scholarly activities. We are here to help! If you have updates on your scholarly activities that you would like to share, please email **Dr. Melinda Chen**.

**UCSD Division of General Internal Medicine Research Committee:**

Edward Chao, DO (co-chair): [ecchao@health.ucsd.edu](mailto:ecchao@health.ucsd.edu)

Bernice Ruo, MD (co-chair): [bruo@health.ucsd.edu](mailto:bruo@health.ucsd.edu)

Ruth Abeles, MD: [rabeles@health.ucsd.edu](mailto:rabeles@health.ucsd.edu)

Crystal Cene, MD: [ccene@health.ucsd.edu](mailto:ccene@health.ucsd.edu)

Melinda Chen, MD, MS: [mec060@health.ucsd.edu](mailto:mec060@health.ucsd.edu)

Beatrice Golomb, MD: [bgolomb@health.ucsd.edu](mailto:bgolomb@health.ucsd.edu)

Eduardo Grunvald, MD: [egrunvald@health.ucsd.edu](mailto:egrunvald@health.ucsd.edu)

Megha Shankar, MD: [meshankar@health.ucsd.edu](mailto:meshankar@health.ucsd.edu)

Carl Stepnowsky, PhD: [cstepnowsky@health.ucsd.edu](mailto:cstepnowsky@health.ucsd.edu)