

December 23, 2022



CTS INSPIRATIONS

CTS NEWS

President's Message

Dear colleagues,

So excited for the winter season with so many reasons to celebrate!

CTS Education Committee recently held a webinar on career prospects for internal medicine residents who are thinking about PCCM careers, and it was so well received! We would like to extend our gratitude to the PCCM program directors who served as panelists and provided invaluable advice.

The annual Northern California CME conference in Monterey, January 12 - 15, 2023 is right around the corner! Conference registration is now open and the conference agenda has been posted to the website.

Click here to view the [CTS 2023 Conference Brochure](#)

Click here to register for the [CTS 2023 Registration](#)

And as a reminder, the Portola Hotel registration cut off date is December 30th. The room rate is \$235 per night plus taxes. Click here to reserve your room:

<https://book.passkey.com/go/CTSCConf2023>.

New to this conference is a Wellness Session that will be led by Ni-Cheng Liang, MD (Scripps Health). It will be held on Friday night, January 13th at 5:00 pm—6:00 pm.

On behalf of CTS leadership, we are very excited and look forward to seeing many of you at the conference!

Happy Holidays!

A handwritten signature in black ink that reads "Michelle Cao".

Michelle Cao, DO
Stanford University



EDITOR'S NOTE

Every Breath We Take (apologies to Sting)

"To put it still more plainly: the desire for security and the feeling of insecurity are the same thing. To hold your breath is to lose your breath..." Alan Watts

Toddlers do it. They exist completely in the moment — even as they ricochet from joy to tears to joy again in a single breath. As our maturing brains simultaneously learn to remember the past and imagine the future, we become increasingly distracted from the present and in extreme cases, oblivious to our own body's cues and processes. Hence, the "asymptomatic" patient sitting in the exam room — tachypneic, her breathing shallow and labored — insisting that she is NOT short of breath. Or, the anxious patient, paralyzed by indecision, for whom any possibility of happiness is consumed by fear about future "what ifs." We see it in ourselves, as frontline clinicians, paying more attention to our screens, guidelines and data than the living, breathing patient in front of us.

That we can breathe and not forget our dreams entirely...
From Paris Winter, by Howard Altman

Some readers will undoubtedly roll their eyes at another message with "mindfulness" in the title. However, mindfulness is a state of awareness that can be a powerful tool for not just patients but clinicians as well to not just manage or "balance" mental life, but also embrace the lives they have now and live it to the fullest. We learn early on that life is not fair. But we also need to learn that we have the ability to choose how we will react to life's misfortunes, and that how we choose to do so — with grace and determination, with dignity and love — is not just a weapon against pain and despair but perhaps the ultimate expression of what it means to be fully human.

One of the things I love most about CTS meeting is its size. Big enough to be stimulating, small enough so that I am not overwhelmed trying to decide between multiple talks being held at the same time in separate venues. The intimacy encourages questions and spontaneous discussion and you can sit close enough to see the speakers without the use of a video screen! Please be sure to meet Dr. Ni-Cheng Liang who will be leading the Wellness session and Women's Forum at the annual CTS meeting in JAN 2023.

MISINFORMATION



Sachin Gupta MD, FCCP, ATSF

*Senior Medical Director, Respiratory/Immunology,
US Medical Affairs Genentech, Inc. and
Pulmonary Division, Highland Hospital , Oakland, CA*

Dr. Gregory Downey, MD, ATSF, president of our parent ATS organization, recently wrote the enclosed editorial titled “Medical Misinformation is a Public Health Crisis That Divides and Kills – This is a Battle Worth Fighting.” This provocatively titled article importantly highlights the role of social media as a channel for misinformation and proposes its oversight. It is a thought provoking piece.

Indeed, public opinion is chaotic and as the pandemic has demonstrated: Science is frequently messy. The aim of scientific endeavors is to add clarity to questions in our world; the process is long and iterative and rarely definitive in medicine. Our patients seek answers (black/white) in a world full of gray; clouds rather than clarity. Medical “influencers” have perpetuated misinformation, sometimes frequently, over the past 2.5+ years as our knowledge and understanding of COVID-19 has evolved.

The term misinformation has alluded to “unscientific” information, often attributed to prejudice (political stance, educational level, etc.). Defining misinformation can serve to be problematic when one side claims superiority. We have seen prejudices in hypotheses frame flawed methodology in scientific work. Similarly, we have seen strong statements put out in the name of scientific basis found later to be wrong. Both such examples create misinformation.

Our core tenets as clinicians and scientists have been challenged: equanimity in the face of uncertainty; compassion rather than judgment. Moderation of scientific exchange, including social discourse, in the name of curtailing “misinformation” runs the consequential risk of perpetuating the same problems it aims to solve. Especially before enacting policies, we must continue to check our biases just as we were once all taught to do before entering to see a patient.

Medical Misinformation is a Public Health Crisis That Divides and Kills - This is a Battle Worth Fighting by Dr. Gregory Downey, ATS President

https://news.thoracic.org/community/presidents-message/2022_september_medical-misinformation.php

Meet Gaurav Singh, MD

CTS Conference Co-Chair 2022 and 2023

**Clinical Assistant Professor, Division of Pulmonary, Allergy and Critical Care Medicine
VA Palo Alto Health Care**



What is your dream job?

In medicine, we have all heard the expression “there is no perfect job.” Every job has its strengths and limitations. True as this may be, I feel very fortunate to be working in my dream job in the present, which is at the Veterans Affairs in Palo Alto, CA as a pulmonologist, intensivist, and sleep medicine specialist. I have been in my current role for the past 4 years, but I have been at this VA in other capacities through the majority of my medical career, including as a resident, fellow, and hospitalist. While I have trained and worked in other places, I consider this VA to be my home away from home.

What exactly makes this my dream job? Foremost, it is the people I work with and the patients I care for who motivate me to go to work every day and to be my very best. From physician colleagues to nurses, nurse practitioners, respiratory therapists, polysomnography technicians, pharmacists, physical therapists, nutritionists, social workers, and case managers, it truly feels like a large family, supporting each other and working together for a common goal. Everyone is focused on our primary mission of providing world class care for Veterans, who have given so much for our country. The work we do is a meaningful way we can give back to Veterans. It is such a pleasure to provide care for Veterans, which anyone who works at a VA will instantly identify with.

Another aspect of my job that I cherish is teaching, which is the secondary mission of the VA. I have the pleasure of working with and teaching medical students, residents, fellows, and other trainees on a daily basis. Whether it is bedside teaching or formal lectures, education is a central aspect of my career. As I teach others, I also learn from them. I could not imagine a job in medicine without teaching, as the pursuit of lifelong learning to better ourselves and the care we provide is something we all value about being in this field. The academic nature of my job has also permitted and inspired me to publish review articles and book chapters, which is another way of providing education. My passion for education also led me to California Thoracic Society, where I have had the honor to speak at 3 annual conferences and chair 2 of these meetings thus far.

What is your biggest accomplishment?

As I reflect on the accolades throughout my education and career, I do not have to think twice about selecting my biggest accomplishment. It is being a father and raising 2 caring, responsible, and fun-loving children, who are 8 and 6 years old. As I progressed throughout my education at eminent University of California institutions for undergraduate and medical school, followed by residency and fellowship training at Stanford University, I could not imagine that the most important thing waiting for me to do in addition to caring for patients would be to raise children who I hope will one day contribute to society in a meaningful way. It is an awesome responsibility that I continue to marvel at.

While being a father and raising my children has been my biggest accomplishment, it has also been the greatest challenge of my life. But what is life without challenging and testing ourselves? I cannot say that I am the perfect father, but it is something I strive for every day. As I continue to better myself as a physician on a daily basis, I feel I do the same as a father. I am inspired by my children to be the best person that I can be, and I hope that this will also inspire them to be good people in their own lives.

What's the best way to earn somebody's respect?

We are all familiar with the adage "respect is earned, not given." But how does one earn somebody's respect? I believe one of the easiest ways is simply to listen to those who want your ear. I mean really listen. Be engaged in what they are saying. Try to focus on them and nothing else. Don't look at your cell phone or computer. While this may be challenging in our busy lives, giving a few minutes of your time to someone asking for it is essential in earning their respect. I try to keep my door open at all times. And while it seems like I have a million things to do all the time, when someone comes to my door or calls me to talk about something beyond chit-chat, I make an effort to put everything else down and listen to them. This shows that you respect them too.

I also believe that doing your job in the best possible way you can, whatever role that might be, is a powerful way to earn the respect of others. This requires us to go beyond what is expected of us. I aspire to live my life this way at work and at home, and I take notice of and respect others who do the same. I believe that people who live their lives with this mindset have the highest chance of being successful and earning the respect of others. Avoid cutting corners to get to the end result faster or with less effort if it compromises quality. Be available for others when they are in need of help. Admit to your mistakes. Always be kind. While this might seem like simple and obvious advice, I believe it is something that all of us can continue to strive to do better.

Once you have earned the respect of others, you will undoubtedly be asked to do more. It is important to know your limits and when to politely say no or to ask for additional support. Taking on more than you are capable of will compromise quality, lead to burnout, adversely affect your attitude, and risk damaging that hard-earned respect. Always keep this in mind and try to strike the proper balance.

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Title (Click on title to open the manuscript)	Journal Section	First Author	Year	Vol	Issue	Pages	Date Posted
Unintended Consequence of Jesse's Law in Arizona Critical Care Medicine	Critical Care	Jones-Adamczyk AL	2022	25	5	83-87	11/19/22
Impact of Cytomegalovirus DNAemia Below the Lower Limit of	Critical Care	January SE	2022	25	5	73-82	11/17/22
Quantification: Impact of Multistate Model in Lung Transplant Recipients							
Kaposi Sarcoma With Bilateral Chylothorax Responsive to Octreotide	Pulmonary	Iqbal H	2022	25	5	69-72	11/10/22
November 2022 Medical Image of the Month: COVID-19 Infection	Imaging	Dey K	2022	25	5	67-68	11/2/22
Presenting as Spontaneous Subcapsular Hematoma of the Kidney							
November 2022 Imaging Case of the Month: Out of Place in the Thorax	Imaging	Gotway MB	2022	25	5	61-66	11/1/22
Hospitals Say They Lose Money on Medicare Patients but Make Millions	News	Robbins RA	2022	25	4	59-60	10/30/22
The Potential Dangers of Quality Assurance, Physician Credentialing and	General Medicine	Robbins RA	2022	25	4	52-58	10/17/22
Solutions for Their Improvement (Review)							
Epiglottic Calcification: The Unexplored Relationship with Increasing Rates	Correspondence	Ibrahim R	2022	25	4	50-51	10/10/22
of Renal Disease							
October 2022 Medical Image of the Month: Infected Dasatinib Induced	Imaging	Mohammed M	2022	25	4	47-49	10/2/22
Chylothorax-The First Reported Case							
October 2022 Critical Care Case of the Month: A Middle-Aged Couple "Not	Critical Care	Robbins RA	2022	25	4	43-46	10/1/22
Acting Right"							

California Thoracic Society

18 Bartol St. #1054 | San Francisco, CA, 94133 | 415-536-0287

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CTS Editors:

**Angela Wang, MD
Chris Garvey, NP
Laren Tan, MD**

**Sachin Gupta, MD
Erica Lin, MD
Florence V. Chau-Etchepare, MD**