Emerging and Re-Emerging Occupational and Environmental Exposure and Disease

Updates in Occupational and Environmental Medicine

REGISTER ONLINE NOW! [Link](http://www.ucsfcmecom/2018/MDMj8N01/info.html#overview)

The Division of Occupational and Environmental Medicine is gearing up for its upcoming Continuing Medical Education (CME) course in March, 2018. This educational event will take place in San Francisco over two and a half days, beginning Thursday morning, March 8th and ending midday on Saturday, March 10th. There will also be a special poster abstract session and opening reception on the evening of Wednesday March 7th, before the course lectures begin the next day. As in recent courses, the venue will be the Holiday Inn Fisherman’s Wharf which, in addition to excellent meeting facilities, has proven to be attractively situated for out-of-town attendees.

The 2018 Occupational and Environmental Medicine CME course will include a thematic focus for the pre-course evening poster session and the first day of lecture presentations: Emerging and Re-Emerging Occupational and Environmental Exposure and Disease. The second day and last half day will cover multiple topics on the theme: Updates in Occupational and Environmental Health.

The presentations included in Emerging and Re-Emerging Occupational and Environmental Exposure and Disease theme will include:

- The Work History of Silicosis: What It Teaches Us About Emerging and Re-Emerging Occupational Diseases
- Chronic Kidney Diseases of Unknown Etiology: A New Occupational/Environmental Disease?
- Novel and Persistent Occupational Hazards: Are We Making Gains? Insights from NIOSH’s Health Hazard Evaluation Program
- Emerging Laboratory Safety and Health Issues
- Novel Toxicant in the Environmental - Cases from Poison Control
- Emerging Occupational and Environmental Hazards Associated with Large Scale Marijuana Production
- Occupational and Environmental Lung Diseases - Something Old, Something New, Something Unbreakable and Something Blue
- Ergonomics in the 21st Century: New Solutions for Old problems
- Key Publications in Occupational and Environmental Health: The Year in Review

The closing panel for this theme will be: What Experience May Teach Us about Coming Trends in Occupational and Environmental Illness

The Updates in Occupational and Environmental Medicine will include expert presentations on a wide range of topics, including:

- Occupational and Allergy – The Basics and Not So Basics
- Zika, Chikungunya, Dengue, and the Work-related Traveler
- Integrative Medicine and Occupational Health
- Emergency Preparadness in the Workplace
- Adverse health Effects of Occupational and Environmental Radiation: Past, Present, and Future
- TB Surveillance in the Workplace: Pitfalls of Screening Low Risk Workers
- Toxicant and Infectious Liver disease: Work-Related Considerations
- The Visual and Literary Arts in Occupational and Environmental Medicine
- Health Care Workers and the Disruptive Patient
- Obstructive Sleep Apnea on the Job: a Two-Way Street
- Rethinking Adverse Noise Effects and Interactions with Other Exposures

The closing panel for the Updates theme will be: Occupational and Environmental Health in 2018.

This course is designed to provide occupational and environmental health professionals and persons from other health-related disciplines with a review and update of current data in occupational and environmental medicine. It is intended to meet the needs of primary care providers and others engaged in occupational health practice and research including physicians (family physicians, general practitioners, internists, and emergency medicine specialists), nurse practitioners and other nursing professionals, as well as physician’s assistants, industrial hygienists, and health researchers and policy makers.

We are approved for a maximum of 18.50 hours of CME credit for standard certification (including medicine, nursing, and physician assistant CME) as well as for maintenance of certification (MOC Part II ) credits in Occupational and Environmental Medicine, and for Qualified Medical Evaluators (QME) credits.
The Division of Occupational and Environmental Medicine in the Department of Medicine at UCSF is honored to welcome the newest member to the faculty practice, Dr. Rahmat Balogun, DO, MS, MPH.

Dr. Balogun is originally from Brooklyn, NY where she grew up in a Nigerian-American household. Much of her formal years were spent in New York where she completed her Bachelor of Science in Biology at the City University of New York’s (CUNY) City College of New York (CCNY). While there she competed in Division III NCAA Basketball while maintaining her academics as a student athlete. She was also named captain of the Basketball team during her senior year. After college, she spent one year teaching Biology at CCNY followed by a short time working as an EMT with the Fire Department of New York.

Dr. Balogun completed medical school at the New York Institute of Technology College of Osteopathic Medicine (NYITCOM) and received a number of academic achievements, including becoming a member of the Sigma Sigma Phi National Osteopathic Honor society and Psi Sigma Alpha Honor Society. She was also awarded with a competitive Academic Medicine Scholarship, during which time she earned a Master of Science in Neuromusculoskeletal Medicine, conducted research on the Genetics of Parkinson’s Disease, which she presented at two national conferences and designed and presented academic lectures to junior medical students.

Upon completing medical school Dr. Balogun went to Northwell Health (formerly Hofstra North Shore Long Island Jewish Health System) in Long Island, New York for her internship and residency in Internal Medicine. While there she was a stellar resident. She completed research in Contrast Induced Nephropathy and presented her research at the Society for Nephrology Conference in 2013.

She was also one of 5 residents who participated in an international rotation that was piloted by the residency program during her third year. The international rotation is a collaboration with the Montefiore Medical Center Residency Program in Social Medicine at the Albert Einstein College of Medicine. This rotation includes a 1 month Global Health Training Course and a 1 month clinical experience at Kisoro District Hospital in Kisoro, Uganda. Dr. Balogun believes that this experience was one of the most rewarding in her clinical training because it culminated all that she had learned up until that point. Through this experience she reaffirmed her belief that the physician’s main role is as an advocate for the patient and therefore has a responsibility to advocate in the clinic as well as the community.

Dr. Balogun began her career at UCSF as a Clinical Resident in the Occupational and Environmental Medicine Residency Program after completing her Internal Medicine training. As a resident, she continued to reveal her abilities. During her first year she excelled in a vigorous 1-year Master of Public Health degree program in Environmental Health Science at the University of California Berkeley. She presented research at two of our annual CME courses in Occupational and Environmental Medicine: “A case of work-related asthma in an endoscopy nurse” and “A case of bakers’ asthma: Is there a link between occupational upper and lower respiratory tract disease?”.

The second poster lead to a research project on the relationship between Occupational Rhinitis and Occupational Asthma, which was recently accepted for publication. She also served as a Chief Resident during her second year of the program where she exemplified leadership and responsibility as she coordinated conference activities and acted as a liaison between the residents and faculty. Dr. Balogun has a special interest in inhalation and respiratory disease. When Dr. Balogun is not doing clinical work, she is passionate about art and photography. Her art has been in a number of group exhibitions and she has an upcoming solo exhibition in San Francisco in February 2018.

We are thrilled to have Dr. Balogun onboard our team. We are confident that Dr. Balogun will make great contributions to OEM, the mission of UCSF to advancing health worldwide, and make positive impacts to our community.
As I look back on my past two years in the UCSF Occupational and Environmental Medicine (OEM) Residency program, one word comes to mind: breadth. From the range of training sites to faculty research areas to my fellow resident colleagues’ varied backgrounds and interests, I don’t think I could have fully appreciated the scope of the program until actually being here. However, while the size can be frightening (and the bridge tolls costly), this scope of talents and perspectives coming together enables discovery, both in the medical sciences as well as of one’s own self.

Returning to UCSF was a homecoming of sorts, having previously attended UCSF for my medical school training, but it couldn’t have been a starker transition from my prior role as Director of Clinical Product Management at Castlight Health, a publically traded software company in San Francisco. One day, I was analyzing spreadsheets and leading sales calls and the next I was evaluating patients with toxic exposures. Literally, on my first day in clinic with Associate Program Director, Dr. Robert Harrison, I was asked to evaluate a patient referred for suspected exposure to thallium, an incredibly toxic heavy metal. Talk about a steep learning curve.

While I am the lone graduate this winter, having started “off cycle” in February 2016, I never felt isolated. Dr. Paul Blanc, the Program Director, was frequently in touch from the first day, helping plan a year which would bolster my areas of weakness while developing my strengths. As such, I began the year at the Poison Control Center (PCC), where I had to relearn the glutathione biosynthesis pathway to truly appreciate our management of Tylenol overdoses, a topic I hadn’t touched upon since studying for my USMLE Step 1 days. With a kick-start in acute toxicology and overdoses at the PCC and a few months appreciating our veterans’ subacute toxic exposures at the Veterans Affairs Compensation and Pension program with Associate Professor, Dr. Sandeep Guntur, I was ready to dive into the urgent care setting at Kaiser Permanente’s Occupational Medicine clinic in San Francisco.

This felt familiar, having begun my post-graduate career in orthopedics at the Harvard Combined Orthopedic Residency Program and having worked part-time in Sutter’s urgent care department in the East Bay prior to residency. Upon starting with Kaiser, I immediately appreciated another incredible benefit of the program: its strong, committed, and diverse alumni. Drs. Sarah Janssen, Latifat Apatira, and Christina Wang, all UCSF alumni, coupled with Chief Dr. Paul Johnson, a clinical faculty member, provided a personalized experience, which maximized both independence and continuity with patients. Dr. Linda Morse, the former Chief and a clinical faculty member, even came in each week to lead specific sessions on the worker’s compensation system and the musculoskeletal exam.
As the days got longer (while not necessarily warmer in San Francisco), it became time for our annual month of site visits, which follows a two-year curriculum to avoid any resident from having to repeat visits (although I think all of us residents would love to go back to most of them!). With the guidance of the seasoned industrial hygienist, Patty Quinlan, and oftentimes with other supporting faculty members, the residents are able to identify many hazards that would have been invisible to the untrained eye. While the sites are far too many to list individually, highlights from this most recent year include getting a firsthand view of the container ships from the cranes at the Port of Oakland, feeling the heat from the kiln at Gallo's wine bottle factory, and seeing the latest Teslas roll (slowly) off the production line at the Fremont headquarters. This built upon last year's sites which included exploring the Calaveras Dam construction site, Chevron factory, and the San Francisco Waste Treatment Plant, among many others.

For residents such as myself entering without prior MPH training, the first-year fall and following spring are spent primarily at UC Berkeley School of Public Health, now within the interdisciplinary program, which enables flexibility and personalization of a curriculum. The core courses focused on environmental health, epidemiology, toxicology, and ergonomics and were taught by many of our faculty, including Drs. Jim Seward, Robert Harrison, Carissa Harris-Adamson, and Timur Durrani, among others. Concurrently, the electives allowed me to build upon my background and interest in policy and management while other residents focused on epidemiology, biostatistics, and advocacy for underserved populations.

Taking a step back, I now can appreciate that each of these experiences and so many others over the past few years stemmed from the programs’ deep roots and strong bonds with a diverse, interdisciplinary group of faculty, staff, and alumni. As I make my own transition in matriculating from the residency, I am reassured by the amazing curriculums at both UCSF and UC Berkeley, my accomplished co-residents who push each other to grow and develop, a dedicated and world-renowned faculty, and inspiring alumni in a breadth of fields. In many ways, it doesn’t feel like a transition at all, but as just another step on the journey within environmental and occupational medicine. As our Associate Program Director Dr. Harrison likes to joke, he’s just entered his 38th year in OEM training. I hope to model that same passion for learning and growing over my next 36.

Best regards,

Zachary Landman, M.D. MPH
Chief Resident
UCSF Occupational and Environmental Medicine Residency Program

Our current OEM Residents

Three residents who began shortly after Zachary Landman will be graduating this June: Dr. Stephanie Holm, the program’s first ever pediatrician who also completed one year of pediatric pulmonary subspecialty training, will be following her OEM residency with doctoral training in epidemiology. Dr. Miguel Montoya and Dr. Jeff Meade, physicians supported in their training by the U.S. Navy and Air Force, respectively. Four other residents began in July 2017. Dr. Pearlene Lee holds an MD and is Preventive Medicine trained PM from the University of Maryland and will also be graduating at the end of June. The remaining three residents will be in the program through June 2019. They are: Dr. Joshua Potocko, Dr. Benjamin Shanker, and Dr. Myles Cope.

Dr. Joshua Potocko did his undergraduate training at Annapolis and has an MD from the University of Colorado, then completed a transitional year at Naval Medical Center San Diego and has been serving as a Navy medical officer since that time. He also previously obtained an MS in neuroscience; Dr. Benjamin Shanker completed his MD at Harvard University and holds an MPH from Johns Hopkins and an MBA from Oxford before completing an internal medicine PGY1 year at a Yale-affiliated program. Dr. Myles Cope holds an MD from the University of Kentucky with a transitional internship year followed by 10 months of Rehabilitation Medicine at Jefferson in Philadelphia.
Incoming OEM Residents

Starting off with the new year, we have new incoming residents to the UCSF Occupational and Environmental Medicine (OEM) Residency program. Here are brief bios of the new residents:

Sammy Almashat MD MPH was born in Ireland and immigrated with his family to the U.S. at the age of eight. He completed a dual degree in Biology and Psychology with a Spanish minor, followed by medical school, all at West Virginia University. After a PGY-1 year in internal medicine, he finished a preventive medicine residency at Johns Hopkins University. Since finishing residency, he has worked at Public Citizen’s Health Research Group in Washington, DC, conducting research-based advocacy on consumer and occupational health. Sammy and his wife are excited to move to and live in the San Francisco area.

Robert (Nate) Clapp MD completed dual undergraduate degrees in Physiology and Psychology at UC San Diego and Doctorate of Medicine from the Uniformed Services University of the Health Science. He is a Board-Certified Family Physician, completing his residency at Naval Hospital Pensacola, FL. During the rest of his 14 years as a Navy physician, he has been the Flight Surgeon for two helicopter squadrons with two deployments to Iraq, was the senior physician at a clinic in Bahrain, deployed on the USS BOXER as part of a surgical team and is currently the director for four clinics in California and Nevada that belong to Naval Health Clinic Lemoore, CA. He is married, have two boys, and enjoys running, home brewing and trying new recipes in the kitchen. He looks forward to joining the incoming UCSF Occupational and Environmental Medicine residents.

Sarah Johnson MD currently works as a full-time Medical Review Officer (MRO) in the occupational medicine division of a national background screening company. Her path into occupational medicine began as an undergrad at Johns Hopkins University where she had the opportunity to work on a domestic violence project in the School of Public Health. After graduating, she joined Teach For America and moved to Chicago to teach high school English for three years. She then went on to earn a Doctor of Medicine degree from the University of Illinois at Chicago. After completing two years of a General Surgery residency, Sarah felt her interests and abilities— particularly in a population-based approach and prevention— would be better served in Occupational Medicine. Sarah currently resides in Chicago, and while she loves the city, she is tired of below zero winters. She is excited to move to San Francisco and spend a lot more time being outdoors as well as continuing her hobbies of cooking and reading.

Nnenna Okoye MD has lived in several countries and feels fortunate to have been taught by world-class educators; most recently, at Tufts University where she graduated in Biology and Biomedical Engineering and the University of Illinois College of Medicine. She is completing her transitional year at Adena Health System in Chillicothe, Ohio. She looks forward to continuing her training and serving the leadership in its mission to advance the field of occupational and environmental health through research, education, and service. She is delighted to join the residency program in the Division of Occupational & Environmental Medicine at the University of California, San Francisco.

Michael Shahbaz MD MPH has held various positions as a leader and a clinician managing complex initiatives aimed at improving longitudinal health outcomes in priority populations. Most recently, Dr. Shahbaz served as a resident physician at Mountain View Hospital in Nevada where he focused on women’s health. Prior to this experience, he was a clinical researcher at the PACE Clinic, and before that, the clinical director of the RotaCare Clinic of San Jose. He received his B.S. in Biochemistry and Molecular Biology from the University of California-Davis, a Masters of Public Health from San Jose State University, and his MD from Michigan State University. Born in Iran, Michael and his family fled the country when he was a young adult and settled in Northern California. He currently resides with his partner and four-year old dog, Alfred. He looks forward to joining the UCSF Occupational and Environmental Medicine Residency Program and working with an interdisciplinary team to encourage and promote the delivery of high quality patient-centered care.
Successful symposia were held at UC Davis and UC Berkeley. The Lela Morris Symposium at Berkeley focused on Particulate matter exposure and cardiovascular disease outcomes. We are pleased that Lela Morris’s family were able to attend this synthesis of current research.

Erika Garcia, PhD was honored with the annual Don Whorton writing award for her paper: “Assessment of the healthy worker survivor effect in cancer studies of the United Autoworkers-General Motors cohort” published in Occupational and Environmental Medicine in January 2017.

Retirements from COEH included: Patricia Quinlan MPH, CIH, who retired as COEH’s Deputy Director and Barbara Burgel RN, ANP, PhD who retired from UCSF’s School of Nursing.

Looking ahead to the year ahead: In 2018, COEH will celebrate 4 decades of research, education and service to protect workers and communities from environmental hazards. To celebrate our successes and to look ahead to future challenges Northern California COEH and UC Davis COEH are hosting a 2-day Lela Morris Symposium and COEH Get Together at UC Davis on May 4th and 5th, 2018.

This year recreational use of cannabis became legal and its cultivation, processing and retailing is expanding in the state. COEH is hosting a one-day symposium, on March 29th at UC Berkeley, to focus on identifying workplace safety hazards, exposure risks, and mitigation strategies within the cannabis industry.

Details on this and other activities are available at the COEH-CE website: www.coehce.org

To find out more about the recent accomplishments of COEH students and faculty take a look at the COEH newsletter, Bridges. Subscribe more at: http://coeh.berkeley.edu/contact/

About COEH

The Northern California Center for Occupational and Environmental Health (COEH) is a collaboration between University of California at Berkeley, Davis, and San Francisco. COEH Director is John Balmes, MD. COEH promotes health and safety in workplaces and communities by educating health professionals, developing new knowledge and translating research into practice. COEH is also one of 18 regional Education and Research Centers (ERCs) funded by the National Institute for Occupational Safety and Health (NIOSH). The ERC’s Academic programs include: Occupational and Environmental Medicine, Occupational and Environmental Health Nursing, Industrial Hygiene, Occupational Epidemiology, Ergonomics, and Agricultural Health and Safety. Graduate students from all the programs can participate in a Targeted Research Training program to assist them in completing their research. The Labor Occupational Health Program (LOHP) is the public service program of the COEH with the goal of preventing illness and injury in the workplace and raising awareness of the social and economic costs of hazardous workplace conditions for individuals, communities, businesses, and the environment. COEH’s continuing education program offers a broad range of accredited courses for practicing health and safety professionals.

OCCUPATIONAL AND ENVIRONMENTAL MEDICINE (OEM)

Mount Zion Clinic Update

The UCSF OEM Clinic continues to be rooted in the faculty practice which has now been operating for over 30 years. Our providers have expertise in occupational and environmental medicine, medical toxicology, occupational health nursing, pediatric environmental health and industrial hygiene. The clinic provides specialty consultation to individuals and groups of workers who have had exposures to biological, chemical, and physical agents at the workplace, home or community.

The OEM clinic provides leadership internally to the UCSF Health adult hospitals, children’s hospital, and ambulatory faculty practices in the design and execution of programs available to its health care workers for immunization review when starting work, for large scale program such as immunization for influenza, tuberculosis surveillance, and medical clearance to wear a respirator, and for groups of workers with special assignments with highly infectious agents, such as Ebola. The OEM medical team provides immediate access to care for health care workers when they have an exposure to blood borne pathogens, and for researchers when they have exposures from laboratory materials or research animals.

The OEM clinic’s work for the UCSF Health has been extended to biosafety issues in the UCSF research community. It provides immunization for infectious agents in research, monitors workers at a medical risk, and responds to exposures when they occur. These services have already been extended to affiliated researchers and now are being extended to external groups.

Our clinic provides a number of services for specific groups. For example, we perform medical examinations and clearance for the San Francisco Bar Pilots. We designed a fitness for duty surveillance program for the San Francisco marine pilots who climb on board all large ships entering the Bay, and then navigate the ship into the Bay until it is safely alongside its berth. The program is comprised of a medical surveillance assessment which includes an agility test, toxicology screening for over the counter and prescription medications, and comprehensive medical examinations focused on the physical demands of their work as marine pilots and identification of previously unrecognized obstructive sleep apnea. We also provide ongoing medical care for employees of the Department of Labor and others.

The Occupational and Environmental Medicine Clinic is also the heart of our Occupational and Environmental Medicine Residency Program. We currently have 8 residents in the program who come from a variety of backgrounds including pediatrics, preventive medicine, physical medicine and rehabilitation, family medicine, orthopedics, and the military. Their clinical work is grounded in once weekly continuity clinics at the Mt Zion Campus under the direct supervision of Drs. Harrison and Kosnik. The residents gain additional clinical occupational medicine exposure through providing after hours coverage for blood borne pathogen exposures to the entire UCSF community.

The clinic is conveniently located within the UCSF Mount Zion campus just north of Geary and west of Divisadero at 2330 Post Street, Suite 460. The clinic can be reached by telephone at 415.885.7580. Referrals are accepted from physicians, other licensed medical practitioners, attorneys, and selected self-referrals from individuals.

For a link to the clinic go to: http://oem.ucsf.edu/care/clinics.html
UPCOMING EVENTS

Wednesday—Friday, March 7th-9th, 2018:

**CME 2018**: “Emerging and Re-Emerging Occupational and Environmental Exposure and Disease and Updates in Occupational and Environmental Medicine”
Poster abstract session to be held Wednesday evening, March 7th.

**Course Chairs**: Paul D. Blanc, MD, MSPH; Samuel M. Goldman, MD, MPH; Robert Kosnik, MD, DIH;

Thursday, May 24, 2018:

**Alice Hamilton Lecture**: “Mineworkers’ Health in South Africa – the Perfect Storm of Dust, Tuberculosis and HIV”

*Presented by Professor Rodney Ehrlich, PhD*, School of Public Health and Family Medicine, University of Cape Town, South Africa

For more information: [https://oem.ucsf.edu/about/hamilton.html](https://oem.ucsf.edu/about/hamilton.html)

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**ABOUT OEM**

The Division of Occupational & Environmental Medicine, separately constituted at the UCSF Parnassus, Mount Zion, Zuckerberg San Francisco General Hospital, and San Francisco Veterans Affairs Medical Center campuses, is closely interlinked. It has achieved national and international recognition as a center for research, training, and clinical care in its field.

The mission of the Division of Occupational & Environmental Medicine at UCSF is to advance the field of occupational and environmental health through research, education, and service to patients and the community.