

May 2016 – Issue #5

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DIVISION DIRECTOR'S COLUMN – Dr Douglas Bradley

One of the missions of the University of Toronto's Department of Medicine is to provide access to specialty training to individuals from developing countries. The Division of Respiriology is proud to be a part of this program. To that end, over the last 20 years, we provided residency training in Respiriology to three physicians from Jamaica, largely through the influence of Dr. Herbert Ho Ping Kong. During the early 1990s there was only one Respiriologist in Jamaica, even though respiratory diseases were common. To remedy this situation, the Chancellor of the University of West Indies contacted Dr Ho Ping Kong, who hails from Jamaica, to inquire about opportunities for a Jamaican physician, Dr. Paul Scott, to train in Respiriology at the University of Toronto. Herbert contacted Dr Greg Downey, the Program Director at that time, and through Greg and Herbert's efforts, sufficient funds were raised to enable Paul to undertake two years of training in Respiriology, Critical Care and Sleep Medicine from 1996 to 1998.



While here, Paul learned bronchoscopy skills, but at the time Paul was to return home there was no bronchoscope in Jamaica. Greg was able to purchase a used bronchoscope that Paul took back to Jamaica to start the first bronchoscopy service. Paul also started Jamaica's first sleep laboratory. It is because of the success of this initiative that two more Jamaican physicians, Drs. Althea Aquart-Stewart, and Terry Baker, followed in Paul's footsteps as part of a new Caribbean Fellowship training program made possible through collaboration between the Department of Medicine and the Dr. Ho Ping Kong Centre of Excellence in Education and Practice at UHN. Subsequently, our international outreach was broadened to take trainees from the Philippines (Dr. Arnold Germar) and Singapore (Dr. Constance Lo). In sum, the original "one-off" training program for Paul blossomed into a program that has provided training to many clinical fellows from many developing nations, and has helped to put the University of Toronto on the international map for Respiriology, Critical Care and Sleep Medicine. Below, we highlight the stories of the three Jamaican trainees, Drs. Paul Scott, Althea Aquart-Stewart and Terry Baker.

FEATURE ARTICLE

Sleep Medicine and Research, Drs Ryan and Horner

The University of Toronto is world renowned for its academic contributions to sleep medicine. This renown was initially achieved through the groundbreaking work of **Dr. Eliot Phillipson** on the effects of sleep on the control of breathing. Dr. Phillipson was named Officer of the Order of Canada in 2014, and also received the Distinguished Scientist Award from the Canadian Sleep Society in 2015 for his contributions to sleep research in Canada. Both the scientific and clinical training of undergraduate and postgraduate scientists and physicians in sleep medicine has been ongoing at the University of Toronto since the early 1980's.

The initial introduction to sleep physiology and chronobiology occurs at the undergraduate level and proceeds to graduate trainees. **Dr. Richard Horner** has inspired and mentored future sleep scientists and clinicians and this was recently recognized in his awards from the Faculty of Medicine in 2015 for '*Sustained Excellence in Graduate Teaching and Mentorship*' and in 2013 for '*Excellence in Linking Undergraduate Teaching to Research*'. Dr. Horner also directs *Sleep and Biological Rhythms Toronto*, a CIHR-funded research and training program, and leads the Department of Medicine Integrating Challenge Grant Initiative in Sleep, Sedation and Anesthetic Sciences.



A formal clinical sleep fellowship training program started in 2005 with **Dr. Richard Leung** as the program director. **Dr. Leung** was recipient of the 2015 resident teaching award. Over the years this initiative has evolved into a formal university-wide multi-disciplinary program initially under the expert guidance of **Dr. Christopher Li** and more recently under the direction of **Dr. Clodagh Ryan**. Since 2005 sixteen local University of Toronto and international fellows have completed clinical sleep fellowship training. The University of Toronto, Division of Respiriology now boasts nine full-time faculty with Sleep Medicine and a major component of their activities across the academic sites. The sleep academic community is optimistic that Sleep Medicine will be recognized as a postgraduate Diploma by the RCPSC in the near future which will acknowledge the importance of this subspecialty and standardize sleep clinical training across Canada.

The program in sleep and the control of breathing has been a persistent major strength in research and training in the Division of Respiriology at the University of Toronto, and it continues to be recognized on the world stage. Areas of research focus include sleep disordered breathing and cardiovascular diseases, including large-scale multinational randomized trials of treating sleep apnea in heart failure (**Dr. Douglas Bradley**), sleep and respiratory neurobiology (**Dr. Horner**), sleep, cardiopulmonary interactions and the autonomic nervous system (**Dr. Leung**), mechanisms of respiratory rhythm generation and its depression (**Dr. Gaspard Montandon**), sleep apnea and its treatment by fluid removal in renal failure (**Dr. Owen Lyons**), sleep apnea and cerebrovascular disease (**Dr. Ryan**), the influence of opiates and sedatives on outcomes in COPD and obesity (**Dr. Nick Vozoris**), and sleep apnea and risk of diabetes (**Dr. Tetyana Kendzerska**).

RESIDENT TRAINING PROGRAM ALUMNI - Dr Kamyar Soghrati

Dr. Kam Soghrati completed his residency training in Respiriology at the University of Toronto in 2007, and is now a staff Respirologist at Trillium Health Partners in Mississauga, Ontario. His clinical practice includes general Respirology and Sleep Medicine.

Kam is very grateful for, and has fond memories of his Respirology training at the University of Toronto, which included, with the help of Cameron Gray Fellowship, a third year of clinical fellowship in interventional pulmonology at the Universities of British Columbia and Calgary, and in tuberculosis at St. Michael's Hospital. He later undertook training in Sleep Medicine through the practice pathway.

Regarding interventional pulmonology, Kam's training facilitated the establishment of the Endobronchial Ultrasound (EBUS) program at Credit Valley Hospital. This program receives referrals from across the region and over 400 EBUS procedures have been performed.

Regarding tuberculosis, one of the most memorable parts of Kam's fellowship was working with the Ecuadorian National Tuberculosis Program. This allowed him to gain a better understanding of the practice of medicine and management of tuberculosis in developing countries. Moreover, this experience allowed him to both practice his Spanish and better serve immigrants in Canada.



Kam remains engaged with the University of Toronto, participating in medical education through undergraduate and graduate levels by supervising clinical clerks, respirology residents, and participating in the resident half day seminars. He enjoys his interaction with students and residents immensely. In 2013, Kam was awarded the **Sheldon Mintz Undergraduate Teaching Award**

In his spare time, he enjoys mountain biking, running, swimming, and cross country skiing and spending family time with his supportive wife Tracey and their 2 children Roxana (4), and newly-born Maz.

CLINICAL FELLOWSHIP ALUMNI - Drs Scott, Aquart-Steward, and Baker

Dr Paul Scott completed both undergraduate and post-graduate medical training at the University of the West Indies (UWI) in Kingston, Jamaica, which at that time had no Division of Respirology. Paul was appointed Lecturer at UWI in 1992 and started the first Respirology clinic in 1993. To gain further training in Respirology, Paul and his family moved

to Toronto in 1996. He was the first of about 10 doctors (varying specialties) who eventually came to Toronto for subspecialty training, with the assistance of Dr Herbert Ho Ping Kong.



The Respiriology training was based mainly at what is now the University Health Network. He benefitted greatly from the diverse exposure facilitated by his tutors and mentors especially Drs. Greg Downey, Douglas Bradley, John Granton and Mike Hutcheon. This prepared him very well for the diverse respiratory problems that he would encounter in Jamaica.

Paul returned to Jamaica in 1998 and rejoined the staff at University Hospital and, along with another Respiriologist, built the Respiriology Service including a pulmonary function laboratory. A five-bed unit was later added to provide step down care from the ICU. Apart from being head of the Pulmonary Division, Paul utilized his training in Toronto to open the first sleep laboratory in Kingston. Both laboratories are utilized by patient's

island-wide.

Outside of Medicine, Paul is Treasurer and Youth Coordinator for his local Anglican church. His wife and he sponsor an annual summer Christian Youth Retreat for up to 30 youngsters. Paul's wife, Angela, is a Hematologist and is Director of the National Laboratory Services of Jamaica. They have a daughter and two sons. His daughter, Kimberly, is completing an internship and has expressed an interest in following in his footsteps with a career in Respiriology.

Dr Althea Aquart-Stewart is a graduate of the University of the West Indies, Mona campus in Jamaica. She completed her postgraduate training in internal medicine at UWI, and subsequently her fellowship in Respiriology at the University of Toronto in 2001. She regards her fellowship years as "life changing", and owes a huge debt of gratitude to Professor Herbie Ho Ping Kong for his role in making this training possible.

Transitioning from the Caribbean to Canada was initially challenging. Althea contributes her successful completion of a very rigorous program to both her own efforts, and, the support of her mentors during those fellowship years. These included Drs Greg Downey, Charlie Chan, Mike Hutcheon, Neil Lazar, John Granton, and Margaret Herridge.



Currently at UWI, Althea remains a passionate teacher of students and residents, and often calls on her experiences in Toronto. A keen clinician, she was instrumental in establishing a critical care unit run by the pulmonologists. In addition to her clinical work and teaching, Althea also contributes to respiriology related research. She was the local principal investigator in the international BOLD study, looking at the prevalence and burden of COPD in Jamaica.

Althea loves growing orchids, enjoys movies, and loves to travel. She and her husband, Lincoln, have a lovely daughter.

Dr Terry Baker obtained her undergraduate medical degree from the University of the West Indies (UWI), Mona in 1995 and subsequently a postgraduate degree in Internal Medicine from the same University in 2003. While working as

in Internist at the National Chest Hospital in Jamaica, her interest in Respiriology was in Internist at the National Chest Hospital in Jamaica, her interest in Respiriology was heightened. With encouragement from Dr Herbert Ho Ping Kong, she applied to the University of Toronto to do a Fellowship in Respiriology and entered the program in 2006.

One of her lasting memories of Toronto is working and interacting with internationally recognized specialists in Respiriology and Critical Care Medicine, who were so giving of their knowledge, expertise and time. The friendships developed and cultural exchanges were priceless.

She credits the training in Toronto as being instrumental to her success as one of only six Respiriologists in Jamaica. It provided her with the expertise to return to Jamaica and eventually assume the mantle of Senior Medical Officer at the National Chest Hospital, in Kingston with responsibility for medical, surgical and paramedical services. Terry has worked with the Ministry of Health or Jamaica as well as with other Caribbean countries to develop guidelines and policy for the care of people with respiratory illnesses, particularly asthma, COPD, lung cancer and tuberculosis.

Terry is currently the Senior Medical Officer, National Chest Hospital, Jamaica and an Associate Lecturer in the Department of Medicine, UWI, Mona. She is involved in outreach programs, conducting educational talks and workshops involving community groups and schools. One of her passions is working with non-governmental organizations to discourage teens from smoking.



International Fellow's Experience - Dr Liran Levy

As an international fellow in the lung transplant program. I attended the 2016 International Heart and Lung Transplantation annual meeting in Washington, April 26-30. I did not know what to expect and nothing could have prepared me for what I witnessed. Many of my esteemed colleagues were attending as well and I was honoured to be a part of the group representing the Toronto Lung Transplant Program. There were dozens of presentations done by my colleagues covering state of the art research and clinical practice. In many sessions that I attended, there were multiple mentions of leaders from our lung transplant program (Director Dr. Shaf Keshavjee, program Medical Director Dr. Lianne Singer and others) who have made valuable contributions in the field and whom fellows like me are very lucky to have as mentors and supervisors.

The session that I enjoyed the most was the one presenting our group's results regarding lungs from donors post circulatory arrest that were put on ex-vivo lung perfusion and then transplanted. In contrast to all expectations, such lungs proved to be at least as good as lungs taken from brain dead donors. The most amazing discovery was that we are actually leading in this technology that proves to increase lung donation through utilization of extended criteria for donors that in the past would have otherwise been declined. I was so excited and proud to see that a significant amount of data obtained over the past few years in surgical techniques, lung preservation, intensive care and health-related quality of life assessment in advanced lung disease and lung transplantation came from the Toronto program. I felt humbled and proud to join a world renowned team of experts that are considered to be leaders in the field of lung transplantation, and I realize, that many other fellows from other centres felt the same way.

Resident Training Program Director Report – Dr Christopher Li



I am happy to report that all five of our Year 2 residents had their research accepted to international conferences this year. Our program was well represented at the American Thoracic Society conference in San Francisco, May 2016 with presentations by **Drs Lee Fidler, Christine McDonald, Navjeet Uppal and Kelly Wilton**, and at the International Society for Heart and Lung Transplantation conference in Washington DC, in April 2016 with a presentation by **Dr Meghan Aversa**.

Research Advisory Committee – Dr Jane Batt

Pettit Block Term Grants – Results of First Competition of April 30, 2016

The following applicants were awarded grants from the **Pettit Block Term Grant Fund**: Dr Andrea Gershon, Drs Christie Lee and Lisa Burry, Dr Owen Lyons, Dr Clodagh Ryan and Dr Nick Vozoris.

PROMOTIONS, AWARDS, EVENTS AND NEWS

PROMOTIONS

Congratulations to the following individuals upon their promotions.

To Full Professor:

Dr Niall Ferguson
Dr Geeta Mehta

To Associate Professor:

Dr Jane Batt
Dr James Downer
Dr Ted Marras

The next **Meet the Investigator Night** will be on Sept 21, 2016

APPOINTMENTS

Dr Owen Lyons has been appointed Assistant Professor as a Clinical Investigator in Sleep Medicine and Respiriology with a primary clinical appointment at Women's College Hospital with a cross-appointment to the University Health Network.

AWARDS

Drs Stephen Juvet and **Tereza Martinu** were granted the **Multi-Organ Transplant Program - Astellas Research Award** for 2015-2016. This grant supports young investigators within the Multi-Organ Transplant program.

Dr Stephen Juvet was awarded the highly prestigious **Norman Shumway Career Development Award** from the **ISHLT** for the next two years. Previously, **Tereza Martinu** held this award. Only one such award is given out every two year.

Dr Roger Goldstein has been honoured by the **Pulmonary Rehabilitation Assembly** of the **American Thoracic Society**. This honour is given "In recognition of a career of service to the field of Pulmonary Rehabilitation and the ATS Assembly on Pulmonary Rehabilitation". This honour is awarded annually by the ATS PR Assembly.

EVENTS

HUMBOLDT KOLLEG – Dr Chung Wai Chow

The Humboldt Kolleg conference organized by the Humboldt Foundation of Canada took place on the first weekend of May. The conference was spearheaded by the president of the Foundation and by **Dr Chung-Wai Chow**. The Humboldt Foundation of Canada is a German association inspired by Alexander von Humboldt, a German explorer, nature researcher and scientist. In honour of von Humboldt's lifelong passion for knowledge, the Foundation aims to promote science, research, exploration and collaborations between Germany and Canada by supporting scholars (<http://humboldtcanada.com>). At this conference, Humboldt fellows, scientists and scholars gathered at the University of Toronto to reflect on the subject of "time". Speakers presented papers on paleoecology, philosophy, medicine, history, and literature to name only a few. The diversity of the presentations and depth of the discussions were a testament to von Humboldt's spirit.

JACK PEPYS WORKSHOP – Dr Susan Tarlo



The 6th Jack Pepys Workshop on work-related airway diseases was held in Toronto at the Munk School of Global Affairs on 13th May 2016. It was co-organized by **Drs. Susan Tarlo** and **Jean-Luc Malo** and supported by ATS, Ontario WSIB, CREOD and the Montreal Centre for Asthma in the Workplace. Fifty invited participants from around the world attended and presented. The proceedings of this conference are being prepared for publication in the Annals of the ATS.

NEWS

Retirement of Dr Sheldon Mintz

Sheldon, “Shelly”, Mintz received his medical degree at the University of Toronto too long ago to mention. After training at Toronto General Hospital and the Mayo Clinic he did his Respiriology training at Boston University and then University of Pittsburgh. He came on faculty at the University of Toronto in 1970 at Toronto General Hospital and then as Chief of Respiriology at Women’s College Hospital in 1980.



Shelly is a master of medical education. His largest group of admirers, other than his patients, have been the undergraduate students at the University of Toronto, Faculty of Medicine for whom he created and taught the new undergraduate Respiriology course. Shelly was the recipient of two University Aikins Awards and numerous other undergraduate and post graduate teaching awards. At the graduate level he created the Introductory Immersion Course for Respiriology fellows that is now an annual, province wide program for all Respiriology trainees. In recognition of his many educational contributions, especially in the undergraduate field, the Division of Respiriology created the Sheldon Mintz Undergraduate Award in 2012.

But this is only half the story. Sheldon’s curiosity, innovation and drive has taken him in more directions than most of us could even imagine. He is a superb musician and performs regularly on the clarinet with his jazz buddies. He was cycling to work, and still does, before anyone ever thought of “bike-lanes”. He is a wine connoisseur, a foodie, a voracious reader of the medical literature, junk fiction and science fiction, travels the world and still skis the double blacks. The Division of Respiriology wishes Shelly a happy and healthy retirement.

Dr Anna Day

Reminders:

- Annual Respiriology Research Day – June 8th, Munk Centre
- Respiriology Retreat – June 17, 2016, Park Hyatt
- 2016 Annual BBQ at Hart House - Sept 16, 2016, Hart House

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An enormous “Thank you” to everyone who sent in items for inclusion in this newsletter!