JOHNS HOPKINS

ASSAY

NEWS FROM THE JOHNS HOPKINS
DIVISION OF ENDOCRINOLOGY, DIABETES, AND METABOLISM

https://www.hopkinsmedicine.org/endocrinology_diabetes_metabolism/about-us/

Spring 2022

JOHNS HOPKINS MEDICINE

Message from the Director

Rexford Ahima, MD, PhD
Division Director

Dear Colleagues,

Greetings from the Division of Endocrinology, Diabetes and Metabolism. Although the COVID-19 pandemic poses major challenges, I am thankful that we continue to move forward together in our mission to (1) provide comprehensive care for patients with diabetes, obesity, diseases of thyroid, adrenal and pituitary glands, bone and mineral disorders, and male and female reproductive disorders; (2) foster innovative basic, clinical and translational research to generate new knowledge and improve treatment of endocrine diseases; and, (3) provide outstanding educational programs for clinicians, trainees and the community.

I encourage you to explore our website (https://www.hopkinsmedicine.org/endocrinology_diabetes_metabolism/) to learn more about our clinical, research and educational programs.

Research in Rare Bone Disorders

Rare bone diseases are poorly understood and often go unrecognized and lack effective diagnostic and treatment options. **Dr. Jan De Beur** and her team have contributed to the understanding of the genetics and physiology of rare bone diseases and to developing diagnostic and treatment options for patients that suffer with these diseases. Their group contributed to elucidating FGF23 as the circulating phosphaturic substance in Tumor Induced Osteomalacia (TIO), defining the molecular underpinnings of the syndrome, and demonstrating the utility of octreotide scanning in localizing mesenchymal tumors associated with TIO. Most importantly, the Hopkins team led the multisite clinical trial that developed and tested burosumab, a new therapy for TIO and XLH, that targets FGF23 excess with neutralizing antibodies. In addition to their work in TIO and XLH, current work focuses on developing new treatment paradigms for patients with Osteogenesis Imperfecta, a rare syndrome of skeletal fragility.

Suzanne Jan De Beur, MD

"As a Physician Scientist and a practicing Endocrinologist, my clinical and research work have focused on understanding rare bone diseases at the basic level and translating these observations to the bedside"

Suzanne Marie Jan De Beur
Associate Professor of Medicine
Director, Clinical Research Unit Network
Johns Hopkins Institute of Clinical and Translational Research

Affiliated Centers

- John Hopkins - University of Maryland Diabetes Research Center
- University of Maryland - Hopkins Nutrition Center
- Welch Center for Prevention, Epidemiology and Clinical Research
- AHA Obesity Network
- Pituitary Center
- Thyroid Tumor Center
- Metabolic Bone Center
- Johns Hopkins Cystic Fibrosis Center
- Clinical Research Network
- Institute for Clinical & Translational Research

Nestoras Mathioudakis, MD, MHS

Gene Arnold, RD CDCES

Johns Hopkins Hospital ranked number 4 in the world for endocrinology

https://www.newsweek.com/best-hospitals-2021

Diabetes Care

Diabetes Self-Management Training Program 2.0

The Division of Endocrinology, Diabetes & Metabolism, in partnership with the Office of Population Health, is driving an exciting new initiative to improve the quality of diabetes care within the Johns Hopkins Health System (JHHS) and our region by increasing patient access to Diabetes Self-Management Training (DSMT). This standard of care, evidence-based intervention has been shown to benefit patients with diabetes in many ways, including reducing hemoglobin A1C, improving blood pressure and cholesterol, improving medication adherence, decreasing diabetes complications, reducing healthcare costs, and even reducing all-cause mortality. Moreover, DSMT, which is delivered by board-certified diabetes care and education specialists (CDCES), has been shown to increase healthier lifestyle behaviors among patients and improve measures of self-efficacy. Despite these myriad clinical benefits, very few eligible patients with diabetes are ever referred to receive DSMT. Unfortunately, it is estimated that only 5% of Medicare beneficiaries and 6.8% of commercially insured patients with diabetes currently receive this standard of care intervention. Recognizing the very low rates of participation in DSMT, the Maryland Health Services Cost Review Commission (HSCRC) has provided funding to health systems through their regional partnership catalyst grant program to foster collaboration between hospitals and the community and enable the creation of infrastructure to address the wide participation gap in DSMT. Under the HSCRC regional catalyst grant program, JHHS and the University of Maryland Medical Center (UMMC) have joined forces to form the Baltimore Metropolitan Diabetes Regional Partnership (BMDRP). This partnership includes 4 hospitals within JHHS (Johns Hopkins Hospital, Bayview Medical Center, Howard County General Hospital, and Suburban Hospital) and 2 hospitals within UMMC (main campus and midtown campus). With $43 million in funding received through rate setting adjustments to the participating hospitals over a five-year period from 2021-2026, the BMDRP is one of eight regional partnerships in Maryland striving to increase patient referrals to DSMT.

Dr. Nestoras Mathioudakis, Associate Professor, is the Co-Medical Director of this important initiative, which began in January 2021. “This has been a very exciting planning year as we have been preparing for the official launch of the widely expanded DSMT offerings across our health system. We now have a talented team of 9 diabetes educators, 2 dedicated referral coordinators, and DSMT Programs at 3 hospital locations in our health system as well as at 9 Johns Hopkins Community Physician (JHCP) locations across the region. By making DSMT more accessible to our patients in primary care settings, we hope to address the DSMT referral gap to better support them and improve the quality of their diabetes care.”

"We have been working closely with leadership, referring providers, and patients to best understand misconceptions around DSMT and to reframe the service as a patient centered and critical component of a person’s journey with diabetes"

Gene Arnold, RD CDCES, DSMT Program manager

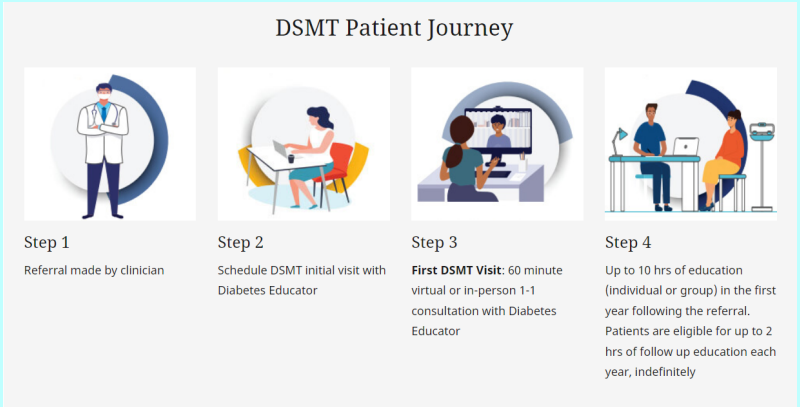
The Maryland HSCRC has set aggressive scale targets for this program, with JHHS and UMMC expected to increase patient participation in DSMT by 3 to 5 fold from current baseline. To reach these aggressive targets, the BMDRP team will be working closely with an external marketing firm to increase awareness about DSMT within and outside of our health system to expand our reach within the community. There are four critical times when a patient should receive diabetes self-management and support services: 1) at the time of diabetes diagnosis, 2) annually and/or when not meeting treatment targets, 3) when complicating factors develop, and 4) when transitions in life and care occur. To refer a patient to DSMT, place an order for "Ambulatory Referral to Diabetic Education."

Caitlin Nass, NP

Check out the website
https://www.hopkinsmedicine.org/dpep/index.html

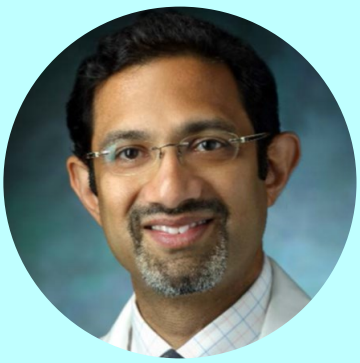
"We're incredibly fortunate to have recruited such a dynamic and skilled team of educators. These educators are at the heart of an expanded role for our Division to improve diabetes care system wide"

Caitlin Nass, NP, DSMT Director of Intervention



Fellowship Training Program

The training program has initiated a very unique "peer teaching conference" to help facilitate learner's addressing key areas or lacunae themselves. In this format, it has been envisioned that year 2 fellows would review cases with year 1 fellows that they have seen develop over time , and use those cases to have a discussion on existing guidelines or management paradigms. In this way, all the fellows have adequate exposure to certain endocrine management issues. This also helps the fellows develop their teaching skills, paving the way for successful teaching and academic careers in the field of endocrinology.



Aniket Sidhaye, MD
Fellowship Director

"I think one of the strengths of our fellowship is the wide variety of cases we get to see not only as an inpatient consult but also as a primary provider in fellow's clinic. It has been a wonderful learning experience to follow these patients longitudinally"

Sooyoung Lim , MD , Endocrinology Fellow in-training

Special Feature

The Johns Hopkins Von Hippel-Lindau (VHL) Clinical Care Center is one of just a handful of centers across the nation recognized by the VHL Alliance for their commitment to patients and families living with VHL, a rare genetic condition that increases your risk of developing certain tumors, most commonly in the brain, spine, kidney, pancreas, eye and ear.

At the VHL Clinical Care Center, a multidisciplinary team of experts from more than a dozen specialties coordinates all aspects of your VHL care — both physical and emotional — and provides you and your loved ones with unparalleled clinical expertise and groundbreaking treatment options. We partner with families from infancy through late adulthood to monitor disease risk and promote optimal health. **Dr Douglas Ball** has special expertise in these rare endocrine-related disorders.

Douglas Wilmot Ball, MD

For appointments: Hopkins USA Concierge Service: 855-695-4872 Address: 1830 Monument Street, Suite 328, Baltimore, MD 21287
Email: JHUSA@jhmi.edu

Contact Informa

Endocrinology Central Scheduling
410-955-9270
The only number you need to refer any patient to any Johns Hopkins Endocrine service

Endocrinology, Diabetes and Metabolism Division Website
https://www.hopkinsmedicine.org/endocrinology_diabetes_metabolism/

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Your 24/7 connection to John Hopkins full time faculty members in any subspecialty
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Online Referral Directory
Find a Johns Hopkins physician by name, specialty and more at hopkinsmedicine.org/profiles.

Kendall Moseley, MD

Center of Excellence -Metabolic Bone Center

"One of only a handful of academic centers in the United States dedicated to skeletal health, the Johns Hopkins Metabolic Bone and Osteoporosis Center is committed to providing patients and their families the care necessary to diagnose and treat disorders of bone. From osteoporosis to hyperparathyroidism to rare bone disease, we realize that every patient case is unique and deserving of thoughtful and personalized care ".

Kendall Moseley, MD, Medical Director, Metabolic Bone Center

Ronadip Banerjee, MD, PhD

Featured faculty

Dr. Ron Banerjee received his B.S. in Biological Sciences from Stanford University (1997), followed by both an M.D. (2005) and Ph.D. (2003) from the University of Pennsylvania School of Medicine. He contributed to the discovery of the adipose-secreted hormone *resistin* and identifying its role in obesity and insulin resistance. He returned to Stanford for residency in Internal Medicine, clinical fellowship in Endocrinology, and a postdoctoral research fellowship working in the lab of Seung Kim studying beta-cell biology. His lab is particularly interested in using the adaptation to pregnancy as a model system for studying beta-cell population dynamics, paving the way for understanding gestational DM. In addition to his lab, Dr. Banerjee has an active clinic at Bayview. He has special expertise in endocrine tumors and is particularly interested in patients with Multiple Endocrine Neoplasias (MEN1 & 2), pancreatic and other neuroendocrine tumors and adrenal tumors.

Editor - Prasanna Santhanam, MD, Associate Director of Communications

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