

Northern California Society for Clinical Gastroenterology NEWSLETTER

ISSUE NO. 13 | April 2024



The NCSCG Board and GI Planning Committee invite you to register for the **21st Annual NCSCG GI Symposium**, being held June 1 – 2, 2024 in-person at the Hyatt Regency Monterey in Monterey, CA!

The symposium will provide a unique opportunity to receive a comprehensive update on gastrointestinal diseases from nationally renowned faculty. You will also have ample opportunity to interact with your colleagues, our expert faculty members, and industry representatives, as well as time to enjoy all that Monterey has to offer.

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**2024 NCSCG
21ST ANNUAL
GI SYMPOSIUM**

[REGISTER NOW!](#)

JUNE 1-2, 2024

HYATT REGENCY MONTEREY HOTEL AND SPA • MONTEREY, CA



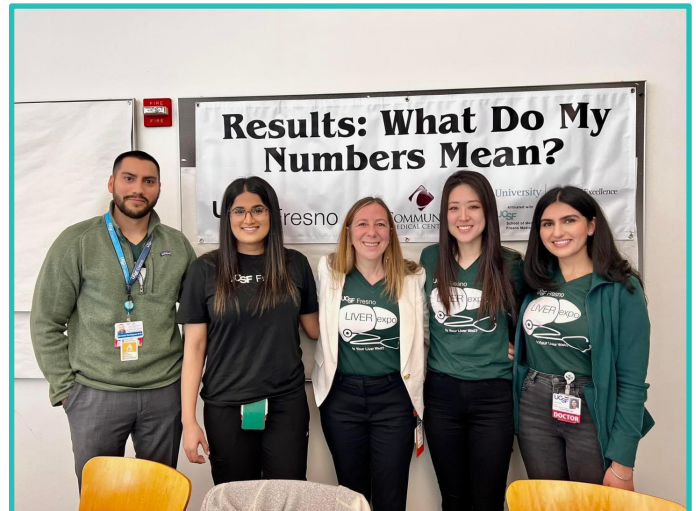
MARINA ROYTMAN, MD, FACP
UCSF, FRESNO
2024 NCSCG PRESIDENT

As an academic clinician, I am often in the position of counseling the medical students, residents and fellows about their career options and choices. The two most important things that influence one's career choice and trajectory are mentorship and finding "your people". This was and continues to be the case for me. I completed my post-graduate training at Mount Sinai in NYC, one of the largest liver transplant programs in the country. By the end of my training, which was generously supplemented by moonlighting on the liver transplant service, I met many of my amazing mentors and certainly felt that I found "my people" among the hepatologists.

I moved to Hawaii, which I considered home, after completing my training. Hawaii is a unique place to practice medicine in general and hepatology in particular. It is a melting pot of cultures, cuisines and approaches to health and disease. I was fortunate to meet and work with Dr. Naoky Tsai who was and continues to be my mentor. After a decade in Hawaii, and after completing a medical education fellowship at the University of Hawaii, I wanted to explore a more academically focused career.

I joined UCSF Fresno in 2017 with the goal of expanding my involvement in medical education, jumpstarting the clinical hepatology program and continuing my research involvement. My previous practice setting in Hawaii was in the well-established liver center under a watchful eye of my wonderful mentor. None of those advantages existed in Fresno. I suddenly found myself in the position of being the hepatology expert for UCSF Fresno without the benefit of being able to run things by my mentor. I spent a few anxious weeks and months getting used to my new role and a fair amount of time on the phone with Dr. Tsai.

As I became more comfortable in my new role, I noticed vast differences in patients and diseases that I saw in Fresno compared to Hawaii or even further back in New York. I found the number of patients presenting with advanced liver disease striking. Patients with unrecognized steatotic liver disease (MASLD, MetALD and alcohol associated liver disease) and patients with undiagnosed and/or untreated chronic hepatitis B and C particularly stood out for me. There are a number of explanations for it including chronic shortage of physicians, pervasive poverty, food deserts, genetic predisposition to liver disease and more recently societal disruptions of COVID-19 leading to increased alcohol consumption. While I was not able to fix societal reasons for liver disease, I felt that I could make a difference in educating the community about it. This is how the Annual UCSF Fresno Liver Expo was born. The first event was held in March of 2019 and proved to be so popular that we repeated it October of 2019 in honor of the national liver disease awareness month.



In October of 2024 we held our 6th annual Liver Expo. It is an all-day event that includes lectures on liver health, exercise boot camp, healthy cooking (and eating) demonstration as well as free FibroScan testing and free point of care testing for hepatitis C. Over the years the didactic portions of the Expo covered topics ranging from viral hepatitis, to alcohol associated liver disease, to steatotic liver disease and liver transplantation. We have been fortunate to have the world experts from the institutions from northern California share their wisdom on these topics with ever growing number of attendees. GI fellows, internal medicine residents and advanced care providers are on hand to counsel the patients on the results of the tests. Research coordinators are present as well to provide information about clinical trials for liver disease available at UCSF Fresno. Attendees love the opportunity to learn about the health of liver, interact informally with the physicians and other providers and get free testing. The residents and fellows feel that they were making a real difference in the health of their community. The event continued to grow every year attracting several hundred participants and many sponsors. There has been a number of patients that have been diagnosed with fatty liver disease and have made lifestyle changes to reverse it. The popularity of the event continues to grow by word of mouth.



Outside of UCSF Fresno, I found “my people” at the NCSCG. Over the years, I enjoyed attending, planning and speaking at the multiple NCSCG events as well as meeting new colleagues and friends from across Northern California. I am humbled by the honor of serving at the president of the NCSCG this year and look forward to a successful year for our society.

Marina Roytman, MD, FACP

2024 NCSCG President

2024 EDUCATIONAL OPPORTUNITIES

As I am writing this article I realize that 2024 just started, but I have already attended 2 great conferences!

The first one was the **NCSCG Liver Symposium** held in the beautiful Hayes Mansion in San Jose. It was a huge success. The debate between Dr. Norah Terrault, the past AASLD president, and Dr. Ray Kim, the current AASLD president, had us all on the edge of our seats! It was a very engaging way to learn about management of patients with chronic hepatitis B.

Liver Jeopardy (or "Hepardy") was a clear winner of popularity with the NCSCG Liver Symposium. Audience participation was phenomenal and it was a very close race down to the final jeopardy question. The winning team walked away with the bragging rights. Everyone else walked away with hepatology knowledge applicable to the busy clinical practice.

A few days later I was in Las Vegas for the **Annual Crohn's and Colitis Congress (CCC)**. I really enjoyed the scientific part of the meeting as well as the practical part. We had an amazing APP reception on Thursday night, led by APP Committee Chair Michelle Rubin from University of Chicago. She has been involved in Crohn's and Colitis Foundation for 45 years! The event took place at the magnificent Bellagio hotel. Food was delicious too! I met so many old friends at CCC and made some new ones.

I am already planning to go to Scottsdale April 4-6 for the **4th Annual Liver Connect** conference. I look forward to learning more about nomenclature and treatment of MASLD. I cannot wait to learn and share the newly acquired knowledge with other APPs in the Valley.

Next will be **DDW** in Washington DC on May 18-21. I will skip that as even I need a break from travel and learning. I will certainly be at our own **NCSCG GI Symposium** in beautiful Monterey June 1-2. Preparation for this meeting is in full swing. The lectures will be in the morning leaving us a lot of free time to spend with our family and friends in the afternoon. Looking forward to seeing all of you there.

You may want to go to a scenic Meritage Resort and Spa Napa Valley, June 20-22 for the **4th Annual GI Reconnect**.

Last but not least, I hope to see you at our **7th Annual GHAPP Conference** on September 12-14 at Gaylord National Resort and Convention Center, National Harbor, MD. Please apply for the scholarship. It will cover airfare, hotel stay and registration. Last year I became a member of the ACG APP Committee. It is not too early to start planning for the 2024 ACG Meeting, October 25-30 in historical and charming Philadelphia.

Here is to another year of learning and travel!



Stanford | MEDICINE



2nd Annual Updates in Gastroenterology & Hepatology

April 17 – 20, 2024

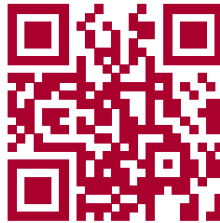
Fairmont Sonoma Mission Inn & Spa,
Sonoma, CA

This course is designed to address seminal updates to ensure that the busy practitioner has the most current knowledge in order to provide optimal care for their patients with gastrointestinal needs. This course is targeted to the practicing gastroenterologist, hepatologist, primary care provider, internist, family practitioner, nurse practitioner, physician assistant and nurse.

Featured Topics Include:

- Liver
- Endoscopy
- Bariatrics/GERD
- Motility
- IBD
- Therapeutics
- Cancer

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*A Continuing Medical Education Conference presented by the Department of Gastroenterology & Hepatology at the Stanford University School of Medicine.
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Northern California Society for Clinical Gastroenterology

ABOUT THE NCSCG

The Northern California Society for Clinical Gastroenterology ("NCSCG") is a 501(c)(3) non-profit organization devoted to the pursuit of clinical excellence in Gastroenterology and Hepatology, primarily through continuing medical education. By providing a forum for the exchange of ideas, the NCSCG aims to encourage professional growth, stimulate intellectual curiosity, and further patient outcomes by expanding access to up-to-date information of interest to practitioners.

[CLICK HERE TO FIND OUT MORE](#)

MEMBERSHIP

The NCSCG is comprised of gastroenterologists and hepatologists from private practices and academic institutions throughout Northern California. Members of NCSCG are offered complimentary registration to our spring and winter educational dinner meetings and discounted registration fees at the GI and Liver symposia. Complimentary membership is offered for fellows.

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CONTACT US

For questions, comments or suggestions about this newsletter or becoming an NCSCG member please email ncscg@pacemedcom.com

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