

Radiology Residency Newsletter

Special Edition

Editorial Board

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This special edition was borne to honor and commemorate Dr. Shah's recent retirement from decades of clinical service. As much as it is a celebration of his herculean dedication to his work and to educating so many residents in the past and present, it is bittersweet, as it also comes with the sense of tremendous loss for all of us.

As a budding R1, I was well versed with his far-reaching reputation and terrifying folklore. Knowing almost next to nothing in Radiology early in training and being quizzed on ostensibly humble Chest X rays, hand picked by the Shah, during Wednesday AM conferences has sent chills down the spine in even the best amongst us. But looking back, these are amongst my most memorable memories of conferences and when I truly learnt the most (thanks amygdala!). In his inimitable teaching style, Dr. Shah has taught generations of Radiology trainees the art and science of practicing patient-centered Radiology. Sometimes tough, but mostly kind and encouraging, he has always focused on putting education first. So much so that he continued to teach while working through the worst peaks of the pandemic and also after retirement. The world may have changed after 2020, but his methodical approach and guiding principles haven't. When you work with him, you're always on your best behavior and putting your best foot forward, all while looking sharp when doing so!

He is truly one of a kind and continues to lead by example through an ever-strong work ethic, professionalism and steadfast commitment to learn and to teach.

A little personal anecdote, while creating this supplement I reached out to UAMS alumni and staff to share their own experiences with Dr. Shah, but the sheer number of responses full of love and respect quickly grew past the tipping point, culminating in this issue.

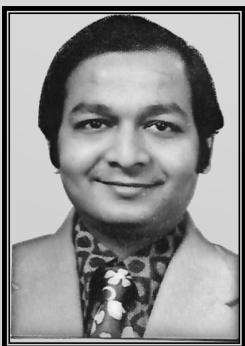
I hope you will join me in peering through this looking glass to learn just a little bit more about the stuff legends are made of!

Yours truly,
Surbhi Raichandani

Celebrating Dr. Shah



Dr. Teresita L. Angtuaco
Professor
Departments of Radiology,
Obstetrics & Gynecology
Imaging & Radiation Sciences
Health Policy & Management



I have shared 41 memorable years of working at UAMS with Dr. Shah and I am honored to contribute to this celebration of his retirement by relating fond memories of my dear friend and trusted colleague.

UAMS, our common ground

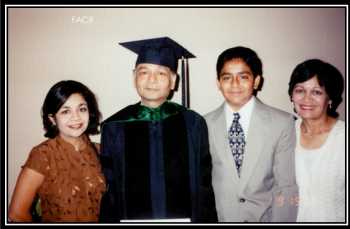
In remembering Dr. Shah's journey, it is important to understand what the radiology department was like when Dr. Shah first came to UAMS. We had an amazing new chancellor, Dr. Harry Ward for whom the Ward tower was named. He came to UAMS from Colorado in 1979. Dr. Ernest Ferris was the department chairman. He was among the radiology faculty who trained my husband Eddie at Boston University and recruited us both to come to UAMS. The chief of nuclear medicine was Dr. Charles Boyd who was an internist with expertise in nuclear medicine. CT and ultrasound were new developing specialties in radiology, so these were temporarily assigned to Dr. Boyd for supervision. He was a great leader who gently guided us all as we faced challenging new imaging advances in radiology. Although I was in a two-year residency in Nuclear Medicine, it was integrated with ultrasound and body CT. I worked with two other fellows as we started the development of the Division of Body Imaging before MRI was added.

In addition to the university hospital, our small imaging team had responsibilities that included coverage of nuclear medicine and ultrasound at Arkansas Children's Hospital plus the old VA Medical Center on Roosevelt Avenue. The I-630 construction ended at ACH while it was awaiting completion to connect with I-30. Dr. Seibert was the only full-time pediatric radiologist at that time. One of us would travel on alternating days, navigating the small streets that linked both hospitals. We would have 8:00 a.m. and noon conferences at UAMS that was supervised by the staff assigned on those days. Although it was a little stressful to travel to both places every day, our workload was less than one third of what it is today. Although I can understand why the residents were complaining about attending two conferences in a day, I did not mind it at all since I came from a program where case conferences happened only at the end of the day when the work was done (which was rare). I always reminded the residents that they were very lucky to have conferences at all.

The Recruitment of Dr. Shah

Fast forward to the spring of 1980. One morning, Dr. Boyd informed me that we were interviewing Dr. Shah who was an applicant for the body imaging fellowship in CT, US and NM. It was my day to be at the VA when Dr. Shah came for his interview. It was a year where I thought we skipped spring and just rolled into summer weather. That explains why my first encounter with Dr. Shah was so memorable.

It was a very hot and humid day when he came to tour the VA, carrying a long thick winter coat on his arm. Everyone in the small US/NM section at the VA paused whatever they were doing just to stare. I had to tell them that Dr. Shah came from Newark, New Jersey where it was still snowing when he left that morning. After the interview, most of the technologists thought Dr. Shah would never come here because surely, he must prefer being close to New York. They felt the same way about me and Eddie when we came from Boston to interview two years earlier. They were proven wrong when Dr. Shah accepted the position and a few months later his wife, Sushma came to look for a place in Little Rock for their family to live.



The academic Dr. Shah

At the very beginning, it was easy to appreciate the impact of Dr. Shah's previous training before he came to UAMS. After graduating from medical school, he spent 3 years as a resident in General Surgery and Neurosurgery in India. After that, he moved to the U.K. to do another two years of residency in Orthopedics and Casualty. He then continued his journey to the U.S. where he worked as a house physician followed by two years of residency in general surgery in New York. After accomplishing all that, he found his calling in Radiology and did three years of residency at Newark Beth Israel Medical Center, serving as chief resident in his last year.



At UAMS, he started as clinical instructor and Fellow in body imaging in 1981, becoming the Chief of Body CT in 1987. He went up the ranks to be Professor of Radiology and Urology in 1998.

Throughout his academic career at UAMS he was the recipient of three Radiology Residents' Award of Distinction (RAD), five Professionalism awards from the residents and 10 Red Sash wards from medical students.

He has co-authored 5 book chapters, 58 journal articles and 32 scientific exhibits, all done not only with radiology staff and residents but with colleagues from other departments. He gained respect not only with his radiology knowledge but from expertise gathered from his many years of training in other specialties. It is a rare accomplishment that benefited all of us who were fortunate enough to learn from him.



Dr. Shah, the teacher and mentor

At Dr. Shah's retirement ceremony last month, his oldest granddaughter shared how her grandpa encouraged her to pursue her heart's desire in choosing her career no matter what others may say. This one attribute is the reason why Dr. Shah has been an exceptional mentor to so many students, residents and fellows. Such a rare combination of empathy, experience and sincerity in a person is indeed hard to find. I often hear him share anecdotes and previous experiences on his one-on-one sessions with residents to make sure they remember what he taught them. Many of us have stories about how Dr. Shah conducts his check-out sessions with residents, the detailed discussions and questions he asks during his lectures and the confidence with which he drives his point during conferences with other clinicians. As the saying goes.... "when Dr. Shah speaks, everyone listens".



Dr. Shah, the family man

This may be hard to believe but I could not remember a single time in the past 41 years when Dr. Shah and I had any serious disagreement about anything. From our dedication to family and how we value our work..... to our decision to stay in academia due to our love of teaching, we had a common bond that extended to our spouses and children. When Sushma and I see each other, we always had a lot to talk about, mostly our kids. I had fond memories of their son Samir coming to our house to spend the afternoon playing with my children, Michael and Christine. They had several "productions" as they pretended to be radio announcers having a morning show. I never personally spied on them, but I was sure that they spent most of those afternoons just laughing at themselves. They taped some of those sessions and replayed them for their parents and Samir's older sister Shaily, who thought they were just "crazy kids". I still remember asking Samir for his father's permission before he can have hamburgers as a snack at my house. Although we lived in different neighborhoods and shared only a few personal friends, we consider the Shah's like family. We attended Shaily's three-hour authentic Indian wedding capped by an elaborate Indian feast cooked on site by an Indian chef from New Jersey. These are among our most cherished memories.



Hemendra, my friend

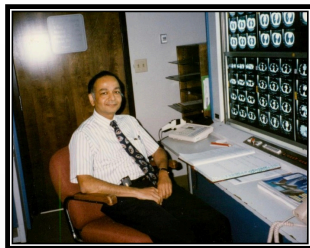
Finally, I would like to thank Hemendra for being a real friend to me and my late husband Eddie. Our careers took different paths. I was more focused on administration, staying on top of national radiology issues and helping our department gain national recognition while he focused on day-to-day real challenges at work while providing excellent radiology education. Although we traveled in different trajectories, it was always in parallel with each other's path and passion in life. Through my difficult life challenges as Eddie battled two cancer diagnoses, Hemendra patiently "held the fort" for me. Although I will miss his valued support and advice on work issues, I know he will always be there to talk and reminisce our shared memories as colleagues and friends forever.



I wish you a happy retirement, my friend! Stay safe and happy always!



Reflections



Dr. Kedar Jambhekar
Professor
Division Chief
Body MRI/MSK
Department of Radiology

I remember meeting Dr. Shah 17 years ago when I joined UAMS as a new faculty. I was in awe of the person that was considered the “best” body radiologist at UAMS and wanted to learn as much as I could from him. He has been one of the most “feared” and “respected” faculty in Radiology.

Feared, because he demanded perfection and respected because he went above and beyond in teaching as well as clinical work. Residents who worked with Dr. Shah always wanted to make sure they did things exactly right or else..... His way of teaching embodies what is called “tough love”, and most of the residents who worked with him know exactly what that means.

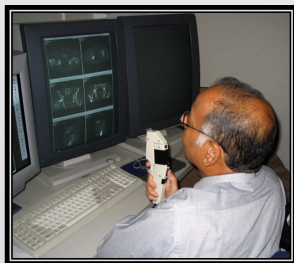
Over the years I have come to be quite close to Dr. Shah, both professionally and personally, and my respect towards him has grown manifold. He has helped me innumerable times when I struggled over call cases and has also given me good “life advice”. One of the best pieces of advice Dr. Shah gave me many years back, something I will never forget is - “teach even if only one resident shows up”. He would say “your job is to teach so do just that”.

Dr. Shah has taught so many residents at UAMS for over 4 decades that a lot of them feel that they owe their good training to him. It is hard to imagine entering the reading room and not finding Dr. Shah there.

Personally, I have never heard Dr. Shah complain about the amount of work given to him - he loves radiology so much that he would happily keep reading CTs all day, every day.

However, after so many years of dedicated service to our patients, he has decided it is time to take it easy and spend more time with family and friends. We wish him all the very best for the future and hope he is always around for “consults”.

Dr. Shah, you will be missed!!



Dr. Tarun Pandey
Professor
Fellowship Director
Body MRI/MSK, Cardiac
Imaging
Department of Radiology

I am probably not the only one who feels short of words describing Dr. Shah’s achievements and his positive influence over residents and faculty. So, I will not even attempt that.

I will just share an anecdote about Dr. Shah that I hope will inspire the readers. Many of you who know Dr. Shah long enough are quite familiar with his insatiable desire for more learning.

Every year for the past several years, Dr. Shah used to attend the annual NYU head-to-toe conference without fail. One time when I asked Dr. Shah, why he even bothered to attend a conference which had other topics that he doesn’t practice daily such as neuroradiology, head and neck, breast imaging etc., he said that at the end of the day, it is all radiology, and you never know when you would be asked for a consult on a head CT!

I was amazed at that reply, and it showed his level of commitment towards learning and towards his patients. I have not seen that from anyone and that’s why he is so well respected by all, and his career is an inspiration for us.

Reflections



Dr. Roopa Ram
Associate Professor
Program Director
Body MRI/MSK
Department of Radiology



Dr. Shah – the one person who profoundly changed my life and made me love what I now do each day. From the first day I met him in 2005 as a clueless observer in Radiology to his last official day at UAMS in 2022, it has been an absolute honor knowing him through my journey in UAMS Radiology.

Coming to work on time and in professional attire, keeping a calm demeanor when answering countless clinician queries and steering them in the right direction, patiently teaching every new class of residents' radiology and anatomy, making sure as many patients on the never-ending CT list are taken care of, are some of Dr. Shah's noteworthy characteristics which anyone that knows him will allude to.

In addition to the infinite Radiology knowledge he has instilled, I have learnt one other important life trait from him – Discipline. Solving Aunt Minnie cases every day (even after 40 years of doing Radiology), tea with 2 pieces of toast at 3 pm, walking the treadmill for at least 30 minutes a day, diligently following up on tough cases and updating his notebooks are just a few examples. I look forward to the day when I will be able to adopt some of these micro habits that he has followed for years. I would like to share this picture which hung on Dr. Shah's office wall for years – it is one that Dr. Diner had given him when he first came to UAMS and now hangs in my office. It is a reminder to stay humble, study constantly and do the best for patient care – everything Dr. Shah did till he retired.

In my mind, Dr. Shah will never retire, he is with me each time I read a body CT and especially when I look at the scout!

“Better than a thousand days of diligent study is one day with a great teacher”

Thank you, Dr. Shah, for inspiring us to be our best, and for motivating us to always strive to learn something new everyday. Thank you for being such a phenomenal and legendary teacher.

You truly cared about us, what we learned, and who we were becoming. You are the one who taught us the true art of medicine, keeping patient care at the heart of everything we do, and making an everlasting impact on any life we touch. You are the one who taught us not to just stop at the conventional differential diagnosis but look deeper into the clinical issues. You taught us the “How's” and the “Why's” of what we see and find on scans. Your pimping sessions in the reading room and Wednesday 7 am case conference always made us wonder how much more there was to learn for us. You always lead by example and are a perfect role model. You earned the utmost respect from your clinical colleagues and showed us the importance of our field and the impact it can make in patients care. Your passion for teaching has inspired your fellow radiologists to bring in the same enthusiasm to teach.

We can never thank you enough and are eternally grateful to you for investing your time and efforts in us. Thank you for making a lifelong positive impact on our lives. Your absence will be sorely missed. We wish you all the best for your retirement and hope you have a great time with family and friends. You have not only helped us become better radiologists but also better human beings!



Dr. Gitanjali Bajaj
Assistant Professor
Body MRI/MSK
Department of Radiology



Dr. Kurt Messer
Assistant Professor
Body Imaging
Department of Radiology

It has been a pleasure and great opportunity to be able to work alongside Dr. Shah and learn from him for the past few years. He is an outstanding clinician and educator, and an even better human being. I am grateful for his support over my short time here at UAMS, treating me immediately as a colleague when I joined on as a new and very nervous junior faculty member in 2016. Not only was he always available if I had a question, but he also would come to me and ask for my opinion on cases, which was awesome and definitely made me, as the new guy, feel like a part of the team.

I truly admire his work ethic, professionalism, and dedication to both resident education and patient care; he sets a great example that both residents and faculty should strive for.

Wishing him all the very best in his retirement. We will certainly miss having him in the reading room (as often).

Reflections



Dr. Gwendolyn Bryant-Smith
Associate Professor
Division Chief
Breast Imaging
Department of Radiology

Dr. Shah is the ultimate role model!

He demonstrates pure excellence through his actions, and he brings everyone around him up to a higher standard. He is always timely, neat, and has a work ethic that is hard to match. His 7 am Wednesday CT resident conferences will forever be in my memory. Especially, the way he clapped his hands when he became excited about a great case he was showing us.

He has been consistent in this excellence since the day I met him as a third-year medical student in 1998, and he is still positively role modeling in 2022. Not only does he command the respect of students, residents, fellows, and peers for his work ethic and professionalism, but he also commands it by his displays of kindness. I have seen his kindness from afar by how he interacts with other employees in the hospital and in radiology, and I have seen his kindness up close as he has continued to encourage me as a student, resident, and faculty member. His legacy for UAMS is immeasurable.

What an honor to know him and work with him.



Dr. Janice Murphy
Associate Professor
Pediatric Imaging
ACH NW

Dr. Shah was the best!!

My favorite saying of his was "CT never lies!" - That was regarding seeing possible abnormalities on other imaging studies like ultrasound and CT being the gold standard for pathology. He was the absolute best teacher of anatomy asking, "what lives there?" - when you were trying to figure out where a mass was or what something was.

I look at CTs today the way I did when he taught me how to do it. Another favorite saying was "You are killing me!" - when we didn't know something we were supposed to know - Ha!!



Dr. Josh Eichhorn
Assistant Professor
Nuclear Medicine
Department of Radiology

Dr. Shah has given 4 decades of service to UAMS. During that time, he has trained and mentored hundreds of residents. The impact he has had on UAMS radiology and radiologists now scattered across the country and globe is immeasurable. His combination of intellect, clinical knowledge, curiosity, and attention to detail is unmatched.

For many years, every difficult case has been brought to Dr. Shah for his review. Residents have benefited from learning Dr. Shah's systemic approach to cases while considering the clinical picture. He has always stressed the importance of knowing anatomy, understanding disease processes, and answering the clinical question. His regular presence in the reading room and morning case conference will be greatly missed.

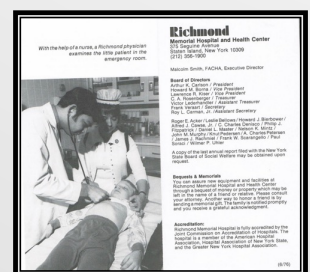
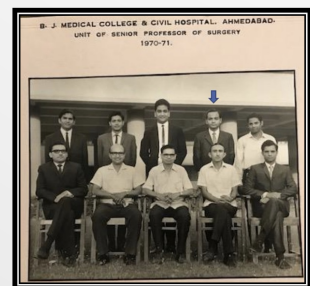
Dr. Shah, we all wish you the very best in retirement. No one deserves it more.



Dr. Vibhor Wadhwa
UAMS Alumni
Interventional Radiology

Dr. Shah is a brilliant radiologist and an exemplary teacher, exhibiting the highest levels of professionalism in every single interaction. When working with Dr. Shah, the expectations were through the roof. From what you wear (where do you think you work?) to how many typos your report contains (no garbage reports allowed), he will ensure the residents are learning radiology and professionalism at the same time. UAMS will miss this true legend.

In his own words



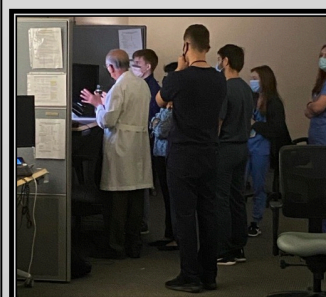
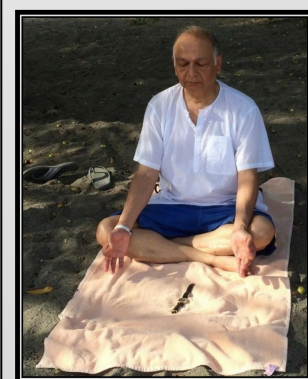
I wanted to become a doctor/physician since my childhood. I was good in math and science and getting good grades so admission to medical school was easy. The education was different in those days. I would usually receive a score of 70% or greater, and this was called distinction.

During my medical school, I was fascinated by dissecting cadavers & enjoyed learning details of human body. I enjoyed all my clinical rotations but mostly surgery as most patients got better quickly and were able to go home. I did long surgical residencies in India, UK and USA in various fields. I decided to change my career from surgery to radiology as I was not getting chief residency in general surgery which was required to graduate.

My fortune changed when I started radiology. CT and US became important diagnostic tools. During my residency I had exposure to US, but we did not have CT, so I had to go to another hospital once a week for 3 months. I decided to do my fellowship in CT/US/MRI, so I came to UAMS for one year from New Jersey. I enjoyed the training and collegiality at UAMS and decided to stay on as staff.

Here I found that I could not only help sick patients but teach medical students and radiology residents as well as other residents in various fields. Due to my surgical training, I was able to help surgeons and tell them when to operate or not to operate. Over the years I have learned a lot from clinicians when they give me follow up on cases and by conducting many interdepartmental conferences.

Over the years I have also heard compliments from the prior residents that they remember me when they are reading difficult body cases. Recently one of my previous residents called and told me that his colleagues were surprised when he correctly called a very difficult diagnosis. He gave me credit for teaching him body CT. Overall, I am very satisfied that I became a radiologist and was part of training residents for the past 40 years and also an integral part of patient management.



Thanks for reading!



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Until next time...



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RADIOLOGY

Integrity Respect Teamwork Creativity Excellence