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ALLERGY & IMMUNOLOGY CAREER GUIDE



American Academy of Allergy, Asthma & Immunology 2017 AAAAI Annual Meeting | Atlanta, Georgia March 3-6, 2017

ARTICLE HIGHLIGHTS

- Explore Downtown Atlanta Restaurants
- Hospital vs Private Practice: Which is Best?
- Writing As An Early Career Step

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EXPLORE DOWNTOWN ATLANTA RESTAURANTS



From American style cuisine to traditional Southern Barbecue, there is something for every taste and every budget in Atlanta. As you make your way to and from the convention center during your stay, you will more than likely pass one or more of the area's many restaurants, cafes and bars.

Downtown Atlanta has many great restaurants to explore; here are 10 that made our list:

NIKOLAI'S ROOF

With dishes like crispy pork belly, duck confit, and scallops, plus more than 900 wines, this is the perfect spot to bring a date.

Hilton Atlanta 255 Courtland Street NE | Atlanta, GA 30303
404-659-2000

nikolaisroof.com

POOR CALVIN'S

Poor Calvin's serves Asian fusion food with Thai and American influences. Go there for brunch and try the chicken and waffles.

510 Piedmont Avenue | Atlanta, GA 30308
404-254-4051

poorcalvins.com

TWIN SMOKERS BBQ

They've taken the best of barbecue to the next level and piled it on a plate for you. Their slogan is "BBQ Bourbon Atlanta".

300 Marietta Street NW | Atlanta, GA 30313
404-698-4707

twinsmokersbbq.com

AFRODISH

The Only food stand to make the list (part of the Sweet Auburn Curb Market) serves traditional Jamaican and Caribbean fare. Stop by for black eyed peas, plantains, curries, and beef patties. Great for lunch or take-out.

209 Edgewood Ave SW | Atlanta, GA 30303
404-522-1054

thecurbmarket.com/afrodish-restaurant

ALMA COCINA

This upscale downtown joint is serving Latin/Mexican food in a modern setting, including braised lamb tacos, roasted chicken mole, and desserts like Mexican Coke (the drink) panna cotta.

191 Peachtree Street NE | Atlanta, GA 30303
404-968-9662

alma-atlanta.com

LEGAL SEA FOODS

Upscale Massachusetts area chain with an extensive menu of seafood and steaks. Downstairs, the Oyster Bar has casual, quick drinks. Upstairs dining room has a great view of Centennial Olympic Park.

275 Baker Street NW | Atlanta, GA 30313
678-500-3700

legalseafoods.com

CUTS STEAKHOUSE

Cuts does the steakhouse thing Georgia style, which means your perfectly grilled strip will come with a side of grits and pimento mac ‘n’ cheese.

60 Andrew Young International Blvd NE | Atlanta, GA 30303
404-525-3399
cutsatlanta.com

MAX’S COAL OVEN PIZZA

Serving 1,000-degree-charred NY-style pies and slices, from build-your-owns to the Bianca (ricotta, mozzarella, parmesan, confit garlic, & fresh basil). Everything made with house-made cheese and the chef’s family recipe sauce.

300 Marietta Street NW | Atlanta, GA 30313
404-974-2941
maxsatl.com

WHITE OAK KITCHEN & COCKTAILS

The menu changes seasonally, but no matter what time of year you stop in, you can expect a Southern tinge in each of the simple, yet elegant dishes, like a charcuterie plate or deviled eggs ... both with pimento cheese.

270 Peachtree Street NW | Atlanta, GA 30303
404-524-7200
whiteoakkitchen.com

RAY’S IN THE CITY

Upscale setting for seafood, prime cuts & an extensive wine list, plus live jazz Thursday-Saturday.

240 West Peachtree St NW | Atlanta, GA 30303
404-524-9224
raysrestaurants.com/raysinthecity/home



Explore Buckhead’s Restaurants

Buckhead is the upscale Atlanta neighborhood where you can experience decadent restaurants, world-class hotels and legendary shopping. If your schedule permits, grab a cab and treat yourself to an experience you won’t soon forget. Three names with which you should acquaint yourself include:

Capital Grille

Outpost of the upscale steakhouse chain offers classic American fare, an impressive wine list and professional service in a clubby, refined setting.

255 E. Paces Ferry Road | Atlanta, GA 30305
404-262-1162
thecapitalgrille.com

La Grotta Ristorante

Voted the Best Italian Restaurant (Atlanta Magazine) for 18 years in a row. Classic Northern Italian pastas and antipastos in an upscale white linen space with a patio.

2637 Peachtree Road NE | Atlanta, GA 30305
404-231-1368
lagrottaatlanta.com

Fogo De Chão Brazilian Steakhouse

A taste of Brazil to Atlanta’s uptown district. This upscale chain serves up all-you-can-eat meat carved tableside, plus an extensive salad bar.

3101 Piedmont Road | Atlanta, GA 30305
404-266-9988
fogodechao/location/atlanta

(Sources: Thrillist.com; Atlanta.net)



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Writing As An Important Early Career Step

By Kurt Ullman

For many, one of the hardest things to do in their early career is also one of the most important. Getting your research published is crucial for promotion. “The biggest issue for someone starting a career is deciding the best time to publish your research,” Says Stephen R. Hammes, MD, PhD, chief of the Division of Endocrinology and Metabolism at the University of Rochester School of Medicine and Dentistry in New York State. “As a new investigator, you want to publish good quality, but you don’t want to hold off too long.”

There are two schools of thought. One suggests that you publish as soon as you can. It may not be fully formed, but a new investigator needs to get something out there. The other is that you should hold on to your research and keep adding more and more information with the hope that this will be the one big score you need to set yourself apart.

FIND A MENTOR

Hammes, who also serves as Editor-in Chief of Molecular Endocrinology, says a good resource is an advisor or mentor. Dr. Emily K. Sims, MD, assistant research professor of pediatrics at the Indiana University School of Medicine in Indianapolis wholeheartedly agrees. “Beyond the actual work, I think finding the right mentor is the most important part of getting published for an early-career researcher,” she says. “Having a mentor gives you guidance and I don’t know what I would have done without one from the beginning. You have to make some mistakes, but there are so many good things that can come from their experience.” Keep in mind that a mentor may have very different ideas about when submissions should be made. “Often the advisor wants to wait to publish this great monolith of a paper,” Hammes notes. “They are established, have time to wait and have a lot going on at once. The new investigator has only their own project to think about.” It may become necessary for the writer to approach their

mentor and tell them the research needs to go out for publication sooner than later. Personal concerns, such as the requirements for a promotion or the need to begin procurement of their own grant money, lead to imperatives that the more seasoned investigator may not share.

Editors of the journals you are considering are also a great source of advice. Most will be happy to talk to you and give you advice on timing or any other questions you may have about submitting articles to their publication.

CHOOSE THE RIGHT JOURNAL

After deciding when an article should be published, deciding where it will be submitted is another important step. Journals are ranked by impact factor (IF), the average number of times recently published articles have been cited in other publications. Generally, the higher the IF, the more important a journal is thought to be. “You should try to publish in the higher IF journals, but you also have to realistically evaluate whether your project will make the cut,” says Sims. “I always try to shoot for an IF I think is reasonable; you want to get published so people can see your work.”

Study the publication(s) you are considering. How does their audience match up with the audience you see for your article? For example, if you have done a clinical study, it isn’t likely to interest a journal with a focus on basic science. “You want to Publish in a place you feel comfortable. While the editorial board may not be your friends, they are people you are probably familiar with. The journals are there for Society members to get their work out and I think newer researchers should take advantage of that whenever possible.”

FOLLOW SUBMISSION GUIDELINES

When preparing to submit your research to a specific journal, it is important to review the information on the authors page. This will provide you with the formatting, the person who should receive the article and the technical requirements of the publication. “The authors page gives specific information on how they want the bibliography to look, how many words they’ll accept for the abstract, and the other important parts of the submission,” says Sims. “Some feel that the research is important and the publishing details, not so much. But the people who decide on the publication’s content take these details very seriously.” Following guidelines can be an important part of getting your manuscript accepted quickly, if at all. When editors send an article back to the author for revisions this can delay the time your article is accepted or rejected for publication. “Everybody should review the authors information, yet it is amazing how many don’t,” says Rebecca Kelly, a managing editor for ES Publications. “We generally won’t reject solely based on format concerns. But it makes us wonder, if they did not pay attention to the technical requirements, maybe they did the same on the research itself.” The tone and method of your writing is often the hardest part of the process for both early-career and established writers. A good article is easy to read and

communicates the important parts quickly and concisely. “Writing a manuscript is an art,” says Sims. “You can do the most exciting work ever, but if you can’t communicate it, it doesn’t really matter.”

“Make sure lots of people have read your paper and commented on it before the journal reviewers get it” says Hammes. “Have your co-authors look it over and get feedback as a first review. “Get input from other colleagues. When you have considered and incorporated their suggestions, you can send it along to the journal.” During the final check, make sure that your illustrations and tables are in a format the journal can use. Be careful when making these additions that no bias is introduced. “We have seen where some authors have tried to make an illustration stand out, says Kelly. “They may darken a gel to draw attention to the one they feel is more important or sharpen it to make it look nicer.” She says most of this is done out of ignorance and not an attempt to fake results. However, the staff of the journal will examine the manuscript closely so that they can be sure there is no attempt at fakery. These are concerns all journals take very seriously.

GETTING AUTHORSHIP IN ORDER

Another important step to publishing is deciding on the order of authorship. Again, where you are in your career can make a difference in where your name will appear. “Authorship is a very important issue for young researchers who have to have their own work to be successful,” says Hammes. “Working in your first post-doctoral lab, you will want to be first author and your senior investigator, the last author.” In such cases, Hammes thinks it is very important to sit down with your mentor and discuss senior authorship status. This can help cement your status as an investigator and pave the way for career growth. “I always encourage my junior investigators to have these conversations when it is their work. They should tell their mentors that they want senior authorship. Some will be more willing than others to back off. It is a conversation most early-career investigators may have to have eventually”

DEVELOP THICK SKIN

An important trait a new investigator must develop quickly is the ability to not take rejection personally. Most papers get turned down at least once. “One of the things I learned is that you have to have a very thick skin, otherwise you won’t come out of this with your self-esteem intact,” notes Sims. “Even when they turn down your paper, usually you will receive valuable feedback on improving it for the next submission.” Keep in mind, it is not just early-career investigators who get rejected. Hammes points out that even Chiefs of Service and tenured professors don’t get published 100% of the time. “Just because it was returned doesn’t mean it was bad science, it just means it wasn’t appropriate for that journal,” he says. “The easy thing to do would be to complain and be mad at the reviewers. But then you calm down, look at the comments and know what you have to do to submit a better paper to the next journal.” □



Hospital vs. Private Practice: Deciding Which Is Best For You

When deciding on a career trajectory, many physicians come to a cross-roads: seeking employment in a hospital or a private practice. Each opportunity offers its own advantages, and the choice often comes down to what each physician wants to achieve. For some, working in a hospital offers job security. Others may value the freedom associated with a private practice.

For most physicians, this decision requires considerable thought to personality, career goals and lifestyle preferences. Here are some points to consider when deciding which may be the best scenario for you:

Working in a hospital

Hospital jobs are appealing to physicians because they offer a steady, consistent paycheck. Merrill Matthews, who writes for The New York Times, noted that physicians at hospitals get paid the same amount no matter how many patients they see. This means they can spend more time with each patient rather than rushing from one to the next.

Physician jobs at hospitals are just that: jobs that focus on helping patients. In a hospital, clinicians don't need to worry much about administrative tasks because they're supported by a dedicated administrative team.

Hospitals:

Pros:

- Salary stability
- Fewer administrative headaches

Cons:

- Less control over treatment options
- No control over hiring decisions

Working in a private practice

Working for an established private practice or founding a new group can provide physicians greater control over how they care for their patients. While physicians who work for hospitals must commit to following established guidelines and policies, private practices provide the advantage of choosing the treatment options they feel best suit each particular case.

Speaking with the American Association of Orthopaedic Surgeons, Dr. Louis F. McIntyre, MD reported that professionals in private practices also have a say in staff hiring decisions, an important distinction from those with hospital jobs. Experienced clinicians may value this freedom which allows them to set expectations and focus on aspects of care that they are most interested in.

Private Practice:


Pros:

- Freedom to choose care options.
- A voice in day-to-day business operation

Cons:

- Salary can be unstable
- Focus is not solely on patient care

In the final analysis, professionals need to consider for themselves which situation sounds more appealing. The final decision may also depend on the hospital networks and practices which operate in the geographical region of choice. Taken together, these choices will help in the final decision-making process.

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Clinical Educator, Allergist/Immunologist

THE OPPORTUNITY

- Full time faculty position at the University of Arkansas for Medical Sciences(UAMS) in a Clinical Educator tenure track (Assistant or Associate Professor)practicing at Arkansas Children's Hospital (ACH). Required: M.D. or D.O. degree with board certification in Pediatrics or Internal Medicine plus board eligibility/board certification in Allergy/Immunology. This position is available starting January 2017, with the starting date being negotiable.
- Research opportunities include: community-based health services and translational research in asthma/respiratory disease, clinical and translational studies in food allergy and eosinophilic esophagitis, clinical research in primary immunodeficiency disease, and industry-sponsored clinical trials.

THE TEAM

- The UAMS Department of Pediatrics employs over 260 faculty members and 90 residents.
- The Allergy and Immunology Program currently includes seven (7) clinical faculty members with one (1) basic science faculty member. The Allergy/Immunology Clinical Program is a regional tertiary referral center for patients with complex allergic and immunologic diseases; physicians/providers possess specific expertise in Food Allergy, Asthma, Atopic Dermatitis, and Primary Immunodeficiency. Cutting edge clinical care is provided through outpatient clinics, allergy testing center and inpatient care at ACH and through collaboration with the Adult Allergy/Immunology clinic at UAMS. Clinical providers are integral contributors to the institutional educational mission through interactive learning experiences with medical students, residents, and fellows.
- For more information, please see our website: www.arpediatrics.org.

THE LOCATION

- Arkansas Children's Hospital is among the largest children's hospitals in the United States and houses state of the art facilities on a campus spanning 36 city blocks with 359 beds.
- With a population of 580,000, the Little Rock metro area offers the most desirable features of large cities without sacrificing ease of access and convenience.
- The 34-mile Arkansas River Trail system connects Pinnacle Mountain, Big Dam Bridge and Two Rivers Bridge, providing opportunities for cycling, running, hiking and other outdoor activities.
- The downtown River Market, South on Main and Argenta (North Little Rock) areas provide a walking district for dining, shopping, sports, museums, libraries, night life, concerts, festivals and a host of other activities.
- Large enough to be culturally diverse and small enough to encourage a feeling of community.
- Excellent public and private school options.

For more information, contact or email: Stacie M. Jones, MD, Professor, University of Arkansas for Medical Sciences, College of Medicine, Department of Pediatrics, Chief, Division of Allergy and Immunology, Arkansas Children's Hospital, 13 Children's Way, Little Rock, AR 72202. (501) 364-1060. E-mail: jonesstaciem@uams.edu

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