



RESIDENT PROFILE

SMALL TOWN, GREAT SUCCESS:

Arvin Narula, M.D. '10

Something might be in the water in Orwigsburg, Pa. For a very small town about 90 miles northwest of Philadelphia, a surprising number of its high school students eventually find their way to Drexel University College of Medicine. That's according to Arvin Narula, M.D. '10, a resident at Hahnemann University Hospital, and a son of Orwigsburg who is understandably proud of this group accomplishment.

Inspired by his father, a gastroenterologist, Narula wanted to be a doctor from a young age. In light of his father's career, he thought medicine "was a pretty rewarding profession." Stints volunteering at hospitals and shadowing physicians confirmed this instinct.

After graduating from Blue Mountain High School, he enrolled in a scholars

program at Wilkes University in Wilkes-Barre, Pa. The program, affiliated with the College of Medicine, granted undergrads admission to the medical school if they maintained a certain GPA and received at least the required scores on the MCAT. Narula did so while delivering a standout performance on the men's tennis team. As a senior, he earned the Men's Tennis Middle Atlantic Conference Scholar-Athlete Award.

Having a cadre of some half-dozen friends from Orwigsburg made the transition to the College of Medicine much smoother for Narula. Even though they had attended different undergraduate schools and were in various academic years, they were nevertheless on similar paths at the College of Medicine. The work in medical school is rigorous, and Narula was grateful for the outlet his friends



Drs. Howard Miller, HU '74; Arvin Narula, '10; and Joseph Boselli, HU '82, celebrate at Match Day 2010.

provided. “I always had people around me,” he says. “So I had access to that [camaraderie].” Particularly during the stress of medical school, “you always need the support” provided by friends, he attests.

That support continued to be important as Narula joined the Drexel/Hahnemann Internal Medicine Residency Program. Now at Hahnemann University Hospital, he is aware of the resident’s greater responsibility. “One day you’re a fourth-year medical student,” he says. “A month later you’re an intern.” Narula admits to being nervous before his first

rotation, but quickly adds, “there’s so much guidance and so much support from seniors [senior residents] and attendings.”

Now one of the senior residents himself, Narula similarly tries to ease the way for his younger colleagues. “The most important thing is you have to make [the residency] fun,” he says. “You’re around good people a lot. If you’re around good people, you can always find humor in things.” The medical students also appreciate Narula’s approach. Last spring, the fourth-years presented him with the Golden Apple Award for Excellence in Teaching.

Narula has high praise for some teachers of his own. He cites Drs. Howard Miller and Joseph Boselli, professor and associate professor of medicine, respectively, as “huge influences” on his career. “They are the greatest role models and such dedicated and passionate teachers,” he notes.

A future cardiologist, Narula was introduced to the specialty in his third year as a medical student. “I just really enjoyed it,” he explains. “It was one of the more rewarding specialties. The outcomes seemed pretty gratifying to me. You can really make a difference, impact a lot of people’s lives in cardiology.”

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Narula was particularly inspired by Sheldon Goldberg, M.D., professor of medicine, who specializes in interventional cardiology. “He taught me so much,” Narula says. In addition to being technically gifted, he explains, Goldberg is “so good with the patients and even their families. He’s very warm.

Just by watching him, I learned so much.”

As a resident, Narula continues to pursue his research interests in cardiology. Working on a team with College of Medicine faculty members Drs. Andrew Kohut and Steven Kutalek, Narula has investigated the correlation between lead extraction and fibrosis in the superior vena cava. Using echocardiography, a novel and technically difficult process for imaging, they looked for turbulent blood flow, among other factors, to screen for fibrosis. Following the completion of his residency in June, Narula will begin a cardiology fellowship at Scripps Green Hospital in La Jolla, Calif.

Reflecting on the journey he took to become a doctor, Narula looks back to his beginnings in Orwigsburg. “I think it’s really unique,” he observes, that considering it is such a small town, “so many of us chose this path.” ■