

PROMOTION RECOMMENDATION  
THE UNIVERSITY OF MICHIGAN  
MEDICAL SCHOOL  
DEPARTMENT OF INTERNAL MEDICINE

Approved by the  
Regents  
May 21, 2015

Joel H. Rubenstein, M.D., assistant professor of internal medicine, Department of Internal Medicine, Medical School, is recommended for promotion to associate professor of internal medicine, with tenure, Department of Internal Medicine, Medical School.

Academic Degrees:

M.Sc.	2005	University of Michigan
M.D.	1998	Washington University School of Medicine, St. Louis, MO
B.S.	1994	University of Michigan

Professional Record:

2008-present	Assistant Professor of Internal Medicine, University of Michigan
2004-2008	Clinical Lecturer, Department of Internal Medicine, University of Michigan

Summary of Evaluation:

Teaching: Dr. Rubenstein has actively participated in the teaching of students, residents and fellows, both in the clinical setting and through didactic lectures. He leads small group sessions for M1 and M2 students on evidence-based medicine, and small group sessions for M2 students on gastrointestinal disorders. Dr. Rubenstein also provides lectures to residents and GI fellows, as well as clinical teaching in outpatient clinics, while on inpatient services, and during endoscopic procedures at both the University of Michigan and the Ann Arbor VA. He has also mentored numerous medical students, residents, fellows, and junior faculty on their research projects, resulting in publications and funding. His commitment to fellow education is evident in his membership on the Gastroenterology Fellowship Program Clinical Competency Committee and the Gastroenterology Fellowship Program Research Committee. Nationally, Dr. Rubenstein has given numerous invited lectures on diseases of the esophagus.

Research: Dr. Rubenstein's research focuses on improving the effectiveness and efficiency of care for esophageal adenocarcinoma and its associated pre-malignant lesion, Barrett's esophagus. He has been the principal investigator on multiple grants, including a NIH K23, NIH R03, and Damon Runyon Cancer Research Foundation Clinical Investigator Award, and his recent VA Merit proposal has been approved for funding. Additionally, he has served as the site PI on multi-center clinical trials for the management of gastroesophageal reflux disease, and has been a co-investigator on several additional grants, including NIH U54s and a Department of Veterans Affairs IIR. Dr. Rubenstein has 49 peer-reviewed publications, with over 30 as first or senior author, and many in high impact journals. His expertise has been recognized through his appointment as a section editor for *Gastroenterology*, the premier journal in the field of gastroenterology, and his election to the American Gastroenterology Association (AGA)

Council. He is currently serving a two-year term as the vice chair of the Clinical Practice Section of the AGA Institute Council, which will be followed by a two-year term as chair. His growing international reputation is evidenced by his service as a member and chair on data safety monitoring boards of international clinical trials, and invited grant review for the Medical Research Council in the United Kingdom and for Cancer Research UK.

#### Recent and Significant Publications:

Taylor JB, Rubenstein JH: Meta-analyses of the effect of symptoms of gastroesophageal reflux on risk of Barrett's esophagus. *American Journal of Gastroenterology* 105:1730-1737, 2010.

Rubenstein JH, Scheiman J, Sadeghi S, Whiteman D, Inadomi JM: Esophageal adenocarcinoma incidence in individuals with gastroesophageal reflux: Synthesis and estimates from population studies. *American Journal of Gastroenterology* 106:254-260, 2011.

Rubenstein JH, Morgenstern H, McConell D, Scheiman JM, Schoenfeld P, Appelman H, McMahon LF, Metko V, Inadomi JM: Associations of diabetes mellitus, insulin, leptin, and ghrelin with gastroesophageal reflux and Barrett's esophagus. *Gastroenterology* 145:1237-1244, 2013.

Rubenstein JH, Morgenstern H, Appelman H, Scheiman J, Schoenfeld P, McMahon LF, Metko V, Near E, Kellenberg J, Kalish T, Inadomi JM: Prediction of Barrett's esophagus among men. *American Journal of Gastroenterology* 108:353-362, 2013.

Rubenstein JH, Morgenstern H, Chey WD, Murray J, Scheiman J, Schoenfeld P, Appelman H, McMahon L, Metko V, Kellenberg J, Kalish T, Baker J, Inadomi JM. Protective role of gluteofemoral obesity in erosive oesophagitis and Barrett's oesophagus. *Gut* 63:230-235, 2014.

Service: Dr. Rubenstein is active in clinical care at both UM and the Ann Arbor Veterans Affairs Medical Center. He has led the esophageal group within the Division of Gastroenterology, including leading the introduction of the technologies of high resolution esophageal manometry and ambulatory multichannel intraluminal impedance reflux monitoring. He is a sought after clinician for his expertise in managing esophageal diseases and was recently named director of the UM Barrett's Esophagus Program. Nationally, Dr. Rubenstein has served on multiple committees of the American Society for Gastrointestinal Endoscopy and the American Gastroenterology Association, including the AGA's Clinical Guidelines Committee, and as chair of the American Society for Gastrointestinal Endoscopy's Clinical Practice Section-2. Since 2009, he has also served as a member of the Clinical Practice Section of the AGA for planning the annual meeting, and in 2014 was named as an AGA fellow.

#### External Reviewers:

Reviewer A: "I have been consistently impressed with Dr. Rubenstein's insights into digestive diseases, specifically in the area of Barrett's esophagus and esophageal adenocarcinoma. He has performed both health services research projects as well as, more recently, translational projects related to the pathogenesis and management of Barrett's. These have resulted in a number of

high impact publications in the major gastroenterology journals.... He is considered to be one of the emerging thought leaders in this field.”

Reviewer B: “I can say unequivocally that Joel is an internationally recognized leader in the field of Barrett’s esophagus....his work has been recognized by peer reviewed publications in our leading journals as well as a number of prestigious research awards. He represents all that is good in gastroenterology and medicine today.”

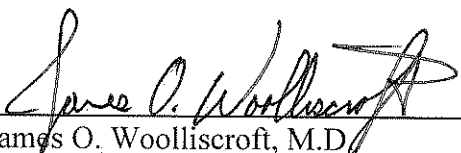
Reviewer C: “Dr. Rubenstein is a national leader in the domain of esophageal disorders. He has been an invited professor at several top tier university programs and international conferences. He has published important, original research studies in gastroenterology and serves on the editorial board of leading journals in gastroenterology. His research focus on utilization of healthcare resources addresses one of the most important issues confronting the practice of medicine.”

Reviewer D: “Dr. Rubenstein’s scholarship has advanced our understanding of the relationship between Barrett’s esophagus and adipocytokines...taken as a body, Dr. Rubenstein’s work has definitely impacted the field of Barrett’s esophagus and esophagology in general. He appears to have hit a stride in his career with recent first-author publications in very high impact journals in addition to obtaining significant degrees of funding...He was recently recognized by the American Gastroenterological Association (AGA) with the distinction of AGA Fellow. This distinction is not awarded without a candidate having served the national society to a significant degree and should be seen as evidence of his commitment to national service.”

Reviewer E: “I believe that Dr. Rubenstein is a very promising investigator [of his professional cohort] in my field in the country. I also believe that he is overdue for this promotion given his track record and level of success...He is one of the great thinkers in Barretts’ esophagus and he has a unique ability to bring scientific rigor to outcomes modeling which is often not a very precise field. I feel Dr. Rubenstein is the top candidate among his peers for success in this area of gastroenterology.”

Summary of Recommendation:

Dr. Rubenstein is recognized as a leader in the area of Barrett’s esophagus and esophageal adenocarcinoma. He is also a dedicated educator and an outstanding clinician. Therefore, I enthusiastically recommend Joel H. Rubenstein, M.D. for promotion to associate professor of internal medicine, with tenure, Department of Internal Medicine, Medical School.



James O. Woolliscroft, M.D.

Dean

*Lyle C. Roll Professor of Medicine*

May 2015