



The Roadrunner

Published quarterly by the New Mexico Chapter of the American Academy of Family Physicians, Inc.



Vol. 24, No. 2

Summer 2006

Voorhees Selected as "Family Physician of the Year"

By Sara Bittner, Executive Director

The enthusiasm this spring for "Family Physician of the Year" nominations was extremely high. There were eight nominees for this honor; and, with each nomination, there was an outpouring of respect and gratitude, from their peers as well as their employees, for the tireless job that many Family Medicine Physicians perform every day of their lives. The Board had a very difficult time in choosing a winner among the eight individuals. The seven runners-up were: Lonnie Alexander, Portales; Anita Holtz, Crownpoint; Esther Hunte, Gallup; William Kilgore, Taos; Elaine Papafrangos, Albuquerque; Karen Phillips, Belen; and Michael Sergeant, Silver City.

Dayton Voorhees, the 2006 "Family Physician of the Year" recipient received his undergraduate education at Princeton University and his medical training at the University of Colorado. He served an internship in pediatrics at UCLA and Family Medicine Residency (as a member of the second class) at UNM. Dayton is certified by the American Board of Family Medicine and holds an additional certificate of added qualifications in Sports Medicine. He is a Fellow of the American Academy of Family Physicians.

Dayton served as a general medical officer in Crownpoint before joining the Family Medicine faculty at UNM in 1976 where

he assisted in writing and implementing the primary care curriculum. His career in outpa-

tient family medicine is now with Presbyterian Medical Group in Rio Rancho.

Always giving of his time and talent, this physician has served as a provider for Albuquerque Health Care for the Homeless and has served as a state chairperson and national board member for Physicians for Social Responsibility. He is also the founder of the Albuquerque Chapter of Amigos de las Americas and a current national medical director.

An active proponent of medical education, he serves as a volunteer preceptor for third- and fourth-year medical students at UNM. He is well loved by his patients and an excellent role model for his students and his colleagues. In his spare time, he is the Primary Care Physician for the Albuquerque Isotopes AAA Baseball Team.

Dayton, thank you for your many years of outstanding service to your patients, your community, and your Academy! ■



Dr. Dayton Voorhees accepting his award for "Family Physician of the Year" from Dr. Greg Darrow.

Where We Came From (So We Can Celebrate)

The New Mexico Chapter of the AAFP would like to have your input into



a 50-year retrospective. We will be celebrating our golden anniversary as a part of the birth of Family Medicine in the U.S., dating back to 1966.

If you have a story about yourself or others you know that has contributed to the development of the Chapter, please contact Sara Bittner, Executive Director, at familydoctor@newmexico.com or by phone at 505-292-3113. Our writer will be happy to get back to you for a little interview.

We anticipate the final publication to be in print format, ready for our next annual meeting in Ruidoso in July, 2007. ■

Med Student Reception – September 15, 2006

Members, your Board of Directors will be hosting a Med Student Reception on Friday, September 15th, at the Taj Mahal Cuisine of India Restaurant, located at 1430 Carlisle NE, at 6:00 p.m. The Board feels that it is important to share their personal experiences about Family Medicine with the individuals that will be part of the "Future of Family Medicine." If you would like to attend this event and share your enthusiasm with our UNM Med Students, please contact Sara in the NMAFP Business Office: (505) 292-3113. ■



In this issue...

- Taos Conference – One of the Best!
- UNM Family Medicine Residency Program
- President's Column
- Report on AAFP Leadership Forum
- Vote for America's Health Rally in DC

Taos State Conference – One of the Best Ever!

By Sara Bittner, Executive Director

If you were not among the 155 Family Medicine Physicians attending the 49th Annual NMAFP Family Medicine Seminar in Taos, June 29-July 2, you missed one of the best Conferences in Chapter history. With Dr. Greg Darrow at the helm as Scientific Program Chair, no stone was left unturned. Greg had his entire program planned by July of 2005; and judging by the extremely high marks on the Evaluation Forms, the 26 lectures, worth 25 hours of CME, were very well received by the registrants.

On Thursday evening, the registrants and their families enjoyed a Welcome Reception with wonderful food served with a southwestern flair by the Sagebrush Inn. Individuals running for NMAFP office introduced themselves, and the entertainment for the evening was provided by Nick Branchal, an acoustical guitarist from Taos.

A member meeting was held the next day during which the members cast their ballots for their 2006-2007 Officers. After a day of quality CME, the lecture hall was turned into a banquet room complete with dance floor and stage for the awards dinner and dance. Dr. Tom Weida, M.D., Speaker of the AAFP Congress of Delegates, inducted the new NMAFP Officers and gave a brief update on AAFP activities, sharing the value of membership and advocacy, and also encouraging attendance at the Washington, D.C. rally on September 27th.

Dr. Darrow presented the President's Award to Governor Bill Richardson and First Lady Barbara Richardson for their tireless work to help decrease domestic violence in New Mexico. Michelle Lujan Grisham, Secretary of Health, accepted this award for the Governor and First Lady. The Chapter Service Award was presented to Dr. Larry Leeman, who fought diligently to keep maternity malpractice insurance premium rates in New Mexico affordable for Family Medicine Physicians. Because of Larry's determination in convincing AP Capital to change their scheduled rate hike, New Mexico's malpractice rates are now lower than

they were a year ago. Dr. Dan Derksen accepted the award for Dr. Leeman in his absence. The Physician of the Year Award was given to Dayton Voorhees (see article on page 1).

A band by the name of Vanilla Pop was the entertainment for the evening. The dance floor was still crowded when the band finished at 11:00 p.m., and to say "a good time was had by all" is putting it mildly.

On Saturday, the registrants were given the afternoon and evening to experience everything that Taos has to offer. The Board Members and their families enjoyed a rafting trip on the Rio Grande that was followed by a picnic dinner at a campsite nearby. The Conference ended at noon on Sunday, with a raffle for a beautiful turquoise necklace and southwestern pottery.

NMAFP would like to thank the 26 speakers that presented high-quality continuing medical education to the registrants over the 3 and ½ day conference. In order of presentation, they are: Bruce Miller, M.D., James Bruce, M.D., Cameron Crandall, M.D., Gabriel Campos, J.D., Amanda Wedl, J.D., C.F.P., Rachel Darrow, M.A., Ph.D. Candidate, Dayton Voorhees, M.D., Jose Martinez, M.D., Mack Sewell, Ph.D., Richard Converse, M.D., Dara Lee, M.D., Daniel Friedman, M.D., Neil Kaminsky, M.D., Greg Medis, M.D., Richard Ming, M.D., James Deppe, M.D., Sean Coston, M.D., Lou Trost, M.D., Paul Veregge, M.D., Stephen Spann, M.D., Alan Waxman, M.D., Amy Darrow, M.D., Mark Berger, M.D., Melissa Stockton, D.O.M., Alex Moreano, M.D., and Richard Hays, M.D. Several members observed that "Dr. Darrow organized and conducted an excellent conference."

NMAFP would also like to thank the Exhibitors that agreed to attend our Conference which meant they would have to work over the Fourth of July weekend. They are in alphabetical order: AstraZeneca, GE Healthcare, Glaxo-SmithKline, IronStone Bank, Merck, NeuroMetrix, New Mexico Medical



Secretary of Health Michelle Lujan Grisham accepting the President's Award for Governor Bill Richardson and First Lady Barbara Richardson from Dr. Greg Darrow, President and Scientific Program Chair.

Society, Novartis Pharmaceuticals, PDS Cortex, Pfizer Pharmaceuticals, Quest Diagnostics, Schering-Plough 1, Schering-Plough 2, UNM Locum Tenens Program, and Wells Fargo.

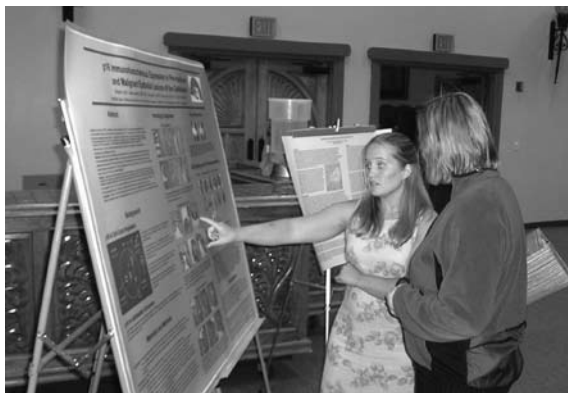
NMAFP would like to extend a special thanks to the organizations that helped support the Conference:

American Physicians Assurance Corporation, AstraZeneca, Merck, Montanas Del Norte Area Health Education Center, Las Vegas, and Southern Area Health Education Center, Las Cruces.

In summary, a picture paints a thousand words, so make sure and check out the photos on the next page that were taken at this Conference. We hope to see you next year in Ruidoso, July 19-22, 2007 for the 50th Annual NMAFP Family Medicine Seminar. ■



Registrants enjoying the Awards Dinner.



☺ Bridget Lynch, UNM Med Student, explaining her research project.

Dr. Dan Derksen accepting the "Chapter Service Award" for Dr. Larry Leeman. ☺



☺ Dr. Greg Darrow introducing candidates for office: (l to r) Dr. Lana Wagner, Dr. Trey Dodson, Dr. Darrow, Dr. Alfredo Vigil, and Dr. Bert Garrett.

Dr. Dion Gallant receiving a gift of gratitude for his year as Board Chair. ☺



☺ Dr. Tom Weida, AAFP Congress of Delegates Speaker, congratulating Dr. Bert Garrett upon his induction as 2006-2007 NMAFP President.



☺ Dr. Alfredo Vigil, Secretary-Treasurer, (right) enjoying the Welcome Reception with family and friends.



☺ Registrants and Speakers enjoying the Welcome Reception.



☺ Registrants listening to one of the 26 excellent CME offerings

Secretary of Health Michelle Lujan Grisham enjoying the tunes of Vanilla Pop at the Awards Dinner and Dance. ☺



UNM Family Medicine Residency Program

By Sally Bachofer, M.D., UNM FCM Residency Coordinator

The University of New Mexico's Family Medicine Residency Program opened its doors in July 1973 with a hand lettered sign and an enthusiastic group of 4 faculty and 6 residents. In January 2006, the program honored the 30th graduating class at a gala event that also acknowledged the 300 additional graduates who are practicing in a multitude of locations and settings. We currently have 49 residents in the program; 42 of these folks are in the 3-year program based at UNM, and 7 will spend this year with us and then go to their home programs in either Santa Fe or Roswell. Our residents include physicians from many countries who have all chosen to train as Family Physicians in New Mexico.

On June 19, 2006 our newest intern class started their professional journey with us. During their training they will rotate through the University Hospital, the VA Medical Center, many outpatient clinics, community sites and even international experiences. The heart of their training will focus on their continuity clinic where they will provide care for families over the entire 3 years



of residency. They will share pregnancies, births, adjusting to chronic disease and the final stages of life with these patients under the supervision of a dedicated faculty at the university and in the community.

Recent exciting developments have included the incorporation of a web-based electronic residency management system that allows the residents and faculty to communicate about curriculum, clinical experiences, evaluation and keeping track of procedures, patients and training resources. This system has supported increased communication and collaboration between all the FM residency programs in the state; the UNM program has been a leader at the university in the implementation of this system. Two very exciting events during this past year have been the revitalization of our Osteopathic Training and the addition of a clinical psychologist who is developing a vibrant and integrated behavioral training experience. Working from already established connections to communities throughout the state, we are creating new rural rotations for residents and strengthening the networks

with remote communities. Our Maternal Child Health Fellowship is now in its third year of success, and we will be adding a Sports Medicine Fellowship in July, 2007. An exciting collaboration within the Department of Family & Community Medicine has produced a unique opportunity for residents; starting this year they will be able to obtain a Public Health Certificate as part of their training. Many of our residents have a strong commitment to work with underserved populations and communities, and we feel that this training will provide them with additional knowledge and skills to help address the challenges facing medicine in the coming years.

So, where do we go from here? My bet is almost anywhere we decide! With our people, our creativity and our dedication, we plan to be vital players in the revitalization of Family Medicine while providing high quality health care for the families of New Mexico. We recognize the Family Physicians of New Mexico as our colleagues in this effort and welcome all ideas, suggestions, volunteers and support. Please let us know how we can get you involved. You can contact the UNM Family Medicine Residency Program and speak to Dolores Garcia (505) 272-6607. ■

For more information about the UNM Residency Program, visit: <http://hsc.unm.edu/som/fcm/grad.shtml>



BOARD NOTES

7/2/06, Sagebrush Inn, Taos, NM

- There was an unusually large attendance, which seemed to indicate rising enthusiasm for the mission and functions of the Chapter.
- Attending was our new Student Representative and FMIG President, Erin Corriveau from UNM, along with another officer of the FMIG at UNM, Bridget Lynch. There will be nine students attending the AAFP National Conference of Students and Residents in Kansas City, August 2-5, supported by the Chapter. The Chapter will host a reception for medical students at the Taj Mahal Cuisine of India Restaurant in Albuquerque at 6:00 p.m. on September 15th. Residents will be supported to attend the national AAFP Procedural Skills Workshop on Labor Day weekend at the Hyatt Regency in Albuquerque.
- The Taos meeting was a success, as noted in the accompanying article.
- The Board is considering resurrecting the state branch of the AAFP Foundation. Currently the funds for it are placed in our educational fund to support its functions. The financial status of the Chapter is quite sound.
- Legislative notes from that committee: trial attorneys are asking that the NM Medical Malpractice Act be reopened for consideration to update limits on liability; issues coming to the state legislature in January's session include a proposed state-wide, clean indoor-air act, a Medicare payment issue, and a Medicaid fee increase; the AAFP will hold a Capitol Hill Rally at the national meeting in Washington in late September (see accompanying article); the state legislature has funded the three rural family medicine residencies in New Mexico at \$100,000 each per year.
- The history of our Chapter will be written and published in time for next summer's annual meeting in Ruidoso. Member input will be solicited soon. Any interested member may contact Sara Bittner, Executive Director.
- The next meeting of the Board will be October 21, 2006, 10:00 a.m. - 12:00 p.m. at Sunrise Springs Resort, south of Santa Fe. The winter meeting will be in conjunction with the Albuquerque refresher, January 19, 2007 at the Flying Star Downtown, 6:00 p.m. The spring meeting of the Board will be held on April 21, 2007 in Farmington, NM.



President's Column

By Greg Darrow, M.D.

It's been a great year. Has it really gone by that fast? Thank you for the honor of serving as President of the New Mexico Chapter of the American Academy of Family Physicians for 2005-2006.

My year started in Taos and finished there with our 49th Annual Scientific Assembly that was held June 29th-July 2nd. During the past year, I have tried to raise our collective awareness about domestic violence. I earnestly hope that all of our members will have learned something more about this pervasive problem and will be even better equipped to recognize, intervene, and assist our victimized patients.

I also hope that all of us share the understanding that the future of Family Medicine in New Mexico and nationally rests with the nurturing and development of medical students who dream one day of becoming Family Physicians.

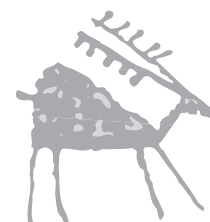
Idealism is a common thread among Family Physicians, and we must always seek to keep that ember burning no matter how long and harrowing some of our days become.

Dr. Bert Garrett will succeed me as your President. Bert is a tireless proponent of residency education and has helped the board shape policies ensuring that certain opportunities are available for all of New Mexico's Family Medicine Residents to become more involved in our state and national academies. Our dazzling Winter Refresher meeting provided you with a glimpse of Dr. Garrett's motivation and creativity.

Special thanks also to Dr. Dion Gallant who set the Board agenda with vision and purposeful direction. I believe that your board has identified and resolved many important issues during the past year. One notable suc-

cess involved partnering with Dr. Larry Leeman to provide support for his initiative that ultimately resulted in better professional liability insurance rates for New Mexico Family Physicians performing obstetrics. All of your officers affirm our continuing desire to be receptive to NMAFP members and to staunchly advocate for Family Medicine. We continue to reach out to Family Physicians in our far-flung state by having regional board meetings combining medical education with personal interaction.

As I said, it's been a great year, full of challenge and promise. It has been my privilege to play a small role and to appreciate the diverse talents and special skills of my colleagues. Thank you all for your support and friendship. ■



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Report on Annual AAFP Leadership Forum May 5-6, 2006

By Alfredo Vigil, MD, FAAFP

Friends and Colleagues,

It's a pleasure to share some of my experiences at this year's Annual Leadership Forum held in Kansas City in May. I was invited to attend as a new officer of the New Mexico AAFP.

Over the years I have attended several "leadership" conferences, and I must say that this was one of the best. We are fortunate that our Academy has the foresight to develop such high-quality programs that strengthens us and our organization. There were about thirty workshops available during the two-day forum, but I would like to focus on just a couple that addressed the concept of **practice improvement**.

A HUGE well-kept secret in primary care medicine is that there is a rapidly widening gap between the evidence-based knowledge about what our patients need to stay healthy and address illness versus what our current practice models are able to deliver. Basically, we are still using the generations-old model of the 20-minute office visit and trying to cram in all the acute, chronic, preventive, and educational services that are now mandated by modern evidence-based practice. And then, to make matters worse, we have to manage an immense amount of paperwork and bureaucratic requirements at the same time. Predictably, the family physician can only do so much in 20 minutes (or even 60), and many important activities just can't happen. Sadly, a number of recent studies are consistently showing that even critical components of the history and physical are going undone which can only result in an even greater risk of error.

The Practice Enhancement Forum (PEF) is a new CME activity and AAFP quality improvement (QI) initiative that teaches family physicians and their office staffs how to transform their offices to provide optimal patient care. The goal of the PEF is to provide practical tools,

skills and knowledge to implement the chronic care model into everyday practice — including the necessary IT infrastructure, practice assessment and change management. The Academy is currently recruiting family practice teams from Illinois, Michigan and Arizona to participate in the Practice Enhancement Forum (PEF) as pilot projects that will hopefully be used to spread the knowledge gained to more practices in the future. For more detailed information check out the information at the AAFP website:

<http://www.aafp.org/online/en/home/practicemgt/quality/cme/pef.html>

Hand in hand with improvement of office practice is a recommitment to the ideals and principles of being a family physician. Given the pressure of modern family practice, it's very easy to be distracted by the business aspects of the practice. A presentation by Laurence B. McCullough, Ph.D. from the Center of Medical Ethics and Health Policy at the Baylor College of Medicine addressed **Responsible Leadership for the Managed Practice of Medicine**. He reviewed the history of medical ethics and then connected this sacred history with our responsibilities as physicians to: 1) Assume accountability for intellectual integrity including participating in evidence-based practice and quality improvement. 2) Manage conflicts of interest responsibly including being aware that there are interconnections between our clinical decisions and our income. 3) Make sure we obtain the best informed consent from patients in order to give moral authority to power given how dependent our patients are on us to translate the complexities of medical practice into good decisions.

I think a common theme with both of these presentations comes down to the choice we have as family physicians to "be part of the solution, or be part of

the problem." All around us, some of our colleagues are adopting an identity as "victims" of the broken health care system. That identity guarantees that we will, in fact, continue to be victims. Instead, by taking the bull by the horns and leading the way with real ethically based practice improvement we can fulfill our vocational responsibilities as family physicians for the sake of our patients and ourselves. ■

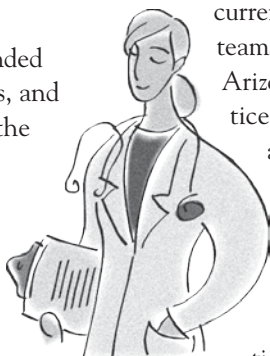
From The AAFP: Good Things

By Rick Madden, MD

Here are a few tidbits from the recent AAFP Commission on Practice Enhancement meeting in Kansas City in May:

- Our representatives on the AMA's RVU Update Committee (RUC), which recommends payment policy to the Centers for Medicare and Medicaid Services (CMS) reported (and this has since been confirmed in print by the CMS itself) that CMS is disposed to rebalance payment upward for evaluation and management services (such as 99213 and 99214 visits), while keeping the overall CMS budget unchanged. This is currently in the comment period. It represents a breaking of a decades-old logjam and a significant change in reimbursement policy in favor of cognitive services. FPs will noticeably benefit.
- The AAFP-created TransforMED National Demonstration Project for implementing the New Model of Family Medicine has attracted lots of interest from payers, CMS, residencies, employers (such as Verizon and Toyota), and the Robert Wood Johnson Foundation. They are all bringing new ideas and opportunities to the evolutionary project, which is intended to ensure the happy future of our specialty.
- The Medicare Chronic Care Improvement Project will begin to study a physician-directed model, as distinct from a disease management company alone model. The dollars saved will be shared with physician participants, while patients and practices will benefit from improved outcomes.
- AAFP private sector advocacy leaders continue to meet with insurers such as United Healthcare and Anthem/BCBS of Ohio on payment bundling and many other issues, sometimes succeeding in convincing them to change their ways in the interest of primary care.

Along with the recent upsurge in demand for Family Physicians being reported by recruiters, these successes bode well for the future of our specialty. This will encourage more medical students to choose Family Medicine as a career. ■



Ever Wish You Could Tell Washington What You Really Think?

Now is Your Chance

For generations, millions of Americans have relied on family physicians like you for their health care needs. Whether they're facing a minor illness or a potentially life-threatening diagnosis, they turn first to their trusted family physician.

But if action isn't taken soon, many Americans may not have a family physician. The nation's health care system is reaching a breaking point, and it is affecting the ability of many Americans to get the care they need. More and more Americans cannot see their doctor because they don't have health insurance, or because skyrocketing medical malpractice claims and low Medicare payments are driving their doctor away.

That's why action is needed now to safeguard family medicine's future and, equally important, to revitalize America's

health care system for future generations. This fall, you can take that needed action in a united front with thousands of your family medicine colleagues.

The 2006 AAFP Scientific Assembly will be held in Washington, D.C., Sept. 27-Oct. 1, giving AAFP members

a major presence in the nation's capital for the first time in 15 years. Family physicians will have a unique opportunity to command attention from the nation's leaders, and to urge them to put policies in place that will safeguard family medicine for future generations.

On Wednesday, September 27, thousands of your colleagues will gather for AAFP's first-ever Capitol Hill Rally – Vote for America's Health. Family physicians, residents, and medical students representing all 50 states, the Uniformed Services, the District of Columbia, Puer-

to Rico, the Virgin Islands and Guam (and their family members) will gather by chapter on the U.S. Capitol's West Lawn, wearing white coats provided on site. A good turnout will create a 'sea of white coats' that cannot be ignored by the nation's political leaders.

Together, family physicians will call on those running for office this fall to make a commitment to fixing America's troubled health care system, and they'll share their ideas about possible solutions. By attending the Vote for America's Health rally, you can help demand that this next Congress be the health care Congress. Don't miss out on this one-of-a-kind opportunity to make a difference! Visit www.aafp.org/assembly for more information. Please register to let AAFP know you plan to attend. ■



Vote for America's Health Rally

Wednesday, September 27, 2006

U.S. Capitol's West Lawn

10:00 - 11:00 a.m.

Buses will depart for the Rally from the Washington Convention Center starting at 8:30 a.m.

Offer your patients more. Update your hands-on skills with this AAFP CME event.

Procedural Skills: Hands-on Opportunities Course

Hyatt Regency Albuquerque

Albuquerque, NM • September 1 – 2



Increase your patient offerings and your reimbursement. Offer more hands-on procedures. Learn how in this comprehensive two-day course.

Practice these hands-on procedural skills techniques:

- Basic Skin Biopsy and Suturing
- Cardiology Stress Testing 1 & 2
- Evaluation and Management of the Dizzy Patient
- Casting and Splinting of Soft-tissue Injuries and Fractures



Register early.

Visit www.aafp.org/x28545.xml

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Mark Your Calendar!

**25th Annual Winter Refresher
in Albuquerque**

Saturday, January 20, 2007

**Embassy Suites Hotel & Conference
Center, Albuquerque**

Watch for more information in your mail box
this fall and on our website: www.familydoctornm.org



The Roadrunner

is published quarterly by the New Mexico Chapter for the purpose of informing members and those interested in Chapter activities.

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Deadlines for submission of articles for publication are August 22, November 22, February 22, & May 22.

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The American Academy of Family
Physicians web site address: www.aafp.org

New Mexico Chapter web site
address: www.familydoctornm.org

Design/layout: Paul Akmajian

Printer: Spin Print Express