



The Roadrunner

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Workforce Provisions Will Aid Health Reform

By Michael Joe Dupont

Assistance is coming to help New Mexico answer its existing shortage of 400 primary-care providers and address the estimated 365,000 of the state's uninsured who will now qualify for covered care under federal Health Reform legislation passed in March.

An overlooked part of President Obama's health package are statutory provisions that supply a ten-percent pay increase for many primary-care services, offer \$355 million in federal grants and funding for graduate medical education that follows New Mexico's novel Teaching Health Centers model, and create a National Health Workforce Commission to support states in preparing a deeper pool of healthcare professionals.

Those were all ideas originally compiled by UNM Family Physician Dan Derksen when he researched and drafted a Health Workforce bill while working as a Robert Wood Johnson Health Policy Fellow on NM Sen. Jeff Bingaman's Washington staff in 2008. Derksen's work was then folded into the comprehensive Health Reform Act a year later.



UNM Family Physician Dan Derksen worked with NM Sen. Jeff Bingaman in 2008 to draft a Health Workforce Bill that became part of the Health Reform Act of 2010.

"We looked at what provisions we needed to improve access to primary care in medically-underserved areas," Derksen remembered. "On the operational side, the key component was getting the training pipeline closer to where the need is. If the pipeline is too distant, medical graduates end up in adequately-served urban areas. So we focused on how we get folks trained in underserved communities, and we used New Mexico models for that."

Derksen drafted the 100-page Health Workforce measure (about 80 of those pages made it into the final

Health Reform bill) while consulting with a contact list of 125 experts that cut across every healthcare specialty. That collaboration gave rise to the innovative concept of a National Health Workforce Commission, which pulls together all disciplines in a unified planning body for the very first time.

"The issue is if we're going to insure more people, do we have the workforce to take care of them," Derksen said. "That needs to be addressed concurrently. What happened in Massachusetts was that everyone had insurance, but nobody could get in to see a primary-care provider."

Other Health Workforce elements of the new Law include provisions to encourage models that reward coordination of care (like Patient-Centered Medical Homes), use health-extension agents to broaden primary-care services (the Primary Care Extension Program), and expand loans and grants to assist health professionals to practice in shortage areas.

Some segments of the Health Workforce initiative will begin showing up over the next six months, but most sections are geared for a five-year phase-in to coincide with the full implementation of Health Reform in 2014. ■

5th Annual Med Student Reception

On Friday, September 17th, The NMAFP Board will again host a Reception for NM Medical Students at the Taj Mahal Cuisine of India Restaurant located at 1430 Carlisle NE. The Reception will take place from 6:00 p.m. – 9:00 p.m. in the downstairs area of the restaurant. Dr. Dion Gallant will again be the Moderator for the evening.

This Reception offers Med Students an opportunity to learn about this diverse specialty by visiting with FM Physicians from clinical and academic settings in both urban and rural

environments. Last year's reception drew many enthusiastic Medical Students and Chapter Family Physicians. FM Residents are also encouraged to attend this event.

If you would like to be part of this annual event and share your enthusiasm for FM with our UNM Med Students, please contact Sara by email: familydoctor@newmexico.com or by phone: (505) 292-3113. **Seating is limited, so please reply at your earliest convenience.**



In this issue...

- President's Column
- Native Health Initiative Receives Tar Wars Award
- Incentives for Electronic Medical Records
- The Value of a Life
- Resident Update
- And Much More!



PRESIDENT'S COLUMN Professionalism

By Mario Pacheco, MD

Professionalism... what is it? People talk about it a lot, but usually in the context of "he is so unprofessional" or "she acts so professional". And yet professionalism is now one of the core competencies that we evaluate in medical education. Many of us can think back on how we were taught about professionalism and struggle to think beyond a one-hour lecture, if we were lucky. More commonly we remember role models that exhibited either positive or negative behaviors that stuck in our minds.

In our professional life many of us have a clear understanding that a reputation is hard to make but very easy to break. Like it or not, physicians are usually prominent members of our community. In this small world it is all about our reputation. Everyone feels better when the people around them are appropriate to the situation... patients do better, staff is more comfortable, learning goes better, and safety is enhanced.

Although it is sometimes difficult

to define professionalism, we should be able to at least describe some elements... timeliness, patient focused, truthful and honorable, diligence, hard work, reliable... we can go on making a longer list if we were to sit down and really think about it. I would challenge you to consider the following components as you think about this issue:

1. **Honesty and Integrity:** You are where you say you are. What you wrote is what you did. You did what is right when nobody is looking. You are accountable for what you do and don't do. You do not blame others. You do not lie. You do what is best for the patient not what is expedient for you. You show up prepared.
2. **Teamwork:** If someone else doesn't do it you do it without whining. Show up as a team, leave as a team. Play nice with other people in the sandbox. Recognize and appreciate contributions of all team members. Help

set and understand the team's goals. Learn how to give and receive feedback. You understand why others may not want to work with you and are fixing it.

3. **Timeliness:** Buy a watch and use it. Use a calendar. Demonstrate an understanding of the effect of your lack of timeliness on others. Do today's work today. Just get it done and stop explaining why it's not.



4. **Communications:** Respond to your messages in a timely fashion. Check and respond to your email at least daily. Assure that what you said has been understood. Respect other people's titles. Assure excellence in hand-offs. Be HIPAA compliant. If it isn't legible it's useless and unsafe.

Even if some of us have difficulty defining professionalism, our society expects it from us. It is our privilege to serve as physicians, and privileges are maintained on the basis of merit. It has been my privilege to serve as your president over the past year. I look forward to continuing my service in the future. ■

Native Health Initiative brings AAFP Tar Wars Award Home to New Mexico

As the coordinating entity for this year's Tar Wars program, the Native Health Initiative (NHI) had a dilemma: How would you educate fifth graders about the harms of smoking while also incorporating Indigenous perspectives on sacred/traditional/medicinal tobacco? To answer the question, NHI decided to use its "Breathe Tradition, Not Addiction" campaign whose aim is to prevent the use of commercial tobacco by educating Native youth and communities on traditional tobacco.

Through this campaign, youth in Tribes ranging from North Carolina to New Mexico have become leading advocates for smoke-free communities and for the reinvigoration of the cultural practices around traditional tobacco.

This June, NHI youth in the Fond du Lac Tribe in Minnesota are presenting to their Tribal Council, amidst much opposition, to demand that the Tribe's building become smoke free. "It is not only a way to prevent the disease related to commercial tobacco, but it is helping to teach culture and language, which we know are health-promoting," says Shannon Fleg, one of NHI's Coordinators. "For instance, in our Dine' (Navajo) tradition, there are over 50 distinct plants we know as tobacco, each with its own sacred, medicinal, and ceremonial qualities, and to learn them

requires an immersion in our culture and belief system," says Fleg.

The AAFP, which coordinates the Tar Wars program nationally, has awarded NHI one of its prestigious Star Awards, given in the category of "New/Innovative Program" for the incorporation of traditional tobacco into the Tar Wars curriculum. NHI will be presented the award at the upcoming annual Tar Wars conference, with the opportunity to share their work with Tar Wars coordinators from across the United States.

If you would like more information on the Native Health Initiative, would like to volunteer with NHI, or would like to request a Tar Wars presentation, please contact Anthony Fleg (afleg@salud.unm.edu) or visit the NHI website (www.loving-service.us) ■



A tobacco-free education program for kids from the American Academy of Family Physicians

Physicians Can Get Financial Incentive for Electronic Health Records Systems

State Expects Initiative Will Improve Health Outcomes

By Health Secretary Alfredo Vigil, MD

For the first time, primary care physicians in New Mexico can receive a financial incentive from Medicaid for the adoption, implementation or upgrade of an electronic health records system. The Medicaid incentive program reimburses physicians up to \$63,750 over five years to adopt and use electronic health records in a meaningful way.

The Centers for Medicare and Medicaid Services is finalizing rules this spring for defining “meaningful use” of electronic health records. The federal agency has stated that meaningful use of electronic health records technology “should result in health care that is patient-centered, evidence based, prevention-oriented, efficient and equitable.”

CMS intends to update the criteria of meaningful use through future rule making. At this time CMS has listed three examples of meaningful use: electronic prescribing, providing an electronic exchange of health information to improve the quality of care, and reporting on clinical quality measures. To read the proposed rule for “meaningful use” and for other fact sheets on the Medicaid incentive program, look up http://www.cms.gov/Recovery/11_HealthIT.asp.

The purpose of the program is to improve health outcomes by encouraging more providers to use health information technology. Electronic

health records allow medical providers to spend less time documenting and more time seeing patients. These systems result in better coordinated care, improved accuracy and safety of patients, reduced duplication of diagnostic tests and lower health care costs.

We implemented electronic health records systems in our public health offices two years ago, and our public health staff appreciates having the ability to analyze and tailor services to match the needs of our patients.

To qualify:

- Eligible providers are hospitals and non hospital-based physicians.
- At least 30 percent of their patient volume must be enrolled in Medicaid
- For pediatricians, at least 20 percent of their patient volume must be enrolled in Medicaid.
- The incentive program begins January 1, 2011.

This is an economic stimulus program that is federally funded through the American Recovery and Reinvestment Act and is administered by CMS.

The New Mexico Human Services Department is working on implementing the Medicaid plan that it will submit to CMS for approval this summer with the goal of begin-



ning the program by October 2010. The Department will notify physicians when they are able to apply for the incentive program.

As part of the effort to establish health information technology in New Mexico, three nonprofit organizations are leading a Health Information Technology Regional Extension Center. LCF Research, the New Mexico Medical Review Association and the New Mexico Primary Care Association are working together to improve patient care by supporting physicians in using electronic health systems. The Center will provide more than 1,000 primary care providers with technical assistance and guidance to implement or upgrade electronic health records in their practices.

To learn more about health information technology opportunities contact:

NM HITREC, 2309 Renard Place SE, Suite 103, Albuquerque, NM 87106-4264, (505) 938-9900, e-mail at info@NMHITREC.org or visit the website www.NMHITREC.org

For more information about Medicaid incentives for electronic health records contact the Human Services Department's Medical Assistance Division at (505) 827-3162. ■

Brown on Board

Published in the *Ruidoso News*
June 4, 2010

A Ruidoso Physician, who has sat on the American Board of Family Medicine (ABFM) since 2007, has moved up at the table. Arlene Brown was elected as member-at-large, executive committee during the ABFM's Board of Directors' meeting this spring.

Brown is a practicing Family Medicine

Physician with more than 20 years of experience caring for her patients and the community. She has taught medical students, residents and mid-level students and has been involved in quality improvement initiative, according to the ABFM.

During the past several years, Brown has served on a number of ABFM committees. Brown has also been a recipient of the New Mexico Family Doctor of the Year award in 1994. She also had received the New Mexico

Chapter's Service Award in 2003. Her practice is the Ruidoso Family Medical Group at 1401 Sudderth. ■



the value of a life...

By Brittany Albright, 2nd year medical student

Writing from the Practical Immersion Experience Narrative Strand August 16, 2009

Walking into our first patient's room, I am overtaken by the putrid smell of urine. My sense of smell is soon overshadowed by the piercing moans of pain and agony coming from our patient. I glance over a crowd of four strangers to get a glimpse of the man, curled up and writhing on a dirty, plastic mattress. He lies in a cold, dark room with cement floor and walls, a dungeon. There is a dried puddle of urine next to his bed. The toilet that is four feet away is infested with fecal matter.

As I force myself to look at the patient again, fearing my reaction, I notice he is missing the lower part of his left leg. He is a heroin addict with a grossly unkempt appearance. He wears grimy sweats and has long, uncombed hair and stubble covering his face. There is no wheelchair in sight. My heart starts racing as I absorb the absolute horror of the patient's situation. I step out of the dingy room when I feel my brain being drained of blood.

As I regain my composure, I watch the physician approach our patient. He winces in pain and anger

as five onlookers stare with blank faces. With the compassion and care of a mother, the physician gently places her hand on the patient, who is curled in the fetal position. Without fear, she lowers her head close to his face. She comforts him, and tells him she is here to help. Through clenched teeth, he describes his unbearable pain. He is too physically incapacitated to sit up to be examined.

Yesterday the patient was in a car crash. He sustained a broken femur on his leg that had previously been amputated. After a few short hours of being stabilized in the emergency department, he was immediately transported to the Sandoval County Detention Center. Police officers at the scene of the crash determined he has two warrants out for his arrest.

After a long, restless night in his cell, audibly expressing his suffering, the jail nurse attended to the patient this morning. For his severe pain, the nurse administered ibuprofen and acetaminophen. Due to strict laws prohibiting narcotics in jail, the physician could only prescribe Tramadol, a centrally acting analgesic. There was

nothing else we could do to help this patient except request an orthopedic follow-up. He will most likely need to have the majority of what was left of his leg amputated. It may take days to weeks for him to see the orthopedist. Until then, he will suffer alone in his cold, gloomy cell.

I do not know what crimes our patient committed. Maybe that would change my opinion of the dark scenario. Irrespective of the fact that he is a criminal, I am able to suspend all judgments, replacing them with empathy, concern, and anger over our patient's situation. Had I stepped outside of my beloved country and entered a foreign land where cruelty and disregard for human rights is acceptable? ■

BOARD NOTES

April 24, 2010, NMAFP Chapter office

- The Albuquerque Family Medicine Winter Refresher was a resounding success. Audio teleconferencing to Las Cruces was used; successful video feed will be the next step for future conferences.
- Planning for the summer Family Medicine conference in Taos is running on schedule.
- Interviewing for a paid NMAFP legislative lobbyist position is underway.
- Plans for Rick Madden MD's AAFP Board of Directors campaign are moving along. All are asked to join in supporting his candidacy in Denver on September 27-29 at the Congress of Delegates.
- The UNM School of Medicine reports a significant increase in Family Medicine residency matches this year. Dr. Bachofer brings a message from the students that Family Physician mentorship through the year would be helpful to them. The Board will explore a mechanism to begin a mentorship program for students interested in Family Medicine. The annual NMAFP Medical Student dinner reception will take place at the Taj Mahal Restaurant on September 17.
- The residents' group will select new representatives to the NMAFP Board. They will plan to represent NM at the AAFP National Student and Resident Conference in Kansas City in July.

Resident Update

The spring has been busy here in Albuquerque. On June 12, the UNM Albuquerque PGY-3s celebrated graduation. Our class of 11 is truly entering into all facets of Family Medicine. Only two graduates are leaving the state: one to work at a FQHC in Washington State, the other to join her husband, an MD/PhD, who matched into pediatrics in Chicago. The rest of us will stay in New Mexico, working in Albuquerque, Edgewood, Isleta and across the state (three grads are planning on spending their first few months working Locums!) I will be staying at UNM to be the next Sports Medicine Fellow. Dr. Sally Bachofer, our program director, reminded us that our steepest learning curve awaits us during our first years out after residency. If you find one of

my classmates in your community please say hello!

Our new interns arrive for orientation next week, and we're sad to see our wonderful Santa Fe and Roswell interns leave for their next two years. The UNM Albuquerque program is extremely excited about our match results: 7 UNM grads, 2 from Univ. of Rochester, 1 from Univ. of NE College of Osteopathic medicine, 1 from UMass, and 1 from ELAM in Cuba. The Santa Fe program took another 2 UNM grads, and a Fifth Pathway grad. Roswell has the most diverse class, snatching folks from the Caribbean, Poland, Mexico, and Pakistan!

Have a wonderful summer! ■



53RD ANNUAL FAMILY MEDICINE SEMINAR



TAOS PUEBLO

July 22-25, 2010

**New Mexico
Academy of Family Physicians**

**Mario Pacheco, M.D.
Scientific Program Chair**

**Sagebrush Inn
Taos, New Mexico**

*This activity has been reviewed and is acceptable
for up to 23 Prescribed credit(s) by the
American Academy of Family Physicians.*

REGISTRATION FORM

You can also register online
www.familydoctornm.org

Please Print Clearly

Name _____
Address _____
C/S/Z _____
Phone _____
Email _____

Payment

_____ AAFP Member Practicing Physician \$385
_____ Non-Member Practicing Physician \$500
_____ NP/PA/RN (please indicate title) \$300
_____ Retired Physician \$100
_____ Family Medicine Resident (no charge)
_____ Medical Student (no charge)
_____ Yes, I want to sponsor a student attendee \$40
_____ Extra tickets for Welcome Reception
on Thursday:
_____ children (6-12) x \$10 = _____
_____ adults x \$20 = _____
_____ Extra tickets for Dinner & Dance
on Friday:
_____ children (6-12) x \$15 = _____
_____ adults x \$30 = _____
(Children 5 and under are free)
_____ Total Enclosed

Meals & Entertainment are FREE to all Attendees

Please mail form & check to:

NMAFP, Educational Fund
2400 Louisiana Blvd. NE
Building 2, Suite 101
Albuquerque, NM 87110

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(505) 292-3259 Fax
familydoctor@newmexico.com
www.familydoctornm.org

THURSDAY

JULY 22, 2010

- 7:45 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:45 a.m. Introduction & Welcome
Mario Pacheco, M.D.
President
Scientific Program Chair
- 9:00 a.m. "The Role of the Family
Physician in Addressing Social
Determinants of Health"
Mario Pacheco, M.D.
- 10:00 a.m. "Public Health Priorities
in New Mexico"
Alfredo Vigil, M.D.
& Karen Armitage, M.D.
- 11:00 a.m. "Personal Wellness for the
Practicing Physician"
David Sklar, M.D.
- 12:00 p.m. Lunch - Exhibit Hall
- 1:00 p.m. "Ophthalmology Emergencies:
What Family Medicine Docs
Should Know"
Arlene Bagga, M.D.
- 2:00 p.m. "Normal Aging"
Carla Herman, M.D.
- 3:00 p.m. Break - Exhibit Hall
- 3:30 p.m. "ABFM 2010: Making the Most
of Your Work"
Joe Tollison, M.D.
- 4:30 p.m. "Once Upon a Time, There was
Tamiflu - The Story of how the
FDA Approves & Monitors New
Drugs"
Shirley Murphy, M.D.
- 5:30 p.m. Leisure
- 6:30 p.m. - 8:30 p.m.
Welcome Reception -Patio
Introduction of Candidates
for NMAFP Office - 2010-2011
Special Guest: Dr. Rick Kellerman
Past Board Chair, AAFP

FRIDAY

JULY 23, 2010

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "Initiation of Insulin Therapy in the
Outpatient Setting Made Simple"
Paula Devitt, RN, CDE
- 9:00 a.m. "Use of Mobile Health Technology
in Improving Outcomes in Rural
Populations with Diabetes"
Miguel Tirado, Ph.D.
- 10:00 a.m. Break - Exhibit Hall
- 10:30 a.m. "Sero Positive & Sero Negative
Inflammatory Arthritis: How to
Tell the Difference"
Arthur Bankhurst, M.D.
- 11:30 a.m. "Top Ten Articles From the Last Year
That Change Practice" 
Rick Kellerman, M.D.
- 12:30 p.m. Lunch - Exhibit Hall
Sponsored by
 **HOLY CROSS HOSPITAL**
Where great care comes together
Donde se lleva acabo su gran cuidado
- 1:30 p.m. "Adult Consequences of Pediatric
Sports Injury"
Michael Pleacher, M.D.
- 2:30 p.m. "Skin Concerns - What Should a
Family Doctor Do?"
Daniel Stulberg, M.D.
- 3:30 p.m. Break - Exhibit Hall
- 4:00 p.m. "Hemorrhoidal & Perineal Disease"
Richard Massen, M.D.
- 5:00 p.m. Leisure
- 6:30 p.m. - 10:30 p.m.
Awards Dinner & Dance
Lecture Hall
Special Guest: Dr. Rick Kellerman
Past Board Chair, AAFP
Entertainment:
The Jimmy Stadler Band

SATURDAY

JULY 24, 2010

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "100 Years of Psychiatry & Cinema?"
Jeffrey Dunn, M.D.
- 9:00 a.m. "Clinical Guidelines on
Medications in the Elderly"
Galina Priloutskaya, Ph.D.
& Amy Bachyrycz, Pharm.D.
- 10:00 a.m. Break - Exhibit Hall
- 10:30 a.m. "Osteoporosis Update"
Michael Lewiecki, M.D.
- 11:30 a.m. "Contraceptive Management"
Tony Ogburn, M.D.
- 12:30 p.m. Leisure for all not attending the
Asthma SAM Session in the
Lecture Hall at 1:00 p.m.
- NMAFP Board Meeting - Sagebrush
Conference Center (Lunch Served)
- 1:00 p.m. - 5:00 p.m.
"Asthma Self Assessment Module"
Kern Low, M.D. (15 Prescribed credits)
Limited to 12 attendees with laptop.
Additional Fee - \$125 for AAFP members
and \$250 for non-members. Prior to
registering for this course with NMAFP at
505-292-3113, you must obtain your ID and
Password from the ABFM at 1-877-223-7437.

SUNDAY

JULY 25, 2010

- 7:00 a.m. Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "Using a Sex/Gender Lens to
Address Healthcare Inequities"
Justina Trott, M.D.
- 9:00 a.m. "Advances in the Treatment of BPH
and Female Incontinence"
Alden Cockburn, M.D.
- 10:00 a.m. Break - Exhibit Hall
- 10:30 a.m. "Diabetic Foot Complications
& Deformities"
Jason Rockwood, M.D.
- 11:30 a.m. "Faints, Fits, and Falls...
Evaluation of Syncope"
Sean Mazer, M.D.
- 12:30 p.m. Drawing for Door Prizes
(Must be present to win)

JUST A FEW OF THE MANY THINGS TO SEE AND DO IN TAOS FOR YOU AND YOUR FAMILY...

ARTS & CRAFTS

NMAFP offers a family-friendly, interactive area that provides children of all ages with a hands-on experience. Staff will organize this daily event and supplies will be provided. Children must be accompanied by a parent. A detailed list of activities will be provided with the Taos Information Sheet. Arts and Crafts will take place every day from 10:00 a.m. until 12:00 p.m. in the Pinon Room of the Conference Center (enter through NW door). Outdoor activities will take place on Thursday and Friday from 1:30 p.m. to 3:30 p.m. in the grassy area by the Executive Suites.



TAOS SKI VALLEY

In summer, the fabled Taos Ski Valley offers cool mountain contrast to the valley below. Enjoy summer Chairlift Rides up to the majestic vistas found at mid-mountain level - a great jumping off spot for hiking, picnicking and horseback riding. For a complete listing of activities, resources and pricing, contact them at www.taosskivalley.com or at 800-517-9816.

HOT AIR BALLOONING

Rides will take you through the Rio Grande Gorge as well as let you experience breathtaking views of the entire Taos Valley. Riding a balloon as it dips into the canyon and back out again is not an experience to be missed. Pueblo Balloon Company, 575-751-9877.



RIO GRANDE GORGE AND BRIDGE

The Rio Grande Gorge Bridge is the second highest cantilever bridge in the U.S. The bridge towers 650 feet above the river and has viewing areas on both sides with ample parking and turn-arounds. There is a well-maintained rest stop near the western side of the bridge. The view from the center of the bridge is not for those with a fear of heights, but it is one of the most spectacular sights to be found anywhere.

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Slate of Officers for 2010-2011

Members will vote for their new Slate of Officers during the 53rd Annual Family Medicine Seminar that will take place at the Sagebrush Inn & Conference Center in Taos, NM on July 23rd at the 10 a.m. Break. Nominations are as follows:

President-Elect Sally Bachofer, M.D. will become President Sally Bachofer, M.D. by automatic ascension

President-Elect:
Stephanie Benson, M.D.

Secretary-Treasurer:
Dolores Gomez, M.D.

Vice President:
Karen Phillips, M.D.

There will be a call for nominations from the floor. The results will be announced at the Awards Dinner and Dance, Sagebrush Inn & Conference Center, July 23rd, 6:30 p.m.

You can register online for the Conference:
www.familydoctornm.org or call Sara: (505) 292-3113.



The Roadrunner

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