



The Roadrunner

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

NMAFP

Vol. 31, No. 1

Spring 2013



President's Column

By Dolores Gomez, MD

Family Medicine is a lifelong learning experience that we have all undertaken. Whether we practice in academics, work in a small rural community, work in a group or a solo practice, the learning never ends. To provide the best patient care, we must constantly adjust to the standards of care and the evidence of medicine. I have learned throughout my career that, what I learned just 2 years ago, may now be "old news." I have learned most recently as well that "less may be more."

The Choosing Wisely Campaign was created by the American Board of Internal Medicine (ABIM) Foundation to help promote conversations between physicians and their patients to help patients choose care that is : 1. Supported by evidence; 2. Not duplicative of other tests or procedures already received; 3. Free from harm; and 4. Truly necessary. Many specialty groups are involved in reviewing commonly used tests or procedures within their specialties that are possibly overused and should be questioned and discussed with patients. There are 38 groups involved in this Campaign and include the American Academy of Family Physicians (AAFP), American College of Obstetrics and Gynecology (ACOG), American Academy of Pediatrics (AAP), Society of Hospital Medicine (SHM) and the American College of Physicians (ACP) to name a few.

On February 21, 2013, the AAFP committed to continually support the Choosing Wisely Campaign with the goal of ensuring high-quality, cost-effective care to patients. The AAFP identified 10 tests and procedures that both doctors and patients should carefully consider and openly discuss before incorporating them into a treatment plan. To help reduce unnecessary or harmful treatments and tests, the AAFP recommends that Family Physicians have

conversations with patients regarding the safety and efficacy of the following:

Inductions of labor or cesarean deliveries before 39 weeks

Delivery prior to 39 weeks, 0 days has been shown to be associated with an increased risk of learning disabilities and a potential increase in morbidity and mortality, including iatrogenic prematurity. There should be clear maternal and/or fetal medical indications for delivery prior to 39 weeks and 0 days. Mature fetal lung tests, in the absence of appropriate clinical criteria, is not an indication for delivery.

Inductions of labor in women between 39 weeks and 41 weeks

Labor should start on its own initiative whenever possible. Data shows that there are higher cesarean delivery rates from inductions when the cervix is unfavorable, especially in nulliparous women. Care should be taken by providers when deciding on an elective induction without any other indication.

Carotid artery stenosis screening in asymptomatic adults

The harms of screening outweigh the benefits based on evidence if screening for carotid artery stenosis is performed in asymptomatic patients. Screening could lead to non-indicated surgeries that result in serious harms, including death, stroke and myocardial infarction.

Cervical cancer screening in women older than 65

There is adequate evidence about screening women older than 65 years of age for cervical cancer. Women over 65, who have had adequate prior screening and are not otherwise at high risk, do not require further cervical cancer screening. Evidence shows that continued screening provides little to no benefit.

Cervical cancer screening in women younger than 30 with HPV testing

Evidence is moderate that there are harms of HPV testing, alone or in combination with cytology, in women younger than 30 years of age. These harms include more frequent testing, colposcopy and cervical biopsy. Abnormal results are also associated with psychological harms, anxiety and distress. (USPSTF)

Imaging for low back pain

Imaging of the lower spine before six weeks after an acute injury incurs increased costs and has not been shown to improve outcomes (AHCPR)

Antibiotics for acute short-term sinusitis

Antibiotics are prescribed in >80% of outpatient visits for acute sinusitis even though most of these infections are viral in nature and will resolve without intervention. (CDC)

DEXA screening for young patients

DEXA screening in low risk young patients provides no benefit, nor is it cost effective (USPSTF, AACE, NOF, ACPM)

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Geriatric Medicine Course & SAMs in Albuquerque (Santa Ana Pueblo)

Help your older patients maintain a high quality of life. Attend the AAFP's Geriatric Medicine live course, April 25-27, in Albuquerque (Santa Ana Pueblo), New Mexico, and earn 19.25 AAFP Prescribed credits (see registration information below).

Learn the best practices and latest evidence-based information on:

- Diagnosing, treating, and managing the most common diseases in older adults, including dementia versus delirium, osteoporosis, depression, stroke, end-of-life care, and more
- Immunizing older adults
- Coordinating and reconciling medication regimens for older patients

Register online now
<http://www.aafp.org/online/en/home/cme/aafpcourses/clinicalcourses/geriatricmed.html>
 or call (800) 274-2237.

SAM Working Group Sessions:
 Register now for Heart Failure
 April 27
<http://www.aafp.org/online/en/home/cme/aafpcourses/samprep/heartfailure03.html>

Register now for Well Child Care
 April 28
<http://www.aafp.org/online/en/home/cme/aafpcourses/samprep/wellchild01.html>

FMIG in Full Swing

By Caitlin Williamson, FMIG President

The UNM Family Medicine Interest Group (FMIG) is now in full swing with reenergized enthusiasm for spreading interest in Family Medicine with the help of our faculty mentor, Liz Grant. As the new president, I'm excited to be working to expand both the scope and the membership of the group. We finished off the fall semester with several great lunch talks from New Mexico Family Physicians and a service activity with St. Martins Hospitality center preparing stockings full of necessities for Albuquerque's homeless population. Now in the new year our goals include the expansion of community projects, as well as an expansion of the membership of the group. We also hope to foster further contact between medical students of all phases, from first year through residency. We are also working to integrate other medical profession students into our activities—physicians assistants, physical and occupational therapists, and even pharmacists. Plans are underway to get members involved in community programs giving free physicals to boy scouts, as well as working with "Ready, Set, FIT", and Medstars. Furthermore, we are looking to bring in Family Physicians of all areas of practice—rural, urban, community, IHS and private practice—to offer our members a glimpse at the full spectrum of Family Medicine. Another goal for the next year is to continue doing training workshops for the students. In February we had a very successful workshop on trigger points with Dr. Shane Cass, D.O., and now we are hoping to do other skills workshops such as suturing. I am thrilled to be leading this group of enthusiastic students and I look forward to guiding FMIG as it continues to grow at the UNM SOM.

Residents as Advocates at the NM Legislature

By Janelle Heimberger, MD

The second year Northern NM Family Medicine Residents just finished a month at the legislature. Under the leadership of attendings, Dr. Karen Armitage and Dr. Lawrence Shandler, we met with bill writers and analysts, lobbyists, Representatives, and Senators to learn about the life (and sometimes death) of a bill. As Steve Lucero, NMAFP Legislative Liaison, described: "Bills are like race horses. Some get out of the gate fast and fall behind, others start slow but make it to the finish line, and others get lost along the way." We saw this principle in action when we attended committee meetings of bills we were interested in, spoke in favor of health related bills, and watched them pass through committee easily or get tabled and sent to be re-written or never passed at all. Throughout the month we were struck by the formality of the legislature, how dynamic the process is as bills constantly are introduced and changed day to day, and especially how easy it is to participate in government in New Mexico. Doors were open to us throughout the legislature; and, without formal appointments or special privileges, we were able to talk with legislators, lobbyists, and lawyers throughout the Round House. We were inspired to, not only continue to follow bills during this session, but also participate in legislation during the "off season", when interim committees meet to develop bills that will be heard next year. As resident physicians we learned the importance of considering health as advocacy on a larger, state-wide scale and how we can impact health outcomes by influencing legislation and participating in bills that affect our patients' lives.

Dr. Rick Madden's Run for AAFP President-Elect in 2013

By Arlene Brown, MD

I am excited to announce to our state and to the Congress of Delegates that my friend and colleague, Rick Madden, is running for President-Elect of the American Academy of Family Physicians. I have known Rick and Molly, his wife, since we started medical school together in 1976. As emerging new physicians I and my class were in awe of Rick (and Molly) for their maturity, strength, and caring as they faced the challenges of medical school,

new family, and a medically-challenged child during medical school.

Over the years I have had the good fortune to call Rick and Molly friends and colleagues. I have shared patients with Rick even though we practice almost 200 miles from each other. Rick is not afraid to stand up for patients and for what is right. Rick came to my support during my anti-trust case against my local hospital. He was willing to travel to my community and to spend

his time off from his practice covering my office so I could be in court, even though my suit was against the hospital corporation that was also his employer. Rick is willing to listen to all sides of any issue and to take stands that are not always popular, but always right.

I plan to be in San Diego to support Rick in his campaign, and I urge all New Mexico Family Physicians to do the same. We need Rick's courage and ethics representing us!

Academy's Doc of the Day Going Strong in New Mexico

By Melissa Martinez, MD

Apropos to the US President's call for a "Day of Service," on January 19, 2013, sixteen people spent a Saturday afternoon attending the New Mexico Academy of Family Physician's Annual Legislative Training Session. In this non-partisan training, physicians learned how to be an advocate at the New Mexico State Legislature. Steve Lucero instructed the group on how to use the New Mexico Legislature website to find out about bills, gave us some tips on advocacy and communicating with Legislators in committee hearings. Sara Bittner prepared a useful tip sheet for the Doc-of-the-Day (DOD) Volunteers. Drs. Rick Madden and Sally Bachofer were able to answer questions based on their experience as DODs. After the legislative and DOD

process was explained, trainees were ready for action.

The DOD Volunteer helps out by attending to those who become ill while at the Round House. It is also a chance to see democracy in action! Several DOD Volunteers have talked with their legislators about healthcare legislation and have been able to help the NMAFP track bills of importance by sending a DOD report.

Family Medicine Residents have been very engaged in this process. Sally Bachofer remarked, "This exposure is important in creating the "new" Family Physician who can integrate the essential clinical aspects of caring for patients and the population/advocacy/policy aspects of our role in moving our communities toward better health."



(l-r) Rick Madden, MD, AAFP BOD, and Steve Lucero, NMAFP Legislative Liaison



DOD Volunteers listening to Steve Lucero explain how the legislative process works during the Legislative Training Session.

Some Bills of Interest to the NMAFP

HB 168, SB221, SB598 and SB563 establishing various forms of a Health Insurance Exchange. As of this writing, it appears that the bill with the greatest possibility of passing is HB 168 sponsored by Rep. Mimi Stewart. Although the bill was not successful in its first vote on the House Floor, it did make it back to the Speakers Table for reconsideration, leading many to believe that the bill has merit if it can be amended to gain wider appeal. It does not appear that any of the additional Health Insurance Exchange bills have enough time to make it through the legislative process given the time left in the session. The Governor may choose to establish a Health Insurance Exchange without legislative input; however, there is support in the legislature for a lawsuit to challenge the Governor's executive plans for a state-run health insurance exchange.

HB 375 which provides deduction of gross receipts tax for patients' co-pays and deductibles. This bill received a Do Pass in House Health, Government & Indian Affairs Committee and has been referred to House Taxation & Revenue Committee.

SB 58 requires physicians, nurses, pharmacists and other health care providers to report on immunization to the immunization registry unless the patient or the patient's guardian, if the patient is a minor, refuses to allow reporting of this information. The NM AFP and the New Mexico Pediatric Society both testified in favor of this bill in committee. This bill has passed the Senate side and is now on the House side for consideration in two committees.

HB 222 provides a procedure for objective review of proposed changes in the scope of practice of health professionals licensed by the state and to submit findings to the governor and the legislature. This bill has been tabled and is not likely to get out of committee.

SB 343 creating the Opioid Treatment Income Tax Credit that provides an income tax credit for certified physicians who treat opioid dependence. A taxpayer who files an individual New Mexico income tax return, who is an eligible health care practitioner and who has provided buprenorphine replacement therapy may claim a credit in an amount not to exceed six thousand dollars (\$6,000) per year. The NMAFP supports this bill. It has passed Senate Corporations and Transportation Committee and is waiting to be heard in Senate Finance.

HB624 (Terry McMillan MD, R37) and SB641 (Daniel Soto-Ivey, D15) are identical in defining the prescription drug monitoring program and in setting up an advisory council to establish new rules for the application of the Pain Relief Act.

SB583 reclassifies dihydrocodeine as a Schedule II instead of Schedule III requires patients seeking a prescription for a controlled substance to disclose concurrent prescriptions with failure to do so a fourth degree felony, and requires use of tamper-resistant forms for controlled substance prescriptions.

SB 366 would amend New Mexico law to permit a pharmacist to dispense up to a ninety-day supply of a dangerous drug by combining valid fills unless specifically prohibited on the prescription by the practitioner.

SB 471 giving Chiropractors prescriptive power after 80 hours of pharmacology. This bill has died in committee.

Dr. Ed Stalzer Memorium

by Arlene Brown, MD

The New Mexico Academy of Family Physicians lost one of its early presidents in January. Dr. Ed Stalzer, President of the NMAFP 1975-76, died January 20, 2013 of complications of a fall.

Dr. Stalzer led an exciting life, including being a glider pilot in Yugoslavia. He and his wife, Gisela, escaped

Soviet-controlled, eastern Europe on foot and eventually traveled to the US where he began practice in Chicago. Dr. and Mrs. Stalzer survived a plane crash in the Amazon. The plane overflew its last fueling stop (signal lights were not activated at night) and were forced to do an emergency landing in the Amazon. Despite back injuries and other fractures, Dr. Stalzer was able to hike to assistance. He and his traveling

companions were rescued by the Mundurucu villagers deep in the Amazon. He later founded a clinic in the village there in order to thank the villagers that assisted him and his 3 companions to safety.

Dr. Stalzer practiced in Ruidoso from 1970-1986. He continued an active lifestyle, including flying, body surfing and skiing, well past his retirement in 1986. He will be missed.

56TH ANNUAL NMAFP FAMILY MEDICINE SEMINAR

July 18-21, 2013 - Ruidoso Convention Center, Ruidoso, NM

Dolores Gomez, M.D. – Scientific Program Chair

This activity is being reviewed and will be acceptable for up to 23.5 Prescribed credits by the American Academy of Family Physicians

THURSDAY, JULY 18TH

- 8:00 am Registration, Exhibits Open
Breakfast in the Exhibit Hall
for those not staying at the Lodge
at Sierra Blanca
Breakfast at the Lodge at Sierra
Blanca for those staying there
- 8:50 am Introduction & Welcome
Dolores Gomez, M.D.
President, Scientific Program Chair
- 9:00 am "PSA Screening - Panel Discussion"
William Adler, MD, Cherie Hayostek, MD,
Rich Hoffman, MD, & Mike Davis, MD
- 10:00 am "ABFM Update" Joe Tollison, MD
- 11:00 am "Optimizing Fracture Prevention in
Patients with Osteoporosis"
Louis Kuritzky, MD
Diane Schneider, MD
- 12:00 pm Lunch - Exhibit Hall
- 1:00 pm "Top Five Things to Know to Practice in
the Hospital"
Darla Bejnar, MD
- 2:00 pm "Hepatitis C Update"
Sanjeev Arora, MD
- 3:00 pm Break - Exhibit Hall
- 3:30 pm "AAFP Chapter Lecture Series:
Type 2 Diabetes"
*(This CME activity is funded by an educational
grant to the AAFP from Novo Nordisk, Inc.)*
Steve Milligan, MD, FAAFP
- 4:30 pm "Patient-Centered Care: A Practical
Approach"
Reid Blackwelder, MD
AAFP President-Elect
- 5:30 pm Leisure
- 6-8:00 pm Fajita Dinner on the Patio of the Lodge
at Sierra Blanca
Introduction of Candidates for
Office - 2013-2014
Special Guest - Reid Blackwelder, MD,
AAFP President-Elect

FRIDAY, JULY 19TH

- 7:00 am Registration, Exhibits Open
Breakfast in the Exhibit Hall
for those not staying at the Lodge
at Sierra Blanca
Breakfast at the Lodge at Sierra
Blanca for those staying there
- 8:00 am "Skin Ulcers & Pressure Sores"
Dan Stulberg, MD

- 9:00 am "Integrating Incretin-Based Therapy
into Diabetes Management"
Louis Kuritzky, MD
- 10:00 am Break - Exhibit Hall
- 10:30 am "Sleep and Neurodegenerative
Disease"
Frank Ralls, MD
- 11:30 am "The Evolution of Anticoagulation
Management"
Mark Dressner, MD
- 12:30 pm Lunch - Exhibit Hall
- 1:30 pm "Extended Release/Long Acting Opioid
Therapies: Balancing Primary Care
Education, Patient Access, and Public
Health Issues"
Speaker TBD
- 3:00 pm "Geriatric Wellness"
Reid Blackwelder, MD
AAFP President-Elect
- 4:00 pm Leisure
- 5:00-9:00 Awards Presentation & Dinner
Flying J Ranch
Chuck Wagon Supper & Western Show
Family Fun at Its Finest
5 minutes from the Lodge &
Convention Center on Highway 48

SATURDAY, JULY 20TH

- 7:00 am Registration, Exhibits Open
Breakfast in the Exhibit Hall
for those not staying at the Lodge
at Sierra Blanca
Breakfast at the Lodge at Sierra
Blanca for those staying there
- 8:00 am "Baby Friendly Evidence Based
Program for Promoting Breast Feeding
in Hospitals & Birthing Centers"
Emilie Sebesta, MD
- 9:00 am "Approach to Hip Pain in the
Adult Patient"
John Franco, MD
- 10:00 am Break - Exhibit Hall
- 10:30 am "Health Care Implementation: Two
Roads Diverge in a Red/Blue State"
Dan Derksen, MD
- 11:30 am "Child Maltreatment: Recognition,
Reporting & Referral"
Leslie Strickler, MD
- 12:30 pm "The Relationship of Obesity & Cancer"
Shirley Beresford, PhD

- 1:30 pm Afternoon at Leisure for all not
attending the Hypertension SAM
Session in Rooms 2 & 3 at 1:30 pm
- 1:30 pm NMAFP Board Meeting - Room 1
(Lunch Served)
- 1:30-5:30 "Hypertension Self Assessment
Module"
Kern Low, MD
(Lunch Served)
*Group Learning worth 12 Prescribed
credits upon completion
Additional Fee - \$175 for AAFP members
and \$275 for non-members*

SUNDAY, JULY 21ST

- 7:00 am Exhibits Open
Breakfast in the Exhibit Hall
for those not staying at the Lodge
at Sierra Blanca
Breakfast at the Lodge at Sierra
Blanca for those staying there
- 8:00 am "Disclosing Adverse Events to Patients
& Family--Doing the Right Thing"
Michelle Swift, BSN, RN, JD
Patient Safety/Risk Management
- 9:00 am "Integrated Behavioral Medicine"
John Andazola, MD &
Marlin Hoover, PhD, MS
- 10:00 am Break - Exhibit Hall
- 10:30 am "Common Occupational Medicine
Issues in Family Medicine"
Erik Vinge, MD
- 11:30 am "Incorporating Buprenorphine
Treatment Into Your Practice:
Can I REALLY Do This? Yes!"
Sally Bachofer, MD
Valerie Carrejo, MD &
Leigh Vall-Spinosa, MD
- 12:30 pm "The Ethics of Managing ADHD in the
Patient with Prior Substance Abuse
Issues"
Mike White, MD
- 1:30 pm Drawing for Free Raffle
*(Must be registered for the conference
and present to win)*

Watch for the brochure in your mail box
in the next few weeks as well as online
registration on our website:
www.familydoctornm.org

See reverse side for basic information
and registration form.

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ABOUT RUIDOSO

While visiting Ruidoso, enjoy local artists and talents at the performing arts and dinner theaters or stroll along Midtown (located on Sudderth Drive) and visit over 100 shops, restaurants and galleries. Ruidoso also offers an immense array of outdoor activities such as golfing, mountain biking, hiking, fishing, prospecting, gold panning, backcountry treks, and horseback riding. Ruidoso is an outdoor enthusiast's delight.

Ruidoso is also near Carlsbad Caverns, White Sands National Monument, Valley of Fires, Gran Quivira, Wildlife Refuges, and Ghost Towns.

Southern New Mexico is packed with historical and archeological sites. Native Americans mapped this landscape for subsistence, trade and community welfare; pioneers settled and mined, farmed and ranched. There are military forts and battlefields, railroads, missile ranges and cultures that clashed and joined together; all these contribute to our rich Southwestern heritage.

THE LODGE AT SIERRA BLANCA

The Lodge at Sierra Blanca, located in beautiful Ruidoso, New Mexico, is surrounded by towering pines, invigorated by mountain breezes and neighbor to the Links at Sierra Blanca Golf Course and Ruidoso Convention Center. Amenities offered by the Lodge at Sierra Blanca are: Full hot complimentary breakfast daily, fitness center, Ruidoso's largest indoor heated pool and Jacuzzi, a business center, and free wireless internet in all rooms, Lobby and Bar area.

We recommend you reserve early to get the type of room you want. A room block will be held until June 17th, so please make your reservations before this date. After this date, rooms will be on a space available basis. Please identify that you are with the New Mexico Academy of Family Physicians in order to receive the room block discount.

107 Sierra Blanca, Ruidoso, NM 88345

Phone: 575-258-5500 or 1-866-211-7727 • Email: info@lodgeatsierrablanca.com • Website: www.lodgeatsierrablanca.com

REGISTRATION FORM (Please Print Clearly)

Name _____ Designation: ☐ MD ☐ DO ☐ NP ☐ PA ☐ RN
 AAFP ID# _____
 Address _____ C/S/Z _____
 Phone _____ Email _____

_____ AAFP Member Practicing Physician \$385

_____ Non-Member Practicing Physician \$500

_____ NP/PA/RN \$250

_____ Retired Physician \$100

_____ Family Medicine Resident (no charge)

_____ Medical Student (no charge)

_____ Yes, I want to sponsor a student attendee \$40

_____ Extra tickets for Fajita Dinner

_____ children (6-12) x \$10 = _____

_____ adults x \$20 = _____

_____ Extra tickets for Awards Presentation & Dinner at Flying J Ranch

_____ children (6-12) x \$12.50 = _____

_____ adults x \$25 = _____

(Children 5 and under are free)

_____ Total Enclosed from Both Columns

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Questions? Call or email Sara: (505) 292-3113 • familydoctor@newmexico.com

NMAFP Board Notes - Feb. 8, 2013 NMAFP Office

Present: Drs: Stephanie Benson (Chair); Sally Bachofer, Arlene Brown, Dion Gallant, Liz Grant, Tatyana Guerrero-Pezzano, Janelle Heimberger; Greg Koury, Melissa Martinez, Aaron Pfau, Karen Phillips, Babak Rashidi, Luis Rigales, Linda Stogner, Leigh Vall-Spinosa, Lourdes Vizcarra, James Wilterding, & Karen Vaillant. Sara Bittner, Steve Lucero, Caitlin Williamson.

Resolution of Condolence: Dr. Ed Stalzer, President of NMAFP from 1975-76 died recently and Dr. Arlene Brown will write a Resolution of Condolence to AAFP.

FMIG: Dr. Liz Grant spoke about the increased interest in the FMIG at UNM. UNM received a matching grant from the AAFP Foundation to be used for a Med Student project. Caitlin Williamson, FMIG President, gave information on the current FMIC projects.

Legislative Training Session: Dr. Martinez reported on the Legislative Training Session/lunch on January 19, 2013. Sixteen people were present to hear Steve Lucero, NMAFP Legislative Liaison, give an overview of the upcoming 60-day session.

DOD Program & Legislative Update: Steve Lucero informed the Board that the DOD Program is running smoothly. Supplies have been refreshed in the EMT area which is right outside the House Gallery. Steve shared a handout with the volunteers listing the current health-care related bills

The Board voted to support the following bills: Senate Bill 58 (requires health care providers to report on immunization to the immunization registry) and Senate Bill 343 (the Opioid Treatment Income Tax Credit). Senate Joint Resolution 3 was sent to the Legislative Committee for consideration of support by NMAFP

Bylaws & Policy Statement Revision: Drs. Dion Gallant, Stephanie Benson, Dolores Gomez & Greg Koury are on this Committee, and it has been tabled until the May 4, 2013 Board Meeting.

Pediatric Preparedness Planning Committee Update: Dr. Sally Bachofer is a

member of this committee representing NMAFP. A grant has been secured to improve the emergency response preparedness for pediatric issues.

Ruidoso Conference Update: The Agenda was shared with the Board. NMAFP is in the process of applying for AAFP CME accreditation.

Consolidated Access of Community Resources for Residents & New Physicians - Resident Reps Task Force: Dr. Tatyana Guerrero-Pezzano indicated that it will be an ongoing project for the Resident Reps, and the ultimate goal is to cover the entire State. Each Resident Rep has been given the task to compile information for their particular area of the State.

AAFP Update: In Dr. Rick Madden's absence, Dr. Stephanie Benson shared his AAFP Board report. Dr. Madden was unable to attend the Board Meeting because he was attending the AAFP Cluster Meeting.

Family Medicine Residency Consortium Update: Dr. Luis Rigales gave an update on the progress of the FMRC. A meeting took place in late January to get this process going, and things are moving along quite well. The Consortium met with Representative Morales and Senator Martinez who are sponsoring legislation that will support the Consortium.

Upcoming Activities in 2013:

Multi-State Forum: Feb. 16-17, 2013 - Grand Hyatt DFW - Drs. Rick Madden, Dolores Gomez, and Melissa Garcia and Sara Bittner will represent the New Mexico Chapter.

Annual Leadership Forum (ALF): April 25-27, 2013 Kanas City, Drs. Dolores Gomez, Karen Phillips and Greg Koury along with Sara Bittner will represent the New Mexico Chapter.

Medical Student Reception: September 13, 2013 - Embassy Suites Hotel, Albuquerque. Dr. Greg Koury will be the Moderator.

Budget Meeting: September 14, 2013 - NMAFP Office. Drs. Dion Gallant,

Dolores Benson, Karen Phillips, Melissa Garcia, Greg Koury, and the VP (to be elected in July) along with Sara Bittner will be in attendance.

Rick Madden's Campaign for President-Elect of the AAFP: Committee members are: Drs. Stephanie Benson, Arlene Brown, Dion Gallant, Melissa Martinez, Karen Phillips, and Linda Stogner. A meeting will take place in conjunction with the May 4, 2013 Board Meeting. The vote will take place during the AAFP Congress of Delegates in San Diego.

AAFP Congress of Delegates & Western States Forum: September 22-25, 2013 - San Diego Marriott, San Diego, CA. Drs. Dion Gallant, Melissa Martinez, Stephanie Benson & Karen Phillips along with Sara Bittner will represent the New Mexico Chapter.

Resident Report: Dr. Janelle Heimberger, Santa Fe reported that Residents' time at the Round House was a valuable experience. Dr. Tatyana Guerrero-Pezzano, UNM Resident, informed the Board that Residents were included in the ranking process which gave them more ownership of the Residency. Dr. Lilia Pedrego, Las Cruces Resident, was unable to attend the meeting, but Dr. Benson shared that they had 900 applicants this year, and they just keep getting better and better.

Student Report: Caitlin Williamson, FMIG President, shared that the FMIG is working closely with the Pharmacy Students and PA Students. Her main focus as president is to do more community projects/workshops. Caitlin heard great reviews on the Medical Student Reception.

Next Board Meeting: May 4, 2013 NMAFP Office - Noon - Lunch Served



Protecting Our Children: A Call to Action

Editorial by Dr. Melissa Martinez

My life is truly blessed, and I had a wonderful Christmas with my family and friends. But this year's celebration was darkened by the terrible event in Connecticut. Like many I was shocked by the loss of innocent life and empathy for the parents who lost their children. More than that, it reminds me there is truly evil in the world! And it is an evil much more sinister and hideous than anything ever depicted in a horror movie.

President Obama is correct when he says we must protect our children. I believe, however, we must think deeply and broadly about what protecting our children means. I hope laws come about to control the carnage guns cause. But protecting our children goes beyond that. We must think about the young people who think that mass murder is the answer to the empty sadness and anger they are feeling. I cannot help but think that as a society we are wasting precious lives and significant potential by allowing young people, even those that would not commit crimes, to wallow in desperation. Every young person needs a sense of purpose and to believe that they can achieve something in their lives.

And, as I think about this, protecting "our children" goes beyond even the recent tragedy! Truly the world is filled with "our children." Children who are killed, abused, neglected, exploited and starved every day. Children who will inherit an earth that is facing terrible crisis like pollution and global warming. To protect our children, we must stop wars and violence, address poverty and stop the destruction of our world. It is overwhelming to think about. If we truly love our children, we will not just think about it but act on it!

This is a call to everyone who has ever been blessed by the love of a child to think about how they can make the world safer for the children of the earth. My prayer is that 2013 will be a better year for children than 2012.

Greetings to the New Mexico Chapter of the AAFP

By Rick Madden, MD, AAFP Director

I am writing this morning as I await my return flight home from the Ten State AAFP enclave in New York City. I thought you might find it interesting to compare their discussions about health care with ours. Ten State refers to a regional group that meets yearly, much like our region's Multistate at the DFW airport (which met last weekend). Included are the New England states, NY, NJ, PA, OH, IN, MI, KY, WV, IL, WI, and probably a few other states I didn't see represented at this particular meeting. There are way more than ten states. They were very welcoming.

New Mexico was mentioned in the hallway conversations I had (and in the Broadway musical I saw last night, "Newsies", in which the main character longed to move to Santa Fe from his job as a New York City newsboy in the 1890s). Everything ends happily, except that the newsboy stays in NYC. Fun place to visit, but I am glad to live in New Mexico.

I learned other states are generally behind New Mexico's pace for opioid prescribing regulations, and the prospects make Family Physicians anxious. We talked about graduate medical education and heard from students inspired to become Family Physicians by their early contacts with FPs in practice. It is always great to see students with vision, just as we see in New Mexico, but coming from relative FP deserts of some eastern cities.

It was enlightening to hear that the Massachusetts health care reform that shaped the federal Affordable Care Act is well supported there by both patients (70%) and doctors (88%). New York state's Medicaid director told of having the highest per capita costs in the country and of their work to reform Medicaid with multiple stakeholder input. They are making a concerted effort to get those patients into Patient Centered Medical Homes: so far, they have two million of the five million patients in PCMHs. The New York state Commissioner for Health voiced concern for helping find a way to support small, independent practices to transform to PCMH type care models. A rural solo FP from Michigan saw the importance of coverage and transformation, but said "I'm not sure how much more progress I can withstand."

We heard about two new primary care-focused med schools that are opening: an osteopathic school in Indianapolis (Marion), and an allopathic school in Connecticut (Quinnipiac). These are the first new medical schools in quite some time.

Our Board Chair, Glen Stream, MD fielded some tough questions about last summer's vote by the Congress of Delegates on gay marriage, as well as gun management. Our common purpose will hopefully overcome our smaller differences.

I am glad to report the Academy continues to foster lively exchange at regional meetings such as this one. As an AAFP Board member, it is great to get to attend these gatherings, meet new people, and hear new ideas and perspectives on the issues we all share. The Academy is glued together by its mission to serve our patients and communities, all of them.

Silent Auction at the Ruidoso Conference July 18-21, 2013

Members, NMAFP will have a Silent Auction during the 56th Annual Family Medicine Seminar at the Ruidoso Convention Center. Proceeds will go toward the support of FM Residents & Medical Students interested in FM. This includes free registration to all of our Conferences, as well as financial help with their projects.

Find that "very special item" that you want to donate and email or call Sara at the NMAFP Office: familydoctor@new-mexico.com, 505-292-3113. It will be a lot of fun, and the proceeds will support a very important cause. The Silent Auction held in Taos last year was a huge success bringing in over \$4,000. Let's keep up the good work for our Residents and Med Students!

*"The Future of Family Medicine is
Dependant on the Residents & Medical
Students of Today"*

A NEW CONVERSATION ABOUT LACTOSE INTOLERANCE

Help Your Patients Enjoy Dairy Again



Most people with lactose intolerance say they are open to dairy solutions as long as they can avoid the discomfort associated with consuming them.⁷

And research shows that people like lactose-free milk more than non-dairy alternatives.⁸

Many health authorities agree that low-fat and fat-free milk and milk products are an important and practical source of key nutrients for all people – including those who are lactose intolerant.^{1,2,3,4,5,6}

It's valuable for health and nutrition professionals to encourage and educate individuals with lactose intolerance to consume dairy foods first, before non-dairy options, to help meet key nutrient recommendations.

A Solutions-Focused Approach

People who are lactose intolerant should know that when it comes to dairy foods, practical solutions can help them enjoy the recommended three servings of low-fat and fat-free dairy foods every day*, without experiencing discomfort or embarrassment:

- *Gradually reintroducing milk back into the diet by trying small amounts of it with food or cooking with it.*
- *Try drinking lactose-free milk, which is real milk just without the lactose, tastes great and has all the nutrients you'd expect from milk.*
- *Eating natural cheeses, which are generally low in lactose, and yogurt with live and active cultures, which can help the body digest lactose.*



Visit nationaldairycouncil.org for more information, management strategies and patient education materials.



NATIONAL DAIRY COUNCIL®



These health and nutrition organizations support 3-Every-Day™ of Dairy, a science-based education program encouraging Americans to consume the recommended three daily servings of nutrient-rich low-fat or fat-free milk and milk products, to help improve overall health.



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1 U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2005. 6th Edition. Washington, DC: U.S. Government Printing Office, January 2005.
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7 NPD Group. Fluid Milk Concept Test for Dairy Management Inc. November, 2007.
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* The 2005 Dietary Guidelines for Americans recommend 3 servings for individuals 9 years and older, and 2 servings for children 2-8 yrs.

The Roadrunner

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

Editor: Melissa Martinez, MD
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Albuquerque, NM 87102
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Deadline for submission of articles for
upcoming issues: May 22nd, August 22nd,
November 22nd

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

New Mexico Chapter website address:
www.familydoctornm.org

Design/layout/printing:
Print Express, LLC
505-881-2821

New Mexico Chapter
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Winter Refresher Update in Albuquerque - A Huge Success

By Karen Phillips, MD

Thanks to all of you! Our Winter Refresher had record attendance. We had one more participant than last summer's Taos conference. I was amazed at what wonderful energy all of the participants brought. Family Medicine is definitely alive and well in New Mexico. We were so honored to have so many Past Presidents with us whose contributions have done so much to advance the field of Family Medicine in New Mexico. We were also privileged to have the Chair of the Department of Family and Community Medicine, Dr. Martha McGrew, who shared with us her vision of leaders as servants. We enjoyed having many resident participants who took time out of their busy schedules to attend. We had with us many of our mid-level colleagues who work as our partners and team-members. There were numerous Family Docs from the Albuquerque area and some from much more distant locations in New Mexico. Everyone contributed to the conference's success.

We appreciate all the feedback that you offered about the speakers. We heard some practice-changing guidelines about pap smears and PPI'S. We contemplated how a Patient-Centered Medical Home might look. We did not all agree with what will be ideal, but we did all agree that the face of medicine is changing. It will be interesting to see how we shape the future of health care. We heard about new medicines and new ways to use old medicines. We also heard about ways to treat patients not using medicine at all. Everyone took away a little something to think about and some seed ideas that may germinate and grow.

There were some extras that we hope enriched the day. We can't thank Sara Bittner, our Chapter Executive, enough for the wonderful food. The selections were delicious and nutritious. It was "the best ever" according to comments made. Folks also enjoyed the stretches between speakers. This President-Elect plans to incorporate this into at least one future conference. The quality door prizes that closed out the day kept us all in our seats, and we also thank Sara for her efforts in that regard. Thanks again to all who participated, and we missed all of the rest of you. Hope to see you next time!



Left Photo
Dr. Karen Phillips, President-Elect, presenting
Dr. Stephanie Benson, Board Chair, the Past-President's Plaque

Right Photo
Attendees at the Past-President's Breakfast that preceded the 31st Annual Winter Refresher in Albuquerque (l-r) Dr. Karen Phillips, Dr. Dave Holten, Dr. Nancy Guinn, Dr. Christian Meuli, Dr. Dion Gallant, Dr. Lana Wagner, Dr. Melissa Martinez, Dr. Alfredo Vigil, Dr. Dolores Gomez, Dr. Phil Briggs, Dr. Linda Stogner, Sara Bittner, Dr. Warren Heffron, Dr. Arlene Brown, Dr. Karen Vaillant, Dr. Mario Pacheco, and Dr. Sally Bachofer.

