



The Roadrunner

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Fall 2016

Another Great NMAFP State Conference

Taos was once again the venue for the 59th Annual NMAFP Family Medicine Seminar, July 28-31, 2016. Many out-of-state attendees joined the locals to enjoy some of the best CME ever, according to the final evaluations. Dr. Ted Epperly, past AAFP Board Chair, was the honored guest for the conference and spoke to the attendees at the Welcome Reception as well as the Awards Dinner and Dance where he inducted the 2017 Officers. Jimmy Stadler entertained the guests again this year with his fabulous music and humor. A picture paints a thousand words so here are some of the highlights from the Conference:



Dr. Ted Epperly, AAFP Past Board Chair and Honored Guest at the Taos Conference, and Sara presenting the President's Plaque to the newly-inducted, 2016-2017, NMAFP President, Dr. John Andazola



Dr. Ted Epperly congratulating the newly-inducted 2016-2017 Officers: (L-R) Dr. Frank Ralls, President-Elect; Dr. Virginia Hernandez, Vice President; and Dr. Valerie Carrejo, Secretary-Treasurer



Dr. John Andazola honoring Dr. Stephanie Benson, 2016 Physician of the Year Award recipient



Sara presenting the 2016 Chapter Service Award to Dr. Dolores Gomez



(L-R) Dr. Dion Gallant, Town Hall Moderator and Delegate to the AAFP Congress of Delegates seated next to Dr. Karen Phillips, Alternate Delegate to the AAFP Congress of Delegates & NMAFP Board Chair during the Welcome Reception/Town Hall Meeting



Dr. Epperly addressing the Attendees during the Welcome Reception/Town Hall Meeting. According to Dr. Dion Gallant, Moderator, "The 1st Annual Town Hall Meeting was very well received and will most likely become an annual event during future State Conferences."

2016 Physician of the Year Awarded to Dr. Stephanie Benson

By Frank Ralls, MD, Interim Editor

Stephanie Benson, MD was elected as the 2016 Family Physician of the Year. Dr. Benson graduated with honors from West Virginia University School of Medicine in 2003, graduated from the Southern New Mexico Family Medicine Residency Program, and became a graduate of the University of North Carolina at Chapel Hill

School of Medicine Faculty Development Fellowship Program in Family Medicine in 2013.

She serves as a well-respected faculty member at the Southern New Mexico Family Medicine Residency Program located in Las Cruces. She is a strong advocate for resident education and patient care. When describing the care Dr. Benson provides her patients, the patients use words like "caring", "dedicated", "giving", "empathy", "gregarious", and "kind".

Dr. Benson has been active in our Chapter for over 8 years. She has served as Vice President, Secretary-Treasurer, President-Elect, President and Board Chair. This fall will be her fifth year serving as Alter-



Dr. Benson raising money for the homeless



Run with your Doc



Dr. Benson's residents excited to learn

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Physician of the Year Continued

nate Delegate for the NMAFP to the AAFP Congress of Delegates. She also advocates and participates in the NMAFP "Doc of the Day" program at the NM State Legislature.

She continues in academic excellence and has worked with others to recently publish an article titled "Text Messaging to Improve Resident Knowledge: A Randomized Controlled Trial." She has also presented at the local, state, and national level, including the Annual Winter Refresher in Albuquerque as well as the STFM's Annual Spring Conference for the past three years in a row. Stephanie is active in her local hospital's leadership. She currently serves as Chair of the Department of Family Medicine at Memorial Medical Center.

Dr. Benson seems to never tire in her pursuit to find new and innovative ways to serve in organizations that are dedicated to provide free medical service to people who are indigent, homeless, and uninsured in Dona Ana County. She has served on multiple local boards including the Board of Directors for St. Luke's Healthcare Clinic, a local free clinic and now FQHC where she served as Medical Director and CMO. Stephanie also serves on the Church Management Team for Mesilla Park Community Church. She actively brings the community together with projects like "Run With Your Doc", a fundraiser, to help the underserved. She also volunteers with the local mission as well as other organizations such as "Honor Flight".

Dr. Benson models the "rural Family Physician" in all of us. She is passionate about taking good care of patients, cares about the needs in her community and is personally involved in helping and developing programs to help the underserved. And at the end of the day, she takes a few moments in life to reflect on the most precious things in her life that are closest to her heart: her husband, Markland, and three beautiful children: Isaiah, Grace, and Anna. She will occasionally even step out of her busy world to enjoy her favorite activities, which include listening to and playing music, hiking, and kayaking.



President's Column

By John Andazola, MD



This is my first president's column, and I'm very excited to address the members of the New Mexico Academy of Family Physicians. This year I would like to focus on an upstream approach to medicine, addressing the social determinants of health. I will start off with a brief story that illustrates how I would like to contribute to the Academy this year.

A patient presented to my office with new onset diabetes. She was relatively asymptomatic but had an elevated glucose in the 200s and an elevated hemoglobin A1C. I explained to her that she was diabetic, provided education regarding diet and exercise, sent her to meet with our diabetic educator, and prescribed her medication. One month later, she returned for follow-up. I asked her how she was doing and she admitted to me that she had not been taking her medication, that she had not made any changes to her diet, and that she had not started an exercise program. I thought to myself, why did this happen? I am lucky that I have a psychologist in my office, and I have learned that it's more than an issue of non-compliance but one of behavioral change. To take a medication daily, to change your diet or to exercise daily all require a person to change their behavior. I reached out to our integrated behavioral health team and asked them to help me with motivational strategies.

Together we worked with the patient, and several months later she came back to see me and was doing much better. She was taking her medicine regularly but continued to struggle to change her diet and had not yet embarked on an exercise program. However, at this time, she was very motivated and very engaged in her care. So why was she still having issues with diet and exercise? What more was happening? I asked her about her living situation and looked at her address and discovered that she lived in a Colonia, an unincorporated community

along the US/Mexico border. An unincorporated community has no city government, thus her community has no public water or public sewage, no street lights at night, and no sidewalks, and therefore, my simple suggestion for her to walk around her neighborhood after work at night was impossible given her neighborhood. The nearest grocery store with fresh fruits and vegetables is an hour from her house. Thus, my suggestion to choose fresh fruits and vegetables was also difficult given her necessary commute to obtain these foods.

I discovered that her living environment was the biggest issue affecting her health. It was the social determinants of health! In order to adequately address the needs of our patients we must be able to address the root cause of their illnesses. In order to effectively treat my patient's diabetes, I must understand not only how to treat the illness but understand the cause of her diabetes. We know genetics plays a role, however, as has been said before, a person's ZIP code has a greater influence on their health than their genetic code. It has been shown, that a patient's living and working environment has twice the impact on the health than does their genetics. If you add the patient's social circle and associated behaviors to their living and working conditions, the impact is five times that of genetics. Addressing the needs of the community is not something new for Family Medicine, as Family Medicine was founded to serve the needs not only of the patients, but also that of the community.

This year we will take initial steps to build the tools and skills for the members of the Academy to utilize in your daily practices which will help address the social needs of our patients. We will end the year at the 60th Annual NMAFP Family Medicine Seminar in Ruidoso with a focus on upstream medicine and the social determinants of health.

I think this is an exciting time for the New Mexico Academy of Family Physicians as we start this important work. This work has already started and includes becoming a more active voice for our members and our patients. We are taking several resolutions to the national Congress of Delegates in Orlando, Florida in September. These resolutions represent different topics that face various members of our academy. One of which, that I feel very strongly about, is a resolution to AAFP to develop a social determinants of health toolkit. In addition we have an active legislative committee that is focused on issues that impact our members and our patients. We have increased our investment in a legislative liaison to help us with ongoing dialogue with our legislators which will strengthen our voice for the members of the Academy at the state level.

Thank you for giving me the opportunity to serve as your president, and I hope that I can represent you and your patients.

Family Physician Salaries Continue to Rise at Rapid Clip

AAFP News, June 17, 2016

Family physicians continue to be in high demand among health care recruiters, and their salaries are rising to catch up to their worth, according to a recent survey.

Average salaries for primary care and other specialties continue to climb, including a 13 percent year-over-year increase for family medicine, according to the 2016 survey report (www.merriythawkins.com) by Merritt Hawkins, a Dallas-based health care recruiting agency. The report showed family physicians now earn an average of \$225,000 annually, with some earning as much as \$340,000 per year.

And for the 10th consecutive year, family physicians ranked first on the list of most-requested recruiting targets.

The report, based on 3,342 recruiting assignments conducted from April 1, 2015, to March 31, 2016, tracked salaries as well as other incentives.

"Demand for primary care physicians remains particularly strong, as they are seen as the keys to achieving quality and cost objectives necessary under emerging team and population health-based delivery models," the report stated.

AAFP President Wanda Filer, M.D., M.B.A., of York, Pa., said the rising salaries are a byproduct of both the demand for more family physicians and the ongoing transition to a payment system based on value rather than volume. Filer told AAFP News that she often receives requests for referrals of job candidates.

"I am happy to see salaries are going up," Filer said. "Physicians can say, 'At least financially I am better off than I was five years ago.'"

Family medicine residents tell Filer that their email boxes are flooded with job offers. Some even report that recruiters track them down when they are consulting with patients.

"Residents are inundated by their second year with offers and sometimes even during their first year," Filer said. "It's a pleasant problem to have."

Family medicine residents know that they are highly sought after by recruiters, but medical students still need to hear the message.

"Most medical students have no idea what family physicians make," Filer said. "They think we earn between \$50,000 and \$100,000. When I tell them what the actual salary is, their mouths drop. I say to them, 'You won't make as much as an orthopedist does, but that is a completely different career.'"

Primary care stands to benefit the most in a new payment system that rewards teamwork and care coordination. However, some medical students still look toward subspecialties as the answer to their debt load.

"Medical students hear this hogwash that (family physicians) will be replaced by nurse practitioners and physician assistants," Filer said. "I tell them we are the No. 1 career opportunity in medicine and the one discipline where you can take care of complex patients across all organ systems and both genders. You will always have a job as a family physician."

Another factor contributing to higher pay in primary care and other specialties is increased competition among health care institutions.

"While hospitals remain a key driver of physician recruitment, other settings, such as physician-owned medical groups, federally qualified health centers, academic medical centers and urgent care centers have increased their recruiting activities, creating a more diverse market for physicians," the report stated.

Average salaries for family medicine are now closing the gap with those of other highly recruited specialties such as internal medicine (\$237,000), hospitalist (\$249,000) and psychiatry (\$250,000).

A lot of the highly paid subspecialists could see their salaries decline in a value-based payment system or because of technology, Filer predicted.

The survey showed that among all physician compensation packages that included loan forgiveness, the average total of that forgiveness was \$88,000. Filer said one family medicine resident she met will receive loan forgiveness worth \$20,000 annually for five years.

Signing bonuses for all physicians held steady from a year earlier, averaging just under \$27,000. The percentage of physicians who received a signing bonus increased from 46 percent in 2004-2005 to 77 percent in 2015-2016. Filer hears from residents who are being offered between \$20,000 and \$25,000 in signing bonuses, but she said that does not apply to physicians in academic settings.

Some positions offered a salary plus a bonus for meeting specific targets. Among those, 58 percent were based on factors that included relative value units, 32 percent included quality measures such as patient satisfaction or adherence to treatment protocols, and 22 percent included net collections.

One area of financial disparity Filer wants to see resolved as demand increases is that between family physicians and internal medicine specialists in hospitalist careers.

"That is an equity problem," she said. "If you are doing the same work, you should be paid the same salary."

NM Family Medicine Resident Reports

UNM - Kresta Antillon, MD
Happy Fall NMAFP Members!

It's about that time for a few updates from NM Family Medicine Residency Programs. Here at UNM all continues to run smoothly and steadily busy on our Inpatient and Maternal Child Health services. We have a wonderful class of new hard-working interns who are settling well into our services and off-service rotations. In late July/early August, our new chief residents (Theresa Drallmeier, Ariel Scott, Jared Lunkenheimer, and Stephanie McGirt) made their way to Kansas City for the AAFP National Conference for Family Medicine Residents and Medical Students, along with the other New Mexico residency programs to further recruit for this upcoming interview season. Last but not least, we are excited to welcome our new Department Chair of Family and Community Medicine, Dr. David Rakel, who will be set to join us this September. We are all looking forward to our new roles this upcoming year and to continue serving the patients here at UNMH!

Las Cruces - April Leonardo, MD
End of Summer Greetings from Las Cruces!

It is truly a great time of year to be in Las Cruces. The trees (yes, we have trees) are tall and full, and the flowers are in bloom. There is even a wee bit of water in our local waterfalls. For an avid hiker, the desert truly can offer incredible beauty. Albeit, often it is a brown-kind-of-beauty, but there are shades of green from time to time. Mentioning green, however, Kansas City is the queen of green! Having gone to medical school there, that is one of the things that will always stand out to me about Kansas City. I first moved to Kansas City from Morocco (after serving in the Peace Corps in the Northern Sahara), and I recently had the opportunity to visit for the National AAFP Conference.

On the residency front, all eight of our new interns have started and are doing awesome. They are almost four whole weeks in to their clinical rotations! We are trying out a new Float system for the interns, where they do two weeks of day-time float and two weeks of night-time float. So far, this has been working out well. This allows an extra resident to be available to help out during the day with the hospital service, and it also allows them more continuity clinic time. Our behavioral providers are also starting back up again, which is an invaluable resource for us. Overall, the year has gotten off to a great start, and it seems unreal that it is nearly recruitment season again.

Silver City - Jade Zamora, Coordinator
Greeting from HMS FMRP in Silver City!

The Hidalgo Medical Services Family Medicine Residency Program (HMS FMRP) has begun its 2016-2017 academic year! HMS FMRP welcomes its PGY1 residents, Dr. Mario Campos and Dr. Susan Bauer, and also congratulates its recent graduates, Dr. Alan Schumacher and Dr. Rachel Seltzer, on their successful completion of residency! Beginning July 1st, HMS FMRP entered into

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Reflections from the AAFP National Resident & Student Conference Kansas City, July 28-30, 2016

Kelsey Motanic, 4th Year Med Student

As a fourth year attending the 2016 AAFP National Conference for Residents and Students, I was able to view residencies that I am thinking of applying to and discover some new residencies that I had never heard of prior to the conference. I also used this opportunity to present a clinical vignette that I had seen during third year as a poster. This was a great conversation starter with various residency programs when I visited their booth. This also allowed me to build my resume, and if you haven't already done so, satisfy the research requirement for school.

The residency fair was not the only great attraction, as I thoroughly enjoyed attending the keynote speakers each morning which included a panel of Family Medicine doctors, and one special guest ZDoggMD (YouTube extraordinaire). I was able to go to various workshops which included a "Wilderness Medicine" session and "Becoming a Great Rural Medicine Physician" session. We had about 10 New Mexico students in attendance; and, you could tell amongst the various programs, we had a wonderful representation. This was such a great opportunity to be able to participate in this year's AAFP R&S Conference, and I wouldn't have been able to do it without NMAFP support.

Tristen Adams, 3rd Year Med Student

The 2016 American Academy of Family Physicians' National Conference of Family Medicine Residents and Medical Students proved to be an educational, inspiring, and fun event. The Conference offered various workshops, social and networking events, and procedural skill courses- too many interesting sessions to attend with so little time! Not to mention the Expo Hall, which had over 2,000 booths to visit. Overall, the Conference was very well organized, including its app, which was pretty impressive; it provided all the pertinent information and handouts in a user-friendly and easy-to-navigate manner.

Time permitting, I attended everything that I could. The Expo Hall allowed me to visit numerous booths that opened my eyes to the many exceptional residency programs that exist. Regarding the presentations, two in particular stood out to me: "Preparing for a Career in Family Medicine and Global Health" and "Advocacy: A Critical Skill Set for Family Physicians". The former re-ignited the desire in my heart to join Médecins Sans Frontières (Doctors Without Borders) to serve disenfranchised populations and those in armed-conflict zones. Dr. Levin recounted his experiences in candid detail and explained that Family Medicine doctors are the most fit to serve in global health. He stressed that physicians

can do global health in our own communities, a foreign, but fundamentally important concept. I am grateful to him for his vulnerability and openness in discussing his experiences, those both good and bad, and to ignite a room full of hope, that we- as future Family Physicians- can and do make differences, both globally and locally.

The latter session by Dr. Filer inspired me to continue to pursue my passion for advocacy and politics. I took home three messages from her discussion: as Family Physicians, we have our pulse on all the problems; we understand the importance of issues and know how to get them done in a responsible manner; we are in the driver's seat for our patients, and we know who to send them to and who to steer clear of. It is true, Family Medicine physicians are on the ground, working with their patients; we know their struggles, and we fight for change. Not too surprisingly then, Dr. Filer made it a point to say that many doctors in leadership positions are, in fact, Family Medicine physicians. The advocacy piece of Family Medicine is one reason I am truly drawn to it. I highly respect Dr. Filer, and I am appreciative of all the stories, advice, and inspiration she provided.

I am grateful for the Conference, but especially to both Dr. Levin and Dr. Filer, for reconfirming my desire to become a Family Medicine physician. Moreover, I am thankful to the New Mexico Academy of Family Physician's Family Medicine Scholarship that granted me the opportunity to attend the Conference; without their gracious help, I would not have attended. The Conference is indeed one not to miss, and I look forward to attending again in the future.

Lucia Xiong, FMIG President-Elect, 2nd Year Med Student

I am honored to have received a scholarship from NMAFP to attend to the annual National Conference of Family Medicine Residents and Medical Students in Kansas City, MO. My understanding and interest in Family Medicine has grown from the fascinating workshops, residency fair, and congressional sessions.

I had the opportunity to attend several workshops that broadened my understanding of what Family Medicine has to offer. In the "Point of Care Ultrasound, The Future is Now" clinical skills workshops, I practiced a RUSH Exam, musculoskeletal exam of the wrist and hand, and ultrasound guided peripheral IV insertion. Simple innovations or repurposing of existing innovations such as point of care ultrasound are of particular interest to me. I hope to access training in this area and help innovate this field. I also particularly enjoyed the Maternal Care and Childbirth in Family Medicine Career Planning workshop, in which the presenter provided the pros and cons of being a family doctor that provides OB care. I recognized my interest in noninvasive procedures, so the Women's Health Procedures course was also a great experience. I practiced IUD insertion, endometrial biopsy, and Bartholin cyst incision on models. Lastly, I listened to a presentation on the benefits and harms of e-cigarettes and learned of the latest FDA regulations on their sales and marketing. Research and interventions on e-cigs are

important to consider to ensure that the downward trend of smoking among youth continues.

The conference also helped me understand how many variations exist between residency programs. For example, some programs highlighted the number of procedures their residents can do independently upon graduation while university-based programs took pride in their research on population health. As I am just in the beginning of my medical career, it was incredibly helpful to think about the specifics I would want in my training.

Finally, observing the student congressional sessions provided me with a deeper understanding of the political process. I read resolutions submitted by students on topics ranging from supporting environmental health for children to improving physician wellness. I witnessed testimonies in support and against each and admired the eloquence in which people articulated their opinions and experiences. I saw how quickly decisions were made during the voting sessions and how important it is to speak up immediately. Finally, I saw how many numerous steps it took to move a resolution into policy. This provided me with adequate exposure so I am prepared to represent New Mexico as the Congress Delegate next year and plan to contribute a resolution that will support the underrepresented voices of New Mexico's residents.

Daphne Olson, FMIG Past President, 4th Year Med Student

Thank you for the wonderful opportunity to attend the AAFP National Conference for Residents and Medical Students. This year, I worked hard to take full advantage of all the components of the conference, from educational sessions on outpatient pain management to large group sessions on interviewing for residency. I was also very grateful to have the opportunity to attend the FMIG Breakfast where the University of New Mexico Family Medicine Interest Group received a Program of Excellence Award. After serving as president of this FMIG in years past, it meant a lot to me to see the amazing work accomplished by current leadership and to celebrate with them in Kansas City.

For me, the most helpful part of this conference was the Residency Fair. I visited more booths than ever before and learned about many excellent programs, including those here in New Mexico. This residency fair felt quite different now that I am a fourth year student committed to the field of Family Medicine. I left the conference feeling much more confident about the residency application process.

The conference concluded with an excellent main stage presentation by AAFP President Wanda Filer in which she discussed the importance of Family Medicine in modern healthcare as well as ways in which students and residents can advocate for their patients and their profession. I was filled with excitement regarding my upcoming residency and career in Family Medicine. However, I was also filled with gratitude, a deep thankfulness for the support I have received from my medical school and

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35th Annual NMAFP Winter Refresher in Albuquerque

February 11, 2017 • Hotel Albuquerque, Old Town • Albuquerque, New Mexico

Frank Ralls, MD - Scientific Program Chair

(This program has been approved for 7 Prescribed Credits by the AAFP)

Hotel Information

Hotel Albuquerque in Old Town is located at 800 Rio Grande Blvd. NW, Albuquerque, NM 87104 (I-40 to Rio Grande, South)

A room block will be held until January 20, 2017. After this date, rooms will be on a space-available basis. To make your reservation, call 505-843-6300 or toll free at 800-237-2133 or go to this website: <http://bit.ly/1S6W2OG> and use the Group Code **1702NMAC** to receive the room block rate by January 20th.

Schedule of Events and Lectures

7:00 am - 8:00 am Past President's Breakfast Rendering Room	10:00 am - 10:30 am Poster Session - South Atrium outside of Lecture Hall	2:30 pm - 3:00 pm Break - Exhibit Hall
7:00 am - 8:00 am Registration/Exhibits Open Breakfast - Exhibit Hall	10:30 am - 11:30 am "Hot Topics in Pediatric Psychiatry" Anilla Del Fabbro, MD	3:00 pm - 4:00 pm "Key Articles & Clinical Developments of 2016 in Family Medicine" Dan Waldman, MD
7:55 am - 8:00 am Introduction & Welcome Dr. Frank Ralls Scientific Program Chair	11:30 am - 12:30 pm Lunch - Exhibit Hall	4:00 pm - 5:00 pm "Psychiatric Corner: Ripping the Veil" Shanna Diaz, DO & Anilla Del Fabbro, MD
8:00 am - 9:00 am "Hypersomnia, Solving the Mystery of the Sleepy Patient" Lana Wagner, MD	12:30 pm - 1:30 pm "The Top 5 Outpatient Pediatric Infectious Disease Questions" Walter Dehority, MD, MSc	5:00 pm Free Raffle Drawing Must be registered for the Conference & present to win
9:00 am - 10:00 am "Preserving Yourself in a Busy Practice" Pamela Arenella, MD	1:30 pm - 2:30 pm "Recognition of Diarrhea-Predominant Irritable Bowel Syndrome: Advancing Accurate Diagnosis and Appropriate Treatment" Lucinda A. Harris, MD, FACP	

Register online! www.familydoctormn.org

Please Print Clearly

Name: _____

Designation: ☐ MD ☐ DO ☐ NP ☐ PA ☐ RN ☐ PhD ☐ Resident ☐ Student AAFP ID: _____

Address: _____ C/S/Z: _____

Phone: _____ Email: _____

Handout material is provided for you to follow along with each speaker and for future reference. How would you like to receive your handout?

☐ Hardcopy ☐ Electronic Version on USB (hardcopy not included)

____ AAFP Member Practicing Physician \$190

____ Retired Physician \$120

____ Non-Member Practicing Physician \$315

____ Family Medicine Resident (no charge, must include AAFP ID)

____ PhD \$190

____ Medical Student (no charge, must include AAFP ID)

____ NP/PA/RN \$130

____ Yes, I want to sponsor a student attendee \$30

Take \$15 off your registration by choosing the Electronic Handout!

____ Total Enclosed From Both Columns

Save a stamp and register online at www.familydoctormn.org! Or mail form & check to:

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

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Reflections Continued

the NMAFP from so early in my medical school career. Without all of you and your immense generosity, I may never have found my true calling within the field of Family Medicine. Thank you for your support along this journey, and I hope you know that I plan to follow in your footsteps, not only in practicing Family Medicine in New Mexico but also in helping increase student exposure to this wonderful specialty. I would also like to give special thanks to Sara Bittner and our FMIG Faculty Adviser, Dr. Liz Grant, for their continued kindness and guidance.

Resident Delegate - April Leonardo, MD
(3rd Year Resident)

This was my first time attending this conference: I kept saying to myself, over and over again, that I wish I had come to this conference as a medical student, or at least prior to my third year of residency! What a wonderful experience I had, serving as the NM Resident Delegate, volunteering on the election committee, and working with the rest of the SNMFMRP team to help recruit new interns to our program for next year. A whole new world was opened to me, and I really do hope to remain involved throughout my career. What we, as a National Organization are doing, is truly awe-inspiring. I am proud to be part of the AAFP and NMAFP.

The conference taught me a lot about other parts of the country, what other programs and clinics are doing, and what opportunities we have, even as residents, to impact change in the nation. I was able to network with all different companies, clinics, schools, resident leaders, etc. I had never even heard of a resolution, let alone been part of creating or deciding on one. I had also never participated in true parliamentary debate format, which was eye-opening in itself. I learned things that will benefit my education during this last year of residency. I also was able to take away knowledge and skills that will make me more marketable and confident in looking for the right match, post-residency. It was truly a very valuable experience. I want to thank NMAFP and my program for allowing me to take part in this experience.

Student Delegate - Katie Ogawa, FMIG
President (3rd Year Med Student)

It was a true honor to be able to represent New Mexico at the Student Congress of Delegates. This was my second time at conference and I was pleasantly surprised about how much more I learned. The first year I went, I tried to do a bit of everything. I sat in on some Congress Business sessions, walked around the residency fair, and went to some workshops. However, this year, as the New Mexico Student Delegate, I dug my heels deep into Congress. I had the privilege of serving on a reference committee. I loved being able to talk through the policies with a smaller group, composed of students from all over the country. As we critically looked at a policy to make a recommendation, we each had a very different lens. However, at the end of the day, we could always agree that we wanted what was best for our future patients and for the health of our community.

Thank you so much for giving me this opportunity to represent New Mexico and to return to Kansas City once again. I have wanted to specialize in Family Medicine from day one of medical school. However, I have not wanted to be involved in "policy" since the start. I used to naively think that was for someone else to discuss, and I would simply "do". However, I quickly learned and continue to explore the importance, impact, and influence of policy. Thanks for helping me understand that policy is not just "the hill", but it is an everyday quest for progress that can be made on countless levels.

Board Notes July 30, 2016

Present: John Andazola, MD; Estevan Apodaca, MD; Stephanie Benson, MD; Sara Bittner; Arlene Brown, MD; Valerie Carrejo, MD; Ted Epperly, MD; Dion Gallant, MD; Dolores Gomez, MD; Virginia Hernandez, MD; Greg Koury, MD; Bridget Lynch, MD; Rick Madden, MD; Melissa Martinez, MD; Karen Phillips, MD; Frank Ralls, MD; Luis Rigales, MD; Lisa Stolarczyk, MD; Dan Stulberg, MD; and Lourdes Vizcarra, MD. Dr. Andazola chaired the meeting.

Introduction: Dr. Ted Epperly, AAFP Past Board Chair and Honored Guest for the Taos Conference was introduced to the Board. To quote Dr. Epperly, "America is finally catching on to what is really magical and necessary about Primary Care."

Old Business: Dr. Valerie Carrejo gave a review of the Annual AAFP Chapter Leader Forum that took place in Kansas City, May 5-7, 2016. Dr. Carrejo and Sara were the representatives from the NM Chapter. Increasing the involvement of your Chapter in social media was a prominent topic during the Conference. NMAFP would like to fill the Delegation to the National Conference of Constituency Leaders (NCCL) in future years. Individuals learn skills to advocate for issues that are relevant to their patients and their practice. The ACLF/NCCL will be held April 27-29, 2017.

Nomination for 2016-2017 Board Chair: Chapter Bylaws require that the Board Chair be elected annually. Dr. Karen Phillips was nominated and elected to serve as the Board Chair for 2016-2017.

Bylaws Ad Hoc Committee: Dr. John Andazola, as President and Chair of this committee, will work on Amendments to the current Bylaws to be presented to the membership for a vote at the next State Conference, July 28, 2017, Ruidoso. Nancy Laughlin, AAFP Facilitator for our 2015 Strategic Planning Session, shared the changes that need to be made to the NMAFP Bylaws to be in alignment with the current AAFP Bylaws.

Legislative Update: Dr. Rick Madden, Legislative Affairs Committee Chair, reported that the Legislature is almost certain to go into a special session to deal with the budget short fall around 150 million for fiscal year ending June 30. Dr. Bridget Lynch will join the NMAFP BOD and become a member of the Legislative Affairs Committee. Steve Lucero will continue as a NMAFP Legislative Liaison/Lobbyist.

Revised Board Orientation Documents: Fact Sheet and Board and Officer Orientation documents are in revision and will be shared at the Nov. 5, 2016 BOD Meeting at the NMAFP Office in Albuquerque.

Med Student Reception, Sept. 9, 2016, Nativo Lodge, Albuquerque: Dr. Valerie Carrejo will be the Moderator for the evening. Dr. Virginia Hernandez, Vice-President, will also work on this project. Dr. Carrejo asked the Board Members to send photos depicting what they do every day as an FMP for a slide show that will be shared during the first portion of the evening while the Med Students and Docs are eating dinner.

Resolutions to the AAFP Congress of Delegates: During the Welcome Reception at the Town Hall, four New Mexico Resolutions were presented. These will be presented in Orlando in September.

Next Board Meeting: November 5, 2016 - NMAFP Office - Noon - Lunch Served

Reports Continued

an affiliation agreement with Memorial Medical Center in Las Cruces, NM to be the new first-year training site for its residents. In this urban setting, residents will receive comprehensive inpatient and outpatient training and will have exposure to a large volume of patients with diverse medical conditions. Second and third years of training will take place in rural Silver City, where residents will focus on the unique aspects of the practice of medicine in frontier and rural communities. In conjunction with the Southern New Mexico Family Medicine Residency Program, HMS FMRP will kick off the 2016-2017 recruitment season in mid-October! HMS FMRP looks forward to another great recruitment year!

Santa Fe - Estevan Apodaca, MD

Greetings from Santa Fe!

The UNM Northern New Mexico Family Medicine Residency Program is excited to begin its 20th year. We are grateful for the ongoing support of our community and Family Medicine colleagues throughout the state. As a residency that offers several away rotations during our training, we are providing experiences throughout rural New Mexico with residents heading to Farmington, Shiprock, Española, and Taos in the coming months. We have been lucky to keep several former graduates on as faculty at La Familia and Christus St. Vincent Clinics which says volumes about the commitment our residency program has in providing care to New Mexico. We were also very pleased with our recent residency match adding four new future Family Medicine Physicians to our ranks with three of the four being UNM School of Medicine graduates. As a program located in Santa Fe, we continue to offer experiences and training that is as enjoyable and fruitful as the beautiful setting. As we begin our 20th year, we are looking to the future where we plan to continue to be the premier Family Medicine program of the Southwest.

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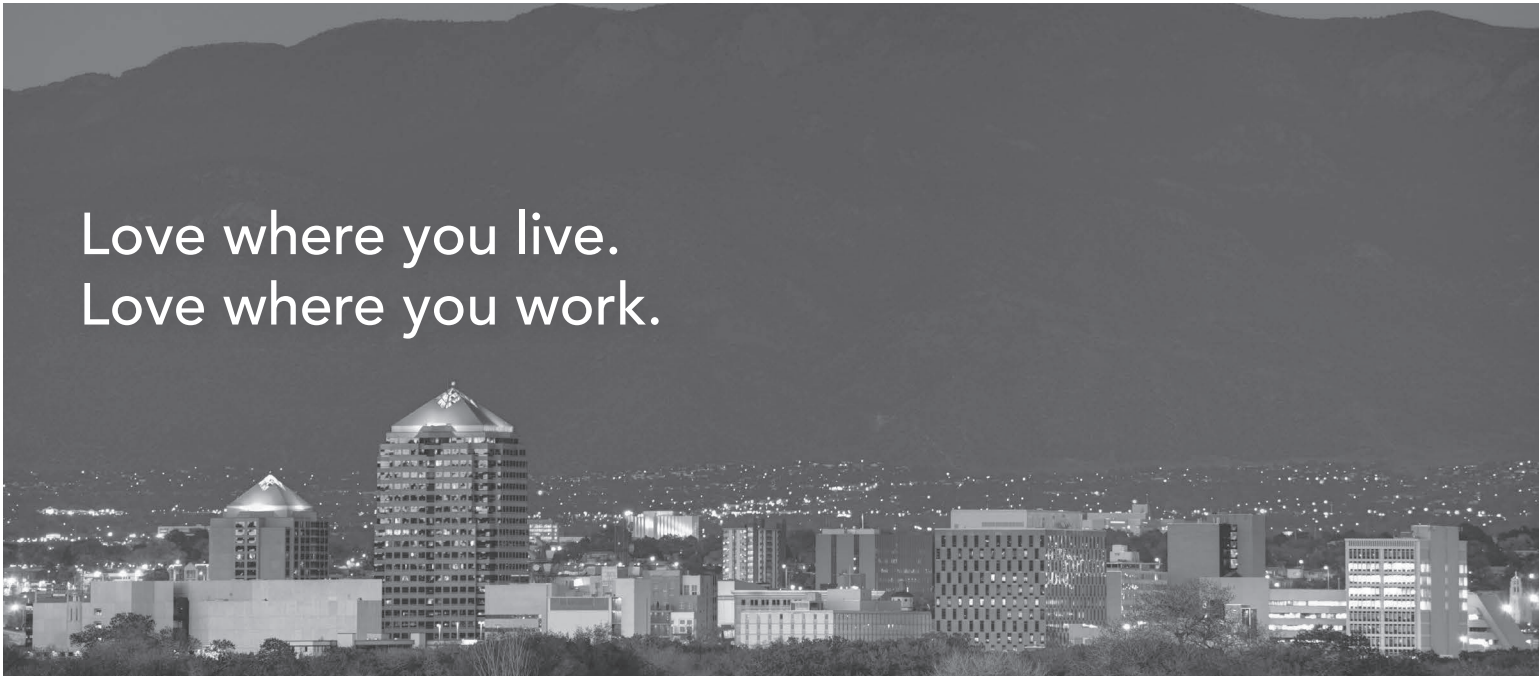


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Dr. Alfredo Vigil Receives Award

The 2016 Distinguished Alumnus Award was presented to Dr. Alfredo Vigil during the UNM SOM 2016 Alumni Reunion that took place on July 22nd and 23rd. Dr. Vigil ('77) practices Family Medicine in northern New Mexico. Vigil is the Board Chair of the Con Alma Foundation and NM Health Resources. He is a staff physician (and former CEO) at El Centro Family Health in Taos. Vigil was Cabinet Secretary for the New Mexico Department of Health from 2007 to 2010. Earlier in his career, he was medical director of Questa Health Center in Questa, NM and later Vice President of Clinical Affairs at Presbyterian Medical Services in Santa Fe. Dr. Vigil has been active in community service throughout his career. He served as president and board chair of the New Mexico Academy of Family Physicians. He was a member of the New Mexico Medical Board and the EMS Licensing Commission. Vigil has been a leader in professional recruitment and retention, medical ethics and healthcare access for New Mexicans. A long-time member of UNM's clinical faculty, he is an active preceptor in the UNM School of Medicine primary care curriculum.

UNM Family Medicine Interest Group Wins Award

The UNM FMIG earned the 2016 Program of Excellence Award: Excellence in Collaboration. NMAFP would like to congratulate the students, faculty and staff who contributed to this achievement. We applaud your efforts to promote the values and philosophy of Family Medicine. The Award was presented to the FMIG Officers during the FMIG breakfast that took place during the National AAFP Resident & Student Conference in Kansas City on July 29.



FMIG Officers receiving the 2016 Program of Excellence Award in Kansas City (L-R) Lucia Xiong, President-Elect; Katie Ogawa, President; and Daphne Olson, Past President

FMIG Update

By Katie Ogawa, FMIG President

This summer has been full of adventure for FMIG students. FMIG students (two officers and six members) went to Kansas City for the annual AAFP resident and student annual conference. While there, the New Mexico Chapter of FMIG received the Program of Excellence Award in Collaboration. This reward was given for the ever evolving and successful Prep for PIE. This is a program that was started in 2015 and grew even more in 2016. It was put on in collaboration with other interest groups to give our students some practical skills as they left for PIE.

The first year Med Students adventured throughout New Mexico as they finished their first year curriculum, serving in primary care facilities across the state. This rotation is known as PIE (Practical Immersion Experience) and is an incredible part of the UNM School of Medicine curriculum. It is an opportunity to expose every student to rural primary care practices and for students to apply all they have learned their first year.