



The Roadrunner

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60th Annual NMAFP Family Medicine Seminar

By Dr. John Andazola, Scientific Program Chair

This year's Annual Family Medicine Seminar was held in Ruidoso, New Mexico. The theme of this year's seminar was on upstream medicine and the social determinates of health, and it was incredible listening to the many upstream practices that are occurring in our state and our region. Again, we had many out-of-state attendees join the conference, and several of the out-of-state attendees voiced this was their favorite CME conference and attend it annually.

Dr. Robert Wergin, past AAFP President and Board Chair, attended the conference and provided two educational sessions. In addition, Dr. Wergin attended the Welcome Reception and the Awards Dinner and Dance where he inducted our 2018 officers. At the conference, we learned about evidence-based parenting, contraception, annual wellness visits, upstream medicine, hypertension and many other topics.

I would like to especially thank Dr. Dion Gallant and Dr. Valerie Carrejo for their stopgap rescue by providing an excellent lecture on "Common Thyroid Disorders in Primary Care", and I would like to thank Dr. Lana Wagner for stepping in to provide the excellent lecture "The Seven Lies Your Mother and Doctor Told You to Believe about Sleep". Of course, I would like to thank Sara Bittner and the NMAFP staff for their hard work in producing another very successful Family Medicine Seminar! We look forward to seeing everyone again next year, July 26-29th, in Santa Fe for the 61st Annual Family Medicine Seminar, and on February 10th for the 36th Annual Winter Refresher in Albuquerque!

Special thanks to the Co-Sponsors of the Ruidoso Conference: Dairy MAX; Luna Community College, Montanas del Norte Area Health Education Center, Las Vegas, NM; Memorial Medical Center, Las Cruces, NM; and UNM School of Medicine, Office for Community Faculty.

Thanks also to the Exhibitors at the Ruidoso Conference: American Massage Therapy Association - NM Chapter (AMTA-NM); Ameri-Health Caritas; Astellas Pharma US, Inc.; Atlas Revenue Management; Christus St. Vincent Health System; Compassion and Choices; Dairy MAX; Estrategy Consulting, LLC; Fotona; Health Services Advisory Group; Lovelace Medical Group; Mitchell's Silver & Turquoise; New Mexico Cancer Center; New Mexico Health Resources; Pathology Consultants of New Mexico; Pfizer; Presbyterian Healthcare Services; Quality Sleep Solutions; Roswell-Chaves County EDC; Sanofi Pasteur; The Doctors Company; TriCore Reference Laboratories; University of New Mexico School of Medicine Office of Community Faculty; and UNMMG Locum Tenens & Specialty Extension Services.



NMAFP Officers and Delegates fielding questions at the Town Hall Meeting regarding this year's NMAFP Resolutions that will be presented at the AAFP Congress of Delegates in San Antonio
(L-R) Drs. Bridget Lynch, Virginia Hernandez, Valerie Carrejo, John Andazola, Dion Gallant, Melissa Martinez and Karen Phillips



(L-R) Dr. Trey Dodson, former NMAFP Officer, Dr. Dion Gallant, NMAFP Chapter Affairs Chair, and his son, Theo, having fun and entertaining folks after the Welcome Reception on Thursday evening



(L-R) Newly inducted 2017-2018 NMAFP officers, Dr. Veny Ianakieva, Vice President; Dr. Valerie Carrejo, President-Elect; Dr. Virginia Hernandez, Secretary-Treasurer and Honored Guest and Past AAFP Board Chair, Dr. Bob Wergin



Dr. Karen Phillips receiving the 2017 Chapter Service Award from Dr. John Andazola and Sara



(L-R) 2017 NMAFP Officers: Drs. Virginia Hernandez, John Andazola, Karen Phillips, Frank Ralls and Valerie Carrejo. A special thanks goes out to Dr. Andazola, Ruidoso Scientific Program Chair, for a job well done.



(L-R) Dr. Bob Wergin inducting Dr. Frank Ralls as the 2017-2018 NMAFP President

AAFP National Conference of Family Medicine Residents and Medical Students

This year, NMAFP provided scholarships for eight Med Students and one Resident to attend the Resident & Student Conference in Kansas City, July 27th - 29th. The FM Resident Congress of Delegates and the FM Med Student Congress of Delegates was held in conjunction with this annual conference.

In order to receive a scholarship from NMAFP, students must write an essay on "Why I Want to Become a Family Medicine Physician". Below are comments from the nine recipients about their experience at the Conference.



Back row (L to R): Kate McCalmont, MD; Catherine Smith, MD; John Kutinac, Joanna Souers, MD; Brandon Ferguson, MD; Jerica Johnson, MD; Cris Laguillo, MD; Luis Rigales, MD; Front row (left to right): Drs. Gina Lutz, Dickie Romero, Mai Oushy

Estevan Apodaca, MD - Resident Delegate from NM - Kansas City hosted the AAFP National Conference for Residents and Students this past July, and I am thankful to the NMAFP for sending me as the Resident Delegate to the COD. The focus of the meeting was energizing medical students and residents to shape the future of healthcare to better suit physicians and our patients. This can be accomplished by taking control of our practice environments and making choices to practice in organizations that take steps to improve medicine for patients and practitioners. This also means being engaged in policy at the state and national levels to promote policies that are good for physicians and patients alike. Being a member of the NMAFP and a delegate to the Resident COD showed one way to accomplish this goal. Another way is to be engaged with what is occurring in Family Medicine in our community and being a voice to help shape medicine to best serve providers and patients. The conference was also a great way to spend time with residents and physicians from across the country and NM (Silver City, Las Cruces, Santa Fe and Albuquerque) and remind us all why we love Family Medicine and just how much of a difference we can make.

Lucia Xiong - Student Delegate from NM - Attending the AAFP Medical Students and Residents Conference as the New Mexico Delegate to the Student Congress

of Delegates was such an honor. I want to thank the NMAFP in supporting me with the scholarship to participate. I attended a resolution writing workshop that was hosted by the AAFP's Commission on Health of the Public and Science. I joined fellow students from Washington D.C. and Seattle, WA to help submit a resolution. Our resolution asked that the AAFP support expanding the race and ethnicity categories used by the U.S. Census and other research organizations. Much of our healthcare policy and programs are determined by the disparities uncovered via research surveys, so this move would help better portray the demographic makeup of our nation. For example, while Asian-Americans are seemingly doing well financially, a finer breakdown reveals Southeast Asian-Americans have higher rates of being uninsured and worse health outcomes. Limited data is available for subgroups who are of Middle Eastern or North African descent or for Caribbean-Americans given the current structure. After defending the resolution among constituents and voting for resolutions, I am happy to see that the resolution will be brought to the AAFP's Physician Congress of Delegates.

Participating in the Congress activities was an exciting opportunity for me. I was intrigued by all the ideas brought forth from medical students across the country. Passionate discussion ensued over whether the AAFP should state that healthcare is a fundamental human right. There was much debate on how to improve the electronic medical record. Suggestions included an electronic card for patients to carry or using an EMR program on a single nationwide network. Other students advocated for creating a mentorship network that focused on supporting students from underrepresented identities in medicine. It was invigorating to be at the center of these discussions and to learn what changes young doctors in training are already doing to continue to advance the healthcare system.

As always, the workshops and residency fair provided great insight on the direction I would want to pursue in medicine. It allowed me to better prepare for applications next year by deciding between a community or academic-based residency and learning about rural healthcare. Thank you to the NMAFP for supporting me in traveling to the AAFP Student Conference.

Katie Ogawa - Past NM Student Delegate - I want to thank those who made it possible for me to attend the AAFP Resident and Student Conference this year. Each time I have attended this conference, I have had a different agenda and role. I still remember the first time I walked into the opening session, after my first year of medical school. I was inspired by the incredible leaders on stage, and I knew that I wanted to pursue a career in Family Medicine. I knew that Family Medicine would give me the training to focus not just on a lab value, but truly on the entire person. As I sat in the opening session this year, that amazement and inspiration returned. I entered the room knowing I would be pursuing residency in Family Medicine, and I sat through the session thinking of all the ways I want to impact our field and impact health throughout my career.

This National Conference gave me the

opportunity to spend time in sessions learning about everything from birth control prescribing patterns to tips on interviewing to the most practice changing articles in 2016. I also was able to spend time wandering the isles of the Expo hall and learning about what Family Medicine training looks like across the country. The various programs reflected the variety of Family Medicine. Not only did I learn a great deal about what it means to be a family doc around the country, but I was reminded about what I found most compelling and meaningful about my decision to be a family doctor. Thank you for the opportunity to surround myself with incredible students and residents who are committed to a field that I am so excited to soon be a part of. Thank you!



(L to R): Karissa Ryann Vasquez; Lilliam Aguilar-Castillo; Katie Ogawa; Gina Stroud; Mike Winer

Anna Kistin - Future NM Student Delegate - The AAFP National Conference in Kansas City was a fantastic way to participate in the student congress, attend sessions geared toward medical students, and become acquainted with residency programs from across the country. As the alternate delegate from New Mexico for the student congress, I was able to observe how congress works and to vote on some of the resolutions that were proposed. As for the breakout sessions, one of the most beneficial was a talk on Maternal Care in Family Practice. The presenter not only discussed some of the biases around family practice doctors doing OB, he also gave practical tips on how to approach residency programs to get concrete answers on how much OB care residents receive in their training. Sessions like these made me feel better prepared to navigate the Residency Expo Hall, which nearly everyone described as "overwhelming." Almost five hundred residency programs were present, and it was a task just to know how to prioritize which booths to approach. Luckily, through information from conference presenters and great conversations with my fellow students and some New Mexico residents and faculty, I learned to identify programs that aligned with my interests. More importantly, as I spoke to representatives from these programs, I felt at ease and excited.

Michael Winer - The conference in Kansas City was one of the highlights of my medical school career! I am so thankful to the NMAFP for sponsoring me to attend this transformative conference. Day 1 started with a motivational speech by T.R. Reid, the best-selling author of "Healing for America", who encouraged us to be strong in our current and uncertain times--urging us

to advocate for our patients' health needs. We were able to spend several days meeting with the different residency programs and their current residents and faculty. In addition to finding out about some incredible programs, I was constantly reminded that I have chosen the correct specialty. From sharing interests about adolescent medicine, to learning how programs are integrating LGBTQ health longitudinally into their resident education, I became excited about how the next stage of training will give me skills to work in the complex health ecology of New Mexico. The Family Medicine residents and faculty from across the nation are committed to their field and finding ways to grow to meet current needs. I look forward to returning as a resident in the upcoming years and being a part of this mission.



(L to R): Jessie Roger; Katie Ogawa, NM Delegate, 2016 Student Congress of Delegates; Mike Winer; Gina Stroud

Gina Stroud - The AAFP National Conference was a fantastic experience! At the conference, I was able to learn about many different residency programs and talk to representatives from each one. It was extremely valuable to hear what Family Medicine training across the country looks like. I loved meeting other people who want to go into Family Medicine. I was very impressed by the passion so many people there had for serving the underserved. I was also able to attend a variety of talks, many of which centered around ways Family Physicians can be active in their communities and in the current health care policy debates. Overall, it was a great experience, and I am thankful for the scholarship I received that allowed me to attend.

Lilliam Aguilar Clinger - I am a fourth-year medical student, originally from Honduras, studying at the University of New Mexico School of Medicine. I have been blessed with many great opportunities throughout my life including a recent scholarship to attend the American Academy of Family Physicians National Conference in Kansas City. During my time at the conference, I attended several of the sessions that were geared to aspiring Family Medicine residents. In these sessions, I was informed about resources to look at regarding the match process, "do's" and "don'ts" during the interviewing process, and even details that should not be missed when fulfilling a residency application. Moreover, I learned more about one of my biggest interests in Family Medicine, the Maternal Child Health fellowship and what a career in this field entails. One of the other sessions that

was very popular amongst medical students was regarding how to manage medical school debt during residency training.

Most of my time at the National Conference was spent meeting and networking with several of the Family Medicine Residency Programs that were at the grand exhibition. I was able to visit with several of the residencies that I had read about beforehand and also learn about others that I had not heard about before or that were new arising programs. By speaking with several of the residency representatives, I was able to know which programs were more involved in Obstetrics training, and I also had the opportunity to build rapport with several FM MCH physicians. Another great networking experience that took place at the conference was with students pursuing their education at other medical schools during workshops or social events. Overall, my experience at the conference was rewarding and refreshing given that I was able to acquire a lot of very important information regarding the pathway to a Family Medicine Residency while simultaneously enjoying the company of very hard-working and kindhearted physicians.



(L to R): Lucia Xiong, NM Delegate, 2017 Student Congress of Delegates; Anna Kistin, NM Delegate, 2018 Student Congress of Delegates

Chrysta Djatche de Kamgaing - I am from Cameroon, and am a second-year medical student at the University of New Mexico School of Medicine. I recently attended the National Resident & Student Conference of the American Academy of Family Physicians in Kansas City, MO, thanks to the generous help of the New Mexico Academy of Family Physicians, UNM Office of Diversity and the American Academy of Family Physicians. As an international medical student, I don't have any family members or relatives here to guide me toward a specific medical profession. It's difficult to obtain all the different information used to make a decision that will change the course of your life after completing four years of medical school. This conference gave me the opportunity to communicate with various Family Medicine Residency Programs, which is something I am considering within my wide range of medical career interests. The conference allowed me to gain insight about the different Family Medicine Residencies, which I thought were all the same, but I learned that they are different. For example, one residency focuses more on a specific aspect of Family Medicine while another gives extra training on something else. In addition to getting more information about my potential future specialty, I also received information about away-rotations and sub-internships

and their various involvement in rural and global health training. Most of the medicine I have been exposed to in my home country has been rural medicine.

In addition to the various information about the academic aspect of Family Medicine, they also had multiple sessions about health policies, leadership within the organization, race and genetics, procedures, workshops and resilience. Throughout the conference, what I admired the most was unlike other medical conferences, they had a specific section for international students which was surprisingly packed.

Thank you for giving me the opportunity to attend this conference and learning so much about Family Medicine which I wouldn't have been able to learn otherwise.



(L to R): Drs. Charity Bishop, Neel Patel, Brandon Ferguson, Jerica Johnson

Karissa Vasquez - Receiving a scholarship to attend the National AAFP Conference in Kansas City was a wonderful opportunity that I am grateful to have received. I met many different medical students and residents from around the nation and the world starting from my shuttle ride to the hotel, throughout the conference, and on my shuttle ride back to the airport. The wide variety of sessions offered throughout the conference made it difficult to choose which sessions to attend, and I was glad that some of the sessions were offered multiple times throughout the conference. Some of the smaller break-out sessions I attended included procedures in Family Medicine and how to manage student loans. In addition, I attended larger sessions on the residency application process and interviewing. Thursday evening of the conference, the New Mexico programs all met for food and socialization. It was nice to meet up with familiar faces and get to know new people with a similar passion for Family Medicine and New Mexico. Last, but certainly not least, I spent a large part of the last two days learning about the different Family Medicine Residency Programs at the residency fair. I went to Kansas City hoping to narrow down my list of programs to apply; and, although I was initially overwhelmed by the size of the conference hall, I left with a better understanding of what I am looking for in a Family Medicine Residency and where I would like to apply. I should mention that this was my first time at this conference, and I now understand what other people talk about when they talk about how beneficial the conference is to attend. I am grateful for the opportunity that NMAFP gave me, and I highly encourage any students interested in Family Medicine to attend.

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Three NM Family Medicine Residents Share the Heffron International Fellowship Award

By Warren Heffron, MD

*D*rs. Nora Gibbons, Jerica Johnson, and Gina Lutz are the 2017 recipients of the Warren and Rosalee Heffron International Fellowship award. The global health fellowship was created in 2013 to permit NM family medicine residents to participate in an international rotation as a part of their residency curriculum every other year. On alternate years, a faculty member from a family medicine residency or medical school department is invited to come to UNM for an individually arranged faculty development program.

Dr. Lutz is from the Santa Fe Residency Program. She graduated from a medical school in Cuba and will return to her training location to perform a study in the Salvador Allende Hospital. She will interview patients, physicians and nurses to investigate attitudes and practices surrounding terminal disease and death. She will analyze her findings, observe themes and draw conclusions regarding management of death in this population. She will share her findings with her colleagues in Cuba and the Santa Fe residency.

Dr. Johnson will participate in a collaborative program between the UNM Department of Emergency Medicine and an emergency medicine department in Sendai, Japan. She will develop an understanding of Japanese medical training while participating in teaching activities by teaching obstetrical emergency care to Japanese medical residents using both lecture formats and clinical simulations. She will establish collaborative relationships of an ongoing nature with Japanese residents who will visit UNM later in the year.

Dr. Gibbons is also a part of the residency program in Santa Fe. She will travel to Quetzaltenango (Xela) Guatemala. Her project is to improve her Spanish language skills and understanding of cross cultural medicine with limited resources, while providing medical care in a community clinic. She will study at the Pop Wuj program which provides language and cultural competency in conjunction with a mobile and community clinic.

These three will continue the tradition of the fellowship which has been established by the previous awardees.

2013. Dr. Jennifer Lasman, UNM, Uganda
Dr. Brian Smith, Santa Fe, Guatemala and South America

2014. Dr. Huang (Ann) Wenjuan, from China to UNM

2015. Dr. Thomas Betjeman, Santa Fe, Peru
Dr. Jimmy Crumbacher, UNM, Japan
Dr. Magda Ramirez, Silver City, Guatemala
2016. Dr. Laura Parajon, from Nicaragua to UNM

NM Family Medicine Residency Reports

*L*as Cruces - Dawn Drumm, MD

Greetings from sunny Las Cruces. Our interns have completed orientation and are finishing their first rotations. We enjoy getting to know each of them and appreciate the unique strengths they bring to our team. Senior residents are adjusting to new levels of responsibility and mentoring. Our chief residents, Mai Oushy and Dickie Romero, went to the Family Medicine Conference in Kansas City to recruit new residents for our program. Our NMAFP representative, Dawn Drumm, went to the Ruidoso conference. We are delighted to have Eve Adams continue to provide resident wellness monthly during our didactics. We eagerly look forward to the break of tai chi, yoga, or massage for an hour. Rene Dupree is introducing us to literature in medicine.

Our residency program continues to pursue upstream medicine through our Health Equity Action Team composed of Mary Alice Scott, medical anthropologist from NMSU; Ernesto Moralez, public health from NMSU; Ivan de la Rosa, social work and domestic violence specialist from NMSU; Erika Gergerich, clinical social worker from NMSU; Daubney Boland, psychologist; and Marlin Hoover, prescribing psychologist. They bring with them a team of 7 students in social work, psychology, and prescribing psychology to work with our patients and to support our residents. Additionally, we incorporate components of social determinants of health into our didactics presentations and into our resident rotations. We send senior residents out to local community centers to teach classes on influenza, diabetes management, and to do personal lab reviews. Since many of our residents are fluent in Spanish, we are able to provide these services in client preferred languages.

*U*NM Residency - Kresta Antillon, MD

Happy Fall NMAFP Members! I hope everyone around the state has been able to enjoy the afternoon rain, as we have been able to here in Albuquerque! With us being close to three months in the new academic year, we are all transitioning into our new roles as interns and senior residents. During this short time, we have had the pleasure of working with and getting to know our new intern class on the wards, on L&D, and within our clinic sites and look forward to the new ideas and thoughts that they will contribute to our program!

This academic year, there have also been changes in our residency leadership and we would like to both wish Dr. Elizabeth Grant, our former Associate Program Director, the best of luck on her new endeavors as she moves back home to Montana and welcome Dr. Anjani Kolhi, who is joining us from UCSF, as one of our new Associate Program Directors!

Lastly, I'd like to congratulate Jerica Johnson, one of our third-year residents, as she was this year's UNM Family Medicine's residency recipient of the Heffron International Fellowship! This fellowship will allow her up to \$5,000 for an international rotation/study abroad program. We look forward to hearing about her adventures! Until, next time!

*S*anta Fe - Joanna Souers, MD

Up here in magnificent Northern New Mexico, we just finished our annual faculty-resident retreat at Ojo Caliente Mineral Spring Resort & Spa. It was a wonderful time to get together as a program and discuss our ACGME self-study, elucidating the strengths and weaknesses of the program, practice team-building exercises, and focus on wellness and resilience.

Some of the key strengths of our program we discussed include that it is a rural program in a culturally rich and diverse community affiliated with the University of New Mexico and La Familia Medical Center, an FQHC that has served Santa Fe since 1972. We also commend the flexible curriculum that allows us to tailor our training to our individual interests and spend time in different communities in rural New Mexico including Zuni, Shiprock, Farmington, Taos, Santa Rosa, Silver City and many more.

We are grateful that we have core and volunteer faculty that are so dedicated to our formation as doctors. We look forward to making our program one of the best in the nation and aim to train residents that are not only competent physicians, but future leaders in the field of Family Medicine and pillars of their community.

*S*ilver City - Neel Patel, MD

Greetings from Southwest New Mexico! It's an exciting time at Hidalgo Medical Services Family Medicine Residency Program as we welcomed our second-year class in July, 2017. Dr. Sue Bauer completed her intern year at Memorial Medical Center in Las Cruces and Dr. Pedro Armendariz completed his intern year in Puerto Rico. We are excited to also meet our first-year residents, Dr. Rory Keyes and Dr. Roberto Aguero who are currently in Las Cruces. The program would also like to welcome our new preceptors, Dr. Leu and Dr. Brian Etheridge, who are both pediatricians. The residents have always appreciated the strong pediatrics curriculum at HMS, and we expect it to get even better now.

The HMS FMRP is currently working on a community health project that we are excited to start in late September. We hope to rally our patients to join us every Saturday for a 30-minute walk around Silver City Park where we aim to implement a long-term exercise plan so they can improve quality measures such as BMI and Hgb A1c. Giving the community a chance to exercise with healthcare providers will not only enable them to improve their health long-term, but gives us residents a chance to forge relationships with our clinic patients in ways we never imagined.

I'd like to end by congratulating Dr. Magda Ramirez who recently graduated in June, 2016. She is heading to California to be faculty at Kaweah Delta Family Medicine residency program in the town of Visalia. Dr. Ramirez will be missed at HMS, but we wish her the best of luck in her new endeavors.

36th Annual Winter Refresher in Albuquerque

Saturday, February 10, 2018, Hotel Albuquerque, Old Town

Dr. Valerie Carrejo, Scientific Program Chair

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

Online Registration at www.familydoctormn.org will be available in October

Schedule of Events and Lectures

7:00 am - 8:00 am

Past President's Breakfast
Rendering Room

7:00 am - 8:00 am

Registration/Exhibits Open
Breakfast - Exhibit Hall

7:55 am - 8:00 am

Introduction & Welcome
Dr. Valerie Carrejo
Scientific Program Chair

8:00 am - 9:00 am

"Updates on Diabetic Medications"
Gretchen Ray, PharmD &
Juliann Horne, PharmD

9:00 am - 10:00 am

"The Primary Care Clinic of the Future:
The Jetsons Meet Marcus Welby"
Dave Rakel, MD

10:00 am - 11:00 am

Poster Session
South Atrium outside of Lecture Hall
(coffee & tea available in Atrium)

11:00 am - 12:00 pm

"Key Articles & Clinical Developments
of 2017 in Family Medicine"
Dan Waldman, MD

12:00 pm - 1:00 pm

Lunch - Exhibit Hall

1:00 pm - 2:00 pm

"Pediatric Infectious Disease Vignettes"
Walter Dehority, MD, MSc

2:00 pm - 3:00 pm

"Topics in Native American Healthcare"
Robert Surawski, MD

3:00 pm - 3:30 pm

Break - Exhibit Hall

3:30 pm - 4:30 pm

"Making Chronic Pelvic Pain a Little
Less Painful"
Nick Andrews, MD

4:30 pm - 5:30 pm

"Assessment of Dementia in Primary Care"
Gabiella Good, MD

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 19, 2018**. 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/2spW9zj> and use the **Group Code 1802FP** to receive the room block rate by January 19th.



Please Print Clearly

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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 on USB (hardcopy not included)

_____ AAFP Member Licensed Practicing Physician \$190

_____ Non-member Licensed Practicing Physician \$315

_____ PhD \$190

_____ NP/PA/RN \$130

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

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

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

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Or mail form & check to: NMAFP, Educational Fund, 2400 Louisiana Blvd. NE, Bldg. 2, Suite 101, Albuquerque, NM 87110

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

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FMIG Update

By Anna Kistin, FMIG President

Over the summer, the Family Medicine Interest Group worked with UNM Family Medicine residents Katarzyna Wilamowska and Steven Nguyen to help the incoming MS4s as they prepare for residency applications and interviews. FMIG surveyed previous UNM med students who have matched into Family Medicine, asking them questions regarding their experiences during the application process. We then consolidated the advice and sent the information to students who are beginning the application process. UNM residents also coordinated a personal statement workshop for MS4s, during which they learned key do's and don'ts for their applications and had the opportunity to workshop their statements.

As the academic year began, FMIG welcomed the MS1s and MS2s back to school with a panel of Family Med doctors. We aimed to show the breadth of Family Medicine and invited doctors with experiences in rural medicine, international health, maternal-child health, sports medicine, and more. Elena Bissell, Nicole Yonke, Laura Chambers-Kersh, Michelle Bardack, Dan Waldman, and Brandon Hockenberry all participated and shared their experiences in front of an audience of over 40 students.

12th Annual Med Student Reception Hosted by NMAFP

The 12th Annual Med Student Reception will take place on Friday, October 6, 2017, from 6:00 pm to 9:00 pm, in the TEWA Ballroom at the Nativo Lodge in Albuquerque. The Reception provides a venue for medical students at all stages of education to have access to the Family Physicians of New Mexico.

The buffet dinner and cash bar will begin at 6:00 pm. We are planning a format in which there will be a 10-minute inspirational student-focused introduction with an informal small group discussion to follow. The Students will remain in their original seats, and the Docs will rotate among the student tables for the first portion of the evening. During the last portion of the evening, there will be focus groups in four different parts of the room. The topics will be: Residencies, Hospitalists/ER, Solo/Small Group, and Employed Physicians. The Docs will go to their respective area, and the Students will visit the groups they are most interested in.

The critical component lies in having plenty of Family Docs present to informally discuss their work and lives as Family Physicians. Experience with recruiting has consistently shown there is nothing more powerful for a student doctor, contemplating his or her future in medicine, than to hear from and connect with an experienced physician. You all have a wealth of amazing and powerful experiences to share, so please join us for a fun and interesting evening of developing our future Family Medicine Physicians of New Mexico.

Seating is limited, so please RSVP to Sara at familydoctor@newmexico.com at your earliest convenience.

Doc of the Day Volunteers Needed for 2018 Legislative Session

Members, are you interested in the legislative process? Do you want to understand how our legislature works? Want to do some real community service? Then volunteer as a Doctor of the Day. The Doctor of the Day Program is our New Mexico Academy of Family Physicians (NMAFP) community service to the New Mexico State Legislature, and we need your help. Each volunteer serves a day (or more) to provide medical services to the legislators during the legislative session. NMAFP volunteers work in cooperation with the New Mexico Medical Society. NMAFP volunteers provide medical evaluation and care, and the NMMS provides pharmaceutical support when indicated. Volunteers will provide a cell phone number to the Round House operator and be "on call" during the day. Medical services will be provided in the privacy of the legislator's office. During the day volunteers can observe the legislative sessions, provide testimony on behalf of the New Mexico Academy (only on issues of direct relevance to the Academy) and generally learn about the legislative process.

A lunch training session is planned for Saturday, January 13th, 12:30 pm at the Academy office. The session will review anticipated legislation and the Academy policy regarding the issues. Steve Lucero, NMAFP Lobbyist, will lead the training session. The 30-day session begins January 16th and ends February 15th. The DOD Schedule will begin on Tuesday, January 16th. If you are interested in participating, email or call Sara: familydoctor@newmexico.com or 505-292-3113.

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Dairy

Fat-free or low-fat milk and dairy:
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Fruits

2-2.5 cups daily



Vegetables

2-2.5 cups daily



Grains

Make half your grains whole:
6-8 ounces daily



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6 ounces or less daily



Nuts, seeds and legumes

4-5 times weekly



Oils

Use sparingly



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Dion Gallant, MD: NMAFP Physician of the Year

By Rick Madden, MD

Dr. Dion Gallant was named the NMAFP Physician of the Year at the 60th Annual Family Medicine Seminar in Ruidoso, July 27-30, 2017. The Chapter honored him with a Nambe plaque and a certificate during a presentation when our new Chapter officers were installed.

As one of us who nominated him, I wanted to thank him for his many years of continuing service to Family Medicine and our Chapter. Dion chairs the Chapter Affairs Committee, which has responsibility for our budget and other important management areas. He also participates on our Board as a thoughtful, well-informed contributor.

He has spoken to us at our CME meetings many times on many medical topics. Family doctors appreciate his clarity on concepts relating to daily practice, and we leave the conference with up to date information and practical strategies for caring for patients. He encourages Q & A at the end of his talks, which allow participants to access his considerable store of medical knowledge and experience.

Dion practices at Presbyterian Medical Group at the Kaseman campus in Albuquerque. It has been reassuring to refer patients of mine, who have moved from Belen to Albuquerque, to him. I know they will receive timely, high quality care, and management of resources they need.

Dion grew up in Albuquerque and graduated from Georgetown University. He left NM for Boulder briefly, then attended UNM Med School and Family Medicine Residency.

Dion has served as Delegate to the National AAFP Congress of Delegates for seven years, representing us where National Family Medicine policy decisions are made. It's great to have his intelligence and insight contributing at that level. He has also served as the Greater Albuquerque Medical Association President, and is the newly elected Vice-Speaker of the New Mexico Medical Society.

While Dion practices Family Medicine, he is also the Primary Care Medical Director for all of Presbyterian, a job that entails bridging administrative and clinical arenas. That job requires him to help guide policy for Presbyterian. He helps primary care doctors and advanced practice nurses work at an optimal level while facing the challenges of clinical and logistic issues. He deserves a lot of credit for managing this responsibility so well for many years now.

Thank you, Dion, for all of your service. As a servant leader, you have helped our Family Physicians and our patients.



Photo above: (L-R) Dr. Rick Madden and Sara congratulating Dr. Dion Gallant, 2017 Physician of the Year Award recipient