



The Roadrunner

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NMAFP

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35th Annual Winter Refresher in Albuquerque in our Rear-View Mirror

Dr. Frank Ralls outdid himself this year with a stellar group of speakers and topics. It was delightful to reunite with our fellow Family Physicians from throughout the state and surrounding states, even as far as Wisconsin! We all share a great diversity of interests and strengths, each with a unique art of practicing medicine; and, because we all share strong common goals, our diversity makes Family Medicine, Strong Medicine! The speakers spent countless hours preparing for the Winter Refresher and were well received as reflected in the Final Evaluations. Favorite comments include: "practical", "helpful", "freaking awesome", "educational", and "I get it!!!". The final Q & A was reminiscent of sitting with family and friends watching an enjoyable evening talk host program except this one provided valuable and practical educational material that is useful to most of us on a daily basis.

The hotel kept its bargain as to being one of the best locations in Albuquerque for service and quality of food, and the attendees once again enjoyed visiting with their peers. The Second Annual Poster Session was well received; the residents worked

long and hard on preparations and proudly displayed their projects. Plans are already in motion for a Poster Session in 2018. The combination of our fantastic NMAFP staff, speakers, vendors, and reuniting with fellow family practitioners, other providers and great residents and students made the Winter Refresher enjoyable and so valuable on many levels. The Winter Refresher is definitely the place to be in February!

A special thanks goes out to all the vendors that attended the NMAFP Winter Refresher in Albuquerque on February 11th. They are: American Massage Therapy Assn. (New Mexico Chapter); BCBSNM; Christus St. Vincent Health System; Dairy Max; E strategy Total Waste Solutions; Hidalgo Medical Services; HIPAA.host; Indian Health Service – Pinon & Tsai Health Center – Navajo Area; Lovelace Medical Group; MHM/Centurion of New Mexico; New Mexico Health Connections; New Mexico Health Resources; New Mexico Primary Care Training Consortium; Osteo-Strong Albuquerque Midtown; Pathology Consultants of New Mexico; Petroglyph Pathology Services; Presbyterian Healthcare Services; Presbyterian Medical Services; Quality Sleep Solutions; Roswell-Chaves County Economic Development Corpora-

tion (EDC); Steady Networks; TeamHealth; UNM Health Sciences Library and Informatics Center; UNM School of Medicine Office for Community Faculty & UNM Preceptorship Office; UNMMG Locum Tenens & Specialty Extension Services; and US Army Medical Recruiting.

A very special thanks also goes to the Co-Sponsors of the Winter Refresher: Dairy Max; Luna Community College; Memorial Medical Center; The Doctors Company; and UNM School of Medicine, Office for Community Faculty.



Second Annual Poster Session A Huge Success



Past Presidents' Breakfast (L-R): Dr. Linda Stogner; Dr. Rick Madden; Dr. Karen Phillips; Dr. Bert Umland; Sara Bittner, Chapter Exec; Dr. John Andazola, Current President; Dr. Karen Vaillant; Dr. Warren Heffron; Dr. Melissa Martinez; Dr. Dion Gallant; Dr. Arlene Brown; Dr. Alfredo Vigil; Dr. Lana Wagner; Dr. Neal Devitt; Dr. Gwenn Robinson; Dr. Dave Holten and Dr. Frank Ralls, President-Elect.



Residents and Students Sharing their Research with the Winter Refresher Attendees

2017 Doc of the Day Volunteers Once Again Make a Difference

By Steve Lucero, NMAFP Lobbyist, & Rick Madden, MD, Legislative Affairs Committee Chair

This year's legislative session provided opportunities for Doc of the Day volunteers to become advocates on issues such as Medicaid Funding, Scope of Practice, Loan Repayments for Rural Providers, and other healthcare related issues. We've been actively educating legislators on many issues. We believe that collectively these conversations with legislators are having a positive impact on the issues that are important to the NMAFP.

Medicaid funding was a hot topic throughout the legislative session because of the state's budget shortfall and risk to our state's health if Medicaid is underfunded. Almost 45% of our population now depends on Medicaid for access to good primary care. The NMAFP worked with many advocacy groups to keep Medicaid funded to the maximum level possible. Doc of the Day volunteers made a tremendous impact in this area by sharing a family doctor's perspective and Medicaid's impact on

patient health. A report of the outcome of the legislative session will come in the next newsletter issue.

A special thanks go out to all the Doc of the Day volunteers. The care given by the volunteer physicians was met with great appreciation by legislators, staff members, and the general public. On many occasions the Doc of the Day was introduced during the Senate and House Floor sessions.

President's Column

By John Andazola, MD



It's mid March as I sit down to write my third President's Column. Spring training and March Madness are in full swing, and for those of us in graduate medical education, it's match season. It's the time when new interns are matched to their future residency programs. This exciting time of year is also a time when we often focus on renewal. With the thought of renewal, I'd like to continue the conversation about the social determinants of health and upstream medicine. If we are to address deeply entrenched and long standing health inequities, we must change the way we think about the structure of healthcare and health itself. I truly believe that we have been in a time of social change and renewal and that we are now facing a time when the decisions made today about education, the environment, and health care will have significant effects on the health of the people who live in our communities. Again, I know that these are big issues, and they seem impossible to affect as Family Physicians; but, having a strong foundation of understanding on these issues, is the first step to make positive changes. As I stated in my previous articles, one's zip code has a bigger influence on one's health than does one's genetic code. In addition, I spoke of the three dimensions of health disparity where an individual's health is determined by 1. Social factors 2. Access to care and 3. Quality of care they receive.

Today I would like to talk about structural violence and vulnerability. These are terms taken from anthropology that describe legitimized structures which cause harm to a group of people. Such violence is often difficult to see because it appears to be simply "the way things are." The concept of structural violence is usually used to describe economic or legal structures that harm people we recognize as suffering from the negative impacts of health disparities. An example of this are labor laws that excluded agricultural laborers from the New Mexico Workers'

Compensation Act. This law did not require the agricultural industry in New Mexico to provide workers' compensation to farm workers. The intent of the law was to protect the small farmer and/or rancher from the burden of providing workers' compensation, which could have a significant negative financial impact on these small organizations. However, it also led to limits on access to health care for a group of impoverished individuals who are many times paid below minimum wage working in one of our state's most hazardous industries. Another example that hits home for me is the border checkpoint between Las Cruces and Hatch. The residency in Las Cruces provides prenatal care to the people in the Hatch Valley which is a large agricultural area. Many of the women in this community are migrant farm workers that regularly struggle to cross this checkpoint due to fears of harassment or deportation; and, thus, their access to prenatal care is limited, which can have a significant negative impact on their health and the health of their children. As you can see in these examples, there are legitimized structures that can cause violence to a group of individuals. Many times the harm caused by these structures is not intentional. Many times these harms are not even recognized

or just considered the norm. Sometimes it's something simple like a highway that divides a neighborhood from a park, and data has shown that as distance increases from green spaces so does the incidence of coronary artery disease.

Laws and policies are being proposed at both state and federal levels that will potentially cause significant harm to our patients. These laws will limit access to affordable health insurance to those in greatest need. This is structural violence, and it will make our already vulnerable populations even more so. Policies are being proposed that will have a negative impact on our educational system and the environment. As Family Physicians and leaders in our communities we must make our voices heard. We must represent those in our communities that are most at risk. I am proud of the work that the legislative committee of the NMAFP is doing. They are representing the physicians of our state and more importantly the patients they serve. I invite you to make your voice heard. Please let me and the academy know how we can represent you and your patients. Keeping in mind the current structures and potential structures being developed in new policy proposals, let's work together to make our communities healthier.

The Right Team

First Choice Community Healthcare has a great opportunity for Family Medicine Providers interested in joining one of the best provider teams in NM! Our gorgeous new facility in Los Lunas, located just 15 minutes South of Albuquerque and right off I-25, is looking to bring on 3 new FM Doctors. Potential for Loan Repayment, FTCA Tail Coverage, Signing Bonus, Great Retirement Package, and a low-stress work environment that allows flexible schedules and great life balance while serving the underserved community of NM are just some of the benefits! Please visit www.fcch.com or call/email Chris Brennan at (505) 924-7909 chris_brennan@fcch.com

First Choice
COMMUNITY HEALTHCARE

Learn More About Your NMAFP Board of Directors Attend a Quarterly Meeting as a Guest

NMAFP is looking for members interested in learning more about the BOD. See below a Fact Sheet that describes the NMAFP Committees, Annual Schedule, and Officer descriptions.

NMAFP BOD Fact Sheet

Current Active NMAFP Committees:

1. Legislative Affairs Committee, Dr. Rick Madden, Chair: Concentrates on Legislative activities throughout the year and especially during the Legislative Session. Chapter Exec works closely with the Legislative Affairs Chair.

2. Scientific Advisory Committee, Dr. John Andazola, Chair: Meets once a year during the state conference with the intention of building a speaker data base for the following year's conferences. Chapter Exec works closely with this Committee throughout the year.

3. Scholarly Activities Committee, Dr. Dan Waldman, Chair: Concentrates on resident & student activities during the year. Also works on the Annual Resident & Student Poster Session at the NMAFP Winter Refresher in Albuquerque.

4. Communications Committee, Dr. Frank Ralls, Chair: Editor of the newsletter, *Roadrunner*, and responsible for accepting ads for the website. Chapter Exec works closely with the Communications Chair throughout the year.

5. Chapter Affairs Committee, Dr. Dion Gallant, Chair: Works closely with the Chapter Executive and is responsible for collecting the Chapter Executive's yearly employee evaluations and reporting the results to the Board. The Chair also oversees the Budget Meeting each year in the Fall.

6. Membership & Nominating Committee, Chair TBD: Concentrates on membership recruitment and retention. Also recruits and educates potential Officers and Board Members. Chapter Exec works closely with the Committee throughout the year.

BOD Yearly Schedule

There are four BOD Meetings a year. The winter meeting is always the night before the Winter Refresher in Albuquerque. It is held at the NMAFP Office in Albuquerque, dinner served. The summer meeting is always on Saturday during the State Conference, and lunch will be served. The fall and spring meetings are held at the NMAFP Business Office in Albuquerque on a Saturday at Noon, lunch served. 2017 Dates: April 22nd, July 29th in Ruidoso, & Nov. 4th.

There is one Budget Meeting a year, and this year, it takes place on October 7th, the day after the Med Student Reception at the NMAFP Office in Albuquerque. Dr. Dion Gallant, Chapter Affairs Chair, and the 6 current Officers make up the Budget Committee. The Chapter Exec works close-

ly with this Committee throughout the year.

Order of Officers

1. First Year as an Officer on the Board - Vice President - Is responsible for helping to plan the annual Med Student Reception that takes place in 2017 on Friday, October 6th, 6-9 pm. During this year, the Vice President attends the 4 Board Meetings, 2 Conferences, Budget Meeting, and has an opportunity to learn from the other officers what will be expected as he/she moves up in the ranks.

2. Second Year as an Officer on the Board - Secretary-Treasurer - Works with the new Vice President in the planning of the annual Med Student Reception which takes place in 2017 on Friday, Oct. 6th, 6-9 pm, attends the 4 Board Meetings, 2 Conferences, Budget Meeting and is still on a learning curve.

3. Third Year as an Officer on the Board - President-Elect - Attends the 4 Board Meetings, 2 Conferences, Budget Meeting, and is the Scientific Program Chair for the Winter Refresher. He/She is responsible for contacting speakers to present at his/her conference. Sara works closely with the President-Elect on this project, and so will the Scientific Advisory Committee.

4. Fourth Year as an Officer on the Board - President - Attends the 4 Board Meetings, 2 Conferences, Budget Meeting, and is responsible for addressing various issues that come into the NMAFP Business Office from the press, other organizations, etc. The President writes 4 articles during his/her year as President for the quarterly *Roadrunner* that is mailed to 900 members and posted on the NMAFP website. The President is the Scientific Program Chair for the summer conference, just as he/she is moving to the final officer position of Immediate Past President. There is an 18-month period in between the time the President-Elect is Scientific Program Chair for the Winter Refresher and the President is the Scientific Program Chair for the Summer Conference. Sara works closely with the President on this project, and so will the Scientific Advisory Committee.

5. Fifth Year as an Officer on the Board - Immediate Past President - Attends the 4 Board Meetings, 2 Conferences, & Budget Meeting. He/she also supports the NMAFP initiatives and helps Board Members in any way he/she can. The Immediate Past President is available for questions from the press, other organizations, etc. that come into the NMAFP Business Office.

Board Chair - The Board of Directors shall annually, immediately subsequent to the annual meeting, elect a chairman from among its members, who shall preside at all meetings of the Board. The Board Chair also attends the 2 Conferences and annual Budget Meeting. Sara gets approval from the Board Chair before the Agenda and Minutes are shared with the BOD members. The Board Chair is also available for questions from the press, other organizations, etc. that come into the NMAFP Business Office. Outgoing Board Chair will orient the nominees for Vice President before the election takes place at the summer conference each year.

Dr. Melissa Martinez Joins National Vaccine Advisory Committee

Melissa Martinez, MD, Professor in General Internal Medicine, Locum Tenens Medical Director and practicing physician in LoboCare Clinic, recently accepted a four-year position as a National Vaccine Advisory Committee (NVAC) member. NVAC is a federal advisory committee utilized by the Department of Health and Human Services to study and make recommendations on vaccine utilization and safety in the U.S., along with overall advising and council on public health and science issues. Dr. Martinez is one of 17 selected for this distinguished national committee. Congratulations Melissa Martinez.

NMAFP Welcomes Dr. David Rakel, New Chair of Family Medicine at UNM SOM

By Drs. Lisa Cutchen,
Shanna Diaz & Frank Ralls



Dr. David Rakel, new Chair of Family Medicine, UNM SOM

Providing quality patient care is a priority for Dr. David Rakel, an integrative medicine expert and the new Chair of Family Medicine at the University of New Mexico. Dr. Rakel started his career practicing Family Medicine in a rural setting near Grand Teton National Park in Driggs, Idaho, for five years before completing a two-year fellowship in integrative medicine at the University of Arizona Health Sciences Center. He was the founder and director of the University of Wisconsin Integrative Medicine Program and was a tenured professor in the Department of Family Medicine at the UW School of Medicine and Public Health before coming to UNM.

Dr. Rakel has shared his knowledge of integrative medicine across a broad range of

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Population Health Fellowship for Primary Care Physicians

The Population Health Fellowship program is an important component of the core strategy that supports Presbyterian's commitment to lowering the cost of healthcare delivery and engaging physicians in value-based care delivery. Our range of healthcare services, distinguished health care leadership and our commitment to improving the health of communities we serve, make Presbyterian the perfect place to develop the interdisciplinary skills, knowledge and experience in the delivery of population health practice, approaches and interventions while establishing your role with the Presbyterian Medical Group (PMG) as a primary care physician and healthcare leader.

Fellowship Program

The fellowship is designed for physicians interested in careers in primary care-based, patient-centered population health, with a focus on improving the health of medically underserved populations, improving the quality of primary care, and enhancing patient experiences and outcomes in our state. The twelve-month fellowship is split between clinical practice in a PMG primary care clinic and fellowship program work. A certificate will be awarded upon completion of the program.

Curriculum

The program is designed to prepare fellows to become clinical leaders, advocates of population health and agents of positive and effective change through a range of competencies that will enable the fellow to understand and experience the day-to-day opportunities and challenges in a value-based care organization.

Topics include:

*Leadership Development • Population Health • Healthcare Finance • Case Management
Patient Centered Medical Home • Medical Cost Management • Health Plan Operations • Clinical Quality
Data and Analytics • Information Technology*

Benefits

- Competitive salaries
- Medical, dental, vision, disability and life insurance
- Vacation, holiday and professional leave
- Retirement – Shared Security Savings Plan
- Support for continuing medical education (CME), memberships and meetings.

Apply

To apply for the Population Health Fellowship Program, you must submit the following information to PHFellowship@phs.org

- Application (available online at www.phs.org/fellowships)
- Personal Statement
- Curriculum Vitae
- Your photo

Applicant eligibility:

- Successful completion of an ACGME Accredited Residency in Family Medicine or Internal Medicine
- US Citizen or Permanent Resident Status (we are currently unable to sponsor visa)
- Passing Scores on USMLE Step 1, 2, and 3
- Graduates of Non-US Medical schools must have ECFMG certification
- Active New Mexico Medical Board License before matriculation
- An on-site interview is required

For more information about the Presbyterian Population Health Fellowship for Primary Care Physicians, please visit www.phs.org/fellowships or call our fellowship administrator at (505) 923-8642.



Silent Auction at the Ruidoso Conference, July 27 – July 30, 2017

NMAFP will have a Silent Auction during the 60th Annual Family Medicine Seminar at the Ruidoso Convention Center/MCM Elegante Lodge & Suites. Proceeds will go toward the support of various activities throughout the year that involve our FM Residents & Medical Students interested in FM. This includes free registration for Residents & Students to all NMAFP Conferences.

Find that “very special item” you would like to donate this summer and bring it with you to the Ruidoso Conference. 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 Dependent on the Residents & Medical Students of Today”

REGISTRATION FORM

60th Annual NMAFP Family Medicine Seminar in Ruidoso, NM

You can also register online! www.familydoctormn.org

Please Print Clearly

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

- | | |
|---|---|
| ☐ AAFP Member Practicing Physician \$410 | ☐ Retired Physician \$165 |
| ☐ Non-Member Practicing Physician \$565 | ☐ Family Medicine Resident (no charge) |
| ☐ PhD \$410 | ☐ Medical Student (no charge) |
| ☐ NP/PA/RN \$290 | ☐ Yes, I want to sponsor a student attendee \$45 |

Your conference registration includes one free Adult ticket for the Thursday Dinner and one free Adult ticket for the Friday Dinner & Dance. Would you like to join either of these activities?

- ☐ Yes, I want to attend the Thursday Dinner. Please provide me with a free meal ticket.
☐ Yes, I want to attend the Friday Dinner & Dance. Please provide me with a free meal ticket.

Will you need to purchase any extra tickets for family members? If so, how many? *(Please note children 5 and under are free.)*

_____ Thursday Dinner - Adult \$30	_____ Friday Dinner & Dance - Adult \$35
_____ Thursday Dinner - Child (6-12) \$15	_____ Friday Dinner & Dance - Child (6-12) \$15

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

- ☐ Electronic Version *(please note that a hardcopy book is not included)*
☐ Hardcopy Book *(please note that an electronic handout is not included)*

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

\$_____ Total enclosed from columns above

Want to save a stamp and pay with a credit card? Register online at www.familydoctormn.org

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

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

60th Annual NMAFP Family Medicine Seminar

July 27-30, 2017 Ruidoso Convention Center & MCM Elegante Lodge & Suites

John Andazola, M.D., Scientific Program Chair

This activity has been reviewed and is acceptable for up to 22.00 Prescribed credits by the AAFP

SCHEDULE OF EVENTS AND LECTURES

THURSDAY, JULY 27

- 8:00 a.m. Registration, Exhibits Open
Breakfast (Exhibit Hall)
- 8:50 a.m. Introduction & Welcome
John Andazola, MD
President, Scientific Program Chair
- 9:00 a.m. "Upstream Medicine in Family Practice:
Opportunities and Challenges"
Mary Alice Scott, PhD
- 10:00 a.m. "Identification and Treatment of
Alcohol Use Disorders in Primary Care"
Valerie Carrejo, MD
- 11:00 a.m. "Evidenced Based Parenting"
Heather Kovich, MD
- 12:00 p.m. Lunch - Exhibit Hall
- 1:00 p.m. "AAFP: MACRA-Ready, Set, Go"
Honored Guest, Robert Wergin, MD
AAFP Past Board Chair
- 2:00 p.m. "The Rationale Behind Vaccine Recommendations"
Melissa Martinez, MD, FAAFP
- 3:00 p.m. Break – Exhibit Hall
- 3:30 p.m. "Preventing Early Childhood Adverse Experiences:
Integration of Home Based Early Intervention and
Home Visiting"
Andrew Hsi, MD
- 4:30 p.m. "Medical Consequences of Nonfatal Strangulation
Associated with Domestic Violence"
Donald Clark, MD
- 5:30 p.m. At Leisure
- 6-8:00 p.m. Welcome Reception – Dinner on the Patio
Introduction of Candidates for Office – 2017-2018
Honored Guest, Robert Wergin, MD
AAFP Past Board Chair
Town Hall

FRIDAY, JULY 28

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "The Joy of Buprenorphine"
Joyce Troxler, MD & Jonathan Leggett, PhD
- 9:00 a.m. "Common Thyroid Disorders in Primary Care"
Kathleen Collieran, MD
- 10:00 a.m. "Common Misinterpreted Sleep Behaviors in our
Elderly Population"
Frank Ralls, MD
- 11:00 a.m. Lunch - Exhibit Hall *Sponsored by* 
- 12:00 p.m. "Dietary Guidelines: What's In and What's Out"
Joanne Slavin, PhD, RD
- 1:00 p.m. "Upstream Medicine: Addressing the Social
Determinants of Health in the University of
New Mexico Health System"
Jennifer Phillips, MD
- 2:00 p.m. Break – Exhibit Hall

FRIDAY, JULY 28 CONTINUED

- 2:30 p.m. "Hypertension"
Dion Gallant, MD, FAAFP
- 3:30 p.m. "Red Faces - An Overview of Rosacea and Seborrhea"
Dan Stulberg, MD
- 4:30 p.m. Leisure
- 6-10:00 p.m. Awards Dinner & Dance
Honored Guest, Robert Wergin, MD
AAFP Past Board Chair
Entertainment - Jimmy Stadler

SATURDAY, JULY 29

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "Leadership in Uncertain Times"
Honored Guest, Robert Wergin, MD
AAFP Past Board Chair
- 9:00 a.m. "A Familiar Physician: The Right Care" Part 1
Paul Grundy, MD, MPH, FACOEM & Peter Anderson, MD
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "A Familiar Physician: The Right Care" Part 2
Paul Grundy, MD, MPH, FACOEM & Peter Anderson, MD
- 11:30 a.m. "Contraceptive Update"
Larry Leeman, MD, MPH
- 12:30 p.m. Afternoon at Leisure
- 12:30 p.m. NMAFP Board Meeting – Ruidoso Convention Center
(Lunch Served)
Scientific Advisory Committee
(immediately following the BOD Meeting)

SUNDAY, JULY 30

- 7:00 a.m. Breakfast - Exhibit Hall
- 8:00 a.m. "The Seven Lies Your Mother and Doctor Told You
to Believe about Sleep"
Frank Ralls, MD
- 9:00 a.m. "Annual Wellness Visits Led by Integrated
Healthcare Team"
Daubney Boland, PhD & Davena Norris, Pharm. D.
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "Palliative Care for Primary Care Providers"
Erin FitzGerald, DO
- 11:30 a.m. "Translating Knowledge of Social Determinants of
Health into Practice: Challenges and Next Steps"
Ernesto Morales, PhD, MPH
- 12:30 p.m. Drawing for Door Prizes
(Must be registered and present to win)

Family Medicine Residency Reports

*U*NM - Kresta Antillon, MD

Happy Spring NMAFP Members! It's about that time for a few updates from UNM Family Medicine Residency Program. Here at UNM, all continues to run smoothly and steadily in our clinics and on our Inpatient and Maternal Child Health services. So much so, that we have recently expanded our Milagro program, which provides comprehensive care for pregnant women with either a current or past history of substance use to a third clinic site. Also, this past January we completed another successful round of applicant interviews and are anxiously awaiting Match Day 2017 to see what new faces will be joining our UNM Family Medicine Team! And lastly, our PGY1 class is currently in the tail end of their Public Health and Scholarship rotation, and we look forward to seeing what ideas for community projects they are working on!

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Dr. Rakel Continued

publishing endeavors. He is co-editor of the Textbook of Family Medicine (eds. 8 and 9), editor of Integrative Medicine (eds. 1-4), and editor-in-chief of Primary Care Practice Update. Exploring complex systems and developing insight into how each individual can find a path towards health is Dr. Rakel's passion which helps him address clinician burnout and strategize to improve health care delivery systems. He received NIH funding to study the effect of clinician empathy on patient outcomes and to incorporate healing modalities into medical school curricula. His team was awarded a 6-year contract to educate clinicians in the Veterans Health Care Administration to move towards a personalized, proactive, and patient driven cultural shift in health care delivery.

Dr. Rakel has been recognized for his interpersonal and teaching aptitude and was elected to be one of five mentors for the University of Wisconsin School of Medicine and Public Health student body. He is board certified in family and integrative

medicine and has been awarded a number of teaching awards including the Baldwin E. Lloyd Clinical Teacher Award, the UW Department of Family Medicine Faculty Excellence Award, the Marc Hansen Lecture Award, the Resident Teacher-of-the-Year Award, the Leonard Tow Faculty Compassion Award, and has been elected to the Gold Humanism Honor Society.

Dr. Rakel and his wife, Denise, have three grown children and are excited about returning to the diverse cultures and landscapes of the west where they look forward to exploring new vistas and hiking trails.



*Driggs, Idaho where Dr. Rakel began
his career in Family Medicine*

Work for a company that not only believes the patient matters, but YOU do.

MHM/Centurion of New Mexico

MHM/Centurion of New Mexico takes great pride in hiring the best providers to care for our important patient population. In order to attract top talent, we have an obligation to offer competitive salaries, comprehensive benefits in the industry & a collegial environment where EVERYONE is valuable. MHM is led by an elite group of over 6,000 professionals who provide quality healthcare services to over 300,000 individuals across 15 states.

- ▶ **Incredible Work/Life Balance** - We encourage our employees to have a healthy work/life balance. Have the opportunity to have the best of both worlds!
- ▶ **Feel Like Your Work Means Something** - Our patients are extremely appreciative of the care they receive. Many have received little or no healthcare in the past.
- ▶ **Work Where You Have a Voice** - We encourage a collaborative team environment.

Consider Corrections.

Correctional facilities are safe, secure, and the healthcare programs are managed by a multi-disciplinary team of licensed, competent professionals. We have hundreds of providers who have worked with us for many years and boast of its merits.

**Primary Care Physician &
Site Medical Director**
Opportunities Available
Throughout the State.

Featured Locations Include:

Penitentiary of New Mexico
(Santa Fe)

Lea County Correctional Facility
(Hobbs)

Guadalupe County Correctional Facility
(Santa Rosa)

Western Women's Correctional Facility
(Grants)

Contact Jill Washburn,
In-House Recruiter to learn
more about a career with
MHM/Centurion.

Phone: 855.850.5620

Email: jill@mhmcareers.com

 **Centurion™**

Fight Diabetes, Heart Disease and More with Dairy

Why choose dairy? Foods like low-fat milk, cheese and yogurt are an important part of a healthy diet, and studies have shown they may even be related to reducing your risk of certain diseases.



Dairy has been linked with a lower risk of Type 2 diabetes

Researchers analyzing a variety of studies found that people who ate dairy, especially yogurt, had a 6 percent to 20 percent lower risk of Type 2 diabetes.



Dairy has been linked with a lower risk of heart disease

Several studies have shown that people who eat dairy, especially low-fat dairy, had a lower risk of both heart disease and stroke.



Dairy has been linked with a lower risk of osteoporosis

The essential nutrients in dairy, especially calcium and vitamin D, are important for achieving peak bone mass and reducing risk for osteoporosis later in life. Research has linked eating dairy to improved bone health, especially in children and teenagers.

How does it work?

• Dairy has nine essential nutrients.

Milk is a simple, three-ingredient food – the only things added are vitamin A and D – that's naturally packed with tons of important nutrients, including electrolytes and high quality protein.

• Dairy has the nutrients you're missing.

It is an important source of calcium, vitamin D and potassium, three of the four nutrients Americans are lacking, according to the Dietary Guidelines for Americans.

• Dairy's nutrients help lower blood pressure.

Dairy is rich with a trio of nutrients – calcium, potassium and magnesium – that can help lower blood pressure as a part of the Dietary Approaches to Stop Hypertension diet.

Dairy is just one part of your daily diet.

Good food fuels good health, and dairy is just one part of that. Make sure you balance things out with fruits, veggies, whole grains and lean proteins along with your three servings of dairy every day.

How much dairy should I eat?

AGE	DAILY DAIRY SERVINGS
9 and up	Three servings
4-8 years	Two and a half servings
2-3 years	Two servings

How much is a serving?

MILK	CHEESE	YOGURT
1 cup	1.5 oz.	1 cup
(about the size of a fist)	(about the size of an index finger)	(about the size of a fist)



Sources: Centers for Disease Control and Prevention, National Dairy Council

Medical Students Sponsored by NMAFP at the National Resident & Student Conference

Again this year, NMAFP will sponsor several Medical Students at the American Academy of Family Physicians Resident & Student Conference in Kansas City, July 27-29, 2017. Each year, an essay contest is held in which all interested Medical Students write a one-page essay on, "Why I Want To Become a Family Medicine Physician". NMAFP feels this national conference offers a wealth of information to Medical Students and hopefully helps guide their future aspirations toward the specialty of Family Medicine.

Med Students, if you are interested in Family Medicine and want to apply for a scholarship to the Resident & Student Conference this summer, email your essay to Sara, familydoctor@newmexico.com by April 21st.

UNM FMIG Update

By Anna Kistin, FMIG President

In December 2016, FMIG invited Christine Barber, founder of StreetSafe, to lead a presentation on Human Sex Trafficking in Albuquerque. She discussed the work her organization does to support former sex trafficking victims and street-based sex workers. She also explained the risks that lead people into this dangerous work and the signs for healthcare professionals to pay attention to when caring for patients who may be at risk. In the session, first and second-year medical students practiced phrases to help patients feel comfortable in the clinic. FMIG fundraised \$120 to help StreetSafe in support of the basic health needs of former sex trafficking victims.

In January, FMIG hosted Denicia Cadena, Policy Director at Young Women's United to give a presentation on women's health-related bills that are being discussed in the NM legislature this session. Over forty medical students, PA students, and MPH students were in attendance. FMIG is also planning to co-host a session with the Association for the Advancement of Minorities in Medicine on translation and cross-cultural communication in the hospital setting with a panel of interpreters of four different languages. In March, FMIG will also host a panel of second-, third-, and fourth-year medical students to share information and tips that they wish they had known as first years. In May, FMIG will continue the tradition of hosting a "Prep for PIE" workshop for students to gain practical skills and information in preparation for their summer

rural rotations, and will host the annual "Match Mixer" for fourth-year students who have matched into Family Medicine. FMIG is also laying the foundation to form a mentorship program for students interested in Family Medicine to be partnered with current Family Medicine resident mentors.

We are excited to announce the new first-year officers of FMIG. The new officers are: Anna Kistin (President), Joseph Sanchez (Vice-President), Huynh (Wendy) Nguyen (Treasurer), Bethany Cohnheim (Secretary), and Janette Mares (Community Outreach Liaison).

Board Notes, Feb 10, 2017

Present: Tristen Adams; John Andazola, MD; Stephanie Benson, MD; Sara Bittner; Arlene Brown, MD; Val Carrejo, MD; Dion Gallant, MD; Virginia Hernandez, MD; Anna Kistin; Larry Leeman, MD; April Leonardo, MD; Steve Lucero; Bridget Lynch, MD; Rick Madden, MD; Melissa Martinez, MD; Darrick Nelson, MD; Chuck North, MD; Katie Ogawa; Neal Patel, MD; Karen Phillips, MD; Frank Ralls, MD; Kristy Riniker, MD; Lisa Stolarczyk, MD; Linda Stogner, MD; Dan Stulberg, MD; Sara Thorp, MD; Karen Vaillant, MD; Lourdes Vizcarra, MD. The Meeting was chaired by Dr. Phillips.

Old Business: Steve Lucero, NMAFP Lobbyist, gave a report on the Legislative Training Session on Jan. 21st. Handouts were provided for all volunteers present and emailed to those unable to attend.

New Business: Dr. Rick Madden, Legislative Affairs Committee Chair, shared 4 priorities that were established during the Training Session. They are: Medicaid, Scope of Practice, Loan Repayment, & Education as a Social Determinant of Health.

Dr. Dan Stulberg shared a letter to the NM BOM to adjust controlled substance rules regarding insomnia medications that he would like NMAFP to support. A motion was made to sign this letter, a vote taken, and it passed.

Dr. Melissa Martinez, Chair of the Bylaws Revision Committee, shared her ideas for revising the NMAFP Bylaws in a written document. The Committee, consisting of Drs. Andazola, Martinez, Nelson and Ralls, will work on revisions and present at the April 22nd Meeting. The Board thanked Dr. Martinez for all the hard work she has already put into this project.

Dr. Dion Gallant, Delegate to the AAFP COD, asked the BOD to think about resolution topics for the 2017 AAFP COD in San Antonio in September and bring them to the April 22nd BOD Meeting.

Dr. Karen Phillips shared with the Board that NMAFP has been asked to sign a petition to ban tanning beds for minors due to extensive research showing the potential danger. A motion was made, vote taken, and it passed.

Dr. Larry Leeman shared a bill regarding breast milk for babies in the NICU this Session and asked that NMAFP support it. A motion was made, vote taken, and it passed.

Fact Sheet and Board Orientation Documents were placed in each BOD packet for informational purposes only.

The new NMAFP Alternate Delegate to the AAFP Congress of Delegates is Dr. Bridget Lynch. Thanks to Dr. Phillips for serving as the NMAFP Alternate Delegate since 2012.

Dr. Melissa Martinez accepted a four-year position as a National Vaccine Advisory Committee (NVAC) member. Dr. Martinez is one of 17 selected for this distinguished national committee.

Dr. John Andazola is the Scientific Program Chair for the 60th Annual Family Medicine Seminar, July 27-30, 2017, Ruidoso Convention Center. The Agenda was shared with the Board.

Dr. Karen Phillips introduced Dr. Sara Thorp, a guest at the Board Meeting who recently relocated from CA to NM.

The Annual Chapter Leader Forum will take place April 27-29, 2017 in KC.

Resident Reports: Dr. Kristy Riniker spoke for the Santa Fe Residency and shared that the 2nd Year Residents participate in a Legislative Month each year during the Legislative Session. According to Dr. Riniker, there have been some recent changes to their curriculum to make things more efficient.

Dr. April Leonardo, 3rd Year Chief Resident, from Las Cruces shared that their Rank Night was going to be the following Monday, Feb. 13th. They are currently working on their Board review. Las Cruces has a very strong multi-disciplinary team. The Residency is working on an upcoming Retreat where they will address burnout. Dr. Leonardo shared that 2 of the 3rd Year Residents have signed on as Faculty upon graduation.

Student Reports: Anna Kistin, FMIG President, shared that the FMIG has visited with Dr. Rakel, head of Family Medicine at UNM, about starting a mentorship between students interested in FM and current FM physicians and residents. FMIG will continue presenting their annual "Prep for PIE" that was created a few years ago by the officers.

Katie Ogawa, Past FMIG President, shared that the FMIG will have their 3rd Annual "Match Mixer" in the spring for the 4th year med students that match in Family Medicine.

Future Board Meetings
April 22nd: NMAFP Office
Noon, Lunch Served

July 29th: Ruidoso Convention Center
12:30 pm, Lunch Served

Nov. 4th: NMAFP Office
Noon, Lunch Served

Med Student Reception & Budget Meeting
Oct. 6th, 2017: 12th Annual Med
Student Reception
Nativo Lodge, Albuquerque, 6-9 pm

Annual Budget Meeting
Oct. 7th, 2017: NMAFP Office
Noon, Lunch Served



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Residency Reports Continued

*L*as Cruces - April Leonardo, MD

Las Cruces really has some fantastic weather...70 degrees and sunny in February! On the same chipper note, we recently completed our rank night gathering to review applicants to our program through the match. We had a large group of excellent applicants this year, and now we are eagerly awaiting the match results and our new, talented class. In the meantime, between then and now, the residents are planning a wellness retreat to combat burnout. We are all really excited about this!

We continue to work and train in our multidisciplinary teams. Our pharmacy resident, Dr. Candace Mims, just completed her research project, where she was working to facilitate our patients' transition from inpatient to outpatient. This involved calling the patients after discharge to answer any questions they may have and to follow-up on medication, adherence and tolerance. Her goal was ultimately to decrease medication errors and minimize readmission rates. We look forward to learning of her results! Also, following their school break, our invaluable student behavioral providers are back to their regular hours in our clinic.

A new addition to our clinic this quarter are family practice nurse practitioners working with us both in the inpatient and

outpatient settings. This is part of their clinical training, and we are more than happy to have them working alongside us. We also have a new Social Determinants of Health team in place. They are working with the residents and faculty to strengthen our awareness and incorporation of the social determinants of health in our daily practice. Our social workers and students are also there to back us up. Dr. Mary Alice Scott, our faculty anthropologist, has some of her students rotating through working on various research projects as well. Overall, we are constantly reminded of how lucky we are to have such a multi-disciplinary group of providers so integrally established into our residency.

The third year class is preparing for boards: we are planning on taking them in April. Good luck! Most of us have chosen a job for the upcoming year, but some of us are still undecided. The residency program is lucky to be retaining as faculty two of its graduating seniors: Dr. Minerva Medrano de Ramirez and Dr. Salvador Adame-Zambrano. One of the third year residents, Dr. Cynthia Saenz, who just won the poster conference at the winter refresher in Albuquerque (CONGRATS!), will be taking a hospitalist fellowship in Bismarck, North Dakota next year. Dr. Anna Roberti will be joining La Clinica de Familia in Sunland Park. And, one of our current attendings/recent graduates, has been accepted into an exemplary global health fellowship at the University of Massachusetts at Worcester.

*S*anta Fe - Estevan Apodaca, MD

No matter the season it is always a good time to be a part of the Northern New Mexico Family Medicine Residency Program. Several residents are taking advantage of the snow and the learning opportunities it provides through ski and snowboarding injuries. With the help of Family Medicine and ED Physicians in Taos Ski Valley, the location has become a great sports medicine rotation with excellent hands-on experience. We have also had residents learning at Holy Cross in Taos getting inpatient experience while still being able to make some turns on the hill when the schedule permits. We continue to have residents traveling throughout the world with rotations in Guatemala, Cuba, and Jordan. This past January residents spent time at the legislature learning just how important our participation as physicians is to both our practice and our patients. Several of our residents attended the Winter Refresher where Drs. Riniker and Maali presented posters. We are relieved to have completed our rank list after having many great applicants apply to our program. As it turns to Spring, we look forward to our resident retreat. Thank you to all of the physicians around the state that take part in our training and allow us to have opportunities that make the Santa Fe Residency Program as special as it is.

(Continued from page 7)