



The Roadrunner

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NMAFP

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2017 AAFP Leadership Conference for Current & Aspiring Leaders April 26-29, 2017, Kansas City

Once again, AAFP did not disappoint when presenting their annual Leadership Conference. Whether attending the Annual Chapter Leader Forum (ACLF) track or the National Conference of Constituency Leaders (NCCL) track, (maybe even some of both), the attendees definitely enjoyed the three days of learning and networking with hundreds of leaders in Family Medicine from across the US.

This year NMAFP was extremely pleased to send a delegation of 5 to Kansas City: Dr. John Andazola, Dr. Virginia Hernandez, Dr. Bridget Lynch, Dr. Sara Thorp and Sara Bittner, Chapter Exec.

Virginia Hernandez, MD
Wow! This was what I was thinking while attending this conference. The networking was amazing. The opportunities to become a voice for your Chapter are open and available. I attended the leadership workshops and updates on Washington D.C. The history lesson and behind the scenes play by play completely changed my view of our AAFP AMPAC (AMA Political Action Committee) and placed them at a higher level of respect. Our lobbyists have been representing us well and speaking up on our behalf. We need to do our part and participate in at least one advocacy event to start making a difference in our community and state.

As leaders, we need to make time to represent the colleague who cannot get the time off to advocate. Their concerns must be addressed as much as mine, and we need to get the word out that we are here to represent our members' needs and advocate on their behalf.

Physician wellness was also a well-addressed topic. Personally, I felt like the importance of physician wellbeing was addressed in a way that reminded us to, not only care for oneself, but also look for signs in the colleague that is exhibiting signs of burn out. More importantly we were given tools to utilize to do our own checks and balances in order to be able to enjoy our jobs and our lives. We may be the few working in a medically-underserved state, but we need to stay strong to do our jobs and to continue to enjoy the practice of Family Medicine.

Bridget Lynch, MD

As a newly elected Alternate Delegate to the AAFP Congress of Delegates, I am grateful to have had the opportunity to attend the Kansas City Conference this year. The ACLF presenters and registrants had a profound depth of knowledge about the components that contribute to making boards highly effective, and it left me grateful for our own board's long history of strong leadership.

This year I was also able to participate in most aspects of the Women's Constituency of the NCCL track of this conference. In doing so, I learned extensively about the process of resolution writing, and I contributed to new resolutions, one of which was ultimately adopted by the respective reference committee (the resolution recommends AAFP consider allowing wellness hours to count as elective CME hours). This process was inspiring and has left me encouraged to return next year as a registrant of NCCL to continue to work to create and contribute to positive change.

Sara Thorp, MD

I had the pleasure of spending three whirlwind days in Kansas City this April at the AAFP's National Conference of Constituency Leaders, working with dynamic leaders from all over the country to develop policy resolutions on issues important to Family Physicians. Each state can send a delegate from one of five historically-underrepresented constituencies: New Physicians, Women, LGBT, Minority, and International Medical Graduates. These constituency groups develop policy proposals and solicit support from other constituencies, and any individual has the opportunity to provide testimony for or against the resolution in a preliminary session and then in the final parliamentary-style business session that closes the event, when state delegates cast official votes.

Resolutions are then sent with the NCCL stamp of approval to the AAFP Congress of Delegates for final consideration, along with specific NCCL participants who attend the full Congress as additional delegates. Resolution topics run the gamut from MOC reform to prison health care, from support for transgender patients to create tools to help Family Med docs get

obstetric privileges. Interspersed among all the "Points of Order" and "Motions Seconded", there are leadership workshops, numerous opportunities for networking with peers from other states and from the parallel ACLF conference, and even opportunities to strut one's stuff on the dance floor.

While Roberts Rules of Order may sound dull to some, the NCCL is one of my favorite AAFP events of the year, since it brings together a relatively small group of articulate, passionate doctors who want to make the world and their profession better - their insight, friendliness, and fire for change make this a group of people I want to return to again and again.

In addition to getting to see some new and old faces from around the country, I really loved sharing time with our combined New Mexico NCCL/ACLF delegation in between sessions and at breakfasts and dinners bracketing the day's work. I feel much more connected to Family Med colleagues from around the state and motivated to get more deeply involved in our state chapter of the AAFP. I am grateful to everyone who made this trip possible for me. For anyone else looking for an introduction to the world of AAFP policy-making or wanting to connect to dynamic colleagues from around the state and around the country, the NCCL is the place to be each April!



The New Mexico Delegation to the AAFP Annual Chapter Leader Forum/National Conference of Constituency Leaders, L-R (standing) Dr. Bridget Lynch, Sara Bittner, Chapter Exec, & Dr. Sara Thorp (seated) Drs. Virginia Hernandez & John Andazola

President's Column

By John Andazola, MD



This is my last president's column (don't get too excited, I know I'm preachy). This year my focus has been on upstream medicine and the social determinants of health. I have been trying to widen the lens a bit to look at the factors that lead to our patients' illnesses. I have attempted to demonstrate the importance of not only knowing how to treat our patients' diabetes but also to understand what factors led to our patients' diabetes in the first place and what factors continue to impact their disease today. In past articles, I talked about the social determinants of health and about structural vio-

lence, and discussed how these lead to poor health outcomes for our patients. As you remember, structural violence refers to legitimized economic, legal, institutional, and other structures that lead to the harm of a vulnerable group of people. These structures cause harm due to negative consequences and lead to or worsen health disparities.

Today, I would like to talk about structural competency. Structural competency builds on the research and frameworks of structural violence and social determinants of health bridging them to clinical interventions. It is the recognition of structural violence and the social determinants of health that affect our patients with the added ability to act on the systemic causes of health inequities. It can be compared to "cultural competency", but instead of only developing an understanding of how the cultural factors affect our patients, we also look at how the often-invisible structural factors also affect our patients and then take action. The potential elimination of Medicaid coverage from our state due to the looming possible passage of the AHCA (American Health Care Act), currently in the Senate, would be an example of how a health care law would cause harm to as many as 300,000 people in our state.

Ok so now that you have the idea, I'd like to change gears a bit and see if we can apply this knowledge to physicians. What about physician burnout? Does it harm our patients? Yes it does! There are plenty of studies that demonstrate this. Is this a structural issue? Absolutely! Many of the issues that lead to physician burnout are structural

issues, which include, the EMR, physician shortages, regulatory metrics, production and volume expectations, long hours and others. By being structurally competent we can see the various structures that lead to the harm of physicians, which in turn lead to the harm of our patients. We can apply the framework of structural violence to physician burnout and identify the structures that lead to physician harm. Once we have identified specific structures, we can take action to address these issues. To adequately address burnout we need to look beyond resilience. In general, we physicians are a pretty robust group that had to be resilient to get where we are. By applying the framework of structural violence we can see that it is the structure surrounding us that causes the harm, not the lack of resilience or poor work-life balance.

Many physicians are addressing these issues by making changes to their practices. Some are working in alternative practice models such as direct patient care and concierge medicine; some are changing their practice setting (hospital only, clinic only); some are limiting their scope (no OB, no pain management); and others are leaving medicine altogether. The Family Physicians in our state academy chapter are working to bring these very issues to national attention at the AAFP congress of delegates. We want to open the discussion and help our national leadership become structurally competent so that together we can identify and address the issues that are harmful to physicians and to the patients we serve.

NMAFP Slate of Officers, 2017-2018

Members will vote for their 2017-2018 Officers during the 60th Annual Family Medicine Seminar, July 27-30, 2017 at the Ruidoso Convention Center

Nominations are:

President-Elect:	Frank Ralls, MD will become President Frank Ralls, MD by automatic ascension
President-Elect:	Valerie Carrejo, MD
Secretary-Treasurer:	Virginia Hernandez, MD
Vice President:	Veneta (Veny) Ianakieva, MD Darrick Nelson, MD Chuck North, MD

On Friday, July 28, there will be a call for nominations from the floor, and voting will take place during the 10:00 am break. The results will be announced during the Awards Dinner & Dance Friday evening, and Dr. Robert Wergin, Past AAFP Board Chair, will induct the new NMAFP Officers.

If you would like to register for the Ruidoso Conference, please go to: www.familydoctornm.org. There is also a Registration Form included in this issue.

New Family Medicine Benchmark Set in 2017 Match: AAFP Cheers 3,237 Recruits, Looks to Speed Specialty Growth

By Sheri Porter

AAFP News March 17, 2017, (c)

American Academy of Family Physicians.

Once again, family medicine has topped its own record! Recruits to the specialty hit an all-time high in the 2017 National Resident Matching Program (NRMP) <http://www.aafp.org/medical-school-residency/program-directors/nrmp.html> with 3,237 medical students and graduates choosing family medicine residency programs today.

That's right. Numbers are just in from this annual event, commonly referred to as the Match, and the record-breaking total represents an increase of 132 positions filled in family medicine compared to 2016 figures.

Notably, this marks the eighth consecutive year that the number of students entering family medicine has increased. AAFP Match calculations have always included students matching into traditional family medicine residency programs, as well as programs that combine family medicine education with other focused training.

Those additional programs are family medicine/emergency medicine, family medicine/preventive medicine, family medicine/medicine and family medicine/psychiatry.

The number of positions offered in 2017 went up, as well. This year's Match saw 3,378 family medicine positions offered, or 118 additional spots compared to last year. The 2017 fill rate -- that is, the percent of offered positions that were filled -- was 95.8 percent, a slight uptick from 2016.

When looking at U.S. seniors, the upward trend continues; 1,530 chose family medicine in the 2017 Match, an increase from 1,481 last year.

"First and foremost, today is a time of celebration for these new family medicine recruits," said AAFP President John Meigs, M.D., of Centreville, Ala., in an interview with AAFP News. "The AAFP applauds their accomplishments and welcomes them. These new residents have accepted the challenge to commence the most complex medical specialty training around.

"By joining the ranks of family physicians, they will learn to provide the comprehensive, compassionate and continuous care that leads to better health, better care and the wisest use of resources," said Meigs. "Communities all across the country will

benefit when these family medicine residents arrive for training."

Persistent Primary Care Shortage

The celebratory nature of the 2017 Match should be tempered with a dose of reality; simply stated, the numbers announced today must accelerate in the future to meet the nation's long-term needs.

"We've seen a slow and steady upward trend for eight years now, but slow is not good enough," said Meigs. "Slow is not going to cut it."

Indeed, in 2015, researchers from the Robert Graham Center for Policy Studies in Family Medicine and Primary Care projected that the shortage of primary care physicians will reach 33,000 by 2035. Their summary article, <http://www.annfammed.org/content/13/2/107>, short published in the March/April 2015 Annals of Family Medicine, calls for an increase in the number of primary care residency slots.

Stan Kozakowski, M.D., director of the AAFP's Division of Medical Education, told AAFP News that new slots largely come from new programs. And there has been an uptick there, as well. In fact, the number of family medicine residency programs has increased by nearly 13 percent in the past five years, from 472 programs to 532.

"That's encouraging but it's not enough; we need more programs and we need more graduates," said Kozakowski. "About 15 percent of all positions offered in this year's Match are in primary care, and that will not get us to where we need to be."

That statement mirrors results of a study <http://www.stfm.org/FamilyMedicine/Vol48Issue10/Kozakowski763> published in the November/December issue of Family Medicine. In that article, authors point out that strong subspecialty growth is disproportionate to that of primary care.

Researchers note that since 1986, the overall number of positions offered in the Match increased an average of 226 positions per year. And of those, positions in E-ROAD subspecialties (defined as emergency medicine, diagnostic radiology, ophthalmology, anesthesiology, dermatology and others) increased by an average 72 positions per year.

But during the same 30-year time span, primary care specialties increased by an average of just 19 positions per year.

"As it stands now, the very modest increase in primary care positions is far outpaced by that of subspecialties," said Kozakowski.

However, suggestions for a fix are on the table.

"The AAFP has a budget-neutral plan <http://www.aafp.org/content/dam/AAFP/documents/advocacy/workforce/gme/FullGME-090914.pdf> that was publicly unveiled in September 2014 in Washington, D.C. That plan, if implemented, would increase the number of graduate medical edu-

cation positions in primary care and family medicine," said Kozakowski.

However, "The overarching issue is that our nation lacks an oversight process for graduate medical education, as recommended by an Institute of Medicine report <http://www.nationalacademies.org/HMD/~/media/Files/Report%20Files/2014/GME/GME-REC.pdf> released in July 2014," he added.

Stirring, Sustaining Student Interest
So what's the best way to get students hooked on family medicine and sustain that interest right up to Match day?

"We need to start by steering the right folks into medical school: bright young men and women of diverse backgrounds and locations -- including rural, urban and underserved areas -- who are most likely to return to their communities to practice medicine," said Meigs.

"I call on my family physician colleagues to actively participate in opening the eyes of medical students to our specialty. We can spark their curiosity by inviting them into our practices, giving them a glimpse of family medicine up close and personal, and allowing them to see and feel the difference a family physician can make in a community."

Meigs said medical schools play a pivotal role, too.

"U.S. medical schools must be held accountable for continuing to underproduce the physician workforce this country needs," said Meigs. "These schools and their academic medical centers need to emphasize, promote and nurture a respect for primary care, because research shows us that primary care -- and particularly family medicine -- improves health care quality and lowers the cost."



With great sadness, the NMAFP reports the passing of Dr. Philip Briggs in October of 2016. Dr. Briggs will be remembered for his service to the AAFP. Nationally he served on the AAFP Board of Directors. He published books and articles on the practice of medicine. In New Mexico, he served in numerous offices including President and the NM Delegate to the AAFP Congress of Delegates. After his term in office, he continued to be an active and supportive member of the New Mexico Chapter.

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FMIG Update

By Anna Kistin

In recent months, the Family Medicine Interest Group has helped coordinate various events, including the annual Prep for PIE workshops. Between their first and second years, all UNM medical students participate in a Practical Immersion Experience (PIE) where they do a primary care rotation in a rural clinic. This year's Prep for PIE involved six workshops including suturing practice, a LARC didactic session followed by insertion practice, a diabetes jeopardy game, radiology reading, and well-child checks with Family Medicine Physicians Maggie Black and Elena Bissell, and Dr. Bissell's son, Samuel.

In addition to Prep for PIE, FMIG helped coordinate a dinner for students interested in Family Medicine to have an opportunity to connect with Dr. Rakel, Chair of the Department of Family and Community Medicine, and other Family Medicine Physicians of various backgrounds. FMIG also hosted the annual Match Mixer for UNM's fourth-year students who matched into Family Medicine.



Samuel Marshall, along with his mother, Dr. Elena Bissell, helps UNM students practice well-child checks in preparation for their summer rotations

Board Notes April 22, 2017

Present: Estevan Apodaca, MD; Tristen Adams; John Andazola, MD; Kresta Antillon, MD; Stephanie Benson, MD; Sara Bittner; Arlene Brown, MD; Valerie Carrejo, MD; Dion Gallant, MD; Virginia Hernandez, MD; April Leonardo, MD; Steve Lucero; Bridget Lynch, MD; Rick Madden, MD; Melissa Martinez, MD; Chuck North, MD; Karen Phillips, MD; Frank Ralls, MD; Lisa Stolarczyk, MD and Dan Stulberg, MD. The Meeting was chaired by Dr. John Andazola.

Old Business: The 35th Winter Refresher in Albuquerque, Feb. 11, 2017, was well received according to Dr. Frank Ralls, Scientific Program Chair. The Financial Statement and Final Evaluations were included in each Board packet.

Dr. Rick Madden, Legislative Affairs Committee Chair, & Steve Lucero, NMAFP Lobbyist, gave an update on the state of affairs for NM. A special session will be called by the Governor at some point in time. Many issues need to be seriously addressed: balancing the budget; higher education line item veto; Medicaid issue (single biggest item that threatens the citizens of NM), just to name a few. An in-depth report from Steve Lucero was included in each Board Member packet.

New Business: The Bylaws Committee addressed the process of rewriting the NMAFP Bylaws. A discussion took place, and the revisions that were agreed upon were made at the conclusion of the meeting and emailed to AAFP for approval. Upon approval, the revised NMAFP Bylaws will be mailed to each member, and a vote will take place during the 60th Annual Family Medicine Seminar in Ruidoso, July 28, 2017.

Vote for Physician of the Year: All written nominations were shared with the Board Members, a vote was taken, and Dr. Dion Gallant will be the 2017 Family Medicine Physician of the Year. Dr. Gallant will be honored at the Awards Dinner & Dance that will take place, July 28th during the Family Medicine Seminar in Ruidoso.

Fact Sheet & Board Orientation Documents: (These handouts are included in Board packets for informational purposes only)

Call for Nominations for Vice President: Dr. Andazola asked the Board for nominations, and several names were suggested. They have been contacted to see if they will accept. A Slate of Officers will be posted in the summer newsletter. The newly-elected Officers will be inducted during the Awards Dinner & Dance that evening.

Update on Ruidoso Conference: Dr.

Andazola, Scientific Program Chair, informed the Board that the brochures have been mailed, and one was included in each Board packet. Online registration is live on the NMAFP website: www.familydoctormn.org.

Resolution Topics for 2017 AAFP COD: Dr. Stephanie Benson, Alternate Delegate to the AAFP COD, shared four topics that she is interested in writing a Resolution about; and, with Board approval, Dr. Benson would like to present them at the Congress of Delegates, Sept. 11-13, 2017 in San Antonio, TX. A lengthy discussion took place that included many excellent suggestions. It was determined by the Board that Dr. Benson will move forward on these Resolutions and bring them to our July BOD Meeting. Dr. Madden asked the Board if it could be notated in the Minutes that the BOD of the NMAFP supports the concept of a Health Security Act single payer, and the Board agreed.

Donations for the Silent Auction in Ruidoso: Dr. Arlene Brown asked the Board to consider donating to this project. The money is spent throughout the year in support of FM Residents and Med Students interested in FM. Dr. Brown, as well as several other Board Members, have donated items every summer for many years, and their generosity is very much appreciated by NMAFP. A donation sign-up sheet was passed around the room.

Update on Winter Refresher in Albuquerque, Feb. 10, 2017: Dr. Valerie Carrejo, Scientific Program Chair, shared her Agenda that is close to completion. Extra-curricular activities in conjunction with this conference are in the planning stages through the UNM SOM, Office of Community Faculty.

Resident Reports:

Estevan Apodaca, MD (Santa Fe Residency): The 3rd year Residents have chosen their location for employment upon graduation, and the Resident from NM is staying in NM; however, the 2 residents from out-of-state will not be staying.

April Leonardo, MD (Las Cruces Residency): All 3rd years have taken their Boards and are now awaiting the results. Retreat on the docket for combating burn-out. All 3rd years have chosen their location of employment – all are staying in NM except Dr. Leonardo.

Kresta Antillon, MD (UNM Residency): UNM matched all their positions with the new incoming intern year. The 3rd year Residents are all staying in NM. Two of the graduating Residents are from the BA/MD Program.



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"
John Andazola, MD
- 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)

RUIDOSO LODGING The MCM Elegante Lodge and Resort, located in beautiful Ruidoso, New Mexico, is surrounded by towering pines, invigorated by mountain breezes and neighbored by the Links at Sierra Blanca Golf Course and Ruidoso Convention Center. Amenities offered by the MCM Elegante Lodge and Resort are: full hot complimentary breakfast daily, fitness center, Ruidoso's largest indoor heated pool and jacuzzi, a business center, full bar, and complimentary wireless internet throughout the hotel.



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We recommend you reserve early to get the type of room you want. A room block will be held until June 26th, so please make your reservations before this date. After this date, rooms will be on a space available basis. Please identify that you are with the New Mexico Academy of Family Physicians in order to receive the room block discount.

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

Southern New Mexico is packed with historical and archeological sites. Native Americans mapped this landscape for subsistence, trade and community welfare; pioneers settled and mined, farmed and ranched. There are military forts and battlefields, railroads, missile ranges, and cultures that clashed and joined together; all these contribute to our rich Southwestern heritage. Ruidoso is also near White Sands National Monument, Carlsbad Caverns, Valley of Fires, Gran Quivera, Wildlife Refuges, and Ghost Towns.

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

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☐ AAFP Member Practicing Physician \$410

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☐ Family Medicine Resident (no charge)

☐ Medical Student (no charge)

☐ 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

_____ Thursday Dinner - Child (6-12) \$15

_____ Friday Dinner & Dance - Adult \$35

_____ 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)

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



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

Dr. Jennifer Phillips, Newly Appointed Chief of Staff at UNM

By Dr. Frank Ralls, NMAFP Editor



Dr. Phillips is an Associate Professor in Family Medicine at the University of New Mexico (UNM). Her many titles include Associative Chair of Family Medicine, Chief of Staff of UNM Hospital and Clinics, and the Medical Director of the Family Medicine Clinic on the UNM campus! She continues to practice her Family Medicine skills, participating in inpatient care and directly serves as an attending for maternal child health. Her leadership and expertise has helped promote a collaborative relationship within UNM and with other non-UNM providers across the state. As former Medical Director of the SE

Heights Clinic, she saw the need for a new Family Medicine Clinic to serve that area of Albuquerque and helped design a model clinic that has been reproduced in other parts of Albuquerque.

Dr. Phillips is a native New Mexican, born in Albuquerque and raised in Los Lunas. She recalls going to many science fairs with her mother, Dr. Karen Phillips, who at that time served as a middle school science teacher. Dr. Phillips' mother later left teaching to go to medical school at UNM.

Dr. Jennifer Phillips started her first year at UNM with a fleeting thought of doing "something different" and spent her first year as a Russian history major. She then realized that the love of science, greatly influenced by the many science fairs she attended alongside a dedicated middle school teacher, took over and made a decision to follow in her mother's footsteps as a Family Physician. She started medical school during the final two weeks that her mother completed residency at UNM. Dr. Phillips' mother, Karen Phillips M.D., exemplified the dedicated Family Physician and took the needs of rural communities head on. She started her practice in Mountainair, NM, population 885, a place where one may still see individuals riding their horse into the edge of town, catch a bite to eat and then ride off into a beautiful sunset. Dr. Karen Phillips then served the community of Belen, where she once was a middle school teacher, and finally joined the exceptional dedicated First Choice Clinic team in Los Lunas, where she continues to serve her patients today.

Dr. Jennifer Phillips completed her Family Medicine Residency at UNM.

Throughout her years of training, she observed a dedicated and devoted team of faculty members teaching residents and serving the local and rural communities of New Mexico. She decided that she wanted to become part of this exceptional team. Upon completion of her residency, she joined the Family Medicine faculty at the University of New Mexico Health Sciences Center and continues to work with a group of passionate team members to create systems that address the social determinants of health, promote diversity, and reduce health disparities in New Mexico.

Dr. Jennifer Phillips continues to be an active educator and views her administrative role at UNM as a means to serve others. She, as her mother, continues to teach and inspire many medical students and residents to excel as Family Physicians. Dr. Phillips is loved by her patients, and it is not uncommon to hear a patient say, "Dr. Phillips cares about me and my family" or "What a solid good doctor she is." Dr. Phillips exemplifies what we as Family Physicians believe: "Medicine must be in your heart as well as in your head to best serve the needs of others." Watching Dr. Phillips work with patients and staff reminds me of a well-known beloved Family Physician, Marcus Welby M.D., and his dedicated and loving nurse and office manager, Consuelo Lopez. He was a Family Physician with a gentle and kind bedside manner, and he made house calls!

It looks like Dr. Jennifer Phillips fulfilled that initial fleeting thought of doing "something different" after all. She, as her mother, passionately serves New Mexico!



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"

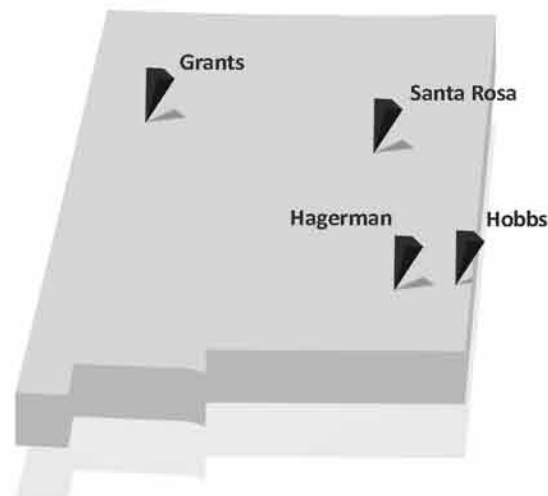
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FM Residency Program Updates

Northern Family Medicine Residency Program *By Kristy Riniker, MD, MPH*

Spring is in the air in Northern New Mexico, which means that we are sweating in the sun one day and watching the snow fall the next. We just had our resident retreat, which included camping and rafting on the Rio Grande as well as lots of great conversation, and a time to bond with each other and focus on wellness. Faculty also recently had a retreat, where they discussed ways to improve feedback and enhance residents' learning experience.

The graduating residents have taken their board exams and look forward to setting off on new adventures. Kristy Riniker, MD, MPH has accepted a position at the Yakima Valley Farmworkers Clinic in Yakima, WA, where she will be providing outpatient care at a FQHC while fulfilling her NHSC scholar commitment. Thomas Betjamin, MD has been accepted to the Contra Costa/UCSF Global Health Fellowship, where he will be doing full spectrum Family Medicine while continuing his training. Elisa Gutierrez, MD, will be staying in Northern New Mexico, splitting her time between working as a hospitalist at CHRISTUS St. Vincent and doing outpatient medicine and OB at La Familia Medical Center. The current interns are almost finished with their first year at UNM and look forward to the move to Santa Fe in July. Their first month will focus on community health to jump start their integration into our wonderful Northern New Mexico community.



*Estevan Apodaca, Joanna Souers,
Catherine Smith, Kristy Riniker, Gina Lutz,
Nora Gibbons, Rawan Maali*

Southern NM Family Medicine Residency Program *By Dawn Drumm, MD*

Greetings from the sunny Southern New Mexico Family Medicine Residency Program in Las Cruces. We are preparing to transition leadership to the next set of chief residents. Dr. Mai Oushy grew up in Las Cruces, went to medical school in Egypt, and practiced there as an OB. When she returned to the US, she did a Master's degree in Public Health at NMSU. She is fluent in Arabic and is an asset for our patients that are international students at NMSU. Dr. Dickie Romero is a native of Las Cruces, and went to medical school at the University of New Mexico. He has reconnected with some of his high school friends here. He speaks some Spanish and has many opportunities to practice it with our multitude of Spanish speaking only patients. Both of our chief residents plan to practice medicine in the Las Cruces area after graduation.

We welcome a diverse new class of interns. Dr. Laura Leija is a native of New Mexico and graduated from the University of New Mexico. Dr. Jeanette Lovato graduated from A.T Still School of Osteopathic Medicine, is a native of Chaparral, NM, and did a rotation with us in medical school. Dr. Christopher Morriss speaks fluent Spanish, was in the Peace Corps, is interested in border health, and graduated from the University of Cincinnati. Dr. Shawn Rowland has a background in business and graduated from the Universidad Autonoma de Guadalajara. Dr. Ramona Sharma graduated from Kasturba Medical College in India and is returning to her native southwest US. Dr. Jamie Weinand graduated from Boston University and is also native to the southwest. Additionally, two interns from Hidalgo Medical Services in Silver City will spend their first year with us. Dr. Roberto Aguero has a background in neuroscience and graduated from the University of New Mexico. Dr. Rory Keys grew up on a farm in Colorado, is interested in serving rural populations, and graduated from Creighton University.

Our Resident Research Day is June 7, 2017. Our graduating third-year residents will present for half an hour each on their research projects. Drs. Salvador Adame-Zambrano and Minerva Medrano de Ramirez will tell us about their Benzodiazepine Taper Protocol. Drs. April Leonardo and Elaina Dinallo-Escalante will share about Using Food Diary and Healthy Lifestyle Messages for Weight Loss in Obese Patients at FMC. Dr. Cynthia Saenz has an award-winning project on Clostridium Difficile and Proton Pump Inhibitors. Dr. Anna Roberti will present Advance Directives Meetings at FMC. Our pharmacy resident, Dr. Candace Mims, will share Evaluate the Benefits of a Pharmacist-Run Transition of Care Program at a Community Hospital. Many of these research projects have already changed the way we care for patients in both our clinic and at the hospital.

Our resident retreat on Physician Wellness has been postponed due to conflicts with the Chief Residents' conference. We are rescheduling it for later this year and eagerly await learning about how we can practice medicine in a way that provides for our personal needs as well as for our patients.

UNM Family Medicine Residency Program *By Kresta Antillon, MD*

Greetings NMAFP Members! I hope everyone has been able to enjoy these nice sunny days! At the UNM Family Medicine Residency Program, we are coming to the end of another year. Our current third years class will be celebrating their graduation from residency in June. We wish them all the best of luck in their new endeavors! And with the third years graduating, we will be welcoming a new class of interns who have matched into our program. We look forward to meeting these new faces! With the transition of classes, we'd also like to congratulate and welcome Drs. Charity Bishop, Michelle Chungtuycy, Jerica Johnson, and Cris Laguillo as our new Chief Residents!

We look forward to what this new academic year has in store for us!



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