

CURTIS W. & ANN H. LONG

Family & Community MEDICINE

Summer 2009

MEET THE KOOPMANS

PETER & RICHELLE: Family-Focused Family Physicians

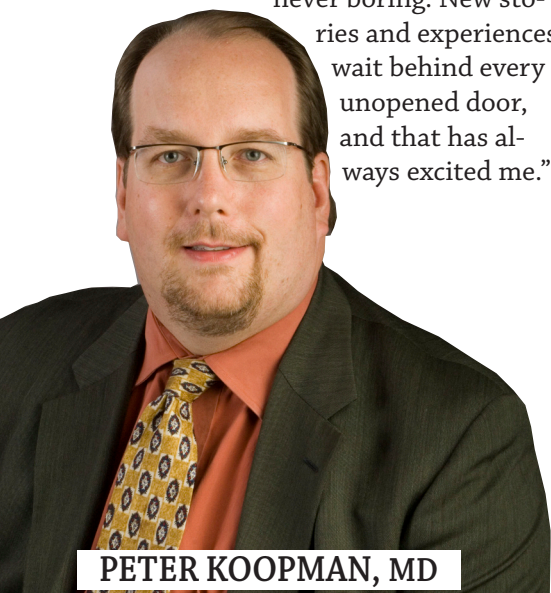
To meet the Koopmans is to meet a couple of compassionate family-focused physicians whose lives and careers are totally in sync. THEIR STORY IS A FUN ONE TO TELL ...

PETER & RICHELLE have been crazy about each other since the moment they met in high school 27 years ago. Today, they are the best of friends whose relationship is strong and built on humor, trust, respect, and unselfish love. Their passion for life fuels their commitment to their daughters, colleagues, patients, and each other.

Peter and Richelle graduated from the University of Pennsylvania with degrees in psychology. In 1990, while medical students at the University of Pittsburgh, they married. And after earning their medical degrees, both decided to become family physicians.

"I was drawn to the continuous healing relationships and the whole system approach of family medicine," Peter says.

Richelle adds, "Family medicine is never boring. New stories and experiences wait behind every unopened door, and that has always excited me."



PETER KOOPMAN, MD

They completed residency training at St. Margaret Memorial Hospital, University of Pittsburgh, in 1996; then Peter and Richelle moved to Blountstown, FL where they practiced rural family medicine at Tallahassee Regional Medical Center. During the next five years, they gained extensive clinical experience as family physicians.

Peter and Richelle value time spent with patients. In fact, if you ask them what's the most rewarding part of family medicine, their answer is the same, "patient care."

If you ask them what makes them happy when they're not seeing patients, however, you'll hear different responses. For Peter, it's teaching, and for Richelle, research. She's been concerned about the increasing incidence of type 2 diabetes since her early years as a clinician.

In 2001, Richelle decided, with Peter's full support, to prepare for a research-focused career. The couple moved to Charleston, SC, and while Richelle earned an MS in clinical research and served on faculty at the Medical University of South Carolina, Peter did urgent care at Doctors Care, Port Royal. He also practiced family medicine and taught medical students at Kiawah-Seabrook Medical Care, St. Johns Island.

The Koopmans liked South Carolina and never considered leaving Charleston or the ocean until 2007, when MU Family Medicine made them an offer they couldn't refuse.

"Missouri offered us opportuni-

ties to pursue aspects of our career that we weren't getting enough of in South Carolina," Peter explains. "I'd have more teaching duties at MU. Richelle was promised time to advance her research."

"Peter has such an adventurous spirit, so when we first realized that there might be jobs for both of us at MU, he went online and googled Columbia. It wasn't long before he was sending me links to the *Roots 'N Blues Festival*, *True/False Film Festival*, and *We Always Swing Jazz Series*," Richelle says.

She continues, "On our visit to Columbia, I got to meet the faculty and learn about the research environment at Mizzou, and that was enough to lure me away from the Atlantic and our home in Charleston."

"We had several discussions before finally deciding that Columbia would be a cool place to live and great town to raise our kids," Peter says.

MEET
THE
KOOPMANS
STORY
continued on
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RICHELLE KOOPMAN, MD

CHAIR'S MESSAGE

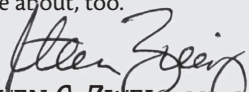
IF there was any question about what makes our Department of Family and Community Medicine great, this year's alumni issue of the newsletter answers it. It's the people. You'll hear from the residency and fellowship classes of '79, '89, and '99. These physicians are working in a tremendous range of settings and in varied roles. Yet the themes of their messages are amazingly consistent: listen to your patients, your family, and yourself – and then do the best that you can. Each is following our mission "to enhance health and primary care for our communities." I can hear them express our departmental values of collaboration, scholarship, integrity, compassion, humor and respect for self and others. To read these stories is both exciting and humbling. They are part of our connection.

The cover story is about Richelle and Peter Koopman, a family of family physicians – and the fourth couple working as faculty in our department after Hal and Mary Williamson, Erik Lindbloom and Lynn Wung, and Debbie and David Oliver. The Koopmans are a dynamic duo and we are very happy they joined us. They represent our present.

Sadly, the issue reports the deaths of Drs. Sherwood Baker and Charles Worley. Sherwood was a mentor to many of us. He was here, even before Jack Colwill, and helped start what became our modern family medicine residency program. We will miss him. Dr. Worley worked for many years in Sweet Springs, MO, was a friend of Dr. William Allen, who started our rural preceptorship program, and Dr. Baker. Charles Worley was in the first cohort of rural family physicians who served as preceptors for MU students. All three were in that first group of family physicians who brought both a rebirth to and transcended general practice. They are our roots.

You'll read about where our graduating residents are going and where our new cohort of first year residents came from. These young physicians hold much promise – to their patients, to those family physicians who have come before them, and to themselves. We are very proud of them. They are our future.

So this issue is mostly about people – our past, present, and future – and our continuity with family medicine, patients, learners, and teachers. People and continuity ... that's what we're about, too.



STEVEN C. ZWEIF, MD, MSPH

Paul Revare Family Endowed Professor and Chair

MU FAMILY AND COMMUNITY MEDICINE FACULTY FOCUS

CONGRATULATIONS

Julie Kapp, MPH, PhD, assistant professor, has been named a Margaret Proctor Mulligan Endowed Faculty Scholar. Funding received from this award will support her breast cancer research.

Margaret Proctor Mulligan — a longtime Columbia, MO, resident, breast-cancer survivor, and supporter of the MU School of Medicine — worked at the local newspaper, managed retail stores and eventually joined her father's real estate business. She died in 2007 at age 97, and in 2008, the estate of Ms. Mulligan provided MU more than \$6 million to fund the work of faculty members whose research enhances care and treatment for two prevalent diseases, cardiovascular disease and cancer. Dr. Kapp holds one of 12 endowed faculty scholar positions created by Ms. Mulligan's gift.

An epidemiologist who earned her master's and doctoral degrees from St. Louis University, Dr. Kapp began her career at Washington University where she gained broad experience in prostate cancer epidemiology. She joined our department in 2007, after serving as research assistant professor at MU's Department of Health Management and Informatics. Dr. Kapp has a passion and life-long interest in investigating the unique challenges of the cancer field. Currently she is building a research program around breast cancer and mammography.



Betsy Garrett, MD, MSPH, professor of clinical family and community medicine, was honored at MU's 2009 Tribute to Women on March 12. Given on behalf of the Chancellor's Committee on the Status of MU Women, this award honors faculty, staff, and/or students who have helped promote the advancement of women through education, advocacy, and support.

Steve Zweig, MD, family medicine chair, and Erika Ringdahl, MD, family medicine residency director, wrote nominating letters for Dr. Garrett, explaining the many ways that she's made a positive difference for women.

"The contributions that Betsy has made throughout her career have helped change the face of women in medicine, not only at MU but on the national scene as well," says Dr. Zweig.

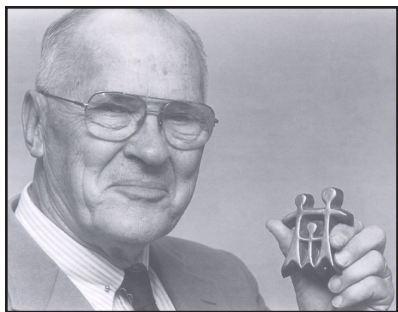
Paul Tatum III, MD, assistant professor of clinical family and community medicine, has earned a certification of added qualification (CAQ) in Hospice and Palliative Medicine as administered by the American Board of Family Medicine (ABFM) and American Board of Medical Specialties (ABMS). The ABFM recently joined with 10 ABMS member boards to offer a Hospice and Palliative Medicine CAQ. This new CAQ marks the first time 10 ABMS member boards have collaborated to offer certification in one specific area.



Harold A. Williamson Jr., MD, MSPH, professor and former chair of family and community medicine, has been appointed MU's vice chancellor for health sciences. Dr. Williamson had been serving as interim vice chancellor since last September.

"Dr. Williamson has provided outstanding leadership during this interim period," says MU Chancellor Brady Deaton. University of Missouri System President Gary Forsee agrees, "Hal's continuing leadership marks a significant step forward in developing the potential of the University's health system."

The MU Health System comprises University of Missouri Health Care, the School of Medicine, University Physicians, Sinclair School of Nursing, and the School of Health Professions.



It is with great sadness that we share this news ...
ALBERT SHERWOOD BAKER,
 considered by many to be the Father of Family Medicine at MU,
 passed away after a long illness on May 8, 2009.

ALBERT SHERWOOD BAKER,
 who was born on December 1,
 1916, grew up in Mt. Morris, IL,

and then graduated from Cornell College in Mt. Vernon, IA. After earning his medical degree from the University of Illinois-Chicago in 1942, he completed a 12-month rotating internship at Cook County Hospital in Chicago, and from 1943-46, he served as a captain in the US Army Air Force.

Following World War II, Dr. Baker returned to Mt. Morris to work as a general practitioner. He served this small rural community of 3,000, located 100 miles west of Chicago, until 1963 when University of Missouri (MU) Medical School Dean Vernon Wilson, MD, and Community Health and Medical Practice (CHMP) Chair Carl Marienfeld, MD, invited him to join MU's faculty.

During his 17 years in Mt. Morris, Dr. Baker became a skilled, well-liked, and widely-respected physician who understood and appreciated the principles of family medicine. His reputation in rural practice was strong, which is why he was recruited to direct MU's preceptorship and its family practice residency.

The preceptor program, implemented by the medical school in 1964, is a four-week training experience that pairs third-year students with small town general practitioners across Missouri. Under Dr. Baker's leadership, the preceptorship became an essential component of medical school education. He managed the program for nearly a decade, and in 1972, CHMP Professor William C. Allen, MD, was appointed preceptorship director.

When Dr. Baker took charge of the general practice residency in 1963, the program provided two years of training, one in pediatrics and one in internal medicine, with additional training in surgery and obstetrics for residents who requested it. Few physicians had completed the program before Dr. Baker decided to phase it out and direct his time and energy on a new goal: creating a family practice residency for MU.

Dr. Baker initiated the campaign to establish a family practice residency soon after the American Board of Family Practice (ABFP) was created in 1969. This effort was major and not without opposition. Initially, many faculty members from other departments resisted change and refused to recognize family medicine as a specialty.

His hard work and persistent efforts paid off, however. By 1970, the University gave approval for the family practice residency program, and in this same year, Dr. Baker recruited two new faculty: Dr. Georgia Nolph and Dr. Roger Hofmeister. To build a patient population for the residency, these physicians opened a Model Family Practice Clinic, where they provided health care to city employees and physicals to highway patrol officers.

By 1973, MU's family practice residency had earned ABFP accreditation and enrolled its first class of residents. The example set by our early faculty, beginning with Dr. Baker, instilled values of compassion, integrity, humor, and respect throughout the department. Their leadership kept us focused on our mission and promoted strong and steady growth in MU family medicine physicians, patients, residents, and clinics.

Jack Colwill, MD, who served as department chair for more than 20 years, knew Dr. Baker well and worked closely with him until he retired in 1982. He has enormous respect for him and the unique contributions he made to our department.

"Dr. Baker founded the general practice residency, and a few years later, he initiated efforts to develop the family practice residency," says Dr. Colwill. "Dr. Baker was an excellent colleague, physician, and teacher. He clearly deserves to be called the father of family medicine at MU."

While practicing medicine for 40 years was rewarding for Dr. Baker, retirement was good for him, too. He valued the time it provided for family, friends, and activities he enjoyed.

One of his great joys was publishing a book titled *Dear Gang*. After Dr. Baker completed his internship in 1943, he and 11 of his medical school classmates met for one last picnic before they were spread out for service in World War II. The 12, who were fraternity brothers of AKK, made an oath to communicate via mail. Their round-robin letter-writing campaign continued for nearly 60 years. Dr. Baker saved all the letters and devoted much time to preparing them for publication. *Dear Gang* not only chronicled the changing face of American medicine, it also told the story of deep and lasting friendship.

Dr. Baker stayed in Columbia for 22 years after retiring, keeping close to the special friends he made throughout his career. Because of failing health, he moved to Pinecrest Community in Mt Morris in 2004 and joined the Disciples United Methodist Church. There, he was affectionately known as "Doc."

Family was always a priority for Dr. Baker. He and his wife, Miriam, were married 58 years before Miriam passed away on Christmas Eve in 1999. Dr. and Mrs. Baker have three daughters, Edith Baker Lauer- man (Bruce), Martha Baker Thomas (Mike), and Nancy Baker (Dan), five grandchildren, and four great grandchildren.

To honor his commitment to family medicine and the leadership he provided during the birth and early development of our department, Dr. Baker's family has suggested that memorial gifts be made to the Future of Family Medicine Endowment. Donations can be sent to MU Family and Community Medicine; M224 Med Sci Bldg, DC032.00, Columbia, MO 65212; Attn: Kathy Boeckmann. If you have questions, please call 573-884-7916 or e-mail boeckmannk@health.missouri.edu.

SHERWOOD BAKER was known and admired for his common sense approach to primary care, his sage advice, and his incredible breadth and depth of knowledge that extended well beyond medicine. He claimed that this was the benefit of having a photographic memory ... a memory that served him exceedingly well until the end of his long life.

CONGRATS TO THE RESIDENCY CLASS OF



20



MARK BEARD, MD

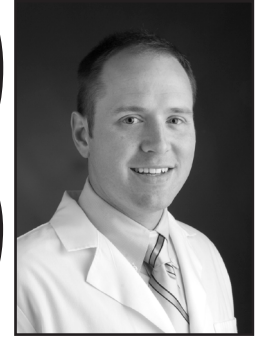
Mark is practicing at our Keene Family Medicine Clinic. He is also teaching and doing inpatient attending.

SARAH CALHOUN, MD

Sarah is practicing family medicine, including obstetrics, at our Smiley Lane Clinic. She is also teaching.



09



PANKAJ CHOPRA, MD

Pankaj has joined his wife Neha Maheshwari ('08 FCM Resident) and children in Arizona where he is working as a hospitalist.

WARREN COOPER, MD

Warren has joined Columbia Family Medical Group and will be practicing outpatient family medicine.



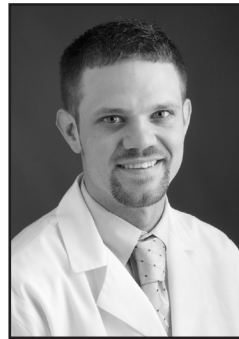
JACK GALBRAITH, MD

Jack is practicing outpatient family medicine at Boone Hospital's Urgent Care Clinic in Columbia.



TRACY GUTMAN, MD

Tracy has enrolled in the geriatric medicine fellowship program at University of Kansas Medical Center.



JONATHAN HAFFNER, MD

Jonathan has returned to his hometown of Carthage, MO and started his own family medicine practice.



LLOYD LICUANAN, MD

Lloyd is caring for the underserved in Chicago's inner city. He practices family medicine, including obstetrics.



GREGORY MILLER, MD

Greg and his family have moved to Chillicothe, MO where he is practicing rural family medicine.



ROLA SAAB, MD

Rola has joined our faculty at the Fayette Medical Clinic. She is doing outpatient family medicine, as well as obstetrics.



MELISSA SMITH, MD

Melissa has moved to St. Louis and is practicing at St. John's Mercy Family Medicine Clinic in Eureka.



JENNIFER WISDOM-BEHOUNEK, MD

Jennifer is doing primary care at the Women's Wellness Center in Columbia, MO.

CONGRATS TO OUR FELLOWSHIP GRADUATES

20

BETH SJOBLUM, MD
a Geriatrics Fellow, is on staff at Harry S. Truman Memorial Veterans Hospital. She serves as medical director of the Community Living Center.



JANICE ZAMUCO, MD
a Geriatrics Fellow, is moving to Quincy, MA where she will be providing care for the underserved at a federally funded health center.

09

A NEW CLASS OF FAMILY MEDICINE RESIDENTS

We are pleased to present our new first-year Family Medicine Residents and Externs:

RESIDENT

Alan Arthur, MD
Sheri Bethmann, DO

MEDICAL SCHOOL

St. Louis University
Kirksville College of Osteopathic Medicine
University of Missouri
University of Missouri
Rush Medical College
University of Missouri
University of Missouri
University of Missouri
University of Missouri
University of Missouri
University of Missouri
University of Missouri

Tiffany Bohon, MD
Lucas Buffaloe, MD
Brian Ching, MD
Matt Fieleke, MD
Adam Fitzgerald, MD
Kevin Frazer, MD
Alyssa Keller, MD
Wes Trueblood, MD
Karli R.E. Urban, MD
Amy Williams, MD



EXTERNS IN FAMILY MEDICINE RESIDENCY PROGRAM

(4TH-YEAR MU MEDICAL STUDENTS): Kathryn Becherer – Royce Moore – Amanda Payne – Aaron Whiting

WELCOME TO OUR NEW FELLOWS

We are proud to introduce our new Family Medicine Fellows:

MADHAVI BOLLU, MD

MEDICAL SCHOOL:

Kasturba Medical College, India

INTERNAL MEDICINE RESIDENCY:

University of Virginia at Roanoke-Salem

AMANDA SWENSON, MD

MEDICAL SCHOOL:

University of Missouri

FAMILY MEDICINE RESIDENCY:

University of Wisconsin-Madison

DEEPTI THAPAR, MD

MEDICAL SCHOOL:

Kempegowda Institute, India

FAMILY MEDICINE RESIDENCY:

Cedar Rapids Medical Education Foundation, Iowa

ALUMNI UPDATES

KIM COLTER, MD, a 1981 residency graduate who practices at Patients First Health Care in Washington, MO, was awarded an honorary professional degree from Missouri University of Science and Technology (formerly University of Missouri-Rolla) at the school's 2009 commencement ceremonies.

THOMAS JEVON, MD, a 1986 residency graduate, and his family have moved to Scotland, where his wife serves as president of St. Andrew's University. Tom is in the process of getting certified to practice as a GP in the National Healthcare System.

PATRICK HERRICK, MD, a 1995 residency graduate, is still at Associates in Family Care, Olathe, KS, which is where he began his career. He and his wife, Liz, have four children.

WENDY MADIGOSKY, MD, MSPH, a 2004 fellowship graduate, and her husband, Craig, became proud parents of their second child, Sarah, born in early March. Wendy lives in Denver, where she serves on faculty at University of Colorado.

AHMAD TARAKJI, MD, a 2004 geriatrics fellow who has obtained certification in internal medicine and nephrology, works at Yarmouth Regional Hospital, Halifax, Canada. Ahmad married Reem in 2006; they have a son, Omar, and are expecting their second child this summer.

"Make life choices that allow you to alter course if a situation is not a good fit. The information that we base decisions on is frequently scant, biased, or just plain wrong. Realizing that you have made a wrong turn and that it is not wholly your fault is half the struggle. The other half is being willing to make the sacrifices and take the necessary corrective action to get onto a better road. Best wishes in your collective futures."

STEVE ROSE, MD
RESIDENCY CLASS OF **1979**

DR. ROSE is a professor of clinical radiology at the University of California-San Diego Medical Center (UCSD). He does full-time interventional radiology with a practice heavily weighted toward interventional oncology, especially liver malignancies. "The background I received at MU Family Medicine Residency and the subsequent three years of family medicine practice and ER medicine in Juneau, AK have been invaluable in establishing a bona fide outpatient and inpatient practice in interventional radiology at UCSD," Dr. Rose says. "Thank you ever so much."

He lives in San Diego with his second wife, Andrea, and their 9-year-old daughter, Sierra. Andrea is in graduate school at San Diego State University working on her master's degree in social work. His three children from his first marriage to Susan are all grown and doing well. Dylan, age 28, graduated from Whitman College, Walla Walla, WA, and he's currently a cook in Lancaster, PA. Caitlin, 24, graduated from St. Olaf College and lives in St Paul, MN. Aislyn, 22, will be starting her last year at Goucher College in Baltimore.



"Follow your passion. Life is short enough. All things are impermanent. Learn to let go."

JEFF BELDEN, MD
RESIDENCY CLASS OF **1979**

DR. BELDEN recently joined our faculty after 25 years in private practice.

"Now, I'm half-doctor, half-geek and working to improve EMR usability any-

where I can get a chance," he says.

Dr. Belden and his wife, Sandy, have three sons, Stuart, Scott, and Mark. He enjoys bicycling and rides whenever he can; Dr. Belden even bikes to work every day, weather-permitting.



"Hang in there! Primary care will have its day ... and it's coming soon."

KIT LORENTZ, MD
RESIDENCY CLASS OF **1979**

DR. LORENTZ has worked at same place for the past 26 years, Osler Drive Emergency Physicians Assn, in Baltimore. He is a senior partner with this 10-partner group and spends 90 percent of his time in the ER. He's dedicated his career to emergency medicine – except for a few brief assignments back in the early '80s, filling in for classmates Barb Levin and Josh Gettinger.

"My wife, Melissa, and I have two dogs, three cats, and a 16-year-old son, Alex," says Dr. Lorentz. "Right now we are experiencing the joy and bewilderment of raising a teenager."

"A career in family medicine offers you many diverse opportunities. Structure your career in a way that allows personal satisfaction but also provides opportunities to volunteer your time and service for the greater good of your community."

JIM BOHAN, MD
RESIDENCY CLASS OF **1979**

DR. BOHAN works at a family medicine clinic in Jacksonville, IL that is part of a large hospital-owned health system. His practice has grown older with him, and most patients he sees today are adolescents and adults. He has an active hospital practice without obstetrics or newborn care.

"In the past 30 years, I think I've served on every hospital committee there is," Dr. Bohan says. "And I'm happy to report that our hospital has grown and remains successful."

Dr. Bohan has enjoyed being an active member of his community, and over the years, he's been involved in various activities that include organizing athletic events for kids, encouraging historic preservation in his city (his house was built in 1841), and helping start and staff a free clinic. Also, he just finished a 12-year term on the local school board.

"My wife, Jeanine, and I have three kids. Court is 27. He attended grad school at Mizzou and now works as a computer software engineer with Raytheon Corporation. Jennifer, 24, just completed her master's in occupational therapy and will start her first job in Kansas City. She's getting married in August. Colin, 19, has finished his first year at the University of Chicago where he is studying economics," Dr. Bohan says. "Jeanine continues to work part-time as a family nurse practitioner."

"Family activities have always been a big part of my life. I love going back to the farm where I was raised," he says. "Jeanine and I also plan to do more traveling in the US and Europe to pursue our growing interest in art and history."





"Ongoing care of patients over many years is extremely satisfying and offers meaningful opportunities to share major life events, such as birth or death, with families and individuals. That's the essence of family medicine and why it's such a rewarding career.

Do what you have a passion for. All people (not just FM grads) need something that they are interested in. Family medicine grads have a huge variety of things in which they can immerse themselves ... from allergy testing to research ... and so much more. Go for it!"

DAVID MEHR, MD
RESIDENCY CLASS OF **1979**

DR. MEHR returned to MU in 1992 and now serves as professor and the director of research. Currently he is leading the department's efforts to improve care for chronic conditions and the research base for the "patient-centered medical home." He also continues to direct the geriatric medicine fellowship but has

high hopes of being replaced in that job some time soon. "Seventeen years is too long to direct a GME program!!!" Dr. Mehr says.

He's been married seven years to Ann, who teaches elementary art and has a PhD in art education. They like to travel.

"Despite all the ups and downs and stressors of a medical career in the era of a screwed-up health care system, this is still a great life and wonderful career. One thing never changes – if you love your patients and your community – they will love you back. Don't give up your ideals, and set your expectations high."

JOSH GETTINGER, MD
RESIDENCY CLASS OF **1979**

DR. GETTINGER and his wife, Barb Levin, are still married and still practice together. Their biggest transition professionally this past year was the conversion of their private practice to a not-for-profit community health center – a central clinic and two smaller satellites. The staff includes six family docs, 10 nurse practitioners, and four licensed clinical social workers who do counseling. They also service school-based clinics in the county schools. "You can see we have preserved the model of team care that we were nurtured on at MU," says Dr. Gettinger.

"I have been involved with medical student education at East Tennessee State University in Johnson City, and we are starting a liaison with the new osteopathy school at Lincoln Memorial University to do clinical placements for their third-year core rotations," he says. "It looks as if we will ultimately be able to leave this community, which has given us so much, with a solid medical facility. In the meantime – it's a lot of work!"

"Personally we are doing well, thank God. All our children are now adults! How did that happen?" Dr. Gettinger asks.

Their youngest, Joe, 21, is a Stanford engineering student, and their daughters have moved out of the house. Sunny works for Google and is getting married this fall; Becky has a home near her parents and works at McDonald's; Ellie is married and educational director for the Jewish Museum Milwaukee.

"Barb is trying to learn Hebrew and is now a bicyclist. I've started voice lessons at the tender age of 60 and have launched a new career in community theater," Dr. Gettinger says. "I'm still working on getting my book on Torah chant published. The blog needs upkeep (www.chantandtorah.com); I just need to find time to make that a prime mission."

"Recognize that your patients live in a broader community that also has health concerns, such as teen pregnancy, senior health issues, women's health concerns, and the epidemic of obesity. To solve these crushing problems will require time and energy from the best and brightest of those in family medicine."

BARB LEVIN, MD
RESIDENCY CLASS OF **1979**

DR. LEVIN continues to wear several hats as a personal physician and community health care provider. Her relationship with the maternity center has led to the development of a great project that involves working with women from two Tennessee counties to encourage fitness and weight loss. Get With It (www.getwithitwomen.org) is funded by the Office of Women's Health and includes about 1,200 women who participate in weekly (and free) exercise opportunities.

"The midterm results are really exciting ... more than 10,000 exercise encounters in a year's time!" Dr. Levin says.



"Work hard for health care reform; we really need it!"

COREY EVANS, MD
RESIDENCY CLASS OF **1979**

DR. EVANS now serves as director of medical education at St. Anthony's Hospital in St. Petersburg, FL and is in private practice – after eight years as director of the Bayfront Medical Center Family Practice Residency (St. Pete). He just finished writing a book with another MU Family Medicine grad, Russell White (Class of '77). The book, *Exercise Testing for Primary Care and Sports Medicine Physicians*, was published by Springer, 2009.

"Work very hard ... but also enjoy life very much."

KRISTINA ERICKSON, MD
RESIDENCY CLASS OF **1979**

DR. ERICKSON practiced family medicine for five years after residency and then decided to dedicate her career to emergency medicine. Life as an ER doctor offered her more flexibility and time for family. She moved to Arizona in 1981, and today she works in a busy emergency room at a Tucson hospital.

She is single, and her three children – Amara, Reed, and Joya – are young adults now, and all are doing well.



"Find what you are passionate about and do it. While it sometimes takes courage to step off the mainstream path, the journey can be rewarding."

VICTORIA MAIZES, MD
RESIDENCY CLASS OF **1989**

DR. MAIZES is executive director of the Center for Integrative Medicine, University of Arizona, and associate professor of medicine, Family and Community Medicine and Public Health.

"I've had the opportunity to lead a wonderful team of people and to grow the integrative medicine program from a small residential fellowship to a designated Center of Excellence. We train hundreds of health professionals annually in our fellowship, in integrative family medicine, and in our integrative medicine residency ... three national educational models," Dr. Maizes explains. "My work is extremely varied (something I always liked about family medicine). I teach, have a small clinical practice, contribute to research, and am engaged in program development and administration."

Dr. Maizes' family has grown as well. "Gabrielle was born when I was a resident at MU. Aaron followed three years later; this week he graduated from high school. My youngest is Zoe, now 16," she says. "Moshe and I have lived in Tucson for 11 years and enjoy the beauty of the Sonora desert."

"Be generous, be kind, be patient."

GEORGE SOLOMON, MD
RESIDENCY CLASS OF **1989**

DR. SOLOMON still practices family medicine, and for the past three years, his office has been at his home in Columbia.



"I hope you do not become disillusioned at the rhetoric you are hearing. The private practice of medicine is alive and exciting. The most important message I have to pass along is that you do not have to go to work for someone else. Your only master should be your patients, not your employer. If you are willing to think outside the box and become involved in the business of medicine, you can do your patients a great service. No one else in the entire health care system will care for them as much and as well as you can."

We are always looking for independent and like-minded individuals who want to work for themselves."

KEITH RATCLIFF, MD
RESIDENCY CLASS OF **1989**

DR. RATCLIFF spent a few years doing emergency medicine after residency, and then, in 1993, he joined his current practice.

"Malpractice costs in this state forced us to stop doing deliveries about three years ago, but except for OB, we provide the entire spectrum of care," Dr. Ratcliff explains.

Ten years ago, his FM group merged with an IM group and started Patients First Health Care. They've experienced tremendous growth since then, and now have 62 partners from nine specialties who practice at 15 locations. They provide patients a full range of diagnostic services including CT, MRI, vascular studies, nuclear cardiology, stress testing, digital radiology, PFTs, sleep lab services, mammography and bone densitometry, and urgent care with a rapid diagnostic cardiology capability.

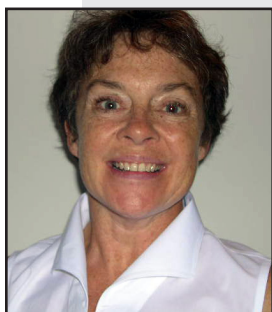
"This year we're adding a cancer center and radiation oncology, in addition to an outpatient surgery center. And we hope to develop an integrated comprehensive outpatient center for patients," Dr. Ratcliff says. "Currently we're in the process of implementing Nextgen EHR. I think this might be our biggest challenge yet!"



"Enjoy and appreciate the stories of your patients. Partner with your nurse. Bitch a minimum of 15 minutes a day. Take care of yourself and find some alone time regularly. Don't let yourself get behind on your documentation – it's a monkey on your back. Make sure you feed your relationships. Laugh loud and often."

ANNE FITZSIMMONS, MD
RESIDENCY CLASS OF **1989**

DR. FITZSIMMONS is still on faculty at MU. She sees patients and runs the Green Meadows Family Medicine Clinic, with lots of great help, she says. She is involved in and passionate about quality improvement, and recently, she's begun participating in efforts to merge quality of care with quality education.



"On a personal note, I divorced in 2001 and am raising three wonderful children," Dr. Fitzsimmons says. "Dan O'Connor, 18, just graduated from high school and is headed to Boston University to study science, then medical school; Ellen O'Connor, 16, is doing great in high school and is a cheerleader; Mary Jane O'Connor, 13, is doing well in junior high; she likes track, too. I'm lucky to have such good kids!"

"I like to read fiction; go to sleep at 8:30 pm, and try to exercise," Dr. Fitzsimmons adds.

"Remember that every time a patient sees a physician, the patient leaves with either a blessing or a curse. As powerful people, our blessings and curses go deep and last long. It's a simple thing to give a blessing."

ELIZABETH ALLEMANN, MD
RESIDENCY CLASS OF **1989**

DR. ALLEMANN is doing private, solo practice here in Columbia that includes medical acupuncture. She has learned a lot about the legislative process while working with an amazing group of women's advocates to allow certified professional midwives to practice legally in Missouri. Families who choose to birth at home FINALLY will be able to find a legal provider who can help get a baby started, or get a bleed stopped, says Dr. Allemann.

"Now, after 20 years of attending births in birth centers and in homes, it's time for me to be off call ... as I retire from the birth part of my practice," she says. "Columbia Community Birth Center is looking for a family physician to support a beautiful midwifery practice."



- Try to keep balance in your life.
- Rediscover the things you put on hold during your medical training. Find time for things that energize you.
- Read the book *Medical Marriages* early in your career.
- Support your life partner and see a therapist to work on communication issues at least every seven years.
- Make time for your kids and loved ones.
- Learn from the wizards you meet and seek their advice.
- Try to find good in every experience, even when you feel exhausted and overworked.
- Work hard to cultivate friendships with those who can help you learn and grow – you need those people.
- Don't be afraid to take chances with personal growth opportunities. Have fun in whatever you do."

ADAM BALIN, MD
RESIDENCY CLASS OF **1989**

DR. BALIN is still in the first practice he joined in Oregon, WI, a somewhat rural town located just south of Madison. Since 1989, Oregon has grown from 3,200 to nearly 8,000 people. His clinic is one of many sites in the Dean Clinic, which is a 102-year-old, physician-owned, multispecialty group.

"My site is a single-specialty, four MDs and two PAs clinic, with its own lab, x-ray, and pharmacy. Though I am still practicing full spectrum family medicine (including OB), I'm considering letting go of some responsibilities," Dr. Balin says.

His is currently chair of family medicine and has served on the Dean Health System board of directors, the physician practice board, various task forces, and many committees. Dr. Balin says he's learned a lot about leadership, change management, and the business side of medicine. In addition to his own private practice, he works with family medicine residents at his hospital and occasionally

with medical students from the University of Wisconsin.

"On the home front, Karin and I enjoy biking, kayaking, skiing, fishing, and gardening. Our son, Connor, who was born at MU, just finished his junior year at Case Western, majoring in electrical engineering. Sarah will be a senior at Oregon High School this fall," Dr. Balin says. "We just moved into a new house and are looking forward to the empty nest phase of our lives. Our eager anticipation is tempered by some melancholy as we think about our children's departure. Having less laundry to do will be nice though!"





"I'm supposed to say something wise, right? I stick to my old adage that everything matters, but very few things matter all that much. Jane says, 'You used to say NOTHING mattered all that much.' I guess I've lightened up some, but you should know that I use this philosophic bit daily, especially when dealing with things at work."

JOHN ZANOL, MD
RESIDENCY CLASS OF **1989**

DR. ZANOL still has the same job he took temporarily right out of residency, St. Mary's Emergency Department in Jefferson City. "I'm still married to Jane, whom some of you will remember as a Nelson," Dr. Zanol says.



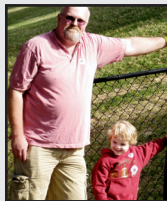
"Wow! I am hesitant to offer advice to anyone who isn't asking outright. If you'd like to know something, just holler - I'd be happy to talk to any and all."

LORI SMITH, MD
RESIDENCY CLASS OF **1989**

DR. SMITH is doing full-time emergency medicine at General Leonard Wood Army Hospital, MO.

"I've worked ER almost exclusively since finishing residency and am finding it more challenging as the number of people who come to the ER increases. I'm hoping to go part-time in the outpatient clinics here at the Fort by September," she says. "The happiest career years of my life were between 2001-2003, when I was in full-time family practice in Rolla."

Dr. Smith has been married to Phil Smith six years and has three children, Seth, 16, Sage, 12, and Cory, 4.



"Listen to your inner self when you are working through your differential diagnosis. If your gut is speaking, 'could this be a pulmonary embolism?' then you need to exclude that from your diagnosis."

My students so often forget their basic skills when they begin to zone in and focus on problems. First decide if the patient looks sick, then begin the work up. Also, make your practice of medicine full of personal pride, BUT don't take it home with you. Allow yourself to set personal limits with your patients.

Above all else, to thy family be true. Medicine always demands more, and more, and your children will grow up before you blink. Make time for them."

JILL MURPHEY, MD
RESIDENCY CLASS OF **1989**

DR. MURPHEY has worked most of the last 19 years for Dr. Randall Mueller in the Emergency Department at Boone Hospital (Columbia), where charming four-year-olds into not realizing you have just fixed their forehead laceration has been her specialty. Nearly three years ago, she purchased the internal medicine practice of Dr. Leland Pfefer. Now Dr. Murphey spends her time navigating primary care with a large practice and still works Friday evenings and Sundays in the ER to support Stanford (where her daughter goes to school).

"After leaving the ER, I've realized that most of my physician satisfaction comes from actually fixing things, rather than the diagnostic and cheerleading role of primary care," she says. "But coupling my practice in the ER with my day job has allowed me to gain a better understanding of sickness and wellness."

"Since leaving residency, I've raised a daughter, Corey Lynn, who just finished her freshman year in chemical engineering at Stanford, with minors in voice and German. She is the best of my spirit and soul, and she's also my best friend. Being her mom has been my most important and enjoyable job," says Dr. Murphey.

"I have two Golden Retrievers, Daisy and Blue, that keep me running in circles and after balls, and I still enjoy my bike, NellieBell," Dr. Murphey says. "My nest is very empty with my daughter gone. I have personal sadness in her absence, but great satisfaction knowing she has found her wings and has been able to fly with my love and support."



"Try different types of practices or areas of interest to find and keep your passion for patient care alive."

MYRA STROTHER, MD
RESIDENCY CLASS OF **1989**

DR. STROTHER has been at University of Kansas Student Health, Lawrence, for 17 years. She recently stepped down as chief of staff so she could dedicate more time to patient care. Today, she is a senior staff physician, with special interest in mental health and preventative medicine. She enjoys her job and the opportunities she has to care for and interact with KU students.

Dr. Strother and her husband, Dennis Goodden, a lawyer, have two children. Their daughter, 20, is an education major at Arizona State University. Their son, 17, is a high school senior. He loves playing soccer and rugby.

"WHAT ADVICE DO YOU HAVE FOR OUR 2009 FAMILY MEDICINE GRADUATES?"

'79 '89 '99
ALUMNI



"You may not realize how fortunate you are to be trained by the faculty of MU Family Medicine for a year or two, but over time it will become clear to you just how well you were prepared for your future in medicine. Invest yourself in the community where you practice so that medicine is more than just a job. The health care changes on the horizon won't steal the satisfaction

you receive from practicing medicine unless you let them. Remember that the faculty of the department is always there for you if you need them."

PHIL MITCHELL, MD
RESIDENCY CLASS OF 1999

DR. MITCHELL works full-time for St. John's Clinic: Family Practice in Lebanon, MO. As of October 2007, he no longer has a hospital practice.

"Stopping hospital work has been the best decision I've made professionally. It's allowed me to pursue a master of health administration degree from MU," Dr. Mitchell says. "In addition to my primary job, I'm medical director of St. John's Clinic: Urgent Care (yes, I still moonlight); I do contract quality work for a nursing home, and I serve on a couple boards."

"On a personal note, my youngest child, Christian, will begin Fontbonne University in Clayton, MO this fall. He will be playing soccer and plans to be a pre-med major. Chelsea just finished her second year of law school at MU and did an internship in Springfield, MO this summer. Chase, a junior at Northern Illinois University in DeKalb, is an acting major. He spent fall semester at the Moscow Art Theater School," says Dr. Mitchell. "My wife, Sheila, claims to be retired, but she is missions director at our church and serves on the Lebanon Housing Board."

"Find your own way. Family medicine provides many opportunities, and you can define your practice in so many different ways. You've been given an extraordinary education by some of the best. Use it to your advantage."

SARAH PHILLIPS, MD
RESIDENCY CLASS OF 1999

DR. PHILLIPS works in an acute care facility that's part of a large multispecialty group, Springfield Clinic, in Illinois.

"When we first moved to Springfield, there were no traditional family medicine jobs available, so I thought I'd do acute care and then move back into traditional practice later when something opened up. I quickly realized that I love acute care and have never left," Dr. Phillips explains. "I've also accepted the role of department chair and am loving the administrative aspect of medicine as well. I feel that the residency training I received at MU was outstanding and prepared me for my current role in medicine."

"Personally, I just celebrated my 17th wedding anniversary with Roy, and my two boys are a real joy!! Parke is 11 (going on 30), and Ben is 8. They love baseball as much as their parents do, so we spend most of our free summer hours at the ballpark," says Dr. Phillips. "NEVER a dull moment ... and I wouldn't have it any other way."



"My only advice comes directly from my grandmother, 'Never stand when you can sit; never sit when you can lie down ... and eat a good breakfast every day.'"

KEN OGAWA, MD
RESIDENCY CLASS OF 1999

DR. OGAWA has been with the MU Student Health Center for eight

years. College health is a more varied field than he ever would have guessed, and having the opportunity to interact on a daily basis with (mostly) bright, motivated young scholars from around the world is a true pleasure, he says.

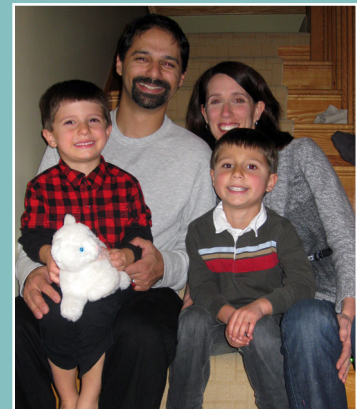
"My wife, Lori, and I have had the privilege of hosting international students in our home, and we've been able to travel a bit," says Dr. Ogawa. "We also have the blessings of good health and a son who seems to be turning out OK."

"Live within your means. Brown bag all your meals. Appreciate your spouse."

KIM SCHIEL ZOBERI, MD
RESIDENCY CLASS OF 1999

DR. ZOBERI is on faculty at St. Louis University's Department of Family and Community Medicine. In addition to providing patient care, she is clerkship director for the family medicine rotation.

"My husband, Imran, and I have two young sons," Dr. Zoberi says. "For fun, I've recently started running half-marathons."



"WHAT ADVICE DO YOU HAVE FOR OUR 2009 FAMILY MEDICINE GRADUATES?"

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"You've received an EXCELLENT education at MU — put it to full use for the benefit of your patients. Over the past 10 years, I've learned that health care changes fast; use technology to stay current on all the advances in medicine.

Engage your patients. Some of them are very sophisticated; make them part of their health care choices. Become part of your patient's family. Get to know them and allow them to get to

know you outside of the office.

Lastly, make time for yourself and family. Being a family practitioner allows you a lot of flexibility in your schedule. Don't miss out on those special times with your family – vacations, holidays, and milestones as your kids grow up. Invest in a good camera!"

GREG STAMPFLI, MD
RESIDENCY CLASS OF **1999**

DR. STAMPFLI is in the same practice he joined after residency. He lives in Cheyenne, WY and works with two other family physicians at Family First Physicians. His is the only family medicine group in town that still does OB and inpatient care.

For the last four years, Dr. Stampfli has been chair of the Family Practice Department at Cheyenne Regional Medical Center. And he just joined the medical advisory panel that's working on strategic planning for the hospital and community.

"I have three kids, ages 6, 7, and 10, and they keep me busy. I have coached their soccer, baseball, and basketball teams," says Dr. Stampfli. "I try to play tennis regularly, and participate in leagues and tournaments throughout the year."

" • Turn in your pagers.
• Learn from children.
• When in doubt, ask Betsy Garrett.
• Take time now to acknowledge the sacrifices your loved ones have made for you.
• Always be ready to walk away."



PETER SULTANA, MD
RESIDENCY CLASS OF **1999**

DR. SULTANA says he's just about recovered from residency and still trying to find answers to life's persistent questions.

For the past 10 years, he's worked with an interdisciplinary group of doctors in Sonoma County, CA, as medical consultant for TrueNorth Health, an aggressive nutrition and lifestyle rehab program. The most rewarding part of his job, he says, is the dramatic re-awakening he sees patients experience when they become empowered to take charge of their own health – and minimize their dependence on the health care system.

"In this position, I have the privilege of working with visiting practitioners from a variety of backgrounds (eg, medicine, naturopathy, homeopathy, chiropractic, osteopathy)," Dr. Sultana says. "I am balancing that with my work in Urgent Care at Santa Rosa Memorial Hospital, treating patients who actually need the health care system ... mostly."

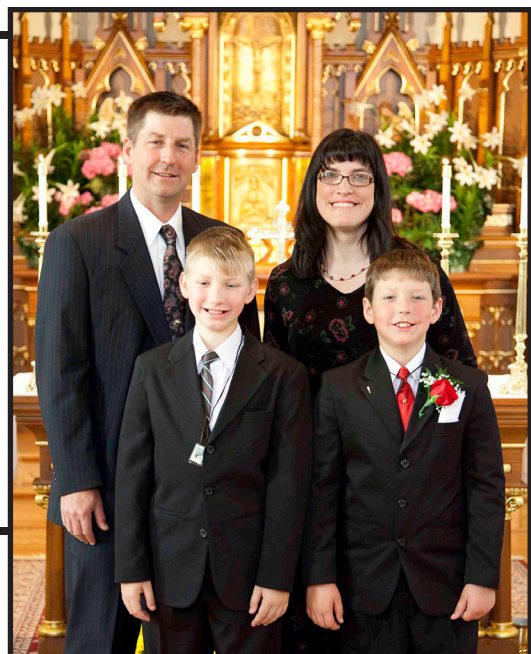
"My wife, Connie, works as a doula and doula trainer, and she teaches childbirth classes for local hospitals and birth centers," says Dr. Sultana. "Our son, Michael, is 11 and becoming a man, while daughter, Valerie, 3, is absorbing it all."

"BALANCE! Make time for the things you think are important, and make choices that keep you happy and balanced with work and family."

AMY GRELE, MD
RESIDENCY CLASS OF **1999**

DR. GRELE is still in her hometown practicing in the family medicine clinic – University of Wisconsin-Cross Plains, where she started 10 years ago. She continues to do OB but will stop that at the end of the year.

"My husband, Rick, and I, and our sons, Erick, age 10, and Kevin, age 8, keep busy traveling, camping, and running from ball diamonds, to swimming pools, to football fields, and to basketball courts," Dr. Grele says.



"WHAT ADVICE DO YOU HAVE FOR OUR 2009 FAMILY MEDICINE GRADUATES?"

'79 '89 '99
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"Try to find the balance between your patients, your family, and self. That will be tough. Be patient with yourself as your interests and goals change. Enjoy your patients and the rewards of being a physician, especially those relationships.

Also ... remember to make time for those weekend getaways and real vacations, too. I recommend going to conferences like AAFP Scientific Assembly; the experience rejuvenates me every time I go. It's great to hear nationally known speakers (like Dr. LeFevre and Dr. Garrett), learn about the latest updates, AND visit a nice city ... all at the same time."

SCOTT SIMMS, MD
RESIDENCY CLASS OF **1999**

DR. SIMMS moved back to his hometown of Denton, TX in 2003 with his wife, Misti, Jed (born 1998), Wes (2000), after finishing their time in the Air Force. He opened a solo practice, but with a good call group. Misti does a great job of managing the billing for his office, he says.

In 2006, Dr. Simms bought an old house in the historic district and converted it into a physician office with his shingle hanging out front. He really enjoys practicing in this setting. He continues to do inpatient medicine, including newborns (no OB). Currently he's serving his second year as hospital chief of staff, serving on a local physician association board, and chairing a church board. Dr. Simms also enjoys doing things with his sons ... baseball, church activities, and Cub and Boy Scouts.

"But something must give," he says. "I'm trying to resist the urge to do as many physicians in my community are doing: turn their patients over to hospitalists. It's getting harder to resist, however, as my schedule gets busier."

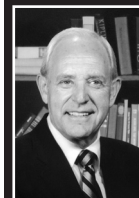
Everyone in his family enjoys coming back to Missouri in the summer to canoe on the Current River and visit Montauk State Park. And they follow Mizzou athletics. "We like being here in Texas, but we miss Missouri, too!" Dr. Simms says.



"Row with the flow."

DAVID CRAVENS, MD, MSPH
FELLOWSHIP CLASS OF **1999**

DR. CRAVENS is on faculty at MU, serving as associate professor of clinical family and community medicine. He is medical director of The Bluffs, Lenoir Woods, and Senior Care Home Health. And he has a very busy geriatric practice, providing primarily long-term care.



CHARLES A. WORLEY, a rural Missouri family doctor of 53 years, died May 27, 2009, in Gladstone, MO. He was 85.

CHARLES A. WORLEY was highly regarded by family physicians across the state; in fact, many consider him to be one of the fathers of family medicine in Missouri. He began his practice in 1953 in Sweet Springs, MO. After 36 years, he and his wife Maxine moved to the Lake of the Ozarks where Dr. Worley practiced until he retired in July 2006.

Dr. Worley's greatest joy during his career was caring for patients. He enjoyed his role as teacher, too. Beginning in 1955, he was one of the first physicians to serve as a preceptor for MU medical students. The preceptorship, which provides students hands-on experience in rural family medicine, continues to be an essential part of medical education at MU.

— IN MEMORIAM —

FAMILY MEDICINE GRADUATES

who were not included in this Ask for Advice project:

1979 RESIDENT

Alan Jones, MD
Providence Emergency Dept:
Medford, OR

1989 RESIDENTS

Gena M. Gardiner, MD
Dr. Gardiner has been in Germany with her sons and husband, who was stationed at Ramstein Air Base. They are returning to the US this summer.

Cynthia Tolbert, MD
Cottonwood Spring Family
Practice: Boerne, TX

1999 RESIDENTS

Bart Giessel, MD
Dallas, TX

Jennifer Jiang, MD
Columbia, MO

Susan Schneider, MD
Brevard Health Alliance:
Cocoa, FL

Pat VanSlyke, MD
St. Mary's Urgent Care:
Walla Walla, WA

1989 FELLOWS

Randy Mueller, MD, MSPH
Boone Hospital Emergency
Services: Columbia, MO

Cam Williams, MD, MSPH
Family Medical Associates of
Lewisville: Lewisville, NC

1999 FELLOWS

Mark Ellis, MD, MSPH
Cox Family Medicine Assoc:
Springfield, MO

Steven Heim, MD, MSPH
University of Virginia Family
Medicine: Charlottesville, VA

It's not too late ...

If you would like to participate in this project, please call or e-mail your advice to:
Kathy Boeckmann @ 573-884-7916 or boeckmannk@health.missouri.edu

We'll publish it in a future newsletter!

"And as it turns out, it is."

Today, they agree that MU has been a good fit for them and their goals as family physicians.

Both see patients – and Peter is medical director – at Smiley Lane, the department's newest clinic located in northern Columbia. In addition, Peter teaches residents and medical students on the inpatient service, and he attends for residents at Callaway Physicians, MU's family medicine clinic in Fulton.

Many of Peter's patients are older adults dealing with chronic health conditions, so developing chronic disease management programs has become a priority – as well as a challenge – for him.

"It's a complex process, and to do it effectively requires time and re-

sources that our current health care system does not provide," he says.

Richelle provides patient care, of course, and she teaches on the inpatient service. But the majority of her time is dedicated to research, which continues to be focused on type 2 diabetes.

Richelle wants to prevent diabetes both in individuals with prediabetes and in those who are at increased risk for developing diabetes.

Early detection is important, Richelle says. If prediabetes conditions are identified early, patients may benefit from strategies that can minimize progression to diabetes, morbidity, and mortality. She and a team of researchers recently created a clinical tool to identify those at highest risk of having undetected

hyperglycemia, impaired fasting glucose, and undiagnosed diabetes.

"This tool is easy to use, and the screening can be done with pencil and paper at a health fair or a physician's office," says Richelle. "Our new tool produces an overall risk score that will help clinicians decide which patients to screen for diabetes."

The Tool to Assess Likelihood of Fasting Glucose Impairment (TAG-IT) is designed to use factors that are self-reported or easily measured. These factors include age, sex, BMI, family history, resting heart rate, and measured high blood pressure.

To learn more about this study, published in the *Annals of Family Medicine*, see Ann Fam Med 2008 6: 555-561 or e-mail Dr. Richelle Koopman at koopmanr@health.missouri.edu.

PETER & RICHELLE TALK ABOUT THEIR FRIENDSHIP, FAMILY, AND CAREERS

What's it like to be married to another doctor?

PETER: Richelle understands in a very personal way the stresses of my job. We've become lifelong partners, and our partnership helps us manage the challenges of our jobs.

RICHELLE: It's easy when you're best friends. I enjoy being able to communicate about my day with Peter. He always knows how I feel without me having to tell him.

How are you two alike ... how are you different?

PETER: Richelle is more task-oriented and driven to "be her best" than I am. Richelle and I are committed to family and have a strong work ethic. We both love to travel and express our creative side. For Richelle, it's scrapbooking, and for me, it's music.

RICHELLE: I'm an extrovert, thinker; Peter is an introvert, feeler. We both love movies, travel, hiking, amusement parks, and a good book. For radio entertainment, I listen to ESPN, while Peter prefers news and talk radio. And both of us are RABID STEELERS FANS!

What about your spouse do you most admire?

PETER: I admire Richelle's intelligence, compassion, commitment to fairness and justice, and so much more ... too many things to list.



RICHELLE: Peter gets along well with people and is a real consensus builder. He's very calm in the face of most situations. Peter is very talented, musically. He sings, plays the guitar, and has an entire music catalog inside his brain. Music energizes him.

You have two daughters: Liz, age 10, and Katie, age 4; what do they bring to your life?

PETER: The love between parent and child is powerful and truly one of the world's most wonderful feelings.

Our daughters enable me to see a purpose outside myself and my career, and thus be less selfish. They allow me to be young and play freely, even at my age.

RICHELLE: Our daughters are so different. Liz is quiet, polite, artistic, and like her father, she is liked well by people. Katie is spirited and outgoing and has a keen sense of what it is that she wants. It's fun to see who they are and watch them grow. I like getting two hugs when I walk through the door at the end of the day!

Family Medicine: what's so good about it?

PETER: The life-changing lasting relationships I've developed with many of my patients ... life-long relationships nourish the soul.

RICHELLE: My patients share so much of themselves with me. Being a family physician is a wonderful life, really.

DARRYL NELSON, MD

consistently earns strong words of praise from the MU medical students he mentors as a family medicine preceptor:

“In addition to being a well regarded family physician, Dr. Nelson is a wonderful preceptor. He strongly encouraged my participation in the care process and asked for my assessment and plan before giving his own.”

“He promoted my interest in all aspects of primary care and sought to provide me with experience in several ancillary and support services, such as physical therapy and general office management.”

“Dr. Nelson consistently modeled excellent clinical skills and patient-centered care. The lessons I learned from him will be lessons I remember throughout my medical career.”

DARRYL NELSON planned on becoming an eye surgeon when he entered medical school at University of Missouri-Kansas City in 1980. Six years later, however, he had a different vision about his career and the kind of medicine he wanted to practice.

“After finishing my family medicine preceptorship with Dr. Al Foulkner (retired now) and Dr. David Glover (still in practice) in Warrensburg, MO, I knew that family medicine was ‘it’ for me,” Dr. Nelson says. “I recall how good I felt being in their presence as they tended to multiple generations of families. In addition, as we went to sports and civic events, I was able to see firsthand how highly respected and appreciated they were for the care they provided. It was a great experience.”

He completed residency at Goppert Family Care Center, Kansas City (KC), in 1989, and today Dr. Nelson is a partner at Family Health Specialists of Lee’s Summit, a city in the KC metropolitan area. He describes his practice as “birth to death.” He no longer does OB, but he still provides hospital and nursing home care. And when he’s not doing patient care, Dr. Nelson is working part-time as medical director for a local hospital system.

“This job has evolved and given me the lead role in developing an electronic medical record for HCA (the national hospital company that owns his practice and other hospitals),” he says. “Very interesting work ... and not what I thought I’d be doing as part of my practice.”

Dr. Nelson never thought he’d be teaching students either when he started practicing 20 years ago. In fact, it wasn’t until five years ago that Dr. Nelson signed up to be a preceptor for MU. One of his patients, who was a medical student at the time, asked if he could do his family medicine clerkship with him. Dr. Nelson agreed, and since then, he’s taught students every year.

The students he mentors return to MU enthused about family medicine and grateful for all they’ve

learned. They have a better, more realistic understanding of life as a family physician, thanks to Dr. Nelson. Dr. Nelson shares their enthusiasm for the precepting experience and considers the relationships he builds with students to be mutually beneficial.

“The challenge of keeping up with students motivates me and helps me enjoy my job as preceptor. I value our interactions and learn from every one of them,” he says. “In return, my partners and I try to offer students a ‘real life’ look at the role of family physicians in the delivery of health care.”

Dr. Nelson values his interactions with patients, too, and the special bonds he develops as their physician and their friend.

“I feel like I’m part of the many families I care for, and that brings me real joy,” he says. “Health care is a more meaningful and successful process for me and my patients when they trust me and the care I provide.”

By maintaining a solid knowledge base, he is able to deliver state-of-the-art care. Strong clinical skills and doctor-patient relationships are important to Darryl Nelson, the physician and teacher.

Time spent with family is important to Darryl Nelson, the husband and father. Dr. Nelson and his wife, Jo, who is a school nurse in a small rural school district, live on a “hobby farm” with a few cattle. They have two daughters; one is a college senior, and the other is a sophomore in high school.



Darryl Nelson was named a 2007 TOP DOCTOR by Ingram’s, Kansas City’s Business Magazine:

“To hear Dr. Darryl Nelson discuss medicine brings to mind an image of the family physician of yesteryear, wearing a white lab coat and listening to his stethoscope, a leather doctor’s bag at his feet. Dr. Nelson speaks fondly of the notion of “the traditional, family doctor taking care of you from birth to death.” After 18 years in practice, he strives to offer a full spectrum of medical care amid a trend of specialization. He views his practice, Family Health Specialists of Lee’s Summit, as a gateway to the health care system.” — INGRAM’S



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Michael L. LeFevre, MD, MSPH

Administrative Manager:

Pamela Mulholland, MHA

*Questions and comments about this
newsletter should be directed to:*

Kathy Boeckmann, MA
573-884-7916
boeckmannk@health.missouri.edu

**SAVE
THE
DATE!**

**MU FAMILY MEDICINE UPDATE
and
35-YEAR ALUMNI REUNION**

April 16-17, 2010

Hampton Inn and Suites — Columbia, Missouri

For information, contact the CME Office at 573-882-0366 or
access the CME web site at som.missouri.edu/CME

WE CHALLENGE YOU TO PARTICIPATE IN THE

FAMILY MEDICINE MATCH

For three years, 2009 – 2012, MU Family and Community Medicine will match every dollar donated – **up to \$500,000** – to the Future of Family Medicine Endowment.*

This is a serious financial commitment for our department, but it's one we are willing to make.

WE CHALLENGE YOU TO MAKE US PAY!

*In 2006, we established the Future of Family Medicine endowment to support efforts to re-new and transform our discipline. Our goal is to raise \$1.1 million by 2012, and to help achieve this goal, we initiated a program guaranteed to double the size and impact of all future dona-tions. The Family Medicine Match, announced spring of 2009, quickly generated a strong re-sponse from department faculty, alumni, and friends. In only two months, we've received 36 new gifts, totaling nearly \$9,000. Thanks to our generous and ever-growing family of donors!

If you are interested in making a donation to the FFM endowment, please contact
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