

CURTIS W. & ANN H. LONG

Family & Community

MEDICINE *Summer 2010*

New Names FOR Familiar Faces

MU Family Medicine department members and friends recently gathered to honor the exemplary commitment and contributions of three faculty members: DR. ELIZABETH GARRETT, DR. DAVID MEHR, and DR. MICHAEL LEFEVRE. All three were named endowed professors, and at a special ceremony, Dr. Steven Zweig, department chair, celebrated them and their distinguished careers. He also recognized our large family of donors whose generosity helped build the endowments that will provide permanent support for the future work of these incredibly dedicated faculty members.

ELIZABETH GARRETT, MD, MSPH, is one of our two William C. Allen Professors. An MU alum (BGS '75, MD '79, Residency '82, MSPH '88), Dr. Garrett joined our faculty in 1988, after completing her fellowship training. Today, in addition to seeing patients, she directs the medical school's Family Medicine Clerkship.

Her strong work as a teacher and role model has been recognized numerous times by students and colleagues. Her most prestigious award came in 1994 when Dr. Garrett was named Jane Hickman Teacher of the Year; this award represents the highest recognition in medical student teaching at MU.

"America's Women Physicians" is a scholarly interest for Dr. Garrett. Through her research, along with her work as a family medicine physician, teacher, scholar, and leader, she has helped change the face of women in medicine.

Dr. Garrett is highly regarded by family physicians across the state. As a member of the Missouri Academy of Family Physicians (MAFP), she's worked on many committees and served as MAFP president. Her reputation on the national level is outstanding as well. She has been chair of the American Board of Family Medicine, served on the Future of Family Medicine Task Force, and held important roles in the Society of Teachers of Family Medicine, including president. Earlier this year, Dr. Garrett was chosen for STFM's Recognition Award.

DAVID MEHR, MD, MS, is our second William C. Allen Professor. A graduate of University of California-San Francisco School of Medicine ('76), Dr. Mehr did residency at MU ('79) and practiced in Columbia nine years before completing a geriatrics fellowship and earning his MS from University of Michigan-Ann Arbor. He joined our faculty in 1992.

Dr. Mehr is a family physician, geriatrician, and health services researcher, and throughout his career, his clinical care and research have been driven by his commitment to improving care for older adults. In addition to providing care to patients and their families, Dr. Mehr is an exceptional teacher of medical students and residents, and he has directed the department's geriatrics fellowship since its inception.

For years, Dr. Mehr's research, which focused on improving care for nursing home patients who developed pneumonia, was funded by the Agency for Healthcare Quality and Research. That early work led to National Institute of Aging-funded studies on end of life care. Today, Dr. Mehr serves as research director for our department. He continues to conduct his own research and also mentor MU Family Medicine faculty members as they pursue their research careers.

MICHAEL LEFEVRE, MD, MSPH, is our Future of Family Medicine Professor. He came to MU as an undergraduate in 1971, and after completing his education (BSEng '75, MD '79, Residency '82, MSPH '84), he joined our faculty. Today, Dr. LeFevre is associate chair of MU Family Medicine, and as medical director of our department, he oversees our eight practices and 92,000 annual patient visits. He also serves as chief medical information officer for MU Health Care.

Medical students and residents agree that Dr. LeFevre is an outstanding teacher who models true patient-centered care. He's earned several significant teaching recognitions through his career, including Family Medicine Teacher of the Year.

He is committed to MU and making it the best place it can be, so whenever called upon to lead, Dr. LeFevre has accepted the challenge. From 1992-94, he co-chaired the curriculum design committee, a group that brought problem-based learning to MU's School of Medicine. And since 2002, he's lead the complex but critically important EMR project for our institution's health care system.

His greatest honor, and one that is a testament to his credibility, knowledge, skills, and experience as a family physician, came in 2005 when Dr. LeFevre was asked to serve on the United States Preventive Services Task Force.



DAVID MEHR, MD, MS
William C. Allen Professor

ELIZABETH GARRETT, MD, MSPH
William C. Allen Professor

MICHAEL LEFEVRE, MD, MSPH
Future of Family Medicine Professor

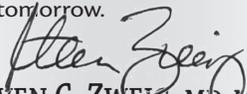
NEW NAMES FOR FAMILIAR FACES
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CHAIR'S MESSAGE

AS I READ THIS NEWSLETTER, I reflected on our department mission. We connect with a lot of different groups: patients, students, residents and fellows, colleagues, the institution, and our discipline. One feature that differentiates us from others is our value on continuity.

CONTINUITY WITH PATIENTS: Becoming someone's personal physician means caring for that individual over time and space. Continuity based on trust is important to helping fulfill the health goals of every patient. **CONTINUITY WITH STUDENTS:** We work with students during all four years of their education, supporting their personal and professional development, often recruiting them to family medicine and even to our residency program. **CONTINUITY WITH RESIDENTS AND FELLOWS:** With our residents and fellows, we pledge to create the best training programs in the country. These pages are filled with stories about where our recent graduates are going and updates on where our past graduates have been. Regardless, we will maintain interest in our graduates – assisting them if necessary – throughout their careers. **CONTINUITY WITH COLLEAGUES:** We strive to work effectively with our colleagues not only to improve the care of individual patients but to demonstrate how positive work relationships can improve the system of care for future patients. We pledge to confront all potentially hurtful speech and behavior within and outside of our department. **CONTINUITY WITH OUR INSTITUTION:** We respect and contribute to the mission of our School of Medicine and MU Health Care. We continue to challenge our leaders to create a vision that is consistent with that mission and promotes its ongoing success. **CONTINUITY WITH OUR DISCIPLINE:** We commit to adding to the body of knowledge in family medicine, translating this knowledge for learners, and implementing these insights in the care of our patients. By making unique and sustained contributions, we continue the legacy of family medicine.

We value continuity through our patient care, efforts in education and training, and work in research. Naming three new endowed professors represents our enduring continuity. Drs. Garrett, LeFevre, and Mehr are all individuals who have given a great deal to our department as well as being national leaders in the respective areas of education, health policy, and research. We thank them, our faculty and staff, our residents, and our graduates for making MU Family and Community Medicine what it is today and what it will be tomorrow.



STEVEN C. ZWEIF, MD, MSPH

Paul Revare Family Endowed Professor and Chair

MU FAMILY AND COMMUNITY MEDICINE

FACULTY FOCUS

RICHELLE KOOPMAN, MD, MS, assistant professor of MU Family and Community Medicine, served as guest editor of the May 2010 issue of *Family Medicine*, a journal published by the Society of Teachers of Family Medicine. This dedicated issue, which is titled "Health Information Technology Evaluation and Education: Finding Our Way," explores the perils, pitfalls, and triumphs associated with health IT implementation and with teaching learners to use new health IT tools.

"In this special issue, I was able to highlight some important research about training students and residents to use best practices when communicating electronically with their patients. It also allowed me to highlight research about the ways in which health IT innovations can sometimes help and sometimes hinder physicians in their care of patients," says Dr. Koopman. "As we adopt, and consider adopting, new health IT products, it remains important that we consider physician workflow, compare new technologies to paper, and consider the clinician user experience. While health IT interventions undoubtedly allow things that we never could do with paper charts, it is not always true that electronic is unconditionally 'better.' We must customize the electronic medical record to work for us and make higher quality care the 'easy' thing to do."

She adds, "We are exploring new territory as we learn about and use health IT innovations. We need to guide others into these new frontiers, while maintaining family medicine's core values."

MU Assistant Professor of Clinical Family and Community Medicine and Director of Clinical Informatics **Karl Kochendorfer, MD**, was the primary author on one of the articles published in this issue, "Attending and Resident Physician Perceptions of an EMR-generated Rounding Report for Adult Inpatient Services." Co-authors of this paper include MU Family Medicine faculty members: **Laura E. Morris, MD, Robin L. Kruse, PhD**, and **David R. Mehr, MD, MS**.

To learn what others have to say about Health IT, see *Family Medicine*, Volume 42, No 5.



DEBRA PARKER OLIVER, MSW, PhD, associate professor of MU Family and Community Medicine, has been named editor of *Research on Aging*. Published by Sage, *Research on Aging* is a bi-monthly, peer-reviewed journal. By serving as an international forum on the aged and aging process, its aim is to provide the knowledge needed to help improve practice and policies concerning the elderly.

As the author of more than 70 peer-reviewed journal publications and an editorial board member of several prominent journals that include *Health and Social Work*, *Journal of the American Medical Directors Association*, and *Research in Gerontological Aging*, Dr. Oliver brings much experience and knowledge to her new role with *Research on Aging*.

"I am honored to be appointed editor of *Research on Aging*. This is a fine journal with a great reputation," Dr. Oliver says. "I hope that as editor I can expand that reputation and improve the journal's already impressive impact factor."



JOSEPH LEMASTER, MD, MPH, associate professor of MU Family and Community Medicine, has received the 2010 International Medicine Award from the Institute for International Medicine (INMED). The institute presents this annual award to a professional who has made a significant contribution to health in developing nations.

Dr. LeMaster, a University of Kansas School of Medicine graduate, earned an MPH in Developing Countries from the London School of Hygiene and Tropical Medicine. He and his wife Judy lived in Nepal from 1990-2000, serving at Okhaldhunga Hospital, the only medical care facility for 300,000 people, where they promoted maternal-child health and conducted leprosy research.



JENNIFER CONLEY, MD

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

“I truly enjoyed my rotation with Dr. Conley. She has a strong work ethic and wonderful relationships with patients. And she’s very knowledgeable about running a business. I hope to someday model her ways in my own practice.”

“While in Nevada, I was able to see patients of all ages with a variety of problems, so it was a valuable family medicine experience. And because Dr. Conley has a large OB practice, I learned a lot about obstetrics, too. She was so welcoming and committed to helping me learn. I would highly recommend Dr. Conley as a preceptor to future students.”

“Dr. Conley is an amazing preceptor. She was very approachable and interested in my education. I really appreciated all of the hands-on learning she made available to me. This was a GREAT offsite experience!”

What attracted you to family medicine?

JC: At some point in my life, I decided that I wanted to be a small town “GP,” the kind of doctor that everyone knows and trusts. And today, as I look at myself and what I’m doing, I realize that’s what I’ve become.

I like the name “Doc,” and that’s what most people in my community call me. The small town lifestyle is a great fit for me personally and professionally.

Could you please describe your practice?

JC: I’m in private practice at Nevada Medical Clinic. Our group includes four other family physicians – only two of us do OB, one pediatrician, one internist, and four nurse practitioners. We serve Nevada, a town of 9,000, plus patients from several surrounding counties.

I love the variety of my job. I do OB, and I care for newborns as well as nursing home patients, with a little surgery on the side.

When did you begin precepting?

JC: I precepted my first medical student in 2005, but before that, I had taught pre-med students, residents, and high school students who asked to job shadow me.



I train 2-4 students annually. As a preceptor, my goal is to build excitement for family medicine. I wish I could have had a similar experience with a mentor when I was learning.

JENNIFER CONLEY, MD, earned her medical degree from the University of Missouri in 1998. Since completing family medicine residency at Cox Health Systems, Springfield, MO, she has practiced in Nevada, a small town of 9,000 in southwest Missouri.

How would you describe your teaching style?

JC: I give my students responsibilities and challenges and then allow them to learn. It’s fun to watch their self esteem grow as they realize they can survive and manage these challenges. My students and I support each other with positive feedback, assistance, and opportunities to laugh.

What are the rewards of family medicine?

JC: I truly value the long term relationships I develop with patients, their families, and my community. Because we know each other so well, we are able to share our celebrations as well as our sorrows. We’re like family and our relationships are vital; they keep us strong and well connected.

And what about the challenges?

JC: The primary care crisis is real and present on a daily basis here. We are seriously understaffed, and this makes it hard to recruit. I also get frustrated with prior authorizations sometimes required by insurance companies. They can be a burden and make it difficult to practice cost-efficiently.

What makes you want to come to work every day?

JC: I feel like what I do really matters. The challenges and problem-solving inherent in family medicine make every day exciting and always different. My relationships with co-workers and patients are rewarding and important to me.

Family/hobbies?

JC: I’ve been married to Steve Conley 18 years, and we have two sons: David (12) and Robby (5). I enjoy boating on the Lake of the Ozarks, reading fiction, and teaching Sunday school to adult women.



ELIZABETH GARRETT, MD, MSPH, William C. Allen Professor of MU Family and Community Medicine, has received the 2010 Recognition Award from the Society of Teachers of Family Medicine (STFM). This annual award is presented to an individual who has provided outstanding service and contributions to family medicine education.

Dr. Garrett currently serves as secretary to the STFM Foun-

ation. Over a span of 20 years, she has held numerous roles in the society, including STFM president, co-chair of STFM’s group on medical student education, member-at-large of the board of directors, and STFM’s representative to the AAMC Council on Academic Societies. Dr. Garrett recently served as chair of the Missouri Academy of Family Physicians Board of Directors, and she’s also served as member and immediate past chair of the American Board of Family Medicine.

Dr. Garrett, who sees patients at our Green Meadows Clinic, directs the University of Missouri Family Medicine Clerkship.

CONGRATULATIONS TO OUR RESIDENCY GRADUATES



SHAWNDR A BROWN, MD

Shawndra, who lives in St. Louis with her husband, Anthony, is practicing family medicine at a rural multispecialty clinic in Crystal City, MO.



MARK DODDS, MD

Mark and his wife, Lindsay, have returned to Ontario, Canada, where he is practicing with a rural family medicine health team.



DANA GALBRAITH, MD

Dana and her husband, Jack ('09 RESIDENT), live in St. Louis. They have started their own practice, St. Anthony's Family Health Partners, in Afton, MO.



ABED GHANDOUR, MD

Abed, Rola Saab (his wife and an MU Family Medicine faculty member), and their son, Ryan, live in Columbia. Abed is a geriatrics fellow in our department.



AARON GRAY, MD

Aaron and his wife, Jenny, moved to Los Angeles, where Aaron is completing the sports medicine fellowship program at UCLA.



JANA HILL, DO

Jana, her husband, Jonathan, and their son, Noah, live in Columbia. Jana is practicing family medicine at the Women's Wellness Center.



HEATHER HUGHES, MD

Heather is practicing with Jana Brock ('08 RESIDENT) at Stitzer Rampton Brock Clinic, a four-physician family medicine group in Moberly, MO.



LAURA MORRIS, MD

Laura lives in Columbia with husband, Adam, and children, Ethan and Lila. An MU Family Medicine faculty-fellow, she practices at our Fulton clinic.



SANDESH PANDIT, MD

Sandesh, Prathana, and their daughter, Chithre, moved to Erie, PA, where Sandesh is doing a sports medicine fellowship in the St. Vincent Hospital System.



VENKATA KADIPI REDDY, MD

Venkata, his wife, Sri, and their daughter, Su Var Sheeni, moved to Wisconsin. Venkata is practicing with a family medicine group in Shiwano, WI.

CONGRATS TO OUR FELLOWSHIP GRADUATES

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MADHAVI BOLLU, MD, a Geriatrics Fellow, and her husband, Dr. Ravi Bobba, and their children, Varun and Shriya, live in Columbia. Madhavi is providing primary care to patients at Harry S. Truman Memorial Veterans Hospital.



DEEPTI THAPAR, MD, a Geriatrics Fellow, lives in Columbia with her husband, Dr. Manish Thapar, and children, Mehek and Kavin. She joined our faculty and is practicing geriatrics and family medicine at our Green Meadows Clinic.

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A NEW CLASS OF FAMILY MEDICINE RESIDENTS

WE ARE PLEASED TO PRESENT OUR FIRST-YEAR AND INTEGRATED RESIDENTS

RESIDENT	MEDICAL SCHOOL
Brandy Beard, MD	University of Illinois
Cathy Cody, MD	University of Missouri-Kansas City
Kathryn Hayes, MD	University of Missouri
Justin Holschbach, MD	University of Illinois
Stephanie Huhn, DO	AT Still University: Kirksville, MO
Royce Moore, MD	University of Missouri
Afsheen Patel, MD	Dubai Medical College: UAE
Amanda Payne, MD	University of Missouri
Cole Scherder, MD	University of Missouri
Justin Terrell, MD	University of Missouri
Aaron Whiting, MD	University of Missouri



INTEGRATED RESIDENTS (4TH-YEAR MU MEDICAL STUDENTS):

Blake Barnes – Mark Barnett – Emily Doucette – Nathan Granneman – Ashley Millham – Lincoln Sheets – Amanda Shipp

WELCOME TO OUR NEW FELLOWS

We are proud to introduce our new Family Medicine Fellows:

SONIA ACEVEDO, MD
RESEARCH FELLOW

MEDICAL SCHOOL:

University of Nicaragua-León

FAMILY MEDICINE RESIDENCY:

University of Wisconsin-Madison

ABED GHANDOUR, MD
GERIATRICS FELLOW

MEDICAL SCHOOL:

Beirut Arab University

FAMILY MEDICINE RESIDENCY:

University of Missouri

VANESSA KUWAJIMA, MD
MASTER EDUCATOR FELLOW

MEDICAL SCHOOL:

University of Missouri

INTERNAL MEDICINE RESIDENCY:

University of Missouri

LAURA MORRIS, MD
FACULTY FELLOW

MEDICAL SCHOOL:

University of Missouri

FAMILY MEDICINE RESIDENCY:

University of Missouri

ALUMNI UPDATES

KEITH RATCLIFF, MD, a 1989 residency graduate who practices at Patients First Health Care in Washington, MO, now serves as president of the Missouri Academy of Family Physicians.

RUSSELL WHITE, MD, a 1997 residency graduate, has been named to KC Magazine's 2010 *Super Doctor* list. He is professor of medicine, director of the sports medicine fellowship, and head team physician for UMKC's Intercollegiate Athletic Department.

Family Medicine Graduates

who were not included in our 2010 ASK FOR ADVICE project (pgs 6-13)

PHIL KENNEDY, MD
OTTOWA FAMILY CARE CENTER

RESIDENCY CLASS OF 1980
PORT CLINTON, OHIO

PATTY MCGANN, MD
PALO ALTO CLINIC

RESIDENCY CLASS OF 1980
PALO ALTO, CALIFORNIA

ELIZABETH DAYTON, MD
MOUNTAIN VIEW FAMILY MEDICINE

RESIDENCY CLASS OF 2000
PAYSON, UTAH

TAMMI HOPKINS, MD
HEMATOLOGY/ONCOLOGY

RESIDENCY CLASS OF 2000
JEFFERSON CITY, MISSOURI

PHU TRAN, MD
MU URGENT CARE

RESIDENCY CLASS OF 2000
COLUMBIA, MISSOURI

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!



“We need physician leaders in the American Health Care System. Some of you need to step up because our generation hasn’t done such a great job. In the end, leadership is not very different than taking care of patients. As a leader, however, your patients are teams or organizations instead of people. Your responsibilities still include history taking, diagnostic tests, intervention trials, and metrics to see if things are working. Don’t abdicate this leadership to those who don’t know what it means to actually care for patients.”

AL DAUGIRD, MD
 RESIDENCY CLASS OF **1980**

DR. DAUGIRD is medical director and senior vice president of ambulatory care for the University of North Carolina Health Care System, which includes three hospitals, a medical school, and a community physician network.

“As part of that role, I am COO of the faculty practice plan and president of the community physician network,” he says. “I continue to see patients two half days a week at our campus Family Medicine Center – this reminds me why I’m doing all the other stuff”

“Personally, Deb and I have been married 36 years, and we have three adult children, four grandchildren, a daughter-in-law, and a son-in-law. Having relationships with our adult children has been an unexpected joy in our lives. We enjoy them immensely and feel blessed that they all have lived nearby – until May, when our middle child graduated from UNC’s medical school. He moved with his wife and children to the University of Alabama where he’s doing his residency in emergency medicine. Besides spending time with family, Deb and I go to our place at the beach whenever we can,” Dr. Daugird says. “And yes, the Spencers and Daugirds are still together, having raised six children between them.”



“There is always a place for a good doctor. Work hard to gain the fundamentals of practice in the next few years, then the world of opportunities will open up to you. These opportunities include medical leadership roles, international work, rural practice, teaching, emergency room, government or private industry. Keep learning and stay humble!”

COLEEN KIVLAHAN, MD, MSPH
 RESIDENCY CLASS OF **1980**

DR. KIVLAHAN is chief medical officer for the Medicaid Unit of Aetna. She oversees Medicaid policy for 11 state Medicaid health plans.

In addition, she works clinically with complex diabetic and hypertensive patients who have no insurance, and she provides forensic evaluations for victims of political torture.

“Personally, I live on the east coast, see my sons often, and have a thriving garden,” Dr. Kivlahan says.

“Life is short, so spend it doing what you enjoy and what matters to you.”

KATHLEEN ELLSBURY, MD, MSPH
 RESIDENCY CLASS OF **1980**

DR. ELLSBURY retired in 2007, after 25 years at the University of Washington Department of Family Medicine. “Following my husband’s death in 2005, I began working on truck safety issues at the state and national level. As a result, our State Patrol is better equipped and empowered to remove unsafe trucks and commercial carriers from the road,” she says.

Dr. Ellsbury secured funding (through grants and donations) to purchase a play structure that will be installed this summer at an unoccupied school in Seattle.

“I have an ongoing informal exchange arrangement with Germany. I host students and language teachers, visit there periodically, and work to maintain my language skills,” says Dr. Ellsbury. “I still enjoy hiking, skiing, and trying new things. My daughter, Muna, 27, is a manager for a textile designer and atelier in New York.”



“I feel far too inexperienced to be an advisor, but if pressed, I would simply say this: Be flexible and open to possibilities. If you are willing to listen, your best teachers, ultimately, are your patients. Our specialty gives us many opportunities in the course of a lifetime, and medicine is still evolving. I’ll tell you what a friend of mine was told after working years to get his black belt in karate, ‘you are now a master of the basics.’ I wish our new masters only the best. There is so much that can be done, and done better yet.”

MEL HECTOR, MD
 RESIDENCY CLASS OF **1980**

DR. HECTOR completed a post-residency geriatric medicine fellowship, then practiced family medicine and geriatrics in Tucson for 20 years. Today, he does geriatrics exclusively, providing care (with nurse practitioner colleagues) to approximately 500 elderly patients (100 sub-acute, 400 long term care) in three nursing homes. As clinical associate professor at the University of Arizona, he enjoys teaching geriatric medicine fellows, medical students, and internal medicine residents on a weekly basis.



“I encourage you to consider, while you’re still young, traveling and taking advantage of the opportunities outside the United States to practice medicine. My wife and I lived with our 14-month-old son in Pago Pago, American Samoa, and then traveled to Fiji, Hawaii, and New Zealand. Practicing medicine without the technologies we take for granted can be exciting and challenging. Getting to know people and cultures from around the world is invaluable. You can do it when you’re older, but doing it now will be a special experience.”

BILL PARKS, MD
RESIDENCY CLASS OF **1980**

DR. PARKS continues to practice emergency medicine at Boone Hospital, Columbia. Over the years, other MU Family Medicine graduates have joined his group. “Our annual census has grown from 11,000 to 32,000. In 1996, we took the leap into private practice. Fortunately, we succeeded in this process,” he says. “We are Emergency Physicians of Mid Missouri, and we have a separate billing company.” As senior physician in his seven-partner group, Dr. Parks is no longer required to work nights. His work schedule, which averages 30 hours per week, helps him maintain balance in his life.

“Personally, Sheila and I have been married 31 years and have three wonderful children. Sheila, who has a PhD in counseling psychology, does private counseling 20 hours a week. Now empty nesters, we like to garden, travel, cook, and eat together. I enjoy reading about, collecting, and sometimes drinking fine wines. For more than 20 years, we’ve had a monthly dinner with a great group of friends. I still play tennis and the piano, and the guitar. I’m on the board of the local jazz concert series,” says Dr. Parks. “Our children are doing well. Sarah, 26, has earned two degrees from MU and is pursuing a master’s degree in education at Stephens College. Her twin, Jeremy, a Colorado State grad, manages Marriott’s Starr Pass Resort in Tucson. After graduating from Trinity University, TX, Ben, our oldest, attended the Culinary Institute of America. Now, he’s executive chef of Bleu, one of Columbia’s best restaurants.”



“There are many things you do not learn in med school and residency, so you have to remain flexible and open to change. Practice with people who enjoy the things you do and whose values for work, home, and family are similar to yours. I’ve been with the same group for 27 years, and we are truly family. The trust and support we give each other is invaluable.”

SUE ROACH, MD
RESIDENCY CLASS OF **1980**

DR. ROACH is in her 27th year of private practice in Longmont, CO. They have five FPs and do everything from nursery to nursing home (no OB). As the years passed, her patients have aged with her. Dr. Roach still sees some young people, but they are mainly the children of people she delivered.

“I’ve transitioned from softball to golf in my spare time. I continue to ski and hike. I climbed Mt. Kilimanjaro a couple years ago, and this summer I’ll be hiking across part of the Alps with my partner of 12 years, Mary Faini,” says Dr. Roach. “I’m president of our local Independent Practice Association. We’ve weathered an FTC investigation and are now setting up an Accountable Care Organization with the local hospitals.”

“Patient care will be the most rewarding aspect of your career. However, don’t be afraid to follow your other professional passions — for you will have many as a family physician and MU graduate. Whether it is in care for the underserved, technology, or administration, take advantage of your adaptability and flexibility to grab hold of opportunities that present themselves as your career unfolds.”

DON SPENCER, MD
RESIDENCY CLASS OF **1980**

DR. SPENCER continues to do inpatient and outpatient work two days a week, but he stopped delivering babies 10 years ago. A professor at the University of North Carolina at Chapel Hill, Dr. Spencer dedicates the majority of his time to clinical informatics. “I help bring our academic medical center’s physicians into the world of electronic health records,” he says.

“This is the year I became a grandfather. My diaper-changing skills were 30 years old and really needed refreshing,” Dr. Spencer says. “Nancy and I just celebrated our 33rd anniversary, and since I got married a month before my internship, that means it’s also been 33 years since I started residency at MU. Time flies!”



“Family should be your primary focus. Medicine is important, but secondary. Work toward creating a single payer system, and don’t allow the selfish nature of our society to limit access to health care to the ‘more deserving’ among us.”

ROB FLACK, MD
RESIDENCY CLASS OF **1980**

DR. FLACK has practiced at Group Health Cooperative of Puget Sound for 25 years. His group is in the process of developing the medical home model of care. They have an EMR and allow patients e-mail access to their providers.

“Away from my medical practice, I spend as much time as I can with my lovely wife of 40 years, Darlene, and our grandson. I also build wooden boats and am working on our retirement home in Bellingham, WA,” says Dr. Flack.



“Enjoy your patients — they are constantly teaching me new things and bring joy to my life!”

JIM BARRETT, MD
RESIDENCY CLASS OF **1990**



DR. BARRETT is professor and director of the Family Medicine Residency Program at University of Oklahoma (OU). He is also on faculty in the OU Sports Medicine Fellowship, a program he previously directed and founded. He sees patients — practicing both family medicine and sports medicine, teaches residents and students, and administers the residency program. He recently began using ultrasound for sports medicine, which is a fun tool to teach residents injection skills. “The best part of my job is helping family physicians progress through the residency, and then seeing them become great community resources,” he says.

“Because of my family medicine and sports medicine training, I’ve been afforded the opportunity to travel with Olympic teams to Australia, Finland, and Mexico. The variety keeps things interesting and fresh,” Dr. Barrett says. Two years ago, he was team physician for the US Track and Field Team at the 2008 Paralympic Games in Beijing, China.

“My wife, Barb, is a podiatrist and a great partner and mom. We’ve been married 18 years and spend a lot of time with our three children: Alice, 15, John, 12, and Rachel, 9,” Dr. Barrett says. “When I’m not doing activities with the kids, I like to play tennis, and I recently learned how to play duplicate bridge.”

“Pay attention to the business training you received during residency; the amount of business-related work our practice does increases on a daily basis. Also, spend as much time away from the office as you can. Being a person grounded in family and friends will make you a better doctor. Too often we live as if only raw data will help our patients when in truth it is the compassion and concern we show that will have a healing influence.”

JOHN DRAPER, MD
RESIDENCY CLASS OF **1990**

DR. DRAPER works at Ponderosa Family Physicians, a seven-physician group in Aurora, CO. He is president and celebrating his 20th anniversary with this 28-year-old practice.

“Jeanne and I have three children. Jenny, 20, married this summer; Caroline, 18, starts CSU this fall, majoring in international engineering; and Jake, 16, is a sophomore at Ponderosa High School,” Dr. Draper says.



“Medicine is a big field. There is room for every kind of person. As Martha Graham said, ‘The body never lies.’”

ELLIS FROESCHLE, MD
RESIDENCY CLASS OF **1990**

DR. FROESCHLE lives in Columbia with Kent, her husband, and three sons, ages 13, 18, and 20.

“I am in solo private practice, doing some of what you would recognize as family medicine, but doing mostly what you might call complementary and alternative medicine. Visits with me last at least an hour and usually involve a table treatment, such as craniosacral, myofascial release, or a form of meridian balancing,” Dr. Froeschle says. “I do not process insurance claims and currently have no employees. My schedule is very flexible!”



“Keep humble and the Lord will lift you up.”

JOE DEPRA, MD
RESIDENCY CLASS OF **1990**

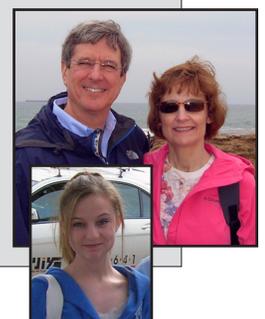
DR. DEPRA lives in Steuben County, NY, where he practices at Tri-County Family Medicine and is medical director of Vincent House Terminal Care Nursing Home. Outside of work, he is a minister pursuing ordination from the Wesleyan Church. He has also earned a purple belt in Tao Kwando and edited a hospitality book written by his wife, Rebeca F. C. DePra.

“If at first you don’t succeed, do it like your mother told you.”

STEVE KASTER, MD
RESIDENCY CLASS OF **1990**

DR. KASTER is medical director of clinical research at Wenatchee Valley Medical Center in Wenatchee, WA.

“My wife, Morrisa Baskin, is a dermatologist at the WVMC. Our daughter Sarah, 15, wonders why we take separate cars to work, only to park next to each other in the same parking lot. She thinks we should be much more earnest about being green. Sarah is learning to drive and wants a hybrid when she turns 16 (in her dreams). We also have a golden retriever named Larson who likes to nap and is not the sharpest tool in the shed,” Dr. Kaster says.



“My advice comes from the perspective of someone who reviews many medical records: Realize that this is the only documentation of what you were presented, what you observed, and what your impressions are. Oftentimes, other people (medical and not) will review what you document so you want to keep your records professional, consistent, and logical. Read the report for errors before you sign off because you really don’t want the dictation to have a high hilarity factor. Finally, continue to advocate for your patients and don’t be shy to pick up the phone when needed to state the case for testing or treatment you believe your patient needs when a third party is denying coverage. This will be a sentinel decade for the future of health care, and physicians like you need to be on the forefront directing that change.”

ANDY MATERA, MD
RESIDENCY CLASS OF **1990**



DR. MATERA is involved in administrative medicine. He is medical advisor for two organizations that determine disability benefits for local government and public school retirement systems. In addition, he reviews files for the Missouri Department of Mental Health Investigations Unit as well as for peer review requests.

His personal time is very busy with family activities. “Our son John recently graduated from Mizzou and is entering the MD/PhD program here, while daughter Laura finished her freshman year and is spending the summer near Prague on an archeology dig,” says Dr. Matera. “Kathy and I have one child at home now. I still enjoy outdoor activities and working as a Rock Bridge Park volunteer.”

“Find ways to do the work you believe in; that will lighten the load. Always rejoice in the little successes; they will get you through. And most important, laugh with the kids.”

ALAN GILL, MD
RESIDENCY CLASS OF **1990**



DR. GILL is associate director of the Tacoma Family Medicine Residency Program, and he runs the Rural Family Medicine Fellowship. He enjoys the mix of teaching and practice. His favorite part of practice is caring for a very large group of adults with developmental disabilities. “They give me much more than I can ever give them. My pipe dream is to create a regional center where they can have ready access to coordinated care for their unique and often complex needs. The need in the community is staggering,” Dr. Gill says. “It’s good to have a dream.”

“Debby and I’ve been in Tacoma for 10 years. Our boys, Matt, Andy, and David, are now 17, 15, and 13. Matt, who has autism, loves his buddies at school and the Special Olympics. He reads and types, which leads to his favorite activity, surfing the web. He is a web mad genius. His mind produces the most intriguing searches. Andy runs track and cross country like the wind. He knows that his dad is older than dirt and can prove it by running me into the dirt. Based on same-age pictures, David might be my clone. That both amuses and annoys him. He is an introvert, but a quiet leader. Debby is still the best. She is busy keeping us all sane and serving on the board of Families for Effective Autism Treatment of Washington. She is planning to return to school and start a new career, probably in family counseling. We continue to find our biggest joys in the outdoors, particularly the mountains of the Northwest,” says Dr. Gill.



“Some of the best advice I ever received was from Robin Blake, who told us during orientation to be aware if medicine was taking over our lives. He said something like this: ‘No one at clinic or the hospital is going to tell you to go home. No one there cares if you’re overextending yourself and not spending enough time with your family.’ It’s something I’ve had to remember and help my husband remember. A shorter version of this advice came from Hal: ‘The longer you stay, the longer you stay.’”

MELANIE ELFRINK, MD
RESIDENCY CLASS OF **1990**

DR. ELFRINK retired from medical practice in 1999. With four little ones then and two call schedules, it felt like she and Roy were everywhere but home. It has brought peace to their family, and she is grateful that she had the option to stay at home. Dr. Elfrink has

homeschooled her children for varying amounts of time. This fall, however, all six will be going away to school. Jacob is at Thomas Aquinas College, CA, and Eden will begin Truman State; both hope to go to med school. James is 14, Mary, 13, KK, 8, and Teresa, 5.

“We continue to do medical mission work, going on short trips to Haiti, Guatemala, and El Salvador. In 2008, we took James and Mary to El Salvador, and in 2009, we went to Uganda with our four youngest children, living and working at a small rural hospital. Roy was busy with surgery, and I worked in the pediatrics ward. It was a very hard but rewarding time,” Dr. Elfrink says. “I also make home visits to nearby Amish populations. Getting to know these folks is fascinating and inspiring. I see diseases in these groups that I never saw in my regular practice; I respect their conservative attitude toward medications and conventional treatments.”

Dr. Elfrink values her training at MU and thinks with something close to awe of Hal, Steve, Betsy, Mike, Vicky, Robin, and others who were outstanding clinicians as well as people with wisdom and balance in their lives. “As we continue to work on achieving that balance, I realize that it’s not an easy pose to strike – but I see that finding it makes all the difference in having a healthy family.”



“Over the past 30 years, I’ve discovered that faith is the factor most likely to foster lasting inner peace and a capacity to care for and love others, especially people who are different and/or people I don’t like. Whether you are Atheist, Buddhist, Christian, Hindu, Jewish, Muslim, or whatever, embrace that faith. If it doesn’t ‘pay dividends’ in the areas of inner peace and love for others, keep searching. I am

confident you will find a faith that works.”

TIM LINK, MD
RESIDENCY CLASS OF 1990

DR. LINK is associate medical director of NorthCare Hospice and Palliative Care, which serves the Kansas City area. NorthCare opened a Hospice House this summer. The highlight of Dr. Link’s career has been living his dream of working in hospice.

“The best part of my personal life has been raising my children, spending time with family and friends, meeting and marrying Linda, and enjoying our grandchildren,” Dr. Link says. “Sarah and Ben, both born during residency, are pursuing their dreams. Sarah is a photojournalist and journalism student at KU. Ben is a Marine and serving in Okinawa, after several years of studying Japanese. Linda’s son, Todd, is a proud father of three. An Army veteran of two tours in Iraq, Todd is married to Cynthia, a veteran of home delivery.”

“When you are looking for a job, seeking out great colleagues should be your number one priority.”

JOHN GAZEWOOD, MD, MSPH
RESIDENCY CLASS OF 1990



DR. GAZEWOOD joined the faculty at University of Virginia-Charlottesville 13 years ago, after completing his geriatrics fellowship training at MU. His current job as director of UVA’s Family Medicine Residency Program is the most fun he’s had in his career.

“Helping residents on their journey to becoming full-fledged family docs is both challenging and rewarding. I have accepted the mantra that ‘the interruption is my job,’” he says. “As my masochism knows no bounds, I also serve as the department’s medical director. While that’s made the past year busy, it’s been good to see our clinic become a better place for residents to practice as we begin the process of transforming it into a patient-centered medical home.”

“Patty and I just celebrated our 23rd anniversary. Our eldest daughter, Ginny, graduated from high school this year, and JP, David, and Anna keep us on-the-go between soccer, boy scouts, brownies, music lessons, etc,” Dr. Gazewood says. “I enjoy getting out to fish and bike ride, and I run so I can eat pastry.”

“Relish the excellent training you’ve gotten; it will serve you well in your professional careers. An early mentor once told me, ‘If you practice good medicine, you’ll be busy wherever you go.’ And after 20 years, I still agree with his advice. God bless!”

RALPH SCHMITZ, MD
RESIDENCY CLASS OF 1990

DR. SCHMITZ has been practicing family medicine at St. John’s Clinic in Monett, MO, (Dr. Betsy Garrett’s home town) for the past 20 years. Monett, with a population of 7,396, is located in the southwest part of the state.

Life is good for Dr. Schmitz, at home and at the office. He and Geri, his wife of 28 years, have two children. Allison is a graduate student in occupational medicine at Rockhurst University, Kansas City, MO, and Jonathan is pursuing a degree in landscape architecture at University of Arkansas, Fayetteville.



“Staff and colleagues will change from time to time. Do what you can to surround yourself with people with whom you enjoy working; that will be as big a factor as any in whether you enjoy your practice.”

SCOTT BRUNDLE, MD
RESIDENCY CLASS OF 2000

DR. BRUNDLE works at a corporately-owned solo practice in Raleigh, NC, doing outpatient medicine only, no obstetrics.

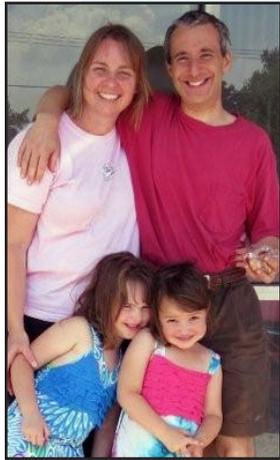


“Keep things in perspective, make time for the things that are really important to you (especially your family and your health), and remember the 80/20 rule when expending your energies.”

SARAH MCELROY, MD
RESIDENCY CLASS OF 2000

DR. MCELROY joined our faculty after residency, and, in addition to her teaching duties, she sees patients at Keene Family Medicine Clinic. She and her husband, Hewitt, who is a dentist at the Harry S. Truman Memorial Veterans Hospital, have three children: Sarah, Rachel, and Timothy.





“There are rewarding career choices for you to consider that do not always include patient care. Among them are jobs in the public health, community health, and managed care fields. Consider all of your options as you plan your career.”

CLINT KOENIG, MD, MSPH
 RESIDENCY CLASS OF **2000**

DR. KOENIG serves as medical director for the Monroe Plan, a nationally ranked Medicaid managed care program located in Rochester, NY. He also works as a surveyor for the National Committee for Quality Assurance (NCQA) program designed to evaluate how medical practices are functioning as patient-centered medical homes. In addition, Dr. Koenig sees patients at St. Joseph’s Community Center, a clinic that cares for the uninsured, and he teaches at the University of Rochester Family and Community Medicine Residency Program.

Dr. Koenig, and his wife, Jennifer (1998 Resident), have two daughters: Eliana, 6, and Alexandra, 4. Jennifer, a former MU faculty member, has devoted herself full-time to taking care of her children since leaving Missouri. She is currently in the process of pursuing her New York State medical license.

“When you get time off ... go skiing!”

BRIAN MORLEY, MD
 RESIDENCY CLASS OF **2000**

DR. MORLEY practiced five years after residency: one year in Moberly, then four years in St. Louis. After that, he went to St. Louis University Law School and graduated in May 2009. He worked for a law firm in Philadelphia defending long term care facilities, and currently, he is a physician advisor for Executive Health Resources, Newtown Square, PA.



“Blessings to all ...”

SCOTT SHANNON, MD, MSPH
 RESIDENCY CLASS OF **2000**

DR. SHANNON completed fellowship training at MU, then moved to Kenya in 2004 to help start a family medicine training program. For the past six years, he’s practiced and taught family medicine in eastern Africa. In December 2008, he married Shermeen Chan, MD. The newlyweds live in Africa, where Scott is helping southern Sudan develop a primary care system. Shermeen is medical education coordinator for a grant funded by the Canadian International Development Agency.



“Follow your passions and you will find a home suited for your given talents and callings. Try to find a balance between your professional and personal worlds. Take time to get to know people and all the things they bring to this world as individuals. Be reminded how a patient’s trust is given to you in each and every encounter, and hold that trust gently.”

CHRISTY THARENOS, MD, MSPH
 RESIDENCY CLASS OF **2000**

DR. THARENOS completed a sports medicine/teaching fellowship here at MU after residency. Today, a clinical assistant professor in our department, she teaches medical students and attends for family medicine residents at our Green Meadows Clinic. She also does patient care for MU students as a staff physician at the Student Health Center.

Dr. Tharenos serves overseas in medical mission work at clinics and medical schools and is passionate about global health. Her research interests include combining visual media as a research tool, in particular with globally diverse people groups.



“Learn at least one viable procedural skill, not just to maintain your practice income but also to keep things interesting. Do not neglect your personal health; have a personal physician (NOT yourself) and learn to be a good patient. Likewise, do not neglect your spiritual health; find a church/synagogue of your inclination and get involved, for it will pay dividends of emotional strength when you least expect it. Remember that, with rare exception, a bad day in medicine is still infinitely more interesting and rewarding than a good day at 95 percent of the careers out there. Vote. Root for the Cards. Spend as much time with your kids as they will let you because they grow up so freakin’ quick. Donate time to a free clinic if you can.”

MATT SCHUMER, MD
 RESIDENCY CLASS OF **2000**

DR. SCHUMER practices at two locations in southeast Missouri. He works part-time in a traditional office setting, located on the campus of a 300-bed hospital. He sees inpatients before and after clinic and about 20 outpatients per day. No OB since graduation and fewer procedures. He spends the rest of his time at the Wound Healing and Hyperbaric Medicine Center, seeing 35-40 patients per day in a outpatient surgical clinic setting. He does lots of small procedures (burn care, wound debridement, occasional digital amputation). He is on call every 4th night and every 5th weekend, and he rounds for six doctors who share inpatient duties.



“WHAT ADVICE DO YOU HAVE FOR OUR 2010 FAMILY MEDICINE GRADUATES?”

“When you are first faced with a little burn-out, take a long vacation and then remind yourself that medicine is fun and a service to others. And if you can, practice in a state with tort reform. Finally, learn the art of mindfulness.”

PAUL TATUM, MD, MSPH
 RESIDENCY CLASS OF 2000

DR. TATUM did a geriatrics fellowship at MU after residency. Following that, he went to the University of Colorado for palliative and end of life care training. In 2004, he joined the faculty at University of Arizona and worked four years at Tucson Long Term Care.

In September 2008, Dr. Tatum returned to Missouri to accept a job that provided him opportunities to do both academic palliative care and geriatric medicine. Today, he is a faculty member in our department and a physician with the Missouri Palliative Care Program. In addition to teaching assignments, Dr. Tatum sees patients at our Woodrail Clinic.

In his free time, he helps coach soccer and enjoys raising his children with wife, Helene, who is a lawyer. Adriana, 11, is an aspiring singer, and Will is 9. “We could solve the energy crisis if we could figure out how to tap him,” Dr. Tatum says.



“Spend your off-time with family, and attend church with them so that together you will grow in faith.”

DAMON THOMAS, MD
 RESIDENCY CLASS OF 2000

DR. THOMAS has had a solo practice with Cox-Health in Crane, MO, for 10 years.

He and his wife, Robyn, have four children. In addition to playing the trumpet in his church orchestra, Dr. Thomas enjoys fishing; hunting deer, elk, and turkey; and camping with his family. He’s also restoring a motorcycle.



“Love learning. I can’t imagine life without regularly learning something new. Whether it’s a new epidemiological study, the latest evidence on exercise, how to make a quilt, or maybe (hopefully) all three ... I love to learn.”

ROBIN KRUSE, PhD, MSPH
 FELLOWSHIP CLASS OF 2000

DR. KRUSE is a research associate professor of MU Family and Community Medicine. She has a grant, funded by the National Institute on Aging, to study trajectories (patterns) of function of nursing home residents, and how these patterns are influenced by acute hospitalization.

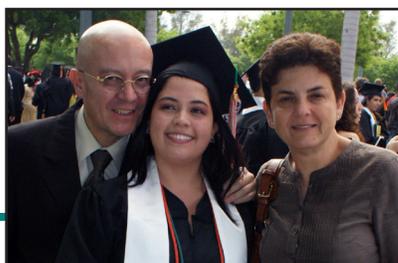


“Keep having fun. And by that I mean ... never stop studying, keep on top of technology, always remember why you became a doctor, and most importantly, take good care of your patients.”

JORGE RANGEL, MD, MSPH
 FELLOWSHIP CLASS OF 1990

DR. RANGEL is a full-time physician at the Miami Beach Community Health Center. About 30 percent of his practice is HIV/AIDS care, and the rest is general medicine, including OB.

“I do some medical school teaching, but most of my 60+-hour week is devoted to patient care. I feel truly privileged to have this wonderful practice,” Dr. Rangel says. “In the little free time I have, I like to read, cook, and photograph. I’ve sent a picture of my family, taken on the day my daughter graduated from the University of Miami. She was born as I started my fellowship at MU and is now headed to medical school.”



“Seek what’s best for the patient first. Balance that with what’s best for you and your family. Don’t be surprised when that’s difficult, even impossible, so learn to forgive yourself and others. Stay connected with your spiritual roots.”

DAN VINSON, MD, MSPH
 FELLOWSHIP CLASS OF 1990

DR. VINSON, professor, joined our faculty after completing his



fellowship training. For nearly 20 years, in addition to seeing patients, he has studied and taught about alcohol issues. He is currently collaborating on two grants. The goal of one grant, funded by the Missouri Foundation for Health, is to link web-based resources for these issues into routine care. The goal of the second grant, funded by the federal Substance Abuse and Mental Health Services Administration, is to train MU residents across all specialties in the screening, brief intervention, referral, and treatment of these problems.

He and his wife, Linda, have been married for 38 years. They have two children and three (soon four) grandchildren.



“Residency and fellowship may well have been the last opportunities for which you were paid to learn. I hope that you took advantage of these opportunities by tapping into the cognitive resources of your peers and teachers. As an MU grad, you should have acquired the skills and developed the judgement necessary to make difficult clinical decisions. Remember, it is not the decision itself, but rather how you deal with problems that may occur after it is made, that determines success or failure.”

JOHN BERTOLINO, MD, MSPH
 FELLOWSHIP CLASS OF **1990**

DR. BERTOLINO was on faculty at University of Kentucky two years, then joined Latrobe Area Hospital Family Medicine Residency, PA. He directed the program for 12 years, and during this time, he was called to active duty with the US Army.

“I spent 11 months in Kosovo and 16 months in Iraq and was a battalion surgeon on both tours,” he says. “I was awarded the Combat Medical Badge, Bronze Star Medal, and the Meritorious Service Medal during the deployments. After returning from Iraq, I decided to focus my career on the care of veterans.”

Since 2007, he’s been on staff at VA Medical Center-Altoona and practices at one of its outreach clinics in Johnstown, PA. Dr. Bertolino and his wife, Kerry, married in 1986 and have three sons. Daniel just graduated from Penn State; Patrick attends University of Pittsburgh, and Thomas is in high school.

“How you will practice medicine in 20 years will be different than you trained for, but the real value and fun will still be in forming longitudinal healing relationships with patients ... don’t neglect those relationships and don’t be afraid of them either. Choose to work with people you trust and respect as that will give you freedom to try new things and evolve your practice.”

BOB PHILLIPS, MD, MSPH
 FELLOWSHIP CLASS OF **2000**

DR. PHILLIPS is director of the Robert Graham Center. This health policy research center, located in Washington, DC, is part of the American Academy of Family Physicians.

“It is my 10th year at the Graham Center, and it was fulfilling to see the Center so trusted as a source of information and ideas during the health reform debate. I’m proud to be able to point to parts of the final law and know we made a difference. We’re even more engaged now with its implementation. We just graduated the 11th fellow from our Health Policy Fellowship (with Georgetown and Virginia Commonwealth University) and saw the 100th visiting scholar come through. I also still see patients and teach in the VCU community-based residency in Fairfax, VA,” Dr. Phillips says.

“Kathy and I enjoy living in Fairfax with our boys, Blake, 11, and Ethan, 9, and our daughter, Juliet, 2,” he adds.



“Quotes that help guide me in life:
 ‘You must be the change you want to see in the world.’

– MAHATMA GANDHI

‘If you drive fast enough, the police can’t catch you.’

– KERRA LINDBLOOM”

ERIK LINDBLOOM, MD, MSPH
 FELLOWSHIP CLASS OF **2000**

DR. LINDBLOOM, associate professor, joined our faculty after completing his fellowship training. In addition to seeing patients at a federally qualified health center in Columbia, he serves as associate director of our family medicine residency program and director of our academic fellowship. Dr. Lindbloom’s research

has focused on two main areas: recognition of elder mistreatment and innovation in residency training.

He and his wife, Lynn Wung, also a family physician and faculty member in our department, have been married for 16 years and have two daughters: Kerra, age 4, and Mia, age 2. Dr. Lindbloom was proud to serve as best man at Dr. Kevin Kane’s 2005 wedding.



“Seek to find happiness in everything that you do. Achieving balance between work and personal ambitions is essential to a successful and satisfying life. In the immortal words of Ferris Bueller, ‘Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.’”

KEVIN KANE, MD, MSPH
 FELLOWSHIP CLASS OF **2000**

DR. KANE, associate professor, enjoys working as a faculty member at MU Family Medicine. After 16 years of seeing patients at Callaway Physicians in Fulton, he will begin a practice at the Woodrail Family Medicine Clinic this summer. In addition to teaching and seeing patients, Dr. Kane currently serves as the faculty director of curriculum for the third- and fourth-year medical students at MU.

On New Year’s Eve 2005, he married Dr. Cynthia Hayes, a 2002 MU Family Medicine alum who started Cynergy Health, a private practice in Columbia. Together, Kevin and Cynthia enjoy traveling and spending time with their 3-year-old daughter, Trinity.



FAREWELL TO ONE OF OUR FINEST

JIM KINDERKNECHT HEADS UP EAST TO START SPORTS MEDICINE FELLOWSHIP



JAMES KINDERKNECHT, MD, has accepted the offer to develop a primary care sports medicine fellowship at the Hospital for Special Surgery (HSS) in New York City. Founded in 1863, HSS is the oldest orthopaedic hospital in the country and a recognized

leader in musculoskeletal medicine.

Dr. Kinderknecht earned his medical degree from the University of Kansas-Kansas City. Then, after completing a family medicine residency at Good Samaritan Medical Center in Phoenix, he did a one-year fellowship focused on primary care sports medicine at UCLA.

Dr. Kinderknecht wanted a career that offered opportunities to practice both family medicine and sports medicine. In 1990, he moved to Fresno, CA, where he practiced at STAR Sports Medicine Center and STAR Family Care. He also served as an assistant team

physician at Fresno State University.

Three years later, he moved to Columbia, MO, and accepted a faculty position at MU Family and Community Medicine. For nearly 20 years, Clinical Assistant Professor Dr. James Kinderknecht has been seeing patients at MU's Green Meadows Family Medicine Clinic, teaching medical students, and training residents in clinic and on the inpatient service.

Dr. Kinderknecht also joined Columbia Orthopaedic Group when he moved to Missouri in 1993, and there he specialized in sports medicine and non-operative orthopaedic care. He also served as an assistant team physician for the MU athletic department.

His sports medicine training and experiences make Dr. Kinderknecht highly qualified and well prepared for his new responsibilities at HSS. He earned his CAQ in sports medicine in 1995 and was recertified in 2005. From 1993-2003, he served on the CAQ Sports Medicine Exam Committee and chaired this committee from 2003-04. In addi-

tion, for 10 years (1997-2007), he was program director for MU's Primary Care Sports Medicine Fellowship.

Dr. Kinderknecht will be greatly missed by his patients, students, and colleagues at MU. Patients appreciate his compassion, respect, and attentive nature. Residents praise his honesty, intelligence, and excellent communication skills. Several years ago, they voted him Family Medicine Teacher of the Year.

The decision to leave Missouri was not an easy one for Dr. Kinderknecht.

"I want to thank my MU colleagues for the support and friendships they've provided since I joined the department," he says. "My time here has been great, and I will miss everyone. I've always loved my job, which has made this move even more difficult for me."

In his free time, Dr. Kinderknecht likes to run and cycle. He and his wife have three children; all are talented athletes and have excelled on the tennis court. Dr. Kinderknecht, a loyal fan, enjoyed watching them compete in high school tennis tournaments.

MU FAMILY MEDICINE SAYS "Thank You for Being a Friend!" TO THREE DEDICATED PHYSICIANS

Three special friends of the department were recognized for their loyal support and commitment to MU Family Medicine at our 35-Year Alumni Reunion held in April. William C. Allen, MD, MPH, professor emeritus of family and community medicine who passed away in December 2005, was a close friend and colleague to all three physicians.

(PHOTO: LEFT TO RIGHT) Robert D. Shaw Jr., MD, Sally L. Hubbard, MD, and Arthur E. (Buck) Rikli, MD

SALLY L. HUBBARD, MD, who graduated from MU School of Medicine in 1966, completed her internship at University of Texas-Galveston.

She practiced two years in Higginsville, a town of 4,600 located 50 miles east of Kansas City, before joining the medical staff at Missouri State University (MSU) in Springfield. For the past 40 years, Dr. Hubbard has been a physician at Taylor Student Health. The clinic served only MSU students until 10 years ago. Today, patients at Taylor Health and Wellness Center include MSU staff, faculty, and families.

ROBERT D. SHAW, JR., MD, earned his medical degree from MU in 1979 and then did residency at St. John's Mercy, St. Louis.

For nearly 30 years, he and his wife, Janet, have lived in Willow Springs, a rural community of 2,100 located in south central Missouri. He, along with three other physicians and a family nurse practitioner, practices in this same community. Dr. Shaw does full scope family medicine, including general office procedures and minor surgeries. And for the past year, he has been a preceptor for University of Missouri medical students.



ARTHUR E. RIKLI, MD, a 1944 University of Illinois School of Medicine graduate, did his internship as a member of the U.S. Public Health Service. He later earned an MPH from Johns Hopkins University.

After 25 years in the U.S. Public Health Service (1943-68), Dr. Rikli was recruited by University of Missouri Community Health and Medical Practice Chair Dr. Carl Marienfeld to direct Missouri's Regional Medical Program. He retired in 1993, after 25 years on faculty at MU School of Medicine. Today, Dr. Rikli and his wife, Frances, live in Columbia.

EXPLORING CADMIUM

and its cancer-causing potential

THE SILVER-WHITE METAL CADMIUM IS UBIQUITOUS – found everywhere from favorite foods to the majority of batteries that power household gadgets. Cadmium is also a probable carcinogen, causing health agencies to increasingly call for better public awareness and more conclusive research on the common metal.

Cadmium’s potential for causing endometrial cancer is the subject of a new study led by MU Family Medicine researcher Jane McElroy, PhD. The assistant professor was recently awarded a \$708,000 grant from the American Cancer Society (ACS) to study cadmium with a team of scientists from MU’s Research Reactor, College of Veterinary Medicine, and Chemistry Department.

“All people will have some cadmium in their system. We’re questioning the varying amounts people have and looking to see if this could be associated with cancer,” Dr. McElroy says. “The long view is that these incremental understandings at the molecular and cellular level about any relationship between endometrial cancer and cadmium allow us insight into what’s going on in the population.”

In 2003, Dr. McElroy led a study that concluded that women with higher levels of cadmium in their bodies were at higher risk for developing breast cancer as compared with women with lower levels. She hypothesizes that the same will hold true for endometrial cancer, which affects one in 40 women in the United States.

Dr. McElroy’s four-year study uses unique informa-

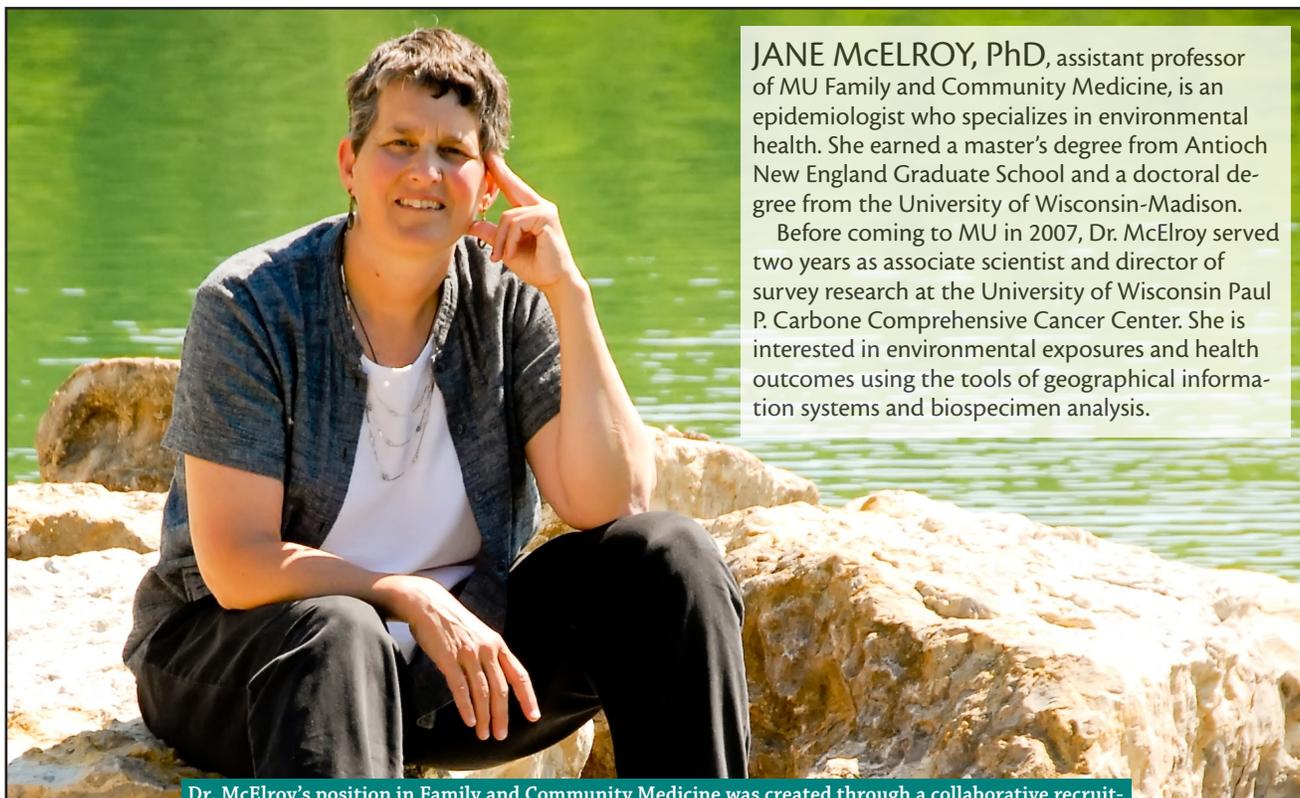
tion-gathering techniques for her field of research. MU researchers will gather endometrial cancer risk factor data and biospecimens from 750 women who have been diagnosed with endometrial cancer and who appear on cancer registries in Missouri, Arkansas, and Iowa. A group of 750 women who have not been diagnosed with endometrial cancer will serve as the study’s control.

Through analysis of participants’ urine and saliva samples, researchers will determine how much cadmium the women have been exposed to in their lifetime. In addition, the research team will extract a DNA sample and look at the women’s genotypes to determine whether their risk of developing endometrial cancer is higher for women with one of the forms of the metal-binding protein metallothionein compared to another form.

Having an understanding of the mechanisms that drive endometrial cancer could lead to the development of pharmaceuticals or other interventions to prevent and treat the disease, Dr. McElroy said.

Study results could lead to changes in consumer choices and personal behavior. Eighty percent of human-produced cadmium in the environment is a by-product of nickel-cadmium batteries. Production and disposal of the batteries can cause cadmium to enter the air, soil, and food supplies. Foods such as shellfish, kidney, and liver are known to have the highest concentration of cadmium, and smoking is known to double a person’s cadmium exposure.

STORY BY: Natalie Fieleke, MU School of Medicine Office of Communication



JANE McELROY, PhD, assistant professor of MU Family and Community Medicine, is an epidemiologist who specializes in environmental health. She earned a master’s degree from Antioch New England Graduate School and a doctoral degree from the University of Wisconsin-Madison.

Before coming to MU in 2007, Dr. McElroy served two years as associate scientist and director of survey research at the University of Wisconsin Paul P. Carbone Comprehensive Cancer Center. She is interested in environmental exposures and health outcomes using the tools of geographical information systems and biospecimen analysis.

Dr. McElroy’s position in Family and Community Medicine was created through a collaborative recruitment effort between MU’s School of Medicine and the University of Missouri Research Reactor Center.



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NEW NAMES FOR FAMILIAR FACES: CONTINUED FROM FIRST PAGE



“This is a great honor to have an endowed professorship and especially so because it is named after William C. Allen. I, more than most, have benefitted from

Dr. Allen’s work and legacy through my role and responsibilities with the clerkship. He led the way in building enduring relationships with dedicated community preceptors that continue to this day. For many years, William Allen was the face of this medical school to family physicians throughout the state.”

— **ELIZABETH GARRETT, MD, MSPH**
 WILLIAM C. ALLEN PROFESSOR



“Like Dr. Allen, I began my career in private practice, the perfect grounding for research aimed at improved care delivery. I owe my success to many

people, and networking, one of Dr. Allen’s fortes, contributed crucially to my success and my ability to mentor others. I am privileged to be named a William C. Allen Professor. I hope that my work reflects well on the legacy that he left family medicine not only at our institution but across the state as well.”

— **DAVID MEHR, MD, MS**
 WILLIAM C. ALLEN PROFESSOR



“Accepting an endowed professorship with the title of ‘The Future of Family Medicine’ is intimidating. It is hard enough to live up to the memory and reputation of an honorable colleague from the past, but to have the entire future of a discipline attached to your name seems daunting. It is the history of our specialty to struggle, and I believe we continue today. Increased demand for services, growing complexity of care and the patients, and declining student interest all require urgent attention. It is a unique role for all of us in academics to contribute to the vision that will create solutions to these problems.”

— **MICHAEL LEFEVRE, MD, MSPH**
 FUTURE OF FAMILY MEDICINE PROFESSOR