

CURTIS W. & ANN H. LONG

Family & Community MEDICINE

Summer 2012

MARK BEARD was 19 and a freshman at MU when God called upon him to serve. Happily and without hesitation, he responded, and for the next two years Mark put school on hold while he dedicated his life to spreading the word of Jesus Christ to people in Hungary.

The first 12 weeks of his mission began at a Mormon training center in Utah, where he learned how to speak Hungarian. He also studied and practiced teaching the gospel. After that, he took off for Budapest.

Yugoslavia was experiencing political unrest at that time, and the bombing could be heard in cities in southern Hungary. There was some concern that Yugoslavia's political instabilities could lead to fighting in Hungary as well, which is one reason Mark's mom worried when he left.

"We were allowed only two phone calls each year, so on Mother's Day and Christmas, I called my mom, of course, to let her know I was okay. Otherwise I wrote lots of letters," Mark says. "In addition to proselyting for my church, I spent a great deal of time with the young people in Budapest. I taught them and showed them things they'd never seen before, but mostly, I just had fun with them. Not once during my two years in Hungary did I feel afraid or in danger because of what was going on in Yugoslavia."

His missionary trip was life-changing and incredibly rewarding for Mark.

"When I returned home, I felt like I had gained so much more than I gave," he explains. "This experience made me realize how much I truly enjoy serving people. Today, I strive to fill my life with opportunities to serve, personally and professionally."

Beyond the commitment and compassion he demonstrates as a family medicine physician and teacher,

Mark Beard inducts a dedication to

FAITH, FAMILY & COMMUNITY:
an example paramount in such an all-consuming profession*

Mark Beard, MD, an MU School of Medicine graduate, joined our faculty three years ago after completing residency here in 2009. Most of his time is focused on patient care, but Dr. Beard also has major teaching responsibilities with medical students and residents. His roles as physician and teacher overlap, he says.

"As a physician, I don't feel like I'm really caring for my patients unless I take time to teach them. In the midst of a patient encounter, I will try to present some data or explain something on a chart. I want to teach them the basics so they can understand their problem; then I offer an intervention or lifestyle change they can use to fix or improve the problem," he says. "If you just direct your patients or take a patriarchal approach to their care, you will lose them. I treat them as if we are on same level so it feels like I'm guiding, not lecturing, them."

Dr. Beard takes this same approach when he teaches.

"I offer advice, not lectures, and I assume the role of mentor/colleague when I interact with students. That makes learning fun for all of us," he explains. "Being a better physician makes me a better teacher and vice versa."

As teacher of IPC Block One: *The Medical Interview*, Mark Beard provides first-year students a strong start and solid foundation for their medical school experience.

"I appreciate the opportunity to prepare students for what I con-

sider to be the heart of medicine," Dr. Beard says. "Aside from the determining a diagnosis, practicing medicine is a process that includes listening and getting to know your patients so you can develop a rapport with them."

He is able to further explore the art of medicine with first- and second-year students in *Healer's Art*, a pre-clinical course experience he co-directs with MU Family Medicine Associate Professor Jeff Belden, MD.

"I want students to see that the art of medicine is the rewarding and lasting part of a patient encounter. Eye contact and a handshake help you make an immediate connection when you enter the exam room," he says.

MARK BEARD
continued
on page 5



MARK BEARD, MD
Assistant Professor

*Quote from MU Family Medicine Resident Blake Corcoran, MD

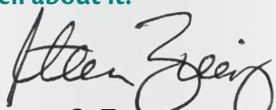
CHAIR'S MESSAGE

I would like to present our annual alumni issue. What fun! We greet the new residents – and wave so long to the graduating ones. We also thank and say farewell to colleagues Rola Saab and Jill Bosanquet, confident that we'll be hearing from them again. We welcome Robert Buffaloe, Lucas Buffaloe, Amy Williams, and Kevin Frazer as new faculty. We congratulate Pam Mulholland who is graduating from her job as department administrator to the role of assistant vice chancellor, working alongside MU Vice Chancellor for Health Sciences Hal Williamson. We will miss Pam dearly.

Described herein is an amazing breadth and depth of experience of residency and fellowship grads from the last 30, 20 and 10 years. There are great stories with common themes like: listen to your patients, find meaning in service, value time with your family, celebrate the lives of your children, and be open to the universe. While the settings and events vary, these family physicians are linked by the common ground and shared relationships that held all of us in Columbia for a formative part of our lives. Regretfully, we have lost Jerry Perkoff and Bill Bradshaw during the past year, but Jack Colwill is omnipresent (*when not in Utah*), Mike Hosokawa leads faculty development, Robin Blake, though retired again, continues to teach in the Honors College, and Georgia Nolph still meets with the women medical students.

As Mary Oliver has written,

Instructions for living a life:
Pay attention.
Be astonished.
Tell about it.



STEVEN C. ZWIG, MD, MSPH
 PAUL REVARE FAMILY ENDOWED
 PROFESSOR AND CHAIR

FACULTY FOCUS

WELCOME — — —



ROBERT BUFFALOE, MD, assistant professor of clinical family and community medicine, is our newest faculty member. He is seeing patients and doing outpatient attending at our Fayette Medical Clinic.

Dr. Buffaloe earned his medical degree from the University of Arkansas-Little Rock in 1980. After completing residency at AHEC Northwest-Fayetteville, he served from 1984-87 as a staff physician at Available Medical Care. This privately-owned clinic combined traditional family practice with a free-standing urgent care facility. From 1988-2003, Dr. Buffaloe was in private practice at Capital Region Family Physicians-Southwest in Jefferson City. During this time, he was a consulting physician for Jefferson City Public Schools, Cole County Health Department, and the Missouri Water Patrol. He also supervised four-to-six MU medical students annually. Then, from 2003 until earlier this year, he practiced family medicine at the Tohatchi Indian Health Clinic, which is located north of Gallup, NM.

Dr. Buffaloe and his wife, Mary Beth, have been married 34 years. They have three grown sons, Lucas, Samuel, and Joseph, and two granddaughters. Lucas, their oldest son, graduated from MU's Family Medicine Residency in June. He is joining our faculty and the medical staff at Keene Clinic this summer.

When he is not working, Dr. Buffaloe likes to spend time with family. He also enjoys motorcycling, mechanics, and reading.

FAREWELL — — —

ROLA SAAB, MD, assistant professor of clinical family and community medicine, and her husband, Abed Ghandour, MD ('10 Resident), and their two young sons, Ryann and Adam, are moving to Massachusetts, where they will be close to family and friends. Both family physicians plan to practice in the Boston area. Dr. Saab has been seeing patients and doing outpatient attending at MU's Fayette Medical Clinic since completing residency here in 2009.



JILL BOSANQUET, MD, assistant professor of clinical family and community medicine, is returning to her hometown, St. Louis, where she will practice at SSM Health Care's Dardenne Prairie Clinic. She has been seeing patients at our Keene Clinic since completing residency at MU last year. Her husband, Jim Bosanquet, MD, will be doing a pulmonary and critical care fellowship at Barnes Jewish-Washington University. Jill and Jim have a son, Grant, born this summer.



PAM MULHOLLAND, MHA, administrative manager of MU Family and Community Medicine, was appointed assistant vice chancellor for health sciences by MU Vice Chancellor for Health Sciences Harold A. Williamson, Jr., MD ('82 Fellow). She succeeds Jim Poehling who retired from this position in July.

Pam, who received her bachelor's degree from the University of Iowa-Iowa City, earned her MHA at MU in 1995, and then managed the primary care clinics at Harry S Truman VA Hospital. After four years, she joined University Physicians and managed MU's primary care clinics, and in 2002, she became administrative manager of our department. Pam and Thad, her husband who is an attorney, have three children – a son, Sam (17), and two daughters, Sydney (15) and Sarah (12).



Our sincere sympathy to the family and friends of former MU faculty member:

WILLIAM BRADSHAW, MD, 84, of Kansas City, MO, passed away in April 2012. A graduate of University of Missouri School of Medicine, Dr. Bradshaw practiced family medicine in Clinton, MO, for 22 years. After a heart attack during the mid-'70s, Dr. Bradshaw decided to close his practice and move to Columbia to serve as MU's director of continuing medical education. An associate professor of family and community medicine, Dr. Bradshaw was dean of MU's medical school from 1983-86.



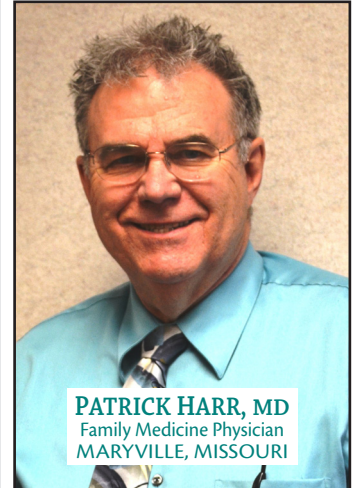
A PERFECT PRECEPTOR

PATRICK HARR, MD, earned his MD from MU in 1969, and after completing residency at University of Rochester Department of Family Medicine, he returned to Maryville, his hometown located in northwest Missouri. During most of the 40 years that he has practiced in Maryville, Dr. Harr has also taught medical students. His students, like his patients, value the time they spend with him. Dr. Harr is attentive, thorough, fun, and committed to being the best doctor and teacher he can be. According to medical students here at MU:

“DR. HARR is an excellent teacher. He did a great job of integrating the basic sciences we learned during our first two years of school into clinical applications.”

“DR. HARR provided good hands-on experiences and clinical pearls. I enjoyed working with him and learned a lot by seeing and doing many interesting things in his clinic.”

“DR. HARR is a terrific doctor who is dedicated to caring for his patients in a manner that works best for them. He is also a great mentor. Even on his busiest days, he found time to teach me. My experience with Dr. Harr was inspiring and gave me a vision of what I want for my future as a family physician.”



Why medicine ... and why family medicine?

PH: When I began college at Northwest Missouri State University, Maryville, I liked biological sciences. I talked to our family doctor (Dr. E.D. Imes) in Maryville, who recommended I become a doctor. So, after two years at Northwest, I transferred to MU's accelerated medical school program. While doing my preceptorship with Dr. Imes, I decided to dedicate my career to family medicine. I knew by watching him that life as a family physician would never be boring. Dr. Imes did it all; there were no specialty trained docs in town back then. When I did residency, I designed my training so that I'd be prepared to handle all the various health problems I'd be facing when I returned to Maryville.

Why sports medicine?

PH: Soon after I started practicing in Maryville, the high school asked me to be its team physician. The university asked me to be its team physician, too. So I guess I sort of rolled into sports medicine. I never officially received my CAQ; I learned sports medicine by doing and had lots of 'on the job' training. Last fall, I covered my 1,000th football game as team physician for the Northwest Bearcats and Maryville Spoofhounds teams. The university chose me to serve as the 2011 homecoming parade grand marshal, and that made me proud. Other career accomplishments that make me proud include being inducted into both the Missouri Athletic Trainer's Hall of Fame and the Missouri Sports Hall of Fame.

How would you describe your practice?

PH: There are nine family doctors in Maryville, and all of us belong to the St. Francis Health System. I am the lone family doctor at St. Francis Orthopedic and Sports Medicine, and I work with a nurse practitioner and sports medicine fellowship-trained orthopedist. The other family docs practice with internists, ob/gyns, and pediatricians at St. Francis Health Care.

And what about your patient population?

PH: I do about 6,000 visits annually, and my patients range from 8 weeks to over 100 years old. Approximately 40 percent of my time is dedicated to musculoskeletal care, which includes sports-related injuries as well as workmen's comp cases.

When and why did you begin precepting?

PH: I decided to start precepting in 1974 so that I could keep connected to learning and to medical schools. During the past 38 years, I've taught students from MU, UMKC, Kirksville, KU, Creighton, and the College of Osteopathic Medicine in Kansas City.

What makes you want to teach?

PH: Students are great at asking questions I can't answer so whenever I'm searching for answers to these questions, I am enhancing my own learning. There is a wide differential in the experiences and knowledge they bring here, but they all come with good questions.

Describe the doctor/student experience?

PH: It's a refreshing and stimulating experience that keeps me on my toes ... it's an equal opportunity learning experience for me and my students.

What are the rewards of life as a family physician?

PH: My role as family physician has provided me many rewarding experiences; taking care of patients from cradle-to-grave tops the list. By pursuing sports medicine, I got to watch my son play high school football every Friday night. I delivered half the kids on his team so that made the games even more fun for me. And I value my roles as a national officer; during the '90s I was AAFP president and twice served as chair of the AAFP Board of Directors.

What makes you want to come to work every day?

PH: Knowing that every day is different and busy has made life as a family physician interesting and exciting for me. I do mostly same-day appointments, so I never know what is coming through the door. In my 40 years of practice, no two days have been alike.

What about life outside of family medicine?

PH: I am married to Teri, and I have four children, three daughters and a son, ages 25-44, and six grandkids. I'll be retiring this summer and moving to Table Rock Lake, in the southwest corner of Missouri. Last winter I bought a bass fishing boat that I plan to use. I'll be practicing - mainly sports medicine - part-time with another family doctor in the nearby town of Shell Nob. Who knows ... maybe I'll have opportunities to teach there, too.

CONGRATULATIONS TO OUR RESIDENCY GRADUATES

— CLASS OF 2012 —



WELCOME
NEW GERIATRICS FELLOW

Sheri Bethmann, DO

Sheri is staying in Columbia with her husband, Cory, and their son, Oliver, to complete a one-year geriatrics fellowship. Cory ('11 Resident) practices at Boone Family Medicine Clinic.



Tiffany Bohon, MD

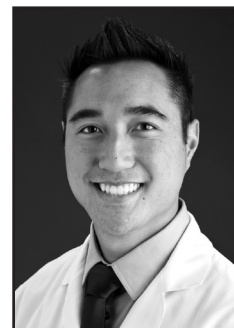
Tiffany has enrolled in the one-year Primary Care Sports Medicine Fellowship Program at Hospital for Special Surgery, NewYork-Presbyterian Hospital: Weill Cornell Medical College.



WELCOME
NEW FACULTY MEMBER

Lucas Buffaloe, MD

Lucas has joined our faculty and will be practicing at Keene Family Medicine Clinic. He and his wife, Barb, have a daughter, Eleanor, and are expecting their second child in late summer.



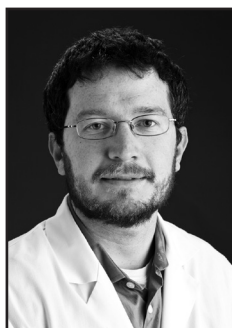
Brian Ching, MD

Brian and his wife, Melanie, are moving to southern California where Brian will complete the one-year Kaiser Permanente Sports Medicine Fellowship at Fontana Medical Center.



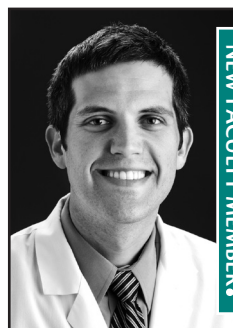
Matt Fieleke, MD

Matt, his wife, Maureen, and their baby, Isaac, are moving to Olathe, KS, where Matt will practice with Patrick Herrick ('95 Resident) at Associates in Family Care.



Adam Fitzgerald, MD

Adam and his wife, Jess, are moving to St. Louis, where Adam will practice with the Galbraiths (Jack '09 Resident and Dana '10 Resident) at St. Anthony's Family Health Partners.



WELCOME
NEW FACULTY MEMBER

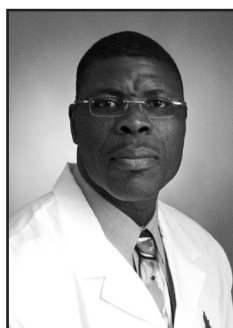
Kevin Frazer, MD

Kevin and his wife, Jess, will be staying in Columbia. Kevin has accepted the offer to join our faculty and will be practicing in Fayette, a small town located 30 miles northwest of Columbia.



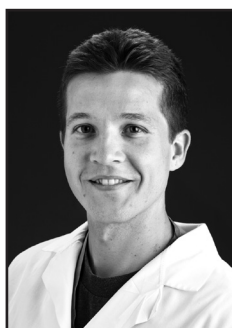
Alyssa Keller, MD

Alyssa is moving to O'Fallon, MO, which is just minutes from west St. Louis County, where she will practice with Matt Beckerdite ('02 Resident) at O'Fallon Family Medicine.



TJ Soyoye, MD

TJ will be practicing emergency medicine in the mid-Missouri area with Scott Dudley ('08 Resident). TJ and his wife, Olasunkanmi, have a daughter, Imisioluwa, born in April.



Wes Trueblood, MD

Wes and his wife, Anne, are moving to San Antonio, TX. Wes has joined the US Air Force and will begin his three-year commitment at Lackland Air Force Base.



WELCOME
NEW GERIATRICS FELLOW

Karli Urban, MD

Karli has decided to stay in Columbia to do a one-year geriatrics fellowship in our department. Karli and her husband, Michael, have one young daughter, Elise.



WELCOME
NEW FACULTY MEMBER

Amy Williams, MD

Amy has accepted the invitation to join our faculty. She will be practicing at Green Meadows, which is MU's largest family medicine clinic and located in south Columbia.

A NEW CLASS OF FAMILY MEDICINE RESIDENTS

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

RESIDENTS

pictured left to right

Kristina Anderson, MD	University of Missouri
Blake Corcoran, MD	University of Missouri
Seth Freeman, MD	University of Missouri
Andrew Horine, DO	Kirkville Osteopathic
Christopher Howse, MD	University of Illinois-Rockford
Allison Kolker, MD	University of Missouri
Natalie Abert Long, MD	University of Missouri
Craig Luetkemeyer, MD	University of Missouri
Jamie Luetkemeyer, MD	University of Missouri
Mark Mueller, MD	University of Missouri
Morgan Schiermeier, MD	University of Missouri
Kenneth Tan, MD	University of Missouri-KC
Katy Williams, MD	University of Missouri
Sarah Yong, MD	University of Florida

MEDICAL SCHOOL



INTEGRATED RESIDENTS

(4th-YEAR MEDICAL STUDENTS)

pictured left to right

Scott Bartkoski
Kendal Geno
Adam Harrold
Andrew Patel
Andrew Valleroy



MARK BEARD continued from page 1

“Active listening, which enables you to maintain that connection, can lead to improved outcomes and patient satisfaction.”

Medical students and residents are inspired by the brains, commitment, and passion that define Mark Beard. He’s more than a teacher, they agree; Dr. Beard is a valuable mentor and friend who cares about them and wants them to succeed. Whenever they have an “aha moment,” he shares in their joy.



“Patients, students, church, and family — I’d love more time for all of them. Balancing the priorities in my life is and always will be the biggest challenge I face.”

— Mark Beard, MD

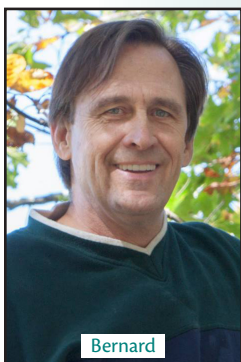
“Within the medical student community, Dr. Beard is recognized as one of our most influential, connected, and dedicated faculty,” says First-Year Family Medicine Resident Blake Corcoran, MD. “He served as my advisor throughout med school, and I credit his continued teaching, practice, and encouragement for preparing and motivating me for my future in family medicine.”

Every year Dr. Beard is recognized at the School of Medicine convocation with one or more teaching award.

“These awards flatter, surprise, and humble me,” he says. “I love my job, and I guess it shows. However, people who know me well would say that I’d be just as happy teaching 9th grade biology and coaching soccer on the side ... and they’re probably right.”

It’s the opportunities he has to touch lives and possibly change them for the better that excite Dr. Beard and make him eager to face each day.

But when the day ends, it’s all about family for Mark. He and his wife, Julie, have two children, Brayden, 2, and infant daughter Brinkley. Mark provides his children very special and meaningful “daddy time” by singing to them every night before putting them to bed.



Bernard

“Please take these three quotes to heart:
■ The best way to predict the future is to invent it. – *Alan Kay*
■ He can who thinks he can, and he can’t who thinks he can’t. This is an inexorable, indisputable law. – *Pablo Picasso*
■ If everything is under control, you’re going too slow. – *Mario Andretti*”

BERNARD EWIGMAN, MD, MSPH
RESIDENCY CLASS OF **1982**

DR. EWIGMAN: “Back in 2002, after 28 years in mid-Missouri, I pulled up deep roots in Columbia,

MO – where I’d gone to medical school, done residency and fellowship, and served on MU’s Family Medicine faculty – to become founding chair of the University of Chicago’s Department of Family Medicine. I was the first and only family physician on faculty at the time. Ten years later, the department now has 60 employed physician faculty, four fellowship programs, a residency program, a practice-based research network, and a major role in the medical school and community. Our department still cannot hold a candle to my home department at Mizzou, but give us another 30 years! *That’s the official biography.*

Unofficial autobiography: I’m happily remarried, and my son, Nate, is completing his PhD in psychology at University of Florida. Henry Domke and I remain like brothers after meeting in our first year of med school and then being partners during residency. I celebrated my most recent birthday (*rhymes with fifty*) with my wife and friends in Costa Rica at Finca Bellevista, the ‘world’s first sustainable treehouse community.’ Fantastic experience!”



Mike and grandson Syler

“Never stop asking questions and seeking answers. Love your patients, and you will love your work.”

MIKE LEFEVRE, MD, MSPH
RESIDENCY CLASS OF **1982**

DR. LEFEVRE: “Having spent my entire career in academic medicine at MU, I can honestly say that my professional soul is still most nurtured by providing care to my patients. Some are old, some are young, a few are pregnant, but it is in those relationships that I find the greatest reward. The past few years I have more than dabbled in information technology as the chief medical information officer for the health system, and using the EHR to ‘make care better, improve providers’ lives, and improve the bottom line’ has certainly proven to be a journey, not a destination. My work with the USPSTF has put me in a national spotlight that I would never have imagined, but I feel strongly that the work is worth the effort and sacrifice.

On a more personal note, after nearly 37 years, Judy is still my true companion; two children have chosen careers in medicine and one in the arts. And I am a very proud ‘Papa’ to two grandchildren who light up my life.”



Mike and wife Judy

“ ■ Appreciate the great opportunity and responsibility you have.
■ Be very pleasant and efficient. Make your notes as complete as needed, but as brief and as organized as possible.
■ With pre-professional students from many disciplines, provide care for an underserved population in the US or abroad. It will provide the best perspective on teaching and building team-based care that you have ever had.
■ Know the evidence cold for what improves health, health care, and health care education. Speak up for what is right in medicine to the people who can make a difference (*like legislators*). They want to hear from you.
■ From Jerry Perkoff we learned the five historic characteristics of a professional. Do these things: 1) Master an extensive body of knowledge, 2) Serve your profession by teaching, 3) Maintain confidential relationships with your patients, 4) Provide a good measure of uncompensated care, and 5) Provide service and leadership to your community.”

JERRY KRUSE, MD, MSPH
RESIDENCY CLASS OF **1982**

DR. KRUSE: “Lois and I live in Quincy, IL, and our three daughters have grown and scattered. Emily Carr, PhD, (*delivered by Barb Levin*) is a poet and body combat instructor and teaches English and writing at University of California-Santa Cruz. Julie Vahle (*delivered by Robin Blake*) is a teacher and curriculum director at Heritage School in Iowa City (*our grandson, Samuel, age 2, is torn between the competing black-and-golds of Missouri and Iowa*). Anna Kruse, with degrees in psychology and statistics, is in the MPH and epidemiology program at Yale.

Bernard and Mike will be glad to know that the Kruse family has done its best to stick to the evidence for low-risk maternity care. With both premonition and results of RADIUS in mind, we went through three pregnancies with no ultrasounds. Lois is an exercise and spin instructor, and I play a fair amount of golf. We both enjoy gardening and wine. Lois does not like coffee.

Professionally, I’ve been chair of the Department of Family and Community Medicine at Southern Illinois University for the past 15 years. I’m a member of the HHS advisory council, COGME, and am now serving as STFM president for 2012-2013.”



Jerry Kruse Family

“Follow your heart.”

HENRY DOMKE, MD
RESIDENCY CLASS OF **1982**

DR. DOMKE: “I create nature art for health care: www.henrydomke.com, and I am helping create a 600-acre public nature garden in central Missouri: www.prairiegardentrust.org”



Henry



Betsy and dog Mira

“Remember what a great privilege it is to be a family physician and always be open to the incredible lessons your patients can teach you. Be sure you have colleagues who will treat you with honesty and openness and who challenge you to be even better. Medicine is much more than a living; keep doors open, don’t narrow too soon, don’t be afraid to shed tears with your patients, engage in your community and your specialty, and reflect on the good and bad times. Keep your outside interests and passions alive and well. Keep those you love close.”

BETSY GARRETT, MD, MSPH
RESIDENCY CLASS OF **1982**

DR. GARRETT: “I continue to work primarily in medical student education and direct our eight-week family medicine clerkship, an early clinical experience for medical students, and I serve on more committees than anyone should. I’ve enjoyed having a decades-long continuity practice here at MU that has matured along with me. I’ve begun to think about transitions and am so blessed to have such incredible young colleagues who will move all our programs to an even higher level.

The history of MU’s early medical school woman graduates continues to be of interest, as does genealogy, photography (*now often focusing on birds and getting smarter about them*), activities with my church, and involvement with the ‘True/False’ film festival here in Columbia. I’m so lucky to have nine nieces and nephews and 10 great nieces and nephews to stay young at heart with. *Caution:* There are four Elizabeth Garretts out there!”



Steve and wife Susan

“Don’t sell yourselves short. Find your passion. You have more opportunity to exert influence in your world, do good works, and get paid well for it, than almost anyone on the planet. Besides, we are all counting on you!”

STEVE ZWEIG, MD, MSPH
RESIDENCY CLASS OF **1982**

DR. ZWEIG: “Professionally, I continue to work in arguably the best family medicine department in the country.

I am blessed with fantastic faculty colleagues and supportive staff members who all work to their best abilities to fulfill our mission. I continue to see patients in the office and do hospital care. We are providing leadership in geriatric medicine and palliative care at MU as well. I also go to a lot of meetings!

In my other life, I couldn’t ask for a better partner than Susan (’83 Resident), who continues to direct MU’s Student Health Center. We love to walk, work in the yard, cook together, and exercise each morning with Netflix. Our sons are doing well. Ben is a film editor in San Fran, and Alex is a third-year medical student at MU.”

“LISTEN to your patients; TALK to and TEACH them as well. The practice I built in North Carolina (1982–88) experienced terrific growth because we followed that advice.

Our crazy schedules can make it hard to give patients time to tell their stories, but it is imperative and so worth it to find time. If you really listen to your patients, you won’t have difficulty building a practice, and the rewards of the relationships you form will be worth any sacrifices you need to make!”

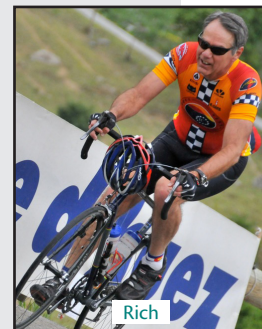
RICH VALENZIANO, MD
RESIDENCY CLASS OF **1982**

DR. VALENZIANO: “After residency, Sheila and I moved to North Carolina. A friend and I started a practice that quickly grew to 6,000 patients. After six years, I decided (OK, *Sheila decided*) that I couldn’t continue 60–80 hour work weeks and hope to have a family life. In 1988, I joined an outpatient-only practice in Littleton, CO, working 42–45 hours per week for the same pay. One day, when my son and I played Legos at lunch, he said, ‘Dad, I’m glad we moved ‘cause you’re home more!’ I knew then that we’d made the right decision.

Today my practice is part of a primary care group called New West Physicians. Last year, we tackled the EMR and survived.

Sheila and I celebrated 31 years of marriage in May. We have three children – David, 28, is a pilot, Jonathan, 26, is a flight crew scheduler, and Jenna, 18, starts college this fall. We are so proud of them and the unique, motivated, responsible, caring, and talented people they’ve become. I could not have made it as a dad and husband all these years had I not developed a relationship with Jesus, a Jewish carpenter who changed my life. He didn’t make me perfect, but he accepts and loves me for who I am and forgives me for things for which I’d had a hard time forgiving myself.

In my spare time, I ride one of my bikes. Colorado is a perfect place for cycling. I’ve participated in the ‘Triple Bypass’ four times, and I’ve ridden some of the big climbs of ‘Le Tour de France.’”



Rich

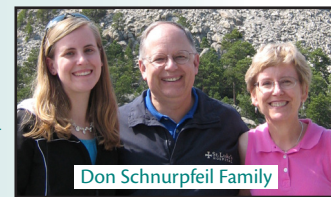
“Treat family medicine as a ‘calling,’ not just a job. It’s a privilege to care for the people we serve. A ‘calling’ is a divine gift that provides lasting joy and allows us to persevere in spite of the hassles and frustrations we often face.

Most importantly, embrace your faith and let it guide and motivate you to serve the Lord by serving others.”

DON SCHNURPFEL, MD
RESIDENCY CLASS OF **1982**

DR. SCHNURPFEL: “I practice in a five-member family medicine group in suburban St. Louis.

My wife of 31 years, Susie, is still the best gift that God has given me! Our daughter, Emily, earned her BA in music (*vocal performance*) last year, then married an Army lieutenant. They’ll be living in South Korea for two years. We’re involved in our church and other volunteer activities, though I continue to work long hours at this family medicine gig.”



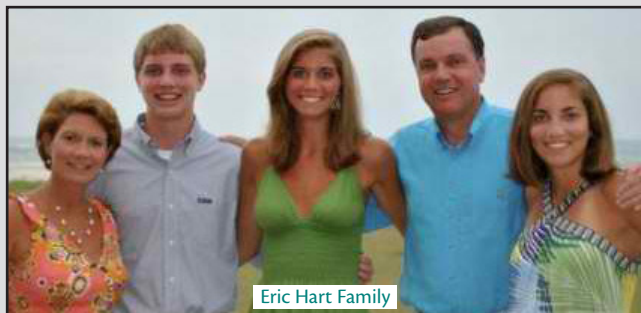
Don Schnurpfel Family

“Don’t forget that even in face of all the changes in health care today, family medicine is one of the few professions in which you can still make a difference in someone’s life. It’s also one of the few professions that merges the science of medicine with the art of caring for an individual. As opposed to specialists who examine parts of the human being in isolation, family doctors have the opportunity to view the entire person in all of its complexity, including the mind, the emotional and spiritual state, as well as the physical well being.”

ERIC HART, MD
RESIDENCY CLASS OF **1992**

DR. HART: “I’m in private practice in Hickory, NC and founder and chief medical officer for Healthstat, a national on-site wellness and disease management company.

I have two daughters at UNC and a son in high school.”



Eric Hart Family



Larry and wife Deanne

“To thine own self be true. Take time to know yourself as you search for a life/career that will make you happy.”

LARRY SLAUGHTER, MD
RESIDENCY CLASS OF **1992**

DR. SLAUGHTER: “Off and on through the years, I’ve thought about how great it would be to head up to the Pacific northwest and practice with a few colleagues, but that’s never happened. Instead, I’ve been practicing emergency medicine at St. Mary’s Hospital in Jefferson City, MO for the past 20 years.

(Dean Breshears, ’78 Resident, works with me.) For years I was an adrenaline junkie, which is why emergency medicine appealed to me. My job lets me do the exciting parts of family practice in the ER. As the years go by, I’m noticing that my attitude is beginning to change. I don’t get the same adrenaline rush I did when I was younger. Night shifts and weekend work are beginning to take a physical toll on my body. However, I continue to be happy with my career. I’m active in professional activities outside the ER. This summer, I became president of the Missouri College of Emergency Physicians. I’m also involved in national emergency medicine associations. I review patient cases for medical liability lawsuits, too.

On a personal note, after going through a divorce a while back, I married Deanne in 2008. Today, I have two teenaged step children – a 17-year-old son and 14-year-old daughter.”

“Keep an open mind, be passionate about what you are doing, and flexible in finding the ‘right’ fit.”

MINDY FUCHS-LOKSHIN, MD, MSPH
RESIDENCY CLASS OF **1992**

DR. LOKSHIN: “After working in family medicine for five years, I decided to stay home with my boys and work in the flexible, volunteer world of non-profit boards for 10 years. I am now working as a certified professional life coach, helping people develop work/life balance as well as negotiate new chapters in their lives.”



Mindy

“Practice with the same ‘fire in your gut’ that pulled you through residency. Patients will sense your dedication and trust you because of it.”

MARK SCHNEE, DO
RESIDENCY CLASS OF **1992**

DR. SCHNEE: “I remain active in OB/GYN and have enjoyed the ride. Daily, I utilize the family medicine training I gleaned from MU, and it has helped me maintain high patient satisfaction.”



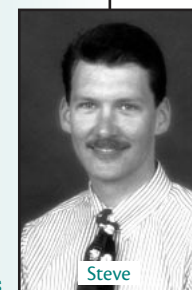
Mark

“Enjoy what you do. No other residency grad has had the breadth of training opportunities that you had at MU: caring for patients of all ages; learning everything from office services to procedures to hospital care; and exploring and experiencing other areas of health care. In my own career, I’ve been a teacher, administrator, and primary care provider. I’ve done lots of specialty work, including wound care, hyperbaric therapy, and HIV care. Your careers are limited only by your own interests and desires. As family docs you’ll have opportunities to change lives ... patient by patient, clinic by clinic, even institution by institution. Find your niche and thrive!”

STEVE ADAMS, MD
RESIDENCY CLASS OF **1992**

DR. ADAMS: “Hard to believe 20 years have passed since I graduated residency. I spent the first three years in the Air Force, then came to Springfield, MO and have worked at Cox Health System since. Initially I was on faculty at Cox Family Medicine Residency, then I became medical director of Urgent Care, where I’ve been for the last 13 years. I’m still involved in medical education with the residency, and Urgent Care is a training site for med students and PA students. Three years ago I began serving as medical director of AIDS Project of the Ozarks, and I provide primary care and HIV care to patients in southwest Missouri.

My partner, Randy Doennig, and I enjoy our three children and four grandkids. We’ve been able to travel with our families and on our own, and we look forward to seeing a lot more of the world in the future. In Springfield, we support the arts community through the local theatre group as well as the MSU Tent Theatre. We also help organize the annual ‘Black Tie Affair’ that raises money for local GLBT organizations. And of course we enjoy following MU football and basketball ... most of the time.”



Steve



Steve and wife Renee'

“Be thankful for the opportunity to serve and say ‘thank you’ every day. It is the best reward for the hard work and distractions that the whole of medicine brings. Love your patients and have fun with them. I have found the AAFP Scientific Assembly to be a good place for re-

juvenating the family physician in me. Many of my partners worry and fret about our future. Not me. It’s highly likely that we will have the opportunity to serve for our entire lives. The payment will change and the context may change, but the need for service in health care will not wane.”

STEVE HOLCOMB, MD
RESIDENCY CLASS OF **1992**

DR. HOLCOMB: “My family and I live in West Bend, WI, and I work for Aurora Healthcare. Aurora is a local, non-profit provider that serves the eastern third of Wisconsin, employing about 1,600 physicians. I work with a PA and am the only full-time physician in our office. I enjoy very much the small site and small feel to the practice. I’ve served local leadership roles in the past, but currently I’m focused on patient care. I finished my master’s in medical management several years ago, before hurricane Katrina and before our youngest child was born. It was a good experience and an important part of my development. However, I love the daily patient contact. I’m still behind in medical records and documentation, a pattern I established firmly at MU. I miss having a close working partner like I had during residency. I miss Steve, especially.

I have a large family, with six children and one grandchild. My children range in age from 32 to 6 years old. They are all thriving and well. Therefore I am thriving and well. I am married to Renee’ Holcomb, an RN who works in determining and delivering services for needy patients with chronic illness.”



Bill

“Never fear to make a change of course in your career. Life is too short to do a job you don’t enjoy.”

BILL PLONK, MD
RESIDENCY CLASS OF **1992**

DR. PLONK: “After ten years of private practice in upstate New York (*All three of my children were delivered by Joe DePra, Resident ‘90, during this time.*), I returned to

Virginia to complete a geriatrics fellowship and become board-
ed in geriatrics and palliative medicine.

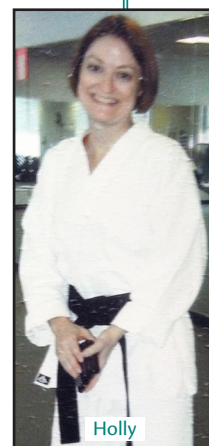
Since then I’ve served on the full-time medical faculties at the University of Virginia and Duke, and I’ve been a hospice, nursing home, urgent care, and geriatric clinic medical director. I will return to MU this fall to serve as director of palliative care.

My wife, Beth, was recently named NC Hospice Nurse of the Year. We celebrated our 20th anniversary in October. Three years ago, my family spent six months in New Zealand, where I served as a rural GP and hospice medical officer. I’ve also had the opportunity to hike the entire Appalachian Trail in 2002 and hope to complete the Pacific Crest Trail this summer.”

“Prepare for more paperwork than you thought there would ever be, even if it is on the computer. Take plenty of free time/vacation to make sure that you will continue to enjoy the practice of medicine for years to come. Good luck!”

HOLLY BENEDICT, MD
RESIDENCY CLASS OF **1992**

DR. BENEDICT: “For the past 18 years, I’ve been part of a small group practice in Ozark, MO, which includes Rick Williams (‘92 Resident) and two other family physicians. Our practice, Mercy Clinic, has been certified as a medical home. Before moving to Ozark, I did two years of Indian Health Service at White River, AZ. I enjoy traveling and working out.”



Holly

“ ■ NEVER GIVE UP: Persevere. Be patient, determined, and methodical. If you can’t help someone initially, use your imagination and try again. If you still can’t help, find a physician who can, but don’t lose touch or assume he/she found an answer. Identify consulting physicians who care like you care. Never lose hope. There’s always something you can do, even if it’s simply to offer an empathetic ear.

■ CARE: Caring about something other than yourself gives your life purpose and meaning. Your actions or inactions matter. Judge people. Expect a lot from others and even more from yourself. Judge, but do not condemn. If you’re truly aware of your own failings, you will not fault others for theirs. Serve others. ‘Doctor’ means teacher. Serve patients by teaching them to help themselves. You don’t manage health care, the patient does. Be physically present. At home, eat meals with your entire family, at a table and with no TV. At work, touch patients. Shake hands. Perform some sort of physical exam at every visit, even if it’s just reviewing lab or imaging results. Do not carry a cell phone into an exam room. Give your patient your undivided attention. Texting, social networking, and email are not caring, human contact.”

STEVE HAUDRICH, MD
RESIDENCY CLASS OF **1992**

DR. HAUDRICH: “After a year in a two-physician group in Camdenton, MO, six years at an HMO in Lincoln, NE, and five years of family medicine in Arnold, MO, I became medical director of Concentra Urgent Care in Lincoln, NE in 2005. Concentra Medical Center is a national health care company.

While I’ve enjoyed all my practices, my move to Concentra was prompted by the adoption of our 10-year-old boys – JP and Rusik. I hated being away from them on holidays and weekends, as I often was in my prior jobs. My wife of 19 years, Lori, is from Lincoln, which is a nice place to raise a family. I’m a designated civil surgeon and FAA aviation medical examiner, and I do lots of DOT truck driver physicals and military exams. My patients come from across the US as well as many different countries. I enjoy wound repair and eye injury care. My family life is busy with school, church, baseball, swimming, tennis, music lessons, and scouting.”



Artist: Steve’s son James

“Spend time with your family; work will always be there. Be open and inquisitive. Be willing to try new things, and don’t settle for the way things are always done.”

RICK WILLIAMS, MD
RESIDENCY CLASS OF **1992**

DR. WILLIAMS: “I practice at Mercy Clinic in Ozark, MO with Holly Benedict (’92 Resident) and two other partners. We are part of a 550-physician group practice. I’m also director of medical informatics for the Central Communities of Mercy, and during the past several years, I’ve been involved in the installation of Epic’s EHR in all of our physician offices and hospitals.

I live in Springfield, MO with my wife, Yoko, our sons – Christopher and Blake, and four dogs. Yoko is volunteer director and on the board of CARE animal shelter. Christopher will attend Whitman College in Walla Walla, WA this fall. Outside of work, I love to be with my family, run, and try new adventures.”



Rick Williams Family



Erika Ringdahl Family

“Never forget how much your program director really cared about you, even though she didn’t let you cancel clinic! These are crazy but important times in medicine, and you must make a difference. Everyone needs a competent and compassionate family doctor! Make sure the work you do is of such quality and importance that it justifies every minute you’re away from those you love.”

ERIKA RINGDAHL, MD
RESIDENCY CLASS OF **1992**

DR. RINGDAHL: “I am beginning my 16th year as program director of the MU Family Medicine Residency, my 20th year of motherhood (Shelby 20, Sydney 17, Karson 14), and my 23rd year of marriage to Bruce. It’s been a great run!”

“If you are lucky ... during the next 10 years you will be with patients when they get married, have their babies, lose their parents, watch their children start kindergarten and graduate from college, lose their job, get a new job, and finally quit smoking. You’ll get to help them decide whether to undergo chemotherapy, tell their children they have cancer, convince them a colonoscopy really is worth the one day of inconvenience, remind them that their spouse had told you he would never want to be intubated and it’s OK for them to let go. You’ll be invited to births, deaths, funerals, baptisms, prayer services, and spaghetti dinners. You’ll be trusted with secrets no one else will ever know. Patients will bring you Christmas cookies, Easter candy, peonies from their yard, fresh tomatoes, crayon drawings, kolache, and hand-made towels ... if you are lucky.



Jenni and husband Mark

Cherish these opportunities – the happy, the sad, and all the in between. These will make you a better person and a better doctor, and they make life so much more interesting.”

JENNI BUESCHER, MD, MSPH
RESIDENCY CLASS OF **2002**

DR. BUESCHER: “After residency I did a two-year fellowship at MU, then joined Clarkson Family Medicine, a community-based residency program in Omaha, NE. We have six faculty who practice full-spectrum family medicine and teach six residents per year.

I married Mark Lane in 2007, and we have spent much of the past five years removing wallpaper and repairing plaster in our 1918 American Foursquare.”

“Take care to live for yourself the advice you give your patients.

Consider what drew you to family medicine and make sure you protect your ability to find fulfillment in doing just that as you map out your career. For me, this meant maintaining practice ownership so that I could work with a sense of control and freedom.”

GREG SHARP, MD
RESIDENCY CLASS OF **2002**

DR. SHARP: “My wife, Heather (’03 Resident), and I continue to share our own practice, Ideal Family Healthcare in Woodland Park, CO. We have really appreciated the flexibility that this arrangement has allowed us – professionally and personally. Professionally for me, this has allowed involvement in areas of health information technology, as well as in new models of care like the patient-centered medical home and the low-overhead Ideal Medical Practices. I’m also involved in our local medical society.

Personally, Heather and I appreciate all that Colorado has to offer with our nine-year-old daughter and seven-year-old son. I enjoy trail running, mountain biking, and camping.”



Greg Sharp Family

“WHAT ADVICE DO YOU HAVE FOR OUR 2012 FAMILY MEDICINE GRADUATES?”

CLASSES
1982 *of* 1992 *of* 2002



Shelly Colen Family

“While you are trained to ‘do it all,’ realize it’s okay if you do not. You can tailor your practice to your special interests and to the personal needs of you and your family. Find/create a practice that makes you happy inside and outside of the office!”

SHELLY COLEN, MD, FAFP
RESIDENCY CLASS OF 2002

DR. COLEN: “I live in Jacksonville, IL, where I am employed by Memorial Physician services. I’ve an outpatient practice and see patients age 5

and older. Women’s health issues and preventive medicine are priorities for me. Before Jacksonville, we lived in Kirksville, MO, and I taught medical students half-time at Kirksville College of Osteopathic Medicine. Since moving, I travel to Kirksville every few months for special lectures and meetings. However, today I do most of my teaching through online standardized patient encounter review/feedback, and I attend meetings by phone. I also care for the uninsured and am vice president of the board of directors at Morgan Scott Volunteer Health Clinic.

When I’m not working, I’m with my husband, Jonathan, a psychiatrist with Illini Medical Associates, and my children – Nate (8) and Chloe (1). Nate does Cub Scouts, soccer, basketball, and baseball, and I’m the taxi driver who gets him to and from all of these activities. Nate likes being a big brother. Chloe loves to smile and giggle; our family enjoys watching her learn new things daily.”



Cynthia Hayes Family

“Take those moments when a patient shows you gratitude or asks how you are and hold them close to your heart. It is that personal connection with your patient that will help keep you centered. Always strive for ‘consistency’ and ‘grace;’ your patients will appreciate when you achieve either!”

CYNTHIA HAYES, MD, MHA
RESIDENCY CLASS OF 2002

DR. HAYES: “I practice in Columbia, and in 2009, I opened my own office, Cynergy Health. Cynergy has two primary care providers, a registered dietitian, and a massage therapist.

I’m married to Kevin Kane (’97 Resident, ’00 Fellow, MU Family Medicine faculty member), and our daughter, Trinity, turned five in June. We are currently preparing to move to ‘The Farm,’ but before we can do that, we need to sell one house and remodel another. We like to travel when we can; our most recent trip was to Utah to visit Kevin’s family.”

“Understand that you can still seek input from colleague physicians in practice. Don’t feel like you should know everything about medicine even though you’ve completed residency, and while the learning curve is steep during your first year in practice, you’ll never stop learning. Not having to check your patients out to a supervising physician doesn’t mean you can’t discuss your patients with physicians you trust. Every faculty member in our department seems open to ‘curbsides,’ and we enjoy hearing from graduates who call us with questions. Also, keep an open mind to all opportunities within family medicine; your first job out doesn’t have to be your last. I never envisioned being where I am today when I graduated residency.”

KEVIN CRAIG, MD, MSPH
RESIDENCY CLASS OF 2002

DR. CRAIG: “I’m an assistant professor in the Department of Family and Community Medicine at Mizzou. I work in outpatient geriatrics and palliative care practices, do inpatient geriatrics and palliative care consult services, serve as an associate medical director with Hospice Compassus, oversee the geriatrics and palliative care resident rotations, and participate on various projects with MU’s Reynolds Geriatrics Education Grant.

I have an incredible family. My wife, Angie, and I (married eight years) have two sons – Kylan (3) and Declan (1).”



Kevin Craig Family

“■ My encouragement to you is to aggressively pursue balance between work, family, and community responsibilities.

■ If you genuinely care about your patients, your job as family physician will be incredibly fulfilling.”

JULIE BURDIN, MD
RESIDENCY CLASS OF 2002

DR. BURDIN: “I work at Total Family Healthcare in Macon, MO and see patients in the office, hospital, and nursing home.

I have three children – Lauren (7), Lindsay (5), and Evan (2). My husband, Scott, works at Camp Jo-Ota in Clarence, MO.”



Julie Burdin Family

“■ Don’t wait until you are too old or too sick to have fun.
■ Work will always be there. Your children won’t.
■ Listen to your patients. They know more than you.”

MATT BECKERDITE, MD
RESIDENCY CLASS OF 2002

DR. BECKERDITE: “I live in O’Fallon, MO with my wife, Cathy, and children – Abby, Andrew, Austin, and Archer. I’m in my 10th year at Mercy Clinic in O’Fallon and keep busy caring for my patients and teaching medical students and ANP students from Saint Louis University.”



Matt



Gina Mohart Family

“Be flexible and try new things! I initially took a position at MU Urgent Care after residency because my husband had a year of anesthesiology residency to complete. This experience taught me a lot and opened new doors for me in my career. The field of family medicine is incredibly broad and offers many different opportunities. Don’t shut out your options. Be flexible and focus on what is important in your life. Jobs and patients will come and go, so you need to find what makes you personally happy.”

GINA MOHART, MD
RESIDENCY CLASS OF **2002**

DR. MOHART: “In 2006, I became a partner at Patients First Health Care, which is a multispecialty group of 80 physicians who work at 20 locations. I currently practice in Washington and Owensville, MO, doing strictly outpatient family medicine. Since finishing residency, I’ve worked in traditional family medicine practices, as well as urgent care and emergency room settings.

My husband, David, and I live in Washington with our two daughters – Ava (7) and Olivia (5).”



Kathleen and daughter Anna

“The photo I sent shows my daughter and me inside ‘Black Sun,’ a piece of art in Volunteer Park above downtown Seattle ... this sculpture holds symbolic meaning to me. I urge you to go see it if you are here.”

KATHLEEN ELLSBURY, MD, MSPH
FELLOWSHIP CLASS OF **1982**

DR. ELLSBURY: “I’ve lived in Seattle since 1982 and retired in 2007. I spend my time skiing, hiking, taking in music and theater, and studying German language/culture, something I started in the ‘70s. With help from several hundred neighbors, I recently coordinated a project to build a play structure at a local school.

My 97-year-old father lives nearby, and my 29-year-old daughter, Anna Muña Saval Qamar, has worked for a textile designer in New York City since 2004.”



Hal and wife Mary

“It’s a confusing time in health care. Keep the interests of the patients first, and you’ll be OK.”

HAL WILLIAMSON, MD, MSPH
FELLOWSHIP CLASS OF **1982**

DR. WILLIAMSON: “I am now vice chancellor for health sciences at the University of Missouri. This means I have responsibility for the Schools of Health

Professions, Medicine, and Nursing; the hospitals and clinics; and the physician practice plan.

Mary and I recently celebrated our 39th wedding anniversary. Our older son, Boyd, and his wife, Caitlin, live in Oakland, CA, and second son, Scott, and his wife, Afton, live in Seattle, WA.”

“Find a job that you love. Make sure you are able to balance your professional life with your personal life.”

MATT THORNBURG, MD, MSPH
RESIDENCY CLASS OF **2002**

DR. THORNBURG: “I practice at Columbia Orthopaedic Group, Columbia, MO and take care of athletes from University of Missouri, William Woods University, Westminster College, Columbia College, and Central Methodist University. I also care for athletes from the local high schools.

My wife, Susie Early, and I have three boys – Jake (8), Mac (5), and Baker (3).”



Matt Thornburg Family

“Work hard to realize the potential of the patient-centered medical home and how it can maximize the quality of your patient care and professional satisfaction. The patient-centered medical home will be most successful if it includes a vibrant ‘family room’ (attention to family history and dynamics) and a ‘community center’ (attention to the effects of work and environment on health).”

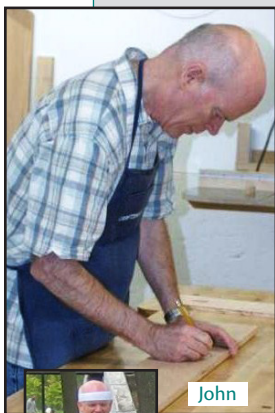
MIKE CROUCH, MD, MSPH
FELLOWSHIP CLASS OF **1982**

DR. CROUCH: “For the past four years, I’ve been research director at Memorial Family Medicine Residency, a community-based hospital program in Sugar Land, TX. I see patients 30 percent time and precept 30 percent time. Before this job, I was a full-time faculty member in the Department of Family and Community Medicine at Baylor College, Houston, TX. I served as residency director for seven of my 18 years at Baylor.

Cassey and I will soon celebrate our 44th wedding anniversary. Our son, Andy (33), married last year, as did our daughter, Cara (29), who was born in Columbia. Andy performs, directs, and teaches comedy improvisation at a club in Austin. Cara is a social sciences teacher in an Austin middle school and a world class ultimate frisbee player. (She won a gold medal playing for Team USA in the 2010 World Games in Taiwan.) I still exercise a lot, completing the MS150 bike ride the past two years. The most fun thing in my life during the last eight years has been playing guitar and singing in a Unitarian Universalist church band, the ‘Yellow Dog Howlers.’”



Mike Crouch Family: Daughter's Wedding



John

“Keep two life lists: one for your questions and one for your mistakes. Store them in a computer database.

When you have a clinical question, write it down on the back of an envelope, enter it into a database later, and answer it when you have time. The question is likely to come up again with a future patient, and the work it took to answer it won't have to be repeated (*until the answer is out of date*).

When you make a medical error, enter a description of it in a database, along with the lessons you learned to help avoid-

ing making the same mistake again. To help prevent diagnostic errors, review a differential diagnosis for the symptom so you don't fail to consider the correct diagnosis. Failure to consider the correct diagnosis is the most common cause of diagnostic error.”

Email john-ely@uiowa.edu for a differential diagnosis checklist.

JOHN ELY, MD, MSPH
FELLOWSHIP CLASS OF **1992**

DR. ELY: “I was a full-time faculty member at the University of Iowa Department of Family Medicine until July 1st, when I began working half-time for a year.

I'm not sure what I'll do when the year ends. I'd like to do more traveling to see family and have more time for my hobbies: woodworking, cooking, bird watching, bonsai, and gardening. I went to Nova Scotia for a dory building class in May and hope to build a dory on my own some day.”



Nancy Elder Family

“I met Andrew, my husband, while I was a fellow at MU; he was working on his PhD in English. It's important to look beyond medicine for friends, support, and fellowship! I came to

Missouri sure I never wanted to do research, but I fell in love with qualitative methods and now spend most of my time doing/teaching research. Keeping an open mind about the future is central to having an interesting and enjoyable life.”

NANCY ELDER, MD, MSPH
FELLOWSHIP CLASS OF **1992**

DR. ELDER: “Since 2001, I've been associate professor and director of research in the Department of Family and Community Medicine at University of Cincinnati. Before this, I was at Oregon Health and Sciences University for eight years. Most of my research in the last 10 years has focused on safety and quality in the primary care setting, and as research director, I spend a lot of time – and enjoy – mentoring students, residents, and junior faculty.

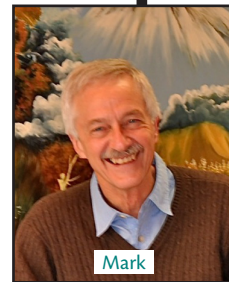
I'm currently on my first sabbatical, networking with the regional practice-based research networks in Ohio! The sabbatical is giving me more time with my husband, Andrew, and children – Max (15) and Grace (13). Raising teens in my mid-'50s is a challenge, but luckily I've got great kids and a wonderful husband.”

“Don't give up on your dream, even if it takes 25 years. Ever since we lived in Kenya back in 1985, my wife, Rebecca, and I had planned on working in a developing country and collaborating with a community to establish sustainable health care. Now in 2012, after several years of community relation building, we are opening a clinic in Mindo, Ecuador.”

MARK MARQUARDT, MD, MSPH
FELLOWSHIP CLASS OF **1982**

DR. MARQUARDT: “I am working as an emergency room physician in Williamston, NC. Williamston is located in Martin County, which is one of the poorest counties in the state.

Rebecca Young-Marquardt and I have started a nonprofit, Volunteer Med Partners, and are currently helping the small, poor village of Mindo, Ecuador open a clinic. Construction of the building began in May and should be complete by 2013. We're looking for volunteers to help staff the clinic. The second floor of the clinic will have rooms for volunteers, along with a kitchen and balcony.”



Mark

“Follow your passion; you got to love what you're doing. Family medicine affords you the opportunities to create a position that fits who you are. Academic medicine fits me well.”

DAVID SCHNEIDER, MD, MSPH
FELLOWSHIP CLASS OF **1992**

DR. SCHNEIDER: “After fellowship, I went to the University of Texas-San Antonio, where I was a Family and Community Medicine faculty member for 16 years. In addition to teaching and patient care, I did research on domestic violence across lifespan and its effects on people's health. I served as predoc director and residency director while at UT. I also was president of Texas Academy of Family Physicians.

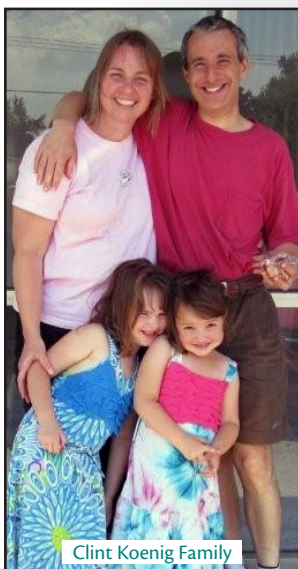
In 2008, I moved to St. Louis to become chair of St. Louis University Family Medicine. Since I've come here, we've opened a new clinic and started a new residency program. Our goal for this residency is to develop a pipeline of family physicians focused on caring for the underserved in St. Louis. We have a second residency in Belleville, IL, which is a community-based program that trains civilian and military residents.

In addition to doing patient care, inpatient, research, and teaching at SLU, I continue my research on violence. Earlier this year, I started a violence research interest group for SLU faculty/staff. My interest in violence has led to my involvement in two national organizations: Academy on Violence and Abuse and National Health Collaborative on Violence and Abuse.

My wife, Peggy (a former nurse at Green Meadows whom I met while I was at MU), and I have a daughter who is a senior at Lindbergh High School. She plays competitive volleyball and has already received a scholarship to McHendry College in Lebanon, IL. Peggy's three sons from an earlier marriage are grown now, and she still does nursing and works for a primary care group.”



David



Clint Koenig Family

“Family medicine training, especially at MU, prepares you for a variety of career tracks ... patient care, research, policy work, teaching, state leadership, insurance agency work. Identify your interests/passions and then pursue them.”

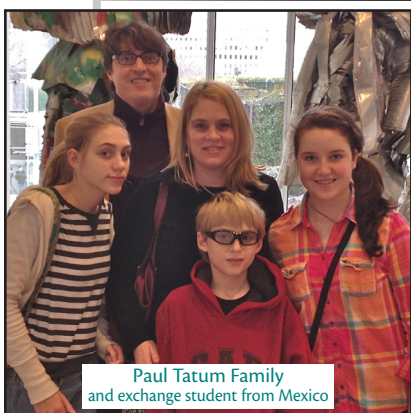
CLINT KOENIG, MD, MSPH
FELLOWSHIP CLASS OF 2002

DR. KOENIG: “After serving several years as medical director of the Monroe Plan, a Medicaid managed care program in Rochester, NY, I’ve accepted a new job. I am now chief medical officer for AIDS Rochester, a nonprofit organization that delivers care only to people with HIV and AIDS. AIDS Rochester wants to become a federally qualified health care center, and it wants to expand its patient population to include all

people. Currently, only specialized care is provided, but eventually we want our medical staff to include primary care docs, dentists, and behavioral scientists. I’m coming on board to lead the charge for this expansion; it’s an exciting opportunity for me.

I continue to work as a surveyor (*doing medical reviews*) for the National Committee for Quality Assurance program, evaluating how medical practices are functioning as patient-centered medical homes. In addition, I precept for the University of Rochester/Highland Hospital Family Medicine Residency.

In my free time, I’m pursuing my passion – cooking – and attend cooking school. I also run miles and miles. My wife, Jennifer, (’98 Resident) and I have two daughters – Eliana (7) and Alexandra (6). Jennifer, a former MU faculty member, is practicing part-time at ACCEL Care, a local urgent care center.”



Paul Tatum Family
and exchange student from Mexico

“My advice comes from the American Geriatrics Society annual meeting, ‘The worst thing about the electronic medical record is that it has killed the Story of the Patient.’ Never let anything keep you from learning the patient’s story. The hard decisions in medicine can be made only in the context of that story.”

PAUL TATUM, MD, MSPH
FELLOWSHIP CLASS OF 2002

DR. TATUM: “I’m happy to be back as a faculty member here at MU, seeing patients at our Woodrail Clinic and teaching. I serve as medical director of The Neighborhoods (*a rehabilitation and skilled nursing facility by TigerPlace*) and Hospice Compassus, and I work with MU’s palliative care team.

Personally, my wife, Helene, and I have two children – Adriana (13) and Will (11). We look forward to traveling and learning to parent teenagers.”

“If there’s one thing I passionately believe, it is that we are all creative individuals.

Medicine competes with our creativity and often suppresses it through our training. My mentor (*from my recent fellowship program*) recommended a book that has influenced me greatly: *Orbiting the Giant Hairball* by Gordon McKenzie. This book puts into words the struggle for creativity in a corporate, or in my case, academic setting and offers lessons on the awakening and fostering of creative genius. I encourage all of our graduates to pursue their passions and not forget their creativity as they go out into the world of medicine. Sometimes that means setting aside what society deems as ‘most important,’ and that can be hard. The gravitational pull toward ‘normalcy’ is quite strong. But there are great rewards if you utilize your creative gifts and share them with others.”

CHRISTY THARENOS, MD, MSPH
FELLOWSHIP CLASS OF 2002

DR. THARENOS: “Ironically, 10 years after my first fellowship at MU, I did another fellowship! This past year, I was the first fellow in the medical arts and humanities program at Georgetown University. It’s been an exciting year for me professionally, with many new contacts and connections made. I’m enjoying Georgetown’s Department of Family Medicine greatly with its East Coast talents and challenges. I plan to continue merging my creativity into my professional work through arts-based research. In addition, I continue to pursue my passions related to global health with overseas medical work, teaching, and clinical care.

Personally, I got married this year to a wonderful man, Ben. Later this summer, we’ll be moving to Wilmington, NC.”



Christy and husband Ben

FAMILY MEDICINE GRADUATES

These grads were not included in our 2012 ASK FOR ADVICE project (pgs 6-14).

LAURIE COSS, MD RESIDENCY CLASS OF 1982
Snowflake Medical Center: Snowflake, AZ

DAVID WHITE, MD RESIDENCY CLASS OF 1982
Columbia, MO

TIM BARTHOLOW, MD RESIDENCY CLASS OF 1992
Chief Medical Officer, Wisconsin Medical Society: Madison, WI

PAUL SCHOEPHOERSTER, MD RESIDENCY CLASS OF 1992
Boone Family Practice: Columbia, MO

MARCELLA ALLEN, MD RESIDENCY CLASS OF 2002
New York, NY

BRIAN CLONTS, MD RESIDENCY CLASS OF 2002
Skaggs Regional Medical Center: Branson, MO

If any of you would like to participate in this project, please send your advice to: Kathy Boeckmann @ boeckmannk@health.missouri.edu

We’ll publish it in a future newsletter!



BACK ROW STANDING LEFT TO RIGHT
Brian Ching, Alyssa Keller, and Amy Williams
 with a Panamanian mother and child

LIVING, LEARNING, AND LOVING

MEDICINE ACROSS THE GLOBE



Earlier this year, Family Medicine Residents Brian Ching, MD, Alyssa Keller, MD, and Amy Williams, MD, had the experience they've hoped for ever since they started residency three years ago. In April, the residents traveled to the middle of a jungle just

outside Panama City. They slept in bunk beds, showered with a hose that provided only cold water, and had no electricity. The weather was hot and dry; the water supply was dangerously low, and malaria was widespread. Brian, Alyssa, and Amy were participating in a service program organized through Global Brigades*, and their mission was to deliver health care and medical supplies to underserved and under-resourced communities in Panama.

They traveled with Amy Rhine, MD, a family physician and faculty member at Southern Illinois University (SIU) School of Medicine and 20 SIU medical students. When the group first arrived in Panama, they took a couple days to learn about the area and absorb the culture. Then they organized drugs and supplies shipped from the US into packets that would later be distributed to patients. After that, they were ready to set up clinic in a school east of Panama City and serve the local indigenous population.

Patients who came to the clinic rotated through five stations, starting at "intake," where a group of workers, mostly Spanish-speaking, took their history and vitals. Next, patients stopped at triage to see one of four physicians, Dr. Rhine or an MU Family Medicine Resident. These physicians functioned independently as they assessed each patient's problem and wrote scripts, if needed.

"Two Panamanian physicians served as our attendings and signed off on all the notes we took," says Amy. "And the medical students rotated through to observe and participate in our patient encounters."

Station three was dental care, which included extractions for many patients. Station four was focused on patient education. Children listened to talks on nutrition, and adults learned about the importance of proper hygiene and how it can help prevent disease and infection. Pharmacy was the last stop for patients.

Amy and her group worked three days in the school, and on day four, they moved their clinic to a nearby Hispanic community. All together, they treated nearly 600 people in four days. Their patients were every age and had a wide variety of health problems. Some had chronic diseases, while others had more urgent needs.

"Practicing medicine without electricity or the resources and equipment we take for granted here in the US was challenging, but it gives you perspective and makes you grow as a physician," Amy says. "Interacting with the Hispanic and indigenous populations was rewarding and a great cultural experience. It was obvious that our patients appreciated the care and help we brought."

Each resident paid \$1,600 to participate in this medical mission. This fee covered air transportation, food, and living arrangements. In addition, Global Brigades keeps a portion of the fee to help sustain these mobile medical clinics year round.

"Ever since we started residency, Alyssa, Brian, and I have wanted to participate in a global health experience, so we're very grateful for this opportunity," Amy says.

It's true that her days in Panama were long, hot, and exhausting, and that she lived in scrubs and applied bug spray and sun screen frequently. But if you ask Amy, "Would you make this trip again?" she quickly responds, "Absolutely ... in a heartbeat!"

*Global Brigades is a student-led global health organization: <http://www.globalbrigades.org/>

MU Family Medicine Associate Professor Kevin Kane, MD, MSPH, worked with administrators at SIU to help facilitate this trip for the residents. Dr. Kane understands the value of global health training. In fact, he's made four medical mission trips himself.

"In a world where health care transcends borders, global health learning experiences can provide incredible insights into cultures different from your own while at the same time allowing one to volunteer their talents to serve a community abroad," says Dr. Kane. **"Many students and residents return from such experiences with new and often life-changing perspectives that they can apply to their future medical practice."**



First-Year Family Medicine Resident Mark Mueller, MD, traveled to Mangochi, Malawi and worked in a tertiary hospital last winter while he was a fourth-year medical student at MU. This five-week trip was an international elective that he organized with support from University of Washington Family Medicine faculty member Dr. Tom Nighswander. Mark hopes to combine public health and medicine in a career that involves caring for underserved populations – both domestic and abroad. He took this trip to gain some of the vigorous medical training needed to practice in a third world country.

"Practicing in an environment that had limited resources was challenging. Often I had a working diagnosis but workup modalities and treatments were extremely sparse," explains Mark. "It was difficult for me to watch so many adults and children die from conditions that could have been prevented had the patients been provided better access to health care."

In spite of its challenges, this global health experience had real rewards for Mark. "Providing care to those who are ill and at their most vulnerable is a privilege in any culture. The physician-patient relationship transcended language and cultural barriers, and my contribution to these patients felt truly appreciated," he says. "It's certainly not necessary to travel to sub-Saharan Africa to find underserved patients, but it was a special opportunity to practice and learn new clinical skills, to reflect on the benefits and detriments of the US health care system, and to learn some things about myself as I switched roles of medical student to practicing physician."



A Pediatric Unit in a Malawi Hospital



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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

KUDOS TO OUR FACULTY! — — —

Robert L. Blake Jr., MD, professor emeritus, was chosen for MU's 2012 Retiree of the Year Award. Even though he took early retirement in 2000, Dr. Blake has found time and new ways to experience the rewards and intellectual stimulation that were such an important part of his 30-year career in family medicine. Dr. Blake was recognized as retiree of the year for his continuing commitment to teach learners of all ages and his ongoing service and contributions to the university as well as the community.

Daniel Vinson, MD, MSPH, professor, won the 2012 Association for Medical Education and Research in Substance Abuse (AMERSA) Excellence in Mentorship Award. This award is given to an individual who has provided outstanding mentoring to junior faculty, resulting in a faculty member's increased scholastic productivity and career advancement in the areas of substance abuse education and/or research.

Laura Morris, MD, and Amanda Swenson, MD, assistant professors, were chosen to participate in the 2012 STFM Foundation New Faculty Scholars Program. To qualify for this award, nominees must be STFM members who are in their first two years as full-time faculty members and who exhibit outstanding leadership potential. New Faculty Scholars receive scholarships to attend STFM's Annual Spring Conference.

The NAO (National AHEC Organization) has chosen MU's AHEC Program to receive the 2012 Eugene S. Mayer Program of Excellence Award. The Mayer Award recognizes an entire AHEC Program and its centers, and is based on the degree to which that program exemplifies the best qualities of AHEC in terms of program comprehensiveness, community and university partnerships, and responsiveness to community needs. Congratulations to **Kathleen Quinn, PhD**, MU-AHEC Program Director, and her colleagues: **Kevin Kane, MD, MSPH**, **James Stevermer, MD, MSPH**, **Weldon Webb, MA**, **Jana Porter, MS**, **Harold A. Williamson, Jr., MD, MSPH**, and **Michael Hosokawa, EdD**.