

CURTIS W. & ANN H. LONG

Family & Community MEDICINE *Summer 2008*

DELIVERING HEALTH CARE TO RURAL AMERICA THE LONG WAY

To ensure that future family physicians continue providing quality care to rural, underserved areas, Dr. Curtis Long and his wife, Ann, recently made an extraordinary donation to MU's Department of Family and Community Medicine. In recognition of their incredible generosity, the medical school announced on June 20 that its family medicine department has been renamed the Curtis W. and Ann H. Long Department of Family and Community Medicine.

In addition, the Longs established the Curtis W. and Ann H. Long Rural Medicine Training Program. This program, developed by Dr. Long, along with Chair Harold Williamson Jr., MD, and Residency Director Erika Ringdahl, MD, will fund the department's ongoing efforts to teach future

physicians the knowledge and skills needed to bring comprehensive medical care to rural areas.

"I wanted to do something that will strengthen the University's efforts to train physicians for practice in rural Missouri," says Dr. Long, who has practiced medicine in Butler, MO, a small town south of Kansas City, for more than 40 years.

"The Longs have a sincere desire to help people in rural communities throughout the state and across the country," MU Chancellor Brady Deaton said at the gift announcement ceremony. "These communities are in desperate need of more physicians, and the Department of Family and Community Medicine is intent on addressing this shortage. MU is grateful for the generous contributions Dr. and Mrs. Long have made to support these efforts at our University."

When it was established in 1975, the department defined two main goals: to expand primary care services, especially for rural and underserved populations, and to increase the number of teachers to train family physicians. Having dedicated faculty who work hard and stay focused on these goals has helped the department become a nationally recognized leader, ranking as one of the top three family medicine programs in the country for the past 15 years. Ongoing funding from the Longs will

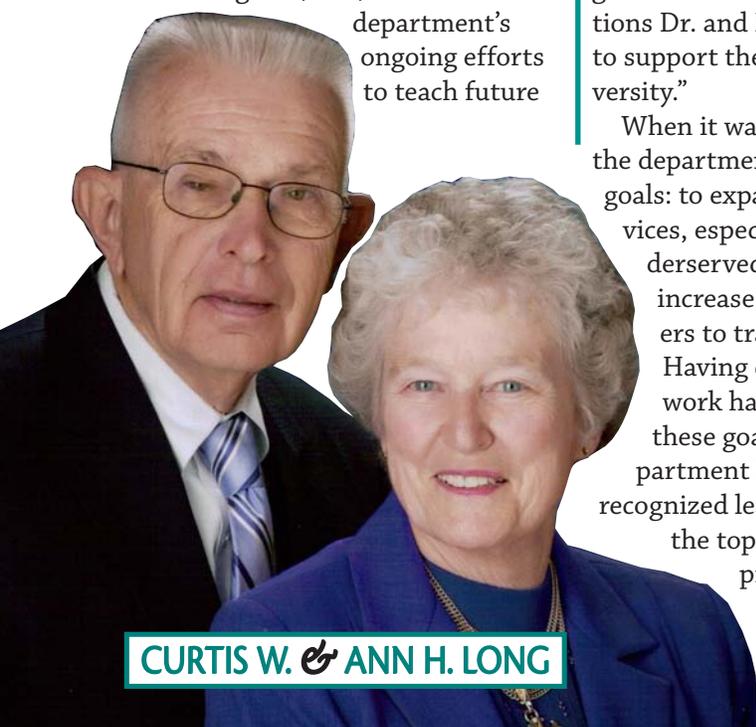
help the department maintain its high level of excellence.

"The Longs embody the dedication to health care and service to community that are central to our mission at MU," said School of Medicine Dean William Crist, MD. "The Longs' gift will improve many aspects of our University's already exceptional family medicine department. Education, patient care, and research — especially relating to rural medicine, chronic diseases, and aging — will be transformed because of the Longs' generosity."

Curtis Long earned his bachelor's degree from MU in 1956 and married Ann Hammack two years later, on July 20. Originally from Macon, MS, Ann graduated from Mississippi State College for Women in 1956. While Dr. Long was in medical school, she supported them by serving as professor of physical education at Stephens College, Columbia.

After graduating from MU School of Medicine in 1963, Dr. Long continued his education with a year of intensive surgical training at Ellis Fischel Cancer Center, Columbia. He then completed an internship at General Hospital in Kansas City. In 1964, the Longs moved to Butler, where they have become pillars of their community.

With the same practice operating from the same medical building for more than 40 years, Dr. Curtis Long has distinguished himself as a physician who has provided an array of essential services to rural patients.



CURTIS W. & ANN H. LONG

MU FAMILY AND COMMUNITY MEDICINE FACULTY FOCUS

MU HEALTH CARE NEWS

UNIVERSITY OF MISSOURI SYSTEM PRESIDENT Gary Forsee and MU Chancellor Brady Deaton recently announced their vision for a new health sciences center in Columbia. Five units — University of Missouri Health Care, School of Medicine, University Physicians, Sinclair School of Nursing, and School of Health Professions — will be consolidated into a center that is organized to better serve the people of the state by integrating the University's medical education, research, and clinical missions. These entities will report to a new position — the vice chancellor for health sciences — who in turn will report to MU's chancellor. A new advisory board will be established to provide advice and guidance to MU Health Care.

Family and Community Medicine Chair Dr. Harold Williamson accepted the offer to serve as MU's interim vice chancellor for health sciences while a national search for this position is being conducted. Dr. Williamson was out of town attending an ADFM meeting when this announcement was made, but he prepared a message and e-mailed it to our department, just moments after President Forsee released this important news:

Dear Friends,

As you may have heard, President Forsee offered me a new position with the University, and I have accepted. I'll be interim Vice Chancellor for Health Sciences. I'll help to define and build a new structure to optimize our opportunities across all missions and all parts of the health system, and to better focus the joint efforts of the physicians with the hospital. It's a big job.

The ache in my heart now comes from leaving a wonderful group of local and national peers for the unknown. As numerous songs and saws document, you never really know what you had until it's gone. The FCM team is a real team. It is incredible, and I'll miss you all.

I hope you will still claim me as a FCM faculty member. I plan to continue seeing patients at Green Meadows because I think being grounded in patient care is important for this job.

You have plenty of great leaders in the department, and you'll not miss a beat. Thanks for the privilege of being your leader the past decade.



HAROLD A. WILLIAMSON JR.
Professor and Chair

WELCOME

Jack Wells Jr., MD, MHA, clinical assistant professor, has joined the staff at Callaway Physicians, MU's family medicine clinic in Fulton. A graduate of Ross University School of Medicine, West Indies, Dr. Wells completed his family medicine residency at Conemaugh Valley Memorial Hospital, Johnstown, PA, in 1988. He did a year of private practice in Bloomington, IL, before returning to Conemaugh Health Systems to teach and practice family medicine. From 1992-98, Dr. Wells did emergency medicine — first at the Medical Center in Beaver, PA; then at University of Pittsburgh Medical Center, and after that he worked at Charleston Area Medical Center, which is a teaching hospital at West Virginia University School of Medicine.



In 1998, Dr. Wells joined MU Health Care and served as a clinical assistant professor in emergency medicine for six years. Today, in addition to his role as family physician at MU's Callaway clinic, he works in the emergency department at Audrain Medical Center, Mexico, MO; he began this job in 2000.

Dr. Wells and his wife, Linda, live in Columbia and have two daughters. Amie attends MU, and Amanda is a student at Rock Bridge High School.

FAREWELL

Vicki Straub, PhD, MBA, clinical associate professor, has retired after 27 years with MU Family Medicine. Hired in 1981 to coordinate the behavioral sciences component of our residency program, Dr. Straub also maintained a private practice at MU's Green Meadows Clinic. In 2000, when she decided to enroll in the MBA Program at Washington University, St. Louis, Dr. Straub gave up her patient care duties. But because teaching was her passion, she maintained her role in our residency program.



Early this summer, Dr. Straub decided to retire fully from her role as a Family Medicine faculty member. It was a difficult decision, she admits. She will miss her long-time colleagues and the opportunities she had to teach residents how to recognize and treat behavior-related problems in their patients.

"Family Medicine has been good to me and is a big part of who I am today. In my heart, though, I know this is the right time to leave," Dr. Straub says. "I look forward to doing more of the things I enjoy, like painting, drawing, and writing poetry. I'm also working on a fund-raising project that will support women's health research. My husband, James, and I will be able to do a lot more traveling, too."

Kevin Craig, MD, MSPH, assistant professor of clinical family and community medicine, has accepted a job at Grand Strand Regional Medical Center, Myrtle Beach, SC. He is practicing outpatient geriatrics at Carolina Forest Senior Health Center.



A graduate of University of Texas-Houston Medical School, Dr. Craig came to MU for residency training. After finishing residency in 2002, he completed fellowships in academic and geriatric medicine and then joined our faculty in 2005. While here, he divided his time between teaching and patient care. Dr. Craig and his wife, Angie, are expecting their first child in February.

Natalie Sefton, MD, assistant professor of clinical family and community medicine, has joined the Department of Community Health and Family Medicine at University of Florida (UF), Gainesville. An assistant professor, she is caring for patients at Hampton Oaks Clinic. She is teaching, including inpatient service, at UF, too.



Dr. Sefton joined our faculty in 2006, after completing residency at MU. While here, she taught and practiced family medicine, including OB. Her husband, Tony Choi, is doing a fellowship in shoulder and elbow orthopedics at UF.

MU FAMILY AND COMMUNITY MEDICINE FACULTY FOCUS

CONGRATS



Julie Kapp, MPH, PhD, assistant professor, received a \$165,000 grant from the National Cancer Institute to support her project, *Mammography Utilization Among a Cohort of Women Under 40, by Race and Ethnicity*. An epidemiologist who earned her master's and doctoral degrees from St. Louis University, Dr. Kapp joined our faculty last year.

Dr. Kapp, who has a passion for investigating the unique challenges of the cancer field, is working with the Breast Cancer Surveillance Consortium on this two-year grant.



Michael LeFevre, MD, MSPH, professor and director of MU Family Medicine clinical services, has been appointed to serve on the Eighth Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. This initiative was launched by the National Heart, Lung, and Blood Institute to develop clinical guidelines to reduce the risk for cardiovascular disease (CVD). Dr. LeFevre will serve on the Integrated CVD Risk Reduction in Adults Expert Panel.

A nationally recognized expert in primary care, Dr. LeFevre is also a member of the U.S. Preventive Services Task Force. The mission of this highly influential panel is to evaluate and recommend preventive services in the United States.



Elizabeth Garrett, MD, MSPH, professor of clinical family and community medicine and director of MU's family medicine clerkship, began her one-year term as Chair of the Missouri Academy of Family Physicians (MAFP) Board of Directors this summer at its annual meeting held in Osage Beach, MO. Dr. Garrett, an MAFP member for more than 25 years, served as the group's president last year.

In addition, Dr. Garrett is Chair of the American Board of Family Medicine (ABFM) Board of Directors. She is serving the final year of her five-year term on the ABFM Board.

— ALUMNI UPDATES —

F. David Schneider, MD, MSPH, a 1992 fellowship graduate, was named Chair of St. Louis University's Community and Family Medicine Department. Dr. Schneider, who currently serves as vice chair at University of Texas Department of Family Medicine, San Antonio, will begin his job at SLU in September.

Sylvia Wittels, MD, a 1985 residency graduate, retired from family medicine this summer. Dr. Wittels starts her new career as a third grade teacher in September. Dr. Wittels lives in Albuquerque, NM, with her husband, Dr. Joseph Alcorn, an MU graduate who practices internal medicine.

United States Could Face Shortage of 44,000 Primary Care Physicians by 2025

By 2025, the wait to see a doctor could get a lot longer if the current number of students training to be primary care physicians doesn't increase soon, according to a new University of Missouri study. Jack Colwill, professor emeritus and founding chair of MU Family and Community Medicine, and his research team found that the U.S. could face a shortage of up to 44,000 family physicians and general internists in fewer than 20 years, due to a skewed compensation system that rewards specialists increasingly more than primary care practitioners. The researchers are more optimistic about the future supply of general pediatricians.

Today, generalist physicians are a third of the U.S. physician workforce and are responsible for more than half of all patient visits at doctors' offices.

"Concern about the supply of generalists is not new," says Dr. Colwill, who also is a member of the National Academy of Sciences Institute of Medicine. "It has been with us since the 1960s and was gradually improving. However, during the past decade, the number of generalist graduates has fallen by 22 percent, and declines continue as medical school graduates enter other specialties. At the same time, the U.S. population is increasing by about one percent each year, and the baby boomer generation will significantly increase the number of Americans older than 65 by 2025."

In the study, which was published in a recent edition of *Health Affairs*, Colwill and co-researchers, James Cultice, an operations research analyst from the U.S. Health Resources and Services Administration, and Robin Kruse, a research assistant professor from MU Family Medicine, used data from the National Ambulatory Medical Care Survey to estimate the future demand for generalist care. The Census Bureau predicts that the number of adults will increase 21 percent by 2025, and the number of Americans older than 65 will rise by 73 percent.

Typically, older adults seek care from generalists nearly three times each year, double the rate of adults younger than 65. Because of this, Colwill and his researchers expect the number of doctor visits to increase by 29 percent by 2025. At the same time, they project that the supply of general internists and family physicians will increase less than 5 percent.

"As patient numbers rise, these practitioners will be doing more 'urgent care' and will have less time for preventive services, coordinating care with other specialists, and getting to the depth of their patients' problems," Dr. Colwill says. "This will increase the load on other, already overloaded specialists and lead to even more referrals and increased costs of care. We need to change the incentives by making primary care practice more manageable and income comparable with that in other specialties."

To read more about this study, see *Health Affairs* 27, no. 3 (2008); w232-w241

This story, written by Christian Basi, MU News Bureau, was reported by the *Atlanta Journal-Constitution* (7-20) and FOX TV stations across the country.

CONGRATS TO THE RESIDENCY CLASS OF

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MYRA AGUIRRE-CARLOS, MD

Myra, her husband, Louie, and their daughter, Abby, have moved to Fontana, CA, where Myra is working for San Bernardino Medical Group.

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DENISE BARBA, MD

Denise and her family — husband, Richard Basilan, and child, Naya — are living in Columbia. Denise cares for patients at the Family Health Center.

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JANA BROCK, MD

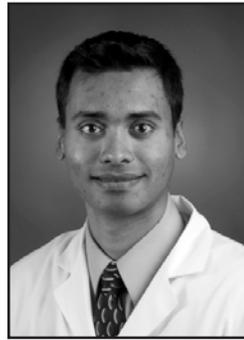
Jana and James, her husband, and their son, Mason, live in Columbia. Jana practices in Moberly, an underserved area north of Columbia.

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SCOTT DUDLEY, DO

Scott, his wife, Suzanne, and their children, Katherine, Lilly, and Isabelle, live in Columbia. Scott practices emergency medicine at Bothwell Regional Health Center in Sedalia.



PARESH GHODGE, MD

Paresh has enrolled in the sports medicine fellowship program offered at Geisinger Medical Center-South Wilkes-Barre, a health care center that serves northeast Pennsylvania.



ELIZABETH KEEGAN-GARRETT, MD

Elizabeth, Kelly, and their son, Silas, moved to St. Louis. Elizabeth sees patients at Family Care Health Centers, a federally funded community clinic.



NEHA MAHESHWARI, MD

Neha and her children, Priya and Jai, live in Gilbert, AZ, where Neha is a hospitalist at Good Samaritan Hospital. Her husband, Pankaj Chopra, is an MU Family Medicine Resident.



JAMIE OGDEN, MD

Jamie and her husband, Jason, have moved to Republic, MO, where Jamie is practicing family medicine at Cox Health Center in Aurora.



TIMOTHY REID, MD

Tim and wife, Gina, moved to Desoto, IL. After Tim finishes a sports medicine fellowship at SIU-Carbondale, he plans to practice in Carrollton, MO.



KYLIE VANNAMAN, MD

Kylie, her husband, Kipp, and their child, Olli, have moved to New Zealand. Kylie is practicing outpatient family medicine in Masterton.



JANICE ZAMUCO, MD

Janice and her husband, Eric, live in Columbia. Janice has enrolled in the geriatrics fellowship program offered by MU Family Medicine.

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“WHAT ADVICE DO YOU HAVE FOR OUR 2008 FAMILY MEDICINE GRADUATES?”

“When all else fails, do what’s best for the patient — always. If issues develop, then administrators, insurance agencies, law enforcement folks, and others may have to figure it out later.”

DEAN BRESHEARS, MD
 RESIDENCY CLASS OF 1978

DR. BRESHEARS practices full-time emergency medicine and occasionally works in the Hyperbaric/Wound Care Unit at St. Mary’s Health Center, Jefferson City, MO. He maintains board certification in family medicine and emergency medicine.

He and Joan, the love of his life and wife for 28 years, live on a small cattle farm east of Fulton. Together they follow the many activities, including baseball and basketball games, of their five children. **FRONT ROW OF PHOTO:** Matthew is a mechanical engineer who just graduated from Bear Bryant’s University of Alabama; Rachel (*our baby*) is a senior at Fulton High School; Sarah Beth is a senior majoring in psychology at William Jewell College, Liberty, MO; and Joan (*a wonderful mom, friend, and wife*). **BACK ROW:** Jonathan is a second-year medical student at Washington University, St. Louis; Dr. Breshears (*at 6’3”, the runt of the family*), and Jamie is an accountant/auditor for Deloitte, Ann Arbor, MI.



Mirza, Nazeema, Haleema, and Peter Molberg
 OCTOBER 2007

“Your options as a family practitioner are many. If and when you get discouraged or restless, remember that change is possible and can be energizing!”

PETE MOLBERG, MD
 RESIDENCY CLASS OF 1978

DR. MOLBERG and Nazeema, his wife, are living in Ankara, Turkey, where he is a regional medical officer working for the U.S. Department of State.

“I joined the Foreign Service in 2001 when I was feeling somewhat exhausted after a career of teaching and practice. Since then, I’ve served at the embassies in Mali, India, Bangladesh, and now Turkey. I provide direct patient care for Mission personnel, and I oversee care provided by nurse practitioners and physician assistants in the surrounding countries, to which I travel quarterly,” Dr. Molberg says. “This is a distinctly unique lifestyle, involving extensive travel, challenging medical problems, an intimate and sometimes stressful relationship with powerful people, and some danger. It is a lifestyle not suited for everyone, but for me it is a great way to cap off what has been a varied and stimulating medical career. I would be happy to share details and advice on this career option with others who think they might be interested.” (e-mail: pmolberg@msn.com)



“I would advise today’s graduates to enjoy their families and find time for interests outside of medicine. Earlier in my career, I dedicated many hours to taking care of patients, leaving little time to do other non-work-related activities.

I would also encourage them to learn the business side of medicine. I never did and think this may have been detrimental to my career. It’s good to be idealistic, but it is also wise to be practical and know that one cannot be all things to all people.”

ANN REED, MD
 RESIDENCY CLASS OF 1978

DR. REED practices at the Student Health Center of Texas A&M University, where she provides outpatient care for students with medical illnesses and acute injuries. Dr. Reed spends lots of time with family. She has five sisters, and her parents are just a three-hour drive from her home.

1978 FAMILY MEDICINE GRADUATES
 who did not respond to our Ask for Advice:

PAUL BEHRMANN, MD
 Neighborhood Healthcare Center: Dawsonville, GA

RICH ROSEN, MD
 Staff Physician: University of Massachusetts-Amherst

JIM TURNER, MD
 Patients First: Washington, MO

It’s not too late ...
 If you would like to participate in this project, please call or e-mail your advice to:
 Kathy Boeckmann @ 573-884-7916 or
 boeckmannk@health.missouri.edu
We’ll publish it in a future newsletter!

“As generalists, you remain the professionals best able to navigate the big health care issues that confront our nation. As you establish yourselves in your new professional roles, you will experience a lot of competing demands for your time and energy ... try to save some of that to participate in organized medicine at the local, state, or national levels. Believe it or not, the policy makers still listen when practicing physicians, rather than paid lobbyists, make reasoned arguments about the issues that face us. And take time to smell the roses, as they say. I can’t believe how fast 30 years have passed, and those roses don’t bloom forever!”



MIKE HAGEN, MD
 RESIDENCY CLASS OF 1978

DR. HAGEN serves as senior vice president of the American Board of Family Medicine (ABFM) in Lexington, KY, and directs the Board’s clinical simulation project (a component of the Maintenance in Certification for Family Physicians Self Assessment Modules).

“I’ve had the good fortune to be involved with ABFM activities since the early ’80s. I also maintain my faculty position as professor of Family and Community Medicine at University of Kentucky, and I precept with residents on a regular basis,” Dr. Hagen says. “I still do ham radio, raise a vegetable garden each summer, and spend quite a bit of time working on a farm we purchased several years ago. I remain married to Barbara and have two daughters. The eldest just graduated from George Washington University School of Medicine and is headed for a radiology residency at Northwestern. My youngest works as a personal physical trainer in Greenville, South Carolina.”

- “ ● Buy *good* disability insurance from a *quality* company. You can never anticipate what fates might befall you.
- Put money away for retirement and a college savings plan ASAP. Those kids grow faster than your money.
 - Don’t work for businessmen, but it’s OK to have a businessman work for you.
 - Be a lifetime learner. (*Paul Behrmann always quoted a study that indicates that family doctors who did procedures or continually learned new skills enjoyed their jobs longer than those who didn’t.*)
 - Practice with partners. Everyone gets an equal vote, but compensation should be adjusted for productivity and/or contribution.
 - Laugh. Have fun. Play with your kids. Find ways to quietly honor your spouse every day.”



REG DUSING, MD
 RESIDENCY CLASS OF 1978

DR. DUSING began his career practicing family medicine in Poplar Bluff, MO. After 10 years, he developed psoriatic arthritis, which forced him to look for another specialty. Being a right brain sort of person and diagnostician at heart, he chose radiology. Dr. Dusing, who was 42 and had three children at the time, admits that leaving his successful career as a family physician to become a radiol-

ogy resident was one of the greatest trials in his life. Nevertheless, he survived and even fell in love with nuclear medicine. After his residency at St. Luke’s Hospital, Kansas City, he did a fellowship at

University of Kansas Medical Center (KUMC), Kansas City.

Dr. Dusing served as a staff radiologist and directed the Division of Nuclear Medicine at Kansas City VA Medical Center six years, then moved to Topeka, KS, and went into private practice. Just three weeks after this move, however, KUMC’s Radiology Chair offered him a job. So in the summer of 2000, after helping open a PET imaging center in Topeka, Dr. Dusing moved back to Kansas City to join the faculty at KUMC’s Radiology Department.

Today, he is associate professor of radiology and assistant professor of family medicine at KUMC. He enjoys teaching residents as well as medical students. For five years, Dr. Dusing’s passion has been to develop a new radioisotope for imaging prostate cancer.

He explains, “The statistics for prostate cancer are very similar to breast cancer — one in nine get it, and one in 33 die of it. Ironically, FDG-PET, which is helpful for most common cancers, is not so effective for prostate cancer because prostate cancer cells are not very glucose avid. Unfortunately, other than the biochemical marker PSA, there are no good ways to diagnose recurrent prostate cancer — even using CT, MRI, or ultrasound. We just finished a pilot study comparing a new PET compound with the current imaging standard for prostate cancer, a radio-labeled monoclonal antibody. The results have been encouraging, so we’re writing a grant to the National Cancer Institute for a larger study.”

“Jill and I have four boys. Brent, our oldest, went to Harvard and now runs a software company in Silicon Valley. Brad, who graduated from Trinity University, San Antonio, teaches English as a foreign language in Mexico. Mark attends Belmont University, Nashville, and thinks he wants to teach Christian ethics. Sam, our youngest, attends Lee’s Summit High School,” Dr. Dusing says.

“Jill is a high school nurse; she loves the students, and they love her. We had our first grandchild last year. Her name is Naledi, and she is the daughter of Brent and his wife, Thuli, who married in Johannesburg three years ago,” he says.



“Don’t settle into a job that’s just ‘OK.’ You have a great skill and can help many people. It’s worth a big effort to find work that is fulfilling and enjoyable, even if financial rewards are less. If you don’t enjoy what you do, get another job!

Live your life realizing

that this might be your very last year. Make the most of the present for yourself and those you love.”

ERNIE PUGH, MD
 RESIDENCY CLASS OF 1988

DR. PUGH spent two years at Kaiser Permanente of North Carolina, four months volunteering in the Pacific, and 12 years in a mixed specialty group, and today, he is finally doing what he loves — traditional family medicine. He and his partner created a new practice, Rio Family Medicine, and built a new building in Charlottesville, VA.

“Starting and running your own practice is a lot of work, but my job is more enjoyable than ever,” Dr. Pugh says. “It’s great to choose your own employees, control your own schedule, and care for people the way they should be cared for. The rewards are much more than financial.”

Life is very busy for Dr. Pugh. He has three daughters — Amy Louise, Laura Elizabeth, and Carolyn Anne, whom he is raising alone because his wife died of a brain tumor in 2003.

When he’s not at work, Dr. Pugh likes to do photography and fish, but mostly he enjoys spending time with his children.

“Watching the kids participate in dozens of activities, going on a smattering of camping and fishing trips, and doing other fun stuff around town round out my life well,” Dr. Pugh says. “I feel very fortunate.”

“I think your professional growth and satisfaction will be better in the long term if you join a group that is independent of a hospital system.”

JEFF SHARP, MD
 RESIDENCY CLASS OF 1988

DR. SHARP works for the same practice he joined 20 years ago, Family Medicine Associates in Sedalia, MO.

“It has grown from Bob Frederickson, Stan Wilson, and myself to include John Wendt and Julie (McGinnis) Cahill, all MU grads, as well as call coverage with D.K. Allcorn,” he says. “Other than dropping OB after four years, we still provide the full spectrum of family practice services. I also work in our local emergency room a couple of shifts a month to keep my acute care skills current.”

“Personally, my wife, Michelle, and I will soon celebrate 24 years of marriage. We have five beautiful daughters who thankfully look like their mother,” Dr. Sharp says. “Lauren, 20, is a junior at MU majoring in Journalism and English. Cristian is a high school junior and two-year letterman in basketball and soccer. Elena is in eighth grade and active in basketball and soccer. Lydia, 10, plays sports and piano. Emma is 7 and loves sports, too. All are blessed with good health and excel in school.”

Dr. Sharp rides bicycles to stay fit, and most summers he takes a week-long tour as a vacation. He lives on 50 acres close to Sedalia, and one of his addictions (*insanities?*) is collecting, restoring, and working on antique Oliver tractors and equipment.

“I’ve served on the Sedalia School Board eight years and have been president the last two. One of my proudest accomplishments has been to assist in getting approval for a new high school for our town, the first since 1924! It’s scheduled for completion in 2009,” Dr. Sharp says. “I enjoy good health other than my ocular accommodation that makes me pick up reading glasses more often than I’d like. Oh God! I’m starting to look like Jack!”

“If you’re ever in Sedalia, we still have the State Fair, so give us a call at 660-827-1194, home, or 660-827-2883, office,” he adds.



1988 FAMILY MEDICINE GRADUATES
 who did not respond to our Ask for Advice:

GEORGE CARR, MD
 Jefferson City Medical Group: Jefferson City, MO

CARL GRIESSER, MD
 Executive Director: Mankind Project

ELLEN MCQUIE, MD
 Columbia Family Medical Group: Columbia, MO

JEFF PIONTEK, MD
 Holts Summit Family Health Center: Holts Summit, MO

CAROLIESE SCHMIDT, MD
 Private Practice: Melbourne, FL

It’s not too late ...

If you would like to participate in this project, please call or e-mail your advice to: Kathy Boeckmann @ 573-884-7916 or boeckmannk@health.missouri.edu
 We’ll publish it in a future newsletter!

“It seems that the professional and personal opportunities that we need will appear before us — we must only recognize them and then act.”

TOM HUGGETT, MD
 RESIDENCY CLASS OF 1988

DR. HUGGETT has worked for Circle Family HealthCare Network, a community health center on the West Side of Chicago, for the past 13 years. Part of his job includes helping a great group of people provide medical, mental health, and social services to those who are homeless and living at one of the 23 shelters on the city’s West Side.





“This picture may look like the agony of defeat, but it’s actually the thrill of victory. To celebrate my 50th birthday, I attempted a marathon. I’m running a lap through Lambeau Field in the final yards of the 2007 Green Bay Cellcom Marathon.” — JOE VALLEY

“1. Telling your patient, ‘Yes, ma’am, I know your head, chest, and belly hurt, but there’s nothing physically wrong with you. They hurt because you hate your job, your kids, and your husband’ is not an effective way to manage the stress and depression she’s denying.

2. You are a FAMILY physician. FAMILY (your family) precedes the PHYSICIAN part. Don’t forget to go home and leave it at the office. You will never get back those missed soccer games or the junior high battle of the bands’ competition. However, you may want to miss the birthday party at Chuck E Cheese’s ...”

JOE VALLEY, MD
 RESIDENCY CLASS OF 1988

DR. VALLEY is an anesthesiologist at Aurora BayCare Medical Center in Green Bay, WI.

“Family medicine proved to be too much for me. I found well over half of what I was seeing was psychosocial or behavioral. This is my lowest area of competence, comfort, and gratification,” Dr. Valley explains. “After only five years, I returned to MU for a residency in anesthesiology. I now find meeting my patients’ expectations to be a much less daunting task.”

“Don’t stop being a student of medicine! So much of what you’ve learned over the last seven years will be obsolete in another seven years, and if you don’t keep current, you’ll become one of those ‘outside PMDs’ about whom future residents will sneer. Happily, the process of learning won’t change. If you read journals, go to conferences, and ask questions of peers and specialists, it’s possible to be a smart, current doctor for decades after you’ve left MU.”

ABBE SUDVARG, MD
 RESIDENCY CLASS OF 1988

DR. SUDVARG has been a physician at Family Care Health Centers, a community health center in St. Louis, for 14 years.

“I’m one of the dying breed in family medicine who does the full spectrum of ‘doctoring,’ including inpatient, outpatient, and newborn nursery care; obstetrics; and derm and gyn procedures,” she says. “It’s been 20 years since I finished residency at MU, and I still passionately love my work. And I’m never bored!”

When not at work, Dr. Sudvarg is focused on her wonderful husband, Francis Baumli, and their amazing son, Marion. She is preparing for the empty nest that will come next year when Marion graduates from high school and then heads off to college.

“I still dedicate time and energy to issues surrounding peace and justice and am board chair of a local organization called the Peace Economy Project,” Dr. Sudvarg says. “I read all the time and continue to study Spanish. Someday I’ll achieve fluency.”



“ 1. Figure out what you want to do and do it. We’re told that medical training is a study in delayed gratification. Well guess what, you’re done ... so gratify. Okay, don’t go crazy with the gratification, but recall the vision that brought you into medicine and pursue that.

2. Remember the principles you learned in residency: academic rigor, ethics, professionalism. Those aren’t just rules you have to obey as a resident; they are the underpinnings of the discipline of medicine. No matter if you’re practicing in St. Louis, organizing journal club, or doing sick call in the desert, you’d be well served to imagine that you’ll have to explain yourself to an attending at MU.”

ANDY NELSON, MD
 RESIDENCY CLASS OF 1988

DR. NELSON is a captain in the U.S. Navy, making a career of it. Currently, he serves as senior medical officer at Branch Medical Clinic Sewell’s Point, Norfolk, VA. He practices aerospace medicine in addition to caring for active duty Sailors and their families.

“I’ll just give the highlights of my 17 years in the service. I ran the medical department on an aircraft carrier, *USS George Washington*, deploying to the Arabian Gulf in 2004; then deployed to Kuwait as part of an expeditionary medical facility in 2006. Both were rewarding,” he says. “Now the fun part. I was flight surgeon for The Blue Angels from 1994-96, great time. And, no, I did not get sick.”

“The best job I’ve ever had is raising my sons, Walter, 10, and Sam, 8,” Dr. Nelson says. “They are delightful.”



“Seek balance between your professional and personal life. Embrace change and be open to new possibilities.”

DAVE RINGDAHL, MD
 RESIDENCY CLASS OF 1988

DR. RINGDAHL continues to practice full scope family medicine, including obstetrics. He is a regional medical director for the Family Medicine Department at University of Wisconsin. He also serves as director of Emergency Medical Services for DeForest, WI, the town in which he practices. Dr. Ringdahl is married and has two teenage daughters.

“WHAT ADVICE DO YOU HAVE FOR OUR 2008 FAMILY MEDICINE GRADUATES?”



“Both technology and clinical medicine are changing rapidly. We need to be able to continually update our clinical skills while adapting to changing business needs, practice workflows, regulatory requirements, and patient expectations. Creating a practice style that can accommodate that adaptation is key to the future success of family physicians and the specialty of family medicine. Technology is one tool that can help enable continuous quality improvement in clinical care, financial performance, and patient health and well being.

Embrace change in all aspects of your life, and develop methods that will help you assess outcomes and correct your course when needed. Flexibility, a sense of adventure, and a commitment to the health and wellness of your patients, your family, and yourself will serve you well.”

JASON MITCHELL, MD
RESIDENCY CLASS OF 1998

DR. MITCHELL became increasingly interested in the potential of health information technology to manage clinical and administrative tasks during his 10 years in practice. To develop his skills and test some of his early assumptions, he formed mPOWER Medical Informatics, LLC, creating several health IT solutions for use in his own practice. Last year, he became assistant director of the AAFP Center for Health IT (www.centerforhit.org), where he’s able to represent the needs of family medicine and share the potential of the patient-centered medical home with family physicians, IT leaders, and policy makers. He believes that the current focus on faster documentation and higher coding must give way to advances in clinical informatics and consequent improvements in patient outcomes.

“My family and I are enjoying life in the Kansas City area and are devoting many breezy summer weekends to sailing our Thistle-class (small) sailboat,” Dr. Mitchell says. “My wife, Connie, stays busy as a health and wellness writer for several publications. We also spend plenty of time shuttling our sons, Christopher, 11, and Andrew, 8, to various activities and cheering them on.”

“Enjoy your life, personally and professionally. Understand the need to find and maintain balance between work and home. Neither will be satisfying if you don’t give both the attention they deserve.”



SCOTT GRISWOLD, MD
RESIDENCY CLASS OF 1998

DR. GRISWOLD has a busy practice in Eldon, MO. His clinic, which is owned by Capital Region Medical Center, includes two physicians and a nurse practitioner.

“I enjoy caring for a variety of patients,” Dr. Griswold says.

“I have two children, Trever, a

high school senior, and Emery, a seventh grader. My wife, Michele, and I enjoy traveling and chasing the kids around.”

“Know what your priorities are before you leave residency, then make sure you don’t stray from them.”



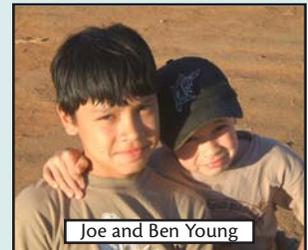
JIM ELAM, MD
RESIDENCY CLASS OF 1998

DR. ELAM is busy parenting Sarah, Benjamin, Madilyne, and Joshua while practicing outpatient family medicine for St. John’s in Springfield, MO.

“We continue to school the children primarily at home and make sure that family time is first on our priority list,” says Dr. Elam. “In my extra time, I fly

fish and enjoy general aviation. I’m very thankful to the dedicated faculty and staff at MU for a wonderful residency experience.”

“A good dose of humility and humor goes a long way toward taking care of patients and keeping things in perspective. Good luck to new grads ... and I hope to hear from old classmates!”



Joe and Ben Young

NATA YOUNG, MD
RESIDENCY CLASS OF 1998

DR. YOUNG works as associate professor at AnMed Family Medicine Residency at Medical University of South Carolina AHEC. It is a community hospital-based program, 8-8-8. She does clinical teaching 80 percent of her time, including obstetrics and inpatient and outpatient attending for residents. She also helps coordinate medical student rotations/education for their program. The rest of her time is dedicated to patient care and administrative work related to the residency program. Dr. Young has been in South Carolina for four years, and while it’s different than Missouri and Illinois, “I enjoy it immensely,” she says.

“Personally, my classmates will remember that after residency my husband, Jake, started seminary in Chicago, so one of my challenges has been to be a preacher’s wife since he finished!” she says. “Currently he’s the solo pastor for what I proudly call the most progressive Presbyterian church in South Carolina. It may also be our state’s smallest church (www.seekjusticelovekindness.com).”

“Our boys continue to grow in stature and wisdom (?). Joe, born my intern year at MU, is 12. He’s my height now, but I anticipate he’ll be taller as his shoe size is twice mine. He enjoys soccer and cross-country,” Dr. Young says. “Ben, born my last year at MU, is 10. He loves to talk and play baseball. Both are wonderful boys.”

“WHAT ADVICE DO YOU HAVE FOR OUR 2008 FAMILY MEDICINE GRADUATES?”



Shari Thompson and Friends

“Be open to change and growth. It’s been rewarding to take care of and get to know patients and their families over time ... I’ve become attached to many of them.

Find outlets that you can indulge in on a regular basis to help with your own personal growth and strengthen

relationships with friends and family. It’s essential to stay aware of your own values and needs and not allow your career, patients, or hospital administrator to completely run your life. That’s not as easy as it sounds to do. I’ve had to learn to say ‘NO’ many times daily.

Best wishes for a great start to your new career.”

SHARI THOMPSON, MD
 RESIDENCY CLASS OF 1998

DR. THOMPSON has been at Marshall Family Practice, Marshall, MO, employed by Fitzgibbon Hospital, for 10 years. Her job description has changed a lot since 1998. For the first six years, she had a full hospital practice with OB. She no longer does OB but spends a good portion of her time as a hospitalist for newborns and pediatrics. Dr. Thompson also has her own clinic where she practices outpatient medicine three or four days a week.

“Here are three pieces of advice that have made a difference to me:

1. Keep a folder with thank-you notes and letters from patients. Pull it out and read through it when the challenges of medicine seem greater than the rewards.

2. Write a letter to the families of patients who have died. This practice is healing for you and for the families.

3. Follow your own advice: Make time to exercise, eat a healthy diet, and nurture relationships with family and friends.”

3. Follow your own advice: Make time to exercise, eat a healthy diet, and nurture relationships with family and friends.”

MARTHA TERRY, MD
 RESIDENCY CLASS OF 1998

DR. TERRY, who lives in Johnston, IA, is taking a break from medicine to spend time with her two children, preschooler son, Aidan, and elementary-age daughter, Madeline.

Her husband, Michael Ohl, ’06 FELLOW, is an adjunct assistant professor in internal medicine at the University of Iowa .



“Feel confident as you begin your career. Your training at MU has given you the building blocks you need to craft your future. There’s a breadth of things you can do in family medicine; one of the true treasures of this field is that your career options are unlimited. I urge you to find your niche and pursue it with energy and excitement.”

JENNIFER HETRICK-KOENIG, MD
 RESIDENCY CLASS OF 1998

DR. HETRICK and her husband, Clint Koenig – ’00 RESIDENT, ’02 FELLOW, have enjoyed living in Ohio for the past four years. They have recently relocated to Rochester, NY, where Clint serves as medical director of the Monroe Plan. A branch of Blue Cross/Blue Shield, the Monroe Plan is a health management organization that serves low-income individuals and the working poor.

Jennifer and Clint have two daughters, Eliana, 4, and Alexandra, who will be three in the fall. Jennifer has devoted herself full-time to taking care of her children since leaving MU. She plans to return to family medicine after they get settled in New York.

“Family is more important than you know ... do not allow the practice of medicine to force you into an unhealthy lifestyle. Those long hours affect more than your body and soul; they take away from your family, too.

Remember the old saying, “You are what you eat”? Well, just as people with poor posture will become kyphotic as they age, those who do not honor family will find themselves lonely later in life. You can compromise your ideals, but not your relationships!”

JOHN SEARS, MD
 RESIDENCY CLASS OF 1998

DR. SEARS, a hospital-employed physician, has a busy practice in Winslow, AZ. He takes call five days a month and manages a few inpatients at the local hospital. Located across the street from Dr. Sears’ clinic, the hospital has only 25 beds and no ICU. While he no longer does OB, Dr. Sears frequently performs neonatal resuscitation. He has one FP partner who did an OB fellowship, so he does lots of OB, including C-sections. They are vigorously trying to recruit a family doc to join their practice (johnsears@hotmail.com).

“Recently I was tempted to join a community hospital-based family medicine residency in New Mexico but resisted for a couple reasons. I got a raise here; plus, when my patients found out I was considering the move, they put up quite a fuss,” Dr. Sears says.

“Other reasons why we stayed: We live in the nicest home we’ve ever had. We have great neighbors, and we love Winslow.”

“I’m learning to use more green chile in my cooking ... the green chiles in southern New Mexico are wonderful,” he says. “Judy and I will celebrate our 32nd anniversary this year!”





“I always hesitate to offer advice, but I guess I’d suggest that people be open to surprises in their lives. We often feel forced to follow a pathway that others have laid out for us. Family medicine actually offers an amazing amount of flexibility. You might be able to use that flexibility to craft a very satisfying, and perhaps surprising, life for you and your family.”

GREG SCHNEIDER, MD
 RESIDENCY CLASS OF 1998

DR. SCHNEIDER has been on faculty at a small liberal arts college, St. John’s in Santa Fe, NM, since 2005. All of the faculty there teach a variety of subjects — from literature and philosophy to science and foreign language.

“With regard to medicine, I work part-time at a local urgent care center and have also been involved in medical service trips to Haiti the last couple of years,” Dr. Schneider says. “The service trips have been extremely eye-opening and rewarding, and the combination of academia and medicine has been good for me.”



“Take some risks. Employers and the health care system are turning back to family medicine as part of the solution for improving quality and reducing costs. Don’t sell yourself short, and don’t settle for less

than what you want to do with your career. Ask for support to build good teams, to build a good clinic environment, and to maximize continuity with your patients.”

BOB PHILLIPS, MD
 RESIDENCY CLASS OF 1998

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’s a good time to be a source of trusted evidence right now in our nation’s capital. I’m also seeing patients and teaching at the VCU community-based residency in Fairfax, VA. I’m following in Dr. Colwill’s shoes as vice chair of the U.S. Committee on Graduate Medical Education, an advisory body to Congress and the Secretary of Health and Human Services. I serve on too many other advisory boards but am most proud to serve as advisor/mentor to three K-award, developing researchers,” Dr. Phillips says. “Kathy and I enjoy living in Fairfax with our boys, Blake, 9, and Ethan, 7, and our new baby daughter, Juliet, born in March.”



“Spend time to get to know your patients ... the people entrusting you with their well-being. A richness exists in these relationships that cannot be appreciated in any textbook or lecture. Knowing patients on a personal level provides you a much better understanding of the often complex circumstances that influence their health and welfare. This, in turn, allows you to better care for them and their needs. Time invested early on in building relationships pays hefty dividends to you as well as your patients and their families, visit after visit.”

SCOTT KIMBER, MD
 RESIDENCY CLASS OF 1998

DR. KIMBER has been with Quincy Medical Group, a large multispecialty clinic in Quincy, IL, since 2005. He originally moved to Quincy in 2000 to join a smaller group. Five years later, he and another family physician broke from this group to open their own practice. The experience of starting a new practice from scratch (Riverview Family Medicine) with an established panel of patients was challenging and, at times, frightening for him.

“This experience allowed us to implement an entirely paperless office from day one, which was a real plus. I have only positive things to say about using a total EMR package. The EMR allows incredible efficiency in keeping overhead costs low,” Dr. Kimber says. “I especially appreciate having all aspects of a patient’s history at my fingertips, which in the end allows for better care.”

Just months after starting Riverview, they sold the practice to Quincy Medical Group, while maintaining their patients and their original vision for the practice. Currently, Dr. Kimber sees hospital patients, but within two years, he expects to be utilizing a hospitalist and move to an entirely office-based practice. His patients are all ages, from newborns to a few centenarians. He does not do OB, and he no longer does flex sigs and treadmill stress tests. Dr. Kimber administered these tests early in his career.

“Personally, my wife, Carrie, and I enjoy life in Quincy. Carrie has become an enthusiastic and accomplished triathlete, presently in training for an Ironman event this fall,” Dr. Kimber says. “Our family has grown to six and includes Katelyn, 10, Madelyn, 8, Cameron, 6, and Clayton, 4. With four young children, recreational opportunities generally revolve around bike riding, fishing, swimming, and hiking ... events we can enjoy as a family.”

1998 FAMILY MEDICINE GRADUATE
 who did not respond to our Ask for Advice:

MARK SCHABING, MD
 Perryville Family Care Clinic: Perryville, MO

It’s not too late ...
 If you would like to participate in this project, please call or e-mail your advice to:
 Kathy Boeckmann @ 573-884-7916 or
 boeckmannk@health.missouri.edu
 We’ll publish it in a future newsletter!

CONGRATS TO OUR FELLOWSHIP GRADUATES

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EVA RABUY, MD, a Geriatrics Fellow, is living in Columbia with her husband, Dr. Marc Del Rosario, and their infant daughter, Arianna Isabel. Dr. Rabuy plans to stay home and take care of her baby while her husband finishes a cardiology fellowship at MU Health Care.



BRIAN (BJ) SCHULTZ, MD, MSPH, a Sports Medicine Fellow, is living in Columbia with his wife, Susan, and their sons, Samuel and Joel. Dr. Schultz is practicing at Columbia Orthopedic Group and Family Health Center, a federally funded clinic that serves indigent families in mid-Missouri.

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“WHAT ADVICE DO YOU HAVE FOR OUR 2008 FAMILY MEDICINE GRADUATES?”

’88-’98 FELLOWS



“Love the journey. Keep your hearts and minds open to all that awaits you as you embrace the most humbling and enriching role of being someone’s family doctor. Don’t be afraid to care too deeply. If you’re living a life of service, it all works out. You and your family will be blessed and enriched beyond measure. You will gain far more than you can ever give. On this journey, you must also take care of yourself. Caregivers must have care as well, and family physicians are among the most important caregivers in our health care system.”

BETSY GARRETT, MD, MSPH
FELLOWSHIP CLASS OF 1988

DR. GARRETT, a professor at MU, is living out the dream of an academic family physician. She still sees her continuity patients and works with wonderful and talented colleagues.

“I am aging along with my practice and am particularly empathetic to perimenopausal women these days! I continue to learn and benefit so much from the people and families who have trusted in me over this time,” she says.

“I’ve been able to see the fruits of shared efforts on curriculum design for the medical school curriculum as well as offering a strong third year clerkship. I’m seeing increasing numbers of former students and residents take leadership roles in their communities, as teachers and as researchers,” Dr. Garrett says. “That is the special blended continuity experience of a physician-teacher.”

“I’m in the early stages of a year of steep learning and expanded leadership responsibilities as chairman of the board of both the American Board of Family Medicine and the Missouri Academy of Family Physicians. None of this would be possible without the support of long-time friends, colleagues, staff — and this incredible department,” she says.

“Yes, Roberta Cooke is still my assistant of more than 20 years now and makes these multiple roles workable. Yes, my office now wins the award for most unrestrained in the department,” Dr. Garrett explains. “A special treat these past three years has been having a niece-in-law, Elizabeth Keegan-Garrett, go through our residency and serve as one of our chief residents this year. An added bonus was having a nephew and a great nephew nearby to keep that all-important family connection so accessible.”

“Watch out for hidden bias. Sometimes we may decide something about a patient before we really know them. I’ve found that it really helps to keep my mind open to all possibilities until the best solution finally pops out.”

JEFF SIKKINK, MD, MSPH
FELLOWSHIP CLASS OF 1988

DR. SIKKINK works for Stillwater Medical Group in Minnesota.

“I actually practice at Somerset Clinic, which is across the river in Wisconsin,” Dr. Sikkink says. “I’m happy here just doing clinical practice, and it looks like this is where I’ll finish out my career.”



“Charles Darwin concluded that the species that survives is not necessarily the strongest. It’s the one that is most adaptable to change.”

PATTY MCGANN, MD, MSPH
FELLOWSHIP CLASS OF 1988

DR. MCGANN divides her time between seeing patients at a homeless clinic, where she also teaches med students and residents, and seeing patients at Palo Alto Clinic, a private primary care clinic in California. Dr. McGann is co-director of this private clinic, which is a satellite of a large, multispecialty group.



“Treat your patients and co-workers well. Your relationships with them, over time, become the true reward of our specialty. And ... as Mark Twain advised, ‘Always do right. This will gratify some people, and astonish the rest.’”

JIM STEVERMER, MD, MSPH
FELLOWSHIP CLASS OF 1998

DR. STEVERMER is an associate professor in our department and medical director of Callaway Physicians. He lives in Fulton with his wife, Judy, and their daughter, Fern.



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THE LONG WAY story continued from page 1

He has performed more than 10,000 surgical procedures, delivered more than 4,000 babies, and cared for more than 50,000 hospitalized patients.

In addition to his contributions to patient care and physician training, Dr. Long has provided leadership to local medical groups, hospitals, banks, and churches. Mrs. Long has

been active in their community as well, while also serving as business manager for the Longs' ranch, Briarwood Farms. Together, they have provided support to various angus association programs, and Dr. Long has been inducted into the Missouri Angus Breeders' Hall of Fame.

Curtis W. and Ann H. Long Department of Family and Community Medicine

The Longs have two sons, Curtis W. Long Jr., a 1982 MU graduate, and Kent Long, and they have two grandchildren. This summer, Curtis and Ann Long celebrated their 50th wedding anniversary.

Curtis W. & Ann H. Long Department of Family and Community Medicine

Remarks given by Department Chair Harold A. Williamson Jr., MD, at the Gift Announcement, June 20, 2008

Prompted by the early announcement of Dr. Long's gift, a colleague from another department who hadn't met Dr. Long, asked me, "What does a nationally-ranked Department of Family and Community Medicine have in common with a doctor from a small town in southwest Missouri?" I first met Dr. Long two years ago on his ranch in Butler, and within 15 minutes of meeting him, it was clear to me what sort of inspiration we ought to derive from such a relationship.

An Abiding Sense of Duty to Community.

Curtis Long and Ann, his wife, are no rolling stones. These are substantial people with a clear sense of place in the world. They value their community, and their community values them. To paraphrase President Kennedy, this is a man who has asked what he can do for his community, and has answered many times.

In riding around Butler, and in visiting the hospital, I realized that everyone knows Dr. Long. I was going to say that everyone loves Dr. Long, but I would actually be very disappointed if everyone loved Dr. Long. Clearly everyone respects him and knows about his important role in the community.

And it's not just about his patients either. Years ago, the local community bank was subsumed by a major "chain" bank. Recognizing that the rules had changed for home and business loans in their community, Dr. Long and a few colleagues actually arranged for the financing and establishment of a new community bank, in the spirit of improving the community.

The walls of Dr. Long's office are paneled not in drywall from Lowe's, but in hardwoods harvested from Briarwood, his own farm in Butler.

This is a couple with a real sense of place and community. What inspiration a Department of Family and Community Medicine like ours can derive from such a legacy!

Staying Power and Commitment.

Dr. Long has been on the medical staff at the same hospital for 40 years. That requires real commitment and real staying power.

He recognizes that long-term goals can be accomplished only by persistence and commitment. Sometimes, you really do have to stay in it to be in it.

I would also say that the Longs have developed staying power and commitment in their marriage; this summer, they celebrated their 50th anniversary.

Staying power and commitment. What an excellent legacy for us, MU Family Medicine, as a department that aspires to make the world a better place!

Passion for Innovation.

Dr. Long has it. He is not satisfied with the status quo, and I think he has an idea about how to do just about everything better.

It's probably no accident that Curtis and Ann Long settled in the first city west of the Mississippi River to have electricity ... a city that prides itself on its pioneer museum.

Dr. Long was one of the first, if not the first, in the state to use laparoscopic surgery as a technique (in Butler MO). He also developed an innovative procedure for tonsillectomy that reduced pain and the incidence of bleeding.

As I rode around his ranch with him, he frequently pulled out a small notebook and pencil, making comments about his cattle herd. He has plans to make it better, all the time, using whatever innovations he can.

We, as an academic Department of Family and Community Medicine, should pride ourselves on such a determined sense of innovative passion!



THE LONG LEGACY

An abiding sense of duty to community and place, staying power and commitment, and a passion for innovation. What better inspiration for an excellent Department of Family and Community Medicine!

A NEW CLASS OF FAMILY MEDICINE RESIDENTS

Residency Director ERIKA RINGDAHL, MD, and Associate Directors ERIK LINDBLOOM, MD, MSPH, and KRISTEN DEANE, MD, are pleased to present these new first-year residents and externs:

RESIDENT.....MEDICAL SCHOOL

- Christabelle Bernardo, MD University of the Philippines
- Cory Bethmann, MD St. Louis University
- Jill Bosanquet, MD University of Missouri
- Crystal Cook, MD University of Missouri
- Margaret Day, MD University of Missouri
- Kimetha Fairchild, MD American University of the Caribbean
- Donnie Goeller, MD University of Missouri
- Nick Greiner, DO Kirksville College of Osteopathic Medicine
- Jamie Harrison, MD University of Missouri
- Landon Hough, MD University of Missouri
- Brett Moore, DO Kirksville College of Osteopathic Medicine
- Teejay Soyoye, MD American University of Antigua
- Luke Stephens, MD University of Missouri
- Casey Williams, MD University of Missouri

EXTERNS IN FAMILY MEDICINE RESIDENCY PROGRAM (4TH-YEAR MU MEDICAL STUDENTS)

Tiffany Bohon – Lucas Buffaloe – Karli Echterling – Matt Fieleke – Adam Fitzgerald – Kevin Frazer – Wes Trueblood



A WARM WELCOME TO OUR NEW FELLOWS

MICHAEL HOSOKAWA, EdD, and DAVID MEHR, MD, MS, are proud to introduce two new Geriatrics Fellows:



BETH SJOBLUM, MD

MEDICAL SCHOOL:
University of Missouri

INTERNAL MEDICINE RESIDENCY:
University of Missouri Health Care

JANICE ZAMUCO, MD

MEDICAL SCHOOL:
University of the Philippines

FAMILY MEDICINE RESIDENCY:
University of Missouri Health Care



WE CHALLENGE YOU TO

test your vision

Everyone at MU can imagine the future of family medicine and how it could be better. Can you match each of these visions with the faculty member who described it?

Please call or e-mail your responses to Kathy Boeckmann at 573-884-7916 OR boeckmannk@health.missouri.edu. Prizes will be awarded to the first three correct entries.*

SARAH SWOFFORD, MD



A “We need the FFM Endowment to support our continuing efforts to train residents for the New Model of Care. To do this, we need to give them increased time in clinic, teach them a team approach to patient care, and show them how to access and use new technologies and evidence-based resources. Through experience, they will learn how the EMR can improve the way we care and communicate with patients.”

KRISTEN DEANE, MD



B “With ongoing collaborations among our researchers and clinicians, and funding from the FFM Endowment, we can improve care and health outcomes for the chronically ill. My vision is that through the wise use of technology, new developments in care coordination, and continuing research on how to provide optimum care, we will promote longer and better life with compassionate care for our patients.”

JEFF BELDEN, MD



C “The FFM Endowment can help us design a family medicine clinic that feels like a personal medical home, with comfortable space; user-friendly health resources; and a team of health care professionals who treat patients like family. This clinic will provide quality and affordable care for acute and chronic health issues, and it will use technology and innovative systems to enhance communication and patient safety.”

AMANDA ALLMON, MD



D “We can use the FFM Endowment to fund a ‘give-back’ program for our preceptors. These physicians, who practice in small towns across the state, provide medical students valuable hands-on training and experience in family medicine. Their work is incredibly important not only to predoctoral education at MU but to the future of our specialty as well, and it needs to be recognized and rewarded.”

DAVID MEHR, MD



E “By developing the next generation electronic medical record and its related software, we can make health care a more successful experience for patients and providers. We need time, patience, and support from the FFM Endowment to accomplish this challenging and ongoing project. I envision the day when I walk in the exam room and technology enables me to be completely focused on my patient and his needs.”

Winter 2008 “test your vision” Contest Winners

SARAH CURRY: 2006 Family Medicine Resident
MARTHA TERRY: 1998 Family Medicine Resident
ROBIN BLAKE: MU Family Medicine Professor Emeritus
BLAIR HARRIS: MU Family Medicine Staff Member
DINAH PEARSON: MU Family Medicine Staff Member

* University of Missouri employees and past Test Your Vision winners may enter this contest but are ineligible for a prize.



UNIVERSITY OF MISSOURI
CURTIS W. & ANN H. LONG DEPARTMENT OF
FAMILY & COMMUNITY MEDICINE
 M226 Medical Sciences Bldg, DC032.00
 Columbia, MO 65212

DELIVER TO:

UNIVERSITY OF MISSOURI

Family & Community MEDICINE

M226 Medical Sciences Building
 Columbia, Missouri 65212
 Telephone: 573-884-7701
 Fax: 573-882-9096

<http://www.fcm.missouri.edu>

Chair:
 Harold Williamson Jr., MD, MSPH

Associate Chair:
 Steven Zweig, MD, MSPH

Administrative Manager:
 Pamela Mulholland, MHA

Questions and comments about this newsletter should be directed to:
 Kathy Boeckmann, MA
 573-884-7916
 boeckmannk@health.missouri.edu



FAMILY MEDICINE UPDATE

October 3 – 4, 2008

Peachtree Banquet Center
 Columbia, Missouri

For information, contact the CME Office at 573-882-0366
 or via e-mail at walterssj@health.missouri.edu
 or access the CME web site at som.missouri.edu/CME

MU FAMILY MEDICINE FACULTY JOB OPPORTUNITIES

Assistant/Associate Professor (Physician with Research Experience)
Clinical Assistant/Associate Professor (Psychologist)
Clinical Faculty: Callaway Physicians in Fulton
Clinical Faculty: Fayette Medical Clinic
Clinical Faculty — Floating Clinical Physician — Teaching Hospitalist

SEE WEBSITE FOR MORE INFORMATION: fcm.missouri.edu

Please send CV to: Harold Williamson Jr, MD, MSPH c/o Adam Swofford
 University of Missouri Department of Family and Community Medicine
 M226 Medical Sciences Building — DC032.00 — Columbia, MO 65212
 E-mail: swofforda@health.missouri.edu — Phone: 573-882-5626 — Fax: 573-882-9096

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION/ADA EMPLOYER