Laurel Mueller, DO, MBA
AOMA President 2017–2018

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- New AOMA Leadership
As we begin our 41st year of operation, the MICA Board has declared a member dividend – another substantial dividend – of $26 million, representing approximately 26% of an annual premium. Over the last twelve years, as beneficial owners, MICA members will have received, upon their receipt of the most recently declared dividend, their proportionate share of a cumulative $390 million in dividends. Since our founding in 1976, MICA has distributed over half a billion dollars in dividends to our members.

To learn more about potential dividends from MICA and how you can become a member, visit our website, www.mica-insurance.com, or contact us at 800.352.0402.

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The dividend declared for the 2016 policy year reflects the Company’s financial performance. Past performance does not guarantee future dividends.

This policy has exclusions, limitations, and terms under which the policy may be continued in force or discontinued. For costs and complete detail of coverage, contact your insurance agent or MICA.

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President’s Message

The Letter “E”

I am gratified to accept the position of President of the Arizona Osteopathic Medical Association for 2017-18. First, I want to introduce myself and then tell you what lies ahead for AOMA.

I grew up in a farm-town in Northern Indiana. My parents were both in the medical field. I earned a Bachelor of Arts from Vassar College and a Master in Business Administration from The Wharton School of the University of Pennsylvania and worked on Wall Street in international finance until my retirement in 1993. (And, yes, I can read a balance sheet.)

I speak six languages and have traveled to more than thirty countries. When I was 30, the tragic and unexpected death of my older brother, David, turned my whole world on its head. To honor his memory, at the age of 43, I entered medical school. My hope was to become a physician who could give a voice to those, like my brother, who didn’t have a voice.

After four long and difficult years in medical school, I started my internship at Jamaica Hospital in Queens, New York. I transferred to St. Elizabeth Medical Center in Utica to complete my residency in Family Medicine. I spent three years on the Hopi Reservation with Indian Health Service, (which, I can tell you without hesitation, is equal in experience to 21 years in traditional circumstances!) From 2012-14, I was clinical assistant professor and faculty advisor for the H.O.M.E. project at Midwestern University Arizona College of Osteopathic Medicine, and, until last year, practiced at Yavapai County Community Health Center in Cottonwood. Over the past six years, I have participated in four medical missions to Burma.

THE LETTER “E”

A month before the AOMA 95th Annual Convention in Scottsdale, I was listening to a TEDtalk on National Public Radio (NPR). The speaker talked about people who give back, who volunteer their time and expertise in the community. He said that he could tell which kind of person someone is by performing a simple test. He then told his audience to hold up their index finger and write a capital letter E on their forehead. He said that if you drew the E as if in the mirror so it’s an E to anyone who looks at you, you are a person who is less self-involved, that you give to others, you make it easy for them to see it’s a capital E. If you draw the E so that you yourself can see it’s an E, you are likely to be more self-involved, less community or service-minded.

This inspired me to think about what I envision for AOMA and these three words came to mind: Empower. Engage. Enact.

EMPOWER

The theme for this year’s Convention was Empowering Ourselves Empowering Our Patients. When we empower ourselves, we are then able in fact to empower our patients. Right now we are at a critical juncture in the life of osteopathic medicine, medical education, and in healthcare in this country.

A primary example of empowerment is AOMA’s policy development and advocacy programs:

• The AOMA resolution process continues to evolve and is a model for other state associations
• DO Day at the legislature continues to grow its attendance each year
• Our Political Action Committee has more strength and impact on this state’s legislative affairs
• Our advocacy goal is for every DO to stay informed and engaged as advocates for their patients and osteopathic medicine
We have seen policymakers introduce bills and pass them swiftly, leaving physician associations flat-footed and unable to respond quickly to these new mandates. With your help, we can change this, through formation of a rapid-policy review team, and call-to-action advocacy programs.

Every year we work so hard and invest so much time to protect the status quo—we are continuously fighting back unwarranted scope of practice expansions; unfunded mandates and system changes are thrown on the backs of physicians. Now is the time for AOMA to become a leader for positive change and work proactively for the profession.

Through the superb leadership of Dr. Shannon Scott, Dr. Kristin Nelson, and others before me, we have developed many new programs and policies, instilling a culture of leadership and innovation.

Last year was the inaugural Dinner with Doctors event for students; we created a new grant program for residents to develop professionally; and the Student Legislative Affairs Committee is growing. We intend to continue to expand this investment in the future of osteopathic medicine.

At the April 2017 AOMA House of Delegates, a resolution was adopted in support of administrative simplification for physicians. Specifically, AOMA will work to educate policymakers about the importance of streamlined administrative processes for physicians and their staff in order for health professionals to provide care that is high quality, transparent, continuous, fair, and timely; oppose any effort to increase the administrative burden on physicians and their staff without sufficient evidence of substantial value; advocate for legislation calling for the use of uniform electronic, expedited medication prior authorization; and advocate for legislation establishing minimum prior authorization periods and medically necessary, cost effective standards for required medication therapy. We are working toward the upcoming legislative session to advance ambitious legislation with the goal to reduce the escalating administrative burdens on physicians so more time can be spent with patients instead of in front of the computer. Stay tuned for more details and how you can be part of these AOMA efforts to make a positive difference in the practice of medicine.

**ENGAGE**

As a starting point this year, I propose that we codify many of these programs into AOMA's governance and administration so that they are firmly embedded in the culture of AOMA and can endure. Students, residents, and new physicians need to be elevated into more leadership roles. We have no future without their prominent involvement in this association.

Sweeping changes are afoot at the AOA to reduce the time and expense burdens of continuing medical education (CME) requirements and certification. There is strong opposition to these changes by other state associations. And it’s hard to argue against them since physicians need and deserve a break.

More than half of AOMA's revenue comes from CME, so, “business as usual” is not sustainable. AOMA must lead the charge to adapt and reinvent itself if it is going to remain vigilant – to protect and promote osteopathic medicine. AOMA is well-positioned financially to make the necessary changes to stay progressive and take some risks.

**ENACT**

The newly reconstituted Membership Services Committee, led by Dr. Chris Labban, will, among other things, look at the return on investment of AOMA membership. If you have not already, please sign up for this committee. Help us with a few hours of your time this year.

The Professional Education Committee, led by Dr. Lori Kemper, is working on new ideas and offerings for online CME and ACCME options to strengthen live participation at AOMA events.

Teddy Roosevelt spoke about “the man in the arena”. We need DO physicians in the arena. You have a seat at this table. Let’s anticipate, let’s be proactive. Let’s do this together.

What kind of E did you draw?
Scope of Practice Expansion Impacts on Workforce Policies

One of the most challenging policy issues physician associations contemplate is the escalating scope of practice expansion efforts by non-physician practitioners. The 2017 legislative session was similar to others in recent years with certified nurse anesthetists, pharmacists, podiatrists, and naturopaths all seeking to loosen their occupational license restrictions.

The increasing prevalence and intensity of these efforts exhaust much of the AOMA and other physician associations’ time, expenses, and political capital each year ensuring patients are protected and physician-patient relationships are not compromised.

AOMA significantly values its affiliations with other healthcare professional associations. With every new legislative proposal, foremost we strive to reach consensus with stakeholders on public policies that are beneficial to patients. This requires a careful evaluation of every change to occupational regulations to ensure the requisite education and training of both physicians and non-physician practitioners provides safe, quality care for patients.

While patients are at the forefront of these policy considerations, there are also significant implications to the healthcare workforce that are seldom discussed and often overlooked. To gain a better understanding of these issues, I recently conducted a literature review with the goal to learn about the escalation of these efforts and the impact these policies have on the physician workforce.

SCOPE OF PRACTICE POLICY CHANGES – ESCALATING FACTORS

State policy makers are facing increasing pressure to expand the scope of practice for non-physician practitioners by changing state laws as a means to address physician shortages in order to fulfill the unmet needs of patients. Expanding the scope of practice for non-physician practitioners (scope expansion) is an appealing option for policy makers to address gaps in access to care by producing quick results at minimal or no taxpayer expense in comparison to the length of time and expense it takes to increase the supply of physicians.

Consideration and adoption of scope expansion policies has become more common since the passage of the Affordable Care Act created heightened attention on workforce shortages and put additional pressure on policy makers to address them. Proponents and most studies of scope expansion are focused on expanded roles for nurse practitioners, but there is a growing sentiment that underutilization of all types of non-physician practitioners including licensed nurses, pharmacists, physician assistants, chiropractors, psychologists, optometrists, social workers, occupational therapists, etc. are readily available to fill the void attributed to physician shortages.

Scope expansion can be controversial and at times pits physicians against non-physician practitioners over issues related to access to care, patient safety, quality, regulatory oversight, and adequacy of education and training. Ultimately policy makers and their stakeholders must deliberate these complex issues and decide what is best for patients; however, an important secondary consideration is the impact scope expansion has on the physician workforce, and how it affects team-based care when the relationships between physicians and non-physician practitioners are changed.
Team-based care has been lauded and considered an effective means of lowering the cost and improving the quality and safety of care for patients\(^6\). Scope expansion is becoming a popular tool for advocates and policy makers to facilitate the expansion and use of team-based care models for patients. Studies such as the Institute of Medicine’s (IOM) The Future of Nursing: Leading Change, Advancing Health are being widely used as evidence to support arguments for scope expansion for non-physician practitioners to fill unmet needs due to physician shortages\(^7\). In this context, proponents of scope expansion suggest nurse practitioners, who need just six years of education and training, can substitute for physicians on teams\(^8\). However, it is significant that the IOM nursing report (IOM Report, pages 255-269) concluded there is a lack of strategic workforce planning and reliable data to make informed workforce decisions and was unable to address the impact on the primary care physician workforce as a result of nurse practitioners becoming physician substitutes.

**SCOPE EXPANSION & PHYSICIAN WORKFORCE POLICIES**

The federal government, hospitals, healthcare systems, and states invest considerable resources developing, recruiting and retaining physicians. In 2012, the federal government spent more than $15 billion in residency training programs for physicians\(^9\). States strongly compete against other states to develop, retain and attract physicians\(^10\). For example, in Arizona, hospitals through its state Medicaid program invested $265 million in 2016 on graduate medical education for physician residency training to develop the physician workforce\(^11\). AOMA and other physician associations advocate to Arizona policy makers the need to invest considerably more funds to increase the number of primary care physicians by 50%, or 1,941 physicians, to meet the projected demands by 2030\(^12\). Much of the focus in states on alleviating physician workforce shortages is centered on funding for physician training, but there are other factors that have a relationship to scope expansion that can increase or decrease the number of physicians.

The physician shortage and the decline of medical school graduates choosing primary care has resulted in states adopting widely varying scope expansion laws as a means to alleviate shortages of primary care physicians\(^13\). Studies show that the states with the most liberal scope expansion policies have experienced only slightly higher inward migration of non-physician practitioners and improved access to care for patients\(^14\). While the impact of scope expansion on non-physician practitioners in the workforce is well-studied and known, the direct impact of scope expansion on the future development and migration patterns of the physician workforce coveted by states is not factored into these studies\(^13,14\).

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**Scope of Practice Expansion Efforts 2014-2017**

- Allow naturopathic physicians equivalent prescribing privileges as allopathic and osteopathic physicians
- Allow physician assistants to utilize fluoroscopy
- Allow pharmacists to administer vaccines to persons 6-17 years of age without a prescription order
- Allow chiropractors to prescribe anti-inflammatory drugs and muscle relaxants
- Allow podiatrists to perform foot amputations
- Enlarge scope of practice for registered nurse practitioners, certified nurse midwives, clinical nurse specialists and certified nurse anesthetists
- Allow naturopathic physicians the ability to administer intravenous antibiotics
- Allow naturopathic physicians to sign medical exemptions for students from Arizona K-12 school immunization requirements
- Eliminate/decrease physician oversight of Certified Registered Nurse Anesthetists
- Allow pharmacists to provide various clinical services (e.g. TB tests, rapid strep & flu tests and antivirals, prescribe smoking cessation medication, etc.)
State policies to address physician shortages are usually intended to address availability of primary care physicians in underserved urban and rural communities. Commonly known predictors of primary care practice locations are linked to physician backgrounds, training opportunities, and financial benefits. Among medical students there is a negative perception of the primary care profession due to the workload, lower incomes, and a stigma that has led to declining numbers of students which is contributing to the primary care physician shortage. As fewer medical students are choosing to go into primary care, scope expansion is being used to develop physician substitutes that are more widely available, especially since the growth of non-physician practitioners is outpacing physician growth. Medical students considering primary care careers and existing primary care physicians are acutely aware of the shrinking divide in scope between physicians and non-physician practitioners, and the differences between them are becoming indistinguishable to patients. Non-physician practitioners in primary care are also being reimbursed at a lower rate for similar physician services which is creating downward pressure on reimbursements to primary care physicians. For a medical student considering a career in primary care or a primary care physician considering the value of their services in a state with liberal scope expansion, the fact that they will have needed to complete at least five more years of training and take on considerably more expense to compete with nearly equivalent non-physician practitioners in scope expansion states must factor in their career decisions and practice location preferences.

Estimates of physician shortages are typically static analyses with various limitations. The Institute of Medicine, and other reputable organizations and experts acknowledge these limitations that make it difficult to quantify the impact of lifting occupational restrictions on healthcare labor markets. Limited scope expansion studies on workforce found only a marginal impact on provider supply in states with the greatest autonomy for non-physician practitioners. Other studies have shown the maldistribution of providers, as opposed to the supply, is the problem and is more easily solvable.

As states grapple with the challenges of increasing their physician supply, the impact of modifying state licensing laws to influence workforce development and migration may be the most significant and attainable workforce policy. We need more robust workforce data to conduct a dynamic analysis of scope expansion policies to better quantify its impacts on the healthcare workforce and physician shortage. The limited information on scope expansion policies’ impact on the physician workforce may suggest that scope expansion is not as relevant or impactful as other influencing factors. From the perspective of physicians, it has enormous implications in states and is often the most important and contentious policy issue for physician associations. Concerns about the popularity and growth of inappropriate scope expansion led to the creation of the American Medical Association’s Scope of Practice Partnership in 2006, a robust national effort supported by resources and staff dedicated to oppose scope expansion that jeopardizes the health and safety of patients. The Scope of Practice Partnership advocates the views of the American Medical Association and American Osteopathic Association that patient care provided through team-based models should be physician-led, and that non-physicians granted scope expansion without physician oversight have the commensurate level of additional education and training to deliver safe, high-quality healthcare.

Collectively, we should educate policy makers contemplating scope expansion on the implications these policies have on both patients and the supply of primary care physicians. Policy makers should understand that consideration of certain scope expansion policies to create physician substitutes, as opposed to investing in the expansion of the physician workforce, are a significant value judgement on primary care physicians.
AOMA SCOPE EXPANSION PRINCIPLES & ADVOCACY

The cornerstone of AOMA advocacy is ensuring the availability of a vibrant healthcare workforce to provide patients high quality, cost-effective healthcare.

Whether policymakers make good or bad decisions, it is our responsibility to make sure they are informed evidence-based decisions. The continuing education of policymakers is critical so they are equipped to discern policies that are truly good for patients from ulterior motives such as self-preservation.

There are increasingly more policy challenges creating barriers between physicians and patients. Membership with the AOMA is your best insurance for protecting you and your practice from the negative impacts of scope expansion on patients and the physician workforce.

The AOMA 2017 Legislative Report is available on the website at www.az-osteo.org in the Advocacy Resource Center and includes details on all of the significant legislative issues, including scope expansion bills and all of the healthcare bills impacting physicians.

Please visit AOMA's Advocacy Resource Center at www.az-osteo.org for more information or click Get Involved to learn about ways you can help support AOMA's mission to protect and promote osteopathic medicine for patients.

Together, and through your membership with the AOMA, we make Arizona a better place for patients and physicians.

References:
AOMA in Action

AOMA in Action

AOMA in Action

AOMA is the voice of osteopathic medicine in Arizona, representing the profession as a healthcare stakeholder and community partner. This activity update covers the five-month period from February 1, 2017 to June 30, 2017.

Advocacy/Legislative Affairs

- Led efforts to ensure legislation passed to continue the Arizona Board of Osteopathic Medical Examiners and Surgery, which was scheduled to end July 1, 2017
- Hosted DO Day at the State Legislature in February
- Presented the AOMA 2017 Legislative Report to all members. The full report is available on the AOMA website with important information about the 2017 legislative session, state budget, advocacy efforts by AOMA and updates on its legislative affairs activities, and all of the newly enacted laws and how they will impact physicians and the healthcare system

American Osteopathic Association (AOA)

- Hosted AOA President Elect Mark Baker, DO at the AOMA House of Delegates during the 95th Annual Convention

Continuing Medical Education

- Sponsored 38.25 hours of AOA Category 1-A CME credit for AOMA 95th Annual Convention
- Offered 43 different lectures, including concurrent sessions on two separate days, at the AOMA 95th Annual Convention
- Provided specialty credits in 25 different disciplines
- Received a three-year grant from the HonorHealth Foundation to support the annual clinical case competition and poster forum
- Created and posted seven new online on-demand CME offerings on DOCME.com

Member Services

- Published the 2016-2017 AOMA Fiscal Year End Review and Membership Value Proposition, chronicling the Association's activities and accomplishments
- Held seven District meetings for members to network and discuss AOMA issues
- Hosted two Cheers with Peers networking events for New Physicians in Practice
- AOMA Board of Trustees reviewed and approved the AOMA Strategic Plan through June 2018
- Approved new non-voting membership categories for allopathic physicians, allied health professionals, and non-physician osteopathic academic faculty
- Approved one new Business Partner: Benefit Intelligence, LLC

Political Action Committee

- Raised $8,650 in PAC contributions from AOMA members

Osteopathic Charities

- Raised more than $6,000 from the silent auction and raffle held during the AOMA 95th Annual Convention
- Awarded scholarships of $500 each to the two winners of the annual essay competition, one at SOMA and one at AZCOM
- Disbursed contributions totalling $7,000 to four non-profit organizations

Public Health

- Represented AOMA on the Health Current board of directors
- Represented AOMA on The Arizona Partnership for Immunization (TAPI) Steering Committee
- Represented AOMA on the Governor's Breakthrough Project on Arizona Opioid Epidemic
- Received a $10,000 grant from A. T. Still University to develop and implement a community service project involving AOMA members and osteopathic medical students in Arizona
- Awarded the Long Shot Award from The Arizona Partnership for Immunizations (TAPI) for AOMA leadership in preventing proposed legislation that would have increased exemptions from childhood vaccinations

The Future of the Osteopathic Profession

- 90 students attended the 2017 DO Day at the State Legislature
- Student doctors served as moderators at the AOMA 95th Annual Convention
- Awarded $6,000 to student winners in the 2017 AOMA Clinical Case Competition and Poster Forum
- A total of 54 posters were entered in the 2017 AOMA Poster Forum, compared to 24 in 2016
- Provided new student orientation to Kirksville College of Osteopathic Medicine students in Arizona

For more information about any of these updates, call 602-266-6699 or email communications@az-osteo.org.
Empower, Engage, and Energize Your Recruitment Process

By Joan Pearson, President, Catalina Medical Recruiters

The recruitment of a new physician is often a time-consuming and time-sensitive process. You may be adding a new service line, adding a new patient panel, replacing a physician who is taking another position or is retiring. For a period of time, it may be necessary for your current medical staff to take on additional patients. The longer this situation goes on we know the chance of physicians experiencing burnout increases. Regardless of the reason, it is important that your patients continue to receive the level of care they have come to expect. With this in mind, you must be prepared to act with a structured recruitment process.

Empower

First, know what you are seeking in a new provider with regard to education, training and experience. In addition, what personality traits are you seeking? What type of person will be an asset to the practice and the TEAM? Be an impartial observer and walk around your environment. How do employees interact and communicate (formally, informally)? What is the emotional atmosphere? Is it obvious people enjoy their work? It is important to see what the new provider will be observing if and when they come for a site visit. Look at the artifacts, desk objects, furniture, and bulletin boards. Do they display a warm, friendly, family-oriented atmosphere or strictly a business environment? You can feel empowered by having an idea of how the provider will view the organization and what type of provider will acclimate to your environment.

Engage

Once you have identified the criteria you are seeking in a candidate, you are ready to begin the process. With the current and ongoing shortage of physicians, it is important to be prepared. After a detailed review of the candidate's curriculum vitae, an initial phone call should be scheduled. It is best to schedule a convenient time when both you and the candidate can have at least 45 uninterrupted minutes to talk. Take sufficient time to have a two-way conversation. Determine if the candidate has the skill and procedure requirements you are seeking in a person joining the organization. Tell them about the organization's core values. Ask what is important to the candidate in accepting a new position and give them an opportunity to ask questions. An engaging conversation will assist both parties in determining if this might be a good fit. Be prepared to discuss salary, paid time off (PTO), and other benefits of the position. If you feel this is a candidate you would like to pursue, ask if they are interested in coming for an in-person site visit.

Recruitment Process continued on page 10
Energize

Be Prepared to Make an Offer. After a successful interview and site visit, be ready to make your best offer. The most successful recruiting entities make this offer within 48 hours after the site visit. And, don’t low-ball the offer, as you may lose your candidate’s interest or give someone else time to make a more competitive offer. Remember to have your contract ready in advance, so you will be able to make a firm offer almost immediately.

Most Important – Don’t Leave Success to Chance! In these competitive times, success with physician recruitment cannot be left to chance. Instead, it requires a best practices approach with a great deal of forethought, planning, and careful implementation. If you accomplish this, you too can compete with the best opportunities available to candidates!

Don’t forget to show an interest and do it quickly! In order to make your opportunity stand out, immediately respond when you receive an inquiry from a candidate. Try to respond to the inquiry within 24 to 48 hours or you may lose their interest. Arrange for the first telephone interview no later than one week following initial contact. To underscore your interest in them, as well as to keep your opportunity at the top of their list, try to also set the on-site interview for a time period within three to four weeks after the initial contact.

For Interview and Site Visit forms, contact Joan@catalinarecruiters.com.

DOCME.org is your premier source for high quality, pertinent online CME for osteopathic physicians

AOMA is excited to offer OnDemand continuing medical education lectures through the DOCME.org online platform. More than 60 different programs are available on a wide variety of topics. AOA Category 1-B or 2-B credit may be earned for each course.

Recently added lectures:

Anxiety and Depression in Children & Adolescents - John Zaharapoulos, DO
Eating Disorders - Sristi Nath, DO
Breastfeeding and Lactation - Kendra Gray, DO
OMM for Primary Care - Anthony Will, DO
Adult Vaccination Strategies - Michael Hogue, PharmD
Viruses: Something Old, Something New - Joe Zachariah, DO
Zika Virus Disease - Francisco Garcia, MD

Check back for new topics!
Visit the AOMA website under the Education tab.

www.docme.org
Stress and burnout for many have become part of today’s life for physicians and healthcare practitioners who are constantly adapting and adjusting to changing expectations in the healthcare environment. Reportedly, over 50 percent of physicians suffer burnout (Murphy, 2017; Piccinini et al., 2017; Shanafelt et al., 2012) and between 20 and 40 percent of students, interns, and residents experience some degree of burnout (Lapinski, Yost, Sexton, & LaBaere, 2016). Over time, continued stress and burnout may lead to feelings of anger, apathy, anxiety, and depression. Some practitioners may choose to handle stress and burnout with alcohol, drugs, or disruptive behavior. Stress and the symptoms of stress, if not recognized and managed appropriately, can adversely impact your health.

Are you stressed out? Headed for burnout? Learn to recognize and acknowledge your stress levels. Unchecked stress may lead to impaired health, relationship, and medical practice issues. Perform periodic self-assessment checks of your stress levels and feelings which may suggest burnout such as becoming short tempered with staff, patients, and loved ones. Do you feel like you are not able to keep up with all the demands placed on you? Have you lost enthusiasm for your work? If so, you may be headed for burnout.

At the end of the work day and work week do you take a moment to reflect on what is bothering you? Is there a recurring theme causing you stress?

Stress and burnout may be related to one, some, or all of the following factors:
• External factors may include healthcare reform, governmental regulatory policies, and the state of the economy.
• Work factors may include administrative demands, too many patients seen in a work day/work week, angry patients, complex patients, electronic medical records (EMR) challenges, and insurance company interference.
• Personal factors may include not enough hours in the day for required tasks, lack of opportunity for downtime, and concerns about achieving a reasonable work/life balance.

These factors may impact you in the following ways:
• External factors may cause a physician or other healthcare practitioner to worry excessively about staying abreast of and complying with governmental policies and regulations.

Energize Yourself continued on page 12
Work related stress or burnout can lower your job satisfaction, increase your desire to change professions, lower your productivity, increase irritability and increase difficulty in decision making. Stress or burnout may directly affect patient care. Irritable practitioners may be quicker to stop listening to the patient and become dismissive with patients who ask too many questions. Closed claims studies support the finding that patients who have good rapport with their practitioners are less likely to equate poor outcomes with poor care and thus do not consider litigation as their first line of action.

Personal factors may cause adverse health symptoms such as hypertension, insomnia, increased use of alcohol, increased conflict with your spouse or partner, and feeling out of control.

Identification of stressors affecting you is the first step in making changes to prevent continued stress and burnout. Making time for yourself is important not only for you and your family, but also your patients. If you are part of a group, brainstorm with colleagues on ways to reduce the most stressful items identified in the practice.

**Strategies to Decrease Stress and Burnout**

- Seek peer support. Consider turning to a peer for confidential, open, and honest discussion about situations and stressors. Consider implementing regular constructive huddles with office staff to discuss workflow, challenging patients, and system issues that may arise during the work week. Your guidance, communication, and role modeling, can ensure that your team is engaged in sharing your vision and achieving your practice and patient care goals.
- Review and redesign work systems to improve practice performance and help reduce stress (Montgomery, 2014).
- The art of saying “No” may need to be utilized more frequently to avoid becoming overburdened. Learn how to set realistic expectations for patients who present challenges. If time management is a significant stressor, consider the costs and benefits of hiring additional ancillary support to assist with administrative tasks.
- If challenges stem from the EMR system, consider the addition of qualified scribes to keep current on charting. It would decrease stress if your charting did not have to be done after work hours or on a weekend. A study by Sinsky et al (2016) suggests that ambulatory care physicians spend around 50% of the office day and 1-2 hours at night outside the office on EMR tasks and administrative matters.
- Seek assistance from professionals for challenging situations. A fresh perspective or set of eyes may assist in lowering your stress level. Risk management services at MICA may be able to assist your practice in identifying systems that may be streamlined for effectiveness and efficiency. For more information call 602-808-2137 or 800-352-0402.
- Enhance your resiliency (Finkelstein, 2017). How do you get energized and stay energized? Not just physical energy, but spiritual and creative energy. Energy creates the fuel needed to drive creativity, brain power, and problem solving. Drawing on this source of energy every day may seem impossible, but restoring your own energy source is essential. But remember, finding time to do so may add to stress, at least initially. One solution is to take a step towards improving energy by expending energy. A five-minute walk. Ten minutes of breathing exercises. A five-minute guided online meditation. A two-minute laugh break via YouTube. Seven minutes to close your eyes and put yourself on pause may be the needed lift to carry you through.
Practitioners involved in malpractice claims may have an additional level of stress placed upon them. MICA offers litigation stress programs for insureds with claims or suits to assist in dealing with emotional issues that may occur. Online support is also available through the Physician Litigation Stress Resource Center.

Stress is inevitable, particularly in today’s healthcare environment. The goal is not to eliminate stress entirely but to learn how to manage it effectively. Do not let stress or burnout happen to you. Recognize the warning signals, identify your stressors, be proactive, and seek assistance if needed before you place yourself and your patients at risk.

References
**Health Current: A Meaningful Flow of Secure Information**

By Melissa Kotrys, MPH, CEO, Health Current

**What is one of the best tools for a healthcare provider today?**

Dr. Maurice Lee thinks that it is a connection to Health Current, Arizona’s health information exchange (HIE). At the St. Vincent de Paul Clinic in south Phoenix, Dr. Lee provides transitional care for low-income patients transitioning from acute hospital care to primary or specialty care. Though he does not have a lab or sophisticated equipment in his clinic, he does have valuable information through his connection to Health Current, formerly Arizona Health-e Connection. Access to his patients’ hospital encounter information allows Dr. Lee to provide excellent and appropriate transitional care. Dr. Lee and the St. Vincent de Paul Clinic are among the more than 330 participating organizations that have made Health Current the nation’s fastest growing HIE.

One important area of growth for the HIE in the past two years has been in hospital participation. Today information on more than 90 percent of Arizona hospital inpatient and emergency room discharges flow into the HIE, providing a one-stop source of information to assist in care coordination and care quality. This source of information, for example, is allowing Health Current to work closely with care coordinators at El Rio, a large Federally Qualified Health Center, in Tucson. Historically, El Rio nurse care coordinators have been required to login daily to the electronic health records (EHRs) of multiple Tucson hospitals to check on the status of their patients. Now, with alerts, sorted by facility, automatically arriving from Health Current, they are engaged in a pilot program where they will receive detailed alerts on their patients, saving valuable time and effort while allowing them to improve the care coordination and care quality for their hospitalized and ED patients.

Paul Luizzi, Fire Chief of the Goodyear Fire Department, includes his connection to Health Current as one of the department’s most valuable tools as a first responder organization. The Goodyear Fire Department and a growing number of first responder organizations are gaining access to valuable patient information out in the field, allowing them to provide better pre-hospital care.

While these examples show real potential, the future of Health Current will be in helping all HIE participants be successful in providing value-based healthcare through securely shared patient information and improved care coordination and accountability. That is why Health Current developed a three-year strategic plan this past year based on four initiatives or pillars:

**Data integration**

More complete information leads to better care and better outcomes, but the challenge is in integrating access to more complete information into provider workflows and processes. Health Current will continue to work with participants to realign workflows and improve processes to assure that healthcare providers have the right information at the right time. This is an iterative and collaborative process aimed at improving care.
Data acquisition
The value of an HIE is in the data that is available for exchange – the more data and the more complete the data, the greater the value. Health Current will continue to increase its sources of data. While significant progress has been made recently in increasing data from hospitals, much more data is needed from community providers and others. In addition, Health Current will also focus on capturing missing data elements such as encounters, imaging, medications, social determinants of health, and other important data elements.

Data quality
The value of data depends on overcoming variability in the way data is represented or coded. A significant ongoing effort of Health Current is to “normalize” data, making data less variable by grouping similar values and utilizing common data formats. This process of “normalizing” data and utilizing accepted data coding standards among data sources will make data more meaningful, comprehensive, and actionable.

Value-added services
The ultimate value of HIE participation and access to data is in how data is used to improve care and reduce costs. There are a number of value-added services that can expand the utilization and value of the HIE, such as medication fill history, image sharing, healthcare analytics, and many others. Health Current surveyed participants this past year regarding these services and has implemented a process for vetting and implementing potential value-added services.

The implementation of this three-year strategic plan also included a plan to rebrand our organization as Health Current. Ultimately, the goal of the plan is to achieve the Triple Aim of improved care, improved quality, and lower costs through a meaningful flow of secure information – a Health Current.
Maurice Hilleman: A Singular Focus on Eliminating the Diseases of Children

By Debbie McCune Davis, Executive Director, The Arizona Partnership for Immunizations

In 1973 my ten–month–old daughter, too young to receive the Measles, Mumps, Rubella (MMR) vaccine, contracted rubella, also known as “German measles”. Though cranky and miserable for a few days, she safely recovered. Two weeks later I discovered I was pregnant with my second child. Fortunately, I had been vaccinated against rubella and my perfectly healthy son arrived eight months later. My vaccine produced immunity protected him from contracting congenital rubella syndrome (CRS) during my pregnancy. Pregnant women who contract rubella are at risk for miscarriage or stillbirth, with their babies at risk for severe birth defects and devastating lifelong consequences. The most common birth defects from CRS can include deafness, cataracts, heart defects, intellectual disabilities, liver and spleen damage, and low birth weight.

We don’t hear much about rubella in the United States any more. The widespread use of the MMR vaccine has removed the threat from our community and established “herd immunity” – a level of immunity that prevents diseases from spreading throughout our communities. But, this is only possible through vaccinations against deadly and destructive diseases, like rubella.

From the time of Abigail Adams, who had her children inoculated for smallpox using a very rudimentary method, we have been searching for ways to prevent deadly disease from cutting short the lives of those we love. Abigail Adams knew, almost 300 years ago, that the threat of disease could be reduced through science. In the mid-20th century, Maurice Hilleman knew this, too, and changed the world.

Recently, The Arizona Partnership for Immunization (TAPI) hosted a screening of the documentary “Hilleman: A Perilous Quest to Save the World’s Children”. The award-winning documentary exposed Dr. Hilleman’s depth of concern and true love for children that motivated this brilliant scientist to create vaccines that would be among the greatest scientific developments of the century.

Over his life Maurice Hilleman either produced, or greatly improved, nine of the 14 vaccines now recommended for children. The eradication of rubella is due in large part to Dr. Hilleman. Prior to today’s safe and effective vaccines, the global rubella epidemic of 1963 brought devastating effects; in the United States it caused the death of 11,000 newborns and birth defects in another 20,000. This is just one example of how science and modern medicine have changed the world we live in.

“Modern” medicine is even more so, due to Maurice Hilleman. Parents no longer experience fear when their child has a cough or fever, with thoughts of polio or diphtheria. Each vaccine takes on a different virus and Dr. Hilleman, and the researchers who followed him into the field of vaccine research, have eliminated many of the threats to our children’s health over the last 50 years.

While we cannot all be a Maurice Hilleman, we each play a role in keeping our community, our “herd”, healthy. Vaccinating ourselves and our family members is critically important. Modern, safe, and effective vaccines have been credited with extending life expectancy by 30 years. According to the Centers for Disease Control, over the past 20 years vaccines have prevented 322 million illnesses, 732,000 deaths, and nearly $1.4 trillion in societal costs.
With the recent news that immunization rates in Arizona children are falling to percentages that may begin to affect the health of other children we need look no further than the alarming measles outbreak currently occurring in Minnesota to see what happens when vaccines are not provided. Awareness of herd immunity and the proven efficacy and safety of modern vaccines cannot be overstated. As a mother and grandmother who remembers these life-threatening diseases, I encourage every parent to be informed about the risks and value of vaccines. I celebrate Maurice Hilleman and the scientists that produced the vaccines that protected my family from disease. The vaccine I had as a young adult produced immunity that I passed on to my precious child. What greater gift can be given than that of a healthy life to those we love?

Learn more about this award-winning documentary at www.hillemanfilm.com

Contact The Arizona Partnership for Immunizations (TAPI) at info@tapi.org or 602-288-7568 to arrange a screening of the film.

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My Father’s Legacy

By Michael Steingart, DO

Paul Steingard was an artist: an impressionist, a sculptor, a designer; a man who had many different mediums, and he did them all well.

Such a humble man. He took care of so many people, he changed lives, he saved lives, the students he taught, the profession he helped create, the dedication he gave the community to help make this world a better place. He loved a lot.

Paul Steingard framed his life on the principles of justice. He understood that all children should have access to medical care. He made that happen. He felt that a dangerous sport needed to have doctors on the high school football field. He made that happen. He believed that hospitals needed to be prepared for major head injuries, and had paramedics placed on each football field; a man ahead of his times in 1968. He saw the frustration in Little League that not all kids were playing, a percentage were bench warmers. Despite antagonism from others, he coached, and made it policy to play every child at least two innings and one at bat. That is now national policy.

On his canvas he reminded us that we must give to the poor. He always said, remember your roots, as if to remind us that we are fortunate to have a great education, and make the most of it. He often colored in the important part of living; that being, take care of yourself, your family, and others. Make this world a better place. I never saw him turn down a charity organization, he never turned away a person in need. I always saw him pick up the check, understanding that others may not have the ability and not wanting to embarrass them.

He sketched for us the outlines of how to balance a family, with 70 hour work weeks, phone calls at all hours, and recreation time as well.

Married to Mom for 64 years, he gave us children a rock solid foundation to build on, with structural integrity. It is often said that one can tell a good teacher by the students they have. Well here we are, with granite in our bones; I honor my wife Livia, as Richard does Amy, Skipper with Sharon, and Nancy with Norman.

On Dad’s palate were more than the three primary colors; he offered hues, and contrasts that would challenge even an Arizona sunset.

He did not look like a fighter but he was, and although I was not there, Louie Caraboi, watch out; a childhood friend who controlled the neighborhood he grew up in. Thanks to the efforts of Mom, Dr. Jeff Gitt, and the staff at St. Joseph Hospital, he recovered from a death sentence: Guillan Barre; at that time a debilitating virus. He was incapacitated for two years, then battled back, and practiced medicine another 20 years.

His sense of the three dimension bordered on the fourth as his vision for what was to become was always obtainable. Whatever one thought could happen, would, with preparation, hard work, dedication to honor others, and a little luck. What drove this was his outlook on life. No matter what happens, things will get better. Always do the best you can.

I would like to offer you a song that I think was his favorite, since only hearing him play it on the piano 100 times, Sinatra or Count Basie on the radio, and telling me when I was 11 years old, “Mike, you have to learn this.”

On the Sunny Side of the Street

Grab your coat and get your hat
Leave your worries on the doorstep
Life can be so sweet
On the sunny side of the street

Can’t you hear the pitter-pat
And that happy tune is your step
Life can be complete
On the sunny side of the street

I used to walk in the shade with my blues on parade
But I’m not afraid... This rover’s crossed over

If I never had a cent
I’d be rich as Rockefeller
Gold dust at my feet
On the sunny side of the street

We will miss you, Dad. Forever yours, Michael.

Paul Steingard, DO, passed away on February 27, 2017 at the age of 87.
DO Day at the Legislature is the AOMA annual lobby day at the Arizona State Legislature for DOs and medical students, providing a great opportunity to get an up-close view of the legislative process and to meet your legislators.

Held February 21, 2017, this year’s visit posted record attendance. Busses transported more than 90 osteopathic medical students from AZCOM and SOMA to the capitol. The students were joined by 15 osteopathic physicians for the day.

The morning began with a welcome from Secretary of State Michele Reagan. The agenda included Senator Nancy Barto, Chair of the Senate Health Committee, and Christina Corieri, Governor Ducey’s Senior Policy Advisor on Health and Human Services, addressing the attendees on current issues impacting the medical profession.

This year’s DO Day occurred during an incredibly busy time at the Legislature with all the senators and representatives being called to the chamber floors to vote on proposed legislation.

During a break from speakers, a flood of white coats filled the Gallery of the House. All present witnessed our state government in action!

Thank you to all who attended this year's DO Day. We hope to see you next year!
AOMA News

Welcome New AOMA Members

1st Year in Practice

Lauren N. Bowen, DO
Internal Medicine
Phoenix, Arizona
480-961-2365

Carly Montoya, DO
Psychiatry - Board Certified
Phoenix, Arizona
602-277-5551

Krystal M. Renszel, DO, MS
Internal Medicine - Board Certified
Hospitalist
Phoenix, Arizona
480-342-1387

Veronica Robinson, DO
Family Medicine - Board Certified
Tempe, Arizona
480-882-8320

Christine Saraceni, DO
Internal Medicine - Board Certified
Hematology/Oncology
Avondale, Arizona
623-312-3000

Cassandra Villatoro-Bank, DO
Psychiatry
Child & Adolescent Psychiatry
Sacaton, Arizona
602-528-1200 x1074

John Boccia, DO
Internal Medicine - Board Certified
Anthem, Arizona
480-250-4771

Joel Braunstein, DO
Family Medicine/OMM
Casa Grande, Arizona
520-836-5538

Rebecca S. Bushman, DO
Family Medicine/OMT - Board Certified
Prescott Valley, Arizona
928-442-5911

Genna Cammarata, DO
Emergency Medicine - Board Certified
Cave Creek, Arizona
856-304-3909

Terry Fowler, DO
Family Medicine - Board Certified
Long Beach, California
532-435-3666

Keith Ginsberg, DO
Family Medicine - Board Certified
Gilbert, Arizona
480-355-8180

Full

Gerald B. Harris, DO
Internal Medicine,
Addiction Medicine
Glendale, Arizona
623-977-0700

David Jensen, DO
Family Medicine - Board Certified
Surprise, Arizona
623-227-1000

Kaveh Najafi, DO
Surgery - Board Certified
Surgical Critical Care - Board Certified
Scottsdale, Arizona
480-882-4437

Ken Ota, DO
Family Medicine - Board Certified
Hospice & Palliative Medicine
Phoenix, Arizona
602-406-1140

Tammy J. Penhollow, DO
Anesthesiology - Board Certified
Pain Medicine - Board Certified
Phoenix, Arizona
602-343-2900

2nd Year in Practice

Kenneth A. Hood, DO
Orthopedic Surgery - Board Certified
Tucson, Arizona
520-694-8100

Sarah Sherman, DO
Psychiatry - Board Certified
Cerritos, California

In Memoriam

We are all diminished when one of our members leaves us.
We will miss them and continue on for the betterment of our profession in their memory.

Robert Maxfield, DO
Thomas Miller, DO
David Rabinowitz, DO
Paul Steingard, DO
### AOMA News

#### Full

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<thead>
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<th>Name</th>
<th>Specialization</th>
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<tr>
<td>Samuel H. Roberts, DO</td>
<td>Family Medicine - Board Certified</td>
<td>Mesa, Arizona</td>
<td>480-982-0922</td>
</tr>
<tr>
<td>Philo A. Rogers, DO</td>
<td>Family Medicine - Board Certified</td>
<td>Mesa, Arizona</td>
<td>480-632-1577</td>
</tr>
<tr>
<td>Denise R. Sackett, DO</td>
<td>Family Medicine - Board Certified</td>
<td>Gilbert, Arizona</td>
<td>480-782-0609</td>
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<tr>
<td>Beth Tranen, DO</td>
<td>Family Medicine - Board Certified</td>
<td>Tucson, Arizona</td>
<td>520-670-3909</td>
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<tr>
<td>Jennifer Vanyo-Novak, DO</td>
<td>Family Medicine - Board Certified</td>
<td>Scottsdale, Arizona</td>
<td>480-882-7550</td>
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<tr>
<td>Gene M. Winfield, DO</td>
<td>Internal Medicine</td>
<td>Tempe, Arizona</td>
<td>480-834-7546</td>
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<tr>
<td>Ekaphol Wooden, DO</td>
<td>Family Medicine - Board Certified</td>
<td>Glendale, Arizona</td>
<td>623-537-6000</td>
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#### Out of State

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<tr>
<td>Neesha Dave, DO</td>
<td>Pain Medicine</td>
<td>Walnut Creek, California</td>
<td>925-691-9806</td>
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<tr>
<td>Guillermo Patino, DO</td>
<td>Urology - Board Certified</td>
<td>Pensacola, Florida</td>
<td>850-505-6485</td>
</tr>
<tr>
<td>Rekha Raja, DO</td>
<td>Psychiatry</td>
<td>Reseda, California</td>
<td>818-758-5042</td>
</tr>
<tr>
<td>Joshua Z. Wilde, DO</td>
<td></td>
<td>Camp Pendleton, California</td>
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**Recruit a new member, receive a $100 credit!**

Do you know someone who isn’t a member of the Arizona Osteopathic Medical Association . . . and should be?

Recruit a new member and you'll both receive a $100 credit toward membership dues or continuing medical education fees!

**Recruiting new members is simple:**

- Review your network of colleagues. You may be surprised who is not a member.
- Check their membership status using the online member directory or by calling the AOMA office at 602-266-6699.
- Ask them to join! Express how membership has benefited you.

For details on how to recruit a new member* and receive your credit, visit the AOMA website at [www.az-osteo.org](http://www.az-osteo.org) under the Members tab or contact Colleen Zubrycki, Membership Development Manager, at [colleen@az-osteo.org](mailto:colleen@az-osteo.org).

*New member must be an active, dues paying member. Does not apply to recruitment of “out-of-state” or “retired” members.
More than 650 attended the Arizona Osteopathic Medical Association (AOMA) 95th Annual Convention held April 19–23, 2017 at the Hilton Scottsdale Resort & Villas in Scottsdale, Arizona. The theme of this year’s Convention was Empowering Ourselves Empowering Our Patients. The five-day event featured 43 different lectures offering 38.25 hours of AOA Category 1-A CME credit. Thank you to the 45 speakers who presented the lectures and to the AOMA Professional Education Committee for planning the event: Lori Kemper, DO, Chair; Susan Del Sordi-Staats, DO; Charles Finch, DO; Stuart Friedman, DO; Michelle Mifflin, DO; Jeffrey Morgan, DO; Laurel Mueller, DO; Kristin Nelson, DO; Sharon Obadia, DO; Lawrence Sands, DO; and Shannon Scott, DO.

In addition to the CME, the Annual Convention featured the AOMA House of Delegates, the Osteopathic Family Party, Clinical Case Competition, Poster Forum, and the Exhibit Hall. New this year was the Stump the Doc Medical Knowledge Competition. Teams representing the two Arizona colleges of osteopathic medicine vied for the championship in this inaugural “quiz bowl”-style contest. After a very close game, the team from Midwestern University Arizona College of Osteopathic Medicine (AZCOM) took home the coveted Golden Femur Award.

The 2017-2018 AOMA Executive Committee and Board of Trustees were installed during the Convention. The new AOMA Executive Officers are: Laurel Mueller, DO, President; Shannon Scott, DO, Immediate Past President; Angela DeRosa, DO, President Elect; Christopher Labban, DO, Vice President; Danielle Barnett-Trapp, DO, Secretary/Treasurer. The Arizona Osteopathic Charities silent auction and raffle raised more than $6,000 for the non-profit organization. The Charities board members solicited donations. Items ranging from jewelry and personal services to wine tasting packages and spa treatments were up for bid. Students from AZCOM and SOMA helped staff the auction during the Osteopathic Family Party on Saturday night.

In support of political advocacy for the profession, AOMA members contributed $8,650 to the AOMA Political Action Committee. Thank you to the AOMA members who responded to the fundraising challenge.

Thank you to our exhibitors and sponsors for their financial support and presence. The two-day Exhibit Hall was a great place for fun, food, networking, and winning prizes.

Mark your calendars for April 11-15, 2018 for the AOMA 96th Annual Convention at the Hilton Scottsdale Resort & Villas.
2017 Convention Sponsors & Exhibitors

Thank you to these organizations for their support of the AOMA 95th Annual Convention

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CONTINUING EDUCATION SUPPORT
American Osteopathic Association
AOMA News

1. Kristin Nelson, DO, and Brenda Pecotte de Gonzalez, OMS IV, catch up after the House of Delegates.
3. Lori Kemper, DO, and Tracy Middleton, DO, check out Alicia Cryer’s, OMS III, Apple watch.
4. Eric Hegybeli, DO, and Laurel Mueller, DO, enjoy the HOD Reception.
5. Danielle Barnett-Trapp, DO; Brandon Abbott, DO; Shannon Scott, DO; and Susan Del Sordi-Staats, DO, reconnect at the HOD reception.
1. Raymond Wrublik, Diane Juillard, DO, and Julie Morrison, DO, look forward to the annual convention every year.
2. Rebecca Bushman, DO, and Laurel Mueller, DO, partake of the refreshments following the AOMA Town Hall.
3. Sarah Colwell, DO; Samantha Easterly, OMS III; and Michelle Mifflin, DO, enjoy a conversation at the PAC reception.
4. For Cheryl Wathier, DO, and her father Gerald Wathier, DO, it’s all in the family.
5. David England, DO; Bunnie Richie, DO; and Christopher Labban, DO, show their support for the AOMA PAC.
1. Lorree Ratto, PhD, Stanna Michelle Slater, and Julian Melson presented a panel discussion on Understanding the Transgender Patient.
2. Osteopathic medical students presented their research in the Clinical Case Competition. First place went to Leah Kurth, OMS III (center). Jordan Hunter, OMS III (right) placed second and Sameen Sharieff, OMS III, (left) took third.
3. Will “Danger” Robinson, PhD, DPT, lectured on the Medical Benefits and Practice of Tai Chi.
4. Brandon Abbott, DO, celebrated his birthday after presenting the lecture Empowering Pediatric Patients for Transitions of Care.
5. Joy Schechtman, DO, spoke on The Role of Autoantibodies in Rheumatoid Arthritis.
1. Medical school colleagues and study partners Laurel Mueller, DO, and Fareeda Haamid, DO, are delighted to have a mini-reunion.

2. Laurel Retay, DO, and Diane Juillard, DO, visit the Exhibit Hall for the breakfast buffet.

3. Ginger Rutz, DO, and Bobbie Hindenlang, DO, take a break in the Exhibit Hall.

4. Teresa Harkness and James Harkness, DO, travelled all the way from Montana to attend the AOMA Annual Convention.

5. Barbara Tilben, DO, and her husband Frank Salisbury, MD, make a great team.

EXCELLENT PARTY!
1. David Leff, DO, Phillip Leff, Sheri Leff, and Sharon Obadia, DO, enjoy the family party.

2. The Presley family made the trip from Michigan for the Convention: Abby Venlet, PA, David Presley, DO, Nick Venlet, Presley Venlet, and Gloria Presley.

3. Nik Hoyt busts a move!


5. Begoña McKinney, Norberto Perez, DO, and Suzanne Combs, DO, danced the night away.

6. Roger Rose, DO, and his wife Geri brought their daughters Raina and Genice to the party.

7. Kameron Trapp and Danielle Barnett-Trapp, DO, enjoy a night out before their new baby arrives.

8. Who are these wild animals? Right to left: Sydney Scott, Lake Nelson, and Ava Evans.

9. The Scotts are regulars at the family party: Doug Scott, Sydney Scott, Shannon Scott, DO, and Carson Scott.

10. Dr. Elliot Blau’s family poses for their annual photo: Mike, Lauren, Dr. Blau, Naomi, Rebecca, and Kenny.


13. Photo booth fun: Julie Morrison, DO, and Dusty Sullivan.

14. Brad Croft, DO, and Kathleen Croft had a great time.

15. Jennifer Vanyo-Novak, DO, and her daughter Emma can’t wait until next year’s party.
LIFETIME ACHIEVEMENT AWARD
F. Timm McCarty III, DO
Presented to long-time members who have advanced the osteopathic medical profession in Arizona with unwavering commitment to quality patient care.

F. Timm McCarty III, DO, is a true pioneer in the osteopathic medical profession. He is a caring physician to his patients, a champion of the osteopathic profession, and a benefactor of osteopathic medical education.

Dr. McCarty graduated from the Chicago College of Osteopathic Medicine and was one of the first osteopathic physicians to serve in the Armed Forces, stationed at Great Lakes Naval Station in Chicago, Illinois.

In 1990, after four applications, Dr. McCarty became the first fully-certified osteopathic physician at Scottsdale Memorial Hospital. He was a member of the Executive and Credentials Committee and Chair of the Family Medicine Department, a position he held from 2002-2010.

Along with Stanley Brysacz Jr., DO, Dr. McCarty established the Arizona Foundation for Osteopathic Medical Education (AFOME), a non-profit organization offering scholarships to osteopathic medical students.

A member of AOMA since 1969, Dr. McCarty served as the 1981-1982 President. During his term, the AOMA Annual Fall Seminar was established in Tucson. He continues to remain active in the Association. Dr. McCarty is past recipient of the AOMA Physician of the Year Award and the Trailblazer Award.

Dr. McCarty is married to Martha “Marty” McCarty. They have four children and ten grandchildren (with one on the way.)

PHYSICIAN OF THE YEAR AWARD
William H. Devine, DO
The highest honor for a member who provides his/her community with compassionate, comprehensive, and caring medical services on a continuing basis; is directly and effectively involved in community affairs; and supports his/her community, state, professional associations, and humanitarian program.

William Devine, DO, has practiced in Arizona since 1970 when he began his internship at Tucson General Hospital after graduation from the University of Health Sciences College in Kansas City, Missouri. A second-generation osteopathic physician, Dr. Devine continues to share his great interest in osteopathic manipulative medicine, medical history, medical education, and osteopathic medical research with patients and students at Midwestern University Arizona College of Osteopathic Medicine (AZCOM) and the MWU Multispecialty Clinic. A Clinical Professor of Osteopathic Manipulative Medicine in the Department of Osteopathic Manipulative Medicine at AZCOM, he is board certified in osteopathic family medicine and neuromuscularskeletal and osteopathic manipulative medicine. Dr. Devine is a recipient of the Midwestern University Littlejohn Award, the highest honor given to MWU professors.

Dr. Devine is an Honorary Life Member of AOMA and remains active on the Board of Trustees, the House of Delegates, and is an Arizona delegate to the AOA House of Delegates. He is a past recipient of the AOMA Excellence in Osteopathic Medical Education Award.

Dr. Devine and his wife Dana Devine, DO, have three children: William Devine, Lauren Devine, and Robert Devine, DO.
PRESIDENT’S AWARD
Danielle L. Barnett-Trapp, DO
Honors a member who has contributed significantly to the AOMA via the Board of Trustees, House of Delegates, and/or Committees.

Danielle Barnett-Trapp, DO, is a family medicine faculty physician at St. Joseph’s Family Medicine Residency. She was a member of the first graduation class from A.T. Still University School of Osteopathic Medicine Arizona and completed her residency in family medicine at St. Joseph’s Hospital and Medical Center where she served as chief resident. Following graduation, she completed a faculty development fellowship through the University of Arizona before joining the residency faculty in providing outpatient, inpatient, and obstetrical care.

Dr. Barnett-Trapp is a second-generation osteopathic family physician. She was fortunate to have many great osteopathic mentors throughout her life, which led to her dedication to giving back to the profession. Since medical school she has served in some capacity through the AOMA, ACOFP, and through her school’s alumni board.

Dr. Barnett-Trapp has served as a student and resident member of the AOMA Board of Trustees and participated on multiple committees. Currently, she serves as the District 2 Representative on the Board of Trustees, Chair of the New Physicians Committee, and recently was elected to represent District 2 in the AOMA House of Delegates.

Dr. Barnett-Trapp has a passion for educating and mentoring both residents and medical students. Outside of medicine, she enjoys spending time with her husband, Kameron, Grayson, her son; and is thrilled to add to their family in September 2017.

EXCELLENCE IN OSTEOPATHIC MEDICAL EDUCATION AWARD
Anthony M. Will, DO
Honors a physician or non-physician who has contributed significantly to the advancement of osteopathic medical education in Arizona.

Anthony M. Will, DO, is a great role model and a kind, caring practitioner, serving as an unwavering teacher and preceptor of osteopathic medical students. Dr. Will is Clinical Associate Professor, Department Chair of Osteopathic Medicine at Midwestern University Arizona College of Osteopathic Medicine (AZCOM). A graduate of Midwestern University Chicago College of Osteopathic Medicine, Dr. Will completed the first AZCOM Scholarship Program. He completed a residency and internship at Midwestern University AZCOM and Mesa General Hospital. Dr. Will is board certified in family medicine and neuromusculoskeletal and osteopathic manipulative medicine.

Dr. Will is very proud of his family. Kristen Will, MPHE, PA-C, his wife, is the Director of Executive Education, Clinical Assistant Professor at Arizona State University College of Health Solutions. They have two daughters. Sophia, age 13, is involved with the National Charity League, performs in the Phoenix Girls Chorus, and runs track and cross country. She is interested in pursuing a career as a neurologist or dentist. Bella, age 12, is an aspiring veterinarian and thespian. She competes in equestrian hunter and jumper events and performs in her school musicals and plays. Dr. Will is honored to be selected for this award.
OUTSTANDING MENTOR AWARD
Katherine A. Mitzel, DO, FACEP
Honors a physician who has volunteered time to students or physicians as a mentor and is known as “one who makes a difference” in that person’s life.

Katherine A. Mitzel, DO, has a genuine passion for mentoring students. A native Phoenician, she graduated from Midwestern University Arizona College of Osteopathic Medicine (AZCOM) and earned her Bachelor of Science from Northern Arizona University. Dr. Mitzel is a board certified emergency medicine attending physician and a Fellow of the American College of Emergency Physicians.

In 2010, Dr. Mitzel became a Clinical Assistant Professor within the Integrated Medicine Department at AZCOM. She is a Course Director for all first year osteopathic medical students in their Introduction to Clinical Medicine course. In 2015, Dr. Mitzel became the Medical Director for the Midwestern University, College of Health Sciences Physician Assistant Program.

Dr. Mitzel is National Faculty for the National Board of Osteopathic Medical Examiners (NBOME). She has sat on special committees such as the NBOME Standard Setting Committee. Currently, she serves on the Emergency Medicine COMAT Committee and as a National SOAP Note Rater for the COMLEX Level 2 PE.

Dr. Mitzel stays busy spending time with her husband and four boys. She enjoys tennis, hiking, and traveling.

HUMANITARIAN AWARD
Howard B. Limmer, DO
Honors a socially responsible AOMA member who has donated his time and/or efforts to improve mankind.

Howard Limmer, DO, was born in Brooklyn, New York. He graduated from the University of Arizona with a BA degree in Psychology and earned his doctor of osteopathy degree at Chicago College of Osteopathic Medicine. He returned to Arizona and interned at Tucson General Hospital where his daughter Robin was born. The family settled in Tempe where his son Adam was born. Dr. Limmer was in family practice for 35 years serving on many organizational committees including the advisory committee of the Arizona Healthcare Cost Containment System also known as AHCCCS.

Dr. Limmer was the first osteopathic physician to serve as chief of staff of a primarily allopathic hospital and entered into litigation with Samaritan Health System to open their hospital to DOs on its medical staff.

Volunteer work has been a large part of Dr. Limmer’s life, including serving with the Maricopa County Sheriff’s Office Crime Prevention Posse for many years. He is currently a regular volunteer at the Arizona College of Osteopathic Medicine’s H.O.M.E. program which conducts clinics in three homeless shelters in the Phoenix area. Dr. Limmer describes his experience with H.O.M.E. as “the best thing I have ever done.” Retirement from private practice occurred in 2006 but life is very busy with family activities; spending time with his wife Miriam, children, and grandchildren Andrew, Kody, and Kelsey; traveling; and volunteer work.
VOLUNTEER OF THE YEAR AWARD
Julie A. Morrison, DO
Honors those who have volunteered their time and provided significant contributions to the community and/or the Association.

Not one to want to be in the spotlight, Julie Morrison, DO, has quietly and purposefully volunteered with the Tucson office of the Arizona/New Mexico Region of the American Diabetes Association (ADA). Diabetes has personally touched Dr. Morrison and her family. She was recently recognized by the ADA for leading Team Cameron in the annual Step Out for Life Walk – Tucson. Over the past ten years, the team has raised more than $120,000 for diabetes research.

A second-generation osteopathic physician, Dr. Morrison has four brothers and five sisters. Her father Kerriston L. Marsh, DO, graduated from KCOM in 1962. Three of her brothers are DOs and her daughter, Mary Morrison, is considering “joining the family business” and going to medical school.

Dr. Morrison is board certified in family medicine. A graduate of the College of Osteopathic Medicine of the Pacific, she completed her internship at Tucson General Hospital and a residency at the University of Nevada Las Vegas. She is in private practice at Marsh Family Practice in Tucson with two of her brothers, Christopher Marsh, DO, and Patrick Marsh, DO. Dr. Morrison has been an AOMA member since 2000 and serves on the AOMA Board of Trustees and the House of Delegates representing District 6 (Pima, Cochise, and Santa Cruz Counties). She is touched and honored to be chosen as this year’s recipient of the Volunteer of the Year Award.

DISTINGUISHED SERVICE AWARD
Sharon L. Daggett
Honors healthcare leaders who have significantly contributed to improving the healthcare community and promoting osteopathic medicine.

Sharon L. Daggett was the Member Services Manager for the Arizona Osteopathic Medical Association from January 2011 until her retirement in November 2016. This award recognizes her dedication in serving and promoting the osteopathic profession.

After 13 years as Executive Director with the National Association of Educational Office Professionals (NAEOP) in Wichita, Kansas, Sharon retired and moved to Phoenix in July 2009. After two years of retirement she realized she wasn’t ready to completely retire and joined the Association on a part-time basis.

Sharon still isn’t retired. She continues to work in her personal concierge business using the many skills she developed over the years assisting people who need a little extra help. The work is very fulfilling. Sharon also continues to provide administrative support to the Arizona Osteopathic Charities, organizing the annual silent auction and overseeing the annual osteopathic medical student scholarship essay contest.

Sharon was raised in the Far East on several military bases and feels this life experience prepared her for the ever-changing world. She has two grown children and four grandchildren. She enjoys hiking and golfing, and has a love of horses.
STUDENT DISTINGUISHED SERVICE AWARD
Honors a student currently enrolled in an osteopathic medical school who has provided significant contributions and service to the school, community, and AOMA.

AZCOM – Dennis Malixi Datuin, MBS, Class of 2019
Student Doctor Dennis Datuin is a second year osteopathic medical student at Midwestern University Arizona College of Osteopathic Medicine. He received a Bachelor of Science in Physiology from University of California Los Angeles and a Master of Biomedical Sciences from Midwestern University. Prior to pursuing his master’s degree, Dennis was an EMT in Oakland, California, kindling his desire to become a physician.

Growing up in California in a military family, Dennis has an affinity for the mental health of veterans and active military personnel. He is a recipient of the four-year, Health Professions Program Scholarship through the US Navy.

During medical school, Dennis has served as Chapter President for the Student Osteopathic Medical Association, Treasurer for the Student Association of Military Osteopathic Physicians and Surgeons, Student Ambassador in the Admissions Department, Regional Liaison on AZCOM’s Class Council, and sat on AOMA’s Student Legislative Affairs Committee. This past year, he has helped to organize the inaugural “Dinner with Doctors” mentoring event, a meeting with the Arizona Governor’s Office that included both allopathic and osteopathic medical schools, DO Day at the Legislature, and DO Day on the Hill.

Dennis will begin his clinical rotations in Los Angeles this July and hopes to match into an emergency medicine residency before graduating in 2019.

SOMA – Breanne M. Hirshman, Class of 2017
Breanne Hirshman is a fourth year osteopathic medical student at A.T. Still University-School of Osteopathic Medicine in Arizona (SOMA). She was elected Class President and Student Government Association President in 2013. Breanne represented SOMA at national quarterly meetings of the Council of Osteopathic Student Government Presidents from 2013 to 2015, and from 2015-2016 she served as the National Chair. During her term, Breanne oversaw the development of the Mental Health Awareness Task Force, attended meetings of the American Osteopathic Association (AOA) Commission on Osteopathic College Accreditation, and served as a voting member on the AOA Bureau of Emerging Leaders.

Active in osteopathic medical politics and policy, in 2014 Breanna served as a student voting member of the Arizona delegation during the AOA House of Delegates. Breanne also participated in AOMA DO Day at the Legislature in 2014 and the AOA DO Day on the Hill in 2014 and 2015. In 2015 Breanne was inducted into Omega Beta Iota, the national political action honor society for osteopathic medical students.

In addition to her studies as an osteopathic medical student, Breanne is pursuing a Master’s degree in Public Health. This summer Breanne will begin her career in emergency medicine as a resident at Mercy St. Vincent Hospital in Toledo, Ohio.
The Student Distinguished Service Award for SOMA is presented to Brenda Pecotte de Gonzalez (left) by Dean Jeffrey Morgan, DO

SOMA – Brenda Pecotte de Gonzalez, MPH, MA, Class of 2017

Brenda Pecotte de Gonzalez, MPH, MA, OMS IV, is an accomplished young woman and an extraordinary example for the osteopathic medical profession. Brenda was born and raised in a small town in southern Wisconsin. Her first journey away from home led her to Chicago, Illinois for undergraduate studies at North Park University. She completed a Bachelor's degree in biology and Spanish and was accepted to a dual Master's degree program at the University of Arizona in the College of Public Health and the Center for Latin American Studies. Her thesis work looked at social determinants of health during the unemployment season of domestic farmworkers in Yuma County, Arizona.

Brenda has studied and volunteered throughout Mexico and Central America. Upon completing her graduate studies, she was excited for the opportunity to stay in Arizona when she was accepted to ATSU-SOMA and return to the El Rio Community Health Center where she had previously volunteered.

During medical school, Brenda has been involved in a number of extra-curricular endeavors, most notably with AOMA as a student member of the House of Delegates and the Board of Trustees, and the Student Academy-ACOFP. Her passion is to pursue full-spectrum family medicine. She will be starting residency this summer at University of Illinois College of Medicine at Peoria/Methodist Medical Center.

In her leisure time, Brenda enjoys running, zumba, scrapbooking, and spending as much time as she can with her husband of seven years, David, whether exploring new places or drinking a good cup of coffee.

Honor Your Peers

Nominations are now being accepted for the 2018 AOMA Awards.

Visit www.az-osteo.org/AOMA_Awards

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AOMA Political Action Committee (PAC) is an essential vehicle for preserving and fostering the osteopathic medical profession in Arizona. The PAC allows us to endorse and support those candidates for state public office who share our concern about the future of healthcare and improved access to quality care in Arizona.

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Arizona Osteopathic Charities' Student Scholarship Winners

Osteopathic students from A.T. Still University School of Osteopathic Medicine in Arizona (SOMA) and Midwestern University Arizona College of Osteopathic Medicine (AZCOM) were invited to submit an essay answering the question “How do you plan to contribute to the future of osteopathic medicine in Arizona and the United States?” Seven students participated in the contest and the Arizona Osteopathic Charities board members chose two winning entries – one from each college – to receive a $500 scholarship. Winners are chosen based on the 500-word essay, financial need, and good academic standing. This year’s winners were Heather Johnston, OMS II, AZCOM and Joanna Sitzman, OMS IV, SOMA.

Heather Johnston

In three months, I will graduate from medical school and become an osteopathic physician. The unique training I received in osteopathic practices and principles has influenced my humanistic, diagnostic, and treatment skills. I am so happy I chose this path in medicine and am excited to continue my career in residency.

The AOA and ACGME merger has created a pivotal moment in the history of osteopathic medicine. The merger will afford some opportunities, but will also come with challenges. Perhaps the most important of these is maintaining our osteopathic identity. It would be easy to merge the MD and DO titles along with the AOA and ACGME, but our unique contribution to medicine may be lost in the process.

It is my duty and privilege to help ensure the future of osteopathic medicine, and I am proud of my osteopathic title. I will spread the message to my patients about how we are uniquely prepared to take care of them. One of the tenets of osteopathic medicine is, “The body is a unit; the person is a unit of body, mind and spirit.” I was trained to care for not just the patient’s body, but also their mind and spirit. In order to do that, I must know their mind and spirit. When I treat patients on this deeper level, they will experience for themselves the benefits of osteopathic care. Hopefully they will recommend osteopathy to their family and friends and help spread the word.

I will continue to be active in the osteopathic college associated with my specialty choice and attend their conferences. There is no better place to meet with fellow DOs and discuss strategy. I know there are many osteopathic physicians that share my love of osteopathy, and our united voices are stronger.

I will be active in the community and promote osteopathic medicine to the people I encounter. During my time as a medical student I have participated in many free community health events including health fairs, vaccination clinics, and high school sports physical exam days. During these events, I discussed osteopathic medicine and encouraged community members to seek treatment from osteopathic physicians. I plan to continue this work as a resident and later as a fully licensed physician.

Finally, I will encourage pre-medical students to pursue a career in osteopathic medicine. I also hope to help train osteopathic student doctors some day. It is my firm belief that producing compassionate, kind, and well-trained osteopathic physicians is the most effective path to promoting osteopathic medicine. The future of osteopathy is bright and enduring. I welcome the opportunity to participate in a small part of this future.

The future of osteopathic medicine is largely in the hands of those currently licensed as osteopathic physicians and even more importantly, those currently receiving an education as osteopathic medical students. With the ACGME merger occurring, it is vital that osteopaths maintain their distinctions from their allopathic counterparts. Today, there are many physicians that have a DO after their name, yet they treat patients similar to an allopath. They either do not believe in the benefits of osteopathic medicine, do not feel confident in the techniques that they once learned, or feel rushed with patient encounters and are not providing a true osteopathic approach to patient care and treatment.

Currently, I am one of AZCOM’s OMM scholars. As such, I have accepted a scholarship that allows me to extend my medical school education by an extra year and take on additional osteopathic training and responsibilities. These responsibilities include additional rotations in the OMM clinic, added months dedicated to osteopathic research, and teaching of the osteopathic curriculum to first and second-year students. This scholarship exemplifies my dedication to the osteopathic profession in both the state of Arizona and the United States as a whole. Increasing the database of osteopathic research is the key to providing proof that osteopathic techniques can result in beneficial changes for our patients.

I recently began a clinical trial that will be completed and published by May 2019. The objective is to utilize a sham treatment as well as an osteopathic protocol in order to see the effects that osteopathic manipulative techniques have on the autonomic nervous system and an individual’s clinical anxiety level. Research like this will increase the validity of osteopathic medicine across the country and will also act as a stepping stone to foster more research studies. I personally plan to contribute further research to the field during medical school and my future career.

Additionally, I believe that faculty needs to build confidence during the early years of skill training. This would increase the number of future osteopathic physicians that are utilizing techniques confidently and are treating holistically. As a member of the OMM faculty at AZCOM, I have the opportunities to shape how the future osteopathic physicians of Arizona and the United States believe in and utilize osteopathic techniques. In addition, the OMM scholars hold open lab hours in order to assist students one-on-one. Sometimes, the osteopathic curriculum falls to a student’s back burner, simply because they are not able to grasp the techniques taught during the 3-hour lab. This one-on-one teaching and encouragement truly allows a student to feel confident in the techniques that they are performing.

Undoubtedly, there are quite a few ways that I plan on contributing to the future of osteopathic medicine. I will continue to teach and propagate the techniques of osteopathic medicine to my students, I will continue advancing research on the effectiveness of OMT, and I will forever utilize OMM techniques in future practice.
Clinical Case Competition
Nine students from Arizona osteopathic medical schools submitted case abstracts to the AOMA Case & Poster Committee in February 2017. The Committee reviewed all of the cases and selected the top three to be presented during the Clinical Case Competition on Saturday, April 22, 2017 sponsored by Midwestern AZCOM and A. T. Still University SOMA. A total of $1,500 was awarded to this year’s winners, funded by a grant from the HonorHealth Foundation.

1st Place - Gastroenteritis, Multisystem Organ Failure, and a Rash in Pregnancy: An Uncommon Diagnosis Highlighting an All Too Common Problem - Leah Kurth, OMS III
2nd Place - Intractable Vomiting: A Dissection in Disguise - Jordan Hunter, OMS III
3rd Place - Cerebral Edema in Disguise: A Rarely Reported Complication of Contract Dye - Sameen Sharieff, OMS III

Poster Forum
A total of 54 posters were submitted for the Forum this year in six categories. These were displayed throughout the Convention venue and judged on Saturday, April 22, 2017. Posters were evaluated by a panel of judges and the winners were announced during the AOMA Awards Luncheon on Sunday, April 23, 2017. A total of $4,500 was awarded to winners in each of the three student categories, provided through a grant from the HonorHealth Foundation All the poster submissions may be viewed at www.az-osteo.org/PosterEntries.

Student Case Poster
1st Place - Cervical Pregnancy: A Case Report and Review of the Literature of a Rare and Life-Threatening Obstetric Emergency - Aaron Rochester, OMS III & Alicia Cryer, OMS III
2nd Place - Massive Hemorrhagic Pericardial Tamponade - James Layson, OMS III
3rd Place - Inferior Vena Cava Aneurysm with Associated Bilateral Duplicated Renal Arteries: Case Study and Literature Review - Matthew Kay, OMS III

Student Research Poster
1st Place (tie) - Dietary Genistein (SOY) Increases Survival Rates, in the Absence of Laxative, in DF508-Cystic Fibrosis Mice - Charisma Mylavarapu, OMS II
1st Place (tie) - Where Are We Going and Who Are We Serving? An Analysis of Trends in Osteopathic Medical Graduates Practice Type and Location - Matthew Kunz, OMS I
2nd Place - Optimized Decoy Recombinant CD47 for Effective Mitigation of Thrombospondin 1-induced Vascular Dysfunctions: A Mechanistic Study - Jalicia Sturdivant, OMS I
3rd Place - The Effect of Dermal Suture Material on Complication and Patient Satisfaction: Monocryl vs. Vicryl - Cassandra Beard, OMS IV

Student Performance/Population Improvement Project Poster
1st Place - Distracted by Diabetes: An Evaluation of Cervical Cancer Screening in Diabetic Patients - Bradley Brown, OMS II
2nd Place - Effect of Colorectal Cancer Education on Compliance of Fecal Occult Blood Testing Among El Rio Community Health Center Patients - Maryann Davies, OMS III
3rd Place - Evaluating the Impact of the Nutrition and Health Awareness Program on Physical Activity and Health Awareness - Darien Kinne, OMS III

Resident Case Poster
1st Place - Grave’s Thyrotoxicosis and Guideline Implementation - Matthew Beeton, DO, OGME2

Resident Research Poster
1st Place - Establishment of a Clinic-Based Biorepository - Sarah Belden, DO, PGY3

Resident Performance/Population Improvement Project Poster
1st Place - Improving Obstetric Hemorrhage Morbidity and Mortality by a Checklist Based Management Protocol - Rachael Smith, DO, PGY3
3rd ANNUAL
FLAGSTAFF OSTEOPATHIC
MEDICAL CONFERENCE
Saturday, August 19, 2017
Flagstaff Medical Center
McGee Auditorium
1200 N. Beaver St.
Flagstaff, AZ 86001
7:30 am to 4:00 pm

Agenda
All lectures and speakers subject to change.

Pediatric Transitions of Care
Brandon Abbott, DO, MPH

Non-Opioid Approaches to Pain and Musculoskeletal Disorders
Kevin O’Donnell, DO

When a Bomb Explodes: What Should a Doctor DO?
Capt. Ha Tang, DO

Diabetes Management Update
Sandra Rubio, MD

Non-Pharmacological Treatment of Depression
Abigail Isakson, DO

Wild West Medicine Part II
Laurel Mueller, DO, MBA

Hospice and Palliative Care with a Focus on Geriatrics
Stephan Stellmacher, DO

COST
AOMA Members $25
ArMA Members $25
Nonmembers $60

Lunch will be provided.

Disclosure: In the interest of complete disclosure, the speaker(s) and planning committee of this CME Activity has signed a financial disclosure form and has no conflict of interest with any commercial entities or products that may have an interest in this program. This is intended to make you aware of the faculty's interests, so you may form your own judgments about such materials.

The Arizona Osteopathic Medical Association (AOMA) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. The AOMA designates this program for a maximum of 7.5 hours of AOA Category 1-A CME credits and will report CME credits commensurate with the extent of the physician's participation in this activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Arizona Medical Association (ArMA) through the joint sponsorship of Flagstaff Medical Center and the Arizona Osteopathic Medical Association. The Flagstaff Medical Center is accredited by ArMA to provide continuing medical education for physicians.

The Flagstaff Medical Center designates this live activity for a maximum of 7.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This conference is open to all healthcare professionals. Register online at www.az-osteo.org/FOMC
AOMA’s Business Partners Program provides immediate access to national and local high-quality services and providers. These businesses offer special rates and discounts to Association members. For complete details on services, products, and discounts, visit the AOMA website at www.az-osteo.org/BusinessPartners

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Tom F. SCHOLARSHIP AWARDS
Contributed by the Tucson Osteopathic Medical Foundation

The Tucson Osteopathic Medical Foundation raised the total amount of money awarded in their annual Founders' Scholarships to $30,000, and it was distributed equally to three students each from A.T. Still University (SOMA) and Midwestern University (AZCOM).

Scholarship-winning students from SOMA are Victoria Calvelage, OMS II, Esther Quintero, OMS III, and Chelsi Redpath, OMS II. The three winners from AZCOM are Kari Broder, OMS II, Daniel Maas, OMS III, and Tyson Polley, OMS II.

While the six scholarship winners come from different backgrounds and bring a variety of experiences to their blossoming medical careers, they're connected by more than just their talent, diligence, and Arizona roots.

Esther Quintero and Daniel Maas are the first two-time Founders' Scholarship winners since the program was restarted in 2015.

Quintero and Maas, both of whom moved to Tucson at a young age, have thrived during their third-year medical school rotations.

“I have learned more than I ever expected I could this past year,” Maas said. “Every month was a new experience and every different field I was lucky enough to participate in has me excited both for my future as a physician as well as the future of medicine.”

While Maas is still focused on his goal of specializing in Internal Medicine and pursuing a fellowship in Cardiology, Quintero’s year of rotations helped her decide on the specialty she’ll pursue. “It has been an exciting year because I discovered or perhaps confirmed my love for Family Medicine. Deciding to pursue a career in Family Medicine facilitates and enriches my goal of helping everyone in underserved communities.”

Phoenix native Chelsi Redpath has a history of helping the underserved. During the past year, she spent one day a week shadowing a family medicine doctor who served the homeless population in an RV clinic. “Working with homeless patients has been very difficult as they come with a lot of different concerns and health problems, but this is also so rewarding at the same time,” Redpath said.

Victoria Calvelage, also from Phoenix, plans on bringing a similar approach to her future patients. Her trait of being a good listener will help her "empathize with patients, get to the heart of their stories, and form strong doctor-patient relationships.” Calvelage hopes her rotations next year will help her decide between Surgery, OB-GYN, and Emergency Medicine. And, in fact, it was her stint as an emergency medical scribe in graduate school that spurred her interest in medicine.

There’s another former emergency medical scribe in the Founders’ Scholarship ranks. While working as a scribe in the ER at Northwest Medical Center, Tucsonan Tyson Polley realized that going to medical school would allow him to help others. He cited this desire to help others as what “will motivate me to learn and change” as he tackles the tough years of training ahead. Of particular interest to Polley are the things that current medical knowledge can’t explain. “There is so much more we can learn,” he said.

Finding the answers to the unknowns in medicine also appeals to Kari Broder, who notes that “the burgeoning field of gut microbiome is starting to yield some incredible insights into pathologies that we didn’t even know were connected to the GI system. If that’s not interesting, I don’t know what is!” This Scottsdale native’s outlook on medicine is partially shaped by an internship at the Maricopa County Medical Examiner’s office. “I really feel that my experience working with death has given me a unique respect for human life and for my future patients,” she said.

For a more detailed look at these Founders’ Scholarship-winning students, go to www.tomf.org/news.
ATSU-SOMA Celebrates 2017 Commencement

A.T. Still University’s School of Osteopathic Medicine in Arizona (ATSU-SOMA) celebrated the achievements of 103 graduates at its commencement ceremony at the Mesa Arts Center on Friday, May 26, 2017.

The ATSU-SOMA class of 2017 was the school’s seventh graduating class. Sister Adele O’Sullivan, MD, was the commencement speaker and was presented with a doctor of humane letters during the ceremony. Dr. Sullivan is the founder of Circle the City, a 50-bed medical respite center in downtown Phoenix serving the homeless population. In her commencement address, Dr. Sullivan welcomed the new doctors to the profession of medicine and challenged them to passionately pursue their careers and leave something behind that has been changed for the better.

SOMA Graduate National Student DO of the Year

Daniel Ebbs, DO, FP-C, MS, ’17, ATSU-SOMA, was named the 2016-17 National Student DO of the Year by the Council of Osteopathic Student Government Presidents (COSGP), the student council of American Association of Colleges of Osteopathic Medicine (AACOM). The award is presented to one osteopathic medical student who demonstrates exceptional commitment to leadership, research, and service. Dr. Ebbs also served as a student delegate to the AOMA House of Delegates and on the Board of Trustees. His example is an inspiration to all.

ATSU-SOMA Student Receives International Award

Julian Hirschbaum, DO, ’17, ATSU-SOMA, was recently named one of 14 international winners of the Foundation for Advancement of International Medical Education and Research (FAIMER) Student Projects for Health competition, recognizing students who have made outstanding contributions to community health projects.

In the fall, Dr. Hirschbaum will begin his residency in Los Angeles, California and plans to carry out ATSU’s mission of serving the underserved.
Osteopathic Community News

ATSU-SOMA Opens OMM Center on Mesa Campus

On Tuesday, April 18, 2017, A.T. Still University (ATSU) celebrated the grand opening of the A.T. Still University Osteopathic Medicine Center Arizona. Students, faculty, staff, and community members toured the center and listened to remarks by ATSU President Craig Phelps, DO, ’84; dean of ATSU’s School of Osteopathic Medicine in Arizona, Jeffrey Morgan, DO, MA, FACOI, CS; and the center’s medical director, David Shoup, DO.

Physicians at the center will provide osteopathic manipulative treatment to address a variety of problems, including neuromusculoskeletal issues, headaches, neck pain, lower-back pain, fibromyalgia, jaw pain, chronic otitis, and injuries related to sports or the performing arts. The center will also offer specialized services for children with special needs.

“We are thrilled to open a center dedicated to the highest quality in osteopathic manipulative medicine,” said Dr. Shoup. “Services will benefit patients of all ages and foster interprofessional collaboration at the University.”

The center is open to the public. To schedule an appointment or request information, contact the office at 480-248-8198.

ATSU Diversity Marketing Campaign Receives National Recognition

A.T. Still University’s (ATSU) marketing campaign, “Diversity Means More Than Hue at ATSU,” received an honorable mention at the Cynopsis Media Social Good Awards in New York on March 2, 2017. The campaign is a multichannel initiative integrating print, video, and online platforms to highlight ATSU’s commitment to diversity in education, while encouraging students from diverse cultural and ethnic backgrounds to consider a health sciences career. ATSU collaborated with FabCom, a marketing agency based in Scottsdale, Arizona, to develop the initiative.

“We are pleased to see talented teams within the University harnessing new communication channels and leveraging new technology,” says ATSU President Craig Phelps, DO, ’84. “Through programs like this, ATSU promotes diversity in medicine, dentistry, and healthcare professions with an emphasis on leadership and service.”

Other finalists in the diversity category included A&E Networks, Special Olympics, Univision, and Viacom International Media Networks. The Atlanta Hawks Basketball Club took the top honor with its “Unity Weekend” campaign.
Dr. Trombly Appointed New Dean of ATSU-ASDOH

A.T. Still University-Arizona School of Dentistry & Oral Health (ATSU-ASDOH) announced the appointment of Robert M. Trombly, DDS, JD, as dean, effective July 1, 2017. Dr. Trombly succeeds inaugural dean, Jack Dillenberg, DDS, MPH.

Dr. Trombly joined ATSU-ASDOH in 2015 as associate dean of clinical affairs. In this role, he demonstrated a command of current issues in dental education, as well as an affinity for innovation. He has also shown a commitment to ATSU-ASDOH’s mission to provide dental care for the underserved.

Dr. Trombly received his dental degree from University of Michigan in 1984 and earned a juris doctorate from University of Denver School of Law in 1991. He has served in leadership roles for the American Dental Education Association and worked as a consultant for the Commission on Dental Accreditation.

ATSU-SOMA Students Mentor Local Youth

On Friday, February 17, 2017, A.T. Still University (ATSU) Diversity & Inclusion hosted nearly 50 eighth graders from the Cartwright School District at the University’s Arizona campus. The middle schoolers met with students from ATSU’s School of Osteopathic Medicine in Arizona (ATSU-SOMA) to learn about health careers. The purpose of the partnership is to encourage young people from diverse backgrounds to consider a career in healthcare, increasing diversity in the health professions workforce.

ATSU-SOMA students ate lunch and played games with the Cartwright students, while discussing the paths they took to get to medical school. Many of the ATSU-SOMA students came from diverse backgrounds themselves, and could speak to the challenges their mentees would face.

“I hope to inspire them and show them that health professionals come in all shapes, sizes, and colors,” says Ellen Liang, OMS I. “We all come from different backgrounds.”

Liang’s family immigrated to the United States, and she understands the difficulties of navigating an unfamiliar education system. She believes children in similar situations would benefit from a mentorship program, like the one offered at ATSU.

Liang and her peers advise their mentees to work hard and dream big. “I tell them to try their best and be open to the possibility that anything they wish for can become a reality,” says Liang.
AZCOM Commencement 2017

Commencement for AZCOM took place on May 31, 2017 in Midwestern University’s Auditorium. Over 220 DO graduates received their degrees. Midwestern University President and Chief Executive Officer Kathleen H. Goeppinger, PhD, presided over and delivered the keynote address during the ceremony, which also included remarks from Valedictorian Michelle Dyrholm, DO, who spoke on behalf of her class.

This year, 22 graduates – the largest number of military students in AZCOM’s history – were honored at commencement with a special gold coin in recognition of their service to their nation. In another first, 18 of these students were able to match to military residencies, which represents AZCOM’s most successful military match to date. The graduates in military residencies – representing the United States Army, Navy, and Air Force – will be able to count their residency time as years of military service.

Additionally, three OMM Scholars – DO students who complete a fifth year of study and training and act as student teachers for their AZCOM peers – took to the stage to receive their hoods and accolades. Catherine Vanier, Paavan Patel, and Puja Patel earned the admiration of their fellow students and their OMM faculty with their dedication to osteopathic manipulative medicine.

Congratulations to the Class of 2017!

AZCOM STUDENTS CELEBRATE RESIDENCY PROGRAM MATCHES

As students from osteopathic medical schools across the nation discovered their near-term futures on Match Day, many of AZCOM’s Class of 2017 were thrilled to discover that they would remain in Arizona for their residencies.

A group of eight AZCOM students were elated to find that they matched to Maricopa Medical Center and a camera crew from Maricopa Integrated Health Systems was on campus on Friday, March 17, 2017 at 9:00 AM local time to capture the moment when they opened their match envelopes.

Nearly 40 Class of 2017 students matched in-state, representing a real boon for Arizona healthcare, one which has potential long-term benefits for a state facing physician shortages.
CLASS OF 2019 PARTICIPATES IN BRIDGING CEREMONY

In February 2017, the Arizona College of Osteopathic Medicine held a bridging ceremony for the Class of 2019. The ceremony commemorated the transition period from didactic studies to clinical rotations and was attended by key faculty members, and 250 students and their families. Faculty department chairs presented awards to top students who excelled in their particular subjects.

In addition to receiving a customized set of scrubs in preparation for clinical rotations, all class members were gifted the book *Being Mortal*, a memoir reflecting on the feelings of a patient facing death, to better prepare the students for the emotional challenges that will face them in a few short months. The gift was generously donated by Mr. Gerald Wissink, FACHE, a founding board member of the BHHS Legacy Foundation, an Arizona nonprofit.

AZCOM STUDENTS ADVOCATE FOR THEIR PROFESSION ON CAPITOL HILL

In April 2017, nine AZCOM students joined over a thousand of their peers who put on their white coats and marched to the United States Capitol in Washington, D.C. to advocate for the future of their profession.

AZCOM student representatives had the opportunity to meet with many Congressional officers, including members of Senator John McCain's and Representative Kyrsten Sinema's offices, to discuss what DOs do and the importance of reinstating funds for Teaching Health Centers Graduate Medical Education (THCGME). The students took full advantage of unique and rare opportunities to positively impact the future of DOs directly from Capitol Hill, including delivering a letter to Representative Trent Franks to explain the ways that THCGME funding is a vital part of many rural and underserved communities. Unless the authorization is renewed, the funding will expire in September 2017.
18th Annual Cuts for Kids

Organized by the Midwestern University Pediatrics Club, the 18th Annual Cuts for Kids was held in March 2017 on the Midwestern University Glendale Campus in March. The event raised funds for March of Dimes and obtained donated hair for Pantene Beautiful Lengths, a charity that makes wigs for people suffering from medical hair loss. Professional stylists gave haircuts and attendees who donated eight or more inches of hair received theirs free of charge.

MWU HOSTS ARIZONA REGIONAL BRAIN BEE

In February 2017, Midwestern University welcomed some of Arizona’s top high school students for the annual Arizona Regional Brain Bee, an educational competition similar to a spelling bee that focuses on neuroscience. The 2017 Arizona Regional Brain Bee at Midwestern University was presented in partnership with the BHHS Legacy Foundation.

Eighty-five students from 16 Arizona high schools converged on the University’s Glendale Campus to test their knowledge of the human brain, how it governs human behavior, and the science that helps medical professionals understand brain function. Members of the AZCOM Neuroscience Club served as judges for the event.

The top three Brain Bee finishers, in order, were Rahul Jayaraman, Grace Xu, and Latavya Chintada, all from BASIS Chandler. BASIS Chandler won the team prize for the overall high score for the third straight year.

For his performance in the Brain Bee, Mr. Jayaraman won a $2,000 scholarship towards tuition in any Midwestern University program at either the University’s Glendale Campus or the campus in Downers Grove, Illinois, as well as travel expenses to help him as he competed at the United States Regional Brain Bee in Baltimore, Maryland.

MIDWESTERN UNIVERSITY ANNOUNCES TWO NEW MEMBERS OF THE BOARD OF TRUSTEES

Kathleen H. Goeppinger, PhD, President and Chief Executive Officer of Midwestern University, announced that Barbara J. Ralston and Rear Admiral Ronald D. Tucker, USN (Ret.), have been appointed to the University’s Board of Trustees.

Ms. Ralston has enjoyed a long and distinguished career in banking and was recognized in 2004 as one of the top women bankers by American Banker Magazine.

Rear Adm. Tucker has more than 40 years of professional experience in the U.S. Navy and with the Bechtel Corporation.
Got a DOs in the News item?
Send it to communications@az-osteo.org
and we will share it in the Digest.

Julie Morrison, DO Recognized by American Diabetes Association

Julie A. Morrison, DO, received the Mike Michaels Courage Award from the Arizona/New Mexico Region of the American Diabetes Association for her fundraising efforts for diabetes research. The award is named for Mike Michaels, a self-made man who lived with Type 1 diabetes.

An Arizona resident, he was a generous donor to the ADA and a strong advocate and fighter for finding a cure. Over the past ten years, Team Cameron led by Dr. Morrison has participated in the Tour de Cure Walk – Tucson and raised more than $120,000.

Voted Best Doctor and Medical Facility

Christina Goldstein-Charbonneau, DO, and her medical practice, All Wellness Medical Center, were named the Best Doctor and Best Medical Facility by readers of the Mohave Valley Daily News. Votes came in from the tri-state region of Nevada, California, and Arizona and her unique blend of osteopathic and integrative medicine has overwhelmingly impressed the community and they gave her a resounding endorsement to prove it.

“Dr. Christina” has practiced as an osteopathic physician for 25 years and completed her Fellowship in Integrative Medicine at the University of Arizona Medical School in 2012 to offer proactive care for her patients. She and her staff provide both traditional and integrative medicine at All Wellness Medical Center in Bullhead City, Arizona.

PBS Documentary Spotlights Karen Nichols, DO


Dr. Nichols, Dean at the Chicago College of Osteopathic Medicine, was the first woman president of the American Osteopathic Association and is a past president of AOMA.

Visit http://www.wedu.org/thefemininetouch/ to watch this inspirational film.

Wendell Phillips, DO: Blood Test Offers Peace of Mind

Wendell Phillips, DO, was recently quoted in a Forbes Magazine online article discussing the use of blood markers to detect breast cancer. The article “Blood-Based Breast Cancer Detection Test May Help Avoid Biopsy” by John Nosta, cites a study published in the journal Clinical Breast Cancer.

Dr. Phillips, a family practitioner with HonorHealth in Phoenix, Arizona, offered a primary care physician's perspective on the use of the Videssa® Breast protein-based blood test in conjunction with mammography, calling it “a valuable decision-making tool that helps spare women potentially unnecessary biopsy.”

## 2017-2018 Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>August 19, 2017</td>
<td>3rd Annual Flagstaff Osteopathic Medical Conference</td>
<td>Flagstaff Medical Center</td>
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<td></td>
<td></td>
<td>Flagstaff, Arizona</td>
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<tr>
<td>November 10, 2017</td>
<td>AOMA Board of Trustees Meeting</td>
<td>6:30 pm</td>
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<td>Hilton Tucson</td>
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<td>El Conquistador Resort</td>
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<tr>
<td>November 11, 2017</td>
<td>AOMA House of Delegates</td>
<td>4:00 pm</td>
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<td>Hilton Tucson</td>
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<td>El Conquistador Resort</td>
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<tr>
<td>November 11 &amp; 12, 2017</td>
<td>AOMA 37th Annual Fall Seminar</td>
<td>Hilton Tucson</td>
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<td>El Conquistador Resort</td>
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<td></td>
<td></td>
<td>10000 N. Oracle Road</td>
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<tr>
<td></td>
<td></td>
<td>Tucson, AZ 85704</td>
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<tr>
<td>January 27, 2018</td>
<td>AOMA Board of Trustees Meeting</td>
<td>9:00 am</td>
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<td>Midwestern University</td>
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<td>Glendale, Arizona</td>
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<td>February 2018</td>
<td>DO Day at the Legislature</td>
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<td>Arizona State Capitol</td>
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<tr>
<td>April 11, 2018</td>
<td>AOMA Board of Trustees Meeting</td>
<td>6:30 pm</td>
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<tr>
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<td>Hilton Scottsdale Resort &amp; Villas</td>
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<tr>
<td>April 11-15, 2018</td>
<td>AOMA 96th Annual Convention</td>
<td>Hilton Scottsdale Resort &amp; Villas</td>
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<td>6333 N. Scottsdale Road</td>
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<td>Scottsdale, Arizona</td>
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<tr>
<td>April 13, 2018</td>
<td>AOMA House of Delegates</td>
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<tr>
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<td>Hilton Scottsdale Resort &amp; Villas</td>
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### Engage in Patient Care & Education

**37th Annual AOMA Fall Seminar**

**November 11 & 12, 2017**

**Engage in Patient Care & Education**

- Hilton Tucson
- El Conquistador Resort
- 10000 N. Oracle Rd
- Tucson, Arizona 85704

**Register by October 11, 2017 and save 75%!**

Go to [www.az-osteo.org](http://www.az-osteo.org).

<table>
<thead>
<tr>
<th>Status</th>
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<tr>
<td>AOMA Member</td>
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<tr>
<td>Non-Member</td>
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<tr>
<td>Retired or Honorary Life Member</td>
<td>$245</td>
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**AOMA designates a maximum of 13.5 hours of AOA Category 1-A CME credits for this Seminar. Application will be submitted for AAFP prescribed credits.**

### Advertisers’ Index

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- Arizona Osteopathic Charities ..........Outside Back Cover
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You could win a $100 VISA gift card. Please take the time to visit the AOMA website and login to update your professional profile information for the online AOMA Directory. Deadline to be entered into the gift card drawing is September 30, 2017.

See what’s new on the AOMA website. Check out the photos from the AOMA 95th Annual Convention; register for the 37th Annual Fall Seminar; or take an online CME course. Visit often for future enhancements and features!

AOMA Career Center

Searching for a job?
Looking to fill a position?
Expanding your practice?
Visit www.az-osteo.org/Jobs

AOMA gratefully acknowledges all its members for your support of the osteopathic medical profession and your association.

Your membership ensures that AOMA is looking out for you and enables us to accomplish great things on your behalf.

Thank you!

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