



San Diego Academy of Family Physicians

Newsletter
June 3, 2010

Richard Payne, MD, FAFAP, Newsletter
Editor
Circulated by CAFFP on behalf of
SDAFP

Message from SDAFP President Anthony F. Chong, MD

It is with great honor that I begin my term as President of the San Diego Academy of Family Physicians. As family physicians, we should cherish our roles in the house of medicine and embrace our drive to provide the best care for our patients.



Last year, Melissa Vourlitis, DO gave a wonderful description of what we do as family physicians. This year, I encourage each and every one of us to push that further. We need to remember that we do enjoy our work. We need to look beyond the daily grind, the endless paperwork, and the long hours. We need to realize that we chose this specialty for what it offers us: intellectual stimulation, diversity of patients and diseases, and long-lasting relationships with our patients and their families.

With our support, CAFFP and AAFP defended our interests in the health care reform debate and continues to push for local, state and national initiatives that will increase recognition of our specialty and reward family physicians for the valuable role we play in a properly functioning health care system. They are pressing to improve access to care, increase payments and advance the principles of the patient centered medical home (PCMH). While there is a national movement to continue to work with the rest of the medical community and Congress for greater improvements in healthcare, we need to encourage change at the grassroots level as well.

Like many of you, I went to UCSD for medical school and residency. I remember how all the other specialties regarded family medicine. Our students have that same bias when they come to our clinic. It is critical that we utilize every medical student session as an opportunity to show the true potential of family medicine. Everyone has a bad day, but when all the students ever see are grumpy or cynical preceptors, we are not doing justice to the spirit of family medicine. We must strive to show them the good things that we enjoy in our work. Even the simplest things we take for granted as part of our specialty are a breath of fresh air compared to an academic setting. When compared to the disconnected care they observe on their other rotations, my students get a kick out of seeing the relationships I build with my patients—they appreciate how I not only know my patients, but also their children, their siblings, their parents, and even their grandparents.

We, as individual family physicians and as an SDAFP community, have an important role to play. We need to embrace our specialty and demonstrate the spirit of family medicine through all of our interactions—whether it is with our patients, the community at large or with our students and residents, who are particularly important for our future.

Let's not forget our interaction among our colleagues as well. I encourage you to take a moment everyday to catch up with your office colleagues and build up that esprit de corps so we can be better champions of family medicine. The SDAFP motto is "Commitment to the Profession." We work to champion our specialty everyday. So as President of SDAFP, I hope that you will join me in embracing the spirit of family medicine as we strive to promote the specialty.

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Mission Statement: The purpose of the San Diego Academy of Family Physicians is to enhance, strengthen and promote the specialty of family medicine, to promote professional and personal growth for its members, and to advocate for family centered care for all Californians, particularly those living in San Diego. Additionally, we strive to bring members together at a local level. This includes activities which promote good hospital relations for family practice, continuing medical education, and improved professional and public relations.

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Medical Board of California Imposes New Change in Physician Licensure

Physicians licensed by the Medical Board of California (MBC) will be



Don't Miss the SDAFP 53rd Annual Postgraduate Symposium

Family Medicine Update: 2010
June 25-27, 2010

at the newly renovated Paradise Point Resort in Mission Bay

Topics include:

- Diabetes
- Hyperlipidemia
- Nutritional Supplement
- Arthritis Workshops
- ...and much MORE!



The three-day SDAFP 2010 Symposium is eligible for up to **36.75 AAFP-approved EB CMEs** or **19 units of Category 2 CMEs approved by the AOA.**

For more details or to register, go to: www.sandiegoafp.org

Do you have a good case to share during our 2-minute, 2-slide presentation on Saturday afternoon, June 26 during the Symposium?

If so, contact [Sabrina Bazzo](mailto:sbazzo@sandiegoafp.org). We'd love to showcase your case during this fun, interactive session!

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Welcome to the New 2010 PGY 1 Class!

Scripps Family Medicine Residency Program



Sarah Dalhomi is a graduate of the Indiana University School of Medicine and also received her undergraduate degree in Biology from Indiana University. Growing up in a bilingual household, Sarah is a fluent Spanish speaker and has participated in clinical activities in Central and South America as well as North Africa. She was an Honors College RUGS Research and Creative Partnership Grant Recipient; her research study investigated effects of alcohol on mood and attention in Hispanic populations of San Diego. Sarah enjoys time with family and the practice of yoga.



Karla Garcia is a graduate of the UC Irvine College of Medicine where she participated in the PRIME-Latino Community program. She completed an MPH at the Harvard School of Public Health where she developed Diabetic Group visits for Spanish-speaking patients at a community health center. She is also the recipient of the 2007 Kaiser Permanente Oliver Goldsmith Scholarship- Honorable Recognition for Advancing Culturally Responsive Care.



Ruth Morgan is a graduate of Albany Medical College. Her road to Family Medicine started with a degree in Sociology from Dartmouth College and a career in education. While at Albany Medical College, Ruth was part of a Distinction in Research program where she participated in a multidisciplinary Childhood Obesity project. Her commitment to Family Medicine was solidified when she accompanied a local family physician on a medical trip to Uganda. She was elected to the Gold Humanism Society.

required as of June 27, 2010 to inform their patients that they are licensed by the Medical Board of California, and to include the board's contact information pursuant to Title 16, California Code of Regulations section 1355.4. The purpose of the new requirement is to inform consumers where to go for information or with a complaint about California medical doctors.

For detailed information about the new change and to download a copy of a sign template, please [click here](#).

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And they're off...Upcoming FM Events at Del Mar Thoroughbred Club

Join us for a summer of fun races at the Del Mar Thoroughbred Club and support family medicine on **July 29** or **August 8**. Bring along your family and office staff!

[Click here](#) to download the form to register!



Thursday, July 29
Edwin Reithmayer, MD Memorial Scholarship Fundraiser Day at Race--Turf Club Event
\$30 per person

Seating in Il Palio Restaurant Racetrack and Ocean View (Viewing Monitor)
Turf Club Lunch Menu available at additional cost, Dress Code Required

Sunday, August 8

Malvin Williams, MD Memorial Scholarship Fundraiser

Picnic at Races--Infield Pavilion

\$7-Adults

\$2-Children (17 yrs or under)

Pacific Pavilion Picnic Lunch includes:

Grilled All-Beef Hot Dogs. BBQ Grilled



Sean Rodriguez is a graduate of the UC Irvine College of Medicine where he participated in the UC-Mexico Medical Student Immersion program in Cuernavaca. Sean grew up in Chula Vista and was an undergraduate at Point Loma Nazarene University. He was active in the UC Irvine Student-Run Free clinics. He looks forward to returning to San Diego, where he enjoys surfing and rock climbing.



Emma Smith is a graduate of the Keck School of Medicine at USC where she has been active in the Violence Intervention Program, being a mentor for child victims of domestic violence. Her Family Medicine clerkship experience was at the South Central Family Health Center in LA. Emma is an active member of AMWA.



Nicholas Whitley is a graduate of the Keck School of Medicine of the University of Southern California where he was a volunteer at the Venice Family Health Center. His focus was on high risk teens. He was also involved in homeless outreach in the parks of Santa Monica and recently traveled to El Salvador on a medical outreach trip. He enjoys all outdoor beach activities, making San Diego an ideal destination.



Katherine "Katie" White is a graduate of the UC San Diego School of Medicine where she is an elected member of the Gold Humanism Society. Katie has been an active participant in the Student-Run Free Clinic Project. Her independent study project, "The Mountain View Community Health Project" promoted nutrition and exercise for young mothers. Katie has a passion for care of the underserved, and we are happy that she will stay in San Diego.

UC San Diego Combined Family Medicine Residency Program

Andrea Gallardo earned her undergraduate degree from Santa Clara University and then spent a year with the Americorps VISTA for the Health Trust in San Jose creating culturally appropriate marketing materials for youth relating to health issues. She will graduate from the Keck School of Medicine of the University of Southern California in June. As a medical student she spent a year working in a violence intervention program at the Community Assessment and Treatment Center in Los Angeles, CA. She served on the program committee for the UCLA School of Medicine Minority Health Conference and is the co-founder of the Coalition of Medical Students Valuing Diversity. She has been a leader of the Latino Medical Student Association, serving as Co-Chair of her local chapter, and as the Regional Vice President of Alumni Relations. She has been active in clinics focused on the underserved including the Los Angeles Free Clinic and the Venice Family Clinic.



Christian Small earned his undergraduate degree from the University of Southern Maine after which he spent four years in Apia, Samoa as part of the United States Peace Corps where he headed the science department at a local secondary school and extended his assignment to secure funds to build a cafeteria and science lab at the school and to become the head science teacher at St. Mary's College. He will graduate from John A. Burns School of Medicine in Oahu, Hawaii this June. In medical school Christian was the clinic manager of Homeless Outreach and Medical Education (HOME), a project to connect those in shelters with clinical services. He co-founded Outbound Eye Health International and created and executed a mission to deliver eye screening and eye glasses to medically underserved, rural residents in Western Samoa including the coordination of cataract surgery among volunteer specialists. He was also President of the Global Health Student Interest Group.



We are also happy to announce the addition of Christina Pagano to our PGY 2 class bringing our total number of residents to seven in each class for the 2010-2011 academic year.

Christina Pagano is a graduate of the Penn State University College of Medicine.

Chicken Breasts,
Corn on the Cob, Cowboy Beans,
Sliced Watermelon, Potato Chips, Rolls
& Butter,
Ice Cream Bar

Beverages include: Iced Tea,
Lemonade, Coffee and Decaf.

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a Master's degree in Education and an MBA. Chris started as an Emergency Medicine resident at UCSD but missed the opportunity to see patients in continuity. She is a team player who played college basketball and professional ball in Australia. Chris brings a passion for patient education in the area of lifestyle and nutrition to the field of Family Medicine.

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Cecilia Gutierrez, MD honored at the CAFP-F celebration dinner during CAFP's 62nd Annual Scientific Assembly in San Francisco



Congratulations to [2010 CAFP Foundation Barbara Harris Award](#) winner **Cecilia Gutierrez, MD**. SDAFP's board and leadership proudly gathered with more than 60 other guests to celebrate Dr. Gutierrez's accomplishments and excellence in education on Friday, May 14 at the City Club in San Francisco.

CAFP thanks all of the SDAFP members who attended this wonderful event.

[If you have not taken the CAFP evaluation yet, click here.](#)

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