



NEW YORK

Family Medicine

November 2011

[TABLE OF CONTENTS](#)

[CALENDAR OF EVENTS](#)

[LETTER FROM OUR PRESIDENT](#)

[RESIDENTS' RESOURCE](#)

[STUDENTS' RESOURCE](#)

[NCSC REP SOUGHT](#)

[GREAT AMERICAN SMOKE OUT](#)

[READY FOR NEW ICD-10?](#)

[ENERGY PLUS PROGRAM](#)

[ALSO REPORT FROM OCT 20](#)

[RFMC REPORTS ALBANY AND ROCHESTER](#)

Most of the articles below can be found on our [netFORUM website](#). Click on [Articles](#) and search by Category = 2011 November or Every Month (Calendar and Career Opportunities).

[Click here to view newsletters online.](#)

Do you have a contribution? Please send to news@nysafp.org.



See the conversation on Facebook!

Calendar of Events

[Please see our calendar for additional information and events.](#)

2012

January 26-29 Winter Weekend schedule and registration are open! Save the Date cards will be mailed in November. [Click here for schedule and registration.](#)

January 28 Board Meeting at Winter Weekend, Lake Placid

February 24-26 Ten State Jersey City

[UNDERSTANDING THE PROCESS OF MERGING YOUR PRACTICE](#)

[TAR WARS](#)

[DONATE TO THE FOUNDATION](#)

[ORDER YOUR NYSAFP SHIRT](#)

[SET SAIL WITH IOWA AFP](#)

[BOARD NOMINATIONS](#)

[READY SET FIT](#)

[DRIVER SAFETY COURSE](#)

[DUES CHECK OFF CHALLENGE](#)

[NON-NYSAFP EVENTS](#)

[PROFESSIONAL OPPORTUNITIES](#)

[AVAILABLE SURVEYS](#)

**November 1, 2011
Membership Snapshot**

Total: 4629

Breakdown by Type

Active	2433
Students	1208

March 4 Winter Cluster Troy
March 5 Lobby Day Albany

April 21 Regional Family Medicine Conference Beth Israel, Manhattan

June 23-24 Congress of Delegates Albany

Click here for [future events](#)

Click here for [past events](#)

Quick Survey: Tell us how you would like to be contacted for upcoming events, click here to take 2- question survey.

[Back to Top](#)

Letters From Our President - Orlando 2011

By: Neil Nepola, MD

We had a successful RFMC in Rochester this October and are planning a RFMC next year in conjunction with the Erie County Chapter. We may schedule a commission cluster in conjunction with that conference to allow western New York members to participate in the deliberations of our commissions and board. [Read More](#) [Back to Top](#)



Residents 631
Life 271
Supporting 19
Inactive 67

[Newsletter Archives](#)

**THANK YOU FOR READING THE
NYSAFP MONTHLY NEWSLETTER.
YOUR COMMENTS ARE WELCOME.
PLEASE SEND TO NEWS@NYSAFP.ORG**

Please Share With Medical Students

- Curious about family medicine? Speak with a family medicine physician in the NYSAFP database of famy physicians. Search for physicians who live near you.
 - Physicians in the database have volunteered their information and are happy to answer your questions about family medicine. (Many also offer shadowing opportunities.)
 - Students: [Please click here to search the database.](#)
(Physicians can also access that link to [sign up to participate in the database.](#))
-



Why the other side hates to see us on your side.

- We go to bat for you and preserve your good name.
- We aggressively defend and resist any payment for frivolous claims.
- We are a tough team to beat and we don't give up.
- We have the finest defense attorneys in the State, respected medical experts, and the country's largest and most experienced claims staff.
- We are not just your liability insurer. We are your legal guardians.

**We are MLMIC.
Our defense never rests.**

Medical Liability Mutual Insurance Company (MLMIC) is the one ally you want when you enter the courtroom and your practice and reputation are on the line. The jury may be out. But, you can feel confident, knowing you are protected by the one company that has successfully defended more New York physicians than all other insurers combined.

|| Exclusively endorsed by MSSNY since 1975, MLMIC is a mutual company, owned and operated by the physicians we insure. || For more information and an application, call 800-275-6564 (NYC), 800-356-4056 (Syracuse), 877-777-3560 (East Meadow), or 800-635-0666 (Latham). ■



**Endorsed by
MSSNY &
NYSAFP**



Our defense never rests.

New York
Latham
Syracuse
East Meadow
©2011 Medical Liability Mutual Insurance Company

www.mlmic.com

AAFP Member Census

AAFP has developed a new tool to help better understand the practice environments of our shared members. The AAFP Member Census will replace the Member Profile survey formerly stored in TASS. On September 17, the AAFP mailed hard copies to members as part of an ongoing campaign to complete and return the census.

Please [click here](#) to complete the census or see more information at www.aafp.org/membercensus

FOR AN UPDATE ON THE PROGRESS OF HEALTH CARE REFORM AND HOW IT WILL AFFECT YOU AND YOUR PRACTICE, CLICK ON [AAFP NEWS NOW](#)

Available CME

Physicians will find a useful source of continuing medical education (CME) at the Annotated List of Online Continuing Medical Education, <http://www.cmelist.com/list.htm>.

COUNTY CHAPTERS....

WHAT'S HAPPENING IN YOUR CHAPTER?

SEND US YOUR MEETING NOTICES AND INCREASE LOCAL PARTICIPATION.

Residents' Resource

New model of teaching presented by Ellis Family Residency Program at the FMEC, Family Medicine Education Consortium North East Region Meeting Danvers, MA - October 2011

By: Margarita Mosquera, MC

For the last year, the Ellis FM residency program lecture series has implemented an innovative model of teaching: a collaborative multi-specialist presentation, a new didactic multidisciplinary approach. Three faculty members with different Dr. Michael Welch from family medicine, Dr. James Ansel from behavioral sciences, and Dr. Bradley Ford from pediatrics are in charge of each session. Sometimes another specialist is invited to the session. The main challenges of this modality are greater involvement and participation with more use of case-based learning as a springboard for discussion and the integration of behavioral science into chronic disease management. [Read More](#)

Congratulations to Kurt Bravata, MD of Yonkers! Dr. Bravata has been appointed to represent the American Academy of Family Physicians (AAFP) as the AAFP Alternate Delegate Representative to the AAFP American Medical Association-Resident Fellow Section (AMA-RFS). [Back to Top](#)

Students' Resource

AAFP Resources

[Getting Involved in Your Academy](#) -- The American Academy of Family Physicians is one of the few specialty organizations to actively enlist their student members in leadership roles. The AAFP values the contributions made by medical students and recognizes the importance of training future leaders of medicine.

[Section 1: General Information](#) (6-page PDF file)

- Everything You Need to Know About Resident and Student Leadership Opportunities
 - Application Timeline for Elections and AppointmentsInsert [Back to Top](#)
-

Delta Exchange

Join the PCMH network exclusively for primary care

- Learn PCMH best practices
- Get forms and templates
- Access 24/7 webinars
- Q&A with TransformMED experts + PCMH leaders

CLICK HERE

AAFP Members:
just \$184.89 a year

A service of TransformMED

DONATE TO THE [FAMMEDPAC](#)

DUES PAYMENT OPTION

ACADEMY MEMBERS WHOSE DUES BALANCE IS GREATER THAN \$100 MAY SIGN UP TO PARTICIPATE IN AN INSTALLMENT PAYMENT PLAN.

FOR MORE INFORMATION MEMBERS CAN CONTACT DAVID LLOYD AT DLLOYD@AAFP.ORG.

It's Easy to
Pay Your
2012 Dues
ONLINE

NCSC Representatives Sought

Did you ever say to yourself, "I wish my constituency were able to make the AAFP aware of particular items that affect us!"? The AAFP's National Conference on Special Constituencies might be just what you are looking for and there is financial assistance for you to attend!!!

Be advised that the AAFP will be holding their **National Conference of Special Constituencies May 3 – May 5, 2012** in Kansas City, Missouri.

[Read More](#)

[Back to Top](#)

Great American Smokeout & AAFP Campaign

Join the **American Cancer Society's Great American Smokeout** on November 17 with two opportunities to promote tobacco prevention and cessation.

[Ask and Act](#) —Ask your patients about their tobacco use and utilize AAFP tobacco cessation resources to help them quit.

[Tar Wars](#) —Pledge to present a Tar Wars tobacco prevention presentation in your local elementary school.

Pledge today to receive free Ask and Act and/or Tar Wars materials.

[Back to Top](#)

ALSO Instructor Course held at FMEC on October 20



The dedicated NYSAFP **ALSO IC** faculty continue to educate colleagues in advanced life support in obstetrics. This year's FMEC preconference instructor course educated 24 physicians and residents how to become qualified ALSO instructors. Dr. Jeff Harp, from the University of Rochester Medical Center at Highland Hospital, continues to run successful, fun and informative courses as Course Director. Pictured here is Course Advisor, Dr. Gene Bailey, from SUNY Upstate Medical University, who is an active and integral part of the ALSO community.

[Back to Top](#)

Available in Print, CD-ROM and On-Line
The Core Content Review of
Family Medicine

North America's most widely-recognized program for
Family Medicine CME and ABFM Board Preparation.



**The Core
Content Review
of Family Medicine**
Enriching Family Physicians Since 1968
PO Box 90, Bloomfield, CT 06006

For a descriptive brochure, sample educa-
tional material, user endorsements, and
ordering procedure

• visit www.corecontent.com
• call 888-343-CORE (3679)
• or e-mail mail@corecontent.com.

Want help with your most challenging patients?

Think of a psychologist...

when you have a patient telling you about life issues and they need help with depression, anxiety, grief, relationship or parenting problems, work or life stresses.

~

Think of a psychologist...

because research shows that talk therapy and medication together work better than medication alone.

~

A recent meta-analysis in *The American Psychologist* demonstrated the strongly positive and enduring effects of psychotherapy. (Shedler, 2010)

~

Think of a psychologist...

because we have doctoral degrees, specialty training and the clinical skills to help people cope more effectively with life's challenges.

~

Find a psychologist at

www.nyspa.org

The Referral Service of the NYS Psychological Association

800 - 732 - 3933



www.nyspa.org

Are You Ready for the New ICD-10 and Electronic Version 5010?

Changes Start Taking Effect in January of 2012...

By: Robert J. Conroy, Esq., Denise Sanders, Esq., Matthew R. Streger, Esq., and Peter D. Espey, Esq.

The International Classification of Diseases (10th edition) (ICD-10) codes will take effect on October 1, 2013. While this may seem far off, according to the Centers for Medicare and Medicaid Services (CMS), physicians should begin preparing for the changes immediately. In addition, the CMS will require use of the new Version 5010 for the electronic submission of claims beginning at the outset of 2012. Although the Version 5010 represents less of a structural transformation than ICD-10, its impact will come in just a few months. Failure to prepare for either change can (and most likely will) result in unpaid claims.

[Read More](#)

[Back to Top](#)

Energy Plus Program

Member Benefit

After a careful review, NYSAFP decided to make a customized electricity program available from Energy Plus, an Energy Supply Company (ESCO). NYSAFP members who switch to Energy Plus will receive a \$50 Activation Bonus for signing up their business and a 5% Cash Back rebate on the supply portion of the electricity bill for their business. If members enroll their homes, they will receive a \$25 Activation Bonus and a 3% Cash Back rebate.

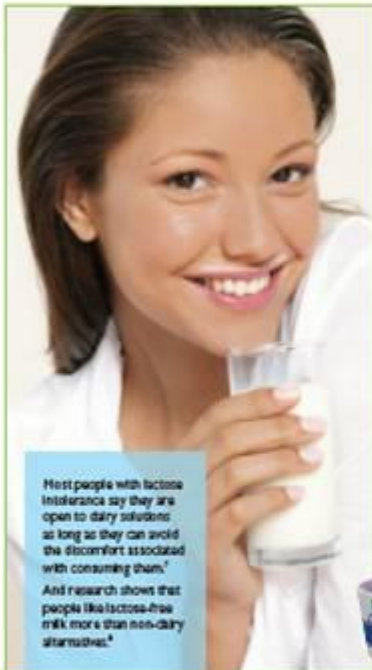
Enroll today to receive your electricity for your home or business from Energy Plus, an Energy Supply Company (ESCO). You'll earn cash back while still receiving the same reliable service from your local utility company.

Members should evaluate current energy costs very carefully to determine the extent and timing of any savings that may occur by enrolling with Energy Plus. It could take several months before savings actually appear in energy bills. [Read More](#) [Back to Top](#)



A NEW CONVERSATION ABOUT LACTOSE INTOLERANCE

Help Your Patients Enjoy Dairy Again



Most people with lactose intolerance say they are open to dairy solutions as long as they can avoid the discomfort associated with consuming them.¹ And research shows that people like lactose-free milk more than non-dairy alternatives.²

Many health authorities agree that low-fat and fat-free milk and milk products are an important and practical source of key nutrients for all people – including those who are lactose intolerant.^{3,4,5,6,7}

In fact, the 2010 Dietary Guidelines for Americans (DGA) recognizes dairy foods as an important source of nutrients for those with lactose intolerance.⁸ Milk is the #1 food source of three of the four nutrients the DGA identified as lacking in the diets of Americans – vitamin D, calcium and potassium – and the DGA recommends increasing intakes of low-fat or fat-free milk and milk products to help fill these nutrient gaps.

A Solutions-Focused Approach

People who are lactose intolerant should know that when it comes to dairy foods, practical solutions can help them enjoy the recommended three servings of low-fat and fat-free dairy foods every day⁹, without experiencing discomfort or embarrassment:

- Gradually reintroduce milk back into the diet by drinking smaller amounts of milk at a time, trying small amounts of milk with food, or cooking with milk.
- Drink low-lactose or lactose-free milk products, which are real milk just with lower amounts or zero lactose, taste great and have all the nutrients you'd expect from milk.
- Eat natural cheeses, which are generally low in lactose, and yogurt with live and active cultures, which can help the body digest lactose.

Visit nationaldairycouncil.org for more information, management strategies and patient education materials.



3 Every Day These health and nutrition organizations support 3-Every-Day™ of Dairy, a science-based education program encouraging Americans to consume the recommended three daily servings of nutrient-rich low-fat or fat-free milk and milk products, to help improve overall health.

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2010. Washington, DC: U.S. Government Printing Office, January 2011.
2. National Institutes of Health. Lactose Intolerance Conference Report: NIH Consensus Development Conference on Lactose Intolerance and Health. Bethesda, MD, 2003. http://www.nidk.nih.gov/healthinfo/nihsconsensusdocs/nihsconsensus03_01.pdf
3. American Academy of Pediatrics. Lactose intolerance in children, adolescents, and adults. Pediatrics. 2006; 118 (5):1271-1280.
4. USDA. RFD. Basic Supplemental Nutrition Program for Women, Infants and Children. Nutrition and Milk. Food Package, Version 2.0. 2008, Rev. 1/08.
5. National Medical Association. Lactose Intolerance and Other Intolerance: Implications for the Consumption of Dairy Products. *Journal of the National Medical Association*. September 2006; Volume 99, No. 10.
6. Winer, WJ and Pines, W. Consumption of low-lactose milk alternatives. *The Role of Diet and Diet History in the Etiology of Lactose Intolerance*. *Journal of the National Medical Association*. 2007; 100:1512.
7. [1] Kishor M. The prevalence of self-reported lactose intolerance and the consumption of dairy food among African Americans in the US. *Journal of Human Nutrition*. 2007; 62:15-20.
8. Poulos, DR, and Consumer Association of Canada. *How to Buy: Strategic Impacts of Buying Lactose Intolerance Products*. *Food Science and Technology*. *Journal of Dairy Science*, 2007, 90:5.
9. The 2010 Dietary Guidelines for Americans recommends 3 daily servings of low-fat or fat-free milk and milk products for those age 7 and older, 2.5 cups for children age 4 to 6 years, and 2 cups for children age 2 to 3 years.

RFMC's held in Rochester and Albany

The **1st Annual Rochester RFMC** on October 1 was a success with over 80 guests. Thank you to the planning committee: Colleen Fogarty, Michael Nazar, Lindsay Phillips, Steve Schultz, Heidi Zinkand, & Benson Zoghlin, who made this first conference a success. Look for information on Rochester RFMC Year 2 (Fall 2012). This year's conference offered 7.25 CME credits.

NYSAFP and the Albany AFP chapter held its annual **Albany RFMC** on October 15 with over 80 guests. A special thank you to the Albany chapter for helping to sponsor 16 students and residents. Thank you to the planning committee: Andy Alpart, KrisEmily Anderson, Renee Argubano, Rachelle Brilliant, Jun David, Gary Dunkerley, Chris Murphy, Marc Price, Cliff Waldman.

[Back to Top](#)

Understanding The Process of Merging Your Medical Practice with A Large Mega Group or Hospital

By: Mathew J. Levy, Esq. and Stacey Lipitz Marder, Esq.
Kern Augustine Conroy & Schoppmann, P.C.

Overview:

As the costs of running a medical practice increase and the reimbursement rates from third party payors decrease, many physicians are being drawn to offers from large medical groups and hospitals to take over their practices. Although many physicians are attracted by these offers to increase their take home pay, as well as not have to deal with the day to day administrative duties of running a medical practice, physicians must weight the benefits and costs associated with entering into these relationships. Although these offers may seem very desirable, a more in depth analysis may result in a physician's realization that this arrangement is not a good fit and is not as glamorous as initially presented.

[Read More](#) [Back to Top](#)



Introducing a great prescription for **LOWER medical professional liability rates.**

J.M. Woodworth RRG, Inc., has been working hard to try and bring down the cost of medical professional liability insurance for New York physicians. We have developed specialized programs that offer exceptional coverage at the most competitive rates possible. Contact us today and find out how we can help you get the outstanding coverage you need, at a price that you can actually afford.



J.M. Woodworth Risk Retention Group, Inc.

3655 Brookside Parkway, Suite 200,
Alpharetta, GA 30022-1429

jmwoodworthrrg.com

www.jmwoodworthrrg.com

[Back to Top](#)

2011 – 2012 NYSAFP TAR WARS (Repeat Item)

It only takes one hour of your time to teach one TAR WARS class in your local 4th or 5th grade elementary schools. TAR WARS is the AAFP's National pro-health tobacco-free education program and poster contest for 4th and 5th graders to discourage tobacco use among youths.

Your help in teaching TAR WARS in your local 4th and 5th grade classrooms would be appreciated!

Over the years many schools who wanted presentations were unable to have them because we didn't have presenters available in their counties. [Read More](#) [Back to Top](#)

Donate to the NYSAFP Foundation

The New York State Academy of Family Physicians Foundation supports education and charitable activities. The Foundation also supports student externships for Student Members of the Academy.

Secure Online Donations: To contribute online, click the "**Donate**" button below.



[Back to Top](#)

NYSAFP Shirt Available (Repeat Item)

Order your very own **NYSAFP Polo Shirt!**



We recommend adding the logo to your left sleeve. We have our very own Lands' End / NYSAFP Company Store with a variety of sizes and styles in the dark cobalt color choice.

[Please click here to visit the NYSAFP store](#)

[Back to Top](#)

Iowa AFP Setting Sail February 2012 (Repeat Item)

The Iowa Academy of Family Physicians is setting sail on a **Caribbean Cruise in February of 2012!** We thought this CME opportunity would be of interest to your members and was wondering if you would be willing to share some information with them about this event in the next few months. [Click here for more information and to register.](#)

Due to the nature of the meeting we rely on our attendees to speak on various topics. [Please click here to sign up to speak and reserve a topic.](#) [Back to Top](#)

Nominations Welcome for NYSAFP Offices (Repeat Item)

The NYSAFP Commission on Leadership Development & Nominations seeks candidates for election to NYSAFP offices at the June, 2012 Congress of Delegates. [Read More](#) [Back to Top](#)

Ready, Set, FIT! Childhood Obesity Prevention Program (Repeat Item)

Help fight childhood obesity with AAFP's Ready, Set, FIT! (RSF!) school-based program, designed with Scholastic and endorsed by the National School Boards Association. The RSF! program curriculum is available free of charge to schools and AAFP members to help 3rd and 4th graders improve on healthy lifestyle behaviors. Make a difference in the health of your community by educating children about fitness (physical activity, healthy eating, and emotional well-being) through RSF! [Sign up to be a presenter today!](#)

[Read More](#) [Back to Top](#)

NYSAFP Is Now Offering Discounted Driver Safety Courses

[6-Hour Safe Driving Accident Prevention Program \(SDAPP\)](#)

[Returning Students](#)

Select this course if you would like to sign up for the Point Insurance Reduction Program (PIRP) online. Upon completion of this course, you will receive a 10% reduction, for three (3) years, in the base rate of the motorist's current automobile liability, no-fault and collision premiums. [Back to Top](#)



AAFP Dues Check Off Campaign - NYSAFP Challenge

The AAFP has challenged our New York Chapter to increase members that donate to the AAFP Foundation by selecting that option when paying dues online. Less than 10% of New York members participated last year. [Let's show our support this year!](#) Make your \$50.00 [Dues Check Off](#) donation today! [Back to Top](#)

Non-NYSAFP Events

Author in the Room® Teleconference

[Event Info](#) Typically on the third Wednesday each month

New York State Immunization Information System (Repeat Item) Regional User Group Meetings Fall 2011

You are invited to participate in one of the NYSIIS Fall 2011 Regional User Group Meetings. The day will start with the whole group attending two sessions, which will include a NYSIIS update and a demonstration of the newest functionality in NYSIIS.

When registering for the meeting, please select the appropriate break out session you would like to attend. To register, click the following link:

<http://www.zoomerang.com/Survey/WEB22D2SBX54PG/>

Project TEACH

CAP PC – Child and Pediatric Psychiatry for Primary Care

[Click here for information and program dates](#)

C.A.P.E.S. – Child and Adolescent Psychiatry Education and Support

[Diagnosis and Treatment Strategies for Angry & Resistant Youth](#)

Thursday, **November 3, 2011** 8:30am - 4:30pm

Albany Marriott, 189 Wolf Rd., Albany, NY

The C.A.P.E.S. Program has collaborated with Champlain Valley Physicians Hospital (CVPH)

Medical Center to offer this 4-course, "core" education series designed to help PCPs better understand and treat psychiatric issues in children and adolescents.

[Click here for Education Programs List](#)

[Click here for Physician Registration Form](#)

Upcoming PlatformQ EVENTS (Repeat Item)

For Healthcare Professionals . . . Wednesday Dec. 7 **CardioCareLive**

www.CardioCareLive.com Thursday Dec. 8 **CardioCareLive**

ABFM MC-FP Examination Moving to April in 2012 (Repeat Item)

Beginning in 2012, the ABFM MC-FP examination will be held in April instead of July. Diplomates who are in good standing and hold a currently valid, full, and unrestricted license to practice medicine in the US or Canada are eligible to apply for and take the examination. [Read More](#)

[Back to Top](#)

Professional Opportunities

[Click here](#) for information on listed Professional Opportunities

[Back to Top](#)

Available Surveys

Did you miss one of our surveys?

Quick Survey: Tell us how you would like to be contacted for upcoming events, click here to take 2- question survey. <http://www.surveymonkey.com/s/ZFTBP6G>

Be a part of the [Physicians Database](#) resource for Students and Residents

Thank you for reading the NYSAFP monthly newsletter. Your comments are welcome.
Please send to news@nysafp.org

www.nysafp.org | 518.489.8945 | [About Us](#)
© Copyright 2010 NYSAFP | All rights reserved.
260 Osborne Rd | Albany NY 12211-1822

To unsubscribe from this newsletter, please edit your preferences by clicking the 'Unsubscribe' link below.