

NEW YORK

January 2006

Family Practice

A Healthy Weight Wake-Up Call: The Latest Science and Tools for Action

Marianne LaBarbera, MD, NYSAFP President

According to the National Eating Trends survey, conducted by The NPD Group, breakfast trends in America have changed in the past decade. More and more women are eating breakfast on the go and carbonated soft drinks have become the fastest growing breakfast beverage. I recently participated in the Healthy Weight Wake Up Call Forum in Chicago to discuss the benefits of consuming breakfast, dairy and whole grains for adult weight management and to provide tips and tools for motivating patients to take small steps to achieve long-lasting behavior change.



for Human Nutrition, kicked off the day's events, presenting an overview of America's obesity epidemic and providing tips for putting a healthy weight plan into action. Dr. Hill recommends taking small steps to achieve

a healthy lifestyle, such as including a healthy breakfast like cereal, eating three servings of dairy each day and increasing exercise to 10,000 steps a day.

Joanne Slavin, pH, RD, professor in the department of food science and nutrition at the University of Minnesota and John de Castro, pH, professor and chair of the department of psychology at the University of Texas at El Paso, also presented on the benefits of breakfast.

Dr. Slavin provided an overview of whole grains, including current dietary recommendations and benefits beyond fiber, while Dr. de Castro focused on time of day and energy intake. Dr de Castro found consuming a breakfast of high nutrient- but low energy-dense foods, including whole-grain cereal and fat-free or low-fat

milk, can have a significant influence on decreasing total daily calorie intake and can be a good strategy to reduce overall body weight.

When trying to lose weight, some people unnecessarily cut dairy from their diet. To provide attendees with a comprehensive perspective, Robert Heaney, MD, FACP, FASNS, professor of medicine at Creighton University shared an overview of the body of science behind the dairy weight loss connection. In addition, Michael

Zemel, pH, professor of nutrition and medicine cited research that indicates including dairy in a reduced-calorie diet can help adults achieve better results, when it comes to trimming the waistline, than just cutting calories alone and consuming little or no dairy. Donald Layman, pH, professor of nutrition in the department of food science and human nutrition and the college of medicine at the University of Illinois at Urbana-Champaign, also presented in support of dairy's role in adult weight loss, highlighting the benefits of dairy protein for body composition.

unique position to provide counsel, tools and even inspiration through role modeling, to encourage our patients/clients to take small steps to manage their weight.

The role of a family physician is to improve the health of patients, families and communities. Evidence from the forum sessions about the importance

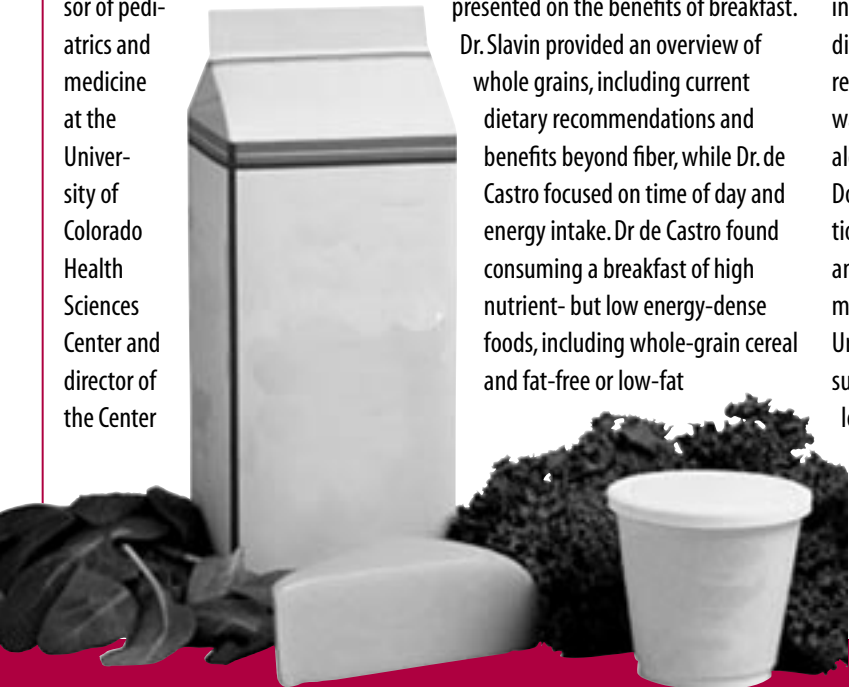
...The role of a family physician is to improve the health of patients, families and communities...

of breakfast and dairy in adult weight management is compelling information to help affect change in our communities to do just that.

Motivation to change comes from the patient, but we can help foster change through education and support. For downloadable patient tools and more information on the current scientific evidence supporting the role of breakfast, whole grains and dairy in weight management, as well as motivational interviewing tips, visit the Web sites below.

www.nationaldairyCouncil.org
www.bellinstitute.com/nutrition/

James O. Hill, pH, professor of pediatrics and medicine at the University of Colorado Health Sciences Center and director of the Center



As the obesity epidemic continues to impact our communities, we as health professionals are in a

Congress of Delegates to Convene in Albany June 17-18, 2006



The 57th annual Congress of Delegates of the NYSAFP will meet June 14-16, 2006 at the Desmond Hotel in Albany, NY. All members are invited and encouraged to attend the Congress, to participate in discussions of current issues and to debate Academy policy. Delegates to the Congress include delegates elected by county chapters, members of the board of directors, past presidents, delegates selected by resident and student members, and delegates selected from counties that do not have a component chapter. County chapters are entitled to two delegates and alternates. Counties with more than 100 members have an additional delegate and alternate for each additional 100 members. In counties where there is no component chapter, any member(s) interested in becoming a delegate must provide written notice to the Speaker of the Congress. If more than one member in a county where there is no component chapter want to be delegates, the Speaker will conduct an election not less than 30 days prior to the Congress and will limit participation in that election to members in good standing of that county. Although all members may participate in the Congress, only delegates may vote.

The Congress is an annual meeting of the membership of the NYSAFP. This is the forum wherein active members voice their opinions on Academy positions and operations and present suggestions for Academy programs and positions.

Resolutions which have been submitted in advance and reports of commissions and officers are presented at the Congress. Reference committees meet and hear testimony regarding resolutions and reports. The reference

committees make recommendations regarding resolutions and reports. Any member may submit a resolution.

Resolutions should be submitted to NYSAFP no later than 60 days prior to the Congress (April 17) to be published in the Delegates Handbook. Resolutions may also be submitted at the Congress, but the Congress may decline to consider resolutions, which were not presented 60 days prior to the opening of the Congress.

... the forum wherein active members voice their opinions on Academy positions and operations...

Guidelines for writing resolutions are:

1. Staff assigns numbers to resolutions
2. The author of the resolution is responsible for identifying the subject of the resolution
3. The resolution must include name of the member, commission or organization presenting the resolution

4. Each justification for the resolution should be included and should begin with the word "Whereas"
5. After the various "Whereas" paragraphs, the "resolves" paragraphs should clearly establish the purpose of the resolution such as a change in Academy policy, amendment of the bylaws, referral to another organization or individual

The Congress also conducts elections. Elections will be held for the following

offices at the Congress: president-elect, vice president, secretary, treasurer, director (3 positions), delegate to the AAFP Congress, alternate delegate to the AAFP Congress, speaker and vice speaker. The three director positions are for 3-year terms. The AAFP delegate and alternate positions are for 2-year terms. All other offices are for 1-year terms.

New York Family Practice

New York Family Practice is a publication of the New York State Academy of Family Physicians. It is published monthly.

New York Family Practice is distributed to members in good standing of the New York State Academy of Family Physicians and to subscribers. For information regarding subscriptions or advertising, contact the Academy at: (518)489-8945; by fax at (518)489-8961; by e-mail at fp@nysafp.org; or via our web site at www.nysafp.org.

Editor: Vito F. Grasso, MPA, CAE.

NYSAFP PAC

The NYSAFP Congress of Delegates authorized a Political Action Committee to support the efforts of the Academy's lobbyists, Weingarten, Reid & McNally, and the Advocacy Commission. The PAC has been established and an account has been opened. If you would like to contribute to the NYSAFP PAC, please send your donation to:

NYSAFP PAC
ATTN: Vito F. Grasso, MPA, CAE
260 Osborne Road
Loudonville, NY 12211

Please make your check payable to NYSAFP PAC. CONTRIBUTIONS TO A PAC ARE NOT TAX DEDUCTIBLE AS CHARITABLE CONTRIBUTIONS.

New York State Academy
of Family Physicians
260 Osborne Road
Albany, NY 12211
518.489.8945
518.489.8961 Fax
fp@nysafp.org
www.nysafp.org

FPJobsOnline.org

Academy Offers New Employment Service for Members

The New York State Academy of Family Physicians is pleased to announce a new interactive online job placement and career service, [FPJobsOnline.org](http://www.fplibsonline.org). Members may use this link to search for the perfect family physician or the perfect family medicine opportunity. Start your search at www.fplibsonline.org -- the best source for locating Family Medicine job placement.

FOR JOB CANDIDATES: FREE and easy access 24 hours a day...

- Manage your profile on one page. Your "Career Page" is easy to use and provides complete summary information - all in one place.
- Accurately track your current and past activity.
- View jobs or post your CV or résumé free of charge.
- Post a CV or résumé confidentially or open, depending on your preference.
- Access hundreds of job listings locally, regionally and nationally.
- View job listings 24 hours a day, 7 days a week—updated regularly.
- Send a cover letter with résumé when responding to a job posting.
- Receive e-mail notification of new job postings.
- Access personal assistance, toll-free, five days a week.

FOR EMPLOYERS: Targeted, cost-effective and easy to use

- Nationwide market of qualified family medicine candidates.
- Résumé Alert automatically delivers e-mail notices that potential candidates have posted a résumé.
- Job Alert instantly notifies candidates of your newly posted employment opportunities.
- Exceptional personal customer service and consultation throughout the contract term.
- Access to the résumé databank and online tracking.

Learn more at www.fplibsonline.org, or e-mail us at info@healthcareers.com. You can also contact customer care at 1-888-884-8242.



Workers' Compensation Announcement

A new announcement (SN 046-146) has been added to the Workers' Compensation Board website, <http://www.wcb.state.ny.us>, that may be of interest to you. To view this announcement, please go to the "Board Releases (Subject Numbers)" section of the WCB website or go to http://www.wcb.state.ny.us/content/main/SubjectNos/sn046_146.htm.

Academy Response to American College of Gastroenterologists Legal Opinion

In October 2005, the American Academy of Family Physicians (AAFP) began receiving calls from members regarding a letter and legal opinion that the American College of Gastroenterologists (ACG) sent to all hospital administrators. The legal opinion held that hospitals could be liable for negligent credentialing if they allowed physicians who are not Board-certified in gastroenterology to obtain endoscopy privileges.

Although the ACG's conclusions were not substantiated by their legal opinion, the AAFP was concerned that the mailing would intimidate hospital administrators into changing their privileging policies to exclude family physicians from performing endoscopies.

In response, the AAFP obtained its own legal opinion, which concludes that current law stipulates that the proper criteria to use in considering an application for privileges are the requesting physician's demonstrated experience, training and competence. The AAFP legal opinion was sent to all hospital administrators and family medicine department chairs, along with a letter from the AAFP.

If you have questions or would like additional information, please feel free to contact James Bare, Manager, Physician Practice Support, at jbare@aafp.org or (800)274-2237, extension 4174 or Penny Pine, Program Coordinator at ppine@aafp.org or (800)274-2237, extension 4148.

35th Family Practice Refresher Course

Date: March 2-4, 2006

Sponsor: St. Joseph's Hospital Health Center in affiliation with SUNY Upstate Medical University Sheraton Syracuse University Hotel & Conference Center, Syracuse, NY

Early Registration Fee: \$475, Max Fee: \$575, UMU Family Medicine Clinical Faculty \$350 Credit: 20

Activities, Special Events: TBD

Website: www.sjhsyr.org/sjhhc/stj_edu_7.asp

Invitation to Apply for National Demonstration Project

The TransforMED National Demonstration Project (NDP) is seeking family medicine practices that want to move forward toward the New Model as proposed in the Future of Family Medicine (FFM) report. This is your opportunity to transform your medical practice to the New Model of care by applying to be a participating practice with the NDP.

TransforMed, Inc. was recently launched in association with the AAFP to provide ongoing consultation and support to family medicine practices across the country. This transformation, which is so urgently needed within our specialty, will be accompanied by:

- Peer-to-peer learning from practices that have integrated best practices initiatives
- Education on initiating and managing change
- Conducting the proof concept National Demonstration Project to evaluate the tenants of the FFM report

Participating NDP practices will implement all elements of the New Model and undergo thorough, real-time evaluation to determine the impact on quality of care and best practice business targets. TransforMed will offer its services to primary care physicians across the country, providing them with fully integrated and pre-packaged products and services, including expertise and experience in implementing change and proven best practice initiatives. You can learn more about TransforMed at www.TransforMedinc.com where you will also find a link to the NDP application at www.surveymonkey.com/s.asp?u=897421361404.

If you are interested in leading our specialty into the future and contributing to the transformation of family medicine, I urge you to take the first step by applying to participate in the National Demonstration Project!

Sincerely,
Ted McGeeney, MD, MBA
TransforMed President & CEO

Scholarship Opportunities

Family Practice Scholarship Program For First Year Medical Students

The New York State Academy of Family Physicians (NYSAFP) has created a \$1,000 scholarship for first year medical students who have selected Family Practice as their medical specialty. The Academy is accepting applications for this scholarship. The scholarship will be awarded at the Academy's June 17 – 18, 2006 Congress of Delegates at the Desmond Hotel in Albany, New York.

Applications must be received at NYSAFP headquarters by May 15, 2006. (No application form. Student should submit name, address, phone number and e-mail address with the following information:)

Selection criteria are:

1. The student must have a letter from the dean or Family Practice Chair indicating that the student is currently matriculated in good standing with the medical school.
2. The student must be a member of the New York State Academy of Family Physicians (NYSAFP)
3. The Applicant should include a list of courses taken.
4. The student must submit a brief (no more than one page) statement of his/her interest in Family Practice. The statement should indicate how the student came to the decision to pursue a career in Family Practice.
5. The applicant must include a letter of recommendation from a current member of the NYSAFP or the Family Medicine Interest Group (FMIG) leader for the school, if the school has an FMIG.

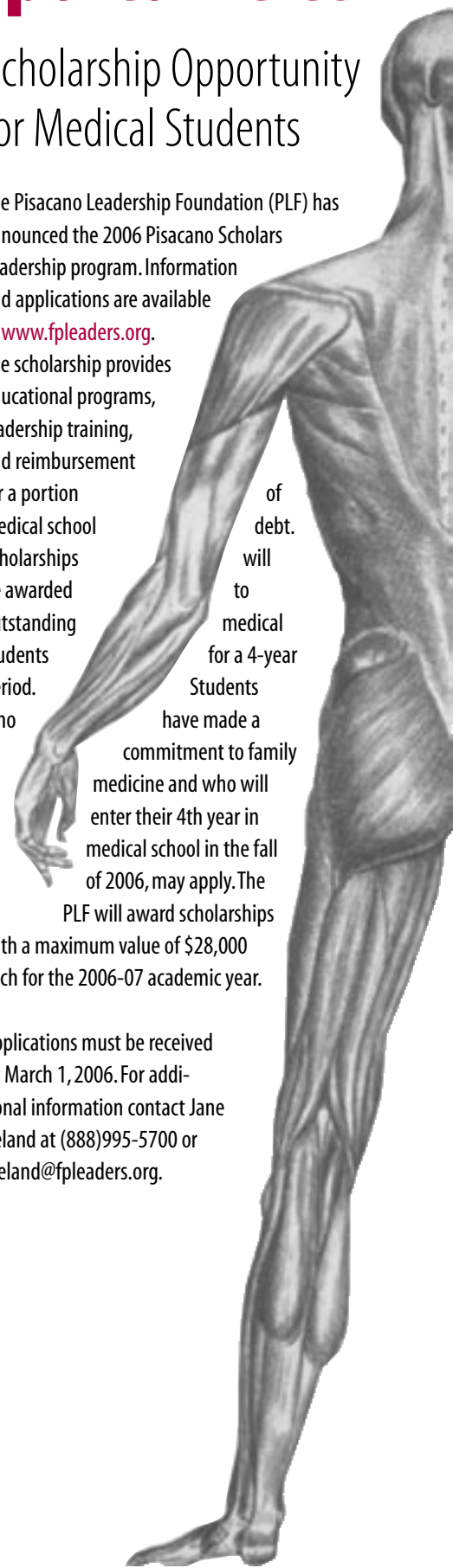
Applications must be submitted by May 15, 2006 to:
New York State Academy of Family Physicians (NYSAFP)
260 Osborne Road
Loudonville, NY 12211
(518)489-8961 (Fax)
fp@nysafp.org (e-mail)

Scholarship Opportunity for Medical Students

The Pisacano Leadership Foundation (PLF) has announced the 2006 Pisacano Scholars Leadership program. Information and applications are available at www.fpleaders.org.

The scholarship provides educational programs, leadership training, and reimbursement for a portion of medical school debt. Scholarships will be awarded to outstanding students for a 4-year period. Students who have made a commitment to family medicine and who will enter their 4th year in medical school in the fall of 2006, may apply. The PLF will award scholarships with a maximum value of \$28,000 each for the 2006-07 academic year.

Applications must be received by March 1, 2006. For additional information contact Jane Ireland at (888)995-5700 or jireland@fpleaders.org.



Family Practice Educator of The Year Award

In 1991, the New York State Academy of Family Physicians established an award for excellence in family practice education. This award is known as the Family Practice Educator of the Year Award and is given annually to recognize excellence in education.

The nominee must be an active member of the NYSAFP and should be involved in teaching activities at the student level, resident level or continuing medical education of family physicians.

Please fill out the following form submitting names of people you feel will be deserving of this award. WE MUST HAVE ALL NOMINATIONS AT ACADEMY HEADQUARTERS ON OR BEFORE APRIL 1, 2006. The award will be presented at the Congress of Delegates of the NYSAFP in June 2006.

2006 Family Practice Educator of the Year Award

The NYSAFP's Family Practice Educator of the Year Award is designed to "recognize persons, who in the opinion of the Academy, have made outstanding contributions to education for family practice in undergraduate, graduate and continuing education spheres."

NOMINATION FORM:

Name of Nominee (type or print): _____

Current Title: _____

Affiliation: _____

Address: _____

City, State, Zip: _____

E-Mail: _____

Satisfactory completion of this form will constitute nomination of the above named for the NYSAFP Family Practice Educator of the Year Award.

1. Nominee must be an active member in good standing of the NYSAFP.
2. A statement on why you believe the nominee should receive the NYSAFP Family Practice Educator of the Year Award must be submitted. Statement should include sufficient specific data to provide a working knowledge of nominee's educational efforts. Typed statement must not exceed one page in length.
3. A typed copy of current Curriculum Vitae, including data relating to NYSAFP membership and other medical organizations, must be submitted with particular emphasis upon educational activity.
4. A recent head-and-shoulder business photo of the nominee must be submitted.
5. A letter of endorsement should be added to the nomination package and taken into consideration by the screening body. Endorsement letters from those individuals who have personally worked with or have been taught by the nominee will be considered. Please limit the number of endorsement letters to six. It is the responsibility of the nominator to provide such documentation.
 - a. One letter must be from former student and/or resident.
 - b. One letter must be from family practice educator from another institution.
 - c. Committee may consider contributions at home institution, locally and regionally.

Nominations must be received at NYSAFP headquarters no later than April 1, 2006. If you have additional questions, please call NYSAFP headquarters at 800-822-0700 (in state) or 518-489-8945 or e-mail us at fp@nysafp.org. Submit nominations to: NEW YORK STATE ACADEMY OF FAMILY PHYSICIANS, 260 OSBORNE ROAD, LOUDONVILLE, NEW YORK 12211

NYSAFP Family Practice Educators Of The Year

- 1991 – MELVILLE ROSEN, M.D. (deceased)
- 1992 – ALICE FRUEHAN, M.D. (deceased)
- 1993 – L. THOMAS WOLFF, M.D.
- 1994 – STANLEY ERNEY, M.D.
- 1995 – TIMOTHY RYAN, M.D.
- 1996 – PAUL PALMER, M.D.
- 1997 – MONTGOMERY DOUGLAS, M.D.
- 1998 – JAMES L. GREENWALD, M.D.
- 1999 – HARRY M. METCALF, M.D.
- 2000 – NEIL C. MITNICK, D.O.
- 2001 – EPHRAIM ELI BACK, M.D.
- 2002 – JAMES B. TUCKER, M.D.
- 2003 – CHRISTOPHER J. MURPHY, M.D.
- 2004 – PAMELA HORST, M.D.
- 2005 – SCOTT D. KIRSCH, M.D.





Lies, More Lies & Lawyers: Why the Law Suit Can Suit You...and more:

2006 Winter Weekend

The 2006 Winter Weekend & Scientific Assembly will be January 26-29 at the Lake Placid Hilton. A Self-Assessment Module workshop is planned for 3:00 p.m. to 6:00 p.m. on Thursday (1/26) to kick off the conference and help members prepare to take the SAM now required for re-certification by the American Board of Family Medicine. The full schedule and program is available at www.nysafp.org or from Academy staff at fp@nysafp.org or (800)822-0700 or (518)489-8945.

The conference will feature 21.75 hours of lectures and workshops. Among the featured speakers are former AAFP president Rich Roberts, MD, JD, who will present Lies, More Lies & Lawyers: Why the Law Suit Can Suit You at 9:15 a.m. on Saturday. AMA president Edward Hill, MD, will speak at the research forum on Saturday evening. Dr. Hill is a family physician. His topic will be The Role of the Family Physician in the AMA.

There will be a dinner program for students Friday evening that will include presentations on loan consolidation and forgiveness programs and career opportunities in Family Medicine.

A research forum will be held on Saturday between 6:00 p.m. and 8:00 p.m.

NYSAFP Winter Weekend & Scientific Assembly
January 26 - January 29, 2006
Lake Placid Hilton

 **Register on line at NYSAFP.org**

NYSAFP High School Scholarship

Two senior high school students, with a desire to become a family physician, will each receive a \$1,000.00 scholarship.

YOU CAN HELP... By advising any High School Seniors of the availability of this scholarship.

The application is available to students on line and can be accessed by the student by going to www.nysafp.org and downloading the application. Any student without access to the internet who would like an application may contact the NYSAFP office at 518-489-8945 or 800-822-0700 (in New York State) and an application will be mailed to them.

Your only other responsibility will be to complete and sign the section as Nominating Physician.

Applications must be received no later than March 1, 2006.

Attend the National Conference of Special Constituencies as an Official NYSAFP Delegate

The AAFP National Conference of Special Constituencies will be May 4-6, 2006 at the Hyatt Regency Crown Center in Kansas City, Missouri.

The AAFP will reimburse Transportation Expenses (actual cost up to economy class fare with restrictions) and the NYSAFP will reimburse hotel expenses.

The five categories for which we require a representative are:

Minority Physician: must be an active member who is African American, Asian, Hawaiian Islander, American Indian, Eskimo or Hispanic

New Physician: must be an active member who has been in practice less than 7 years.

Women Physician: must be an active member who is a woman

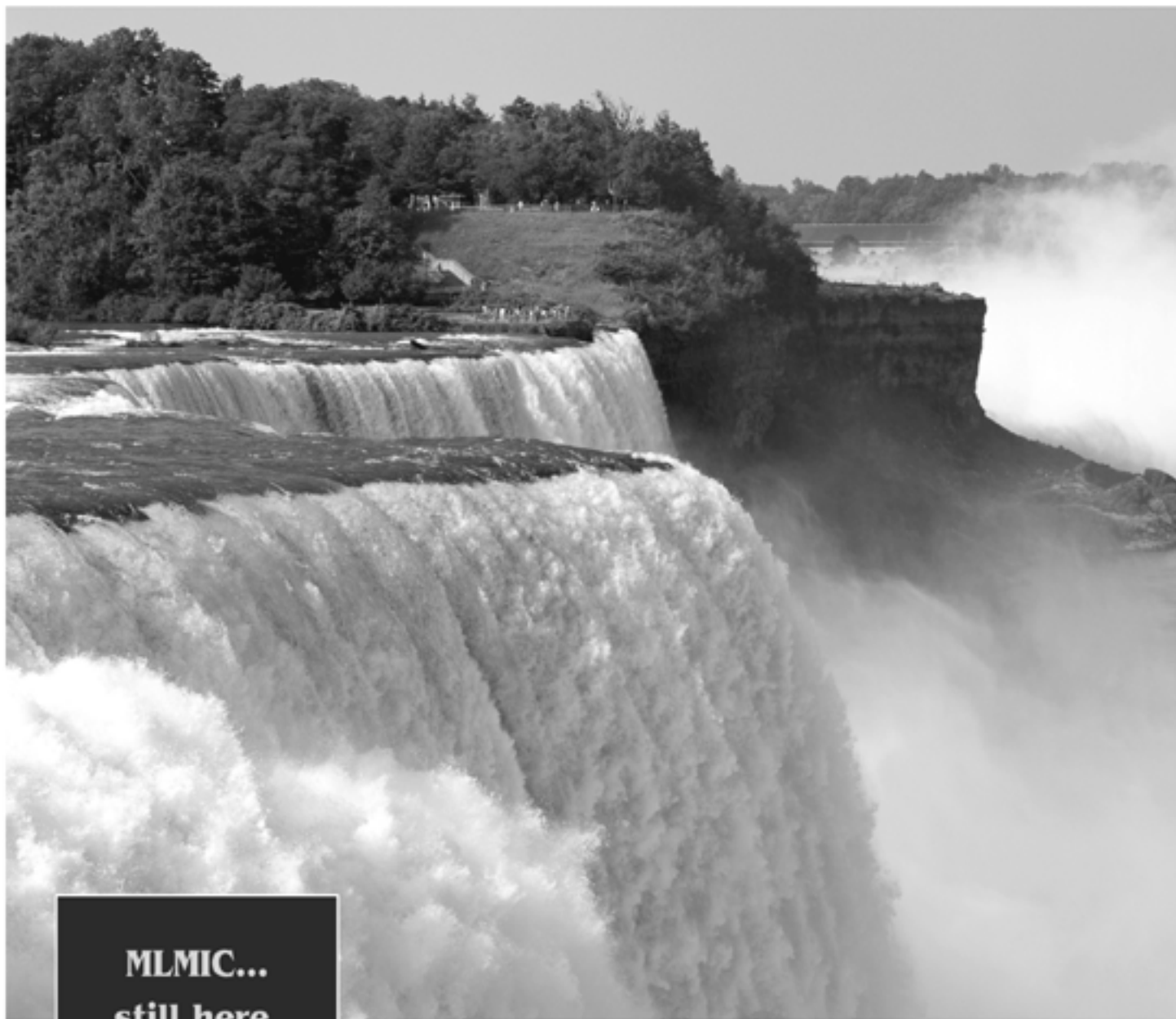
International Medical Graduate Physician (IMG): must be an active member who graduated from a medical school outside the U.S., Canada or Puerto Rico

Gay, Lesbian, Bisexual or Transgender Physician (GLBT): must be an active member who self identifies as GLBT or who is supportive of GLBT issues.

Please contact Bobbi Markowitz at bobbi@nysafp.org or (518) 489-8945 by February 15, 2006 if you are interested in representing any of these constituencies for the NYSAFP.

Thank you for your timely reply.





**MLMIC...
still here,
still working
hard for you.**

MLMIC remains prudent and dependable, even after many other insurers have walked away. ■ Created in 1975, during a crisis of availability of professional liability coverage, MLMIC has experienced and endured difficult times in the past. And, just

as you relied on us back then, you can trust that we'll be here, working for you, now and in the future. ■ As a mutual company owned by its policyholders, MLMIC's dedicated underwriters, claims personnel, policyholder service representatives, risk management consultants, medical & dental experts, and defense attorneys will be available and responsive to your needs. ■ For information about MLMIC coverage, call (800) 275-6564 (NYC), (800) 356-4056 (Syracuse), (877) 777-3560 (Long Island), or (800) 635-0666 (Albany area).



**Endorsed
by MSSNY &
NYSAFP**

MLMISC
Medical Liability Mutual
Insurance Company

Our defense never rests.

New York
Latham
Syracuse
East Meadow
www.mlmic.com

©2000 Medical Liability
Mutual Insurance Company



What's going on:

- January 27-29, 2006:** NYSAFP Winter Weekend & Scientific Assembly @ the Lake Placid Hilton Resort in Lake Placid, NY
- March 25-26, 2006:** NYSAFP Winter Cluster @ the Hotel Utica in Utica, NY
- June 16-18, 2006:** NYSAFP Congress @ the Desmond in Albany
- August 12-13, 2006:** NYSAFP Summer Cluster @ the Holiday Inn in Oneonta, NY
- October 14, 2006:** Regional Family Medicine Conference @ the Albany Marriott in Albany, NY
- October 21-22, 2006:** NYSAFP Fall Cluster in Buffalo, NY

Happy New Year!

New York State Academy of Family Physicians
260 Osborne Road
Albany, NY 12211
518.489.8945
518.489.8961 Fax
fp@nysafp.org
www.nysafp.org



PRSRT STD
U.S. Postage
PAID
Albany, NY
Permit No. 164