Message from the FMIG Advisor

Summer is here and we recently said goodbye to our graduating fourth year students. They are featured here and remind us that Family Medicine offers a way to go anywhere in the US. This issue also celebrates career exploration and the many physician leaders in Family Medicine in our community. We have a spotlight feature this month on Dr. Anup Kanodia in the Integrative Medicine Department who stands when he can during his day to stay more active. Hopefully many of you will stay active this summer and have the time and energy to explore Columbus in the coming months. Many students and Family Medicine residents have found fun and unique ways to discover the city and surrounding area and have a staycation. Remain on the go with some of the many suburban community pools which are open to the public for a small fee and are a good way to spend time and act like a kid again. Rock climbing is all around the city with an indoor climbing gym at Vertical Adventures on Busch Boulevard and outdoor at the Scioto Audubon Metro Park near the brewery district. Take in some culture at the Wexner Center for the Arts or the Columbus Art Museum. Just a short drive west is a quaint town called Yellow Springs with shops, restaurants and hiking in John Bryan State Park or south east are the wonderful and cool Hocking Hills State Park with Old Mans Cave. The bottom line is don’t be bored and remember to keep your mind active through many different ways as you will become a better doctor because of it. My non-physician husband keeps me grounded and I hope you will stay that way too. See you around town on your staycation.

Allison Macerollo, MD
Celebrating Fourth-Year Medical Students: Annual Honors Reception a Success

This spring has been an exciting time for medical education. The Annual Department of Family Medicine Honors Reception was held on April 8, 2013 in the Grand Lounge of the Longaberger Alumnae House. Several medical students and faculty were honored during the evening celebration program. Seven fourth-year medical students presented their Honors Projects. Honors projects covered a wide range of interesting topics with great relevance to primary care, including:

John Bernot: "Data Mining: Physical Fitness and Activity"
Jordon Despain: "Expanding Medical Education in the Developing World"
Bethany Elliott: "Recipe for Prevention: a CDCynergy Health Communication Plan"
Joseph Gladwell: "Project SEND"
Valerie Niedermier: "Physical Activity in Kids: a Needs Assessment in the Near East Community"
Malorie Schoof: "The Readability of Patient Education Materials Provided by the American Academy of Family Physicians" (Family Medicine Faculty Mentor: Lorraine S. Wallace, PhD)
David Tessier: "Effective Use of Social Media by US Health Systems" (Family Medicine Faculty Mentor: Timothy Huerta, PhD)

Another highlight of the evening celebration was the distribution of Family Medicine Chair awards to several deserving fourth-year students. The following students received Chair awards:

Valerie Niedermier: Tennyson Williams, MD Award in Humanism
David Tessier: Patrick Fahey, MD and Larry Gabel, PhD Award in Academic Excellence
Joseph Gladwell: John Lombardo, MD Award in Community Service
John Bernot: Glen Aukerman, MD Award in Leadership
Malorie Schoof: Mary Jo Welker, MD Award in Professionalism
Faculty Spotlight: Dr. Anup Kanodia

“Do you mind if I stand?” Dr. Anup Kanodia asked me as we began our conversation in a conference room at the Ohio State Integrative Medicine Clinic. I was a little surprised by the request, but also slightly self-conscious for having plopped into a soft leather chair at the earliest convenience. Dr. Kanodia, a physician at the OSU Center for Integrative Medicine, is widely known for his endorsement of standing as a way to burn 50% more calories during your work day and offering a myriad of other health benefits. As I listened to Dr. Kanodia explain the advantages of standing over sitting, I wondered if I should stand too, but thought it might be awkward – and the chair was really comfortable – so I proceeded with the interview.

Complementary medicine is a field that seeks to combine traditional medical approaches with alternative practices in order to achieve better health outcomes. The Ohio State Integrative Medicine Clinic “incorporates the art and science of caring for the whole person – body, mind and spirit – to treat and prevent disease, encouraging patients to create a condition of optimal health.” One of the key features of complementary medicine is promoting health by helping patients identify areas of their lives that are keeping them from feeling their best. A patient at the OSU Integrative Medicine Clinic will be asked questions that might not have been part of an ordinary primary care visit. Dr. Kanodia stated that 80-90% of patients are tired, which holds them back from exercising, preparing healthy meals, and exacerbates anxiety, stress and depression. That is why a sleep history is done on all patients at the Integrative Medicine Clinic. Smoking cessation is highly emphasized in patient interviews. Patients attempt to understand why they are smoking, speak to counselors and participate in a team effort to help with this barrier on their road to a healthier life. Diet and exercise are also explored in depth, to identify areas for intervention to create healthier habits.
The emphasis of Western medicine, elevating research and hard evidence above all else, has contributed enormously to the advancements made in treating disease. But Dr. Kanodia believes that certain patients may benefit from therapies that are less conventional. “What research says is beneficial and what people feel is beneficial usually overlap, but sometimes don’t,” he stated. One of his areas of research is chronic back pain – the most frequent cause of work-related disability. Many patients come to Dr. Kanodia after conventional Western medicine failed to improve their symptoms, and are seeking alternative ways to alleviate their pain. In his practice, a number of patients have found acupuncture, yoga, and chiropractic medicine to be helpful in managing pain. Some conditions, such as irritable bowel syndrome and fibromyalgia, do not have strong traditional medical approaches for treatment. Patients with these conditions also benefit from a number of alternative therapies.

I addressed my concern about alternative medicine with Dr. Kanodia – that patients might reject traditional therapies that could help them, or that they might engage in alternative therapies that may actually harm them. However, Dr. Kanodia stated that in his practice, he emphasizes patient education and making sure that his patients are getting their information from reputable sources. He has not encountered any patients engaging in alternative practices that were detrimental to their health. Quite the opposite, by encouraging patients to actively be involved in planning their treatment process and being open to discuss any options they believe might help has led to patients that are largely compliant with the plans they help to create.

When I asked Dr. Kanodia about what prompted him to enter the field of complementary medicine, he spoke first about his decision to enter family medicine in medical school. His participation in Humanism in Medicine and his desire to take care of a whole family drew him to the field. As he began working with patients, he saw that they were doing a lot of additional things for their health – above and beyond the scope of his training in medical school and residency. This is what inspired him to further investigate the field of complementary medicine, and to incorporate it into his career. This has not been a decision he regrets in the least, stating that it is a lot of fun to help people on their journey to health. At each follow up visit, patients are asked, “Overall, are you feeling better or worse?” Regardless of the approach to their treatments – traditional or alternative – improvement in a patient’s health and quality of life is the end goal.

Maradith Noonen, Medical Student

References:
Thank you to all of faculty and guests who came to career exploration. LSI has challenged us to provide quality education and experiences to our students and hopefully we have risen to the challenge. Below is what our department offered for the two half day experience to showcase Family Medicine. We can not wait to offer exciting opportunities in the fall as well.

Tuesday morning there was a panel of community physicians discussing the breadth of Family Medicine. It was inspiring to see the different career paths people had taken and the insight these clinicians had. Dr. Elizabeth Weinstock owns and operates a private practice in Columbus Ohio and discussed the business side of medicine. Dr. Tony Casey has become a specialist in behavioral medicine through personal education and collaborates with psychiatrists to increase access to mental health in our community. Dr. Jaydeep Patel works as a hospitalist physician at Grant. Dr. Don Mack, on our faculty at OSU has had a long and diverse career with 23 years in private practice and now three years on the OSU faculty providing education to residents and students with a focus on geriatrics and hospice care. Dr. Dana Vallangeon overseas the federally qualified health center – Lower Lights Christian Health Center and was inspiring about her path to get to her position.

The morning continued as Dr. Don Borchers, Dr. Kendra McCamey and two fellows Drs. Kyle Geissler and David Tietze described sports medicine to our students and a day in the life of a sports medicine physician. Dr. Borchers was clear about one mission “you must first be an excellent family physician before you can be a great sports medicine physician.” He focused on the diversity of conditions which were seen that included care of acute and chronic illnesses, stress and mental health disorders and musculoskeletal conditions as well. The students then participated in stations practicing joint injections and ultrasound.

Wednesday morning began with another panel. Titled “Health Disparities in our Community: Family Medicine Makes Its Mark” and three remarkable physicians spoke about the work they do in Family Medicine and further goals and problems for patients in the future. Dr. Riza Conroy works during the day time for OSU at Care Point Gahanna and in the evening is the medical director for a free clinic in the Northland area – Helping Hands which serves patients in the vicinity. She spoke about bridging cultural gaps to meet the needs of her many immigrant patients. Dr. John O’Handley described his work with the Mount Carmel Outreach Van that provides health care to the homeless of central Ohio. He has worked tirelessly through the years on this mission and welcomes students and learners to experience his labor. Dr. Leon McDougle also spoke and was able to articulate the three biggest health care challenges in the Near East Side of Columbus of polypharmacy, low health literacy and tobacco abuse. He was inspirational as well and spoke about leadership and collaboration to make changes in your community.
The morning concluded with a discussion of the many procedures available in Family Medicine and a suturing workshop led by Maria Barnett, a new faculty member to our department. It is clear that our students love to try new things. Most had never held any instruments before the workshop began and they all accomplished simple suturing by the end. It was a fun way to end the two-day event. We will make changes to the event to continue to challenge ourselves and keep it fresh and exciting for our students. If you are interested in any of the information included here please contact me – Allison Macerollo at Allison.macerollo@osumc.edu and I will be happy to discuss your goals and put you in touch with our exciting leaders who may influence your career path.
“I dare you to do better. I dare you to be better.”
President Barack Obama

Congratulations to the graduating class of 2013
May 5, 2013
Thank you! Thank you!

FMIG appreciates the financial support of the Columbus family medicine residencies:

- Grant
- Riverside
- Mount Carmel
- Ohio State University

FMIG also appreciates the continued financial support of the Central Ohio Academy of Family Physicians.

<table>
<thead>
<tr>
<th>FMIG Officers</th>
<th>Workshop Coordinators</th>
<th>Diabetes Screening Leadership</th>
<th>Newsletter</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Kathrine Zheng</td>
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<tr>
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<td>Ava Feng</td>
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<tr>
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<td>Gregory Jungwirth</td>
<td>Kristen Mendoza</td>
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