Monday Memo –February 6, 2017

Presentations

- Jeremy Golding was the keynote speaker at this past week’s Jane Fund annual luncheon. He spoke about challenges and opportunities in training FM and OB residents in family planning.

- Carolyn Langer, Chief Medical Officer of MassHealth and Director of the Office of Clinical Affairs, presented on “Lessons Learned in Primary Care Payment Reform and Practice Transformation” at World Congress’ MACRA and Quality Payment Program Summit in Atlanta on January 26th.

- Bill Foley directed, lectured, and table trained a 3 day osteopathic course in Innisfil, Canada. The title of the course was "An Osteopathic Approach to the GI Tract Including the Immune Digestion Connection." The 20 CME course was attended by both Canadian and US osteopathic practitioners.

- Hugh Silk was an invited speaker at the Yankee Dental Congress in Boston on January 26th where he spoke on the topic of: “Caring for the Perinatal Patient in the Dental Setting.”

Media

- Warren Ferguson published an op-ed piece in Commonwealth Magazine titled “Making Addiction treatment work for inmates: A comprehensive approach needed for those in criminal justice” on January 31. The article describes the Implementation Science study on medication-assisted treatment that he is leading with Middlesex and Barnstable
County Sheriff Offices along with Rhode Island and Connecticut Departments of Corrections. This work is funded by both the National Institute of Drug Abuse and the Agency for Healthcare Research and Quality. Here is a link to the article. The article has received attention from several newspapers and television stations in New England.

- The transitional primary care clinic at FHCW serving refugees in Worcester is highlighted in the February 1 edition of AAMC News in an article on refugee health. The article quotes Olga Valdman discussing the services at the health center.

Publications

- Hugh Silk had an article published in the February issue of Pediatrics in Review entitled: “Addressing Adolescent Oral Health: A Review”. This was written with a former UMMS student, Amy Kwok, during her oral health elective, she is now a resident in the Brown Family Medicine Residency.

WELLNESS MOMENTS

Three more themes from the Blue Zones this week on how to live long and healthy.

1. Be a part of the right tribe. Your friends influence your health more than anything (even relatives!). Happiness, and even obesity, are contagious. Being with friends that are also healthy avoids the stressful aspect of loneliness and healthy habits are shared.
2. Those that live the longest are usually part of a religious faith – ‘belonging’ is a powerful health aid. In fact attending a religious service 4 times a month adds 4-14 years of life expectancy.
3. Take care of loved ones first. Putting time and energy into your children and elderly – keeping them close – is a key aspect of those that live long, healthy lives. So go throw a ball or go skiing with your son or daughter today.

"Life is better with friends :)

Next week we look at stress relievers….