Monday Memo –February 27, 2017

Presentations

- At the recent Annual STFM Medical Education Conference in Anaheim, CA, February 9-12, Mary Lindholm and Frank Domino presented with clerkship and FMIG leaders from Tufts and BU, and members of the AAFP who support FMIGs, on “Family Medicine Interest Groups: Successes, Failures and Best Practices”. As part of the Group on Medical Student Education Mary also helped organize and implement a pre conference workshop entitled: “Scholarship Boot Camp: Creating, Completing, and Disseminating Research Related to Clinical Practice and Medical Education”. As part of the pre-conference Mary helped to facilitate breakout sessions in clinical research.

Awards and Recognition

- In the Winter, 2017 issue of Harvard Public Health, the magazine of the Harvard TH Chan School of Public Health, Carolyn Langer was honored with an Alumni Award of Merit for Leadership in Public Health Practice for her role as Chief Medical Officer at MassHealth.

- In conjunction with Black History Month, Worcester Telegram and Gazette reporter Susan Spencer interviewed faculty member Jennifer Bradford regarding the impact of social determinants of health, as well as the importance of serving the community with a diverse physician workforce. The article, which appears in today’s T&G, also includes a discussion with Department of Urology Chair Mitchell Sokoloff of the increased risk of prostate cancer in African American men, and can be found at http://www.telegram.com/news/20170226/health-disparities-challenge-physicians-in-diverse-community. A graduate of the Worcester Family Medicine residency and of our Preventive Medicine Fellowship, Jennifer focuses her work in the Department on primary care services at Community HealthLink and its Homeless Outreach and Advocacy Project, addiction medicine services at Spectrum Health Services, and academic responsibilities within the Preventive Medicine Fellowship.
Professional Development

- Beth Mazyck has passed the American Board of Obesity Medicine certification exam and is now a Diplomate of the American Board of Obesity Medicine. Beth will be starting Wellness Groups to promote healthy living and weight loss the first week in March, and subsequently will start seeing internally referred patients individually for weight loss. Her ultimate goal is to build a weight loss practice within FFP, and to train interested residents to also be board certified in Obesity Medicine. The American Board of Obesity Medicine is not yet recognized by the American Board of Medical Specialties, but there is a good chance that will change in the future.

- The Department writing group organized by Lucy Candib, “Writing without Teachers,” is ongoing and is now open to new members. The group is meeting Tuesday evenings from 5:30-7:30 at Memorial and includes a light dinner. People interested in joining for the next 7 sessions should contact Lucy at Lucy.Candib@umassmed.edu. She will send you a book Writing with Teachers, by Peter Elbow, which provides an introduction to the approach to writing that the group is using.
WELLNESS MOMENTS FOR THE MONDAY MEMO

February is Children’s Dental Health Month. So in that spirit let’s think about how taking care of our oral health can result in being healthier.

- Those who become edentulous have a 1.5 times greater risk of all-cause mortality
- People with significant gum disease have a mortality rate of 23-46% higher than those who do not due to worse heart disease and diabetes - this means living 6.8 years less!

So brush twice a day, floss daily (don’t listen to the reports last fall that said there is a lack of evidence; there is a lack of trials done on oxygen being healthy too!) and avoid sugary snacks and drinks between meals.

A healthy mouth feels good! A health mouth can lead to more confidence! A healthy mouth leads to less missed work and school.

So take care of your mouth and encourage all children to do the same in February!  **(sorry, this ended up being included in the MM a little late for February, but the message is equally relevant in March!)**