Monday Memo – May 8, 2017

Awards and Recognition

- Jay Broadhurst was named Mentor of the Year at the Learning Communities awards event/House Cup Ceremony on Friday, April 28. This selection is made by the student body. Congratulations Jay.

- Sara Connor, NP, clinical coordinator of the UMassMemorial Ronald McDonald Care Mobile was honored on May 2nd by the YWCA with the Katherine F. Erskine Award for Health, Science & Technology. The UMass Memorial Ronald McDonald Care Mobile provides medical and dental care to children and families in low-income neighborhoods across Worcester.

Presentations


- Dan Mullin and Steve Martin were invited speakers at the Alaska Primary Care Association’s Annual Meeting in Anchorage on April 26th. They spoke to primary care policy makers, administrators, and clinicians about Integrated Care Strategies for the Care of Patients with Opioid Use Disorder. In addition, they led a DEA-X waiver training to prepare physicians, nurse practitioners, and physician assistants to begin prescribing buprenorphine to their patients.
- Val Pietry presented as a panel member on pediatric/behavioral health integration at the MassLeague’s Community Health Institute in Falmouth on May 3rd. Judy Steinberg, formerly with Commonwealth Medicine, also presented in her new role as CMO for HRSA’s Bureau of Primary Health Care on federal priorities for health centers.

- Dennis Dimitri, in his role as chair of the Mass Medical Society’s Task Force on Opioid Prescribing, discussed the Society’s recent recommendation regarding a pilot project for Safe Injection Facilities on the Review of Systems podcast. Here is the link to the Podcast.

Next Monday we will include faculty presentations from the STFM conference in San Diego.

**WELLNESS MOMENTS**

In the United States, the food group predominantly responsible for 33% of adults being obese is carbohydrates. Not fats, like we thought through the 90’s. As a nation, we drink too many sweetened drinks, and snack on too many sugary foods. Drinks to avoid: any sugared soda, “sports” drinks, and any juice. YES, orange juice is not “healthy”; organic juice, fresh pressed apple juice, cranberry juice—they are no different than drinking a cola.

Artificially sweetened drinks may be almost as bad, as they trick your body into thinking “food is coming” and then take whatever sugar is in your blood and store it.

High carbohydrate foods include every type of breakfast cereal (even granola), and anything with a gravy or sauce. All breads are just sugars, including whole wheat and gluten free breads. How to get away from the carbs? Eat eggs or Greek yogurt for breakfast (eggs do NOT cause heart disease or raise your cholesterol). And include a protein with every meal.