



NEW YORK

# Family Medicine

October 2010

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We are excited to announce the launch of our new website: [www.nysafp.org](http://www.nysafp.org). Please take a moment to view the site. We would appreciate any feedback you might have.

## NY AT AAFP CONGRESS

All of the articles below can be found on our [netFORUM website](http://netFORUM). Click on [Articles](#) and search by Category = 2010 Oct.

## HEALTH CARE REFORM

## FAMMEDPAC

## 2010-2011 TAR WARS

### **Upcoming Events:**

## DIABETES CAMPAIGN UPDATE

[Regional Family Medicine Conference - October 9](#) Albany, NY

## GO! DIABETES

[Winter Weekend: January 20 – 23](#)

## AAFP SCIENTIFIC ASSEMBLY

Registration now open! Click here to register

## PHYSICIAN'S CORNER

Winter Weekend will feature over 15 CME credits, 2 SAM workshops, and the debut of the Winter Weekend band (made up of our own members)!

## RFP DOWNSTATE RFMC '11

Register early to take advantage of reduced registration rates! Make your reservations at the High Peaks Report under "NYSAFP" room block (not all rooms are in the main building, so make your reservations early!)

## CME AVAILABLE

### **Mark your Calendars! Downstate Regional Family Medicine Conference April 9, 2011**

## YOUR RX: GO TO THE Y

Beth Israel Medical Center - Phillips Ambulatory Care Center (Manhattan)

## NEW HIV TESTING RULES

10 Union Square East, New York, NY 10003

## STUDENT RESOURCES

Online registration will be open this month!

## CALENDAR OF EVENTS

If you are interested in presenting a lecture please contact Kelly at [Kelly@nysafp.org](mailto:Kelly@nysafp.org) or complete the [Call for Proposal](#).

## NON-NYSAFP EVENTS

[Click here for our calendar](#)

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NY Delegation Active at AAFP Congress

[AVAILABLE SURVEYS](#)

NYSAFP was ably represented at the September 27-30 AAFP Congress of Delegates in Denver. Delegates Jose "Jun" David, MD, and Henry Francis, MD, were joined by alternate delegates Andrew Merritt, MD, and Marianne LaBarbera, MD. Dr. Merritt was appointed to serve as a teller.

**[OCTOBER 2, 2010  
MEMBERSHIP SNAPSHOT](#)**

The official NYSAFP delegation included president James Greenwald, MD, president-elect Neil Nepola, MD, and executive vice president Vito Grasso.

**TOTAL - 4201**  
**ACTIVE - 2411**  
**INACTIVE - 76**  
**LIFE - 247**  
**RESIDENTS - 567**  
**STUDENTS - 884**  
**SUPPORTING - 11**  
**SUPPORT NONFP - 5**

Additionally, NYSAFP board chair Sarah Nosal, MD, was a delegate from the National Conference of Special Constituencies.

NYSAFP member Jun David, MD, was a candidate for election to the AAFP board of directors. Unfortunately, Jun lost the election by a single vote. His candidacy was supported by more than two dozen NY members who attended the Congress and participated in the candidate hospitality activity Monday evening and the candidates' forum Tuesday morning. Jun gave a great speech and acquitted himself very well in the candidate Q&A session. The winning candidates were Robert Wergin, MD, of Nebraska; Richard Madden, MD, of New Mexico; and Barbara Doty, MD, of Alaska.

[NEWSLETTER ARCHIVES](#)  
[CLICK FOR PAST ISSUES](#)

NY delegates introduced several resolutions for consideration. Following are the RESOLVED clauses of the NY resolutions and the action taken by the Congress.

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NYSAFP MONTHLY  
NEWSLETTER. YOUR  
COMMENTS ARE WELCOME.  
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[FP@NYSAFP.ORG](mailto:FP@NYSAFP.ORG)**

**Primary Care Financial Incentive in Health Care Reform Law**

Section 5501 (a) of the Patient Protection and Affordable Care Act creates an incentive program in which payments of 10% of allowed charges under Medicare Part B will be made to physicians who provide primary care services. The Centers for Medicare and Medicaid Services (CMS) will determine a physician's eligibility based on the percentage of allowed charges under Medicare Part B in 2009, using claims data and national provider identification number.

To qualify for the bonus, primary care services must make up 60 percent of the physician's allowed charges under Medicare Part B. This threshold has caused concern that some physicians in rural areas will not qualify. The Academy has recommended solutions including an expansion of the code sets that identify primary care services. Services must be provided on or after January 1, 2011 and before January 1, 2016. Payment will be automatic after the physician's eligibility has been established. CMS is required to make payments on a quarterly basis.

**FOR AN UPDATE ON THE  
PROGRESS OF HEALTH CARE  
REFORM AND HOW IT WILL  
AFFECT YOU AND YOUR  
PRACTICE, CLICK ON [AAFP  
NEWS NOW](#)**

In an article in the September 8, 2010 issue of [AAFP News Now](#), Sheri Porter reports that "many AAFP leaders see this provision as evidence of the government's realization that primary care is the engine that will drive successful health care reform". Porter's article details the definition of primary care practitioner and the code list in the law.

[Link to AAFP Article](#)

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## AAFP FamMedPAC

### DONATE TO THE [FAMMEDPAC](#)

FamMedPAC is the ONLY PAC focused on family medicine. It is the financial vehicle through which you can support the election or re-election of those candidates who share your commitment to family medicine.

### COUNTY CHAPTERS..... WHAT'S HAPPENING IN YOUR CHAPTER?

*FamMedPAC puts you at the table when healthcare decisions are made. If every member nationwide contributed \$100 the political clout would surpass all other medical PACs, including the American Medical Association.*

### SEND US YOUR MEETING NOTICES AND INCREASE LOCAL PARTICIPATION.

NYSAFP has been challenged to encourage at least 10% of its members to contribute to FamMedPAC. Less than **2% of New York State** members have contributed to the FamMedPac thus far in 2010.

[Click here](#) to donate to the FamMedPAC and increase support from New York State.

FamMedPAC has determined the total amount each Chapter should raise toward the \$1 million goal based on the number of active members in the Chapter. The goal for New York is \$38,818.23. As of July the contributions stood at \$17,705 - that is 45.61%.

**DUES PAYMENT OPTION**  
**ACADEMY MEMBERS WHOSE DUES BALANCE IS GREATER THAN \$100 MAY SIGN UP TO PARTICIPATE IN AN INSTALLMENT PAYMENT PLAN. WHEN MEMBERS GO TO THE AAFP WEB SITE TO PAY THEIR DUES, THEY WILL HAVE THE OPTION OF MAKING A SINGLE PAYMENT OR CAN SIGN UP FOR AUTOMATIC MONTHLY INSTALLMENT PAYMENTS. THE INSTALLMENT PAYMENT OPTION WILL CHARGE THE MEMBER'S CREDIT CARD ON THE 10TH DAY OF EACH MONTH FOR EQUAL PAYMENTS FROM THE TIME THEY INITIALIZE THE OPTION UNTIL JUNE, AFTER WHICH DUES NOT PAID ARE CONSIDERED DELINQUENT.**

As a contributor, you have the opportunity to attend events and deliver FamMedPAC contributions to members of Congress. You can help promote issues important to family medicine and build a relationship with your local Congressional members. Every check means a meeting - all campaign contributions are hand-delivered.

[Click here](#) to read more about the AAFP FamMedPAC. Your continued support is appreciated.

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## 2010-2011 Tar Wars

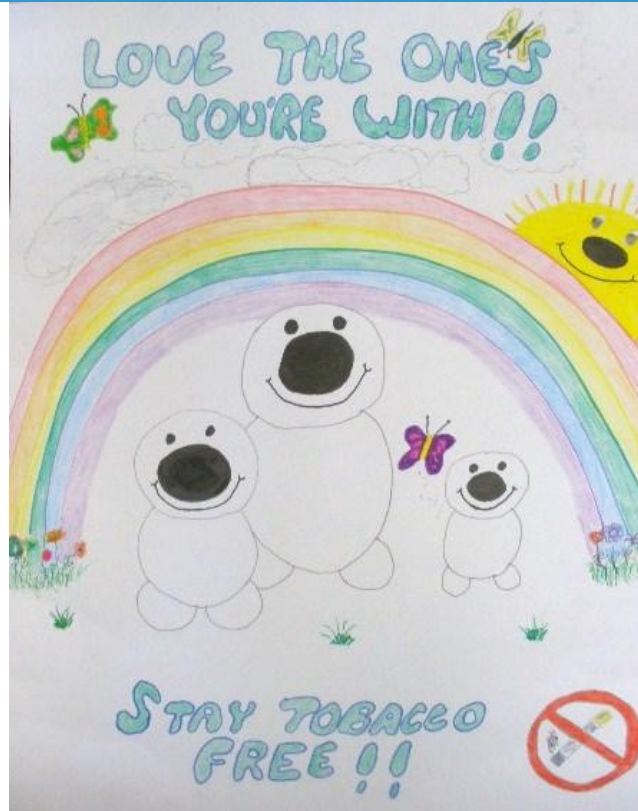
## Repeat Item

**THIS INFORMATION IS PRINTED ON THE MEMBER'S DUES INVOICE AND CAN BE**

It only takes one hour of your time to teach one TAR WARS class in your local 4th or 5th grade elementary schools. TAR WARS is the AAFP's National pro-health tobacco-free education program and poster contest for 4th and 5th graders to discourage tobacco use among youths.

ACTIVATED ONLINE OR THROUGH COMMUNICATION TO THE CONTACT CENTER.

FOR MORE INFORMATION MEMBERS CAN CONTACT DAVID LLOYD AT [DLLOYD@AAFP.ORG](mailto:DLLOYD@AAFP.ORG).



**2010 Tar Wars Winner - Emily Shea, Kenmore**

The program uses a community-based approach and provides an opportunity for health care professionals including students and residents, school personnel and community members to work toward a common goal of discouraging youth tobacco usage.

[Read More](#)

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### Diabetes Campaign Update

Campaign priorities during the second year focus on providing Academy members with practical information through webinars and clinician-written articles for our monthly newsletter.

Potential topics for webinars include:

A "how to" on instituting practice improvement – how to standardize and communicate changes, the use of physician extenders to take over tasks that cannot all be completed by the physician, and roadblocks to success in proceeding from the METRIC to NCQA to PCMH. Information on the latest medications and technologies for diabetes care. Practical information that can be implemented regardless of practice size, such as

strategies for medication adherence.

Websites for the Campaign have been updated. The social marketing site is [www.fulldiabetescare.org](http://www.fulldiabetescare.org) and more information on the Campaign is available at [www.NYSdiabetescampaign.org](http://www.NYSdiabetescampaign.org).

**We are seeking presenters and authors. A stipend is available** for your participation. Please contact Janet Lindner at [janet@nysafp.org](mailto:janet@nysafp.org) if you are interested in presenting or in writing an article about some aspect of diabetes care for our newsletter.

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### Change Agents for National GO! Diabetes Program

(ATLANTA) September 2010 -- In its third year with unprecedented nation-wide participation, the national GO! Diabetes program is enabling family medicine residency programs and private practices to *identify, initiate* and *implement* clinical, practice and system-based quality improvements to enhance their education and care of patients with diabetes.

GO! Diabetes was founded in 2008 by the Georgia and Oklahoma chapters of the American Academy of Family Physicians. Funded by an educational grant by Sanofi-Aventis, the 2010 GO! Diabetes program has expanded to include 48 family medicine residency programs from 15 states and a pilot program for 37 private practices in Georgia and Oklahoma.

If your private practice or residency program is interested in participating in the 2011 GO! Diabetes program, *dependent on continued grant funding by sanofi-aventis*, please contact Susan Reichman, BSN, GO! Diabetes program director, at [susan@godiabetes.org](mailto:susan@godiabetes.org) or visit [www.godiabetes.org](http://www.godiabetes.org).

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## Fall In Love with Dairy Again

Do you love the taste of dairy foods, but sometimes feel gassy or bloated after having milk, cheese or yogurt? If so, there are a variety of tips that may help you to enjoy the recommended 3 servings of low-fat or fat-free dairy foods every day – without experiencing pain or embarrassment.

### Enjoy Dairy Again with These Tips:

#### Sip it.

Start with a small amount of milk daily and increase slowly over several days or weeks to build your tolerance.



#### Try it.

Opt for lactose-free milk and milk products. They are real milk products, just without the lactose, providing the same nutrients as regular dairy foods, and they taste great.



#### Stir it.

Mix milk with other foods, such as soups and cereal; blend with fruit or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.



#### Slice it.

Top sandwiches or crackers with natural cheeses such as Cheddar, Colby, Monterey Jack, mozzarella and Swiss. These cheeses are low in lactose.



#### Spoon it.

Enjoy easy-to-digest yogurt. The live and active cultures in yogurt help to digest lactose.



Visit [www.NationalDairyCouncil.org/LactoseIntolerance](http://www.NationalDairyCouncil.org/LactoseIntolerance) for more information, tips and recipes.  
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## Common Questions About Lactose Intolerance

### What is lactose intolerance?

People who are lactose intolerant have a hard time digesting the sugar (called lactose) that is naturally found in milk and may experience discomfort after consuming dairy foods.

### How do I know if I'm lactose intolerant?

Somachaches, bloating or gasiness can have many different causes. Your doctor can help you find out if you are lactose intolerant or if your digestive discomfort is caused by something else.

### I used to drink milk all the time when I was a child.

#### Why am I more sensitive to dairy now?

Your body makes an enzyme called lactase to help digest the lactose in milk. As an adult, your body may be making less of this enzyme than when you were younger. This may make it more difficult to tolerate dairy.

### If I am lactose intolerant, do I have to avoid all dairy foods?

Lactose intolerance is a very individual condition. Most people can continue to enjoy low-fat and fat-free dairy foods by drinking lactose-free milk, having small amounts of milk with meals or including natural cheeses or yogurt in their diet.

### Is lactose intolerance the same thing as a milk allergy?

No, being lactose intolerant is not the same as having a milk allergy. A milk allergy is caused by a reaction to the protein in milk. This is different from lactose intolerance, which occurs when your body has a hard time digesting the natural sugar (or carbohydrate) in milk. While people with milk allergies must avoid dairy, avoidance is not necessary for those who are lactose intolerant.

### Can't I get all the nutrients I need without dairy foods in my diet?

Nutrition experts advise that you still try to eat dairy foods to best meet your nutrient recommendations. The dairy food group (milk, cheese and yogurt) provides key nutrients such as calcium, potassium and vitamin D. It's difficult to get enough of these nutrients without dairy foods in your diet.

### Can children be lactose intolerant?

Lactose intolerance is less common in young children. If you think your child is lactose intolerant, talk to your family doctor, pediatrician or a dietitian.

### FAST FACTS ABOUT LACTOSE-FREE MILK AND MILK PRODUCTS

Lactose-free milk is real milk, just without the lactose, and is a solution to help you get all the great nutrients found in regular milk.

**HOW THEY'RE MADE:** Lactose-free dairy products are the same as regular dairy products except the lactose (milk sugar) is already broken down or removed for you.

**GREAT TASTING:** People like the taste of lactose-free milk more than some of the available non-dairy alternatives.<sup>1</sup>

**AVAILABLE OPTIONS:** A wide variety of lactose-free dairy products – including reduced-fat, low-fat, fat-free and chocolate milk, ice cream and cottage cheese – are available.

**3-Every-Day™** These health and nutrition organizations support 3-Every-Day™ of Dairy, a science-based education program encouraging Americans to consume the recommended three daily servings of nutrient-rich low-fat or fat-free milk and milk products to help improve overall health.



1. U.S. Department of Health and Human Services and U.S. Department of Agriculture, Dietary Guidelines for Americans, 2010, 4th Edition, Washington, DC, U.S. Government Printing Office, January 2010.

2. See the 2010 Dietary Guidelines for Americans to research 3 servings of low-fat or fat-free milk or milk products per day for individual's Personalized Dietary Allowance (PDA) for the 4-18 age group.

3. Muehlestein, H.S., et al. J Dairy Sci 2005, 88(12):3288

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## AAFP Opening Ceremony of 2010 Scientific Assembly

In a historical first, the AAFP is making the Opening Ceremony of the 2010 AAFP Scientific Assembly available to all members via an archived video from the Colorado Convention Center in Denver.

The Opening Ceremony included:

a video about and introduction of the AAFP Family Physician of the Year; formal transition of the presidency of the AAFP from Lori Heim, M.D., of Vass, N.C., to Roland Goertz, M.D., of Waco, Texas; a speech by Goertz; and the Assembly Keynote Address.

This year's keynote speaker was U.S. Surgeon General Regina Benjamin, M.D., M.B.A., a family physician and a member of the Academy. Before taking up her post as the 18th Surgeon General of the United States, Benjamin was the founder and CEO of Bayou La

Batre Rural Health Clinic in Alabama.

The Opening Ceremony was supported by a grant from Daiichi Sankyo, Inc.

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## Physician's Corner - Jason M. Matuszak, MD

### UNDER THE STETHOSCOPE

#### Dr. Jason M. Matuszak

Excelsior Orthopaedics  
Primary Care Sports Medicine  
3925 Sheridan Drive  
Amherst, NY 14226  
and 240 Red Tail Drive  
Orchard Park, NY 14127

**Active NYSAFP Member** since February 2009

#### Education

Jason M. Matuszak, M.D. received his Bachelor of Arts from the State University of New York at Buffalo. He received his Medical Degree from the State University of New York Upstate Medical University at Syracuse. Dr. Matuszak completed his Internship and Residency in Family Medicine at St. Joseph's Hospital in Syracuse, NY. He then completed a Fellowship in Sports Medicine at the University of Hawaii, John A. Burns School of Medicine, Manoa, HI.

Please [click here](#) for additional information on Dr. Matuszak.

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## RFP Downstate Regional Family Medicine Conference

Proposal for Faculty Speakers –  
Downstate Regional Family Medicine Conference

When: Saturday, April 9, 2011  
Where: Beth Israel, Manhattan, NY

The Downstate Regional Family Medicine Conference committee would like to invite submissions of continuing medical education proposals in any area of family physician education. Faculty proposals should be relevant to family physicians, education-based and may include:

- Learning objectives and clearly stated goals
- New "hot" emerging topics
- Evidence and / or research based topics

Please note: there is a \$250 honorarium offered and reimbursement for mileage up to 200 miles to all faculty.

[Click here to submit your proposal and read more.](#)

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## List of Available CME

As the end of 2010 approaches, many members may need additional CME hours to fulfill their CME requirements.

Physicians will find a useful source of continuing medical education (CME) at the Annotated List of Online Continuing Medical Education, <http://www.cmelist.com/list.htm>.

There are links to more than 325 Online CME sites offering more than 13,500 CME courses and more than 24,000 hours of CME credit. The List is updated regularly as new online CME sites and courses become available. There is no charge for accessing the List and no registration is required.

Family Physicians will find the Family Medicine section, [http://www.cmelist.com/family\\_practice.htm](http://www.cmelist.com/family_practice.htm), of special interest.

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## Your Rx: Go to the Y

### **Program Aimed at Preventing Diabetes in High-Risk New Yorkers**

Imagine going to your doctor for a checkup and walking out with a prescription to go to the YMCA.

That will be the prescription for New Yorkers with pre-diabetes in the coming months as part of an innovative partnership aimed at reducing the number of people who go on to develop diabetes.

[Read More](#)

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## New HIV Testing Rules in New York

By: Laurie T. Cohen Esq.  
Wilson, Elser, Moskowitz, Edelman & Dicker LLP

The New York State Department of Health ("DOH") has recently issued additional guidance to physicians, hospitals and other providers on implementing legislation addressing HIV testing which became effective on September 1, 2010. The intent of the legislation is to align HIV testing in New York more closely with the HIV testing recommendations issued by the Federal Centers for Disease Control and Prevention, specifically the recommendation for routine HIV screening for patients between the ages of 13 and 64 in all health care settings.

[Read More](#)

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## Student Resource

### **Please share with medical students.**

Many medical students have questions about family medicine or have particular interests but do not know if these interests would work within a family medicine framework. NYSAFP has developed a database of family medicine physicians across New York, which will allow students to search for physicians in their area or with their interests. Physicians have volunteered their information and would be happy to answer questions about the specialty. We hope this list will be a helpful resource for students considering a future in family medicine.

STUDENTS: Please [click here to search the database](#).

PHYSICIANS: Please complete [this survey](#) to be a part of the database.

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## Calendar of Events

Please see our [calendar](#) for additional events.

### **2010 Calendar**

October 9 The Desmond, Albany

**Regional Family Medicine Conference Plenary Speaker Update!**

[Click here to register!](#)

October 10 Desmond Hotel, Albany

**Fall Board Meeting**

October 13 [Four Winds Hospital Saratoga](#)

**CAPES - Assessment and Treatment of Depression in Children & Adolescents**

October 27 [Four Winds Hospital Saratoga](#)

**CAPES - 'Diagnosing and Treating Bipolar Disorder' and 'The Management of Agression in Children & Adolescents'**

October 28 Hershey, PA

**ALSO INSTRUCTOR Course**

This course is closed as registration is full.

November 19-20 Ellis Hospital, Schenectady

**ALSO Provider Course**

Become a certified ALSO Provider – 2-day training

Registration coming soon - Questions contact [Kelly@nysafp.org](mailto:Kelly@nysafp.org)

**2011 Calendar**

January 20-23 Lake Placid

**Winter Weekend**

April 9 Beth Israel Medical Center, Manhattan

**Downstate Regional Family Medicine Conference!**

Mark your calendars for the *1st Annual Downstate RFMC*

Registration available soon

Click here for [Call for Proposals](#)

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**Non-NYSAFP Events**

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**Author in the Room**

October Author in the Room® Teleconference

Join us on Wednesday, October 20, 2010, from 2:00 to 3:00 PM Eastern Time for the Author in the Room® teleconference. The topic for this call is the JAMA article, [Does This Coughing Adolescent or Adult Patient Have Pertussis?](#), by Ralph Gonzales, MD, MSPH.

[Read More](#)

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**Hudson Valley Asthma Coalition**

SAVE THE DATE – Nov 1, 2010

The Hudson Valley Asthma Coalition of the American Lung Association in New York presents:

## WHAT'S NEW IN PEDIATRIC ASTHMA?

### FEATURING

Allen Dozor, MD, FCCP, FAAP

Director, Children's Environmental Health Center of the Hudson Valley

Chief, Pediatric Pulmonology, Allergy & Sleep Medicine, New York Medical College

### OPENING REMARKS

Jean Hudson, MD, MPH

Commissioner, Orange County Department of Health

Cost: FREE

When: November 1, 2010 5pm-7pm – Dinner Speaker meeting

Where: Hilton Garden Inn, 15 Crossroads Court, Newburgh, NY

Invitational flyer to follow. CEU/CME information will be on flyer.

Questions? Call Nancy Levine at 914-347-2094 x22 or email at [nlevine@alany.org](mailto:nlevine@alany.org).

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## AAP's New Online CME Course

Motor Delays Offered Free via Promo Code: PATHWAYS

PATHWAYS AWARENESS PROVIDES SCHOLARSHIP FOR AAP'S HOT TOPICS COURSE  
'RECOGNIZING EARLY MOTOR DELAYS AT THE 2-MONTH PEDIATRIC WELL VISIT'

Aug. 18, 2010 (CHICAGO) – Pathways Awareness, in conjunction with the American Academy of Pediatrics (AAP), are proud to announce the availability of a new online continuing medical education (CME) Hot Topics course entitled "**Recognizing Early Motor Delays at the 2-month Pediatric Well Visit.**" The course is available at [www.pedialink.org/cme/hitemd](http://www.pedialink.org/cme/hitemd) and is targeted towards AAP residents and medical students, nursing students, parents, pediatric therapists, nurses, pediatric physicians, family physicians, students and others. By entering the promotional code, PATHWAYS, participants are able to take the course free of charge. Upon completion, eligible participants may earn a maximum of 0.50 AMA PRA Category 1 Credits TM, AAP, or NAPNAP credits.

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## TransforMED PCMH Conference in Orlando Nov 11-13

The concept of the patient-centered medical home (PCMH) continues to evolve. MGMA and TransforMED have gathered a team of your peers and industry experts to help practices navigate the changes and teach them how to succeed in the PCMH model. Join us on the "Journey **to High Performance**" November 11-13, 2010 in Orlando, FL.

- Learning levels – Basic, Intermediate, Expert

- o Collaborate with others in the same stage of transformation in tailored education sessions.
- Peer-directed learning
  - o Real-life PCMH practice managers offer lessons learned, success stories, anecdotes and tips.
- Informal dinner groups
  - o Build stronger relationships with your colleagues and share the challenges you face on the journey to PCMH.

Click below to register for PCMH Conference

<http://www.mgma.com/pcmh>

Click below to view MGMA/TransformMED Brochure

<http://www.mgmapcmh.com/pcmh/201009conf#pg1>

Nathan Bieck

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<http://www.TransformMED.com>

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### Available Surveys

Did you miss one of our surveys?

Be a part of the [Physicians Database](#) resource for Students and Residents

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