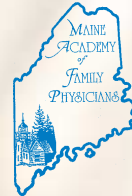


# The Pine Tree FP



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## 18th Annual MAFP Family Medicine Update May 6th & 7th

### Just a few of the topics:

- Pediatric Healthy Weight, Pedi Type 2 Diabetes, Concussion Guidelines, Autism & ADHD
- Adult Medicine: Overactive Bladder, Abnormal Pap, Domestic Violence, Group Visits, Anemia Management, Geriatric Case Studies, POLST
- and many other topics of interest

Download brochure & registration form at:  
[www.maineafp.org](http://www.maineafp.org)



Are You Registered Yet for the MAFP Update?

**Don't Delay!  
Register Today!**

## Family Medicine New Year's Resolutions - How Are YOU Doing?

January's issue of the Pine Tree FP had several suggestions (see *January President's column*). Some you can "check off" this spring -

- attend the MAFP's annual Update - May 6th & 7th
- write/call your elected officials about issues you are passionate about
- sign up for "Doc of the Day" at the Maine legislature
- donate to the AAFP FamMedPAC

## ~ WANTED ~

### YOUR Pictures!

Please help us! The MAFP is in need of pictures for our new website - pictures of Family Docs - YOU! We want to be able to showcase the incredible diversity of Family Medicine and our great Family Docs here in Maine! (We hope to go live May 7th.)

(pictures must be .jpg format, please - email Deborah at: [maineafp@tdstelme.net](mailto:maineafp@tdstelme.net) for specific information)

## Maine CDC Requests Confidential Feedback on H1N1 Efforts

Dora Anne Mills, MD, MPH, FAAP, State Health Officer & Dir, Maine CDC & Maine CDC H1N1 Executive Team is in the process of conducting numerous in-person debriefings across the state with stakeholders on the H1N1 efforts. Hopefully physicians have had a chance to participate in these. (cont. pg 4)

## Inside This Issue:

Advocacy 101 .....	4
CME Opportunities .....	5
Consultation Project .....	5
Flu Vac Recommendations .....	7
Foundation News .....	6
Phys of the Day .....	2
President's Column .....	2
Resident/Student Interest .....	3
Tar Wars News .....	6
Welcome New Members .....	3





**Elisabeth Fowlie Mock, MD, MPH, FAFP**  
MAFP President

**Let's hear from YOU about your efforts for your patients and your specialty!**

What's going on in your corner of the state?

**What are you doing to get your name mentioned on the front page of the paper?**

Let YOUR Academy know!



As I am returning from a lovely vacation in Florida with my family, I am reflecting on medicine and specifically, Family Medicine. Particularly with all the increased rhetoric in Washington with the push for passage of a healthcare bill (again or, rather, still) this week, I'm thinking about how glad I am to be a Family Physician, and how proud.

I cannot imagine any other specialty that would have given me such broad opportunities to practice medicine and serve people. From traditional private practice to focusing on inpatients, from public health with undocumented Mexican immigrants to residency education, from urgent care to statewide leadership programs,

I have had such a wealth of opportunity to see medicine in the 10 short years since I graduated from residency.

*Where else but in Family Medicine* can you see and serve such a wide swath of humanity?

*Where else but in Family Medicine* can you continue to seek both broad and specific advances in knowledge?

*Where else but in Family Medicine* can you meet people like Ned Claxton, Erik Steele, Joel Case, Richard Hines, Dave McDermott and Lisa Marrache?

*Who else but Family Physicians* should lead the next evolution in American healthcare?

I hope you will join us in Freeport in May to celebrate Family Medicine in Maine, as we unveil our new logo and tagline congruent with the AAFP—

*Maine Academy of Family Physicians:  
Strong Medicine for Maine.*



**Maine Legislature:  
Doctor of the Day Program 2010**

The **only** program that welcomes you to the Maine House of Representatives and the Maine State Senate.

**~ Your presence at the Maine Legislature is a critical element of the MMA's grassroots contacts program ~**

Serving as the "Doctor of the Day," you are greeted enthusiastically by the legislators and you also have the option to enroll your child(ren) to serve as a Page at the same time.

**Yes! I would like to sign up for Doctor of the Day!**

Name \_\_\_\_\_ MD \_\_\_ DO \_\_\_

Residential Address \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_

Mailing Address (if different from above):

\_\_\_\_\_

Daytime Phone \_\_\_\_\_

Email \_\_\_\_\_

Preferred Day(s) of the Week \_\_\_\_\_

Best Dates, January to April \_\_\_\_\_

I practice medicine at (hospital(s)/practice):

\_\_\_\_\_

Specialty: \_\_\_\_\_

\_\_\_ My child(ren) would like to serve as page(s)  
(Age 7 or above)

Name / Age / School

\_\_\_\_\_

\_\_\_\_\_

**Please direct questions and return form to:**

Maine Medical Association  
30 Association Drive, PO Box 190  
Manchester, ME 04351 207-622-3374  
207-622-3332 (fax)  
docoftheday@mainemed.com



**Medical Students -  
You Are Invited to Participate  
in MMC's FMIG!**

Attend educational sessions; explore community opportunities; connect with peers, community family physicians, faculty and residents who share your passion for primary care. Join on us on the evening of May 5th when a panel of community physicians will share their stories and answer questions about their careers in Family Medicine.

For more information, please contact Vicki Hayes, MD, MMC FMIG Faculty Advisor at: [hayesv@mmc.org](mailto:hayesv@mmc.org)



*A fun way to experience Family Medicine!*  
(recent MMC FMIG meeting)

**Residents & New Physicians**

The AAFP has many RESOURCES for YOU!  
Go to: [WWW.AAFP.ORG](http://WWW.AAFP.ORG) and select the Residents Tab



[FMIGNET.AAFP.ORG](http://FMIGNET.AAFP.ORG)

**New Student Members**

**Univ. of New England  
College of  
Osteopathic  
Medicine**

Jacqueline Ann Rounds

~~~~~

**Have You Heard?**



**Welcome! New Members in Maine**

*William Nail DO*

*Bangor*

*Patrick Pierre MD*

*Portland*

*Dennis Rowe MD*

~~~~~

**Maine Family Physician of the Year ~ Nominate a Colleague**

*Deadline for nominations extended to April 10th - go to [www.maineafp.org](http://www.maineafp.org) for specifics or call the MAFP office at 207-938-5005*

**MAFP Announces its  
1<sup>st</sup> Annual FM Resident Poster Session**

Calling all Family Medicine Residents



Highlight your Research or Community Service Project

Poster Session, May 5<sup>th</sup>, 5:00-6:00pm at the MAFP Family Medicine Update

**Ca\$h awards for top placement!**

*Go to [www.maineafp.org](http://www.maineafp.org) for Guidelines and Registration Form*



**Will You Be in the Picture  
This Year?**



**It's Not Too Late to Register ~  
See [www.maineafp.org](http://www.maineafp.org) for Complete Brochure, Registration Form, and Resident Track Programming Specifics**



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Telephone: (403) 754-4002 • [www.illustratus.com](http://www.illustratus.com)



(H1N1 cont. from page 1) However, she has recognized that some physicians are unable to attend these forums, and even if physicians have been able to, certain types of feedback are easier to provide by responding to a survey.

Therefore, the H1N1 Executive team has provided the link below to the survey on Survey Monkey as a mechanism to provide confidential feedback on the H1N1 efforts. Dr. Mills encourages all physicians to participate in this survey, which should take no longer than 15 - 30 minutes.

Additionally, she asks that the survey be forwarded to other stakeholders. Dr. Mills is eager to have as many physicians as possible complete the survey to obtain as broad feedback as possible.

Thank you ahead of time for taking the time to provide this important information. To complete the survey, go to: <http://www.surveymonkey.com/s/MaineH1N1feedback>



### ADVOCACY 101:

Use AAFP's "Speak Out" website to contact your elected officials - both state & federal.

It's simple - just go to: [www.aafp.org](http://www.aafp.org) and select "Policy & Advocacy" to access the many resources available to you as a member.

**Maine Medical PARTNERS** **Maine Medical Center**  
Maine Health  
*centered around you*

**BC/BE Family Physician**

Outstanding opportunity for a BC/BE family physician to join Maine Medical Partners Family Medicine. Maine Medical Partners is a 130-physician multi-specialty group closely integrated with Maine Medical Center.

Our Family Medicine group is a progressive, well established group of six physicians practicing in two locations in the greater Portland area. Focused on office-based practice, inpatient care and teaching. Ongoing initiatives include chronic disease management QI programs, use of an electronic health record system and involvement in a new innovative medical school program between Tufts University Medical School and Maine Medical Center. Competitive salary and benefits.

For more information and to apply, please call Human Resources at (207) 662-0734

[www.mmc.org](http://www.mmc.org)





**SPECIAL SHOWING of the Award Winning Documentary of Our Very Own Bangor Maine Troop Greeters! Thursday, May 6th Dinner Program During the 18th Annual MAFP Family Medicine Update ~ Dinner, Including Showing of "The Way We Get By," Followed by a Facilitated Discussion on Aging (Dinner & Session Included in Paid Registration for May 6th)**

### Dr. David Dumont Selected as 2010 DEAPA Physician of the Year

The Downeast Association of Physician Assistants selected David H. Dumont, M.D. a family physician practicing in Lincoln, as DEAPA's 2010 *Physician of the Year*. This award is bestowed to a Maine physician who has demonstrated outstanding support of the PA profession by precepting, educating, and legislating; or by exemplifying the PA/physician team approach to medicine. The 2010 Awards will be presented at DEAPA's Annual Membership Meeting on April 10th at 9:00 a.m. – 10:30 a.m. at the Maine Medical Assoc. DEAPA's President, Bill Bisbee, PA-C, welcomes all to attend & congratulate the awardees on their work, commitment, & dedication to patient care. To RSVP, contact Kellie Miller at [kmiller@deapa.com](mailto:kmiller@deapa.com) or 207-620-7577 by April 5th.

## DO YOU "TWEET"?

### Here's Some Useful Twitter Advice for Doctors

Thanks to Medscape for including my take in their recent article, "Is Twitter a must for doctors"? I discuss some common sense tips doctors should follow while using Twitter:

**1. Patient privacy is paramount.** Do not discuss individual cases or provide patient advice via Twitter

**2. Use Twitter to point your patients to trustworthy online health information sources.**

**3. Use Twitter as a tool to promote your practice's brand.** More and more patients are using Twitter; those who do are likely to feel positive about their physicians using it as well. More than just a fad, Pho says that Twitter is here to stay and offers tremendous potential.

**4. Remind your patients using Twitter: Be careful whom you follow.** Anyone can sign up for Twitter claiming to be a physician. I cannot emphasize the first point enough.

When using Twitter and Facebook (versus, say, a blog), it's easier than ever to hit the enter key and broadcast content to the world. It's essentially an instant message to the masses.

With that in mind, any medical professional using these sites better be more careful than ever to protect patient privacy. *Reprinted from Kevin MD Medical Weblog, January 7, 2010*

### Practical Ideas to Become a Better Communicator:

- **Be courageous.** Never shy away from the topic that your employee/colleague really wants to talk about.
- **Be fresh.** Does it really have to be the same 'meeting' format where your message gets delivered?
- **Be afraid...** watch a couple of episodes of 'The Office'. Are you in danger of becoming Michael Scott?
- **Be generous and sincere with praise**
- **Be prepared**



### FREE Program on Pain Management & Diversion

MMA and OSA will present a FREE Program in Ellsworth on May 21st on Pain Management and Diversion:

The Maine Medical Association, with grant support from the Maine Office of Substance Abuse, presents Comprehensive Management of Patients with Acute and Chronic Pain while Preventing Diversion on Friday morning, May 21, 2010 from 9:00 a.m. to noon at the Acadia Park Hotel in Ellsworth. The Acadia Park Hotel was until recently the Holiday Inn on 215 High Street in Ellsworth.

Faculty for the program includes Todd Mandell, M.D., Medical Director, Division of Alcohol & Drug Abuse Programs, State of Vermont, Daniel Eccher of the Maine Office of Substance Abuse, and Gordon Smith, Esq. from MMA.

There is no cost for the program and 3 hours of category one CME will be available for physicians and PAs.

Registration materials for the program will be mailed with the March-April issue of Maine Medicine or you may register by calling 622-3374 or e-mailing Gail Begin at [gbegin@mainemed.com](mailto:gbegin@mainemed.com).

### FREE CME Webinar!

Family physicians and their practice teams play a vital role in encouraging patients to lead healthy lives through physical activity, nutrition and emotional well-being. In this free CME webinar series, produced in partnership with the American Society for Nutrition, family physicians and nutrition researchers will present evidence-based guidelines and practical approaches to integrating nutrition science into family medicine offices.

- April 15: Nutrition and Weight Management
- May 4: Nutrition and Heart Disease
- July 14: Nutrition and Digestive Health

Each event begins at 6:00 p.m. ET. The live webinars will be recorded for enduring credit. To learn more and enroll, go to [www.aafp.org/webinars/nutrition](http://www.aafp.org/webinars/nutrition)

## The Consultation Project



A collaboration of the MAFP and the Maine Assoc. of Psychiatric Phys - Providing psychiatric consultation to primary care practices for the state of Maine.

**What is the Consultation Project?** A group of psychiatrists & primary care physicians concerned about the lack of available psychiatric resources in much of Maine.

**How does the program work?** Each participating primary care practice is assigned an adult or child/adolescent

psychiatrist who is available for consultation on an ongoing basis.

**For more info & to sign up, contact:**  
Cindy Paradis, MSN, (207) 622-5811  
[cindy\\_fox\\_paradis@yahoo.com](mailto:cindy_fox_paradis@yahoo.com)

### FREE PCPCC Webinar

Want to stay informed? Want to find up-to-date information about the patient centered medical home?

Find the information & downloads from PCPCC (Patient Centered Medical Home Collaborative) that you use the most. Go to: <http://www.pcpcc.net> to locate the resources you need or find a PCMH demonstration project near you. Join the FREE PCPCC Website Walkthrough Webinar - Thurs., April 8, 2010 11:30am-12:30pm EDT.

The informational Webinar will be followed by Q & A.

Register at: <https://www1.gotomeeting.com/register/308503640>



2009 2nd place ~ Rebecca Anderson ~ Dover-Foxcroft



Dear Colleague,

Be there when opportunity knocks. Participate in the new Interest and Expertise Portfolio, a database built to match the right opportunities with the right people.

The Portfolio identifies faculty with special interests and expertise in both clinical and non-clinical family medicine topics. When opportunities arise that match your criteria, the AAFP will contact you.

As a faculty member for live or recorded AAFP CME events, you are an excellent Portfolio participant. Tell us how you want to engage with the AAFP in three easy steps.

1) Visit [www.aafp.org/myportfolio](http://www.aafp.org/myportfolio) (You will need your Member ID#)

2) Fill out a brief questionnaire and upload your CV

3) Wait to be contacted with any matching opportunities

The AAFP will rely on the Portfolio to fill faculty for live or recorded AAFP CME events.

**Who Will Be the 2010 Winners?  
You Decide - Attend the MAFP  
18th Annual Family Medicine  
Update May 6 & 7 and You Can  
Be a Judge!**



*My Donation:*  
\_\_\_ \$500 \_\_\_ \$250  
\_\_\_ \$100 \_\_\_ \$50  
\_\_\_ \$25

Other amount: \$ \_\_\_  
Please list me as:

\_\_\_ MD \_\_\_ DO  
Other: \_\_\_\_\_

on any published roster of contributors. Please direct my contribution to the following:

\_\_\_ MAFP Foundation, use where need is greatest

\_\_\_ Tar Wars in Maine  
\_\_\_ Student Externship

(Name(s) please print)

(Street)

(City)

(State/Zip)

**MAKE A DIFFERENCE BY DONATING TODAY!**



**To Volunteer One Hour of Your Time to Be a Tar Wars Presenter**  
**Contact Deborah at the MAFP Office, 207-938-5005, or by Email: [Maineafp@tdstelme.net](mailto:Maineafp@tdstelme.net)**

If you want to update your interests or upload a revised CV, come back anytime.

Thank you for your participation.

Sincerely, Octavia Jones, M.ed/AET, Faculty Coordinator



**Can You Hear Me Now?**

It's like your mother always said: Think before you speak. Pay closer attention to details and make an effort to improve your active listening skills during Effective Communications Month in June. Your relationships—both personal and professional—will benefit.

## ***NEW 2010 Flu Vaccination Recommendations***

*By David Mitchell – AAFP News Now –*

The influenza vaccination recommendations for the 2010-2011 flu season should be a lot less complicated than those for the current season, thanks to a new recommendation from the CDC's Advisory Committee on Immunization Practices, or ACIP. During the committee's Feb. 24-25 meeting in Atlanta, ACIP members voted without objection to

- expand the recommendation for annual influenza vaccination to include all people ages 6 months and older in whom the vaccine is not contraindicated.
- recommend that children ages 6 weeks to 5 years receive the recently approved 13-valent pneumococcal conjugate vaccine, Prevnar 13, in place of the currently used seven-valent Prevnar product.

The ACIP recommendations are considered provisional until they have been approved by the CDC director and HHS and published in *Morbidity and Mortality Weekly Report*. According to the AAFP's 2009 immunization survey, more than 70 percent of Academy members are in favor of a universal flu vaccine recommendation.



"It's going to be a relatively minor addition," said Doug Campos-Outcalt, M.D., M.P.A., the AAFP's liaison to the ACIP. "Only 15 percent of the population didn't already have an indication for vaccination."

### ***2010-2011 Flu Vaccine Supply***

Campos-Outcalt said that despite the expanded recommendations, no supply problems are anticipated because new flu vaccine products are coming on the market. In fact, said the CDC, "based on current projections, more licensed types and brands of seasonal influenza vaccines will be available in the 2010-11 influenza season than have ever been available before." **The 2010-2011 trivalent flu vaccine will include the 2009 influenza A (H1N1) virus.**

### ***Pneumococcal Vaccine Details:***

Meanwhile, Prevnar 13 was recommended by the ACIP the same day it was approved by the FDA. The vaccine, which is manufactured by Collegeville, Pa.-based Wyeth Pharmaceuticals, replaces Prevnar, the seven-valent conjugate vaccine that was licensed in 2000 to prevent invasive pneumococcal disease and otitis media.

The seven *Streptococcus pneumoniae* serotypes that Prevnar was intended to prevent accounted for about 80 percent of invasive pneumococcal disease in North American children when the vaccine was licensed 10 years ago, according to the FDA. The agency said that within seven years of the vaccine's introduction, the rate of disease caused by those seven serotypes in children younger than 5 was reduced by 99 percent.

Of the remaining invasive pneumococcal disease burden in that age group, 62 percent of cases are caused by the six additional serotypes included in Prevnar 13, said FDA officials.

The new vaccine is administered in a four-dose series at ages 2, 4, 6 and 12-15 months.

Wyeth said in a news release that children who started their vaccination series with Prevnar should complete the series with Prevnar 13. In addition, a booster dose of Prevnar 13 is recommended for children as old as 59 months who have completed the four-dose Prevnar series. Pfizer, Wyeth's parent company, said it expects the new vaccine to be available in the United States during the first quarter of 2010.

### **Immunization Resources**

Go to: [www.aafp.org](http://www.aafp.org) and select "Clinical & Research" tab. Resources include the latest on:

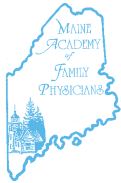
- Immunization Recommendations and schedules for both children & adults
- Influenza - Seasonal & H1N1 Updates
- Research
- Links to CDC and others



So join your Maine Family Medicine colleagues at the  
MAFP 18<sup>th</sup> Annual Family Medicine Update  
May 6 & 7, 2010  
in Beautiful Freeport!

For complete schedule of events and registration form – go to:  
[www.maineafp.org](http://www.maineafp.org)

## The Pine Tree FP



PO Box 424  
Hartland, ME 04943



Current Resident  
12345 Sample Address  
City, ST 00000